

Prova 29
21/12/2025 - 16:30

Femin., 400m Estilos

1ª Divisão FEM
Resultados

| | | | | | |
|---------------|---------|-----------------------------|-------|------------------|------------|
| RN 25m Open | 4:36.19 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 13/12/2017 |
| RN 25m Sen | 4:36.19 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 13/12/2017 |
| RN 25m Jun 18 | 4:41.02 | Victoria, KAMINSKAYA | PIMP | Porto | 07/12/2012 |
| RN 25m Jun17 | 4:46.89 | Ines Neto, ROCHA | CAP | Felgueiras | 15/04/2018 |
| RN 25m Juv A | 4:50.85 | Diana Margarida, DURAES | FOCA | Silves | 02/12/2011 |
| RN 25m Juv B | 4:51.85 | Ana Claudia, SANTOS | SFUAP | Setubal | 21/11/2004 |
| RN 25m Inf A | 4:56.53 | Mariana Pacheco, CUNHA | CFP | Porto | 05/05/2018 |
| RN 25m Inf B | 5:03.94 | Carolina Miranda, FERNANDES | CGA | Condeixa | 12/05/2018 |

| Lugar | Nome | Ano | Licença | Clube | Tempo Final | Pts |
|-------|---------------------------|---------------------|---------------------|-------------------------------|----------------|---------|
| 1. | Angelica Maria, ANDRE | 94 | 15497 | Porto | 4:43.36 | 17,00 - |
| | 50m: 31.46 31.46 | 150m: 1:42.19 36.58 | 250m: 2:59.90 40.51 | 350m: 4:12.98 32.15 | | |
| | 100m: 1:05.61 34.15 | 200m: 2:19.39 37.20 | 300m: 3:40.83 40.93 | 400m: 4:43.36 30.38 | | |
| 2. | Ines Jacinto, HENRIQUES | 00 | 120220 | Louzan Natacao/EFAPEL | 4:43.83 | 15,00 - |
| | 50m: 29.55 29.55 | 150m: 1:40.66 37.47 | 250m: 2:58.67 41.64 | 350m: 4:12.97 33.04 | | |
| | 100m: 1:03.19 33.64 | 200m: 2:17.03 36.37 | 300m: 3:39.93 41.26 | 400m: 4:43.83 30.86 | | |
| 3. | Mariana Amaral, MENDES | 02 | 123959 | Sporting | 4:45.75 | 14,00 - |
| | 50m: 31.55 31.55 | 150m: 1:44.42 38.33 | 250m: 3:02.56 40.84 | 350m: 4:14.86 32.40 | | |
| | 100m: 1:06.09 34.54 | 200m: 2:21.72 37.30 | 300m: 3:42.46 39.90 | 400m: 4:45.75 30.89 | | |
| 4. | Diana Margarida, DURAES | 96 | 102992 | Benfica | 4:47.72 | 13,00 - |
| | 50m: 31.48 31.48 | 150m: 1:43.59 37.30 | 250m: 3:02.01 41.68 | 350m: 4:16.23 32.74 | | |
| | 100m: 1:06.29 34.81 | 200m: 2:20.33 36.74 | 300m: 3:43.49 41.48 | 400m: 4:47.72 31.49 | | |
| 5. | Marta Joao, PIRES | 05 | 147235 | Sport Alges e Dafundo | 4:52.30 | 12,00 - |
| | 50m: 30.43 30.43 | 150m: 1:44.79 39.52 | 250m: 3:04.59 41.51 | 350m: 4:19.95 33.32 | | |
| | 100m: 1:05.27 34.84 | 200m: 2:23.08 38.29 | 300m: 3:46.63 42.04 | 400m: 4:52.30 32.35 | | |
| 6. | Helena Nunes, RODRIGUES | 03 | 125022 | Condeixa Aqua Clube | 4:57.86 | 11,00 - |
| | 50m: 32.08 32.08 | 150m: 1:45.96 37.88 | 250m: 3:07.39 43.68 | 350m: 4:24.84 33.62 | | |
| | 100m: 1:08.08 36.00 | 200m: 2:23.71 37.75 | 300m: 3:51.22 43.83 | 400m: 4:57.86 33.02 | | |
| 7. | Margarida Vieira, PINTO | 07 | 204344 | Sporting Clube de Braga | 4:59.43 | 10,00 - |
| | 50m: 31.75 31.75 | 150m: 1:47.17 39.00 | 250m: 3:07.92 42.64 | 350m: 4:25.95 34.81 | | |
| | 100m: 1:08.17 36.42 | 200m: 2:25.28 38.11 | 300m: 3:51.14 43.22 | 400m: 4:59.43 33.48 | | |
| 8. | Francisca Macedo, LOPES | 05 | 129982 | Clube Fluvial Portuense | 5:06.24 | 9,00 - |
| | 50m: 33.14 33.14 | 150m: 1:49.54 39.11 | 250m: 3:11.94 43.18 | 350m: 4:31.59 36.03 | | |
| | 100m: 1:10.43 37.29 | 200m: 2:28.76 39.22 | 300m: 3:55.56 43.62 | 400m: 5:06.24 34.65 | | |
| 9. | Catarina Alexandra, ALVES | 07 | 205924 | Gesloures | 5:10.90 | 8,00 - |
| | 50m: 31.89 31.89 | 150m: 1:48.85 40.56 | 250m: 3:13.95 45.29 | 350m: 4:36.07 36.37 | | |
| | 100m: 1:08.29 36.40 | 200m: 2:28.66 39.81 | 300m: 3:59.70 45.75 | 400m: 5:10.90 34.83 | | |
| 10. | Raquel Sofia, BRAS | 09 | 208973 | Os Belenenses | 5:12.11 | 7,00 - |
| | 50m: 32.69 32.69 | 150m: 1:52.19 41.04 | 250m: 3:17.28 44.14 | 350m: 4:37.36 35.37 | | |
| | 100m: 1:11.15 38.46 | 200m: 2:33.14 40.95 | 300m: 4:01.99 44.71 | 400m: 5:12.11 34.75 | | |
| 11. | Maria Rita, CUNHA | 10 | 206403 | Colegio Efanor | 5:12.89 | 6,00 - |
| | 50m: 33.51 33.51 | 150m: 1:51.38 39.66 | 250m: 3:16.19 46.03 | 350m: 4:37.87 35.90 | | |
| | 100m: 1:11.72 38.21 | 200m: 2:30.16 38.78 | 300m: 4:01.97 45.78 | 400m: 5:12.89 35.02 | | |
| 12. | Maria Emilia, ALMEIDA | 07 | 131568 | Galitos / Bresimar | 5:15.94 | 5,00 - |
| | 50m: 32.50 32.50 | 150m: 1:48.75 39.58 | 250m: 3:15.85 47.23 | 350m: 4:40.27 37.23 | | |
| | 100m: 1:09.17 36.67 | 200m: 2:28.62 39.87 | 300m: 4:03.04 47.19 | 400m: 5:15.94 35.67 | | |
| 13. | Mariana Fernandes, CUNHA | 11 | 211988 | FOCA Quinta Da Lixa - Cnf | 5:18.46 | 4,00 - |
| | 50m: 32.92 32.92 | 150m: 1:53.91 41.27 | 250m: 3:21.48 47.69 | 350m: 4:44.41 35.41 | | |
| | 100m: 1:12.64 39.72 | 200m: 2:33.79 39.88 | 300m: 4:09.00 47.52 | 400m: 5:18.46 34.05 | | |
| 14. | Carolina Mendes, NUNES | 08 | 205710 | Clube Desportivo de Estarreja | 5:18.49 | 3,00 - |
| | 50m: 31.94 31.94 | 150m: 1:51.67 41.77 | 250m: 3:19.00 46.47 | 350m: 4:43.23 37.89 | | |
| | 100m: 1:09.90 37.96 | 200m: 2:32.53 40.86 | 300m: 4:05.34 46.34 | 400m: 5:18.49 35.26 | | |
| 15. | Maria Silva, POETA | 10 | 212032 | Gcwr | 5:31.64 | 2,00 - |
| | 50m: 34.57 34.57 | 150m: 1:56.79 40.98 | 250m: 3:24.87 47.35 | 350m: 4:53.27 39.66 | | |
| | 100m: 1:15.81 41.24 | 200m: 2:37.52 40.73 | 300m: 4:13.61 48.74 | 400m: 5:31.64 38.37 | | |



Campeonatos Nacionais de Clubes 1.ª Divisão
Quarteira, 20 - 21/12/2025



Prova 29, Femin., 400m Estilos, 1ª Divisão FEM

| Lugar | Nome | Ano | Licença | Clube | Tempo Final | | | | Pts | | | |
|-------|-------------------|---------|---------|--------------|----------------|-------|-------|---------|--------|-------|---------|-------|
| 16. | Maria Joao, COSTA | 08 | 201391 | Vilacondense | 5:32.83 | | | | 1,00 - | | | |
| | 50m: | 33.22 | 33.22 | 150m: | 1:56.01 | 43.54 | 250m: | 3:27.13 | 47.93 | 350m: | 4:56.00 | 39.81 |
| | 100m: | 1:12.47 | 39.25 | 200m: | 2:39.20 | 43.19 | 300m: | 4:16.19 | 49.06 | 400m: | 5:32.83 | 36.83 |