

Prova 42 Femin., 400m Livres
18/10/2025 - 17:55 Infantis Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da R�gua	04/11/2023
Recorde Regional (25m) Inf A	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014
Recorde Regional (25m) Inf B	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Pontos: AQUA 2025

Lugar	Nome	Licen�a	Ano	Clube	Tempo Final	PtsObs
1.	Laura Jorge Alves	216844	13	Gcvr	5:27.13	348
	50m: 36.26 36.26	200m: 2:41.13 1:23.94		400m: 5:27.13 1:22.32		
	100m: 1:17.19 40.93	300m: 4:04.81 1:23.68				
2.	Susana Pedro Carvalhinha	214488	13	Gcvr	6:07.67	245
	50m: 45.16 45.16	200m: 3:08.64 1:35.60		400m: 6:07.67 1:28.19		
	100m: 1:33.04 47.88	300m: 4:39.48 1:30.84				
3.	Benedita Martins Fernandes	214551	13	Gcvr	6:15.59	230
	50m: 44.95 44.95	200m: 3:11.06 1:37.11		400m: 6:15.59 1:31.03		
	100m: 1:33.95 49.00	300m: 4:44.56 1:33.50				
4.	Leonor Afonso Matela	220723	14	EN Bragan�a	6:16.62	228
	50m: 39.84 39.84	200m: 3:03.18 1:37.06		400m: 6:16.62 1:36.41		
	100m: 1:26.12 46.28	300m: 4:40.21 1:37.03				
5.	Lorena Sofia Ribeiro	223766	14	Gcvr	6:16.65	228
	50m: 43.59 43.59	200m: 3:06.50 1:35.50		400m: 6:16.65 1:34.34		
	100m: 1:31.00 47.41	300m: 4:42.31 1:35.81				
6.	Maria Joao Gomes		13	Gcvr	6:20.14	222
	50m: 43.94 43.94	200m: 3:08.66 1:36.90		400m: 6:20.14 1:34.63		
	100m: 1:31.76 47.82	300m: 4:45.51 1:36.85				
7.	Diana Ribeiro Nogueira	217385	14	Gcvr	6:20.19	222
	50m: 42.93 42.93	200m: 3:05.89 1:35.28		400m: 6:20.19 1:37.44		
	100m: 1:30.61 47.68	300m: 4:42.75 1:36.86				
8.	Carlota Teiga Cruz	217390	13	Gcvr	6:28.28	208
	50m: 46.28 46.28	200m: 3:14.71 1:38.71		400m: 6:28.28 1:35.17		
	100m: 1:36.00 49.72	300m: 4:53.11 1:38.40				
9.	Maria Martins Oliveira	220504	14	Durius Ac Pesqueira	6:38.31	193
	50m: 43.59 43.59	200m: 3:15.17 1:43.08		400m: 6:38.31 1:38.74		
	100m: 1:32.09 48.50	300m: 4:59.57 1:44.40				
10.	Alice Silva Costa	224051	14	Gcvr	7:07.02	156
	50m: 47.02 47.02	200m: 3:28.60 1:48.74		400m: 7:07.02 1:47.57		
	100m: 1:39.86 52.84	300m: 5:19.45 1:50.85				
DNS	Carolina Pereira Vila	224224	14	Durius Ac Pesqueira		

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18/10/2025 - 17:55 Juvendis Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da R�gua	04/11/2023
Recorde Regional (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recorde Regional (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da R�gua	12/03/2023

Pontos: AQUA 2025

Lugar	Nome	Licen�a	Ano	Clube	Tempo Final	PtsObs
1.	Xiana Castro Silva	209951	16	Fnc	5:37.78	316
	50m: 38.53 38.53	200m: 2:45.21 1:25.43		400m: 5:37.78 1:25.10		
	100m: 1:19.78 41.25	300m: 4:12.68 1:27.47				
2.	Ines Rua Fernandes	213137	15	Gcvr	5:39.53	311
	50m: 38.53 38.53	200m: 2:44.81 1:25.42		400m: 5:39.53 1:27.29		
	100m: 1:19.39 40.86	300m: 4:12.24 1:27.43				
3.	Ines Frederico Santos	217397	16	Durius Ac Pesqueira	5:55.75	271
	50m: 40.40 40.40	200m: 2:56.65 1:31.56		400m: 5:55.75 1:27.72		
	100m: 1:25.09 44.69	300m: 4:28.03 1:31.38				

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Femin., 400m Livres

Absolutos
Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Mariana Jose Martins	220726	20	EN Bragança	5:51.59	280
	50m: 39.47	39.47	200m: 2:52.47	1:29.53	400m: 5:51.59	1:26.40
	100m: 1:22.94	43.47	300m: 4:25.19	1:32.72		
2.	Bruna Filipa Costa	220503	17	Durius Ac Pesqueira	6:25.57	212
	50m: 41.60	41.60	200m: 3:08.00	1:39.46	400m: 6:25.57	1:38.31
	100m: 1:28.54	46.94	300m: 4:47.26	1:39.26		
EXH	Inês Esteves Carvalho	214490	13	Individual ANNP	5:01.51	445
	50m: 32.76	32.76	200m: 2:27.89	1:16.19	400m: 5:01.51	1:16.84
	100m: 1:11.70	38.94	300m: 3:44.67	1:16.78		