

Prova 23  
18/10/2025 - 16:55

Femin., 400m Livres

Absolutos  
Resultados

Pontos: AQUA 2025

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA	
1.	Matilde Nogueira, Lourenco	15	214556	CCDSerta	5:16.86	383	
	50m: 35.59 35.59	150m: 1:54.07	39.51	250m: 3:14.42	40.24	350m: 4:36.46	41.14
	100m: 1:14.56 38.97	200m: 2:34.18	40.11	300m: 3:55.32	40.90	400m: 5:16.86	40.40
2.	Clara Sofia, Marcal	17	217455	CCDSerta	5:44.38	298	
	50m: 39.04 39.04	150m: 2:04.88	43.97	250m: 3:34.02	44.34	350m: 5:02.62	44.19
	100m: 1:20.91 41.87	200m: 2:49.68	44.80	300m: 4:18.43	44.41	400m: 5:44.38	41.76
3.	Carolina Pinto, Banhudo	16	211117	AN Albicastrense	5:53.02	277	
	50m: 38.66 38.66	150m: 2:05.19	44.50	250m: 3:37.03	46.35	350m: 5:10.06	46.54
	100m: 1:20.69 42.03	200m: 2:50.68	45.49	300m: 4:23.52	46.49	400m: 5:53.02	42.96
4.	Ines Barata, Henrique	14	216103	AN Albicastrense	5:53.98	275	
	50m: 40.82 40.82	150m: 2:10.46	45.18	250m: 3:39.74	44.33	350m: 5:09.98	45.64
	100m: 1:25.28 44.46	200m: 2:55.41	44.95	300m: 4:24.34	44.60	400m: 5:53.98	44.00
5.	Carlota Maria, Pereira	13	215071	AN Albicastrense	6:01.02	259	
	50m: 40.16 40.16	150m: 2:12.48	46.78	250m: 3:46.53	47.52	350m: 5:19.06	45.17
	100m: 1:25.70 45.54	200m: 2:59.01	46.53	300m: 4:33.89	47.36	400m: 6:01.02	41.96
6.	Diana Sofia, Pereira	14	216176	Natacao do Fundao/YesEnergy	6:05.35	250	
	50m: 40.19 40.19	150m: 2:11.46	45.83	250m: 3:46.17	47.69	350m: 5:21.83	47.53
	100m: 1:25.63 45.44	200m: 2:58.48	47.02	300m: 4:34.30	48.13	400m: 6:05.35	43.52
7.	Carolina Campos, Silva	14	217529	Natacao Guarda	6:12.13	236	
	50m: 42.59 42.59	150m: 2:17.87	48.36	250m: 3:54.28	47.98	350m: 5:29.36	47.59
	100m: 1:29.51 46.92	200m: 3:06.30	48.43	300m: 4:41.77	47.49	400m: 6:12.13	42.77
8.	Maria Leonor, Mafra	13	225722	Portalegre	6:27.21	210	
	50m: 44.73 44.73	150m: 2:22.95	49.74	250m: 4:02.77	49.65	350m: 5:42.11	49.69
	100m: 1:33.21 48.48	200m: 3:13.12	50.17	300m: 4:52.42	49.65	400m: 6:27.21	45.10
9.	Madalena Pires, Tavares	16	207005	AN Albicastrense	6:59.33	165	
	50m: 47.41 47.41	150m: 2:36.03	54.95	250m: 4:25.46	54.71	350m: 6:11.40	52.39
	100m: 1:41.08 53.67	200m: 3:30.75	54.72	300m: 5:19.01	53.55	400m: 6:59.33	47.93
10.	Margarida Salavessa, Cacilhas	13	216125	AN Albicastrense	7:06.42	157	
	50m: 49.72 49.72	150m: 2:39.27	55.55	250m: 4:28.51	54.57	350m: 6:15.01	52.60
	100m: 1:43.72 54.00	200m: 3:33.94	54.67	300m: 5:22.41	53.90	400m: 7:06.42	51.41