



II Leiria OPEN Meeting - ABSOLUTOS 2025
Leiria, 8 - 9/11/2025

Prova 3
08/11/2025 - 15:46

Femin., 400m Livres
VOID Software

OPEN FEM
Resultados Elimin

R.T. LRA OPEN	4:32.98	Carolina, PEIXOTO		Leiria	07/11/2024
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 19 +	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac 15	4:18.39	Ana Cláudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac 14	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac 13	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2025

Lugar			Ano			Tempo final			Pts
1.	Beatriz Nunes, CARDEAL		04	Condeixa Aqua Clube		4:18.61			705_Q_____
	<i>Recorde Torneio</i>								
	50m:	29.82 29.82	150m:	1:33.88 32.30	250m:	2:39.84 33.19	350m:	3:46.41 33.20	
	100m:	1:01.58 31.76	200m:	2:06.65 32.77	300m:	3:13.21 33.37	400m:	4:18.61 32.20	
2.	Ema Jeronimo, CONCEICAO		03	Sport Alges e Dafundo		4:22.52			674_Q_____
	50m:	30.36 30.36	150m:	1:37.01 33.12	250m:	2:42.81 33.09	350m:	3:49.81 33.78	
	100m:	1:03.89 33.53	200m:	2:09.72 32.71	300m:	3:16.03 33.22	400m:	4:22.52 32.71	
3.	Li, TONGGUER		08	Sport Alges e Dafundo		4:24.53			659_Q_____
	50m:	30.77 30.77	150m:	1:37.63 33.63	250m:	2:44.33 33.27	350m:	3:51.17 33.41	
	100m:	1:04.00 33.23	200m:	2:11.06 33.43	300m:	3:17.76 33.43	400m:	4:24.53 33.36	
4.	Camila Duarte, MARCELO		10	Condeixa Aqua Clube		4:32.53			603_Q_____
	50m:	31.05 31.05	150m:	1:39.42 34.53	250m:	2:48.86 34.99	350m:	3:58.70 35.03	
	100m:	1:04.89 33.84	200m:	2:13.87 34.45	300m:	3:23.67 34.81	400m:	4:32.53 33.83	
5.	Ana Beatriz, PIRES		08	Sport Alges e Dafundo		4:34.54			589_Q_____
	50m:	31.80 31.80	150m:	1:39.87 34.58	250m:	2:49.40 34.82	350m:	3:59.74 35.23	
	100m:	1:05.29 33.49	200m:	2:14.58 34.71	300m:	3:24.51 35.11	400m:	4:34.54 34.80	
6.	Ana Carolina, MONTEIRO		04	Academica de Coimbra		4:39.68			557_Q_____
	50m:	32.46 32.46	150m:	1:42.47 35.44	250m:	2:53.92 35.67	350m:	4:04.70 35.03	
	100m:	1:07.03 34.57	200m:	2:18.25 35.78	300m:	3:29.67 35.75	400m:	4:39.68 34.98	
7.	Sara Calisto, PIMENTEL		05	Academica de Coimbra		4:42.79			539_Q_____
	50m:	32.60 32.60	150m:	1:44.02 35.75	250m:	2:55.71 35.76	350m:	4:07.56 36.05	
	100m:	1:08.27 35.67	200m:	2:19.95 35.93	300m:	3:31.51 35.80	400m:	4:42.79 35.23	
8.	Victoria Sales, PROENCA		10	Benfica		4:44.03			532_Q_____
	50m:	31.45 31.45	150m:	1:41.99 35.84	250m:	2:55.11 36.69	350m:	4:08.32 36.19	
	100m:	1:06.15 34.70	200m:	2:18.42 36.43	300m:	3:32.13 37.02	400m:	4:44.03 35.71	
9.	Francisca Cunha, MONTEIRO		11	Benfica		4:49.47			503_R_____
	50m:	32.83 32.83	150m:	1:45.57 36.81	250m:	2:59.51 36.91	350m:	4:12.95 36.88	
	100m:	1:08.76 35.93	200m:	2:22.60 37.03	300m:	3:36.07 36.56	400m:	4:49.47 36.52	
10.	Maria Luisa, NOGUEIRA		12	Academica de Coimbra		4:50.10			499_R_____
	50m:	33.37 33.37	150m:	1:46.47 37.03	250m:	3:00.84 37.21	350m:	4:14.56 36.88	
	100m:	1:09.44 36.07	200m:	2:23.63 37.16	300m:	3:37.68 36.84	400m:	4:50.10 35.54	
11.	Maria Madalena, MONTEIRO		08	Torres Novas		4:52.74			486_____
	50m:	32.32 32.32	150m:	1:45.51 37.02	250m:	3:00.56 37.64	350m:	4:16.93 38.06	
	100m:	1:08.49 36.17	200m:	2:22.92 37.41	300m:	3:38.87 38.31	400m:	4:52.74 35.81	

COM O APOIO DE:



PARTNERS:



PATROCINADORES:





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Lugar			Ano			Tempo final	Pts
12.	Margarida Pinho, FORMIGO	11	Torres Novas		4:54.15	479	
	50m: 33.35 33.35	150m: 1:46.42	37.09	250m: 3:00.52	37.35	350m: 4:16.83	38.49
	100m: 1:09.33 35.98	200m: 2:23.17	36.75	300m: 3:38.34	37.82	400m: 4:54.15	37.32
13.	Laura Samora, GONCALVES	10	CNLeiria - VOID		4:55.14	474	
	50m: 33.11 33.11	150m: 1:47.54	37.70	250m: 3:03.69	38.29	350m: 4:19.27	37.56
	100m: 1:09.84 36.73	200m: 2:25.40	37.86	300m: 3:41.71	38.02	400m: 4:55.14	35.87
14.	Matilde Conde, FIGUEIREDO	11	Condeixa Aqua Clube		4:59.40	454	
	50m: 34.06 34.06	150m: 1:48.63	38.03	250m: 3:05.58	38.45	350m: 4:22.43	38.23
	100m: 1:10.60 36.54	200m: 2:27.13	38.50	300m: 3:44.20	38.62	400m: 4:59.40	36.97
15.	Carolina Silva, CASTANHEIRA	11	CNLeiria - VOID		5:01.19	446	
	50m: 34.07 34.07	150m: 1:48.98	37.64	250m: 3:05.86	38.44	350m: 4:23.48	38.34
	100m: 1:11.34 37.27	200m: 2:27.42	38.44	300m: 3:45.14	39.28	400m: 5:01.19	37.71
16.	Maria Leonor, LOPES	10	Torres Novas		5:04.86	430	
	50m: 34.50 34.50	150m: 1:50.23	38.11	250m: 3:08.50	39.60	350m: 4:26.33	38.77
	100m: 1:12.12 37.62	200m: 2:28.90	38.67	300m: 3:47.56	39.06	400m: 5:04.86	38.53
17.	Leonor Simoes, SOUSA	12	Academica de Coimbra		5:06.51	423	
	50m: 34.72 34.72	150m: 1:52.55	39.17	250m: 3:11.31	39.33	350m: 4:28.55	38.52
	100m: 1:13.38 38.66	200m: 2:31.98	39.43	300m: 3:50.03	38.72	400m: 5:06.51	37.96
18.	Benedita Goncalves, SILVA	13	Academica de Coimbra		6:07.48	245	
	50m: 40.53 40.53	150m: 2:15.16	48.23	250m: 3:49.27	47.06	350m: 5:23.42	46.42
	100m: 1:26.93 46.40	200m: 3:02.21	47.05	300m: 4:37.00	47.73	400m: 6:07.48	44.06
19.	Maria Vitoria, MARTINHO	12	Gualdim Pais		6:24.05	215	
	50m: 39.42 39.42	150m: 2:13.60	48.27	250m: 3:53.13	50.37	350m: 5:35.54	51.22
	100m: 1:25.33 45.91	200m: 3:02.76	49.16	300m: 4:44.32	51.19	400m: 6:24.05	48.51
DSQ	Constanca Baptista, TOMAS	09	Alcobaca				

Falsa partida.

COM O APOIO DE:



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