



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

Prova 3
09/11/2025 - 10:10

Femin., 400m Livres
DCSC Solicitadores

OPEN FEM
Resultados Final

R.T. LRA OPEN	4:18.61	Beatriz Nunes, CARDEAL	CAQC	Leiria	08/11/2025
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 Patrícia, 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. Ema Jeronimo, CONCEICAO <i>Recorde Torneio</i>	03 Sport Alges e Dafundo	4:16.22	725
50m: 29.74 29.74 100m: 1:01.74 32.00	150m: 1:34.31 32.57 200m: 2:07.11 32.80	250m: 3:11.48 350m: 4:16.22	
2. Li, TONGGUER	08 Sport Alges e Dafundo	4:21.01	686
50m: 30.86 30.86 100m: 1:03.16 32.30	150m: 1:35.93 32.77 200m: 2:09.16 33.23	250m: 3:15.05 350m: 4:21.01	
3. Beatriz Nunes, CARDEAL	04 Condeixa Aqua Clube	4:22.79	672
50m: 29.93 29.93 100m: 1:01.93 32.00	150m: 1:34.46 32.53 200m: 2:07.68 33.22	250m: 3:15.19 350m: 4:22.79	
4. Camila Duarte, MARCELO	10 Condeixa Aqua Clube	4:28.44	631
50m: 30.55 30.55 100m: 1:03.78 33.23	150m: 1:37.58 33.80 200m: 2:11.77 34.19	250m: 3:20.47 350m: 4:28.44	
5. Ana Beatriz, PIRES	08 Sport Alges e Dafundo	4:39.59	558
50m: 32.11 32.11 100m: 1:05.81 33.70	150m: 1:40.37 34.56 200m: 2:15.64 35.27	250m: 3:26.91 350m: 4:39.59	
6. Ana Carolina, MONTEIRO	04 Academica de Coimbra	4:40.60	552
50m: 31.88 31.88 100m: 1:05.95 34.07	150m: 1:41.27 35.32 200m: 2:17.17 35.90	250m: 3:28.92 350m: 4:40.60	
7. Victoria Sales, PROENCA	10 Benfica	4:44.10	532
50m: 32.18 32.18 100m: 1:06.52 34.34	150m: 1:41.71 35.19 200m: 2:17.48 35.77	250m: 3:30.06 350m: 4:44.10	
8. Sara Calisto, PIMENTEL	05 Academica de Coimbra	4:44.54	529
50m: 33.00 33.00 100m: 1:08.56 35.56	150m: 1:44.80 36.24 200m: 2:21.02 36.22	250m: 3:33.08 350m: 4:44.54	

COM O APOIO DE:



PARTNERS:



PATROCINADORES:

