

Campeonato Regional Juvenis, Juniores e Seniores PC  
Cantanhede, 22 - 23/11/2025

Prova 19 Femin., 400m Estilos 13 anos e mais velhos  
22/11/2025 - 16:50 Resultados

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

Pontos: AQUA 2025

Lugar	Ano		Tempo final				Pts
<b>Juvenis B</b>							
1. Eva Miranda, ALMEIDA	11	Columbofila Cantanhedense	<b>5:27.94</b>				472
50m: 34.13 34.13	150m: 1:57.37	42.63	250m: 3:26.66	47.71	350m: 4:51.34	37.36	
100m: 1:14.74 40.61	200m: 2:38.95	41.58	300m: 4:13.98	47.32	400m: 5:27.94	36.60	
2. Joana Cura, NEVES	11	Condeixa Clube	<b>5:37.29</b>				434
50m: 35.14 35.14	150m: 2:02.05	44.49	250m: 3:33.71	47.81	350m: 5:01.16	38.38	
100m: 1:17.56 42.42	200m: 2:45.90	43.85	300m: 4:22.78	49.07	400m: 5:37.29	36.13	
<b>Juvenis A</b>							
1. Maria Neto, SIMOES	10	Condeixa Clube	<b>5:08.10</b>				570
50m: 33.34 33.34	150m: 1:52.47	40.24	250m: 3:15.88	42.65	350m: 4:33.25	34.93	
100m: 1:12.23 38.89	200m: 2:33.23	40.76	300m: 3:58.32	42.44	400m: 5:08.10	34.85	
2. Leonor Antunes, PAIVA	10	Nautico Academico	<b>5:35.08</b>				443
50m: 34.68 34.68	150m: 1:59.27	43.74	250m: 3:32.11	48.82	350m: 4:59.40	37.45	
100m: 1:15.53 40.85	200m: 2:43.29	44.02	300m: 4:21.95	49.84	400m: 5:35.08	35.68	
3. Maria Ines, GANTE	10	Nautico Academico	<b>5:37.93</b>				432
50m: 36.08 36.08	150m: 2:01.67	44.29	250m: 3:33.93	48.55	350m: 5:01.44	38.28	
100m: 1:17.38 41.30	200m: 2:45.38	43.71	300m: 4:23.16	49.23	400m: 5:37.93	36.49	
<b>Jun A/B</b>							
1. Rita Isabel, NEVES	08	Condeixa Clube	<b>5:29.59</b>				465
50m: 36.17 36.17	150m: 1:58.18	43.94	250m: 3:29.00	48.40	350m: 4:53.50	37.63	
100m: 1:14.24 38.07	200m: 2:40.60	42.42	300m: 4:15.87	46.87	400m: 5:29.59	36.09	
<b>Seniores</b>							
1. Camila Rodrigues, REBELO	03	Louzan Natacao/EFAPEL	<b>4:40.33</b>				756
50m: 30.18 30.18	150m: 1:38.14	34.45	250m: 2:53.64	41.04	350m: 4:08.92	32.78	
100m: 1:03.69 33.51	200m: 2:12.60	34.46	300m: 3:36.14	42.50	400m: 4:40.33	31.41	
2. Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	<b>4:47.01</b>				705
50m: 29.40 29.40	150m: 1:40.44	38.01	250m: 3:00.24	41.82	350m: 4:14.48	33.69	
100m: 1:02.43 33.03	200m: 2:18.42	37.98	300m: 3:40.79	40.55	400m: 4:47.01	32.53	
3. Joana Nunes, CARDEAL	02	Condeixa Clube	<b>4:52.76</b>				664
50m: 31.32 31.32	150m: 1:44.09	38.28	250m: 3:03.56	41.95	350m: 4:20.18	33.60	
100m: 1:05.81 34.49	200m: 2:21.61	37.52	300m: 3:46.58	43.02	400m: 4:52.76	32.58	
4. Helena Nunes, RODRIGUES	03	Condeixa Clube	<b>5:02.01</b>				605
50m: 32.39 32.39	150m: 1:48.05	39.35	250m: 3:10.90	44.28	350m: 4:29.50	33.67	
100m: 1:08.70 36.31	200m: 2:26.62	38.57	300m: 3:55.83	44.93	400m: 5:02.01	32.51	
5. Ana Carolina, MONTEIRO	04	Academica de Coimbra	<b>5:12.65</b>				545
50m: 32.03 32.03	150m: 1:50.27	41.48	250m: 3:16.18	44.59	350m: 4:37.68	35.79	
100m: 1:08.79 36.76	200m: 2:31.59	41.32	300m: 4:01.89	45.71	400m: 5:12.65	34.97	
6. Sara Calisto, PIMENTEL	05	Academica de Coimbra	<b>5:23.34</b>				493
50m: 34.58 34.58	150m: 1:56.72	44.67	250m: 3:27.51	47.17	350m: 4:48.53	36.30	
100m: 1:12.05 37.47	200m: 2:40.34	43.62	300m: 4:12.23	44.72	400m: 5:23.34	34.81	