

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

Prova 26 Femin., 400m Livres 13 anos e mais velhos
23/11/2025 - 10:00 Resultados

Recordes Nacionais 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m Sen	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m Jun A	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Recordes Nacionais 25m Jun B	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m Juv A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais 25m Juv B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m Inf A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais 25m Inf B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
S9 - 25m	4:52.97	Susana Pereira, VEIGA	CNCVG	Leiria	10/12/2022

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Juvenis B

1. Matilde Conde, FIGUEIREDO	11	Condeixa Clube	5:02.14	442
50m: 34.29 34.29	150m: 1:50.27	38.70	250m: 3:08.26	38.89
100m: 1:11.57 37.28	200m: 2:29.37	39.10	300m: 3:46.61	38.35
			350m: 4:25.23	38.62
			400m: 5:02.14	36.91

Juvenis A

1. Leonor Nunes, CARDEAL	10	Condeixa Clube	4:35.07	586
50m: 30.97 30.97	150m: 1:38.42	34.39	250m: 2:49.40	35.21
100m: 1:04.03 33.06	200m: 2:14.19	35.77	300m: 3:25.03	35.63
			350m: 4:00.52	35.49
			400m: 4:35.07	34.55
2. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	4:53.15	484
50m: 33.46 33.46	150m: 1:46.99	37.42	250m: 3:02.23	37.60
100m: 1:09.57 36.11	200m: 2:24.63	37.64	300m: 3:39.58	37.35
			350m: 4:17.12	37.54
			400m: 4:53.15	36.03
3. Beatriz Ribeiro, VELOSO	10	CASP AE	5:03.79	435
50m: 33.80 33.80	150m: 1:49.06	38.35	250m: 3:07.56	39.15
100m: 1:10.71 36.91	200m: 2:28.41	39.35	300m: 3:46.88	39.32
			350m: 4:25.93	39.05
			400m: 5:03.79	37.86
4. Isabella Scavone, LOPES	10	Miranda do Corvo	5:04.59	431
50m: 33.74 33.74	150m: 1:50.44	38.92	250m: 3:08.21	38.53
100m: 1:11.52 37.78	200m: 2:29.68	39.24	300m: 3:47.38	39.17
			350m: 4:26.82	39.44
			400m: 5:04.59	37.77

Jun A/B

1. Alana Costa, MATIAS	09	Nautico Academico	4:36.89	575
50m: 31.71 31.71	150m: 1:40.71	34.94	250m: 2:50.94	35.12
100m: 1:05.77 34.06	200m: 2:15.82	35.11	300m: 3:26.34	35.40
			350m: 4:02.16	35.82
			400m: 4:36.89	34.73
2. Leonor Mercês, CAVALEIRO	09	Columbifila Cantanhedense	4:54.26	479
50m: 32.77 32.77	150m: 1:44.69	36.49	250m: 3:00.67	38.31
100m: 1:08.20 35.43	200m: 2:22.36	37.67	300m: 3:38.93	38.26
			350m: 4:17.01	38.08
			400m: 4:54.26	37.25

Seniores

1. Camila Rodrigues, REBELO	03	Louzan Natacao/EFAP EL	4:13.52	749
50m: 30.18 30.18	150m: 1:34.49	32.18	250m: 2:38.29	31.69
100m: 1:02.31 32.13	200m: 2:06.60	32.11	300m: 3:10.20	31.91
			350m: 3:42.32	32.12
			400m: 4:13.52	31.20
2. Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAP EL	4:14.47	740
50m: 29.88 29.88	150m: 1:34.33	32.42	250m: 2:39.02	32.26
100m: 1:01.91 32.03	200m: 2:06.76	32.43	300m: 3:10.95	31.93
			350m: 3:43.06	32.11
			400m: 4:14.47	31.41
3. Joana Nunes, CARDEAL	02	Condeixa Clube	4:17.51	714
50m: 30.11 30.11	150m: 1:34.82	32.56	250m: 2:39.62	32.40
100m: 1:02.26 32.15	200m: 2:07.22	32.40	300m: 3:12.19	32.57
			350m: 3:44.98	32.79
			400m: 4:17.51	32.53
4. Beatriz Nunes, CARDEAL	04	Condeixa Clube	4:26.26	646
50m: 30.48 30.48	150m: 1:36.16	33.35	250m: 2:44.44	34.28
100m: 1:02.81 32.33	200m: 2:10.16	34.00	300m: 3:18.72	34.28
			350m: 3:52.62	33.90
			400m: 4:26.26	33.64
5. Helena Nunes, RODRIGUES	03	Condeixa Clube	4:29.32	624
50m: 31.20 31.20	150m: 1:38.30	33.75	250m: 2:46.90	34.30
100m: 1:04.55 33.35	200m: 2:12.60	34.30	300m: 3:21.25	34.35
			350m: 3:55.74	34.49
			400m: 4:29.32	33.58

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Prova 26, Femin., 400m Livres

EXH	Susana Pereira, VEIGA		00	Belenenses				4:51.08	494
	<i>Rec Nacional Adaptada</i>								
	50m: 33.30	33.30	150m: 1:44.45	36.21	250m: 2:58.68	37.34	350m: 4:14.07	37.82	
	100m: 1:08.24	34.94	200m: 2:21.34	36.89	300m: 3:36.25	37.57	400m: 4:51.08	37.01	