



Prova 14

Femin., 400m Estilos

Open

22-11-2025 - 15:42

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 18	4:41.02	Victoria, KAMINSKAYA	PIMP	Porto	07-12-2012
Recordes Nacionais 25m Jun 17	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
Recordes Regionais Open	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20-12-2009
Recordes Regionais Sen	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20-12-2009
Recordes Regionais Jun 18	5:47.79	Ines Filipe, ANTUNES	RIA	Tavira	15-03-2025
Recordes Regionais Jun 17	5:03.46	Marta Pereira, ABREU	CNFA	Tavira	22-11-2008
Recordes Regionais Juv A	5:01.37	Marta Pereira, ABREU	LDC	Silves	22-12-2007
Recordes Regionais Juv B	5:07.51	Constan�a Louren�o, AZEVEDO	LAGAC	Tavira	15-03-2025
Recordes Regionais Inf A	5:11.38	Laura Fabiana, ESTEVENS	CNOL	Silves	16-03-2019
Recordes Regionais Inf B	5:23.83	Laura Fabiana, ESTEVENS	CNOL	Albufeira	05-05-2018
Recordes Regionais Cad A	5:41.75	Carolina Maeiro, AUGUSTO	CNOL	Sto Ant�nio Cavaleiros	16-03-2012
S14 - 25m	59:00.00	start,			01-01-1800
S17 - 25m	59:00.00	start,			01-01-1800
S21 - 25m	7:49.02	Matilde Lucia, GASPAR	APCC	Crawley (GBR)	16-11-2024

Pontos: AQUA 2024

Lugar Nome Ano Licen a Clube Tempo Final AQUA

Juvenis A

1.	Constanca Lourenco, AZEVEDO	10	213367	Lagoa Academico Clube	5:08.70	590
	50m: 32.14 32.14 150m: 1:49.63 40.49 250m: 3:13.95 45.31 350m: 4:34.73 35.75					
	100m: 1:09.14 37.00 200m: 2:28.64 39.01 300m: 3:58.98 45.03 400m: 5:08.70 33.97					

Juniores

1.	Margarida Santos, JESUS	09	139324	Clube Natacao Olhao	5:42.44	432
	50m: 36.31 36.31 150m: 2:01.09 42.72 250m: 3:33.89 50.87 350m: 5:04.75 39.54					
	100m: 1:18.37 42.06 200m: 2:43.02 41.93 300m: 4:25.21 51.32 400m: 5:42.44 37.69					