

Prova 36	Femin., 400m Livres				Open
23-11-2025 - 15:30					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 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14-11-2020
Recordes Nacionais 25m Jun 17	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
Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20-12-2008
Recordes Regionais Sen	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20-12-2008
Recordes Regionais Jun 18	4:23.29	Beatriz Silva, LOURO	LDC	Santo Ant Cavaleiros	30-11-2024
Recordes Regionais Jun 17	4:27.66	Beatriz Silva, LOURO	LDC	Leiria	09-12-2023
Recordes Regionais Juv A	4:21.68	Catia Raquel, MARTINHEIRA	LDC	Porto	04-12-2010
Recordes Regionais Juv B	4:31.47	Catia Raquel, MARTINHEIRA	LDC	Quarteira	21-11-2009
Recordes Regionais Inf A	4:35.17	Catia Raquel, MARTINHEIRA	LDC	Sines	21-12-2008
Recordes Regionais Inf B	4:41.06	Catia Raquel, MARTINHEIRA	SALG	Abrantes	05-04-2008
Recordes Regionais Cad A	4:47.32	Carolina Silva, GODINHO	CNFA	Olhao	21-10-2007
S6 - 25m	12:22.02	Ana Sofia, BARBOSA	FCP	Recarei	27-02-2022
S7 - 25m	8:31.78	Carlota Girao, FERREIRA	ADADA	Estarreja	16-02-2025
S14 - 25m	6:01.88	Sonia Castanheiro, RESENDE	SCA	Mealhada	19-02-2017
S17 - 25m	10:33.96	Francisca Araujo, FERREIRA	ADADA	Lousada	10-11-2024
S21 - 25m	6:45.56	Matilde Lucia, GASPAS	APCC	Guarda	07-12-2024

Pontos: AQUA 2024

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA
Juvenis B						
1.	Eva, MAGIYEVA	11	210396	Lagoa Academico Clube	5:00.99	453
	50m: 34.23 34.23 150m: 1:50.47 38.91 250m: 3:07.52 38.62 350m: 4:25.21 38.48					
	100m: 1:11.56 37.33 200m: 2:28.90 38.43 300m: 3:46.73 39.21 400m: 5:00.99 35.78					
2.	Julia Laginha, BRAZ	11	216455	Lagoa Academico Clube	5:02.28	448
	50m: 35.36 35.36 150m: 1:51.50 37.57 250m: 3:08.57 38.46 350m: 4:25.69 38.11					
	100m: 1:13.93 38.57 200m: 2:30.11 38.61 300m: 3:47.58 39.01 400m: 5:02.28 36.59					
3.	Maria Goncalves, SANTOS	11	216458	Lagoa Academico Clube	5:16.38	390
	50m: 36.70 36.70 150m: 1:56.09 39.83 250m: 3:16.04 40.14 350m: 4:37.82 40.70					
	100m: 1:16.26 39.56 200m: 2:35.90 39.81 300m: 3:57.12 41.08 400m: 5:16.38 38.56					
4.	Maite Trzan, ARAUJO	11	215569	Portinado	5:40.95	312
	50m: 36.70 36.70 150m: 2:00.23 42.70 250m: 3:28.36 44.11 350m: 4:56.67 44.32					
	100m: 1:17.53 40.83 200m: 2:44.25 44.02 300m: 4:12.35 43.99 400m: 5:40.95 44.28					
5.	Marta Martins, MARQUES	11	216626	RIA Aqua Tavira	5:52.64	282
	50m: 39.18 39.18 150m: 2:09.18 45.08 250m: 3:39.86 45.15 350m: 5:10.43 44.79					
	100m: 1:24.10 44.92 200m: 2:54.71 45.53 300m: 4:25.64 45.78 400m: 5:52.64 42.21					
Juvenis A						
1.	Carolina Melo, LOPES	10	211880	Portinado	4:39.41	567
	50m: 31.30 31.30 150m: 1:41.94 35.84 250m: 2:53.52 35.81 350m: 4:05.16 35.46					
	100m: 1:06.10 34.80 200m: 2:17.71 35.77 300m: 3:29.70 36.18 400m: 4:39.41 34.25					
2.	Ines Filipa, MATEUS	10	212937	Lagoa Academico Clube	4:56.89	472
	50m: 32.54 32.54 150m: 1:46.32 37.45 250m: 3:02.09 37.94 350m: 4:19.29 38.75					
	100m: 1:08.87 36.33 200m: 2:24.15 37.83 300m: 3:40.54 38.45 400m: 4:56.89 37.60					
3.	Carolina Brito, SANTOS	10	212564	Louletano / Loule Aqui e Agora	4:59.07	462
	50m: 33.77 33.77 150m: 1:48.66 37.74 250m: 3:05.34 38.57 350m: 4:22.21 38.69					
	100m: 1:10.92 37.15 200m: 2:26.77 38.11 300m: 3:43.52 38.18 400m: 4:59.07 36.86					
4.	Lia Serena, JESUS	10	224419	Clube Natacao Olhao	5:18.24	383
	50m: 35.79 35.79 150m: 1:54.88 39.49 250m: 3:14.71 39.57 350m: 4:37.48 41.43					
	100m: 1:15.39 39.60 200m: 2:35.14 40.26 300m: 3:56.05 41.34 400m: 5:18.24 40.76					
Juniores						
1.	Margarida Maria, LUIZ	08	211814	Lagoa Academico Clube	4:39.53	566
	50m: 31.92 31.92 150m: 1:41.93 35.49 250m: 2:52.76 35.59 350m: 4:04.73 36.19					
	100m: 1:06.44 34.52 200m: 2:17.17 35.24 300m: 3:28.54 35.78 400m: 4:39.53 34.80					
2.	Margarida Santos, JESUS	09	139324	Clube Natacao Olhao	4:55.04	481
	50m: 33.21 33.21 150m: 1:47.37 37.39 250m: 3:01.81 37.43 350m: 4:18.01 38.21					
	100m: 1:09.98 36.77 200m: 2:24.38 37.01 300m: 3:39.80 37.99 400m: 4:55.04 37.03					

Prova 36, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Licen�a	Clube	Tempo Final	AQUA
3.	Clara Alexandra, VICENTE	09	214385	Lagoa Academico Clube	4:59.69	459
	50m: 33.92 33.92	150m: 1:48.62 37.70	250m: 3:05.32 38.26	350m: 4:22.36 38.73		
	100m: 1:10.92 37.00	200m: 2:27.06 38.44	300m: 3:43.63 38.31	400m: 4:59.69 37.33		

Seniores

1.	Mariana Martins, TARECO	07	204267	N�utico do Guadiana	5:32.00	338
	50m: 37.92 37.92	150m: 2:01.31 42.08	250m: 3:26.55 42.52	350m: 4:50.83 42.13		
	100m: 1:19.23 41.31	200m: 2:44.03 42.72	300m: 4:08.70 42.15	400m: 5:32.00 41.17		

S17 Seniores

1.	Joana Lopes, SALGUEIRO <i>Recorde Nacional</i>	04	129908	RIA Aqua Tavira	4:52.18	496
	50m: 32.33 32.33	150m: 1:45.08 37.14	250m: 3:00.47 37.79	350m: 4:15.74 37.43		
	100m: 1:07.94 35.61	200m: 2:22.68 37.60	300m: 3:38.31 37.84	400m: 4:52.18 36.44		

EXH	Eva Maria, PASSOS	13	219066	RIA Aqua Tavira	5:02.06	449
	50m: 35.84 35.84	150m: 1:54.21 39.02	250m: 3:11.78 38.63	350m: 4:27.28 37.44		
	100m: 1:15.19 39.35	200m: 2:33.15 38.94	300m: 3:49.84 38.06	400m: 5:02.06 34.78		