

Prova 54

Femin., 400m Livres

Infantis

23/11/2025 - 15:40

Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Inf A	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014
Recorde Regional (25m) Inf B	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Ana Rita Teixeira	216143	13	Peso da Regua	5:38.50	314
	50m: 37.00 37.00	200m: 2:46.46 1:26.87		400m: 5:38.50 1:25.75		
	100m: 1:19.59 42.59	300m: 4:12.75 1:26.29				
2.	Leonor Afonso Matela	220727	14	Escola Natacao Braganca	5:39.42	312
	50m: 36.99 36.99	200m: 2:45.84 1:27.03		400m: 5:39.42 1:25.35		
	100m: 1:18.81 41.82	300m: 4:14.07 1:28.23				
3.	Susana Pedro Carvalhinha	214488	13	Gcvr	5:50.07	284
	50m: 39.89 39.89	200m: 2:54.96 1:29.82		400m: 5:50.07 1:27.54		
	100m: 1:25.14 45.25	300m: 4:22.53 1:27.57				
4.	Benedita Martins Fernandes	214551	13	Gcvr	6:03.13	254
	50m: 41.70 41.70	200m: 3:01.42 1:33.82		400m: 6:03.13 1:31.06		
	100m: 1:27.60 45.90	300m: 4:32.07 1:30.65				
5.	Catarina Alexandra Tralhao	220506	14	Durius Ac Pesqueira	6:50.65	176
	50m: 42.54 42.54	200m: 3:20.44 1:47.33		400m: 6:50.65 1:44.75		
	100m: 1:33.11 50.57	300m: 5:05.90 1:45.46				
6.	Magda Jorge Nascimento	220734	13	Emnv/Fcv	6:51.68	174
	50m: 47.78 47.78	200m: 3:24.53 1:44.42		400m: 6:51.68 1:40.15		
	100m: 1:40.11 52.33	300m: 5:11.53 1:47.00				
7.	Carolina Pereira Vila	224224	14	Durius Ac Pesqueira	6:56.12	169
	50m: 44.94 44.94	200m: 3:22.66 1:46.64		400m: 6:56.12 1:44.40		
	100m: 1:36.02 51.08	300m: 5:11.72 1:49.06				
8.	Pereira Santos Iris	225117	14	Durius Ac Pesqueira	7:10.66	152
	50m: 47.84 47.84	200m: 3:32.13 1:49.79		400m: 7:10.66 1:47.18		
	100m: 1:42.34 54.50	300m: 5:23.48 1:51.35				
DNS	Leonor Vaz Osorio	216142	13	Peso da Regua		
DNS	Gabriela Fernandes	226908	13	Emnv/Fcv		

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Juvenis

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Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recorde Regional (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Ines Mesquita	214677	16	Gcvr	5:08.88	414
	50m: 36.34 36.34	200m: 2:34.80 1:18.96		400m: 5:08.88 1:15.57		
	100m: 1:15.84 39.50	300m: 3:53.31 1:18.51				
2.	Matilde Pinto Teixeira	211225	15	Escola Natacao Braganca	5:29.18	342
	50m: 38.00 38.00	200m: 2:43.89 1:24.58		400m: 5:29.18 1:22.29		
	100m: 1:19.31 41.31	300m: 4:06.89 1:23.00				
3.	Xiana Castro Silva	209951	16	Fnc	5:36.71	319
	50m: 36.53 36.53	200m: 2:45.75 1:27.29		400m: 5:36.71 1:24.78		
	100m: 1:18.46 41.93	300m: 4:11.93 1:26.18				

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Juniores
Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Francisca Moreira Fonseca	209211	17	Peso da Regua	5:34.10	327
	50m: 36.36 36.36	200m: 2:42.32 1:25.16		400m: 5:34.10 1:25.62		
	100m: 1:17.16 40.80	300m: 4:08.48 1:26.16				
2.	Mariana Raimundo Trindade	208566	17	Peso da Regua	5:34.75	325
	50m: 37.47 37.47	200m: 2:44.28 1:25.35		400m: 5:34.75 1:24.82		
	100m: 1:18.93 41.46	300m: 4:09.93 1:25.65				
3.	Benedita Campelo Carvalho	219492	17	Escola Natacao Braganca	6:05.64	249
	50m: 39.75 39.75	200m: 2:59.31 1:34.20		400m: 6:05.64 1:31.28		
	100m: 1:25.11 45.36	300m: 4:34.36 1:35.05				

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Seniores
Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Bianca Santos Goncalves	209198	19	Escola Natacao Braganca	5:52.77	278
	50m: 38.61 38.61	200m: 2:50.74 1:28.54		400m: 5:52.77 1:29.82		
	100m: 1:22.20 43.59	300m: 4:22.95 1:32.21				

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Absolutos
Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recorde Regional (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Ines Mesquita	214677	16	Gcvr	5:08.88	414
	50m: 36.34 36.34	200m: 2:34.80 1:18.96		400m: 5:08.88 1:15.57		
	100m: 1:15.84 39.50	300m: 3:53.31 1:18.51				
2.	Matilde Pinto Teixeira	211225	15	Escola Natacao Braganca	5:29.18	342
	50m: 38.00 38.00	200m: 2:43.89 1:24.58		400m: 5:29.18 1:22.29		
	100m: 1:19.31 41.31	300m: 4:06.89 1:23.00				
3.	Francisca Moreira Fonseca	209211	17	Peso da Regua	5:34.10	327
	50m: 36.36 36.36	200m: 2:42.32 1:25.16		400m: 5:34.10 1:25.62		
	100m: 1:17.16 40.80	300m: 4:08.48 1:26.16				
4.	Mariana Raimundo Trindade	208566	17	Peso da Regua	5:34.75	325
	50m: 37.47 37.47	200m: 2:44.28 1:25.35		400m: 5:34.75 1:24.82		
	100m: 1:18.93 41.46	300m: 4:09.93 1:25.65				
5.	Xiana Castro Silva	209951	16	Fnc	5:36.71	319
	50m: 36.53 36.53	200m: 2:45.75 1:27.29		400m: 5:36.71 1:24.78		
	100m: 1:18.46 41.93	300m: 4:11.93 1:26.18				
6.	Bianca Santos Goncalves	209198	19	Escola Natacao Braganca	5:52.77	278
	50m: 38.61 38.61	200m: 2:50.74 1:28.54		400m: 5:52.77 1:29.82		
	100m: 1:22.20 43.59	300m: 4:22.95 1:32.21				
7.	Benedita Campelo Carvalho	219492	17	Escola Natacao Braganca	6:05.64	249
	50m: 39.75 39.75	200m: 2:59.31 1:34.20		400m: 6:05.64 1:31.28		
	100m: 1:25.11 45.36	300m: 4:34.36 1:35.05				