

Prova 1 Open  
06/12/2025 - 16:30 Resultados

Recordes Nacionais Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais Juv A	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Recordes Nacionais Juv B	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Recordes Regionais Open	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Juv A	5:01.37	Marta Pereira, ABREU	LDC	Silves	22/12/2007
Recordes Regionais Juv B	5:07.51	Constança Lourenço, AZEVEDO	LAGAC	Tavira	15/03/2025

TAC Juv B 50m: 5:48.97 - 25m: 5:37.52; Juv A 50m: 5:39.70 - 25m: 5:28.56

Pontos: AQUA 2024

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA
<b>Juvenis B</b>						
1.	Francisca Moreira, FELICIANO	11	213295	Alcobaca	<b>5:07.74</b>	595
	50m: 31.88 31.88	150m: 1:50.04 40.18	250m: 3:12.79 42.66	350m: 4:32.74 35.77		
	100m: 1:09.86 37.98	200m: 2:30.13 40.09	300m: 3:56.97 44.18	400m: 5:07.74 35.00		
2.	Margarida Ferreira, MOURA	11	214313	Sporting	<b>5:16.07</b>	549
	50m: 32.77 32.77	150m: 1:51.48 41.52	250m: 3:17.09 44.97	350m: 4:40.37 37.46		
	100m: 1:09.96 37.19	200m: 2:32.12 40.64	300m: 4:02.91 45.82	400m: 5:16.07 35.70		
3.	Ana Filipa, SERRA	11	211617	Adrcimm	<b>5:21.70</b>	521
	50m: 34.84 34.84	150m: 1:56.85 41.67	250m: 3:23.08 45.39	350m: 4:45.96 36.34		
	100m: 1:15.18 40.34	200m: 2:37.69 40.84	300m: 4:09.62 46.54	400m: 5:21.70 35.74		
4.	Leonor Mota, ALVES	11	213003	Nautico Marinha Grande	<b>5:24.11</b>	509
	50m: 33.90 33.90	150m: 1:54.55 41.80	250m: 3:22.69 46.90	350m: 4:47.76 37.45		
	100m: 1:12.75 38.85	200m: 2:35.79 41.24	300m: 4:10.31 47.62	400m: 5:24.11 36.35		
5.	Varvara, HURYNOVICH	11	222740	Alges	<b>5:28.45</b>	489
	50m: 34.10 34.10	150m: 1:57.05 42.20	250m: 3:25.73 46.59	350m: 4:50.50 39.31		
	100m: 1:14.85 40.75	200m: 2:39.14 42.09	300m: 4:11.19 45.46	400m: 5:28.45 37.95		
6.	Maria Joao, VALA	11	209706	Pimpoes/Cimai	<b>5:32.00</b>	474
	50m: 35.59 35.59	150m: 1:58.41 41.97	250m: 3:27.41 47.63	350m: 4:54.65 38.67		
	100m: 1:16.44 40.85	200m: 2:39.78 41.37	300m: 4:15.98 48.57	400m: 5:32.00 37.35		
7.	Ines Freitas, ABRANTES	11	216508	Adrcimm	<b>5:34.68</b>	463
	50m: 34.53 34.53	150m: 1:57.55 43.48	250m: 3:30.27 50.29	350m: 4:58.31 37.85		
	100m: 1:14.07 39.54	200m: 2:39.98 42.43	300m: 4:20.46 50.19	400m: 5:34.68 36.37		
8.	Maria Abreu, ARROJADO FTL	11	213028	Naval Praia da Vitoria	<b>5:41.26</b>	436
	50m: 33.61 33.61	150m: 1:59.49 45.19	250m: 3:31.23 48.28	350m: 5:00.54 40.53		
	100m: 1:14.30 40.69	200m: 2:42.95 43.46	300m: 4:20.01 48.78	400m: 5:41.26 40.72		

**Juvenis A**

1.	Constanca Lourenco, AZEVEDO	10	213367	Lagoa Academico Clube	<b>5:11.07</b>	576
	50m: 32.57 32.57	150m: 1:49.27 39.31	250m: 3:14.23 46.64	350m: 4:35.59 36.09		
	100m: 1:09.96 37.39	200m: 2:27.59 38.32	300m: 3:59.50 45.27	400m: 5:11.07 35.48		
2.	Vida Sofia, VELEZ	10	209976	Ba Leiria / Sk Coffee 1	<b>5:15.50</b>	552
	50m: 35.30 35.30	150m: 1:56.01 39.72	250m: 3:20.63 46.10	350m: 4:41.99 35.61		
	100m: 1:16.29 40.99	200m: 2:34.53 38.52	300m: 4:06.38 45.75	400m: 5:15.50 33.51		
3.	Leonor Sombreiro, MARTINS	10	211313	BUZIOS - Coruche	<b>5:22.05</b>	519
	50m: 34.20 34.20	150m: 1:55.34 41.42	250m: 3:24.76 47.48	350m: 4:47.99 35.72		
	100m: 1:13.92 39.72	200m: 2:37.28 41.94	300m: 4:12.27 47.51	400m: 5:22.05 34.06		
4.	Rita Braga, GOMES	10	213921	Alges	<b>5:25.18</b>	504
	50m: 33.10 33.10	150m: 1:54.32 41.62	250m: 3:22.69 45.75	350m: 4:48.19 37.64		
	100m: 1:12.70 39.60	200m: 2:36.94 42.62	300m: 4:10.55 47.86	400m: 5:25.18 36.99		