

Prova 24 Femin., 400m Livres Open
08/12/2025 - 10:45 Resultados

Recordes Nacionais Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais Juv A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais Juv B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
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

Pontos: AQUA 2024

Lugar Nome Ano Licen a Clube Tempo Final AQUA
Juvenis B

1.	Margarida Almeida, FERREIRA	11	151230	Sporting	4:34.16	600
	50m: 31.77 31.77	150m: 1:40.87 34.93	250m: 2:50.57 34.70	350m: 4:00.10 34.79		
	100m: 1:05.94 34.17	200m: 2:15.87 35.00	300m: 3:25.31 34.74	400m: 4:34.16 34.06		
2.	Sofia Barroca, PEREIRA	11	212103	BUZIOS - Coruche	4:41.24	556
	50m: 31.86 31.86	150m: 1:41.76 35.43	250m: 2:54.32 36.20	350m: 4:06.86 36.20		
	100m: 1:06.33 34.47	200m: 2:18.12 36.36	300m: 3:30.66 36.34	400m: 4:41.24 34.38		
3.	Ana Filipa, SERRA	11	211617	Adrcimm	4:42.72	547
	50m: 32.69 32.69	150m: 1:44.13 36.48	250m: 2:56.35 35.70	350m: 4:08.26 35.86		
	100m: 1:07.65 34.96	200m: 2:20.65 36.52	300m: 3:32.40 36.05	400m: 4:42.72 34.46		
4.	Vera Franca, JESUS	11	211346	Naval Do Funchal	4:46.98	523
	50m: 32.31 32.31	150m: 1:42.96 35.85	250m: 2:57.08 36.96	350m: 4:11.35 37.11		
	100m: 1:07.11 34.80	200m: 2:20.12 37.16	300m: 3:34.24 37.16	400m: 4:46.98 35.63		
5.	Alice Machado, CAPAREIRA	11	211802	Academia Desportiva dos A�ores	4:47.13	522
	50m: 31.87 31.87	150m: 1:44.35 36.71	250m: 2:58.38 37.27	350m: 4:11.86 36.20		
	100m: 1:07.64 35.77	200m: 2:21.11 36.76	300m: 3:35.66 37.28	400m: 4:47.13 35.27		
6.	Francisca Cunha, MONTEIRO	11	216298	Benfica	4:52.83	492
	50m: 33.79 33.79	150m: 1:47.70 37.19	250m: 3:02.20 37.19	350m: 4:16.08 36.91		
	100m: 1:10.51 36.72	200m: 2:25.01 37.31	300m: 3:39.17 36.97	400m: 4:52.83 36.75		
7.	Maria Rendeiro, CORREIA	11	214922	Alges	4:53.30	490
	50m: 33.24 33.24	150m: 1:46.67 37.27	250m: 3:01.45 37.43	350m: 4:16.63 37.57		
	100m: 1:09.40 36.16	200m: 2:24.02 37.35	300m: 3:39.06 37.61	400m: 4:53.30 36.67		
8.	Leonor Mota, ALVES	11	213003	Nautico Marinha Grande	4:55.24	480
	50m: 33.64 33.64	150m: 1:47.67 37.64	250m: 3:02.47 37.29	350m: 4:18.13 37.89		
	100m: 1:10.03 36.39	200m: 2:25.18 37.51	300m: 3:40.24 37.77	400m: 4:55.24 37.11		

Juvenis A

1.	Leonor Sombreiro, MARTINS	10	211313	BUZIOS - Coruche	4:41.24	556
	50m: 32.04 32.04	150m: 1:41.44 35.06	250m: 2:53.61 36.22	350m: 4:07.00 36.64		
	100m: 1:06.38 34.34	200m: 2:17.39 35.95	300m: 3:30.36 36.75	400m: 4:41.24 34.24		
2.	Carolina Melo, LOPES	10	211880	Portinado	4:42.57	548
	50m: 31.27 31.27	150m: 1:41.08 35.38	250m: 2:53.24 36.01	350m: 4:06.87 36.79		
	100m: 1:05.70 34.43	200m: 2:17.23 36.15	300m: 3:30.08 36.84	400m: 4:42.57 35.70		
3.	Victoria Sales, PROENCA	10	211478	Benfica	4:42.79	547
	50m: 31.93 31.93	150m: 1:41.82 35.52	250m: 2:54.24 36.25	350m: 4:07.52 36.39		
	100m: 1:06.30 34.37	200m: 2:17.99 36.17	300m: 3:31.13 36.89	400m: 4:42.79 35.27		
4.	Maria Madalena, FERNANDES	10	212757	Alges	4:55.65	478
	50m: 33.92 33.92	150m: 1:47.54 37.44	250m: 3:02.52 37.53	350m: 4:17.79 37.73		
	100m: 1:10.10 36.18	200m: 2:24.99 37.45	300m: 3:40.06 37.54	400m: 4:55.65 37.86		
5.	Carolina Brito, SANTOS	10	212564	Louletano / Loule Aqui e Agora	4:57.11	471
	50m: 33.60 33.60	150m: 1:47.48 37.44	250m: 3:03.41 38.29	350m: 4:20.56 38.55		
	100m: 1:10.04 36.44	200m: 2:25.12 37.64	300m: 3:42.01 38.60	400m: 4:57.11 36.55		
6.	Beatriz Paiva, BRANCO	10	213992	Laranjeiro	5:02.43	447
	50m: 34.49 34.49	150m: 1:50.31 38.34	250m: 3:07.53 38.52	350m: 4:25.77 39.07		
	100m: 1:11.97 37.48	200m: 2:29.01 38.70	300m: 3:46.70 39.17	400m: 5:02.43 36.66		