



Campeonato Distrital de Absolutos (JUV, JUN, SEN)- PC -Preparacao INF
Abrantes, 22 - 23/11/2025

Prova 11	Femin., 400m Livres				Absoluto
22/11/2025 - 15:55					Resultados
Rec Nac 25m Open	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m 18 +	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m 17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Rec Nac 25m Juv A	4:13.53	Ana Reis Sousa	CNLA	Porto	09/12/2017
Rec Nac 25m Juv B	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m Inf A	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15/05/2004
Rec Nac 25m Inf B	4:25.30	Alexandra Maria Silva	FCP	Porto	19/07/1980
JUVENIL B Juv B: 6:19.00 / JUNIORES/SENIORES Jun/Sen: 5:42.00 / JUVENIL A Juv A: 6:07.00					

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Absoluto								
1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche	4:43.87	533	
	50m: 31.54 31.54		150m:		250m:	350m:		
	100m: 1:06.11 34.57		200m:	2:18.79	300m:	400m:	4:43.87	
2.	Sofia Barroca Pereira	F	212103	11	BUZIOS-Coruche	4:46.38	519	
	50m: 31.43 31.43		150m:		250m:	350m:		
	100m: 1:06.30 34.87		200m:	2:19.43	300m:	400m:	4:46.38	
3.	Catarina Maria Fragoso	F	213087	07	Viver Santarem	4:54.92	475	
	50m: 32.85 32.85		150m:		250m:	350m:		
	100m: 1:08.61 35.76		200m:	2:23.30	300m:	400m:	4:54.92	
4.	Lara Paixao Silva	F	210801	10	Rio Maior	5:03.36	437	
	50m: 34.67 34.67		150m:		250m:	350m:		
	100m: 1:15.05 40.38		200m:	2:29.17	300m:	400m:	5:03.36	
5.	Mariana Mauricio Coelho	F	200356	07	BUZIOS-Coruche	5:06.01	425	
	50m: 33.11 33.11		150m:		250m:	350m:		
	100m: 1:10.92 37.81		200m:	2:29.30	300m:	400m:	5:06.01	
6.	Catarina Isabel Carlota	F	132493	05	BUZIOS-Coruche	5:07.24	420	
	50m: 33.96 33.96		150m:		250m:	350m:		
	100m: 1:11.57 37.61		200m:	2:29.89	300m:	400m:	5:07.24	
7.	Margarida Pinho Formigo	F	205995	11	Torres Novas	5:12.46	400	
	50m: 35.03 35.03		150m:		250m:	350m:		
	100m: 1:13.31 38.28		200m:	2:33.40	300m:	400m:	5:12.46	
8.	Mariana Freitas Mota	F	213013	11	Torres Novas	5:32.65	331	
	50m: 37.70 37.70		150m:		250m:	350m:		
	100m: 1:19.83 42.13		200m:	2:44.48	300m:	400m:	5:32.65	
9.	Madalena Bras Salgado	F	226277	10	Viver Santarem	6:04.17	252	
	50m: 40.17 40.17		150m:		250m:	350m:		
	100m: 1:25.57 45.40		200m:	2:59.57	300m:	400m:	6:04.17	

Senior

1.	Catarina Maria Fragoso	F	213087	07	Viver Santarem	4:54.92	475	
	50m: 32.85 32.85		150m:		250m:	350m:		
	100m: 1:08.61 35.76		200m:	2:23.30	300m:	400m:	4:54.92	
2.	Mariana Mauricio Coelho	F	200356	07	BUZIOS-Coruche	5:06.01	425	
	50m: 33.11 33.11		150m:		250m:	350m:		
	100m: 1:10.92 37.81		200m:	2:29.30	300m:	400m:	5:06.01	
3.	Catarina Isabel Carlota	F	132493	05	BUZIOS-Coruche	5:07.24	420	
	50m: 33.96 33.96		150m:		250m:	350m:		
	100m: 1:11.57 37.61		200m:	2:29.89	300m:	400m:	5:07.24	

Juvenil

1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche	4:43.87	533	
	50m: 31.54 31.54		150m:		250m:	350m:		
	100m: 1:06.11 34.57		200m:	2:18.79	300m:	400m:	4:43.87	
2.	Sofia Barroca Pereira	F	212103	11	BUZIOS-Coruche	4:46.38	519	
	50m: 31.43 31.43		150m:		250m:	350m:		
	100m: 1:06.30 34.87		200m:	2:19.43	300m:	400m:	4:46.38	
3.	Lara Paixao Silva	F	210801	10	Rio Maior	5:03.36	437	
	50m: 34.67 34.67		150m:		250m:	350m:		
	100m: 1:15.05 40.38		200m:	2:29.17	300m:	400m:	5:03.36	
4.	Margarida Pinho Formigo	F	205995	11	Torres Novas	5:12.46	400	
	50m: 35.03 35.03		150m:		250m:	350m:		
	100m: 1:13.31 38.28		200m:	2:33.40	300m:	400m:	5:12.46	
5.	Mariana Freitas Mota	F	213013	11	Torres Novas	5:32.65	331	
	50m: 37.70 37.70		150m:		250m:	350m:		
	100m: 1:19.83 42.13		200m:	2:44.48	300m:	400m:	5:32.65	
6.	Madalena Bras Salgado	F	226277	10	Viver Santarem	6:04.17	252	
	50m: 40.17 40.17		150m:		250m:	350m:		
	100m: 1:25.57 45.40		200m:	2:59.57	300m:	400m:	6:04.17	



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Prova 11, Femin., 400m Livres

Juvenil A

1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche		4:43.87	533
	50m: 31.54 31.54		150m:		250m:	350m:		
	100m: 1:06.11 34.57		200m:	2:18.79	300m:	400m:	4:43.87	
2.	Lara Paixao Silva	F	210801	10	Rio Maior		5:03.36	437
	50m: 34.67 34.67		150m:		250m:	350m:		
	100m: 1:15.05 40.38		200m:	2:29.17	300m:	400m:	5:03.36	
3.	Madalena Bras Salgado	F	226277	10	Viver Santarem		6:04.17	252
	50m: 40.17 40.17		150m:		250m:	350m:		
	100m: 1:25.57 45.40		200m:	2:59.57	300m:	400m:	6:04.17	

Juvenil B

1.	Sofia Barroca Pereira	F	212103	11	BUZIOS-Coruche		4:46.38	519
	50m: 31.43 31.43		150m:		250m:	350m:		
	100m: 1:06.30 34.87		200m:	2:19.43	300m:	400m:	4:46.38	
2.	Margarida Pinho Formigo	F	205995	11	Torres Novas		5:12.46	400
	50m: 35.03 35.03		150m:		250m:	350m:		
	100m: 1:13.31 38.28		200m:	2:33.40	300m:	400m:	5:12.46	
3.	Mariana Freitas Mota	F	213013	11	Torres Novas		5:32.65	331
	50m: 37.70 37.70		150m:		250m:	350m:		
	100m: 1:19.83 42.13		200m:	2:44.48	300m:	400m:	5:32.65	

Infantil A

1.	Margarida Madeira Pires	F	218976	12	Rio Maior		5:19.27	375
	50m: 35.24 35.24		150m:		250m:	350m:		
	100m: 1:14.05 38.81		200m:	2:35.80	300m:	400m:	5:19.27	
2.	Maria Pais Santos	F	214846	12	BUZIOS-Coruche		5:25.38	354
	50m: 36.78 36.78		150m:		250m:	350m:		
	100m: 1:17.24 40.46		200m:	2:40.38	300m:	400m:	5:25.38	
3.	Maria Francisca Pinheiro	F	222111	12	Nautico Abrantes		5:44.67	298
	50m: 38.31 38.31		150m:		250m:	350m:		
	100m: 1:21.17 42.86		200m:	2:50.53	300m:	400m:	5:44.67	
4.	Ana Leonor Lopes	F	220236	12	Rio Maior		5:51.92	280
	50m: 38.61 38.61		150m:		250m:	350m:		
	100m: 1:23.64 45.03		200m:	2:55.26	300m:	400m:	5:51.92	
5.	Joana Verissimo Tavares	F	217624	12	CLAC-Entroncamento		6:04.07	252
	50m: 38.76 38.76		150m:		250m:	350m:		
	100m: 1:23.96 45.20		200m:	2:57.03	300m:	400m:	6:04.07	
6.	Lara Alberto Januario	F	226393	12	Viver Santarem		6:46.07	182
	50m: 39.81 39.81		150m:		250m:	350m:		
	100m: 1:27.52 47.71		200m:	3:11.41	300m:	400m:	6:46.07	

Infantil B

1.	Marta Bento Ferreira	F	224335	13	Viver Santarem		5:43.98	299
	50m: 38.05 38.05		150m:		250m:	350m:		
	100m: 1:20.98 42.93		200m:	2:50.43	300m:	400m:	5:43.98	
2.	Maria Carolina Fidalgo	F	217616	13	Viver Santarem		6:05.92	249
	50m: 39.87 39.87		150m:		250m:	350m:		
	100m: 1:25.43 45.56		200m:	2:59.73	300m:	400m:	6:05.92	
3.	Leonor Chambel Santos	F	214860	13	Nautico Abrantes		6:17.93	226
	50m: 40.61 40.61		150m:		250m:	350m:		
	100m: 1:27.54 46.93		200m:	3:05.05	300m:	400m:	6:17.93	
4.	Carolina Marques Ribeiro	F	225344	13	Rio Maior		6:23.75	216
	50m: 40.59 40.59		150m:		250m:	350m:		
	100m: 1:30.31 49.72		200m:	3:06.19	300m:	400m:	6:23.75	
5.	Constanca Mendao Silva	F	220232	13	Rio Maior		6:34.25	199
	50m: 44.49 44.49		150m:		250m:	350m:		
	100m: 1:34.85 50.36		200m:	3:16.55	300m:	400m:	6:34.25	