



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

Prova 23		Femin., 400m Estilos			Absoluto
23/11/2025 - 9:05					Resultados
Rec Nac 25m Open	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 25m 18 +	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 25m 17	4:46.89	Ines Neto Rocha	CAP	Felgueiras	15/04/2018
Rec Nac 25m Juv A	4:50.85	Diana Margarida Duraes	FOCA	Silves	02/12/2011
Rec Nac 25m Juv B	4:51.85	Ana Claudia Santos	SFUAP	Setubal	21/11/2004
Rec Nac 25m Inf A	4:56.53	Mariana Pacheco Cunha	CFP	Porto	05/05/2018
Rec Nac 25m Inf B	5:03.94	Carolina Miranda Fernandes	CGA	Condeixa	12/05/2018
JUVENIL B Juv B: 7:00.00 / JUNIORES/SENIORES Jun/Sen: 6:35.00 / JUVENIL A Juv A: 6:45.00					

Pontos: AQUA 2025

Lugar	Nome	Sexo	Lic�ncia	Ano	Clube	Tempo Final	Pts	Obs
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Absoluto

1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche	5:26.82	477
	50m: 33.85 33.85	150m: 250m:	350m:				
	100m: 1:14.61 40.76	200m: 300m:	400m:		5:26.82		
2.	Catarina Leonor Pereira	F	220226	11	CLAC-Entroncamento	7:10.02	209
	FTLS						
	50m: 42.51 42.51	150m: 250m:	350m:				
	100m: 1:36.69 54.18	200m: 300m:	400m:		7:10.02		

Juvenil

1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche	5:26.82	477
	50m: 33.85 33.85	150m: 250m:	350m:				
	100m: 1:14.61 40.76	200m: 300m:	400m:		5:26.82		
2.	Catarina Leonor Pereira	F	220226	11	CLAC-Entroncamento	7:10.02	209
	FTLS						
	50m: 42.51 42.51	150m: 250m:	350m:				
	100m: 1:36.69 54.18	200m: 300m:	400m:		7:10.02		

Juvenil A

1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche	5:26.82	477
	50m: 33.85 33.85	150m: 250m:	350m:				
	100m: 1:14.61 40.76	200m: 300m:	400m:		5:26.82		

Juvenil B

1.	Catarina Leonor Pereira	F	220226	11	CLAC-Entroncamento	7:10.02	209
	FTLS						
	50m: 42.51 42.51	150m: 250m:	350m:				
	100m: 1:36.69 54.18	200m: 300m:	400m:		7:10.02		

Infantil A

1.	Maria Pais Santos	F	214846	12	BUZIOS-Coruche	6:36.84	266
	50m: 41.24 41.24	150m: 250m:	350m:				
	100m: 1:35.49 54.25	200m: 300m:	400m:		6:36.84		

Infantil B

1.	Mafalda Ines Martinho	F	217625	13	CLAC-Entroncamento	7:31.20	181
	50m: 53.30 53.30	150m: 250m:	350m:				
	100m: 1:55.92 1:02.62	200m: 300m:	400m:		7:31.20		