

Campeonato Regional Juv Abs e Preparação Inf
Sines, 22 - 23/11/2025

Prova 1

22/11/2025 - 10:00

Femin., 400m Estilos

13 anos e mais velhos

Resultados

Recordes Regionais Piscina Curta Open	4:55.96	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Recordes Regionais Piscina Curta 18 +	5:24.46	Nicoleta LASCU	CNLA	Sines	16/11/2019
Recordes Regionais Piscina Curta 17	5:27.54	Nicoleta Lascu LASCU	CNLA	Sines	24/11/2018
Recordes Regionais Piscina Curta 16	4:55.96	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Recordes Regionais Piscina Curta 15	5:28.55	Nicoleta LASCU	CNLA	Sines	12/11/2016
Recordes Regionais Piscina Curta 14	5:29.14	Ana Reis SOUSA	CNLA	Setubal	04/12/2015
Recordes Regionais Piscina Curta 13	5:49.79	Ines Bicho FADISTA	AMINATA	Sto Antonio Cavaleiros	15/03/2013

Pontos: AQUA 2025

Lugar Nome

Idade Clube

Tempo final

Pontos

13 anos

1.	Lara Amorim PEREIRA			13	Litoral Alentejano				5:58.93		360	
	50m:	38.99	38.99	150m:	2:11.21	45.95	250m:	3:46.86	51.23	350m:	5:20.70	41.27
	100m:	1:25.26	46.27	200m:	2:55.63	44.42	300m:	4:39.43	52.57	400m:	5:58.93	38.23
2.	Alice Cardoso SILVA			13	Litoral Alentejano				6:55.83		231	
	50m:	46.00	46.00	150m:	2:34.44	52.94	250m:	4:23.65	57.43	350m:	6:09.12	47.82
	100m:	1:41.50	55.50	200m:	3:26.22	51.78	300m:	5:21.30	57.65	400m:	6:55.83	46.71
3.	Diana Sofia ROSADO			13	Litoral Alentejano				6:59.44		225	
	50m:	47.19	47.19	150m:	2:39.56	54.80	250m:	4:27.41	56.50	350m:	6:12.41	48.60
	100m:	1:44.76	57.57	200m:	3:30.91	51.35	300m:	5:23.81	56.40	400m:	6:59.44	47.03
4.	Renata Nunes NOBRE			13	Ndco				8:07.32		144	
	50m:	54.19	54.19	150m:			250m:			350m:		
	100m:	2:01.45	1:07.26	200m:	3:54.94		300m:	6:26.06		400m:	8:07.32	

DSQ

Sara Araujo SILVA

13 Ndco

614 - Nadador não efectuou viragem aos 175 m após terminar movimento contínuo de braços - SW
6.4

14 anos

1.	Madalena Santos MACHADO				14	Ndco				6:20.01		303
	50m:	42.53	42.53	150m:	2:26.90	47.43	250m:	4:06.34	53.23	350m:	5:41.60	41.01
	100m:	1:39.47	56.94	200m:	3:13.11	46.21	300m:	5:00.59	54.25	400m:	6:20.01	38.41
2.	Ines Borges COSTA				14	Ndco				6:21.76		299
	50m:	43.06	43.06	150m:	2:24.73	47.63	250m:	4:05.72	53.95	350m:	5:42.87	41.59
	100m:	1:37.10	54.04	200m:	3:11.77	47.04	300m:	5:01.28	55.56	400m:	6:21.76	38.89
3.	Ines Mendes ROCHA				14	Litoral Alentejano				6:27.72		286
	50m:	39.08	39.08	150m:			250m:			350m:		
	100m:	1:24.75	45.67	200m:	3:10.93		300m:	5:00.50		400m:	6:27.72	
4.	Filipa Serrao ROSARIO				14	Litoral Alentejano				6:41.12		258
	50m:	46.50	46.50	150m:	2:30.20	50.77	250m:	4:13.97	54.67	350m:	5:57.14	47.79
	100m:	1:39.43	52.93	200m:	3:19.30	49.10	300m:	5:09.35	55.38	400m:	6:41.12	43.98
5.	Ines Oliveira GOMES				14	Ndco				6:46.88		247
	50m:	43.30	43.30	150m:	2:29.48	51.97	250m:	4:18.77	58.90	350m:	6:02.77	44.46
	100m:	1:37.51	54.21	200m:	3:19.87	50.39	300m:	5:18.31	59.54	400m:	6:46.88	44.11
6.	Carolina Paixao CENICO				14	Acmn				6:47.64		246
	50m:	43.59	43.59	150m:	2:31.28	53.24	250m:	4:19.83	57.15	350m:	6:05.71	45.56
	100m:	1:38.04	54.45	200m:	3:22.68	51.40	300m:	5:20.15	1:00.32	400m:	6:47.64	41.93

15 - 16 anos

1.	Rita Isabel OLIVEIRA				16	Estremoz				6:33.32	274	
	50m:	39.19	39.19	150m:	2:21.52	54.18	250m:	4:07.99	57.38	350m:	5:50.67	45.28
	100m:	1:27.34	48.15	200m:	3:10.61	49.09	300m:	5:05.39	57.40	400m:	6:33.32	42.65

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1.	Maria Lua PISCO				19	Acmn				6:22.45	298	
	50m:	40.68	40.68	150m:	2:19.64	49.15	250m:	4:02.04	53.36	350m:	5:40.85	43.78
	100m:	1:30.49	49.81	200m:	3:08.68	49.04	300m:	4:57.07	55.03	400m:	6:22.45	41.60