

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

Prova 13 **Femin., 400m Livres** **13 anos e mais velhos**
22/11/2025 - 16:30 **Resultados**

Recordes Regionais Piscina Curta Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Regionais Piscina Curta 18 +	4:45.63	Sofia Oliveira SILVA	CNLA	Sines	25/04/2024
Recordes Regionais Piscina Curta 17	4:43.90	Sofia Cristina GRILO	Ind ANALEP	Ponte de Sôr	15/03/2014
Recordes Regionais Piscina Curta 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Regionais Piscina Curta 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Recordes Regionais Piscina Curta 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Recordes Regionais Piscina Curta 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003

Pontos: AQUA 2025

Lugar	Nome	Idade	Clube	Tempo final	Pontos
13 anos					
1.	Lara Amorim PEREIRA	13	Litoral Alentejano	5:20.51	370
	50m: 36.29 36.29	150m: 1:56.32	40.37	250m: 3:18.06	40.81
	100m: 1:15.95 39.66	200m: 2:37.25	40.93	300m: 3:59.23	41.17
				350m: 4:39.97	40.74
				400m: 5:20.51	40.54
2.	Sara Araujo SILVA	13	Ndco	6:02.70	255
	50m: 42.42 42.42	150m: 2:13.09	45.17	250m: 3:44.93	46.22
	100m: 1:27.92 45.50	200m: 2:58.71	45.62	300m: 4:30.76	45.83
				350m: 5:17.23	46.47
				400m: 6:02.70	45.47
3.	Carolina Neves MESTRE	13	Aljustrelense	6:11.76	237
	50m: 41.61 41.61	150m: 2:18.13	48.40	250m: 3:52.68	47.43
	100m: 1:29.73 48.12	200m: 3:05.25	47.12	300m: 4:39.77	47.09
				350m: 5:26.49	46.72
				400m: 6:11.76	45.27
4.	Carolina Carneiro VINAGRE	13	Grupo Desportivo Mora	6:19.41	223
	50m: 41.94 41.94	150m: 2:17.21	48.42	250m: 3:56.62	49.74
	100m: 1:28.79 46.85	200m: 3:06.88	49.67	300m: 4:46.27	49.65
				350m: 5:34.26	47.99
				400m: 6:19.41	45.15
5.	Alice Fortunato CORREIA	13	GSC Grândola Sports Club	6:30.02	205
	50m: 45.28 45.28	150m: 2:24.99	50.42	250m: 4:05.77	58.60
	100m: 1:34.57 49.29	200m: 3:07.17	42.18	300m: 4:55.97	50.20
				350m: 5:45.19	49.22
				400m: 6:30.02	44.83
6.	Maria Vitoria HRYNIV	13	GSC Grândola Sports Club	6:35.19	197
	50m: 45.22 45.22	150m: 2:25.79	50.94	250m: 4:06.78	50.93
	100m: 1:34.85 49.63	200m: 3:15.85	50.06	300m: 4:58.75	51.97
				350m: 5:49.51	50.76
				400m: 6:35.19	45.68
7.	Diana Sofia ROSADO	13	Litoral Alentejano	6:35.89	196
	50m: 46.12 46.12	150m: 2:26.59	50.36	250m: 4:08.75	51.34
	100m: 1:36.23 50.11	200m: 3:17.41	50.82	300m: 4:59.36	50.61
				350m: 5:48.52	49.16
				400m: 6:35.89	47.37
8.	Renata Nunes NOBRE	13	Ndco	6:51.38	175
	50m: 50.10 50.10	150m: 2:40.11	54.18	250m: 4:26.31	52.25
	100m: 1:45.93 55.83	200m: 3:34.06	53.95	300m: 5:17.05	50.74
				350m: 6:07.53	50.48
				400m: 6:51.38	43.85
9.	Maria Leonor CALCAO	13	Acmn	6:58.49	166
	50m: 47.20 47.20	150m: 2:33.21	53.80	250m: 4:20.12	53.08
	100m: 1:39.41 52.21	200m: 3:27.04	53.83	300m: 5:15.36	55.24
				350m: 6:08.23	52.87
				400m: 6:58.49	50.26
10.	Madalena Sofia CASMARRINHA	13	Acmn	7:05.15	158
	50m: 47.10 47.10	150m: 2:35.16	54.68	250m: 4:24.62	55.36
	100m: 1:40.48 53.38	200m: 3:29.26	54.10	300m: 5:18.88	54.26
				350m: 6:14.38	55.50
				400m: 7:05.15	50.77

14 anos					
1.	Ines Borges COSTA	14	Ndco	5:18.03	379
	50m: 37.01 37.01	150m: 1:56.57	40.40	250m: 3:17.69	41.06
	100m: 1:16.17 39.16	200m: 2:36.63	40.06	300m: 3:58.87	41.18
				350m: 4:39.71	40.84
				400m: 5:18.03	38.32
2.	Madalena Santos MACHADO	14	Ndco	5:30.08	339
	50m: 37.31 37.31	150m: 1:57.96	41.15	250m: 3:21.79	42.31
	100m: 1:16.81 39.50	200m: 2:39.48	41.52	300m: 4:05.03	43.24
				350m: 4:48.29	43.26
				400m: 5:30.08	41.79
3.	Sofia MEDEIRO HORTA	14	Zona Azul	5:46.27	294
	50m: 37.80 37.80	150m: 2:05.56	44.56	250m: 3:35.69	45.70
	100m: 1:21.00 43.20	200m: 2:49.99	44.43	300m: 4:20.61	44.92
				350m: 5:05.20	44.59
				400m: 5:46.27	41.07
4.	Ines Mendes ROCHA	14	Litoral Alentejano	5:49.68	285
	50m: 38.48 38.48	150m: 2:05.30	44.72	250m: 3:35.42	45.41
	100m: 1:20.58 42.10	200m: 2:50.01	44.71	300m: 4:20.85	45.43
				350m: 5:06.11	45.26
				400m: 5:49.68	43.57

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Prova 13, Femin., 400m Livres, 14 anos

Lugar	Nome	Idade	Clube	Tempo final				Pontos
5.	Mafalda Costa NUNES	14	GSC Grândola Sports Club	5:49.96				284
	50m: 39.04 39.04	150m: 2:06.29	44.11	250m: 3:36.06	45.01	350m: 5:06.49	45.50	
	100m: 1:22.18 43.14	200m: 2:51.05	44.76	300m: 4:20.99	44.93	400m: 5:49.96	43.47	
6.	Daniela Varela SILVA	14	Acmn	5:50.37				283
	50m: 39.37 39.37	150m: 2:08.40	44.77	250m: 3:38.68	45.63	350m: 5:09.39	44.94	
	100m: 1:23.63 44.26	200m: 2:53.05	44.65	300m: 4:24.45	45.77	400m: 5:50.37	40.98	
7.	Ines Oliveira GOMES	14	Ndco	5:52.34				279
	50m: 39.45 39.45	150m: 2:08.67	45.37	250m: 3:39.20	45.23	350m: 5:09.44	44.81	
	100m: 1:23.30 43.85	200m: 2:53.97	45.30	300m: 4:24.63	45.43	400m: 5:52.34	42.90	
8.	Carolina Paixao CENICO	14	Acmn	5:52.79				278
	50m: 38.53 38.53	150m: 2:06.18	44.47	250m: 3:36.27	45.07	350m: 5:07.04	45.69	
	100m: 1:21.71 43.18	200m: 2:51.20	45.02	300m: 4:21.35	45.08	400m: 5:52.79	45.75	
9.	Alice Maria NUNES	14	Acmn	5:55.30				272
	50m: 39.76 39.76	150m: 2:11.50	46.72	250m: 3:42.70	45.55	350m: 5:13.06	44.27	
	100m: 1:24.78 45.02	200m: 2:57.15	45.65	300m: 4:28.79	46.09	400m: 5:55.30	42.24	
10.	Teresa Filipe BANHA	14	Acmn	6:03.31				254
	50m: 38.92 38.92	150m: 2:08.75	46.08	250m: 3:42.35	47.17	350m: 5:18.60	48.23	
	100m: 1:22.67 43.75	200m: 2:55.18	46.43	300m: 4:30.37	48.02	400m: 6:03.31	44.71	
11.	Ariana Nunes BATISTA	14	GSC Grândola Sports Club	6:05.57				249
	50m: 39.43 39.43	150m: 2:10.66	46.86	250m: 3:45.27	47.18	350m: 5:19.11	46.87	
	100m: 1:23.80 44.37	200m: 2:58.09	47.43	300m: 4:32.24	46.97	400m: 6:05.57	46.46	
12.	Filipa Serrao ROSARIO	14	Litoral Alentejano	6:08.61				243
	50m: 41.48 41.48	150m: 2:16.87	47.45	250m: 3:53.18	48.46	350m: 5:25.05	45.70	
	100m: 1:29.42 47.94	200m: 3:04.72	47.85	300m: 4:39.35	46.17	400m: 6:08.61	43.56	
13.	Catia Mendes FIDALGO	14	GSC Grândola Sports Club	6:14.82				231
	50m: 42.40 42.40	150m: 2:17.06	47.84	250m: 3:52.76	47.83	350m: 5:28.03	48.37	
	100m: 1:29.22 46.82	200m: 3:04.93	47.87	300m: 4:39.66	46.90	400m: 6:14.82	46.79	
14.	Laura Gomes MESTRE	14	Aljustrelense	6:16.38				228
	50m: 41.02 41.02	150m: 2:11.87	45.72	250m: 3:44.06	46.10	350m: 5:29.00	51.56	
	100m: 1:26.15 45.13	200m: 2:57.96	46.09	300m: 4:37.44	53.38	400m: 6:16.38	47.38	
15.	Carolina Ferreira GUIMARAES	14	GSC Grândola Sports Club	6:30.59				204
	50m: 43.53 43.53	150m: 2:22.83	50.42	250m: 4:04.39	51.46	350m: 5:45.85	50.76	
	100m: 1:32.41 48.88	200m: 3:12.93	50.10	300m: 4:55.09	50.70	400m: 6:30.59	44.74	
16.	Sofia Oliveira PEREIRA	14	GSC Grândola Sports Club	6:51.23				175
	50m: 44.69 44.69	150m: 2:29.19	52.33	250m: 4:16.88	54.49	350m: 6:01.51	51.53	
	100m: 1:36.86 52.17	200m: 3:22.39	53.20	300m: 5:09.98	53.10	400m: 6:51.23	49.72	

15 - 16 anos

1.	Maria Ines LUIS	15	Aljustrelense	5:12.93				398
	50m: 34.32 34.32	150m: 1:50.62	38.87	250m: 3:10.85	39.97	350m: 4:32.27	41.02	
	100m: 1:11.75 37.43	200m: 2:30.88	40.26	300m: 3:51.25	40.40	400m: 5:12.93	40.66	
2.	Teresa Ribeiro ROCHA	15	Aminata	5:26.02				352
	50m: 36.51 36.51	150m: 2:00.66	42.41	250m: 3:23.66	41.14	350m: 4:45.57	41.10	
	100m: 1:18.25 41.74	200m: 2:42.52	41.86	300m: 4:04.47	40.81	400m: 5:26.02	40.45	
3.	Rita Isabel OLIVEIRA	16	Estremoz	5:32.50				332
	50m: 37.15 37.15	150m: 1:58.46	41.65	250m: 3:23.84	42.82	350m: 4:50.68	42.96	
	100m: 1:16.81 39.66	200m: 2:41.02	42.56	300m: 4:07.72	43.88	400m: 5:32.50	41.82	
4.	Madalena Isabel MARQUES	15	Acmn	5:43.90				300
	50m: 36.95 36.95	150m: 2:02.31	44.14	250m: 3:31.75	44.76	350m: 5:01.65	44.77	
	100m: 1:18.17 41.22	200m: 2:46.99	44.68	300m: 4:16.88	45.13	400m: 5:43.90	42.25	
5.	Maria Beatrice BRANDAO	15	Zona Azul	5:53.93				275
	50m: 40.16 40.16	150m: 2:11.01	46.18	250m: 3:42.73	46.08	350m: 5:12.92	43.58	
	100m: 1:24.83 44.67	200m: 2:56.65	45.64	300m: 4:29.34	46.61	400m: 5:53.93	41.01	

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Prova 13, Femin., 400m Livres, 15 - 16 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
6.	Camila Filipa CUSTODIO	15	GSC Grândola Sports Club	6:33.09	200
	50m: 42.62 42.62	150m: 2:20.00 48.14	250m: 4:00.81 49.84	350m: 5:42.82 50.18	
	100m: 1:31.86 49.24	200m: 3:10.97 50.97	300m: 4:52.64 51.83	400m: 6:33.09 50.27	

17 anos e mais velhos

1.	Filipa Maria PEREIRA	20	Aminata	5:01.56	445
	50m: 33.96 33.96	150m: 1:48.62 37.75	250m: 3:05.79 38.82	350m: 4:23.52 38.73	
	100m: 1:10.87 36.91	200m: 2:26.97 38.35	300m: 3:44.79 39.00	400m: 5:01.56 38.04	
2.	Joana Afonso BANZA	17	Aljustrelense	5:07.59	419
	50m: 34.56 34.56	150m: 1:51.28 38.86	250m: 3:10.16 39.38	350m: 4:29.00 39.56	
	100m: 1:12.42 37.86	200m: 2:30.78 39.50	300m: 3:49.44 39.28	400m: 5:07.59 38.59	