

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 20 - 21/6/2026

Prova 10 Femin., 400m Livres 13 anos e mais velhos
21/06/2026 - 9:30 Resultados

Rec Nac Open	4:07.50	Francisca Soares, MARTINS	POR	Berlin (GER)	23/07/2025
Rec Nac Sen	4:07.50	Francisca Soares, MARTINS	POR	Berlin (GER)	23/07/2025
Rec Nac Jun A	4:17.80	Tamila Hryhorivna, HOLUB	POR	Pontevedra (ESP)	08/04/2017
Rec Nac Jun B	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016
Rec Nac 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlin (GER)	04/08/2002
Rec Nac Juv B	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014
Rec Nac Inf A	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014
Rec Nac Inf B	4:31.53	Alexandra Maria, SILVA	POR	Skovde (SWE)	08/08/1980
Rec Reg ANC Open	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	26/05/2013
Rec Reg ANC Sen	4:20.50	Ines Jacinto, HENRIQUES	ALN		23/07/2024
Rec Reg ANC Jun A	4:22.77	Florbela Cavaco, MACHADO	ASSSCC	Pontevedra (ESP)	08/04/2014
Rec Reg ANC Jun B	4:19.98	Florbela Cavaco, MACHADO	ASSSCC	Coimbra	26/05/2013
Rec Reg ANC 16	4:23.05	Maria Miguel, VELOSO	CNAC		15/04/2009
Rec Reg ANC Juv B	4:25.30	Alexandra Couto, FRAZÃO	INDANC	Coimbra	01/04/2017
Rec Reg ANC Inf A	4:30.37	Maria Miguel, VELOSO	CNAC	Belgrado (SRB)	23/07/2007
Rec Reg ANC Inf B	4:36.99	Mariana Cunha, GUERRA	ASSSCC	Rio Maior	03/07/2011

Pontos: AQUA 2025

Lugar Idade Tempo final Pts
Infantis A/B

1. Maria Luisa, NOGUEIRA	14	Academica de Coimbra	4:54.68	509
50m: 33.63 33.63	150m: 1:47.85 37.00	250m: 3:03.09 36.93	350m: 4:18.07 37.25	
100m: 1:10.85 37.22	200m: 2:26.16 38.31	300m: 3:40.82 37.73	400m: 4:54.68 36.61	
2. Maria Mar, JESUS	13	Columbofila Cantanhedense	5:19.68	399
50m: 35.62 35.62	150m: 1:55.27 40.37	250m: 3:17.74 41.16	350m: 4:39.82 40.50	
100m: 1:14.90 39.28	200m: 2:36.58 41.31	300m: 3:59.32 41.58	400m: 5:19.68 39.86	
3. Margarida Paiva, CORREIA	14	Miranda do Corvo	5:23.71	384
50m: 36.15 36.15	150m: 1:56.24 40.70	250m: 3:18.80 41.54	350m: 4:42.79 42.27	
100m: 1:15.54 39.39	200m: 2:37.26 41.02	300m: 4:00.52 41.72	400m: 5:23.71 40.92	
4. Matilde Goncalves, SILVA	13	Condeixa Clube	5:25.39	378
50m: 35.39 35.39	150m: 1:55.70 41.08	250m: 3:20.41 42.31	350m: 4:45.26 42.40	
100m: 1:14.62 39.23	200m: 2:38.10 42.40	300m: 4:02.86 42.45	400m: 5:25.39 40.13	
5. Maria Pilar, ANTUNES	14	CASPAE	5:35.35	345
50m: 36.74 36.74	150m: 2:00.43 42.41	250m: 3:28.08 44.08	350m: 4:54.98 42.44	
100m: 1:18.02 41.28	200m: 2:44.00 43.57	300m: 4:12.54 44.46	400m: 5:35.35 40.37	
6. Maria Costa, VIEGAS	13	Condeixa Clube	5:37.18	340
50m: 36.53 36.53	150m: 2:02.11 43.45	250m: 3:29.96 43.89	350m: 4:57.17 43.71	
100m: 1:18.66 42.13	200m: 2:46.07 43.96	300m: 4:13.46 43.50	400m: 5:37.18 40.01	
7. Leonor Matias, ROSA	13	Louzan Natacao/EFAPEL	5:40.31	330
50m: 36.91 36.91	150m: 2:03.50 44.17	250m: 3:31.29 43.50	350m: 4:58.88 43.83	
100m: 1:19.33 42.42	200m: 2:47.79 44.29	300m: 4:15.05 43.76	400m: 5:40.31 41.43	
8. Maria Filipa, GOMES	14	Náutico Académico	5:40.32	330
50m: 36.55 36.55	150m: 2:04.18 45.29	250m: 3:31.31 44.13	350m: 4:59.36 43.09	
100m: 1:18.89 42.34	200m: 2:47.18 43.00	300m: 4:16.27 44.96	400m: 5:40.32 40.96	
9. Clara Rodrigues, VAZ	13	Náutico Académico	5:51.13	301
50m: 37.55 37.55	150m: 2:04.07 44.73	250m: 3:36.51 45.86	350m: 5:07.31 45.11	
100m: 1:19.34 41.79	200m: 2:50.65 46.58	300m: 4:22.20 45.69	400m: 5:51.13 43.82	

Absolutos

1. Joana Nunes, CARDEAL	24	Condeixa Clube	4:29.53	666
50m: 30.20 30.20	150m: 1:37.65 34.33	250m: 2:46.49 34.34	350m: 3:55.43 34.56	
100m: 1:03.32 33.12	200m: 2:12.15 34.50	300m: 3:20.87 34.38	400m: 4:29.53 34.10	
2. Leonor Mil, MANO	19	Náutico Académico	4:45.83	558
50m: 32.24 32.24	150m: 1:44.15 36.50	250m: 2:57.28 36.41	350m: 4:10.26 36.56	
100m: 1:07.65 35.41	200m: 2:20.87 36.72	300m: 3:33.70 36.42	400m: 4:45.83 35.57	
3. Ana Carolina, MONTEIRO	22	Academica de Coimbra	4:46.42	555
50m: 31.80 31.80	150m: 1:44.74 36.84	250m: 2:58.38 36.39	350m: 4:11.15 36.34	
100m: 1:07.90 36.10	200m: 2:21.99 37.25	300m: 3:34.81 36.43	400m: 4:46.42 35.27	

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Prova 10, Femin., 400m Livres, Absolutos

Lugar			Idade					Tempo final	Pts
4.	Filipa Ferreira, LOISAS		15	Columbofila Cantanhedense				4:56.23	501
	50m:	33.70 33.70	150m:	1:48.02	37.69	250m:	3:04.11 38.38	350m:	4:19.92 38.03
	100m:	1:10.33 36.63	200m:	2:25.73	37.71	300m:	3:41.89 37.78	400m:	4:56.23 36.31
5.	Beatriz Ribeiro, VELOSO		16	CASPAE				5:07.92	446
	50m:	33.79 33.79	150m:	1:48.34	37.43	250m:	3:07.42 40.00	350m:	4:28.19 40.18
	100m:	1:10.91 37.12	200m:	2:27.42	39.08	300m:	3:48.01 40.59	400m:	5:07.92 39.73
6.	Mariana Bagagem, CARVALHO		16	Miranda do Corvo				5:09.96	437
	50m:	35.18 35.18	150m:	1:53.78	39.83	250m:	3:13.59 39.96	350m:	4:32.22 39.64
	100m:	1:13.95 38.77	200m:	2:33.63	39.85	300m:	3:52.58 38.99	400m:	5:09.96 37.74
7.	Isabella Scavone, LOPES		16	Miranda do Corvo				5:20.41	396
	50m:	36.07 36.07	150m:	1:55.75	40.47	250m:	3:17.52 41.00	350m:	4:40.03 41.43
	100m:	1:15.28 39.21	200m:	2:36.52	40.77	300m:	3:58.60 41.08	400m:	5:20.41 40.38
DNS	Beatriz Nunes, CARDEAL		22	Condeixa Clube					
DNS	Alana Costa, MATIAS		17	Náutico Académico					
EXH	Matilde Conde, FIGUEIREDO		15	Condeixa Clube				5:08.73	443
	50m:	35.12 35.12	150m:	1:53.98	40.11	250m:	3:13.18 39.45	350m:	4:31.63 39.47
	100m:	1:13.87 38.75	200m:	2:33.73	39.75	300m:	3:52.16 38.98	400m:	5:08.73 37.10
EXH	Maria Ines, MARQUES		13	Algés e Águeda XXI				5:12.42	427
	50m:	35.18 35.18	150m:	1:54.38	40.37	250m:	3:14.78 40.59	350m:	4:33.59 39.42
	100m:	1:14.01 38.83	200m:	2:34.19	39.81	300m:	3:54.17 39.39	400m:	5:12.42 38.83
EXH	Leticia Melo, LOPES		13	Algés e Águeda XXI				5:13.80	422
	50m:	34.73 34.73	150m:	1:53.92	40.32	250m:	3:14.78 39.69	350m:	4:34.62 39.55
	100m:	1:13.60 38.87	200m:	2:35.09	41.17	300m:	3:55.07 40.29	400m:	5:13.80 39.18
EXH	Rita Veiga, MARTINS		13	Algés e Águeda XXI				5:21.73	391
	50m:	36.56 36.56	150m:	1:57.58	41.09	250m:	3:20.18 41.51	350m:	4:42.42 41.13
	100m:	1:16.49 39.93	200m:	2:38.67	41.09	300m:	4:01.29 41.11	400m:	5:21.73 39.31
EXH	Ines Ferreira, SANTOS		16	Louzan Natacao/EFAPEL				5:24.75	380
	50m:	36.19 36.19	150m:	1:58.24	42.23	250m:	3:23.09 43.28	350m:	4:46.66 41.28
	100m:	1:16.01 39.82	200m:	2:39.81	41.57	300m:	4:05.38 42.29	400m:	5:24.75 38.09
EXH	Maria Joao, BERNARDO		13	Algés e Águeda XXI				5:30.97	359
	50m:	37.76 37.76	150m:	2:01.12	41.99	250m:	3:25.50 42.45	350m:	4:49.67 42.07
	100m:	1:19.13 41.37	200m:	2:43.05	41.93	300m:	4:07.60 42.10	400m:	5:30.97 41.30