

Torneio Inter-Regional de Clubes Infantis e Absolutos
Sines, 20/12/2025

Prova 2		Femin., 400m Livres			13 anos e mais velhos
20/12/2025 - 9:35		Resultados			
Rec Reg ANALEN Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Reg ANALEN 18 +	4:45.63	Sofia Oliveira SILVA	CNLA	Sines	25/04/2024
Rec Reg ANALEN 17	4:43.90	Sofia Cristina GRILO	Ind ANALEN	Ponte de Sôr	15/03/2014
Rec Reg ANALEN 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Reg ANALEN 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Rec Reg ANALEN 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Rec Reg ANALEN 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003

Pontos: AQUA 2025

Lugar Nome	Idade	Clube	Tempo final	Pontos
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13 - 14 anos

1. Margarida Madeira PIRES	50m: 36.94 36.94 100m: 1:18.22 41.28	150m: 2:42.12	200m: 2:42.12	14 Rio Maior	250m: 4:06.17 300m: 4:06.17	350m: 5:30.30 400m: 5:30.30	5:30.30	338
2. Leonor Santos SILVA	50m: 1:17.95 100m: 1:17.95	150m: 2:44.53 200m: 2:44.53		13 CCDSerta	250m: 4:13.34 300m: 4:13.34	350m: 5:39.16 400m: 5:39.16	5:39.16	312
3. Marta Bento FERREIRA	50m: 37.75 37.75 100m: 1:19.83 42.08	150m: 2:03.75 43.92 200m: 2:48.47 44.72		13 Viver Santarem	250m: 3:32.50 44.03 300m: 4:15.72 43.22	350m: 4:58.87 43.15 400m: 5:40.00 41.13	5:40.00	310
4. Sofia MEDEIRO HORTA	50m: 35.78 35.78 100m: 1:17.39 41.61	150m: 2:45.18 200m: 2:45.18		14 Zona Azul	250m: 4:13.96 300m: 4:13.96	350m: 5:41.21 400m: 5:41.21	5:41.21	307
5. Daniela Varela SILVA	50m: 34.70 34.70 100m: 1:16.88 42.18	150m: 2:45.66 200m: 2:45.66		14 Acmn	250m: 4:16.91 300m: 4:16.91	350m: 5:44.98 400m: 5:44.98	5:44.98	297
6. Maria Beatriz MESTRE	50m: 36.43 36.43 100m: 1:18.06 41.63	150m: 2:01.78 43.72 200m: 2:47.39 45.61		14 Eléctrico	250m: 3:33.03 45.64 300m: 4:20.31 47.28	350m: 5:07.53 47.22 400m: 5:51.50 43.97	5:51.50	281
7. Sara Araujo SILVA	50m: 39.94 39.94 100m: 1:24.44 44.50	150m: 2:09.12 44.68 200m: 2:54.44 45.32		13 Ndco	250m: 3:39.51 45.07 300m: 4:24.59 45.08	350m: 5:10.12 45.53 400m: 5:53.09 42.97	5:53.09	277
8. Rita Vidigal CALDEIRA	50m: 38.29 38.29 100m: 1:21.44 43.15	150m: 2:05.66 44.22 200m: 2:51.54 45.88		13 Elvense	250m: 3:37.37 45.83 300m: 4:23.54 46.17	350m: 5:10.29 46.75 400m: 5:53.19 42.90	5:53.19	277
9. Maria Leonor MAFRA	50m: 38.90 38.90 100m: 1:23.53 44.63	150m: 2:57.97 200m: 2:57.97		13 Portalegre	250m: 4:32.47 300m: 4:32.47	350m: 6:03.93 400m: 6:03.93	6:03.93	253
10. Catia Mendes FIDALGO	50m: 40.79 40.79 100m: 1:27.49 46.70	150m: 2:23.87 200m: 2:23.87		14 GSC Grândola Sports Club	250m: 6:10.41 300m: 6:10.41	350m: 6:10.41 400m: 6:10.41	6:10.41	240
11. Filipa Serrão ROSÁRIO	50m: 38.14 38.14 100m: 1:22.81 44.67	150m: 2:58.57 200m: 2:58.57		14 Litoral Alentejano	250m: 4:47.78 300m: 4:47.78	350m: 6:14.24 400m: 6:14.24	6:14.24	232
12. Carolina Carneiro VINAGRE	50m: 40.15 40.15 100m: 1:26.75 46.60	150m: 2:14.75 48.00 200m: 3:02.94 48.19		13 Grupo Desportivo Mora	250m: 3:52.15 49.21 300m: 4:42.44 50.29	350m: 5:31.25 48.81 400m: 6:17.79 46.54	6:17.79	226
13. Lucia Cristina SEQUEIRA	50m: 43.50 43.50 100m: 1:29.25 45.75	150m: 2:16.69 47.44 200m: 3:04.97 48.28		14 Aminata	250m: 3:54.65 49.68 300m: 4:44.65 50.00	350m: 5:35.00 50.35 400m: 6:22.47 47.47	6:22.47	218
14. Maria Leonor MARTINS	50m: 42.40 42.40 100m: 1:34.08 51.68	150m: 3:17.47 200m: 3:17.47		14 Cnbe	250m: 4:59.62 300m: 4:59.62	350m: 6:38.37 400m: 6:38.37	6:38.37	193
15. Mafalda Ines MARTINHO	50m: 44.22 44.22 100m: 1:33.50 49.28	150m: 2:24.36 50.86 200m: 3:16.18 51.82		13 CLAC-Entroncamento	250m: 4:07.33 51.15 300m: 4:58.50 51.17	350m: 5:51.61 53.11 400m: 6:40.47 48.86	6:40.47	190

Torneio Inter-Regional de Clubes Infantis e Absolutos
Sines, 20/12/2025

Prova 2, Femin., 400m Livres

15 anos e mais velhos

1. Leonor Sombreiro MARTINS	16 BUZIOS - Coruche	4:41.41	547
50m: 30.59 30.59 150m:	250m:	350m:	
100m: 1:04.63 34.04 200m: 2:16.31	300m: 3:29.44	400m: 4:41.41	
2. Lara Paixao SILVA	16 Rio Maior	5:00.34	450
50m: 32.66 32.66 150m:	250m:	350m:	
100m: 1:08.66 36.00 200m: 2:24.41	300m: 3:41.94	400m: 5:00.34	
3. Maria Ines LUIS	15 Aljustrelense	5:03.59	436
50m: 32.59 32.59 150m:	250m:	350m:	
100m: 1:09.76 37.17 200m: 2:26.59	300m: 3:45.02	400m: 5:03.59	
4. Matilde Nogueira LOURENCO	15 CCDSerta	5:06.72	423
50m: 33.37 33.37 150m:	250m:	350m:	
100m: 1:10.47 37.10 200m: 2:27.94	300m: 3:47.79	400m: 5:06.72	
5. Rita Lobo PIRES	17 Natacao do Fundao/ YesEnergy	5:15.44	388
50m: 34.94 34.94 150m:	250m:	350m:	
100m: 1:13.26 38.32 200m: 2:32.59	300m: 3:53.09	400m: 5:15.44	
6. Teresa Ribeiro ROCHA	15 Aminata	5:16.12	386
50m: 35.02 35.02 150m:	250m:	350m:	
100m: 1:14.19 39.17 200m: 2:32.19	300m: 3:56.47	400m: 5:16.12	
7. Rita Isabel OLIVEIRA	16 Estremoz	5:31.70	334
50m: 36.55 36.55 150m: 1:58.34 41.36	250m: 3:23.16 42.68	350m: 4:49.30 43.14	
100m: 1:16.98 40.43 200m: 2:40.48 42.14	300m: 4:06.16 43.00	400m: 5:31.70 42.40	
8. Leonor Neves MARINHEIRO	16 Zona Azul	5:39.53	311
50m: 36.00 36.00 150m:	250m:	350m:	
100m: 1:17.08 41.08 200m: 2:44.00	300m: 4:12.75	400m: 5:39.53	
9. Madalena Isabel MARQUES	15 Acmn	5:45.62	295
50m: 35.00 35.00 150m: 1:59.72 43.50	250m: 3:29.75 44.67	350m: 5:01.72 46.22	
100m: 1:16.22 41.22 200m: 2:45.08 45.36	300m: 4:15.50 45.75	400m: 5:45.62 43.90	
10. Filipa Calado GERVASIO	16 Elvense	5:56.12	270
50m: 35.97 35.97 150m: 2:00.72 44.13	250m: 3:04.16 17.04	350m: 5:09.05 47.64	
100m: 1:16.59 40.62 200m: 2:47.12 46.40	300m: 4:21.41 1:17.25	400m: 5:56.12 47.07	
11. Madalena Bras SALGADO	16 Viver Santarem	5:57.63	266
50m: 39.03 39.03 150m: 2:08.06 45.43	250m: 3:40.66 45.86	350m: 5:12.78 45.83	
100m: 1:22.63 43.60 200m: 2:54.80 46.74	300m: 4:26.95 46.29	400m: 5:57.63 44.85	
12. Matilde Maria RODRIGUES	17 Cnbe	6:07.47	245
50m: 37.32 37.32 150m: 2:07.57 46.39	250m: 3:43.00 47.89	350m: 5:20.40 49.04	
100m: 1:21.18 43.86 200m: 2:55.11 47.54	300m: 4:31.36 48.36	400m: 6:07.47 47.07	
13. Alice Raquel DIAS	15 Grupo Desportivo Mora	6:08.38	244
50m: 38.70 38.70 150m:	250m:	350m:	
100m: 1:22.88 44.18 200m: 2:56.95	300m: 4:33.31	400m: 6:08.38	
14. Constança Alves MATOS	15 Litoral Alentejano	6:19.66	223
50m: 39.16 39.16 150m:	250m:	350m:	
100m: 1:23.63 44.47 200m: 3:00.34	300m: 4:38.73	400m: 6:19.66	
15. Diana Santos PAULO	17 Eléctrico	6:34.64	198
50m: 41.68 41.68 150m: 2:19.04 49.68	250m: 4:01.53 51.75	350m: 5:43.36 50.22	
100m: 1:29.36 47.68 200m: 3:09.78 50.74	300m: 4:53.14 51.61	400m: 6:34.64 51.28	