

Prova 21	Femin., 400m Livres					Open
08/02/2026 - 10:52						Resultados
Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008	
Recordes Regionais Sen	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008	
Recordes Regionais Jun 18	4:23.29	Beatriz Silva, LOURO	LDC	Santo Ant Cavaleiros	30/11/2024	
Recordes Regionais Jun 17	4:27.66	Beatriz Silva, LOURO	LDC	Leiria	09/12/2023	
Recordes Regionais Juv A	4:21.68	Catia Raquel, MARTINHEIRA	LDC	Porto	04/12/2010	
Recordes Regionais Juv B	4:31.47	Catia Raquel, MARTINHEIRA	LDC	Quarteira	21/11/2009	
Recordes Regionais Inf A	4:35.17	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008	
Recordes Regionais Inf B	4:41.06	Catia Raquel, MARTINHEIRA	SALG	Abrantes	05/04/2008	
Recordes Regionais Cad A	4:47.32	Carolina Silva, GODINHO	CNFA	Olhao	21/10/2007	

Pontos: AQUA 2024

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
Infantis B							
1.	Eva Maria, PASSOS	13	219066	RIA Aqua Tavira	5:02.93	445	12,00
	50m: 34.43 34.43 150m: 1:51.58 39.20 250m: 3:10.29 39.09 350m: 4:27.48 38.67						
	100m: 1:12.38 37.95 200m: 2:31.20 39.62 300m: 3:48.81 38.52 400m: 5:02.93 35.45						
2.	Melissa Vasfi, IDRIZ	13	218728	RIA Aqua Tavira	5:38.52	318	10,00
	50m: 36.58 36.58 150m: 2:01.68 43.18 250m: 3:28.33 43.33 350m: 4:55.99 43.89						
	100m: 1:18.50 41.92 200m: 2:45.00 43.32 300m: 4:12.10 43.77 400m: 5:38.52 42.53						
3.	Diana Miguel, OLIVEIRA	13	224385	Louletano / Loule Aqui e Agora	5:46.64	297	9,00
	50m: 39.67 39.67 150m: 2:06.89 44.31 250m: 3:35.89 44.30 350m: 5:04.95 44.03						
	100m: 1:22.58 42.91 200m: 2:51.59 44.70 300m: 4:20.92 45.03 400m: 5:46.64 41.69						
4.	Mariana Sousa, FERNANDES	13	218745	Clube Natacao Olhao	5:46.66	297	8,00
	50m: 38.22 38.22 150m: 2:05.92 44.50 250m: 3:36.49 45.23 350m: 5:06.17 44.23						
	100m: 1:21.42 43.20 200m: 2:51.26 45.34 300m: 4:21.94 45.45 400m: 5:46.66 40.49						
5.	Laura Tavares, RODRIGUES	13	222617	Tnc	6:07.53	249	7,00
	50m: 39.63 39.63 150m: 2:15.33 49.45 250m: 3:50.28 46.96 350m: 5:24.93 47.28						
	100m: 1:25.88 46.25 200m: 3:03.32 47.99 300m: 4:37.65 47.37 400m: 6:07.53 42.60						
6.	Maria Ines, COUTINHO	13	218204	Cng	6:14.88	234	6,00
	50m: 38.70 38.70 150m: 2:12.39 48.28 250m: 3:51.00 49.16 350m: 5:27.54 48.43						
	100m: 1:24.11 45.41 200m: 3:01.84 49.45 300m: 4:39.11 48.11 400m: 6:14.88 47.34						
7.	Caetana Santos, BARTOLOMEU	13	146490	Cng	6:28.93	210	5,00
	50m: 41.00 41.00 150m: 2:14.73 48.58 250m: 3:56.62 50.38 350m: 5:39.01 50.84						
	100m: 1:26.15 45.15 200m: 3:06.24 51.51 300m: 4:48.17 51.55 400m: 6:28.93 49.92						
8.	Victoria Paco, PIRES	13	223162	Clube Natacao Olhao	6:41.12	191	4,00
	50m: 45.75 45.75 150m: 2:27.04 51.00 250m: 4:10.59 52.09 350m: 5:52.47 50.79						
	100m: 1:36.04 50.29 200m: 3:18.50 51.46 300m: 5:01.68 51.09 400m: 6:41.12 48.65						
DSQ	Sofia Isabel, SOUSA 4.2 - Falsa Partida – SW 4.4	13	221973	Louletano / Loule Aqui e Agora			-
DNS	Laura Cristovao, SOUSA	13	214392	FC Ferreiras/AlgarExperience			-
Infantis A							
1.	Bruna Filipa, BORRALHO	12	216451	Lagoa Academico Clube	4:53.65	488	12,00
	50m: 32.44 32.44 150m: 1:47.27 37.46 250m: 3:02.79 37.26 350m: 4:16.81 36.72						
	100m: 1:09.81 37.37 200m: 2:25.53 38.26 300m: 3:40.09 37.30 400m: 4:53.65 36.84						
2.	Mariana Canarias, JESUS	12	213801	Lagoa Academico Clube	4:55.73	478	10,00
	50m: 33.88 33.88 150m: 1:48.40 37.68 250m: 3:03.31 37.64 350m: 4:19.86 38.13						
	100m: 1:10.72 36.84 200m: 2:25.67 37.27 300m: 3:41.73 38.42 400m: 4:55.73 35.87						
3.	Rita Maria, LOURA	12	213759	RIA Aqua Tavira	5:03.43	442	9,00
	50m: 32.82 32.82 150m: 1:48.55 38.24 250m: 3:06.19 39.21 350m: 4:24.97 39.30						
	100m: 1:10.31 37.49 200m: 2:26.98 38.43 300m: 3:45.67 39.48 400m: 5:03.43 38.46						
4.	Laura Beatriz, PITEIRA	12	213275	Clube Natacao Olhao	5:08.54	421	8,00
	50m: 34.71 34.71 150m: 1:52.84 39.41 250m: 3:11.89 39.70 350m: 4:30.19 39.14						
	100m: 1:13.43 38.72 200m: 2:32.19 39.35 300m: 3:51.05 39.16 400m: 5:08.54 38.35						
5.	Barbara Mar, FERREIRA	12	222128	RIA Aqua Tavira	5:11.16	410	7,00
	50m: 34.11 34.11 150m: 1:52.95 39.98 250m: 3:12.50 39.68 350m: 4:33.32 40.26						
	100m: 1:12.97 38.86 200m: 2:32.82 39.87 300m: 3:53.06 40.56 400m: 5:11.16 37.84						
6.	Elisa Martins, PESCADA	12	217562	Clube Natacao Olhao	5:11.28	410	6,00
	50m: 35.27 35.27 150m: 1:53.42 39.42 250m: 3:14.10 40.46 350m: 4:34.66 39.63						
	100m: 1:14.00 38.73 200m: 2:33.64 40.22 300m: 3:55.03 40.93 400m: 5:11.28 36.62						
7.	Petra Rodrigues, DUARTE	12	212249	Clube Natacao Olhao	5:12.33	406	5,00
	50m: 34.57 34.57 150m: 1:51.71 39.14 250m: 3:10.49 39.57 350m: 4:31.08 40.94						
	100m: 1:12.57 38.00 200m: 2:30.92 39.21 300m: 3:50.14 39.65 400m: 5:12.33 41.25						

Prova 21, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
8.	Beatriz Lopes, SILVA	12	217430	Portinado	5:28.16	350	4,00
	50m: 36.30 36.30	150m: 1:59.30 42.01	250m: 3:23.63 42.58	350m: 4:47.76 41.93			
	100m: 1:17.29 40.99	200m: 2:41.05 41.75	300m: 4:05.83 42.20	400m: 5:28.16 40.40			
9.	Ines Sofia, OLIVEIRA	12	222707	Lagoa Academico Clube	5:53.85	279	3,00
	50m: 39.30 39.30	150m: 2:08.50 45.26	250m: 3:40.31 45.97	350m: 5:10.50 44.71			
	100m: 1:23.24 43.94	200m: 2:54.34 45.84	300m: 4:25.79 45.48	400m: 5:53.85 43.35			
10.	Carolina Maria, OLIVEIRA	12	213307	Clube Natacao Olhao	5:58.30	269	2,00
	50m: 45.75 45.75	150m: 2:09.76 46.42	250m: 3:41.53 45.91	350m: 5:13.68 46.30			
	100m: 1:23.34 37.59	200m: 2:55.62 45.86	300m: 4:27.38 45.85	400m: 5:58.30 44.62			
EXH	Joana Lopes, SALGUEIRO	04	129908	RIA Aqua Tavira	4:51.15	501	-
	50m: 33.73 33.73	150m: 1:47.94 37.43	250m: 3:02.04 36.77	350m: 4:15.82 36.98			
	100m: 1:10.51 36.78	200m: 2:25.27 37.33	300m: 3:38.84 36.80	400m: 4:51.15 35.33			
EXH	Ines Filipa, MATEUS	10	212937	Lagoa Academico Clube	4:55.31	480	-
	50m: 32.51 32.51	150m: 1:47.26 37.72	250m: 3:02.64 37.63	350m: 4:18.43 37.89			
	100m: 1:09.54 37.03	200m: 2:25.01 37.75	300m: 3:40.54 37.90	400m: 4:55.31 36.88			
EXH	Sasquia, SANTOS RODRIGUES	92		Cng	6:59.47	167	-
	50m: 44.97 44.97	150m: 2:28.87 53.02	250m: 4:16.51 54.22	350m: 6:06.57 55.67			
	100m: 1:35.85 50.88	200m: 3:22.29 53.42	300m: 5:10.90 54.39	400m: 6:59.47 52.90			