

Torneio Zonal de Infantis - Zona Sul
Ponte de Sor, 20 - 22/2/2026

Prova 22
22/02/2026 - 10:10

Femin., 400m Livres

Infantis
Resultados

Rec Nac Open	4:04.57	Francisca Soares, Martins	POR	Otopeni (ROU)	10/12/2023
Rec Nac INF A	4:23.08	Susana Patricia, Miguel	SFUAP	Alhandra	15/05/2004
Rec Nac INF B	4:25.30	Alexandra Maria, Silva	FCP	Porto	19/07/1980

Infantil B INF B 50m: 5:38.91 - 25m: 5:27.07 / Infantil A INF A 50m: 5:25.47 - 25m: 5:14.09 / TAC NAC INF B INF B 50m: 5:25.47 - 25m: 5:14.09 / TAC NAC INF A INF A 50m: 5:17.40 - 25m: 5:06.30

Pontos: AQUA 2025

Lugar	Nome	Licença	Clube	Tempo Final	AQUA
Infantis B					
1.	Teresa Vale, Carvalho <i>TAC Nacional de Infantis</i>	219691	Sporting	4:57.41	464
	50m: 34.02 34.02	150m: 1:49.87 38.35	250m: 3:06.70 38.36	350m: 4:22.44 37.72	
	100m: 1:11.52 37.50	200m: 2:28.34 38.47	300m: 3:44.72 38.02	400m: 4:57.41 34.97	
2.	Eva Maria, Passos <i>TAC Nacional de Infantis</i>	219066	RIA Aqua Tavira	4:58.79	457
	50m: 33.19 33.19	150m: 1:48.65 38.24	250m: 3:06.22 38.80	350m: 4:22.87 38.10	
	100m: 1:10.41 37.22	200m: 2:27.42 38.77	300m: 3:44.77 38.55	400m: 4:58.79 35.92	
3.	Leonor Telo, Aniceto <i>TAC Nacional de Infantis</i>	217739	Naval Do Funchal	5:00.81	448
	50m: 33.66 33.66	150m: 1:50.67 38.41	250m: 3:08.80 38.57	350m: 4:24.86 37.46	
	100m: 1:12.26 38.60	200m: 2:30.23 39.56	300m: 3:47.40 38.60	400m: 5:00.81 35.95	
4.	Maria Luisa, Castillo <i>TAC Nacional de Infantis</i>	222200	Nautico Marinha Grande	5:08.68	415
	50m: 34.99 34.99	150m: 1:52.43 39.06	250m: 3:11.40 39.45	350m: 4:30.98 40.10	
	100m: 1:13.37 38.38	200m: 2:31.95 39.52	300m: 3:50.88 39.48	400m: 5:08.68 37.70	
5.	Laurine Aurore, Amorim <i>TAC Nacional de Infantis</i>	216527	ACSintra	5:10.61	407
	50m: 34.59 34.59	150m: 1:52.66 39.92	250m: 3:11.75 38.82	350m: 4:32.76 41.09	
	100m: 1:12.74 38.15	200m: 2:32.93 40.27	300m: 3:51.67 39.92	400m: 5:10.61 37.85	
6.	Catarina Sousa, Barreto <i>TAC Nacional de Infantis</i>	220613	Sporting	5:11.96	402
	50m: 35.57 35.57	150m: 1:53.50 39.87	250m: 3:13.66 40.01	350m: 4:34.46 40.18	
	100m: 1:13.63 38.06	200m: 2:33.65 40.15	300m: 3:54.28 40.62	400m: 5:11.96 37.50	
7.	Matilde Almeida, Ponte <i>TAC Nacional de Infantis</i>	215357	Clube Desportivo Agua de Pau	5:12.27	400
	50m: 34.58 34.58	150m: 1:53.21 40.12	250m: 3:14.35 40.59	350m: 4:35.49 40.36	
	100m: 1:13.09 38.51	200m: 2:33.76 40.55	300m: 3:55.13 40.78	400m: 5:12.27 36.78	
8.	Emma Neves, Almeida <i>TAC Nacional de Infantis</i>	217222	Natacao de Lagos	5:12.61	399
	50m: 34.81 34.81	150m: 1:54.18 40.36	250m: 3:14.24 39.65	350m: 4:34.22 40.03	
	100m: 1:13.82 39.01	200m: 2:34.59 40.41	300m: 3:54.19 39.95	400m: 5:12.61 38.39	
9.	Maria Vieira, Martins <i>TAC Nacional de Infantis</i>	215563	Clube Desportivo Agua de Pau	5:12.99	398
	50m: 35.37 35.37	150m: 1:54.02 40.07	250m: 3:14.77 40.59	350m: 4:35.84 40.58	
	100m: 1:13.95 38.58	200m: 2:34.18 40.16	300m: 3:55.26 40.49	400m: 5:12.99 37.15	

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Prova 22, Femin., 400m Livres, Infantis B

Lugar	Nome	Licença	Clube	Tempo Final	AQUA
10.	Laura Conde, Correia	215517	Torres Novas	5:14.87	391
	50m: 35.15 35.15	150m: 1:54.18	40.18	250m: 3:15.20	40.36
	100m: 1:14.00 38.85	200m: 2:34.84	40.66	300m: 3:55.76	40.56
				350m: 4:36.07	40.31
				400m: 5:14.87	38.80
11.	Constanca Marques, Jeronimo	219685	Sporting	5:22.95	362
	50m: 36.16 36.16	150m: 1:57.03	40.91	250m: 3:19.14	40.67
	100m: 1:16.12 39.96	200m: 2:38.47	41.44	300m: 4:01.01	41.87
				350m: 4:41.82	40.81
				400m: 5:22.95	41.13

Infantis A

1.	Maria Ines, Nunes <i>TAC Nacional de Infantis</i>	216815	Sporting	4:36.49	577
	50m: 31.80 31.80	150m: 1:41.22	35.27	250m: 2:53.28	36.29
	100m: 1:05.95 34.15	200m: 2:16.99	35.77	300m: 3:28.96	35.68
				350m: 4:03.08	34.12
				400m: 4:36.49	33.41
2.	Rita Maria, Loura <i>TAC Nacional de Infantis</i>	213759	RIA Aqua Tavira	4:46.45	519
	50m: 31.74 31.74	150m: 1:43.35	36.41	250m: 2:56.36	36.65
	100m: 1:06.94 35.20	200m: 2:19.71	36.36	300m: 3:33.14	36.78
				350m: 4:10.22	37.08
				400m: 4:46.45	36.23
3.	Bruna Filipa, Borrvalho <i>TAC Nacional de Infantis</i>	216451	Lagoa Academico Clube	4:48.17	510
	50m: 32.67 32.67	150m: 1:44.70	36.51	250m: 2:58.34	37.32
	100m: 1:08.19 35.52	200m: 2:21.02	36.32	300m: 3:36.19	37.85
				350m: 4:12.39	36.20
				400m: 4:48.17	35.78
4.	Maria Ines, Antunes <i>TAC Nacional de Infantis</i>	216086	Benfica	4:55.01	475
	50m: 33.22 33.22	150m: 1:47.27	37.33	250m: 3:02.52	37.72
	100m: 1:09.94 36.72	200m: 2:24.80	37.53	300m: 3:40.17	37.65
				350m: 4:17.99	37.82
				400m: 4:55.01	37.02
5.	Isabella Andrea, Carvalho <i>TAC Nacional de Infantis</i>	216362	Adrcimm	4:59.32	455
	50m: 33.21 33.21	150m: 1:48.86	38.38	250m: 3:04.97	37.84
	100m: 1:10.48 37.27	200m: 2:27.13	38.27	300m: 3:43.81	38.84
				350m: 4:22.59	38.78
				400m: 4:59.32	36.73
6.	Jade Duarte, Bexigas <i>TAC Nacional de Infantis</i>	215053	Sporting	5:00.00	452
	50m: 34.84 34.84	150m: 1:50.43	38.00	250m: 3:06.45	38.03
	100m: 1:12.43 37.59	200m: 2:28.42	37.99	300m: 3:44.67	38.22
				350m: 4:22.85	38.18
				400m: 5:00.00	37.15
7.	Rita Balsa, Alves <i>TAC Nacional de Infantis</i>	213504	BUZIOS - Coruche	5:01.85	443
	50m: 34.76 34.76	150m: 1:51.02	38.64	250m: 3:08.55	38.73
	100m: 1:12.38 37.62	200m: 2:29.82	38.80	300m: 3:47.12	38.57
				350m: 4:24.99	37.87
				400m: 5:01.85	36.86
8.	Margarida Afonso, Barata <i>TAC Nacional de Infantis</i>	216275	Adrcimm	5:01.93	443
	50m: 34.08 34.08	150m: 1:50.26	38.42	250m: 3:07.49	38.58
	100m: 1:11.84 37.76	200m: 2:28.91	38.65	300m: 3:46.27	38.78
				350m: 4:24.87	38.60
				400m: 5:01.93	37.06
9.	Maria Chenrim, Raimundo <i>TAC Nacional de Infantis</i>	218453	Sporting	5:02.99	438
	50m: 34.49 34.49	150m: 1:50.22	38.31	250m: 3:07.74	38.82
	100m: 1:11.91 37.42	200m: 2:28.92	38.70	300m: 3:46.75	39.01
				350m: 4:25.32	38.57
				400m: 5:02.99	37.67

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Prova 22, Femin., 400m Livres, Infantis A

Lugar	Nome	Licença	Clube	Tempo Final	AQUA
10.	Sara Marques, Madeira <i>TAC Nacional de Infantis</i>	217693	Louletano / Loule Aqui e Agora	5:04.50	432
	50m: 33.77 33.77	150m: 1:51.91 39.53	250m: 3:11.26 39.84	350m: 4:27.99 38.16	
	100m: 1:12.38 38.61	200m: 2:31.42 39.51	300m: 3:49.83 38.57	400m: 5:04.50 36.51	
11.	Luna Francisco, Pereira <i>TAC Nacional de Infantis</i>	215677	Nucleo de Pombal	5:04.57	432
	50m: 34.10 34.10	150m: 1:50.69 38.60	250m: 3:08.97 38.93	350m: 4:27.15 38.91	
	100m: 1:12.09 37.99	200m: 2:30.04 39.35	300m: 3:48.24 39.27	400m: 5:04.57 37.42	
12.	Matilde Pires, Guerra <i>TAC Nacional de Infantis</i>	216899	Adrcimm	5:05.03	430
	50m: 33.67 33.67	150m: 1:49.08 38.37	250m: 3:07.53 39.33	350m: 4:27.20 39.61	
	100m: 1:10.71 37.04	200m: 2:28.20 39.12	300m: 3:47.59 40.06	400m: 5:05.03 37.83	
13.	Laura Beatriz, Piteira <i>TAC Nacional de Infantis</i>	213275	Clube Natacao Olhao	5:05.20	429
	50m: 33.86 33.86	150m: 1:51.29 39.00	250m: 3:10.27 39.62	350m: 4:27.91 38.11	
	100m: 1:12.29 38.43	200m: 2:30.65 39.36	300m: 3:49.80 39.53	400m: 5:05.20 37.29	
14.	Carlota Velada, Pereira <i>TAC Nacional de Infantis</i>	150822	Sporting	5:05.92	426
	50m: 35.03 35.03	150m: 1:51.17 38.55	250m: 3:09.35 38.86	350m: 4:27.21 39.00	
	100m: 1:12.62 37.59	200m: 2:30.49 39.32	300m: 3:48.21 38.86	400m: 5:05.92 38.71	
15.	Petra Rodrigues, Duarte <i>TAC Nacional de Infantis</i>	212249	Clube Natacao Olhao	5:08.02	417
	50m: 34.05 34.05	150m: 1:50.90 38.86	250m: 3:09.78 39.58	350m: 4:29.53 40.21	
	100m: 1:12.04 37.99	200m: 2:30.20 39.30	300m: 3:49.32 39.54	400m: 5:08.02 38.49	
16.	Alice Mendes, Veloso <i>TAC Nacional de Infantis</i>	221721	Uniao Piedense	5:08.42	416
	50m: 34.53 34.53	150m: 1:52.80 39.35	250m: 3:11.75 39.74	350m: 4:29.62 39.12	
	100m: 1:13.45 38.92	200m: 2:32.01 39.21	300m: 3:50.50 38.75	400m: 5:08.42 38.80	
17.	Barbara Mar, Ferreira <i>FTL</i>	222128	RIA Aqua Tavira	5:20.85	369
	50m: 34.19 34.19	150m: 1:53.36 40.05	250m: 3:16.48 42.16	350m: 4:39.21 41.30	
	100m: 1:13.31 39.12	200m: 2:34.32 40.96	300m: 3:57.91 41.43	400m: 5:20.85 41.64	
18.	Elisa Martins, Pescada <i>FTL</i>	217562	Clube Natacao Olhao	5:23.00	362
	50m: 34.58 34.58	150m: 1:55.26 41.24	250m: 3:19.72 42.75	350m: 4:43.66 41.33	
	100m: 1:14.02 39.44	200m: 2:36.97 41.71	300m: 4:02.33 42.61	400m: 5:23.00 39.34	