



Prova 14 Femin., 400m Estilos Open
07/03/2026 - 15:49 Resultados

Recorde Nacional Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recorde Nacional Jun 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Recorde Nacional Juv A	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Recorde Nacional Juv B	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Recorde Regional Open	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Jun 17	5:03.46	Marta Pereira, ABREU	CNFA	Tavira	22/11/2008
Recorde Regional Juv A	5:01.37	Marta Pereira, ABREU	LDC	Silves	22/12/2007
Recorde Regional Juv B	5:07.51	Constan�a Louren�o, AZEVEDO	LAGAC	Tavira	15/03/2025

Pontos: AQUA 2024

Lugar Nome Ano Licen a Clube Tempo Final AQUA

Juvenis B

1.	Isabel Grilo, OLIVEIRA	11	212984	Lagoa Academico Clube	5:52.46	396
	50m: 36.00 36.00 150m: 2:05.45 46.31 250m: 3:41.51 51.19 350m: 5:14.19 39.40					
	100m: 1:19.14 43.14 200m: 2:50.32 44.87 300m: 4:34.79 53.28 400m: 5:52.46 38.27					

Juvenis A

1.	Constanca Lourenco, AZEVEDO	10	213367	Lagoa Academico Clube	5:09.98	582
	50m: 32.75 32.75 150m: 1:49.83 39.90 250m: 3:14.00 45.77 350m: 4:35.29 35.89					
	100m: 1:09.93 37.18 200m: 2:28.23 38.40 300m: 3:59.40 45.40 400m: 5:09.98 34.69					

Absolutos

1.	Margarida Santos, JESUS	09	139324	Clube Natacao Olhao	5:47.82	412
	50m: 37.33 37.33 150m: 2:04.56 44.46 250m: 3:37.60 50.31 350m: 5:09.79 40.49					
	100m: 1:20.10 42.77 200m: 2:47.29 42.73 300m: 4:29.30 51.70 400m: 5:47.82 38.03					