

Prova 36 Open
08/03/2026 - 15:30 Resultados

Femin., 400m Livres

Recorde Nacional Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recorde Nacional Sen	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recorde Nacional Jun 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recorde Nacional Juv A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recorde Nacional Juv B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recorde Regional Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recorde Regional Sen	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recorde Regional Jun 17	4:27.66	Beatriz Silva, LOURO	LDC	Leiria	09/12/2023
Recorde Regional Juv A	4:21.68	Catia Raquel, MARTINHEIRA	LDC	Porto	04/12/2010
Recorde Regional Juv B	4:31.47	Catia Raquel, MARTINHEIRA	LDC	Quarteira	21/11/2009

Pontos: AQUA 2024

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA
Juvenis B						
1.	Leonor Sa, HOUYET	11	214037	Natação de lagos	4:56.79	473
	50m: 35.16 35.16	150m: 1:53.40 39.15	250m: 3:09.00 37.04	350m: 4:22.61 35.94		
	100m: 1:14.25 39.09	200m: 2:31.96 38.56	300m: 3:46.67 37.67	400m: 4:56.79 34.18		
2.	Julia Laginha, BRAZ	11	216455	Lagoa Academico Clube	4:58.31	466
	50m: 33.81 33.81	150m: 1:48.72 37.92	250m: 3:04.66 38.03	350m: 4:20.79 38.12		
	100m: 1:10.80 36.99	200m: 2:26.63 37.91	300m: 3:42.67 38.01	400m: 4:58.31 37.52		
3.	Leonor Revez, MARTINS	11	220362	Portinado	5:14.21	398
	50m: 35.33 35.33	150m: 1:53.67 39.81	250m: 3:13.75 40.00	350m: 4:35.39 40.95		
	100m: 1:13.86 38.53	200m: 2:33.75 40.08	300m: 3:54.44 40.69	400m: 5:14.21 38.82		
4.	Leonor Henrique, FERNANDES	11	214692	Portinado	5:25.15	359
	50m: 34.96 34.96	150m: 1:53.00 39.94	250m: 3:15.04 41.15	350m: 4:42.15 43.52		
	100m: 1:13.06 38.10	200m: 2:33.89 40.89	300m: 3:58.63 43.59	400m: 5:25.15 43.00		

Juvenis A

1.	Ines Filipa, MATEUS	10	212937	Lagoa Academico Clube	4:49.76	508
	50m: 32.32 32.32	150m: 1:44.82 36.28	250m: 2:58.39 37.04	350m: 4:12.70 37.56		
	100m: 1:08.54 36.22	200m: 2:21.35 36.53	300m: 3:35.14 36.75	400m: 4:49.76 37.06		
2.	Sira Valentim, FALEIRO	10	209302	Lagoa Academico Clube	4:53.57	489
	50m: 32.62 32.62	150m: 1:45.04 36.40	250m: 2:59.70 37.62	350m: 4:16.57 38.50		
	100m: 1:08.64 36.02	200m: 2:22.08 37.04	300m: 3:38.07 38.37	400m: 4:53.57 37.00		
3.	Carolina Brito, SANTOS	10	212564	Louletano / Loule Aqui e Agora	4:53.91	487
	50m: 32.65 32.65	150m: 1:45.86 37.33	250m: 3:01.10 37.72	350m: 4:16.91 37.96		
	100m: 1:08.53 35.88	200m: 2:23.38 37.52	300m: 3:38.95 37.85	400m: 4:53.91 37.00		
4.	Maria Ines, PONTE	10	212583	Portinado	5:03.90	440
	50m: 33.59 33.59	150m: 1:48.83 38.51	250m: 3:06.54 38.90	350m: 4:26.07 40.11		
	100m: 1:10.32 36.73	200m: 2:27.64 38.81	300m: 3:45.96 39.42	400m: 5:03.90 37.83		
5.	Lia Serena, JESUS	10	224419	Clube Natacao Olhao	5:04.05	440
	50m: 34.62 34.62	150m: 1:49.77 38.14	250m: 3:08.52 39.82	350m: 4:28.04 39.35		
	100m: 1:11.63 37.01	200m: 2:28.70 38.93	300m: 3:48.69 40.17	400m: 5:04.05 36.01		

Absolutos

1.	Mia Alena, WERUM	07	207009	Lagoa Academico Clube	4:45.08	534
	50m: 31.72 31.72	150m: 1:42.63 36.09	250m: 2:56.24 36.92	350m: 4:10.41 36.59		
	100m: 1:06.54 34.82	200m: 2:19.32 36.69	300m: 3:33.82 37.58	400m: 4:45.08 34.67		
2.	Margarida Santos, JESUS	09	139324	Clube Natacao Olhao	4:55.16	481
	50m: 33.55 33.55	150m: 1:47.64 37.34	250m: 3:02.68 37.35	350m: 4:18.79 38.35		
	100m: 1:10.30 36.75	200m: 2:25.33 37.69	300m: 3:40.44 37.76	400m: 4:55.16 36.37		