

Prova 23
17/05/2026 - 17:21

Femin., 400m Livres

Open
Resultados

Recordes Nacionais Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais Jun 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais Juv A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais Juv B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais Inf A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais Inf B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
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

Pontos: AQUA 2024

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
Absolutos							
1.	Bruna Filipa, BORRALHO	12	216451	Lagoa Academico Clube	4:41.30	555	10,00
	50m: 31.72 32.18	150m: 1:43.72 36.04	250m: 2:57.14 36.59	350m: 4:09.25 36.08			
	100m: 1:07.68 35.50	200m: 2:20.55 36.83	300m: 3:33.17 36.03	400m: 4:41.30 32.05			
2.	Carolina Melo, LOPES	10	211880	Portinado	4:42.53	548	8,00
	50m: 31.72 31.72	150m: 1:43.08 36.16	250m: 2:56.01 36.21	350m: 4:08.24 35.94			
	100m: 1:06.92 35.20	200m: 2:19.80 36.72	300m: 3:32.30 36.29	400m: 4:42.53 34.29			
3.	Carolina Brito, SANTOS	10	212564	Louletano / Loule Aqui e Agora	4:51.46	499	7,00
	50m: 32.47 32.47	150m: 1:45.01 36.71	250m: 3:00.01 37.86	350m: 4:15.14 37.64			
	100m: 1:08.30 35.83	200m: 2:22.15 37.14	300m: 3:37.50 37.49	400m: 4:51.46 36.32			
4.	Maria Ines, PONTE	10	212583	Portinado	4:57.37	470	-
	50m: 32.80 32.80	150m: 1:46.68 37.58	250m: 3:04.01 39.04	350m: 4:20.87 38.13			
	100m: 1:09.10 36.30	200m: 2:24.97 38.29	300m: 3:42.74 38.73	400m: 4:57.37 36.50			
5.	Ines Filipa, MATEUS	10	212937	Lagoa Academico Clube	4:58.49	465	-
	50m: 29.76 29.76	150m: 1:41.65 37.33	250m: 3:01.28 40.87	350m: 4:20.77 39.44			
	100m: 1:04.32 34.56	200m: 2:20.41 38.76	300m: 3:41.33 40.05	400m: 4:58.49 37.72			
6.	Margarida Santos, JESUS	09	139324	Clube Natacao Olhao	4:59.15	462	6,00
	50m: 33.86 33.86	150m: 1:48.58 38.02	250m: 3:04.21 37.77	350m: 4:21.51 38.93			
	100m: 1:10.56 36.70	200m: 2:26.44 37.86	300m: 3:42.58 38.37	400m: 4:59.15 37.64			
7.	Rafaela Rodrigues, MARTINS	12	216621	Aquatico Silves	5:22.08	370	5,00
	50m: 36.67 36.67	150m: 1:57.90 40.56	250m: 3:21.20 41.96	350m: 4:43.60 40.62			
	100m: 1:17.34 40.67	200m: 2:39.24 41.34	300m: 4:02.98 41.78	400m: 5:22.08 38.48			
8.	Leonor Vieira, PEREIRA	11	216448	Aquatico Silves	5:24.79	361	-
	50m: 34.69 34.69	150m: 1:56.28 41.91	250m: 3:20.27 42.23	350m: 4:45.09 42.25			
	100m: 1:14.37 39.68	200m: 2:38.04 41.76	300m: 4:02.84 42.57	400m: 5:24.79 39.70			
9.	Isla, KEATTS	13	227158	Nataçao de lagos	5:36.03	326	4,00
	50m: 37.73 37.73	150m: 2:04.09 44.20	250m: 3:29.86 43.07	350m: 4:55.40 43.06			
	100m: 1:19.89 42.16	200m: 2:46.79 42.70	300m: 4:12.34 42.48	400m: 5:36.03 40.63			
10.	Laura Tavares, RODRIGUES	13	222617	Tnc	5:55.07	276	3,00
	50m: 40.10 40.10	150m: 2:11.34 46.06	250m: 3:44.26 46.53	350m: 5:14.65 44.54			
	100m: 1:25.28 45.18	200m: 2:57.73 46.39	300m: 4:30.11 45.85	400m: 5:55.07 40.42			
11.	Madalena Esteveao, MADEIRA	13	222616	Tnc	6:24.66	217	-
	50m: 44.99 44.99	150m: 2:23.32 49.60	250m: 4:02.33 49.76	350m: 5:40.99 49.43			
	100m: 1:33.72 48.73	200m: 3:12.57 49.25	300m: 4:51.56 49.23	400m: 6:24.66 43.67			
EXH	Eva, MAGIYEVA	11	210396	Lagoa Academico Clube	4:52.00	497	-
	50m: 32.56 32.56	150m: 1:45.83 37.46	250m: 3:01.57 37.79	350m: 4:16.70 37.38			
	100m: 1:08.37 35.81	200m: 2:23.78 37.95	300m: 3:39.32 37.75	400m: 4:52.00 35.30			
EXH	Julia Laginha, BRAZ	11	216455	Lagoa Academico Clube	4:58.10	467	-
	50m: 33.05 33.05	150m: 1:47.91 37.78	250m: 3:04.32 38.45	350m: 4:21.00 38.04			
	100m: 1:10.13 37.08	200m: 2:25.87 37.96	300m: 3:42.96 38.64	400m: 4:58.10 37.10			
EXH	Carolina Frois, GOMES	10	211879	Portinado	5:07.91	423	-
	50m: 31.78 31.78	150m: 1:45.40 37.63	250m: 3:04.49 40.26	350m: 4:27.67 41.39			
	100m: 1:07.77 35.99	200m: 2:24.23 38.83	300m: 3:46.28 41.79	400m: 5:07.91 40.24			