

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 15 Femin., 400m Livres 15 anos e mais velhos
07/03/2026 - 10:15 Resultados

Rec Nac NP Open	4:07.50	Francisca Soares, MARTINS	POR	Berlin (GER)	23/07/2025
Rec Nac NP Sen	4:07.50	Francisca Soares, MARTINS	POR	Berlin (GER)	23/07/2025
Rec Nac NP Jun A	4:17.80	Tamila Hryhorivna, HOLUB	POR	Pontevedra (ESP)	08/04/2017
Rec Nac NP Jun B	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016
Rec Nac NP Juv A	4:20.37	Marta Andreia, FERREIRA	POR	Berlin (GER)	04/08/2002
Rec Nac NP Juv B	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014
Rec Nac NA S1	59:00.00	start,			01/01/1800
Rec Nac NA S2	59:00.00	start,			01/01/1800
Rec Nac NA S3	59:00.00	,			01/01/1800
Rec Nac NA S4	59:00.00	,			01/01/1800
Rec Nac NA S5	59:00.00	,			01/01/1800
Rec Nac NA S6	10:57.53	Diana Goncalves, MENDES	CNG	Rio Maior	31/05/2025
Rec Nac NA S7	8:23.13	Carlota Girao, FERREIRA	ADADA	Porto	09/03/2025
Rec Nac NA S8	5:36.96	Ana Filipa, CASTRO	FCP	Barcelona (ESP)	23/03/2025
Rec Nac NA S9	4:59.78	Susana Pereira, VEIGA	CNCVG	Funchal	01/04/2023
Rec Nac NA S10	5:18.60	Teresa Lamego, NEVES	POR	Eindhoven (NED)	07/08/2014
Rec Nac NA S11	59:00.00	start,			01/01/1800
Rec Nac NA S12	59:00.00	start,			01/01/1800
Rec Nac NA S13	59:00.00	start,			01/01/1800
Rec Nac NA S14	6:25.10	Sonia Castanheiro, RESENDE	SCA	Vila Franca de Xira	05/03/2016
Rec Nac NA S15	5:50.21	Susana Maria, LOURENCO	SCP	Coimbra	13/08/2011
Rec Nac NA S16	7:18.70	Maria Joao, TABORDA	FCP	Povoa de Varzim	07/04/2019
Rec Nac NA S17	5:21.21	Joana Lopes, SALGUEIRO	RIAACT	Loulé	04/07/2025
Rec Nac NA S21	7:01.22	Matilde Lucia, GASPAR	APCC	Coimbra	15/06/2025
Rec Nac NA M	59:00.00	,			01/01/1800

TA JUVB-FEM Juv B: 5:32.29 / TA JUVA-FEM Juv A: 5:24.59 / TA JUN - FEM Jun A/B: 5:16.90 / TA SEN-FEM Sen: 5:09.21

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Filipa Ferreira, LOISAS	11	4:51.99	523
50m: 32.66 32.66	150m: 1:45.18 36.56	250m: 2:59.89 37.25	350m: 4:15.38 37.53
100m: 1:08.62 35.96	200m: 2:22.64 37.46	300m: 3:37.85 37.96	400m: 4:51.99 36.61
2. Ana Teresa, ROLDAO	11	4:55.44	505
50m: 32.94 32.94	150m: 1:48.26 38.38	250m: 3:04.92 38.30	350m: 4:20.39 37.66
100m: 1:09.88 36.94	200m: 2:26.62 38.36	300m: 3:42.73 37.81	400m: 4:55.44 35.05
3. Alice Maria, RODRIGUES	11	4:55.51	505
50m: 33.30 33.30	150m: 1:47.84 37.19	250m: 3:03.79 37.29	350m: 4:19.51 37.35
100m: 1:10.65 37.35	200m: 2:26.50 38.66	300m: 3:42.16 38.37	400m: 4:55.51 36.00
4. Eva Miranda, ALMEIDA	11	4:56.58	499
50m: 33.23 33.23	150m: 1:47.48 37.79	250m: 3:03.67 37.90	350m: 4:19.99 38.02
100m: 1:09.69 36.46	200m: 2:25.77 38.29	300m: 3:41.97 38.30	400m: 4:56.58 36.59
5. Matilde Sofia, PEREIRA	11	4:57.94	493
50m: 33.53 33.53	150m: 1:48.99 37.88	250m: 3:03.67 37.90	350m: 4:21.77 38.30
100m: 1:11.11 37.58	200m: 2:26.99 38.00	300m: 3:43.47 38.30	400m: 4:57.94 36.17
6. Maria Joao, VALA	11	5:01.81	474
50m: 34.58 34.58	150m: 1:50.48 38.47	250m: 3:08.61 39.48	350m: 4:25.29 38.33
100m: 1:12.01 37.43	200m: 2:29.13 38.65	300m: 3:46.96 38.35	400m: 5:01.81 36.52
7. Matilde Conde, FIGUEIREDO	11	5:01.97	473
50m: 34.40 34.40	150m: 1:50.52 38.82	250m: 3:08.44 38.79	350m: 4:24.93 37.94
100m: 1:11.70 37.30	200m: 2:29.65 39.13	300m: 3:46.99 38.55	400m: 5:01.97 37.04
8. Anastasiya, PRYMACHENKO	11	5:03.64	465
50m: 32.55 32.55	150m: 1:47.14 38.11	250m: 3:06.05 39.89	350m: 4:25.70 39.76
100m: 1:09.03 36.48	200m: 2:26.16 39.02	300m: 3:45.94 39.89	400m: 5:03.64 37.94
9. Carlota Sa, SANTOS	11	5:06.82	451
50m: 34.64 34.64	150m: 1:51.11 38.95	250m: 3:09.79 39.38	350m: 4:28.89 39.74
100m: 1:12.16 37.52	200m: 2:30.41 39.30	300m: 3:49.15 39.36	400m: 5:06.82 37.93
10. Leonor Mota, ALVES	11	5:09.22	441
50m: 34.40 34.40	150m: 1:50.73 38.72	250m: 3:10.04 39.95	350m: 4:30.05 40.20
100m: 1:12.01 37.61	200m: 2:30.09 39.36	300m: 3:49.85 39.81	400m: 5:09.22 39.17

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 15, Femin., 400m Livres, Juvenis B

Lugar			Ano							Tempo final	Pts
11.	Carolina Silva, CASTANHEIRA		11	CNLeiria - VOID						5:11.70	430
	50m:	33.66 33.66	150m:	1:51.46	39.51	250m:	3:10.97	39.68	350m:	4:32.65	41.05
	100m:	1:11.95 38.29	200m:	2:31.29	39.83	300m:	3:51.60	40.63	400m:	5:11.70	39.05
12.	Ines Sousa, RIBEIRO		11	Feirense						5:13.11	424
	50m:	32.78 32.78	150m:	1:51.52	40.40	250m:	3:13.75	39.89	350m:	4:35.56	40.12
	100m:	1:11.12 38.34	200m:	2:33.86	42.34	300m:	3:55.44	41.69	400m:	5:13.11	37.55
13.	Cristiana Henriques, ALMEIDA		11	Benedita						5:13.49	423
	50m:	36.43 36.43	150m:	1:55.12	39.70	250m:	3:15.52	39.80	350m:	4:35.58	39.38
	100m:	1:15.42 38.99	200m:	2:35.72	40.60	300m:	3:56.20	40.68	400m:	5:13.49	37.91
14.	Isabela Lourenco, COSTA		11	Benedita						5:13.63	422
	50m:	36.40 36.40	150m:	1:56.08	40.18	250m:	3:16.58	39.48	350m:	4:36.83	39.70
	100m:	1:15.90 39.50	200m:	2:37.10	41.02	300m:	3:57.13	40.55	400m:	5:13.63	36.80
15.	Francisca Coelho, LUCENA		11	O Crasto						5:13.79	422
	50m:	35.02 35.02	150m:	1:54.35	39.67	250m:	3:16.50	42.38	350m:	4:35.60	37.06
	100m:	1:14.68 39.66	200m:	2:34.12	39.77	300m:	3:58.54	42.04	400m:	5:13.79	38.19
16.	Mariana Moreira, LOPES		11	Feirense						5:14.64	418
	50m:	34.17 34.17	150m:	1:51.38	39.15	250m:	3:13.26	41.63	350m:	4:35.25	40.67
	100m:	1:12.23 38.06	200m:	2:31.63	40.25	300m:	3:54.58	41.32	400m:	5:14.64	39.39
17.	Ana Leonor, CARRETO		11	Nautico Academico						5:21.78	391
	50m:	36.65 36.65	150m:	1:58.58	41.37	250m:	3:20.25	40.79	350m:	4:42.60	40.86
	100m:	1:17.21 40.56	200m:	2:39.46	40.88	300m:	4:01.74	41.49	400m:	5:21.78	39.18
18.	Margarida Soares, MAIA FTL		11	Nautico Marinha Grande						5:40.18	331
	50m:	35.86 35.86	150m:	2:01.86	44.00	250m:	3:30.03	44.42	350m:	4:58.25	44.33
	100m:	1:17.86 42.00	200m:	2:45.61	43.75	300m:	4:13.92	43.89	400m:	5:40.18	41.93

Juvenis A

1.	Camila Duarte, MARCELO		10	Condeixa Clube						4:34.03	633
	50m:	31.57 31.57	150m:	1:39.70	34.15	250m:	2:48.64	34.65	350m:	3:58.86	35.18
	100m:	1:05.55 33.98	200m:	2:13.99	34.29	300m:	3:23.68	35.04	400m:	4:34.03	35.17
2.	Beatriz Ribeiro, VELOSO		10	CASPAE						4:56.62	499
	50m:	33.64 33.64	150m:	1:47.65	37.27	250m:	3:02.59	37.59	350m:	4:19.07	38.70
	100m:	1:10.38 36.74	200m:	2:25.00	37.35	300m:	3:40.37	37.78	400m:	4:56.62	37.55
3.	Vida Sofia, VELEZ		10	Bairro Anjos / Sk Coffee						5:01.47	475
	50m:	32.41 32.41	150m:	1:50.21	40.37	250m:	3:08.32	39.06	350m:	4:24.85	38.61
	100m:	1:09.84 37.43	200m:	2:29.26	39.05	300m:	3:46.24	37.92	400m:	5:01.47	36.62
4.	Madalena Gracio, PEDROSO		10	Nautico Marinha Grande						5:04.99	459
	50m:	33.26 33.26	150m:	1:50.02	39.16	250m:	3:08.26	38.99	350m:	4:26.58	39.25
	100m:	1:10.86 37.60	200m:	2:29.27	39.25	300m:	3:47.33	39.07	400m:	5:04.99	38.41
5.	Matilde Santos, VIEIRA		10	Bairro Anjos / Sk Coffee						5:05.31	458
	50m:	33.98 33.98	150m:	1:51.00	38.89	250m:	3:09.02	38.39	350m:	4:27.60	39.19
	100m:	1:12.11 38.13	200m:	2:30.63	39.63	300m:	3:48.41	39.39	400m:	5:05.31	37.71
6.	Constanca Rolim, PEDRO		10	Bairro Anjos / Sk Coffee						5:07.43	448
	50m:	34.09 34.09	150m:	1:50.95	39.48	250m:	3:10.08	39.62	350m:	4:29.56	39.87
	100m:	1:11.47 37.38	200m:	2:30.46	39.51	300m:	3:49.69	39.61	400m:	5:07.43	37.87
7.	Isabella Scavone, LOPES		10	Miranda do Corvo						5:08.97	442
	50m:	34.77 34.77	150m:	1:52.36	39.43	250m:	3:11.70	39.92	350m:	4:31.23	40.08
	100m:	1:12.93 38.16	200m:	2:31.78	39.42	300m:	3:51.15	39.45	400m:	5:08.97	37.74
8.	Laura Samora, GONCALVES		10	CNLeiria - VOID						5:09.45	440
	50m:	35.13 35.13	150m:	1:51.98	38.47	250m:	3:11.49	39.37	350m:	4:30.76	38.86
	100m:	1:13.51 38.38	200m:	2:32.12	40.14	300m:	3:51.90	40.41	400m:	5:09.45	38.69
9.	Mariana Pina, MACEDO		10	Estamos Juntos						5:16.82	410
	50m:	34.06 34.06	150m:	1:54.09	40.72	250m:	3:16.32	41.17	350m:	4:37.83	40.44
	100m:	1:13.37 39.31	200m:	2:35.15	41.06	300m:	3:57.39	41.07	400m:	5:16.82	38.99

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 15, Femin., 400m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
10. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	5:19.08 401
50m: 34.90 34.90	150m: 1:55.64 40.91	250m: 3:18.12 41.31	350m: 4:39.53 40.61
100m: 1:14.73 39.83	200m: 2:36.81 41.17	300m: 3:58.92 40.80	400m: 5:19.08 39.55
11. Maria Lino, PADUA FTL	10	Sporting de Espinho	5:32.61 354
50m: 34.84 34.84	150m: 1:55.55 41.47	250m: 3:21.21 43.91	350m: 4:50.02 44.92
100m: 1:14.08 39.24	200m: 2:37.30 41.75	300m: 4:05.10 43.89	400m: 5:32.61 42.59

Juniores A/B

1. Alana Costa, MATIAS	09	Nautico Academico	4:45.09 562
50m: 31.51 31.51	150m: 1:42.82 35.74	250m: 2:55.56 36.19	350m: 4:09.08 36.54
100m: 1:07.08 35.57	200m: 2:19.37 36.55	300m: 3:32.54 36.98	400m: 4:45.09 36.01
2. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	4:46.79 552
50m: 31.85 31.85	150m: 1:43.79 36.97	250m: 2:57.60 36.93	350m: 4:11.26 36.97
100m: 1:06.82 34.97	200m: 2:20.67 36.88	300m: 3:34.29 36.69	400m: 4:46.79 35.53
3. Teresa Maria, LOPES	09	Benedita	5:04.21 463
50m: 34.15 34.15	150m: 1:49.89 38.36	250m: 3:08.07 39.14	350m: 4:26.65 39.60
100m: 1:11.53 37.38	200m: 2:28.93 39.04	300m: 3:47.05 38.98	400m: 5:04.21 37.56
4. Gabriela Lopes, FERNANDES	09	O Crasto	5:13.03 425
50m: 34.25 34.25	150m: 1:52.39 39.40	250m: 3:13.43 40.30	350m: 4:34.00 39.45
100m: 1:12.99 38.74	200m: 2:33.13 40.74	300m: 3:54.55 41.12	400m: 5:13.03 39.03
5. Leonor Pereira, ROCHA	08	Sporting de Espinho	5:15.03 417
50m: 35.25 35.25	150m: 1:53.90 40.03	250m: 3:15.45 41.70	350m: 4:37.55 40.70
100m: 1:13.87 38.62	200m: 2:33.75 39.85	300m: 3:56.85 41.40	400m: 5:15.03 37.48

Seniores

1. Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:21.71 727
50m: 30.67 30.67	150m: 1:37.06 33.26	250m: 2:43.88 33.42	350m: 3:50.32 33.05
100m: 1:03.80 33.13	200m: 2:10.46 33.40	300m: 3:17.27 33.39	400m: 4:21.71 31.39
2. Camila Rodrigues, REBELO	03	Louzan Natacao/EFAPEL	4:22.00 725
50m: 30.79 30.79	150m: 1:37.54 33.51	250m: 2:44.46 33.59	350m: 3:50.87 33.21
100m: 1:04.03 33.24	200m: 2:10.87 33.33	300m: 3:17.66 33.20	400m: 4:22.00 31.13
3. Beatriz Nunes, CARDEAL	04	Condeixa Clube	4:26.65 687
50m: 30.75 30.75	150m: 1:37.07 33.12	250m: 2:44.96 33.89	350m: 3:53.41 34.12
100m: 1:03.95 33.20	200m: 2:11.07 34.00	300m: 3:19.29 34.33	400m: 4:26.65 33.24
4. Joana Nunes, CARDEAL	02	Condeixa Clube	4:28.81 671
50m: 31.54 31.54	150m: 1:39.19 33.76	250m: 2:46.85 33.79	350m: 3:55.06 34.26
100m: 1:05.43 33.89	200m: 2:13.06 33.87	300m: 3:20.80 33.95	400m: 4:28.81 33.75
5. Helena Nunes, RODRIGUES	03	Condeixa Clube	4:31.37 652
50m: 32.23 32.23	150m: 1:40.74 34.63	250m: 2:49.82 34.48	350m: 3:58.77 34.45
100m: 1:06.11 33.88	200m: 2:15.34 34.60	300m: 3:24.32 34.50	400m: 4:31.37 32.60
6. Carolina Vizinho, CABRAL	07	Galitos / Bresimar	4:32.71 642
50m: 31.74 31.74	150m: 1:40.74 34.63	250m: 2:50.43 34.76	350m: 3:59.69 34.93
100m: 1:05.67 33.93	200m: 2:15.67 34.60	300m: 3:24.76 34.33	400m: 4:32.71 33.02
7. Ana Carolina, MONTEIRO	04	Academica de Coimbra	4:44.04 569
50m: 32.41 32.41	150m: 1:45.06 36.81	250m: 2:57.48 35.67	350m: 4:09.62 35.76
100m: 1:08.25 35.84	200m: 2:21.81 36.75	300m: 3:33.86 36.38	400m: 4:44.04 34.42
8. Beatriz Rocha, SANTOS	02	Campinho	4:58.41 490
50m: 33.21 33.21	150m: 1:46.99 37.55	250m: 3:03.95 38.72	350m: 4:21.57 38.79
100m: 1:09.44 36.23	200m: 2:25.23 38.24	300m: 3:42.78 38.83	400m: 4:58.41 36.84
9. Ana Claudia, FERREIRA	90	Alcobaca	5:00.04 482
50m: 34.11 34.11	150m: 1:48.02 37.12	250m: 3:04.46 38.27	350m: 4:21.76 38.49
100m: 1:10.90 36.79	200m: 2:26.19 38.17	300m: 3:43.27 38.81	400m: 5:00.04 38.28

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 15, Femin., 400m Livres, Seniores

Lugar			Ano						Tempo final	Pts
10.	Matilde Violante, VIANA		07	CNLeiria - VOID				5:01.53	475	
	50m:	33.39 33.39	150m:	1:47.47 37.95	250m:	3:04.62 38.87	350m:	4:22.82 39.08		
	100m:	1:09.52 36.13	200m:	2:25.75 38.28	300m:	3:43.74 39.12	400m:	5:01.53 38.71		
EXH	Susana Pereira, VEIGA		00	Belenenses				5:01.10	477	
	50m:	34.50 34.50	150m:	1:48.53 37.28	250m:	3:04.69 38.30	350m:	4:22.48 38.89		
	100m:	1:11.25 36.75	200m:	2:26.39 37.86	300m:	3:43.59 38.90	400m:	5:01.10 38.62		