

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

Prova 29 Femin., 400m Estilos 15 anos e mais velhos  
07/03/2026 - 16:55 Resultados

Rec Nac NP Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac NP Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac NP Jun A	4:49.60	Victoria, KAMINSKAYA	PIMP	Coimbra	26/05/2013
Rec Nac NP Jun B	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nac NP Juv A	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20/05/2017
Rec Nac NP Juv B	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011

TA JUVB-FEM Juv B: 6:21.91 / TA JUVA-FEM Juv A: 6:13.06 / TA JUN - FEM Jun A/B: 6:04.22 / TA SEN-FEM Sen: 5:55.39

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
<b>Juvenis B</b>									
1.	Eva Miranda, ALMEIDA		11	Columbofila Cantanhedense				<b>5:32.69</b>	501
	50m:	34.66 34.66	150m:	1:58.91	43.63	250m:	3:29.91 48.36	350m:	4:56.23 37.45
	100m:	1:15.28 40.62	200m:	2:41.55	42.64	300m:	4:18.78 48.87	400m:	5:32.69 36.46
2.	Matilde Sofia, PEREIRA		11	Condeixa Clube				<b>5:44.40</b>	452
	50m:	36.19 36.19	150m:	2:02.99	44.87	250m:	3:37.84 51.73	350m:	5:08.54 38.91
	100m:	1:18.12 41.93	200m:	2:46.11	43.12	300m:	4:29.63 51.79	400m:	5:44.40 35.86
3.	Leonor Mota, ALVES		11	Nautico Marinha Grande				<b>5:45.19</b>	449
	50m:	34.73 34.73	150m:	2:01.16	45.42	250m:	3:35.25 50.17	350m:	5:06.91 40.41
	100m:	1:15.74 41.01	200m:	2:45.08	43.92	300m:	4:26.50 51.25	400m:	5:45.19 38.28
4.	Cristiana Henriques, ALMEIDA		11	Benedita				<b>5:48.21</b>	437
	50m:	37.85 37.85	150m:	2:07.34	44.31	250m:	3:38.26 47.16	350m:	5:08.97 40.82
	100m:	1:23.03 45.18	200m:	2:51.10	43.76	300m:	4:28.15 49.89	400m:	5:48.21 39.24
5.	Anastasiya, PRYMACHENKO		11	Nucleo de Pombal				<b>5:54.97</b>	413
	50m:	36.95 36.95	150m:	2:10.23	49.00	250m:	3:46.90 50.12	350m:	5:17.85 40.22
	100m:	1:21.23 44.28	200m:	2:56.78	46.55	300m:	4:37.63 50.73	400m:	5:54.97 37.12
6.	Carlota Sa, SANTOS		11	Nucleo de Pombal				<b>5:57.57</b>	404
	50m:	35.17 35.17	150m:	2:03.61	45.68	250m:	3:42.19 53.96	350m:	5:17.08 40.15
	100m:	1:17.93 42.76	200m:	2:48.23	44.62	300m:	4:36.93 54.74	400m:	5:57.57 40.49
7.	Isabela Lourenco, COSTA		11	Benedita				<b>5:59.87</b>	396
	50m:	37.49 37.49	150m:	2:09.21	48.59	250m:	3:48.02 52.80	350m:	5:21.21 40.57
	100m:	1:20.62 43.13	200m:	2:55.22	46.01	300m:	4:40.64 52.62	400m:	5:59.87 38.66
8.	Maria Santos, FONSECA		11	CNLeiria - VOID				<b>6:05.44</b>	378
	50m:	38.09 38.09	150m:	2:13.34	47.29	250m:	3:46.53 46.58	350m:	5:21.51 45.21
	100m:	1:26.05 47.96	200m:	2:59.95	46.61	300m:	4:36.30 49.77	400m:	6:05.44 43.93

**Juvenis A**

1.	Maria Neto, SIMOES		10	Condeixa Clube				<b>5:20.66</b>	560
	50m:	33.26 33.26	150m:	1:55.62	42.51	250m:	3:22.28 44.78	350m:	4:44.74 37.70
	100m:	1:13.11 39.85	200m:	2:37.50	41.88	300m:	4:07.04 44.76	400m:	5:20.66 35.92
2.	Laura Samora, GONCALVES		10	CNLeiria - VOID				<b>5:48.58</b>	436
	50m:	35.18 35.18	150m:	2:00.33	43.72	250m:	3:36.50 51.44	350m:	5:09.18 39.98
	100m:	1:16.61 41.43	200m:	2:45.06	44.73	300m:	4:29.20 52.70	400m:	5:48.58 39.40

**Juniores A/B**

1.	Luana Ferreira, CRAVEIRO		09	Nautico Marinha Grande				<b>5:25.31</b>	536
	50m:	33.81 33.81	150m:	1:59.37	44.80	250m:	3:26.15 44.16	350m:	4:48.96 36.67
	100m:	1:14.57 40.76	200m:	2:41.99	42.62	300m:	4:12.29 46.14	400m:	5:25.31 36.35
2.	Rita Rocha, SILVA		08	Alcobaca				<b>5:30.48</b>	511
	50m:	33.46 33.46	150m:	1:57.86	44.90	250m:	3:27.36 45.14	350m:	4:52.38 39.32
	100m:	1:12.96 39.50	200m:	2:42.22	44.36	300m:	4:13.06 45.70	400m:	5:30.48 38.10
3.	Rita Isabel, NEVES		08	Condeixa Clube				<b>5:41.51</b>	463
	50m:	34.78 34.78	150m:	1:57.80	43.33	250m:	3:29.06 48.38	350m:	5:00.99 40.28
	100m:	1:14.47 39.69	200m:	2:40.68	42.88	300m:	4:20.71 51.65	400m:	5:41.51 40.52

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

Prova 29, Femin., 400m Estilos, Juniores A/B

Lugar			Ano					Tempo final	Pts		
4.	Carolina Mendes, NUNES		08	Estarreja				<b>5:46.75</b>	443		
	50m:	34.98 34.98	150m:	2:02.42	44.96	250m:	3:36.76	50.32	350m:	5:07.85	39.21
	100m:	1:17.46 42.48	200m:	2:46.44	44.02	300m:	4:28.64	51.88	400m:	5:46.75	38.90

Seniores

1.	Ines Jacinto, HENRIQUES		00	Louzan Natacao/EFAPEL				<b>5:02.00</b>	670		
	50m:	30.94 30.94	150m:	1:46.38	40.37	250m:	3:10.13	44.43	350m:	4:29.07	35.00
	100m:	1:06.01 35.07	200m:	2:25.70	39.32	300m:	3:54.07	43.94	400m:	5:02.00	32.93
2.	Helena Nunes, RODRIGUES		03	Condeixa Clube				<b>5:13.38</b>	600		
	50m:	32.90 32.90	150m:	1:51.21	41.02	250m:	3:17.63	46.14	350m:	4:39.50	35.33
	100m:	1:10.19 37.29	200m:	2:31.49	40.28	300m:	4:04.17	46.54	400m:	5:13.38	33.88
3.	Ana Carolina, MONTEIRO		04	Academica de Coimbra				<b>5:21.06</b>	558		
	50m:	32.09 32.09	150m:	1:52.69	43.36	250m:	3:22.06	45.74	350m:	4:45.69	36.22
	100m:	1:09.33 37.24	200m:	2:36.32	43.63	300m:	4:09.47	47.41	400m:	5:21.06	35.37
4.	Maria Emilia, ALMEIDA		07	Galitos / Bresimar				<b>5:25.44</b>	536		
	50m:	33.81 33.81	150m:	1:53.04	41.10	250m:	3:22.93	49.10	350m:	4:48.97	37.97
	100m:	1:11.94 38.13	200m:	2:33.83	40.79	300m:	4:11.00	48.07	400m:	5:25.44	36.47
5.	Sara Calisto, PIMENTEL		05	Academica de Coimbra				<b>5:35.28</b>	490		
	50m:	33.41 33.41	150m:	1:58.76	46.70	250m:	3:31.65	46.57	350m:	4:57.70	38.40
	100m:	1:12.06 38.65	200m:	2:45.08	46.32	300m:	4:19.30	47.65	400m:	5:35.28	37.58