

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 1

Femin., 400m Livres

Infantis

17/01/2026 - 9:45

Resultados

Recordes Nacionais 25m	4:04.57	MARTINS Francisca Soares	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m	4:04.57	MARTINS Francisca Soares	POR	Otopeni (ROU)	10/12/2023
Rec Taça Vale do Tejo 14 - 15	4:22.59	PIRES Marta Joao	SANL	Abrantes	25/01/2020
Rec Taça Vale do Tejo 12 - 13	4:35.75	ROCHA Diana Ramos	SANMIN	Abrantes	21/04/2007

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts	
1.	NUNES Maria Ines	12	Seleccao de Lisboa	4:39.14		561		
	50m: 31.13 31.13	150m: 1:41.76 35.41	250m: 2:53.33 35.73	350m: 4:04.58 35.36	100m: 1:06.35 35.22	200m: 2:17.60 35.84	300m: 3:29.22 35.89	400m: 4:39.14 34.56
2.	CUNHA Alice Bezerra	12	Seleccao do Norte de Portuga	4:43.29		536		
	50m: 31.46 31.46	150m: 1:42.91 36.24	250m: 2:56.29 36.74	350m: 4:09.49 36.68	100m: 1:06.67 35.21	200m: 2:19.55 36.64	300m: 3:32.81 36.52	400m: 4:43.29 33.80
3.	BIBI Matilde Casimiro	12	Seleccao Distrito Santarem	4:52.71		486		
	50m: 32.48 32.48	150m: 1:46.11 37.16	250m: 3:01.20 37.76	350m: 4:15.95 37.10	100m: 1:08.95 36.47	200m: 2:23.44 37.33	300m: 3:38.85 37.65	400m: 4:52.71 36.76
4.	NOGUEIRA Maria Luisa	12	Seleccao de Coimbra	4:53.42		483		
	50m: 32.36 32.36	150m: 1:45.91 37.39	250m: 3:00.90 37.57	350m: 4:15.91 37.23	100m: 1:08.52 36.16	200m: 2:23.33 37.42	300m: 3:38.68 37.78	400m: 4:53.42 37.51
5.	DUARTE Maria Luis	13	Seleccao Centro Norte Portu	4:53.43		483		
	50m: 34.60 34.60	150m: 1:49.42 37.20	250m: 3:04.23 37.31	350m: 4:17.55 36.45	100m: 1:12.22 37.62	200m: 2:26.92 37.50	300m: 3:41.10 36.87	400m: 4:53.43 35.88
6.	MACHADO Beatriz VilasBoas	13	Seleccao do Minho	4:53.86		481		
	50m: 33.17 33.17	150m: 1:46.64 37.28	250m: 3:02.41 37.95	350m: 4:17.96 37.58	100m: 1:09.36 36.19	200m: 2:24.46 37.82	300m: 3:40.38 37.97	400m: 4:53.86 35.90
7.	BORRALHO Bruna Filipa	12	Seleccao do Algarve	4:59.73		453		
	50m: 32.78 32.78	150m: 1:47.22 38.02	250m: 3:04.70 38.87	350m: 4:20.29 38.04	100m: 1:09.20 36.42	200m: 2:25.83 38.61	300m: 3:42.25 37.55	400m: 4:59.73 39.44
8.	ANICETO Leonor Telo	13	Seleccao da Madeira	5:12.47		400		
	50m: 34.43 34.43	150m: 1:54.44 40.59	250m: 3:15.43 40.51	350m: 4:35.05 39.28	100m: 1:13.85 39.42	200m: 2:34.92 40.48	300m: 3:55.77 40.34	400m: 5:12.47 37.42
9.	PONTE Matilde Almeida	13	Seleccao dos Acores	5:14.87		391		
	50m: 33.82 33.82	150m: 1:52.85 40.05	250m: 3:13.98 40.44	350m: 4:36.21 41.23	100m: 1:12.80 38.98	200m: 2:33.54 40.69	300m: 3:54.98 41.00	400m: 5:14.87 38.66
10.	PEREIRA Lara Amorim	13	Seleccao do Alentejo	5:16.11		386		
	50m: 36.05 36.05	150m: 1:54.96 39.64	250m: 3:16.55 41.45	350m: 4:37.95 41.30	100m: 1:15.32 39.27	200m: 2:35.10 40.14	300m: 3:56.65 40.10	400m: 5:16.11 38.16
11.	CASTILLO Maria Luisa	13	Seleccao Distrito Leiria	5:20.38		371		
	50m: 35.72 35.72	150m: 1:57.23 41.35	250m: 3:20.17 41.41	350m: 4:41.85 40.21	100m: 1:15.88 40.16	200m: 2:38.76 41.53	300m: 4:01.64 41.47	400m: 5:20.38 38.53
12.	ALVES Laura Jorge	13	Seleccao do Nordeste	5:28.34		344		
	50m: 35.16 35.16	150m: 1:56.91 41.46	250m: 3:21.03 42.32	350m: 4:46.05 42.53	100m: 1:15.45 40.29	200m: 2:38.71 41.80	300m: 4:03.52 42.49	400m: 5:28.34 42.29
13.	MESTRE Maria Beatriz	12	Seleccao do Interior Centro	5:52.43		278		
	50m: 37.73 37.73	150m: 2:05.25 44.33	250m: 3:36.10 45.59	350m: 5:08.57 45.83	100m: 1:20.92 43.19	200m: 2:50.51 45.26	300m: 4:22.74 46.64	400m: 5:52.43 43.86



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Prova 1, Femin., 400m Livres

Prova 1
17/01/2026 - 9:45
Femin., 400m Livres
Juvenis
Resultados

Recordes Nacionais 25m	4:04.57	MARTINS Francisca Soares	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m	4:04.57	MARTINS Francisca Soares	POR	Otopeni (ROU)	10/12/2023
Rec Taça Vale do Tejo	4:22.59	PIRES Marta Joao	SANL	Abrantes	25/01/2020

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	CARDEAL Leonor Nunes	10	Seleccao de Coimbra	4:29.62		622	
	50m: 29.91 29.91	150m: 1:36.66 33.91	250m: 2:45.49 34.49	350m: 3:55.41 35.04			
	100m: 1:02.75 32.84	200m: 2:11.00 34.34	300m: 3:20.37 34.88	400m: 4:29.62 34.21			
2.	HOLUB Sofia Hryhorivna	11	Seleccao do Norte de Portugal	4:36.31		578	
	50m: 30.75 30.75	150m: 1:39.83 35.12	250m: 2:51.41 35.71	350m: 4:02.61 35.64			
	100m: 1:04.71 33.96	200m: 2:15.70 35.87	300m: 3:26.97 35.56	400m: 4:36.31 33.70			
3.	FERREIRA Margarida Almeida	11	Seleccao de Lisboa	4:37.46		571	
	50m: 31.71 31.71	150m: 1:42.04 35.62	250m: 2:53.59 35.58	350m: 4:03.49 34.66			
	100m: 1:06.42 34.71	200m: 2:18.01 35.97	300m: 3:28.83 35.24	400m: 4:37.46 33.97			
4.	CASTRO Leticia Alves	10	Seleccao do Minho	4:44.42		530	
	50m: 32.11 32.11	150m: 1:42.36 35.57	250m: 2:54.63 36.09	350m: 4:08.12 36.80			
	100m: 1:06.79 34.68	200m: 2:18.54 36.18	300m: 3:31.32 36.69	400m: 4:44.42 36.30			
5.	MARTINS Leonor Sombreiro	10	Seleccao Distrito Santarem	4:46.06		521	
	50m: 32.00 32.00	150m: 1:42.90 35.76	250m: 2:56.08 36.72	350m: 4:10.24 37.11			
	100m: 1:07.14 35.14	200m: 2:19.36 36.46	300m: 3:33.13 37.05	400m: 4:46.06 35.82			
6.	JESUS Vera Franca	11	Seleccao da Madeira	4:51.44		493	
	50m: 32.07 32.07	150m: 1:43.71 36.62	250m: 2:57.74 37.49	350m: 4:13.81 38.20			
	100m: 1:07.09 35.02	200m: 2:20.25 36.54	300m: 3:35.61 37.87	400m: 4:51.44 37.63			
7.	RODRIGUES Alice Maria	11	Seleccao Centro Norte Portugal	4:52.22		489	
	50m: 32.89 32.89	150m: 1:45.19 36.32	250m: 3:00.34 37.59	350m: 4:15.92 37.90			
	100m: 1:08.87 35.98	200m: 2:22.75 37.56	300m: 3:38.02 37.68	400m: 4:52.22 36.30			
8.	PEDROSO Madalena Gracio	10	Seleccao Distrito Leiria	4:53.97		480	
	50m: 33.09 33.09	150m: 1:46.80 37.28	250m: 3:02.45 37.76	350m: 4:18.08 37.90			
	100m: 1:09.52 36.43	200m: 2:24.69 37.89	300m: 3:40.18 37.73	400m: 4:53.97 35.89			
9.	LOURENCO Matilde Nogueira	11	Seleccao do Interior Centro	5:04.28		433	
	50m: 34.31 34.31	150m: 1:51.30 38.71	250m: 3:09.51 39.19	350m: 4:27.23 38.95			
	100m: 1:12.59 38.28	200m: 2:30.32 39.02	300m: 3:48.28 38.77	400m: 5:04.28 37.05			
10.	LUIS Maria Ines	11	Seleccao do Alentejo	5:05.64		427	
	50m: 34.90 34.90	150m: 1:52.43 39.06	250m: 3:10.72 39.26	350m: 4:28.72 38.30			
	100m: 1:13.37 38.47	200m: 2:31.46 39.03	300m: 3:50.42 39.70	400m: 5:05.64 36.92			
11.	VIEIRA Sara Goncalves	10	Seleccao dos Acores	5:11.49		403	
	50m: 34.16 34.16	150m: 1:52.22 39.72	250m: 3:11.79 39.84	350m: 4:32.18 40.24			
	100m: 1:12.50 38.34	200m: 2:31.95 39.73	300m: 3:51.94 40.15	400m: 5:11.49 39.31			
12.	MESQUITA Maria Ines	10	Seleccao do Nordeste	5:12.24		400	
	50m: 36.13 36.13	150m: 1:53.88 39.04	250m: 3:12.02 39.06	350m: 4:31.85 40.22			
	100m: 1:14.84 38.71	200m: 2:32.96 39.08	300m: 3:51.63 39.61	400m: 5:12.24 40.39			
DSQ	SANTOS Carolina Brito	10	Seleccao do Algarve				
	<i>SW 4.4 - Falsa partida</i>						





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Prova 1, Femin., 400m Livres

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	FORMIGO Margarida Pinho	11	Seleccao Distrito Santarem	4:57.49		463	
	50m: 33.36 33.36	150m: 1:47.73 37.65	250m: 3:03.47 38.09	350m: 4:20.19 38.59			
	100m: 1:10.08 36.72	200m: 2:25.38 37.65	300m: 3:41.60 38.13	400m: 4:57.49 37.30			
EXH	ALVES Rita Balsa	12	Seleccao Distrito Santarem	5:10.79		406	
	50m: 36.14 36.14	150m: 1:53.86 39.34	250m: 3:13.18 39.68	350m: 4:32.31 39.51			
	100m: 1:14.52 38.38	200m: 2:33.50 39.64	300m: 3:52.80 39.62	400m: 5:10.79 38.48			
EXH	DEEP Alicia Lopes	12	Seleccao Distrito Santarem	5:12.15		401	
	50m: 34.62 34.62	150m: 1:53.03 39.91	250m: 3:13.43 40.17	350m: 4:33.58 40.28			
	100m: 1:13.12 38.50	200m: 2:33.26 40.23	300m: 3:53.30 39.87	400m: 5:12.15 38.57			
EXH	CORREIA Laura Conde	13	Seleccao Distrito Santarem	5:26.05		352	
	50m: 37.23 37.23	150m: 2:00.07 41.95	250m: 3:23.74 41.72	350m: 4:46.11 41.19			
	100m: 1:18.12 40.89	200m: 2:42.02 41.95	300m: 4:04.92 41.18	400m: 5:26.05 39.94			

