

Campeonato Interdistrital Infantis Piscina Longa
Coimbra, 3 - 5/7/2026

Prova 23
04/07/2026 - 17:00

Femin., 400m Estilos

Infantis A/B
Resultados

Pontos: AQUA 2025

Lugar	Ano								Tempo final		Pts	
Infantis A												
1.	Margarida Paiva, CORREIA			12	Miranda do Corvo					5:41.04	465	
	50m:	35.53	35.53	150m:	2:00.95	43.84	250m:	3:32.73	48.56	350m:	5:00.34	38.45
	100m:	1:17.11	41.58	200m:	2:44.17	43.22	300m:	4:21.89	49.16	400m:	5:41.04	40.70
2.	Maria Leonor, LOBO			12	Condeixa Clube					5:49.42	433	
	50m:	36.08	36.08	150m:	2:06.09	45.80	250m:	3:40.00	50.13	350m:	5:10.51	39.56
	100m:	1:20.29	44.21	200m:	2:49.87	43.78	300m:	4:30.95	50.95	400m:	5:49.42	38.91
3.	Carolina Melo, HOMEM			12	Galitos / Bresimar					5:50.53	429	
	50m:	37.97	37.97	150m:	2:09.07	46.06	250m:	3:43.01	49.72	350m:	5:14.74	40.38
	100m:	1:23.01	45.04	200m:	2:53.29	44.22	300m:	4:34.36	51.35	400m:	5:50.53	35.79
4.	Sofia Apalyonova, MONTEIRO			12	Natação de Vagos					6:02.72	387	
	50m:	38.49	38.49	150m:	2:14.83	52.65	250m:	3:53.94	50.15	350m:	5:24.02	39.85
	100m:	1:22.18	43.69	200m:	3:03.79	48.96	300m:	4:44.17	50.23	400m:	6:02.72	38.70
5.	Filipa Carneiro, DIAS			12	Academico Viseu					6:04.49	381	
	50m:	39.57	39.57	150m:	2:14.15	46.34	250m:	3:50.66	52.23	350m:	5:25.38	41.25
	100m:	1:27.81	48.24	200m:	2:58.43	44.28	300m:	4:44.13	53.47	400m:	6:04.49	39.11
6.	Alice Silva, SENNA			12	Condeixa Clube					6:12.53	357	
	50m:	43.05	43.05	150m:	2:20.54	47.68	250m:	3:59.58	51.39	350m:	5:32.31	41.28
	100m:	1:32.86	49.81	200m:	3:08.19	47.65	300m:	4:51.03	51.45	400m:	6:12.53	40.22
7.	Flora Helena, BRABETZ			12	Sporting de Espinho					6:58.86	251	
	50m:	47.72	47.72	150m:	2:43.18	57.50	250m:	4:29.31	52.74	350m:	6:12.44	49.81
	100m:	1:45.68	57.96	200m:	3:36.57	53.39	300m:	5:22.63	53.32	400m:	6:58.86	46.42

Infantis B

1.	Leticia Saldanha, COSTA	13	O Crasto						6:11.22	361
	50m: 41.88 41.88	150m: 2:20.95	47.68	250m: 3:56.79	49.21	350m: 5:29.95	42.04			
	100m: 1:33.27 51.39	200m: 3:07.58	46.63	300m: 4:47.91	51.12	400m: 6:11.22	41.27			
2.	Leonor Matias, ROSA	13	Louzan Natacao/EFAPEL						6:14.73	351
	50m: 39.29 39.29	150m: 2:16.22	48.09	250m: 3:55.98	53.72	350m: 5:33.83	43.10			
	100m: 1:28.13 48.84	200m: 3:02.26	46.04	300m: 4:50.73	54.75	400m: 6:14.73	40.90			
3.	Maria Jose, RIBEIRO	13	Campinho						6:24.49	325
	50m: 39.78 39.78	150m: 2:26.75	53.95	250m: 4:01.32	44.92	350m: 5:39.72	47.78			
	100m: 1:32.80 53.02	200m: 3:16.40	49.65	300m: 4:51.94	50.62	400m: 6:24.49	44.77			

DSQ Maria Luis, DUARTE 13 Galitos / Bresimar
7.7 A atleta tocou apenas com uma mão na parede, na viragem dos 250 metros.