

Prova 16

Femin., 400m Livres

Infantis

07/03/2026 - 16:20

Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Inf A	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014
Recorde Regional (25m) Inf B	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Pontos: AQUA 2024

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Susana Pedro Carvalhinha	214488	13	Gcvr	<b>5:23.71</b>	364
	50m: 38.89 38.89	200m: 2:43.81 1:24.24		400m: 5:23.71 1:17.79		
	100m: 1:19.57 40.68	300m: 4:05.92 1:22.11				
2.	Leonor Afonso Matela	220723	14	EN Braganca	<b>5:24.91</b>	360
	50m: 38.23 38.23	200m: 2:38.84 1:19.87		400m: 5:24.91 1:22.50		
	100m: 1:18.97 40.74	300m: 4:02.41 1:23.57				
3.	Ana Rita Teixeira	216143	13	Peso da Regua	<b>5:39.06</b>	317
	50m: 36.84 36.84	200m: 2:45.59 1:27.03		400m: 5:39.06 1:25.41		
	100m: 1:18.56 41.72	300m: 4:13.65 1:28.06				
4.	Benedita Martins Fernandes	214551	13	Gcvr	<b>5:48.35</b>	292
	50m: 40.49 40.49	200m: 2:53.92 1:29.65		400m: 5:48.35 1:26.22		
	100m: 1:24.27 43.78	300m: 4:22.13 1:28.21				
5.	Maria Martins Oliveira	220504	14	Durius Ac Pesqueira	<b>5:56.83</b>	272
	50m: 38.92 38.92	200m: 2:55.83 1:33.50		400m: 5:56.83 1:28.16		
	100m: 1:22.33 43.41	300m: 4:28.67 1:32.84				
6.	Maria Joao Gomes	216332	13	Gcvr	<b>5:57.51</b>	270
	50m: 39.02 39.02	200m: 2:56.54 1:31.15		400m: 5:57.51 1:30.28		
	100m: 1:25.39 46.37	300m: 4:27.23 1:30.69				
7.	Leonor Vaz Osorio	216142	13	Peso da Regua	<b>5:59.71</b>	265
	50m: 39.92 39.92	200m: 2:56.11 1:32.30		400m: 5:59.71 1:29.70		
	100m: 1:23.81 43.89	300m: 4:30.01 1:33.90				
8.	Diana Ribeiro Nogueira	217385	14	Gcvr	<b>6:02.77</b>	259
	50m: 40.42 40.42	200m: 2:58.92 1:33.59		400m: 6:02.77 1:30.57		
	100m: 1:25.33 44.91	300m: 4:32.20 1:33.28				
9.	Matilde Ribeiro Sales	220142	13	Peso da Regua	<b>6:05.81</b>	252
	50m: 40.56 40.56	200m: 2:59.66 1:33.48		400m: 6:05.81 1:31.77		
	100m: 1:26.18 45.62	300m: 4:34.04 1:34.38				
10.	Carlota Teiga Cruz	217390	13	Gcvr	<b>6:07.54</b>	249
	50m: 42.23 42.23	200m: 3:05.45 1:35.69		400m: 6:07.54 1:28.47		
	100m: 1:29.76 47.53	300m: 4:39.07 1:33.62				
11.	Mara Daniela Rocha	222067	13	Peso da Regua	<b>6:11.34</b>	241
	50m: 42.59 42.59	200m: 3:04.34 1:35.37		400m: 6:11.34 1:31.68		
	100m: 1:28.97 46.38	300m: 4:39.66 1:35.32				
12.	Catarina Alexandra Tralhao	220506	14	Durius Ac Pesqueira	<b>6:16.09</b>	232
	50m: 42.00 42.00	200m: 3:05.68 1:37.25		400m: 6:16.09 1:32.22		
	100m: 1:28.43 46.43	300m: 4:43.87 1:38.19				
13.	Lorena Sofia Ribeiro	223766	14	Gcvr	<b>6:17.10</b>	230
	50m: 41.27 41.27	200m: 3:06.03 1:37.93		400m: 6:17.10 1:33.85		
	100m: 1:28.10 46.83	300m: 4:43.25 1:37.22				
14.	Carolina Pereira Vila	224224	14	Durius Ac Pesqueira	<b>6:37.68</b>	196
	50m: 43.50 43.50	200m: 3:12.84 1:40.44		400m: 6:37.68 1:41.03		
	100m: 1:32.40 48.90	300m: 4:56.65 1:43.81				
15.	Íris Pereira Santos	225117	14	Durius Ac Pesqueira	<b>7:04.42</b>	161
	50m: 47.61 47.61	200m: 3:29.80 1:49.54		400m: 7:04.42 1:43.53		
	100m: 1:40.26 52.65	300m: 5:20.89 1:51.09				
DNS	Maria Costa Pinto	220735	14	Emnv/Fcv		
WDR	Alice Silva Costa	224051	14	Gcvr		

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Femin., 400m Livres

Juvenis

07/03/2026 - 16:20

Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recorde Regional (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2024

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Maria Silva Poeta	212032	16	Gcvr	<b>5:00.57</b>	455
	50m: 34.39 34.39	200m: 2:28.78 1:16.54		400m: 5:00.57 1:15.23		
	100m: 1:12.24 37.85	300m: 3:45.34 1:16.56				
2.	Maria Ines Mesquita	214677	16	Gcvr	<b>5:05.18</b>	435
	50m: 35.11 35.11	200m: 2:29.75 1:17.00		400m: 5:05.18 1:17.50		
	100m: 1:12.75 37.64	300m: 3:47.68 1:17.93				
3.	Matilde Pinto Teixeira	211225	15	EN Braganca	<b>5:50.20</b>	288
	50m: 38.39 38.39	200m: 2:51.39 1:29.88		400m: 5:50.20 1:28.81		
	100m: 1:21.51 43.12	300m: 4:21.39 1:30.00				

Prova 16, Femin., 400m Livres

Prova 16 Femin., 400m Livres  
07/03/2026 - 16:20 Juniiores Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011

Pontos: AQUA 2024

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Leonor Carnide Silva	151721	17	Gcvr	<b>4:53.15</b>	491
	50m: 31.78 31.78	200m: 2:24.81 1:16.91	400m: 4:53.15 1:13.25			
	100m: 1:07.90 36.12	300m: 3:39.90 1:15.09				
2.	Francisca Moreira Fonseca	209211	17	Peso da Regua	<b>5:32.92</b>	335
	50m: 35.77 35.77	200m: 2:40.83 1:24.47	400m: 5:32.92 1:26.50			
	100m: 1:16.36 40.59	300m: 4:06.42 1:25.59				
3.	Maria Julia Cardoso	220507	17	Durius Ac Pesqueira	<b>6:08.45</b>	247
	50m: 41.22 41.22	200m: 3:02.69 1:34.93	400m: 6:08.45 1:29.51			
	100m: 1:27.76 46.54	300m: 4:38.94 1:36.25				
4.	Joana Veiga Freixo	217396	17	Durius Ac Pesqueira	<b>6:50.10</b>	179
	50m: 44.35 44.35	200m: 3:18.99 1:44.39	400m: 6:50.10 1:44.36			
	100m: 1:34.60 50.25	300m: 5:05.74 1:46.75				

Prova 16 Femin., 400m Livres  
07/03/2026 - 16:20 Seniores Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023

Pontos: AQUA 2024

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Leonor Santos Silva	121982	23	Gcvr	<b>5:04.28</b>	439
	50m: 34.31 34.31	200m: 2:26.93 1:16.23	400m: 5:04.28 1:19.93			
	100m: 1:10.70 36.39	300m: 3:44.35 1:17.42				

Prova 16 Femin., 400m Livres  
07/03/2026 - 16:20 Absolutos Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recorde Regional (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2024

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Leonor Carnide Silva	151721	17	Gcvr	<b>4:53.15</b>	491
	50m: 31.78 31.78	200m: 2:24.81 1:16.91	400m: 4:53.15 1:13.25			
	100m: 1:07.90 36.12	300m: 3:39.90 1:15.09				
2.	Maria Silva Poeta	212032	16	Gcvr	<b>5:00.57</b>	455
	50m: 34.39 34.39	200m: 2:28.78 1:16.54	400m: 5:00.57 1:15.23			
	100m: 1:12.24 37.85	300m: 3:45.34 1:16.56				
3.	Leonor Santos Silva	121982	23	Gcvr	<b>5:04.28</b>	439
	50m: 34.31 34.31	200m: 2:26.93 1:16.23	400m: 5:04.28 1:19.93			
	100m: 1:10.70 36.39	300m: 3:44.35 1:17.42				
4.	Maria Ines Mesquita	214677	16	Gcvr	<b>5:05.18</b>	435
	50m: 35.11 35.11	200m: 2:29.75 1:17.00	400m: 5:05.18 1:17.50			
	100m: 1:12.75 37.64	300m: 3:47.68 1:17.93				
5.	Francisca Moreira Fonseca	209211	17	Peso da Regua	<b>5:32.92</b>	335
	50m: 35.77 35.77	200m: 2:40.83 1:24.47	400m: 5:32.92 1:26.50			
	100m: 1:16.36 40.59	300m: 4:06.42 1:25.59				
6.	Matilde Pinto Teixeira	211225	15	EN Braganca	<b>5:50.20</b>	288
	50m: 38.39 38.39	200m: 2:51.39 1:29.88	400m: 5:50.20 1:28.81			
	100m: 1:21.51 43.12	300m: 4:21.39 1:30.00				
7.	Maria Julia Cardoso	220507	17	Durius Ac Pesqueira	<b>6:08.45</b>	247
	50m: 41.22 41.22	200m: 3:02.69 1:34.93	400m: 6:08.45 1:29.51			
	100m: 1:27.76 46.54	300m: 4:38.94 1:36.25				
8.	Joana Veiga Freixo	217396	17	Durius Ac Pesqueira	<b>6:50.10</b>	179
	50m: 44.35 44.35	200m: 3:18.99 1:44.39	400m: 6:50.10 1:44.36			
	100m: 1:34.60 50.25	300m: 5:05.74 1:46.75				
EXH	Inês Esteves Carvalho	214490	13	Individual	<b>4:46.42</b>	526
	50m: 31.02 31.02	200m: 2:19.20 1:12.72	400m: 4:46.42 1:12.56			
	100m: 1:06.48 35.46	300m: 3:33.86 1:14.66				