

Event 16

Women, 400m Freestyle

13 years and older

07/03/2026 - 16:20

Startlist

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
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

Pista	Nome	Sexo	Licença	Cat	Idade	Clube	Tempo	Incs.	Tempo
Heat 1 of 5, 16:20									
3	Joana Veiga Freixo	F	217396	Jun	17	Durius Ac Pesqueira	6:39.38	_____	_____
4	Iris Pereira Santos	F	225117	Inf.	14	Durius Ac Pesqueira	7:00.63	_____	_____
Heat 2 of 5, 16:25									
2	Maria Julia Cardoso	F	220507	Jun	17	Durius Ac Pesqueira	6:28.14	_____	_____
3	Carlota Teiga Cruz	F	217390	Inf.	13	Gcvr	6:22.50	_____	_____
4	Mara Daniela Rocha, Mara Daniela	F	222067	Inf.	13	Peso da Regua	6:23.08	_____	_____
5	Carolina Pereira Vila	F	224224	Inf.	14	Durius Ac Pesqueira	6:32.90	_____	_____
Heat 3 of 5, 16:35									
1	Lorena Sofia Ribeiro	F	223766	Inf.	14	Gcvr	6:16.65	_____	_____
2	M. Sales, Matilde Ribeiro	F	220142	Inf.	13	Peso da Regua	6:09.46	_____	_____
3	Maria Martins Oliveira	F	220504	Inf.	14	Durius Ac Pesqueira	6:04.69	_____	_____
4	Leonor Vaz Osorio, Leonor Vaz	F	216142	Inf.	13	Peso da Regua	6:09.44	_____	_____
5	Catarina Alexandra Tralhao	F	220506	Inf.	14	Durius Ac Pesqueira	6:11.48	_____	_____
6	Maria Joao Gomes	F	216332	Inf.	13	Gcvr	6:20.14	_____	_____
Heat 4 of 5, 16:40									
1	Benedita Martins Fernandes	F	214551	Inf.	13	Gcvr	6:03.13	_____	_____
2	Susana Pedro Carvalhinha	F	214488	Inf.	13	Gcvr	5:36.00	_____	_____
3	Francisca Moreira Fonseca	F	209211	Jun	17	Peso da Regua	5:32.87	_____	_____
4	Leonor Afonso Matela	F	220723	Inf.	14	EN Braganca	5:34.09	_____	_____
5	Ana Rita Teixeira, Ana Rita	F	216143	Inf.	13	Peso da Regua	5:38.50	_____	_____
6	Diana Ribeiro Nogueira	F	217385	Inf.	14	Gcvr	6:04.42	_____	_____
Heat 5 of 5, 16:50									
1	Maria Silva Poeta	F	212032	Juv.	16	Gcvr	5:13.19	_____	_____
2	Maria Ines Mesquita	F	214677	Juv.	16	Gcvr	5:01.49	_____	_____
3	Ines Esteves Carvalho	F	214490	Inf.	13	Individual	4:53.68	_____	_____
4	Leonor Santos Silva	F	121982	Sen	23	Gcvr	4:56.89	_____	_____
5	Leonor Carnide Silva	F	151721	Jun	17	Gcvr	5:04.23	_____	_____
6	Matilde Pinto Teixeira	F	211225	Juv.	15	EN Braganca	5:29.18	_____	_____