

Prova 1
20/03/2026 - 16:00

Femin., 400m Estilos

Juvenis
Resultados

Recordes Nacionais 50m Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Juv A	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20/05/2017
Recordes Nacionais 50m Juv B	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
Juvenis A							
1.	Francisca Sousa, BRANCO	10	203800	Porto	5:17.50		
	50m: 32.42 32.42	150m: 1:53.15 43.15	250m: 3:21.51 45.56	350m: 4:43.90 46.05	400m: 5:17.50		36.34
	100m: 1:10.00 37.58	200m: 2:35.95 42.80	300m: 4:07.56				33.60
2.	Camila Duarte, MARCELO	10	208416	Condeixa Aqua Clube	5:17.74	+0,81	
	50m: 32.40 32.40	150m: 1:52.84 43.41	250m: 3:21.19 46.57	350m: 4:44.43 47.45	400m: 5:17.74		35.79
	100m: 1:09.43 37.03	200m: 2:34.62 41.78	300m: 4:08.64				33.31
3.	Constanca Lourenco, AZEVEDO	10	213367	Lagoa Academico Clube	5:20.48	+0,77	
	50m: 33.16 33.16	150m: 1:52.35 40.46	250m: 3:20.05 48.08	350m: 4:45.18 47.61	400m: 5:20.48		37.52
	100m: 1:11.89 38.73	200m: 2:31.97 39.62	300m: 4:07.66				35.30
4.	Maria Neto, SIMOES	10	208358	Condeixa Aqua Clube	5:22.18	+0,63	
	50m: 32.47 32.47	150m: 1:54.54 42.56	250m: 3:22.33 45.19	350m: 4:45.98 45.83	400m: 5:22.18		37.82
	100m: 1:11.98 39.51	200m: 2:37.14 42.60	300m: 4:08.16				36.20
5.	Maria Rita, CUNHA	10	206403	Colegio Efanor	5:23.48	+0,74	
	50m: 34.00 34.00	150m: 1:55.05 41.84	250m: 3:22.57 47.08	350m: 4:47.18 47.40	400m: 5:23.48		37.21
	100m: 1:13.21 39.21	200m: 2:35.49 40.44	300m: 4:09.97				36.30
6.	Leticia Alves, CASTRO	10	209781	Braga	5:26.97	+0,80	
	50m: 34.18 34.18	150m: 1:55.65 42.32	250m: 3:24.81 48.46	350m: 4:51.03 49.03	400m: 5:26.97		37.19
	100m: 1:13.33 39.15	200m: 2:36.35 40.70	300m: 4:13.84				35.94
7.	Vida Sofia, VELEZ	10	209976	Ba Leiria / Sk Coffee	5:29.52	+0,81	
	50m: 34.68 34.68	150m: 1:58.07 42.63	250m: 3:27.24 48.37	350m: 4:53.28 47.47	400m: 5:29.52		38.57
	100m: 1:15.44 40.76	200m: 2:38.87 40.80	300m: 4:14.71				36.24
8.	Luisa Anjos, FRISCHKNECHT	10	210973	Naval Setubalense	5:32.29		
	50m: 34.01 34.01	150m: 1:57.46 44.54	250m: 3:27.35 46.49	350m: 4:53.83 47.63	400m: 5:32.29		38.85
	100m: 1:12.92 38.91	200m: 2:40.86 43.40	300m: 4:14.98				38.46
9.	Leonor Sombreiro, MARTINS	10	211313	BUZIOS - Coruche	5:39.50	+0,90	
	50m: 33.54 33.54	150m: 1:59.87 45.30	250m: 3:36.61 51.18	350m: 5:03.40 49.62	400m: 5:39.50		37.17
	100m: 1:14.57 41.03	200m: 2:45.43 45.56	300m: 4:26.23				36.10
Juvenis B							
1.	Valeria, KOSLOVA	11	213936	Braga	5:17.05	+0,69	
	50m: 31.98 31.98	150m: 1:51.78 41.04	250m: 3:16.20 44.34	350m: 4:38.26 44.09	400m: 5:17.05		37.97
	100m: 1:10.74 38.76	200m: 2:31.86 40.08	300m: 4:00.29				38.79
2.	Francisca Moreira, FELICIANO	11	213295	Alcobaca	5:20.31	+0,77	
	50m: 32.74 32.74	150m: 1:51.62 41.66	250m: 3:19.29 46.86	350m: 4:43.65 45.99	400m: 5:20.31		38.37
	100m: 1:09.96 37.22	200m: 2:32.43 40.81	300m: 4:05.28				36.66
3.	Mariana Fernandes, CUNHA	11	211988	FOCA Quinta Da Lixa - Cnf	5:21.42		
	50m: 33.46 33.46	150m: 1:53.92 42.07	250m: 3:22.23 47.65	350m: 4:46.09 48.29	400m: 5:21.42		35.57
	100m: 1:11.85 38.39	200m: 2:34.58 40.66	300m: 4:10.52				35.33
4.	Eva Miranda, ALMEIDA	11	213183	Columbofila Cantanhedense	5:29.76	+0,78	
	50m: 33.65 33.65	150m: 1:56.35 43.34	250m: 3:26.00 48.06	350m: 4:52.52 48.79	400m: 5:29.76		37.73
	100m: 1:13.01 39.36	200m: 2:37.94 41.59	300m: 4:14.79				37.24
5.	Ana Filipa, SERRA	11	211617	ADRCCI Monte Maior	5:30.57	+0,76	
	50m: 34.79 34.79	150m: 1:59.63 42.53	250m: 3:28.89 46.71	350m: 4:53.04 45.69	400m: 5:30.57		38.46
	100m: 1:17.10 42.31	200m: 2:42.18 42.55	300m: 4:14.58				37.53
6.	Benedita Gomes, PRATA	11	210340	Fluvial Portuense	5:31.71		
	50m: 33.63 33.63	150m: 1:55.16 42.48	250m: 3:26.04 48.16	350m: 4:54.69 49.58	400m: 5:31.71		39.07
	100m: 1:12.68 39.05	200m: 2:37.88 42.72	300m: 4:15.62				37.02

Prova 1, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
7.	Cristiana Henriques, ALMEIDA	11	219181	Benedita Sport Club Natação	5:44.70	+0,81	
	50m: 35.78 35.78	150m: 2:03.42 44.28	250m: 3:37.29 49.57	350m: 5:05.60 39.94			
	100m: 1:19.14 43.36	200m: 2:47.72 44.30	300m: 4:25.66 48.37	400m: 5:44.70 39.10			
8.	Leonor Mota, ALVES	11	213003	Nautico Marinha Grande	5:44.88	+0,66	
	50m: 34.03 34.03	150m: 1:58.51 44.54	250m: 3:33.91 51.57	350m: 5:05.95 39.98			
	100m: 1:13.97 39.94	200m: 2:42.34 43.83	300m: 4:25.97 52.06	400m: 5:44.88 38.93			
9.	Ines Freitas, ABRANTES	11	216508	ADRCCI Monte Maior	5:45.61	+0,66	
	50m: 34.62 34.62	150m: 2:01.54 46.36	250m: 3:39.93 54.14	350m: 5:08.42 38.08			
	100m: 1:15.18 40.56	200m: 2:45.79 44.25	300m: 4:30.34 50.41	400m: 5:45.61 37.19			
10.	Luisa Goncalves, ANDRADE	11	209185	Porto	5:48.56	+0,56	
	50m: 34.16 34.16	150m: 2:00.41 44.47	250m: 3:37.02 53.54	350m: 5:10.36 38.90			
	100m: 1:15.94 41.78	200m: 2:43.48 43.07	300m: 4:31.46 54.44	400m: 5:48.56 38.20			
11.	Matilde Sofia, PEREIRA	11	209559	Condeixa Aqua Clube	5:51.35	+0,82	
	50m: 35.91 35.91	150m: 2:03.60 44.93	250m: 3:39.98 52.66	350m: 5:13.04 38.95			
	100m: 1:18.67 42.76	200m: 2:47.32 43.72	300m: 4:34.09 54.11	400m: 5:51.35 38.31			
12.	Carlota Gaspar, PIRES	11	209146	Porto	6:00.20	+0,80	
	50m: 35.74 35.74	150m: 2:05.45 48.02	250m: 3:47.16 55.94	350m: 5:21.19 40.08			
	100m: 1:17.43 41.69	200m: 2:51.22 45.77	300m: 4:41.11 53.95	400m: 6:00.20 39.01			
EXH	Varvara, HURYNOVICH	11	222740	Alges	5:40.26	+0,74	
	50m: 34.84 34.84	150m: 2:01.07 44.56	250m: 3:33.39 48.58	350m: 5:02.04 40.03			
	100m: 1:16.51 41.67	200m: 2:44.81 43.74	300m: 4:22.01 48.62	400m: 5:40.26 38.22			