

Prova 29
22/03/2026 - 9:57

Femin., 400m Livres

Juvenis
Resultados

Recordes Nacionais 50m Open	4:07.50	Francisca Soares, MARTINS	POR	Berlin (GER)	23/07/2025
Recordes Nacionais 50m Juv A	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m Juv B	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
Juvenis A							
1.	Camila Duarte, MARCELO	10	208416	Condeixa Aqua Clube	4:32.60		
	50m: 31.33 31.33	150m: 1:39.13 34.10	250m: 2:49.09	35.11 350m: 3:59.29	34.72		
	100m: 1:05.03 33.70	200m: 2:13.98 34.85	300m: 3:24.57	35.48 400m: 4:32.60	33.31		
2.	Leonor Nunes, CARDEAL	10	201021	Condeixa Aqua Clube	4:35.75	+0,73	
	50m: 30.72 30.72	150m: 1:39.61 35.20	250m: 2:50.39	35.24 350m: 4:01.28	35.36		
	100m: 1:04.41 33.69	200m: 2:15.15 35.54	300m: 3:25.92	35.53 400m: 4:35.75	34.47		
3.	Francisca Sousa, BRANCO	10	203800	Porto	4:42.62	+0,75	
	50m: 32.34 32.34	150m: 1:42.81 36.02	250m: 2:55.10	36.27 350m: 4:07.58	36.52		
	100m: 1:06.79 34.45	200m: 2:18.83 36.02	300m: 3:31.06	35.96 400m: 4:42.62	35.04		
4.	Bruna Bacelar, GREGORIO	10	214610	Vilacondense	4:46.23	+0,68	
	50m: 32.16 32.16	150m: 1:44.96 36.63	250m: 2:58.35	36.60 350m: 4:12.03	36.48		
	100m: 1:08.33 36.17	200m: 2:21.75 36.79	300m: 3:35.55	37.20 400m: 4:46.23	34.20		
5.	Leticia Alves, CASTRO	10	209781	Braga	4:46.39		
	50m: 32.42 32.42	150m: 1:44.14 35.91	250m: 2:56.96	36.08 350m: 4:10.28	36.49		
	100m: 1:08.23 35.81	200m: 2:20.88 36.74	300m: 3:33.79	36.83 400m: 4:46.39	36.11		
6.	Carolina Sofia, MARTINS	10	210962	Palmela Desporto	4:48.62		
	50m: 32.39 32.39	150m: 1:44.76 36.30	250m: 2:58.65	37.36 350m: 4:12.64	36.79		
	100m: 1:08.46 36.07	200m: 2:21.29 36.53	300m: 3:35.85	37.20 400m: 4:48.62	35.98		
7.	Leonor Sombreiro, MARTINS	10	211313	BUZIOS - Coruche	4:50.43	+0,83	
	50m: 32.10 32.10	150m: 1:44.25 36.65	250m: 2:59.00	37.61 350m: 4:14.68	37.82		
	100m: 1:07.60 35.50	200m: 2:21.39 37.14	300m: 3:36.86	37.86 400m: 4:50.43	35.75		
8.	Maria Rita, CUNHA	10	206403	Colegio Efanor	4:53.10	+0,74	
	50m: 33.39 33.39	150m: 1:46.88 37.16	250m: 3:01.36	37.50 350m: 4:16.27	37.66		
	100m: 1:09.72 36.33	200m: 2:23.86 36.98	300m: 3:38.61	37.25 400m: 4:53.10	36.83		
9.	Victoria Sales, PROENCA	10	211478	Benfica	4:59.95		
	50m: 32.28 32.28	150m: 1:45.95 37.78	250m: 3:03.15	38.70 350m: 4:21.61	38.73		
	100m: 1:08.17 35.89	200m: 2:24.45 38.50	300m: 3:42.88	39.73 400m: 4:59.95	38.34		
10.	Maria Madalena, FERNANDES	10	212757	Alges	5:02.42	+0,60	
	50m: 34.03 34.03	150m: 1:48.92 38.03	250m: 3:05.87	38.56 350m: 4:24.08	39.14		
	100m: 1:10.89 36.86	200m: 2:27.31 38.39	300m: 3:44.94	39.07 400m: 5:02.42	38.34		
11.	Marta Silva, FERNANDES	10	210702	Porto	5:02.74	+0,39	
	50m: 33.68 33.68	150m: 1:47.42 36.71	250m: 3:03.77	38.73 350m: 4:24.20	40.40		
	100m: 1:10.71 37.03	200m: 2:25.04 37.62	300m: 3:43.80	40.03 400m: 5:02.74	38.54		
12.	Carolina Brito, SANTOS	10	212564	Louletano / Loule Aqui e Agora	5:04.63	+0,74	
	50m: 33.69 33.69	150m: 1:49.19 38.34	250m: 3:07.96	39.44 350m: 4:26.93	39.40		
	100m: 1:10.85 37.16	200m: 2:28.52 39.33	300m: 3:47.53	39.57 400m: 5:04.63	37.70		
13.	Beatriz Paiva, BRANCO	10	213992	Laranjeiro	5:05.53		
	50m: 33.79 33.79	150m: 1:49.78 38.10	250m: 3:08.29	38.23 350m: 4:27.11	38.71		
	100m: 1:11.68 37.89	200m: 2:30.06 40.28	300m: 3:48.40	40.11 400m: 5:05.53	38.42		
Juvenis B							
1.	Sofia Hryhorivna, HOLUB	11	211911	Vitória Sport Clube	4:34.06	+0,76	
	50m: 31.36 31.36	150m: 1:39.53 34.68	250m: 2:49.63	35.63 350m: 4:00.56	35.84		
	100m: 1:04.85 33.49	200m: 2:14.00 34.47	300m: 3:24.72	35.09 400m: 4:34.06	33.50		
2.	Margarida Almeida, FERREIRA	11	151230	Sporting	4:42.37	+0,68	
	50m: 31.37 31.37	150m: 1:39.53 34.57	250m: 2:51.41	35.90 350m: 4:05.26	36.87		
	100m: 1:04.96 33.59	200m: 2:15.51 35.98	300m: 3:28.39	36.98 400m: 4:42.37	37.11		

Prova 29, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
3.	Mariana Fernandes, CUNHA	11	211988	FOCA Quinta Da Lixa - Cnf	4:42.85		
	50m: 31.43 31.43	150m: 1:41.52 35.49	250m: 2:54.60 36.66	350m: 4:08.12 36.44			
	100m: 1:06.03 34.60	200m: 2:17.94 36.42	300m: 3:31.68 37.08	400m: 4:42.85 34.73			
4.	Matilde Paiva, CARDOSO	11	208863	Fluvial Portuense	4:46.01		
	50m: 31.74 31.74	150m: 1:43.85 36.49	250m: 2:57.51 36.88	350m: 4:10.62 36.41			
	100m: 1:07.36 35.62	200m: 2:20.63 36.78	300m: 3:34.21 36.70	400m: 4:46.01 35.39			
5.	Ana Filipa, SERRA	11	211617	ADRCCI Monte Maior	4:48.94	+0,73	
	50m: 33.25 33.25	150m: 1:45.75 36.56	250m: 2:59.25 36.84	350m: 4:12.78 37.00			
	100m: 1:09.19 35.94	200m: 2:22.41 36.66	300m: 3:35.78 36.53	400m: 4:48.94 36.16			
6.	Vera Franca, JESUS	11	211346	Naval Do Funchal	4:50.42	+0,65	
	50m: 32.66 32.66	150m: 1:46.23 37.72	250m: 3:02.08 37.62	350m: 4:15.76 35.65			
	100m: 1:08.51 35.85	200m: 2:24.46 38.23	300m: 3:40.11 38.03	400m: 4:50.42 34.66			
7.	Violeta Bernardo, FERREIRA	11	213954	Fluvial Portuense	4:52.83	+0,80	
	50m: 32.59 32.59	150m: 1:45.75 36.87	250m: 3:01.01 37.56	350m: 4:16.17 37.24			
	100m: 1:08.88 36.29	200m: 2:23.45 37.70	300m: 3:38.93 37.92	400m: 4:52.83 36.66			
8.	Filipa Ferreira, LOISAS	11	213294	Columbofila Cantanhedense	4:53.69	+0,64	
	50m: 32.57 32.57	150m: 1:46.09 37.42	250m: 3:01.72 37.81	350m: 4:17.04 37.92			
	100m: 1:08.67 36.10	200m: 2:23.91 37.82	300m: 3:39.12 37.40	400m: 4:53.69 36.65			
9.	Alice Maria, RODRIGUES	11	213554	Academico Viseu Futebol Clube	4:54.47	+0,76	
	50m: 33.40 33.40	150m: 1:47.26 37.58	250m: 3:02.50 38.00	350m: 4:18.25 37.93			
	100m: 1:09.68 36.28	200m: 2:24.50 37.24	300m: 3:40.32 37.82	400m: 4:54.47 36.22			
10.	Sofia Barroca, PEREIRA	11	212103	BUZIOS - Coruche	4:55.77	+0,79	
	50m: 32.53 32.53	150m: 1:45.78 37.06	250m: 3:01.92 38.25	350m: 4:18.22 37.83			
	100m: 1:08.72 36.19	200m: 2:23.67 37.89	300m: 3:40.39 38.47	400m: 4:55.77 37.55			
11.	Francisca Cunha, MONTEIRO	11	216298	Benfica	4:56.15		
	50m: 33.80 33.80	150m: 1:47.94 37.35	250m: 3:03.25 37.54	350m: 4:18.90 37.79			
	100m: 1:10.59 36.79	200m: 2:25.71 37.77	300m: 3:41.11 37.86	400m: 4:56.15 37.25			
12.	Carmo Rosa, MADEIRA	11	213994	Laranjeiro	4:57.43	+0,74	
	50m: 33.48 33.48	150m: 1:48.27 38.11	250m: 3:03.89 37.75	350m: 4:20.71 38.35			
	100m: 1:10.16 36.68	200m: 2:26.14 37.87	300m: 3:42.36 38.47	400m: 4:57.43 36.72			
13.	Maria Rendeiro, CORREIA	11	214922	Alges	4:58.32	+0,67	
	50m: 33.63 33.63	150m: 1:48.77 37.85	250m: 3:05.73 38.81	350m: 4:21.72 37.80			
	100m: 1:10.92 37.29	200m: 2:26.92 38.15	300m: 3:43.92 38.19	400m: 4:58.32 36.60			
14.	Ana Teresa, ROLDAO	11	216672	Academico Viseu Futebol Clube	4:59.01	+0,69	
	50m: 33.24 33.24	150m: 1:48.46 38.34	250m: 3:04.41 38.02	350m: 4:21.67 38.09			
	100m: 1:10.12 36.88	200m: 2:26.39 37.93	300m: 3:43.58 39.17	400m: 4:59.01 37.34			
15.	Carlota Gaspar, PIRES	11	209146	Porto	5:03.22		
	50m: 33.90 33.90	150m: 1:49.70 37.91	250m: 3:07.17 38.29	350m: 4:24.95 38.57			
	100m: 1:11.79 37.89	200m: 2:28.88 39.18	300m: 3:46.38 39.21	400m: 5:03.22 38.27			
16.	Margarida Pinho, FORMIGO	11	205995	Torres Novas	5:04.25	+0,72	
	50m: 34.83 34.83	150m: 1:52.46 39.25	250m: 3:10.93 39.14	350m: 4:28.23 38.34			
	100m: 1:13.21 38.38	200m: 2:31.79 39.33	300m: 3:49.89 38.96	400m: 5:04.25 36.02			
17.	Sofia, SYTNYK	11	211912	Braga	5:04.92	+0,83	
	50m: 33.69 33.69	150m: 1:48.89 38.40	250m: 3:06.68 39.49	350m: 4:26.04 39.86			
	100m: 1:10.49 36.80	200m: 2:27.19 38.30	300m: 3:46.18 39.50	400m: 5:04.92 38.88			
18.	Lara Nobre, SEMIAO	11	214211	Fundacao Salesianos	5:05.34	+0,56	
	50m: 34.25 34.25	150m: 1:52.20 39.46	250m: 3:11.16 39.03	350m: 4:29.27 38.57			
	100m: 1:12.74 38.49	200m: 2:32.13 39.93	300m: 3:50.70 39.54	400m: 5:05.34 36.07			
19.	Carolina Morao, FERREIRA	11	211806	Ada	5:05.93	+0,74	
	50m: 33.47 33.47	150m: 1:48.09 37.88	250m: 3:06.42 39.64	350m: 4:27.53 40.99			
	100m: 1:10.21 36.74	200m: 2:26.78 38.69	300m: 3:46.54 40.12	400m: 5:05.93 38.40			
20.	Anastasiya, PRYMACHENKO	11	209931	Nucleo de Pombal	5:07.28	+0,46	
	50m: 32.64 32.64	150m: 1:49.29 39.42	250m: 3:09.52 40.34	350m: 4:29.28 39.44			
	100m: 1:09.87 37.23	200m: 2:29.18 39.89	300m: 3:49.84 40.32	400m: 5:07.28 38.00			

Prova 29, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
21.	Rita Santos, CORREIA	11	215154	Vilacondense	5:07.86		
	50m: 34.61 34.61	150m: 1:52.19 39.30	250m: 3:11.04	39.17	350m: 4:29.68	39.09	
	100m: 1:12.89 38.28	200m: 2:31.87 39.68	300m: 3:50.59	39.55	400m: 5:07.86	38.18	
22.	Leonor Mota, ALVES	11	213003	Nautico Marinha Grande	5:08.03	+0,78	
	50m: 34.48 34.48	150m: 1:51.38 38.69	250m: 3:09.69	39.13	350m: 4:28.95	39.41	
	100m: 1:12.69 38.21	200m: 2:30.56 39.18	300m: 3:49.54	39.85	400m: 5:08.03	39.08	
DSQ	Matilde Conde, FIGUEIREDO 4.4 - Falsa Partida	11	213217	Condeixa Aqua Clube			