

Campeonato Regional Juvenis, Juniores e Seniores
Ponte da Barca, 6 - 8/3/2026

Prova 12 Femin., 400m Livres Juvenis B
Resultados
07/03/2026 - 9:50

| | | | | | |
|-------------------------|---------|-------------------------|-----|----------------------|------------|
| Rec. Reg. ANMinho Open | 4:08.53 | Tamila Hryhorivna Holub | SCB | Leiria | 10/12/2022 |
| Rec. Reg. ANMinho Juv B | 4:20.32 | Tamila Hryhorivna Holub | SCB | Vila Praia de Âncora | 15/03/2014 |

Pontos: AQUA 2025

| Lugar | | | Ano | | | Tempo final | Pts |
|-------|-----------------|---------------|-------|-------|---------|----------------|-----|
| 1. | Sofia Sytnyk | | 11 | Braga | | 4:48.46 | 508 |
| | 50m: | 33.14 33.14 | 150m: | 250m: | 350m: | 400m: | |
| | 100m: | 1:08.63 35.49 | 200m: | 300m: | 3:34.48 | 4:48.46 | |
| 2. | Valeria Koslova | | 11 | Braga | | 5:35.66 | 322 |
| | 50m: | 37.58 37.58 | 150m: | 250m: | 350m: | 400m: | |
| | 100m: | 1:19.18 41.60 | 200m: | 300m: | 4:11.15 | 5:35.66 | |

Prova 12 Femin., 400m Livres Juvenis A
Resultados
07/03/2026 - 9:50

| | | | | | |
|-------------------------|---------|-------------------------|-----|--------|------------|
| Rec. Reg. ANMinho Open | 4:08.53 | Tamila Hryhorivna Holub | SCB | Leiria | 10/12/2022 |
| Rec. Reg. ANMinho Juv A | 4:15.43 | Tamila Hryhorivna Holub | SCB | Porto | 20/12/2014 |

Pontos: AQUA 2025

| Lugar | | | Ano | | | Tempo final | Pts |
|-------|----------------------|---------------|-------|-------|---------|----------------|-----|
| 1. | Leticia Alves Castro | | 10 | Braga | | 4:42.99 | 538 |
| | 50m: | 32.72 32.72 | 150m: | 250m: | 350m: | 400m: | |
| | 100m: | 1:07.40 34.68 | 200m: | 300m: | 3:31.71 | 4:42.99 | |

Prova 12 Femin., 400m Livres Juniores
Resultados
07/03/2026 - 9:50

| | | | | | |
|-------------------------|---------|-------------------------|-----|---------------|------------|
| Rec. Reg. ANMinho Open | 4:08.53 | Tamila Hryhorivna Holub | SCB | Leiria | 10/12/2022 |
| Rec. Reg. ANMinho Jun 2 | 4:12.38 | Tamila Hryhorivna Holub | SCB | Moscovo (RUS) | 03/08/2017 |
| Rec. Reg. ANMinho Jun 1 | 4:10.52 | Tamila Hryhorivna Holub | SCB | Porto | 12/12/2015 |

Pontos: AQUA 2025

| Lugar | | | Ano | | | Tempo final | Pts |
|-------|------------------------|---------------|-------|-------|---------|----------------|-----|
| 1. | Maria Gomes Neves | | 08 | Braga | | 4:50.46 | 498 |
| | 50m: | 32.37 32.37 | 150m: | 250m: | 350m: | 400m: | |
| | 100m: | 1:08.08 35.71 | 200m: | 300m: | 3:35.06 | 4:50.46 | |
| 2. | Marta Chantel Mpfumo | | 09 | Braga | | 4:59.11 | 456 |
| | 50m: | 33.31 33.31 | 150m: | 250m: | 350m: | 400m: | |
| | 100m: | 1:08.90 35.59 | 200m: | 300m: | 3:40.34 | 4:59.11 | |
| 3. | Beatriz Maciel Pereira | | 09 | Braga | | 5:32.09 | 333 |
| | 50m: | 36.40 36.40 | 150m: | 250m: | 350m: | 400m: | |
| | 100m: | 1:17.09 40.69 | 200m: | 300m: | 4:05.53 | 5:32.09 | |
| 4. | Maria Alexandra Leite | | 08 | Braga | | 5:46.96 | 292 |
| | 50m: | 38.45 38.45 | 150m: | 250m: | 350m: | 400m: | |
| | 100m: | 1:21.03 42.58 | 200m: | 300m: | 4:18.24 | 5:46.96 | |