

Prova 12 Femin., 400m Livres Final OPEN, SEN + JUV e JUN
29/03/2026 - 18:06 Resultados Final

Recordes Nacionais 50m Open	4:07.50	MARTINS, Francisca Soares	POR	Berlin (GER)	23/07/2025
Recordes Nacionais 50m Sen	4:07.50	MARTINS, Francisca Soares	POR	Berlin (GER)	23/07/2025
Recordes Nacionais 50m Jun 18	4:17.80	HOLUB, Tamila Hryhorivna	POR	Pontevedra (ESP)	08/04/2017
Recordes Nacionais 50m Jun 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m 15	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recordes Nacionais 50m 14	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recordes Nacionais 50m 13	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980

Pontos: AQUA 2026

Lugar Name Ano Nac Club Time TReac AQUA

Final A

1. MARTINS, Francisca Soares	03	POR	FOCA Quinta Da Lixa - Cnf	4:11.26	+0,52	809
50m: 28.70 28.70	150m: 1:31.21	31.88	250m: 2:35.60	32.31	350m: 3:40.08	32.35
100m: 59.33 30.63	200m: 2:03.29	32.08	300m: 3:07.73	32.13	400m: 4:11.26	31.18
2. DURAES, Diana Margarida	96	POR	Benfica	4:18.52	+0,74	743
50m: 29.82 29.82	150m: 1:33.85	32.46	250m: 2:39.55	33.07	350m: 3:46.25	33.39
100m: 1:01.39 31.57	200m: 2:06.48	32.63	300m: 3:12.86	33.31	400m: 4:18.52	32.27
3. FOMINA, Anna	02	POR	Sporting	4:18.79	+0,75	740
50m: 29.32 29.32	150m: 1:34.25	32.92	250m: 2:40.69	33.49	350m: 3:47.47	33.48
100m: 1:01.33 32.01	200m: 2:07.20	32.95	300m: 3:13.99	33.30	400m: 4:18.79	31.32
4. CARDEAL, Joana Nunes	02	POR	Condeixa Aqua Clube	4:23.25	+0,73	703
50m: 29.84 29.84	150m: 1:35.32	33.40	250m: 2:42.52	33.74	350m: 3:50.38	34.10
100m: 1:01.92 32.08	200m: 2:08.78	33.46	300m: 3:16.28	33.76	400m: 4:23.25	32.87
5. VIANA, Carolina Pereira	04	POR	Sporting	4:24.71	+0,65	692
50m: 30.29 30.29	150m: 1:35.82	33.11	250m: 2:43.00	33.75	350m: 3:51.13	34.10
100m: 1:02.71 32.42	200m: 2:09.25	33.43	300m: 3:17.03	34.03	400m: 4:24.71	33.58
6. CABRAL, Carolina Vizinho	07	POR	Galitos / Bresimar	4:30.20		651
50m: 30.91 30.91	150m: 1:38.00	33.75	250m: 2:47.00	34.12	350m: 3:56.96	34.59
100m: 1:04.25 33.34	200m: 2:12.88	34.88	300m: 3:22.37	35.37	400m: 4:30.20	33.24
7. LOPES, Francisca Macedo	05	POR	Fluvial Portuense	4:30.97	+0,68	645
50m: 30.57 30.57	150m: 1:37.47	33.91	250m: 2:46.87	34.82	350m: 3:57.07	35.12
100m: 1:03.56 32.99	200m: 2:12.05	34.58	300m: 3:21.95	35.08	400m: 4:30.97	33.90
8. HOLUB, Sofia Hryhorivna	11	POR	Vitória Sport Clube	4:31.22	+0,76	643
50m: 30.31 30.31	150m: 1:38.23	34.18	250m: 2:47.60	34.63	350m: 3:57.47	34.71
100m: 1:04.05 33.74	200m: 2:12.97	34.74	300m: 3:22.76	35.16	400m: 4:31.22	33.75
9. MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	4:34.27		622
50m: 30.93 30.93	150m: 1:39.20	34.46	250m: 2:48.83	35.02	350m: 3:59.73	35.49
100m: 1:04.74 33.81	200m: 2:13.81	34.61	300m: 3:24.24	35.41	400m: 4:34.27	34.54
10. PINTO, Maria Carvalho	09	POR	Viana Natacao	4:35.54	+0,82	613
50m: 31.00 31.00	150m: 1:39.06	34.81	250m: 2:49.79	35.19	350m: 4:01.08	35.78
100m: 1:04.25 33.25	200m: 2:14.60	35.54	300m: 3:25.30	35.51	400m: 4:35.54	34.46

Final B

11. VIEIRA, Ana Beatriz	07	POR	FOCA Quinta Da Lixa - Cnf	4:35.17	+0,59	616
50m: 31.14 31.14	150m: 1:40.14	35.25	250m: 2:50.44	35.19	350m: 4:01.20	35.28
100m: 1:04.89 33.75	200m: 2:15.25	35.11	300m: 3:25.92	35.48	400m: 4:35.17	33.97

Prova 12, Femin., 400m Livres, Final, Final OPEN, SEN + JUV e JUN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	SANTOS, Leonor Castanho	07	POR	Sporting	4:39.95	+0,73	585
	50m: 31.29 31.29	150m: 1:40.85	35.46	250m: 2:52.34	35.85	350m: 4:04.35	36.02
	100m: 1:05.39 34.10	200m: 2:16.49	35.64	300m: 3:28.33	35.99	400m: 4:39.95	35.60
13.	CARDEAL, Leonor Nunes	10	POR	Condeixa Aqua Clube	4:40.54	+0,77	581
	50m: 29.83 29.83	150m: 1:38.34	35.35	250m: 2:51.78	37.20	350m: 4:05.21	36.60
	100m: 1:02.99 33.16	200m: 2:14.58	36.24	300m: 3:28.61	36.83	400m: 4:40.54	35.33
14.	CUNHA, Mariana Fernandes	11	POR	FOCA Quinta Da Lixa - Cnf	4:40.67	+0,72	580
	50m: 31.22 31.22	150m: 1:40.84	35.53	250m: 2:52.44	36.13	350m: 4:05.00	36.38
	100m: 1:05.31 34.09	200m: 2:16.31	35.47	300m: 3:28.62	36.18	400m: 4:40.67	35.67
Final C							
21.	NEVES, Maria Gomes	08	POR	Braga	4:32.95	+0,55	631
	50m: 30.96 30.96	150m: 1:38.70	34.21	250m: 2:47.66	34.34	350m: 3:58.11	35.21
	100m: 1:04.49 33.53	200m: 2:13.32	34.62	300m: 3:22.90	35.24	400m: 4:32.95	34.84
22.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	4:33.06	+0,67	630
	50m: 31.52 31.52	150m: 1:40.54	35.20	250m: 2:49.78	34.35	350m: 3:59.90	35.02
	100m: 1:05.34 33.82	200m: 2:15.43	34.89	300m: 3:24.88	35.10	400m: 4:33.06	33.16
23.	MATIAS, Alana Costa	09	POR	Cnac	4:36.11	+0,73	610
	50m: 31.24 31.24	150m: 1:39.29	34.52	250m: 2:49.25	35.03	350m: 4:00.35	35.95
	100m: 1:04.77 33.53	200m: 2:14.22	34.93	300m: 3:24.40	35.15	400m: 4:36.11	35.76
24.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	4:42.26	+0,71	571
	50m: 31.27 31.27	150m: 1:40.21	34.80	250m: 2:51.79	36.14	350m: 4:06.18	37.04
	100m: 1:05.41 34.14	200m: 2:15.65	35.44	300m: 3:29.14	37.35	400m: 4:42.26	36.08
25.	TOMAS, Constanca Baptista	09	POR	Alcobaca	4:47.51	+0,75	540
	50m: 31.69 31.69	150m: 1:43.63	36.78	250m: 2:57.88	37.24	350m: 4:11.88	37.04
	100m: 1:06.85 35.16	200m: 2:20.64	37.01	300m: 3:34.84	36.96	400m: 4:47.51	35.63
Final B							
EXH	VEIGA, Susana Pereira	00	POR	Os Belenenses	4:59.47	+0,84	478
	50m: 33.61 33.61	150m: 1:46.19	37.30	250m: 3:03.11	38.99	350m: 4:21.13	39.11
	100m: 1:08.89 35.28	200m: 2:24.12	37.93	300m: 3:42.02	38.91	400m: 4:59.47	38.34