

Prova 33 Open
31/03/2026 - 9:50 Resultados Elimin
Femin., 400m Estilos

Recordes Nacionais 50m Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Sen	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Jun 18	4:49.60	KAMINSKAYA, Victoria	PIMP	Coimbra	26/05/2013
Recordes Nacionais 50m Jun 17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	27/07/2012
Recordes Nacionais 50m 16	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Recordes Nacionais 50m 15	4:58.08	DURAES, Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Recordes Nacionais 50m 14	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	24/07/2015
Recordes Nacionais 50m 13	5:11.29	ROCHA, Diana Ramos	EDV	Faro	20/07/2007

Pontos: AQUA 2026

Lugar Name Ano Nac Club Time TReac AQUA

Juniores

1. ARAUJO, Catarina Soares	09	POR	Aquatico Pacense	5:14.23	+0,81	590
50m: 32.21 32.21	150m: 1:51.45	41.25	250m: 3:16.84	44.97	350m: 4:38.82	36.13
100m: 1:10.20 37.99	200m: 2:31.87	40.42	300m: 4:02.69	45.85	400m: 5:14.23	35.41
2. AMBRUS, Beatriz Alves	09	POR	Porto	5:21.38	+0,70	552
50m: 33.45 33.45	150m: 1:53.18	41.08	250m: 3:21.39	47.40	350m: 4:45.65	35.69
100m: 1:12.10 38.65	200m: 2:33.99	40.81	300m: 4:09.96	48.57	400m: 5:21.38	35.73
3. BRAS, Raquel Sofia	09	POR	Os Belenenses	5:25.00	+0,72	533
50m: 33.85 33.85	150m: 1:56.56	42.40	250m: 3:24.37	45.14	350m: 4:48.24	37.27
100m: 1:14.16 40.31	200m: 2:39.23	42.67	300m: 4:10.97	46.60	400m: 5:25.00	36.76
4. TOMAS, Constanca Baptista	09	POR	Alcobaca	5:25.99	+0,76	529
50m: 32.82 32.82	150m: 1:55.96	44.89	250m: 3:27.19	48.33	350m: 4:50.62	36.08
100m: 1:11.07 38.25	200m: 2:38.86	42.90	300m: 4:14.54	47.35	400m: 5:25.99	35.37
5. CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	5:32.51		498
50m: 35.20 35.20	150m: 2:02.01	44.63	250m: 3:31.16	46.36	350m: 4:55.82	37.40
100m: 1:17.38 42.18	200m: 2:44.80	42.79	300m: 4:18.42	47.26	400m: 5:32.51	36.69
6. RODRIGUES, Teresa Isabel	09	POR	FOCA Quinta Da Lixa - Cnf	5:36.59	+0,76	480
50m: 35.20 35.20	150m: 1:57.99	42.66	250m: 3:30.45	50.25	350m: 4:59.22	39.67
100m: 1:15.33 40.13	200m: 2:40.20	42.21	300m: 4:19.55	49.10	400m: 5:36.59	37.37

Seniores Sub21

1. PINTO, Leonor Filipa	06	POR	Natacao da Maia	5:17.48		572
50m: 33.64 33.64	150m: 1:53.51	40.94	250m: 3:19.11	45.07	350m: 4:40.96	36.47
100m: 1:12.57 38.93	200m: 2:34.04	40.53	300m: 4:04.49	45.38	400m: 5:17.48	36.52
2. ALVES, Catarina Alexandra	07	POR	Geslours	5:22.88	+0,54	544
50m: 32.21 32.21	150m: 1:53.23	44.04	250m: 3:22.02	47.39	350m: 4:46.38	37.62
100m: 1:09.19 36.98	200m: 2:34.63	41.40	300m: 4:08.76	46.74	400m: 5:22.88	36.50

Absolutos

1. REBELO, Camila Rodrigues	03	POR	Louzan Natacao/EFAPEL	5:05.44		643
50m: 31.50 31.50	150m: 1:47.02	39.51	250m: 3:09.02	43.56	350m: 4:30.25	36.76
100m: 1:07.51 36.01	200m: 2:25.46	38.44	300m: 3:53.49	44.47	400m: 5:05.44	35.19
2. DURAES, Diana Margarida	96	POR	Benfica	5:06.23	+0,79	638
50m: 33.46 33.46	150m: 1:50.98	40.19	250m: 3:15.06	44.82	350m: 4:33.25	34.06
100m: 1:10.79 37.33	200m: 2:30.24	39.26	300m: 3:59.19	44.13	400m: 5:06.23	32.98

Prova 33, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
3.	HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	5:07.66		629
	50m: 30.99 30.99	150m: 1:46.45	40.71	250m: 3:12.48	46.70	350m: 4:33.08	35.88
	100m: 1:05.74 34.75	200m: 2:25.78	39.33	300m: 3:57.20	44.72	400m: 5:07.66	34.58
4.	ARAUJO, Catarina Soares	09	POR	Aquatico Pacense	5:14.23	+0,81	590
	50m: 32.21 32.21	150m: 1:51.45	41.25	250m: 3:16.84	44.97	350m: 4:38.82	36.13
	100m: 1:10.20 37.99	200m: 2:31.87	40.42	300m: 4:02.69	45.85	400m: 5:14.23	35.41
5.	MENDES, Mariana Amaral	02	POR	Sporting	5:17.07	+0,65	574
	50m: 33.08 33.08	150m: 1:53.21	43.18	250m: 3:20.47	44.78	350m: 4:42.43	37.12
	100m: 1:10.03 36.95	200m: 2:35.69	42.48	300m: 4:05.31	44.84	400m: 5:17.07	34.64
6.	CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	5:17.10	+0,68	574
	50m: 31.59 31.59	150m: 1:50.37	42.82	250m: 3:18.61	47.15	350m: 4:42.20	36.69
	100m: 1:07.55 35.96	200m: 2:31.46	41.09	300m: 4:05.51	46.90	400m: 5:17.10	34.90
7.	PINTO, Leonor Filipa	06	POR	Natacao da Maia	5:17.48		572
	50m: 33.64 33.64	150m: 1:53.51	40.94	250m: 3:19.11	45.07	350m: 4:40.96	36.47
	100m: 1:12.57 38.93	200m: 2:34.04	40.53	300m: 4:04.49	45.38	400m: 5:17.48	36.52
8.	AZEVEDO, Constanca Lourenco	10	POR	Lagoa Academico Clube	5:18.10	+0,75	569
	50m: 33.35 33.35	150m: 1:52.74	41.11	250m: 3:19.59	47.29	350m: 4:42.80	36.62
	100m: 1:11.63 38.28	200m: 2:32.30	39.56	300m: 4:06.18	46.59	400m: 5:18.10	35.30
9.	RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	5:20.74	+0,81	555
	50m: 32.93 32.93	150m: 1:53.00	42.03	250m: 3:22.64	48.68	350m: 4:45.90	35.41
	100m: 1:10.97 38.04	200m: 2:33.96	40.96	300m: 4:10.49	47.85	400m: 5:20.74	34.84
10.	AMBRUS, Beatriz Alves	09	POR	Porto	5:21.38	+0,70	552
	50m: 33.45 33.45	150m: 1:53.18	41.08	250m: 3:21.39	47.40	350m: 4:45.65	35.69
	100m: 1:12.10 38.65	200m: 2:33.99	40.81	300m: 4:09.96	48.57	400m: 5:21.38	35.73
11.	ALVES, Catarina Alexandra	07	POR	Geslours	5:22.88	+0,54	544
	50m: 32.21 32.21	150m: 1:53.23	44.04	250m: 3:22.02	47.39	350m: 4:46.38	37.62
	100m: 1:09.19 36.98	200m: 2:34.63	41.40	300m: 4:08.76	46.74	400m: 5:22.88	36.50
12.	SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	5:24.25	+0,75	537
	50m: 32.62 32.62	150m: 1:55.91	43.58	250m: 3:24.31	45.34	350m: 4:48.18	37.48
	100m: 1:12.33 39.71	200m: 2:38.97	43.06	300m: 4:10.70	46.39	400m: 5:24.25	36.07
13.	BRAS, Raquel Sofia	09	POR	Os Belenenses	5:25.00	+0,72	533
	50m: 33.85 33.85	150m: 1:56.56	42.40	250m: 3:24.37	45.14	350m: 4:48.24	37.27
	100m: 1:14.16 40.31	200m: 2:39.23	42.67	300m: 4:10.97	46.60	400m: 5:25.00	36.76
14.	FELICIANO, Francisca Moreira	11	POR	Alcobaca	5:25.19	+0,77	532
	50m: 32.79 32.79	150m: 1:54.25	42.19	250m: 3:21.66	46.54	350m: 4:48.06	36.81
	100m: 1:12.06 39.27	200m: 2:35.12	40.87	300m: 4:11.25	49.59	400m: 5:25.19	37.13
15.	TOMAS, Constanca Baptista	09	POR	Alcobaca	5:25.99	+0,76	529
	50m: 32.82 32.82	150m: 1:55.96	44.89	250m: 3:27.19	48.33	350m: 4:50.62	36.08
	100m: 1:11.07 38.25	200m: 2:38.86	42.90	300m: 4:14.54	47.35	400m: 5:25.99	35.37
16.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	5:32.51		498
	50m: 35.20 35.20	150m: 2:02.01	44.63	250m: 3:31.16	46.36	350m: 4:55.82	37.40
	100m: 1:17.38 42.18	200m: 2:44.80	42.79	300m: 4:18.42	47.26	400m: 5:32.51	36.69
17.	RODRIGUES, Teresa Isabel	09	POR	FOCA Quinta Da Lixa - Cnf	5:36.59	+0,76	480
	50m: 35.20 35.20	150m: 1:57.99	42.66	250m: 3:30.45	50.25	350m: 4:59.22	39.67
	100m: 1:15.33 40.13	200m: 2:40.20	42.21	300m: 4:19.55	49.10	400m: 5:36.59	37.37

Prova 33, Femin., 400m Estilos, Elimin

OPEN

1. REBELO, Camila Rodrigues	03	POR	Louzan Natacao/EFAPEL	5:05.44	643
50m: 31.50 31.50	150m: 1:47.02 39.51	250m: 3:09.02 43.56	350m: 4:30.25 36.76		
100m: 1:07.51 36.01	200m: 2:25.46 38.44	300m: 3:53.49 44.47	400m: 5:05.44 35.19		
2. DURAES, Diana Margarida	96	POR	Benfica	5:06.23 +0,79	638
50m: 33.46 33.46	150m: 1:50.98 40.19	250m: 3:15.06 44.82	350m: 4:33.25 34.06		
100m: 1:10.79 37.33	200m: 2:30.24 39.26	300m: 3:59.19 44.13	400m: 5:06.23 32.98		
3. HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	5:07.66	629
50m: 30.99 30.99	150m: 1:46.45 40.71	250m: 3:12.48 46.70	350m: 4:33.08 35.88		
100m: 1:05.74 34.75	200m: 2:25.78 39.33	300m: 3:57.20 44.72	400m: 5:07.66 34.58		
4. ARAUJO, Catarina Soares	09	POR	Aquatico Pacense	5:14.23 +0,81	590
50m: 32.21 32.21	150m: 1:51.45 41.25	250m: 3:16.84 44.97	350m: 4:38.82 36.13		
100m: 1:10.20 37.99	200m: 2:31.87 40.42	300m: 4:02.69 45.85	400m: 5:14.23 35.41		
5. MENDES, Mariana Amaral	02	POR	Sporting	5:17.07 +0,65	574
50m: 33.08 33.08	150m: 1:53.21 43.18	250m: 3:20.47 44.78	350m: 4:42.43 37.12		
100m: 1:10.03 36.95	200m: 2:35.69 42.48	300m: 4:05.31 44.84	400m: 5:17.07 34.64		
6. CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	5:17.10 +0,68	574
50m: 31.59 31.59	150m: 1:50.37 42.82	250m: 3:18.61 47.15	350m: 4:42.20 36.69		
100m: 1:07.55 35.96	200m: 2:31.46 41.09	300m: 4:05.51 46.90	400m: 5:17.10 34.90		
7. PINTO, Leonor Filipa	06	POR	Natacao da Maia	5:17.48	572
50m: 33.64 33.64	150m: 1:53.51 40.94	250m: 3:19.11 45.07	350m: 4:40.96 36.47		
100m: 1:12.57 38.93	200m: 2:34.04 40.53	300m: 4:04.49 45.38	400m: 5:17.48 36.52		
8. AZEVEDO, Constanca Lourenco	10	POR	Lagoa Academico Clube	5:18.10 +0,75	569
50m: 33.35 33.35	150m: 1:52.74 41.11	250m: 3:19.59 47.29	350m: 4:42.80 36.62		
100m: 1:11.63 38.28	200m: 2:32.30 39.56	300m: 4:06.18 46.59	400m: 5:18.10 35.30		
9. RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	5:20.74 +0,81	555
50m: 32.93 32.93	150m: 1:53.00 42.03	250m: 3:22.64 48.68	350m: 4:45.90 35.41		
100m: 1:10.97 38.04	200m: 2:33.96 40.96	300m: 4:10.49 47.85	400m: 5:20.74 34.84		
10. AMBRUS, Beatriz Alves	09	POR	Porto	5:21.38 +0,70	552
50m: 33.45 33.45	150m: 1:53.18 41.08	250m: 3:21.39 47.40	350m: 4:45.65 35.69		
100m: 1:12.10 38.65	200m: 2:33.99 40.81	300m: 4:09.96 48.57	400m: 5:21.38 35.73		
11. ALVES, Catarina Alexandra	07	POR	Gesloures	5:22.88 +0,54	544
50m: 32.21 32.21	150m: 1:53.23 44.04	250m: 3:22.02 47.39	350m: 4:46.38 37.62		
100m: 1:09.19 36.98	200m: 2:34.63 41.40	300m: 4:08.76 46.74	400m: 5:22.88 36.50		
12. SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	5:24.25 +0,75	537
50m: 32.62 32.62	150m: 1:55.91 43.58	250m: 3:24.31 45.34	350m: 4:48.18 37.48		
100m: 1:12.33 39.71	200m: 2:38.97 43.06	300m: 4:10.70 46.39	400m: 5:24.25 36.07		
13. BRAS, Raquel Sofia	09	POR	Os Belenenses	5:25.00 +0,72	533
50m: 33.85 33.85	150m: 1:56.56 42.40	250m: 3:24.37 45.14	350m: 4:48.24 37.27		
100m: 1:14.16 40.31	200m: 2:39.23 42.67	300m: 4:10.97 46.60	400m: 5:25.00 36.76		
14. FELICIANO, Francisca Moreira	11	POR	Alcobaca	5:25.19 +0,77	532
50m: 32.79 32.79	150m: 1:54.25 42.19	250m: 3:21.66 46.54	350m: 4:48.06 36.81		
100m: 1:12.06 39.27	200m: 2:35.12 40.87	300m: 4:11.25 49.59	400m: 5:25.19 37.13		
15. TOMAS, Constanca Baptista	09	POR	Alcobaca	5:25.99 +0,76	529
50m: 32.82 32.82	150m: 1:55.96 44.89	250m: 3:27.19 48.33	350m: 4:50.62 36.08		
100m: 1:11.07 38.25	200m: 2:38.86 42.90	300m: 4:14.54 47.35	400m: 5:25.99 35.37		

Prova 33, Femin., 400m Estilos, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
16.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	5:32.51		498
	50m: 35.20 35.20	150m: 2:02.01	44.63	250m: 3:31.16	46.36	350m: 4:55.82	37.40
	100m: 1:17.38 42.18	200m: 2:44.80	42.79	300m: 4:18.42	47.26	400m: 5:32.51	36.69
17.	RODRIGUES, Teresa Isabel	09	POR	FOCA Quinta Da Lixa - Cnf	5:36.59	+0,76	480
	50m: 35.20 35.20	150m: 1:57.99	42.66	250m: 3:30.45	50.25	350m: 4:59.22	39.67
	100m: 1:15.33 40.13	200m: 2:40.20	42.21	300m: 4:19.55	49.10	400m: 5:36.59	37.37