

Prova 33 Femin., 400m Estilos Final OPEN, SEN + JUV e JUN
31/03/2026 - 17:41 Resultados Final

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

Final A

1. REBELO, Camila Rodrigues	03	POR	Louzan Natacao/EFAPEL	4:49.63	+0,59	754	
50m: 30.99 30.99	150m: 1:42.31 36.58	250m: 3:00.34 42.84	350m: 4:17.42 33.92	100m: 1:05.73 34.74	200m: 2:17.50 35.19	300m: 3:43.50 43.16	400m: 4:49.63 32.21
2. HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	4:55.27	+0,70	711	
50m: 30.00 30.00	150m: 1:42.95 38.75	250m: 3:04.04 43.53	350m: 4:21.66 34.32	100m: 1:04.20 34.20	200m: 2:20.51 37.56	300m: 3:47.34 43.30	400m: 4:55.27 33.61
3. DURAES, Diana Margarida	96	POR	Benfica	5:01.12	+0,63	671	
50m: 31.96 31.96	150m: 1:46.63 38.92	250m: 3:09.76 45.08	350m: 4:28.44 33.83	100m: 1:07.71 35.75	200m: 2:24.68 38.05	300m: 3:54.61 44.85	400m: 5:01.12 32.68
4. MENDES, Mariana Amaral	02	POR	Sporting	5:03.22	+0,80	657	
50m: 32.81 32.81	150m: 1:51.17 41.80	250m: 3:14.76 43.63	350m: 4:31.07 33.89	100m: 1:09.37 36.56	200m: 2:31.13 39.96	300m: 3:57.18 42.42	400m: 5:03.22 32.15
5. ARAUJO, Catarina Soares	09	POR	Aquatico Pacense	5:09.01	+0,78	621	
50m: 31.34 31.34	150m: 1:49.38 41.23	250m: 3:14.08 44.70	350m: 4:34.20 35.22	100m: 1:08.15 36.81	200m: 2:29.38 40.00	300m: 3:58.98 44.90	400m: 5:09.01 34.81
6. CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	5:11.22		607	
50m: 31.17 31.17	150m: 1:50.41 42.94	250m: 3:17.88 45.10	350m: 4:37.62 34.32	100m: 1:07.47 36.30	200m: 2:32.78 42.37	300m: 4:03.30 45.42	400m: 5:11.22 33.60
7. RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	5:12.82	+0,79	598	
50m: 32.46 32.46	150m: 1:49.52 39.54	250m: 3:16.18 46.22	350m: 4:38.29 34.74	100m: 1:09.98 37.52	200m: 2:29.96 40.44	300m: 4:03.55 47.37	400m: 5:12.82 34.53
8. AMBRUS, Beatriz Alves	09	POR	Porto	5:15.58	+0,70	583	
50m: 32.20 32.20	150m: 1:49.64 40.22	250m: 3:16.12 46.92	350m: 4:40.02 35.94	100m: 1:09.42 37.22	200m: 2:29.20 39.56	300m: 4:04.08 47.96	400m: 5:15.58 35.56
9. PINTO, Leonor Filipa	06	POR	Natacao da Maia	5:17.14	+0,75	574	
50m: 33.16 33.16	150m: 1:52.20 40.66	250m: 3:17.57 45.22	350m: 4:40.08 37.08	100m: 1:11.54 38.38	200m: 2:32.35 40.15	300m: 4:03.00 45.43	400m: 5:17.14 37.06
10. ALVES, Catarina Alexandra	07	POR	Geslours	5:25.45		531	
50m: 32.44 32.44	150m: 1:54.51 43.46	250m: 3:24.48 47.37	350m: 4:48.41 37.47	100m: 1:11.05 38.61	200m: 2:37.11 42.60	300m: 4:10.94 46.46	400m: 5:25.45 37.04

Final B

11. SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	5:18.63	+0,59	566	
50m: 31.83 31.83	150m: 1:52.76 42.16	250m: 3:19.13 44.72	350m: 4:41.23 36.65	100m: 1:10.60 38.77	200m: 2:34.41 41.65	300m: 4:04.58 45.45	400m: 5:18.63 37.40

Prova 33, Femin., 400m Estilos, Final, Final OPEN, SEN + JUV e JUN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	FELICIANO, Francisca Moreira	11	POR	Alcobaca	5:22.05		548
	50m: 32.27 32.27	150m: 1:52.48	42.08	250m: 3:19.92	46.94	350m: 4:45.13	37.65
	100m: 1:10.40 38.13	200m: 2:32.98	40.50	300m: 4:07.48	47.56	400m: 5:22.05	36.92
Final C							
21.	TOMAS, Constanca Baptista	09	POR	Alcobaca	5:17.19	+0,68	574
	50m: 31.92 31.92	150m: 1:51.76	43.21	250m: 3:21.02	46.97	350m: 4:42.82	35.53
	100m: 1:08.55 36.63	200m: 2:34.05	42.29	300m: 4:07.29	46.27	400m: 5:17.19	34.37
22.	BRAS, Raquel Sofia	09	POR	Os Belenenses	5:18.15	+0,53	569
	50m: 33.43 33.43	150m: 1:55.04	42.27	250m: 3:21.55	44.80	350m: 4:42.82	35.92
	100m: 1:12.77 39.34	200m: 2:36.75	41.71	300m: 4:06.90	45.35	400m: 5:18.15	35.33
23.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	5:23.24	+0,71	542
	50m: 33.50 33.50	150m: 1:56.15	42.58	250m: 3:23.66	45.64	350m: 4:46.58	36.90
	100m: 1:13.57 40.07	200m: 2:38.02	41.87	300m: 4:09.68	46.02	400m: 5:23.24	36.66
24.	RODRIGUES, Teresa Isabel	09	POR	FOCA Quinta Da Lixa - Cnf	5:30.04	+0,76	509
	50m: 33.94 33.94	150m: 1:56.98	42.49	250m: 3:26.80	48.22	350m: 4:53.26	37.27
	100m: 1:14.49 40.55	200m: 2:38.58	41.60	300m: 4:15.99	49.19	400m: 5:30.04	36.78