

12º Torneio de Natação Litoral Alentejano
Sines, 25/4/2026

Prova 2 Femin., 400m Livres 13 anos e mais velhos
25/04/2026 - 9:30 Resultados

Recordes Nacionais 25m Open	4:04.57	Francisca Soares MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 19 +	4:04.57	Francisca Soares MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 18	4:11.18	Francisca Soares MARTINS	FOCA	Mealhada	14/11/2020
Recordes Nacionais 25m 17	4:10.52	Tamila Hryhorivna HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais 25m 15	4:18.39	Ana Claudia SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m 14	4:23.08	Susana Patricia MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais 25m 13	4:25.30	Alexandra Maria SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2025

Lugar	Nome	Idade	Clube	Tempo final	Pontos
1.	Ines Filipa MATEUS	16	Lagoa Academico Clube	4:49.86	501
	50m: 30.66 30.66	150m: 1:42.30	36.52	250m: 2:57.48	37.77
	100m: 1:05.78 35.12	200m: 2:19.71	37.41	300m: 3:35.51	38.03
				400m: 4:49.86	36.50
2.	Maria Ines LUIS	15	Aljustrelense	4:59.94	452
	50m: 32.66 32.66	150m: 1:46.59	37.48	250m: 3:03.92	39.16
	100m: 1:09.11 36.45	200m: 2:24.76	38.17	300m: 3:43.47	39.55
				400m: 4:59.94	37.70
3.	Lara Amorim PEREIRA	13	Litoral Alentejano	5:04.11	434
	50m: 34.60 34.60	150m: 1:51.18	38.61	250m: 3:08.93	38.69
	100m: 1:12.57 37.97	200m: 2:30.24	39.06	300m: 3:48.60	39.67
				400m: 5:04.11	36.55
4.	Leonor Duarte GONCALVES	16	Ndco	5:19.33	374
	50m: 34.46 34.46	150m: 1:52.58	39.90	250m: 3:14.05	41.03
	100m: 1:12.68 38.22	200m: 2:33.02	40.44	300m: 3:55.68	41.63
				400m: 5:19.33	41.88
5.	Teresa Ribeiro ROCHA	15	Aminata	5:24.37	357
	50m: 36.27 36.27	150m: 1:56.17	40.61	250m: 3:18.25	41.04
	100m: 1:15.56 39.29	200m: 2:37.21	41.04	300m: 4:00.39	42.14
				400m: 5:24.37	41.29
6.	Sofia MEDEIRO HORTA	14	Zona Azul	5:40.07	310
	50m: 36.42 36.42	150m: 2:02.73	43.65	250m: 3:30.51	43.67
	100m: 1:19.08 42.66	200m: 2:46.84	44.11	300m: 4:15.07	44.56
				400m: 5:40.07	41.08
7.	Matilde Maria RODRIGUES	17	Cnbe	5:52.30	279
	50m: 37.90 37.90	150m: 2:05.41	44.41	250m: 3:35.22	45.28
	100m: 1:21.00 43.10	200m: 2:49.94	44.53	300m: 4:21.10	45.88
				400m: 5:52.30	45.33
DNF	Maria Teresa ALVES	16	Litoral Alentejano		
	50m: 43.81 43.81	150m: 2:29.41	54.13	250m: 4:21.29	58.30
	100m: 1:35.28 51.47	200m: 3:22.99	53.58	300m: 5:16.56	55.27
				400m:	
EXH	Ines Borges COSTA	14	Ndco	5:03.52	436
	50m: 34.66 34.66	150m: 1:51.33	38.61	250m: 3:09.11	38.90
	100m: 1:12.72 38.06	200m: 2:30.21	38.88	300m: 3:48.71	39.60
				400m: 5:03.52	35.42
EXH	Inês Mendes ROCHA	14	Litoral Alentejano	5:30.86	337
	50m: 37.81 37.81	150m: 2:03.90	43.49	250m: 3:29.44	42.39
	100m: 1:20.41 42.60	200m: 2:47.05	43.15	300m: 4:12.16	42.72
				400m: 5:30.86	36.15
EXH	Ines Oliveira GOMES	14	Ndco	5:41.47	306
	50m: 38.03 38.03	150m: 2:05.37	44.22	250m: 3:33.41	44.13
	100m: 1:21.15 43.12	200m: 2:49.28	43.91	300m: 4:18.13	44.72
				400m: 5:41.47	40.98
EXH	Maria Leonor SANTOS	13	Litoral Alentejano	5:56.31	269
	50m: 37.55 37.55	150m: 2:04.91	44.27	250m: 3:37.42	46.88
	100m: 1:20.64 43.09	200m: 2:50.54	45.63	300m: 4:24.95	47.53
				400m: 5:56.31	44.10
EXH	Sara Araujo SILVA	13	Ndco	6:00.23	261
	50m: 40.63 40.63	150m: 2:11.07	45.88	250m: 3:44.57	46.74
	100m: 1:25.19 44.56	200m: 2:57.83	46.76	300m: 4:32.34	47.77
				400m: 6:00.23	41.71
EXH	Alice Cardoso SILVA	13	Litoral Alentejano	6:01.00	259
	50m: 39.81 39.81	150m: 2:10.69	46.34	250m: 3:44.41	47.36
	100m: 1:24.35 44.54	200m: 2:57.05	46.36	300m: 4:31.73	47.32
				400m: 6:01.00	42.75
EXH	Ana VIERU	13	Litoral Alentejano	6:02.61	256
	50m: 39.18 39.18	150m: 2:10.45	46.75	250m: 3:44.00	47.24
	100m: 1:23.70 44.52	200m: 2:56.76	46.31	300m: 4:31.67	47.67
				400m: 6:02.61	44.43

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Prova 2, Femin., 400m Livres

Lugar	Nome	Idade	Clube	Tempo final	Pontos
EXH	Diana Sofia ROSADO	13	Litoral Alentejano	6:15.62	230
	50m: 42.06 42.06	150m: 2:15.73 47.73	250m: 3:51.57 48.30	350m: 5:28.91 54.44	
	100m: 1:28.00 45.94	200m: 3:03.27 47.54	300m: 4:34.47 42.90	400m: 6:15.62 46.71	
EXH	Renata Nunes NOBRE	13	Ndco	6:32.84	201
	50m: 44.61 44.61	150m: 2:27.71 51.05	250m: 4:07.49 49.30	350m: 5:47.08 48.57	
	100m: 1:36.66 52.05	200m: 3:18.19 50.48	300m: 4:58.51 51.02	400m: 6:32.84 45.76	
EXH	Clarisse Alexandra NUNES	14	Litoral Alentejano	6:35.65	197
	50m: 44.17 44.17	150m: 2:23.38 49.86	250m: 4:04.81 50.62	350m: 5:45.97 50.00	
	100m: 1:33.52 49.35	200m: 3:14.19 50.81	300m: 4:55.97 51.16	400m: 6:35.65 49.68	