

Prova 2
13/06/2026 - 18:52

Femin., 400m Estilos

Absolutos
Resultados

Recordes Nacionais 50m Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Juv A	4:54.00	Ines Neto, ROCHA	SANNP	Gij�n (ESP)	20/05/2017
Recordes Nacionais 50m Inf A	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
Recordes Nacionais 50m Inf B	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20/07/2007

Pontos: AQUA 2025

Lugar	Nome	Ano	Licen�a	Clube	Tempo Final	AQUA	Pts
1.	Francisca Sousa, BRANCO	10	203800	Porto	5:17.67	576	17,00
	50m: 32.38 32.38	150m: 1:53.19 43.27	250m: 3:21.27 46.33	350m: 4:44.01 35.61			
	100m: 1:09.92 37.54	200m: 2:34.94 41.75	300m: 4:08.40 47.13	400m: 5:17.67 33.66			
2.	Constanca Lourenco, AZEVEDO	10	213367	Lagoa Academico Clube	5:17.69	576	15,00
	50m: 33.87 33.87	150m: 1:53.68 41.52	250m: 3:21.10 47.37	350m: 4:43.19 35.70			
	100m: 1:12.16 38.29	200m: 2:33.73 40.05	300m: 4:07.49 46.39	400m: 5:17.69 34.50			
3.	Leonor Simoes, SOUSA	12	213229	Academica de Coimbra	5:40.92	466	14,00
	50m: 35.09 35.09	150m: 2:01.64 46.31	250m: 3:35.73 49.36	350m: 5:03.97 38.32			
	100m: 1:15.33 40.24	200m: 2:46.37 44.73	300m: 4:25.65 49.92	400m: 5:40.92 36.95			
4.	Maria Luisa, NOGUEIRA	12	215775	Academica de Coimbra	5:45.61	447	13,00
	50m: 35.05 35.05	150m: 2:01.85 47.27	250m: 3:39.33 52.04	350m: 5:09.41 37.70			
	100m: 1:14.58 39.53	200m: 2:47.29 45.44	300m: 4:31.71 52.38	400m: 5:45.61 36.20			
5.	Beatriz Matos, ROSA	13	219369	Lagoa Academico Clube	5:52.35	422	12,00
	50m: 38.25 38.25	150m: 2:09.44 44.86	250m: 3:42.68 49.84	350m: 5:13.25 40.58			
	100m: 1:24.58 46.33	200m: 2:52.84 43.40	300m: 4:32.67 49.99	400m: 5:52.35 39.10			
6.	Isabel Barfield,	10		United States	6:27.11	318	11,00
	50m: 35.54 35.54	150m: 2:11.58 51.34	250m: 4:00.97 58.54	350m: 5:45.43 43.58			
	100m: 1:20.24 44.70	200m: 3:02.43 50.85	300m: 5:01.85 1:00.88	400m: 6:27.11 41.68			