

Prova 4

Femin., 400m Livres

Absolutos
Resultados

13/06/2026 - 19:03

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

Pontos: AQUA 2025

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
1.	Carlota Costa, BOLEIXA	08	206163	Sport Alges e Dafundo	4:39.53	597	17,00
	50m: 30.59 30.59	150m: 1:40.57 35.39	250m: 2:52.57 35.74	350m: 4:04.07 35.67			
	100m: 1:05.18 34.59	200m: 2:16.83 36.26	300m: 3:28.40 35.83	400m: 4:39.53 35.46			
2.	Ana Beatriz, PIRES	08	205416	Sport Alges e Dafundo	4:44.83	564	15,00
	50m: 32.06 32.06	150m: 1:41.76 35.17	250m: 2:54.47 36.24	350m: 4:08.55 37.22			
	100m: 1:06.59 34.53	200m: 2:18.23 36.47	300m: 3:31.33 36.86	400m: 4:44.83 36.28			
3.	Maria Luz, VALLEJO VALERO	09	226146	Louletano / Loule Aqui e Agora	4:45.74	558	14,00
	50m: 31.79 31.79	150m: 1:42.66 35.78	250m: 2:56.22 36.65	350m: 4:10.02 36.56			
	100m: 1:06.88 35.09	200m: 2:19.57 36.91	300m: 3:33.46 37.24	400m: 4:45.74 35.72			
4.	Bruna Filipa, BORRALHO	12	216451	Lagoa Academico Clube	4:49.94	535	13,00
	50m: 33.01 33.01	150m: 1:45.97 36.42	250m: 3:00.22 37.00	350m: 4:13.79 35.87			
	100m: 1:09.55 36.54	200m: 2:23.22 37.25	300m: 3:37.92 37.70	400m: 4:49.94 36.15			
5.	Ines Filipa, MATEUS	10	212937	Lagoa Academico Clube	4:50.06	534	12,00
	50m: 32.85 32.85	150m: 1:45.72 36.85	250m: 2:59.69 37.02	350m: 4:13.97 37.16			
	100m: 1:08.87 36.02	200m: 2:22.67 36.95	300m: 3:36.81 37.12	400m: 4:50.06 36.09			
6.	Rylie Crous,	12		South Africa	4:50.41	532	11,00
	50m: 32.76 32.76	150m: 1:45.51 36.74	250m: 3:00.07 37.31	350m: 4:14.38 36.83			
	100m: 1:08.77 36.01	200m: 2:22.76 37.25	300m: 3:37.55 37.48	400m: 4:50.41 36.03			
7.	Maria Ines, LUÍS	11	209579	Analentejo	5:03.15	468	10,00
	50m: 33.15 33.15	150m: 1:49.37 38.79	250m: 3:07.44 38.74	400m: 5:03.15 1:16.14			
	100m: 1:10.58 37.43	200m: 2:28.70 39.33	300m: 3:47.01 39.57				
8.	Julia Laginha, BRAZ	11	216455	Lagoa Academico Clube	5:09.47	440	9,00
	50m: 33.91 33.91	150m: 1:51.23 39.20	250m: 3:11.01 39.82	350m: 4:30.62 39.76			
	100m: 1:12.03 38.12	200m: 2:31.19 39.96	300m: 3:50.86 39.85	400m: 5:09.47 38.85			
9.	Maria Ines, PONTE	10	212583	Portinado	5:11.34	432	8,00
	50m: 33.61 33.61	150m: 1:50.74 39.50	250m: 3:11.03 40.60	350m: 4:32.81 40.15			
	100m: 1:11.24 37.63	200m: 2:30.43 39.69	300m: 3:52.66 41.63	400m: 5:11.34 38.53			
10.	Lucia Correa, FERNANDEZ	10	212567	C.N. Huelva	5:15.06	416	7,00
	50m: 34.87 34.87	150m: 1:53.10 39.33	250m: 3:13.64 40.97	350m: 4:35.26 40.83			
	100m: 1:13.77 38.90	200m: 2:32.67 39.57	300m: 3:54.43 40.79	400m: 5:15.06 39.80			
11.	Mariana Rosado, GOMES	10	212857	Aminata	5:28.99	366	6,00
	50m: 35.09 35.09	150m: 1:57.80 41.70	250m: 3:23.45 42.41	350m: 4:48.25 41.35			
	100m: 1:16.10 41.01	200m: 2:41.04 43.24	300m: 4:06.90 43.45	400m: 5:28.99 40.74			
12.	Isabel Grilo, OLIVEIRA	11	212984	Lagoa Academico Clube	5:29.78	363	5,00
	50m: 34.44 34.44	150m: 1:56.80 41.98	250m: 3:22.03 42.73	350m: 4:47.49 42.86			
	100m: 1:14.82 40.38	200m: 2:39.30 42.50	300m: 4:04.63 42.60	400m: 5:29.78 42.29			
13.	Laura Cristovao, SOUSA	13	214392	FC Ferreiras/AlgarExperience	5:31.35	358	4,00
	50m: 37.14 37.14	150m: 2:02.55 43.28	250m: 3:28.88 43.00	350m: 4:52.08 41.56			
	100m: 1:19.27 42.13	200m: 2:45.88 43.33	300m: 4:10.52 41.64	400m: 5:31.35 39.27			
14.	Leonor Revez, MARTINS	11	220362	Portinado	5:33.50	351	3,00
	50m: 35.97 35.97	150m: 1:59.77 42.80	250m: 3:26.20 43.31	350m: 4:52.77 42.99			
	100m: 1:16.97 41.00	200m: 2:42.89 43.12	300m: 4:09.78 43.58	400m: 5:33.50 40.73			
15.	Teresa Ribeiro, ROCHA	11	218395	Aminata	5:39.44	333	2,00
	50m: 36.30 36.30	150m: 2:01.36 42.86	250m: 3:28.84 43.68	350m: 4:57.01 43.44			
	100m: 1:18.50 42.20	200m: 2:45.16 43.80	300m: 4:13.57 44.73	400m: 5:39.44 42.43			
16.	Manuela, ORTA PINEIRO	13	1232904	Club Natacion Colombino	5:57.41	285	1,00
	50m: 2:07.54 2:07.54	150m: 3:41.22 2:20.04	250m: 5:12.30 2:18.25	400m: 5:57.41 1:29.22			
	100m: 1:21.18	200m: 2:54.05	300m: 4:28.19				
DNS	Mia Alena, WERUM	07	207009	Lagoa Academico Clube			-