



Campeonato Distrital de ABS, JUV, JUN, SEN (PC)- PREP INF
Coruche, 28 Fevereiro e 1 Março 2026

Prova 12 Femin., 400m Livres Infantil B
28/02/2026 - 15:56 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Inf B	4:39.54	Mafalda Sofia Rosa	CNRM	Tomar	20/03/2016

: 6:50.00

Pontos: AQUA 2025

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Constanca Mendao Silva	13		Rio Maior	6:11.53		238	
	50m: 41.20	150m: 2:15.80	250m: 3:51.50	350m: 5:27.02				
	100m: 1:27.85	200m: 3:03.56	300m: 4:39.73	400m: 6:11.53				
2.	Mafalda Ines Martinho	13		CLAC-Entroncamento	6:12.89		235	
	50m: 42.38	150m: 2:18.17	250m: 3:53.42	350m: 5:28.39				
	100m: 1:29.23	200m: 3:04.89	300m: 4:41.61	400m: 6:12.89				

Prova 12 Femin., 400m Livres Infantil A
28/02/2026 - 15:56 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Inf A	4:33.98	Ana Rita Boavista	CNLA	Guimarães	10/03/2002

: 6:34.00

Pontos: AQUA 2025

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Francisca Pinheiro	12		Nautico Abrantes	5:32.02		333	
	50m: 36.61	150m: 1:58.43	250m: 3:23.62	350m: 4:50.21				
	100m: 1:16.88	200m: 2:40.81	300m: 4:07.48	400m: 5:32.02				
2.	Matilde Abelho Vaz	12		CLAC-Entroncamento	5:38.35		315	
	50m: 36.77	150m: 2:02.23	250m: 3:29.58	350m: 4:56.37				
	100m: 1:18.22	200m: 2:45.39	300m: 4:13.26	400m: 5:38.35				
3.	Ines Santos Pina	12		CLAC-Entroncamento	5:47.23		291	
	50m: 38.76	150m: 2:06.12	250m: 3:34.49	350m: 5:03.99				
	100m: 1:21.76	200m: 2:50.15	300m: 4:19.10	400m: 5:47.23				
4.	Maria Vitoria Martinho	12		Gualdim Pais	5:54.41		274	
	50m: 39.02	150m: 2:07.45	250m: 3:38.13	350m: 5:10.13				
	100m: 1:22.70	200m: 2:52.81	300m: 4:24.09	400m: 5:54.41				
5.	Lara Alberto Januario	12		Viver Santarem	5:55.61		271	
	50m: 38.37	150m: 2:06.62	250m: 3:40.01	350m: 5:12.23				
	100m: 1:21.12	200m: 2:53.20	300m: 4:26.40	400m: 5:55.61				
6.	Joana Verissimo Tavares	12		CLAC-Entroncamento	5:59.48		262	
	50m: 38.41	150m: 2:07.90	250m: 3:40.14	350m: 5:13.56				
	100m: 1:22.51	200m: 2:53.77	300m: 4:26.40	400m: 5:59.48				
7.	Maria Leonor Serodio	12		Viver Santarem	6:25.42		213	
	50m: 41.25	150m: 2:17.30	250m: 3:57.33	350m: 5:37.22				
	100m: 1:27.95	200m: 3:07.20	300m: 4:47.09	400m: 6:25.42				



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Prova 12, Femin., 400m Livres

Prova 12 Femin., 400m Livres Juvenil B
28/02/2026 - 15:56 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv B	4:26.26	Mafalda Sofia Rosa	CNRM	Tomar	19/11/2017

: 6:19.00

Pontos: AQUA 2025

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11	BUZIOS-Coruche	4:38.63		564	
	50m: 31.73	150m: 1:41.20	250m: 2:52.97	350m: 4:04.27			
	100m: 1:05.72	200m: 2:16.90	300m: 3:28.68	400m: 4:38.63			

Prova 12 Femin., 400m Livres Juvenil A
28/02/2026 - 15:56 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv A	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019

: 6:07.00

Pontos: AQUA 2025

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreiro Martins	10	BUZIOS-Coruche	4:39.08		561	
	50m: 31.64	150m: 1:40.85	250m: 2:52.81	350m: 4:05.03			
	100m: 1:05.49	200m: 2:16.60	300m: 3:28.91	400m: 4:39.08			
2.	Lara Paixao Silva	10	Rio Maior	5:03.13		438	
	50m: 33.53	150m: 1:49.65	250m: 3:06.94	350m: 4:24.83			
	100m: 1:10.69	200m: 2:28.48	300m: 3:45.79	400m: 5:03.13			
3.	Madalena Bras Salgado	10	Viver Santarem	5:51.60		280	
	50m: 39.11	150m: 2:07.54	250m: 3:38.28	350m: 5:08.46			
	100m: 1:22.85	200m: 2:52.98	300m: 4:23.65	400m: 5:51.60			

Prova 12 Femin., 400m Livres Senior
28/02/2026 - 15:56 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS 18 +	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023

Jun/Sen: 5:42.00

Pontos: AQUA 2025

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Isabel Carlota	05	BUZIOS-Coruche	5:09.33		412	
	50m: 33.78	150m: 1:50.00	250m: 3:09.11	350m: 4:29.36			
	100m: 1:11.18	200m: 2:29.35	300m: 3:49.11	400m: 5:09.33			
2.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	5:11.66		403	
	50m: 35.11	150m: 1:54.08	250m: 3:13.83	350m: 4:33.36			
	100m: 1:14.03	200m: 2:33.63	300m: 3:53.71	400m: 5:11.66			
3.	Joana Teixeira Viana	97	CLAC-Entroncamento	5:27.91		346	
	50m: 37.07	150m: 1:58.45	250m: 3:21.46	350m: 4:46.69			
	100m: 1:17.83	200m: 2:39.77	300m: 4:03.53	400m: 5:27.91			