

Taça ANDS - Cidade de Rio Maior
Rio Maior, 7/3/2026

Prova 11
07/03/2026 - 11:15

Femin., 400m Livres

Absoluto
Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11	BUZIOS-Coruche	4:53.12	+0,82	517	14,00
	50m: 32.71 32.71	150m: 1:45.60	37.57	250m: 3:01.23	38.07	350m: 4:16.84	37.87
	100m: 1:08.03 35.32	200m: 2:23.16	37.56	300m: 3:38.97	37.74	400m: 4:53.12	36.28
2.	Leonor Sombreiro Martins	10	BUZIOS-Coruche	4:57.87	+0,72	493	12,00
	50m: 33.06 33.06	150m: 1:47.31	38.28	250m: 3:04.81	38.93	350m: 4:21.50	38.20
	100m: 1:09.03 35.97	200m: 2:25.88	38.57	300m: 3:43.30	38.49	400m: 4:57.87	36.37
3.	Maria Leonor Lopes	10	Torres Novas	5:10.17	+0,78	437	11,00
	100m: 1:14.36 1:14.36	200m: 2:33.21	1:18.85	300m: 3:52.40	1:19.19	400m: 5:10.17	1:17.77
4.	Rita Balsa Alves	12	BUZIOS-Coruche	5:12.97		425	10,00
	50m: 35.86 35.86	150m: 1:55.00	40.24	250m: 3:15.24	40.30	350m: 4:34.93	39.51
	100m: 1:14.76 38.90	200m: 2:34.94	39.94	300m: 3:55.42	40.18	400m: 5:12.97	38.04
5.	Rita Gomes Valentim	12	Torres Novas	5:20.85	+0,75	394	9,00
	50m: 35.58 35.58	150m: 1:57.77	41.91	250m: 3:19.26	40.81	350m: 4:23.99	22.92
	100m: 1:15.86 40.28	200m: 2:38.45	40.68	300m: 4:01.07	41.81	400m: 5:20.85	56.86
6.	Telma Filipa Magalhaes	12	Fisica de Torres Vedras	5:22.52	+0,63	388	8,00
	50m: 35.98 35.98	150m: 1:57.64	40.98	250m: 3:21.27	41.94	350m: 4:43.49	40.66
	100m: 1:16.66 40.68	200m: 2:39.33	41.69	300m: 4:02.83	41.56	400m: 5:22.52	39.03
7.	Joana Teixeira Viana	97	CLAC-Entroncamento	5:36.30	+0,97	342	7,00
	50m: 36.45 36.45	150m: 1:58.50	42.15	250m: 3:26.35	43.82	350m: 4:54.39	43.93
	100m: 1:16.35 39.90	200m: 2:42.53	44.03	300m: 4:10.46	44.11	400m: 5:36.30	41.91
8.	Carolina Reis Lopes	11	Torres Novas	5:39.57	+0,81	333	6,00
	50m: 39.43 39.43	150m: 2:06.37	43.64	250m: 3:32.78	43.46	350m: 4:58.40	42.06
	100m: 1:22.73 43.30	200m: 2:49.32	42.95	300m: 4:16.34	43.56	400m: 5:39.57	41.17
9.	Ana Leonor Lopes	12	Rio Maior	5:48.94	+0,73	306	5,00
	50m: 36.62 36.62	150m: 2:04.45	45.03	250m: 3:37.00	45.83	350m: 5:06.72	44.29
	100m: 1:19.42 42.80	200m: 2:51.17	46.72	300m: 4:22.43	45.43	400m: 5:48.94	42.22
10.	Maria Carolina Fidalgo	13	Viver Santarem	5:58.90		282	4,00
	50m: 41.09 41.09	150m: 2:12.90	46.60	250m: 3:45.58	45.97	350m: 5:16.52	44.68
	100m: 1:26.30 45.21	200m: 2:59.61	46.71	300m: 4:31.84	46.26	400m: 5:58.90	42.38
11.	Marta Bento Ferreira	13	Viver Santarem	6:02.67		273	3,00
	50m: 40.99 40.99	150m: 2:13.11	46.49	250m: 3:48.28	47.48	350m: 5:22.35	46.78
	100m: 1:26.62 45.63	200m: 3:00.80	47.69	300m: 4:35.57	47.29	400m: 6:02.67	40.32
12.	Beatriz Isabel Moura	11	Nautico Abrantes	6:06.60		264	2,00
	50m: 40.73 40.73	150m: 2:15.14	47.61	250m: 3:50.22	47.39	350m: 5:23.72	45.94
	100m: 1:27.53 46.80	200m: 3:02.83	47.69	300m: 4:37.78	47.56	400m: 6:06.60	42.88
13.	Ines Santos Pina	12	CLAC-Entroncamento	6:07.09	+0,86	263	1,00
	50m: 41.59 41.59	150m: 2:15.53	47.39	250m: 3:50.62	47.44	350m: 5:24.33	46.17
	100m: 1:28.14 46.55	200m: 3:03.18	47.65	300m: 4:38.16	47.54	400m: 6:07.09	42.76
14.	Madalena Bras Salgado	10	Viver Santarem	6:10.43	+0,89	256	-
	50m: 41.00 41.00	150m: 2:15.63	48.50	250m: 3:51.08	47.74	350m: 5:25.14	46.94
	100m: 1:27.13 46.13	200m: 3:03.34	47.71	300m: 4:38.20	47.12	400m: 6:10.43	45.29