

Prova 33
25/04/2026 - 17:35

Femin., 400m Livres

Infantis
Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro, BARREIRA	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 14	4:51.53	Ana Margarida, GUEDES	GCVR	Vila Real	23/11/2014
Recorde Regional (25m) 13	4:53.19	Ana Margarida, GUEDES	GCVR	Santa Marta	06/07/2014

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Constanca Sousa, FONTINHA	212496	14	O Crasto	4:56.84	466
	50m: 34.06 34.06	200m: 2:27.92 1:13.25		400m: 4:56.84 1:13.57		
	100m: 1:14.67 40.61	300m: 3:43.27 1:15.35				
2.	Margarida Sousa, CASAL	214022	13	Lousada Séc.XXI	5:04.46	432
	50m: 34.64 34.64	200m: 2:30.31 1:17.64		400m: 5:04.46 1:15.89		
	100m: 1:12.67 38.03	300m: 3:48.57 1:18.26				
3.	Joana Soares, CASTRO	215548	13	Natação Clube de Fafe	5:12.46	400
	50m: 35.21 35.21	200m: 2:34.03 1:19.85		400m: 5:12.46 1:18.25		
	100m: 1:14.18 38.97	300m: 3:54.21 1:20.18				
4.	Filipa Carneiro, DIAS	214183	14	Academico Viseu Futebol Clube	5:12.68	399
	50m: 35.15 35.15	200m: 2:33.75 1:19.29		400m: 5:12.68 1:18.28		
	100m: 1:14.46 39.31	300m: 3:54.40 1:20.65				
5.	Matilde Cunha, GUIMARAES	215552	13	Natação Clube de Fafe	5:17.91	379
	50m: 35.73 35.73	200m: 2:36.61 1:20.92		400m: 5:17.91 1:18.13		
	100m: 1:15.69 39.96	300m: 3:59.78 1:23.17				
6.	Susana Pedro, CARVALHINHA	214488	13	Gcvr	5:18.17	378
	50m: 37.17 37.17	200m: 2:39.99 1:21.35		400m: 5:18.17 1:16.78		
	100m: 1:18.64 41.47	300m: 4:01.39 1:21.40				
7.	Marta Rodrigues, MEIRELES	218535	14	Academico Viseu Futebol Clube	5:21.21	368
	50m: 38.59 38.59	200m: 2:40.93 1:22.18		400m: 5:21.21 1:19.03		
	100m: 1:18.75 40.16	300m: 4:02.18 1:21.25				
8.	Leonor Afonso, MATELA	220723	14	Escola Natacao Braganca	5:25.37	354
	50m: 35.31 35.31	200m: 2:37.84 1:22.16		400m: 5:25.37 1:23.62		
	100m: 1:15.68 40.37	300m: 4:01.75 1:23.91				
9.	Matilde Breda, ANDRADE	214192	13	Academico Viseu Futebol Clube	5:33.81	328
	50m: 38.42 38.42	200m: 2:46.07 1:25.26		400m: 5:33.81 1:23.28		
	100m: 1:20.81 42.39	300m: 4:10.53 1:24.46				
10.	Matilde Soares, FERNANDES	213549	14	Academico Viseu Futebol Clube	5:34.86	325
	50m: 38.23 38.23	200m: 2:47.48 1:25.97		400m: 5:34.86 1:21.16		
	100m: 1:21.51 43.28	300m: 4:13.70 1:26.22				
11.	Matilde Moreira, SILVA	219228	13	Natação Clube de Fafe	5:39.82	311
	50m: 40.39 40.39	200m: 2:50.28 1:26.75		400m: 5:39.82 1:24.28		
	100m: 1:23.53 43.14	300m: 4:15.54 1:25.26				
12.	Maria Ines, PINTO	211996	14	Lousada Séc.XXI	5:40.36	309
	50m: 39.25 39.25	200m: 2:50.65 1:28.00		400m: 5:40.36 1:22.33		
	100m: 1:22.65 43.40	300m: 4:18.03 1:27.38				
13.	Beatriz Guedes, PAULO	219714	13	Lousada Séc.XXI	5:41.18	307
	50m: 38.75 38.75	200m: 2:48.00 1:26.32		400m: 5:41.18 1:24.43		
	100m: 1:21.68 42.93	300m: 4:16.75 1:28.75				
14.	Beatriz Esteves, COUTINHO	214237	14	Natação Clube de Fafe	5:41.71	305
	50m: 36.40 36.40	200m: 2:42.06 1:25.06		400m: 5:41.71 1:28.62		
	100m: 1:17.00 40.60	300m: 4:13.09 1:31.03				
15.	Ana Rita, TEIXEIRA	216143	13	Peso da Regua	5:44.28	299
	50m: 37.40 37.40	200m: 2:46.50 1:27.32		400m: 5:44.28 1:28.09		
	100m: 1:19.18 41.78	300m: 4:16.19 1:29.69				
16.	Benedita Martins, FERNANDES	214551	13	Gcvr	5:56.31	269
	50m: 40.28 40.28	200m: 2:57.84 1:32.22		400m: 5:56.31 1:28.13		
	100m: 1:25.62 45.34	300m: 4:28.18 1:30.34				
17.	Diana, NOGUEIRA	217385	14	Gcvr	6:06.25	248
	50m: 41.97 41.97	200m: 2:59.78 1:31.92		400m: 6:06.25 1:32.39		
	100m: 1:27.86 45.89	300m: 4:33.86 1:34.08				
18.	Catarina Alexandra, TRALHAO	220506	14	Durius Ac Pesqueira	6:07.81	245
	50m: 41.49 41.49	200m: 3:01.49 1:34.36		400m: 6:07.81 1:31.96		
	100m: 1:27.13 45.64	300m: 4:35.85 1:34.36				
19.	Carolina, PEREIRA VILA	224224	14	Durius Ac Pesqueira	6:09.26	242
	50m: 42.92 42.92	200m: 3:05.29 1:35.34		400m: 6:09.26 1:30.26		
	100m: 1:29.95 47.03	300m: 4:39.00 1:33.71				
20.	Carlota Teiga, CRUZ	217390	13	Gcvr	6:09.93	241
	50m: 43.25 43.25	200m: 3:05.15 1:35.31		400m: 6:09.93 1:30.31		
	100m: 1:29.84 46.59	300m: 4:39.62 1:34.47				
21.	Maria, MARTINS OLIVEIRA	220504	14	Durius Ac Pesqueira	6:22.30	218
	50m: 41.47 41.47	200m: 3:07.00 1:38.85		400m: 6:22.30 1:36.68		
	100m: 1:28.15 46.68	300m: 4:45.62 1:38.62				
22.	Íris, PEREIRA SANTOS	225117	14	Durius Ac Pesqueira	7:00.15	164
	50m: 45.94 45.94	200m: 3:27.00 1:48.13		400m: 7:00.15 1:44.18		
	100m: 1:38.87 52.93	300m: 5:15.97 1:48.97				

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25/04/2026 - 17:35

Femin., 400m Livres

Juvenis
Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro, BARREIRA	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 16	4:39.75	Ana Sofia, LEITE	GCVR	Chaves	22/11/2008
Recorde Regional (25m) 15	4:45.43	Maria Silva, PEREIRA	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Mendes, CUNHA	206293	16	Natação Clube de Fafe	5:00.34	450
	50m: 34.40 34.40	200m: 2:27.84 1:16.00		400m: 5:00.34 1:15.63		
	100m: 1:11.84 37.44	300m: 3:44.71 1:16.87				
2.	Maria Ines, MESQUITA	214677	16	Gcvr	5:01.01	447
	50m: 35.56 35.56	200m: 2:30.72 1:17.19		400m: 5:01.01 1:14.45		
	100m: 1:13.53 37.97	300m: 3:46.56 1:15.84				
3.	Maria Silva, POETA	212032	16	Gcvr	5:01.39	445
	50m: 35.11 35.11	200m: 2:29.36 1:16.00		400m: 5:01.39 1:15.11		
	100m: 1:13.36 38.25	300m: 3:46.28 1:16.92				
4.	Francisca Coelho, LUCENA	206673	15	O Crasto	5:10.98	405
	50m: 35.16 35.16	200m: 2:31.42 1:18.03		400m: 5:10.98 1:18.91		
	100m: 1:13.39 38.23	300m: 3:52.07 1:20.65				
5.	Ines Rua, FERNANDES	213137	15	Gcvr	5:11.79	402
	50m: 34.72 34.72	200m: 2:30.94 1:18.32		400m: 5:11.79 1:20.38		
	100m: 1:12.62 37.90	300m: 3:51.41 1:20.47				
6.	Anita Santos, GONCALVES	210494	16	Escola Natacao Braganca	5:14.25	393
	50m: 33.61 33.61	200m: 2:34.00 1:21.75		400m: 5:14.25 1:18.92		
	100m: 1:12.25 38.64	300m: 3:55.33 1:21.33				
7.	Renata Daniela, RANGEL	220398	15	Gcvr	5:18.72	377
	50m: 35.16 35.16	200m: 2:35.44 1:16.03		400m: 5:18.72 1:20.31		
	100m: 1:19.41 44.25	300m: 3:58.41 1:22.97				
8.	Margarida Nunes, MAIO	225717	15	Gcvr	5:32.25	332
	50m: 37.63 37.63	200m: 2:43.60 1:25.38		400m: 5:32.25 1:22.75		
	100m: 1:18.22 40.59	300m: 4:09.50 1:25.90				
9.	Matilde Pinto, TEIXEIRA	211225	15	Escola Natacao Braganca	5:39.64	311
	50m: 37.41 37.41	200m: 2:45.88 1:26.89		400m: 5:39.64 1:25.55		
	100m: 1:18.99 41.58	300m: 4:14.09 1:28.21				
10.	Leonor Bento, AFONSO		16	Escola Natacao Braganca	6:07.06	246
	50m: 38.71 38.71	200m: 2:57.81 1:34.22		400m: 6:07.06 1:32.97		
	100m: 1:23.59 44.88	300m: 4:34.09 1:36.28				

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Femin., 400m Livres

Juniores e Seniores
Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro, BARREIRA	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro, BARREIRA	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia, PINTO	GCVR	Vila Real	25/06/2011

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Gabriela Lopes, FERNANDES	203902	17	O Crasto	4:57.23	464
	50m: 34.45 34.45	200m: 2:28.80 1:16.92		400m: 4:57.23 1:13.14		
	100m: 1:11.88 37.43	300m: 3:44.09 1:15.29				
2.	Maria Joao, MARTINS	204552	18	Natação Clube de Fafe	5:12.17	401
	50m: 35.10 35.10	200m: 2:31.92 1:18.47		400m: 5:12.17 1:19.65		
	100m: 1:13.45 38.35	300m: 3:52.52 1:20.60				
3.	Mariana Jose, MARTINS	220726	20	Escola Natacao Braganca	5:39.63	311
	50m: 38.02 38.02	200m: 2:46.80 1:27.16		400m: 5:39.63 1:24.93		
	100m: 1:19.64 41.62	300m: 4:14.70 1:27.90				
4.	Benedita Campelo, CARVALHO	219492	17	Escola Natacao Braganca	6:25.27	213
	50m: 41.09 41.09	200m: 3:06.59 1:38.52		400m: 6:25.27 1:37.43		
	100m: 1:28.07 46.98	300m: 4:47.84 1:41.25				
DNS	Lara Mota, FERREIRA	209955	18	Natação Clube de Fafe		

Prova 33, Femin., 400m Livres

Prova 33

25/04/2026 - 17:35

Femin., 400m Livres

Absolutos
Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro, BARREIRA	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro, BARREIRA	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia, PINTO	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) 16	4:39.75	Ana Sofia, LEITE	GCVR	Chaves	22/11/2008
Recorde Regional (25m) 15	4:45.43	Maria Silva, PEREIRA	GCVR	Peso da Régua	12/03/2023
Recorde Regional (25m) 14	4:51.53	Ana Margarida, GUEDES	GCVR	Vila Real	23/11/2014
Recorde Regional (25m) 13	4:53.19	Ana Margarida, GUEDES	GCVR	Santa Marta	06/07/2014

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Constanca Sousa, FONTINHA	212496	14	O Crasto	4:56.84	466
	50m: 34.06 34.06	200m: 2:27.92 1:13.25		400m: 4:56.84 1:13.57		
	100m: 1:14.67 40.61	300m: 3:43.27 1:15.35				
2.	Gabriela Lopes, FERNANDES	203902	17	O Crasto	4:57.23	464
	50m: 34.45 34.45	200m: 2:28.80 1:16.92		400m: 4:57.23 1:13.14		
	100m: 1:11.88 37.43	300m: 3:44.09 1:15.29				
3.	Maria Mendes, CUNHA	206293	16	Natação Clube de Fafe	5:00.34	450
	50m: 34.40 34.40	200m: 2:27.84 1:16.00		400m: 5:00.34 1:15.63		
	100m: 1:11.84 37.44	300m: 3:44.71 1:16.87				
4.	Maria Ines, MESQUITA	214677	16	Gcvr	5:01.01	447
	50m: 35.56 35.56	200m: 2:30.72 1:17.19		400m: 5:01.01 1:14.45		
	100m: 1:13.53 37.97	300m: 3:46.56 1:15.84				
5.	Maria Silva, POETA	212032	16	Gcvr	5:01.39	445
	50m: 35.11 35.11	200m: 2:29.36 1:16.00		400m: 5:01.39 1:15.11		
	100m: 1:13.36 38.25	300m: 3:46.28 1:16.92				
6.	Margarida Sousa, CASAL	214022	13	Lousada Séc.XXI	5:04.46	432
	50m: 34.64 34.64	200m: 2:30.31 1:17.64		400m: 5:04.46 1:15.89		
	100m: 1:12.67 38.03	300m: 3:48.57 1:18.26				
7.	Francisca Coelho, LUCENA	206673	15	O Crasto	5:10.98	405
	50m: 35.16 35.16	200m: 2:31.42 1:18.03		400m: 5:10.98 1:18.91		
	100m: 1:13.39 38.23	300m: 3:52.07 1:20.65				
8.	Ines Rua, FERNANDES	213137	15	Gcvr	5:11.79	402
	50m: 34.72 34.72	200m: 2:30.94 1:18.32		400m: 5:11.79 1:20.38		
	100m: 1:12.62 37.90	300m: 3:51.41 1:20.47				
9.	Maria Joao, MARTINS	204552	18	Natação Clube de Fafe	5:12.17	401
	50m: 35.10 35.10	200m: 2:31.92 1:18.47		400m: 5:12.17 1:19.65		
	100m: 1:13.45 38.35	300m: 3:52.52 1:20.60				
10.	Joana Soares, CASTRO	215548	13	Natação Clube de Fafe	5:12.46	400
	50m: 35.21 35.21	200m: 2:34.03 1:19.85		400m: 5:12.46 1:18.25		
	100m: 1:14.18 38.97	300m: 3:54.21 1:20.18				
11.	Filipa Carneiro, DIAS	214183	14	Academico Viseu Futebol Clube	5:12.68	399
	50m: 35.15 35.15	200m: 2:33.75 1:19.29		400m: 5:12.68 1:18.28		
	100m: 1:14.46 39.31	300m: 3:54.40 1:20.65				
12.	Anita Santos, GONCALVES	210494	16	Escola Natacao Braganca	5:14.25	393
	50m: 33.61 33.61	200m: 2:34.00 1:21.75		400m: 5:14.25 1:18.92		
	100m: 1:12.25 38.64	300m: 3:55.33 1:21.33				
13.	Matilde Cunha, GUIMARAES	215552	13	Natação Clube de Fafe	5:17.91	379
	50m: 35.73 35.73	200m: 2:36.61 1:20.92		400m: 5:17.91 1:18.13		
	100m: 1:15.69 39.96	300m: 3:59.78 1:23.17				
14.	Susana Pedro, CARVALHINHA	214488	13	Gcvr	5:18.17	378
	50m: 37.17 37.17	200m: 2:39.99 1:21.35		400m: 5:18.17 1:16.78		
	100m: 1:18.64 41.47	300m: 4:01.39 1:21.40				
15.	Renata Daniela, RANGEL	220398	15	Gcvr	5:18.72	377
	50m: 35.16 35.16	200m: 2:35.44 1:16.03		400m: 5:18.72 1:20.31		
	100m: 1:19.41 44.25	300m: 3:58.41 1:22.97				
16.	Marta Rodrigues, MEIRELES	218535	14	Academico Viseu Futebol Clube	5:21.21	368
	50m: 38.59 38.59	200m: 2:40.93 1:22.18		400m: 5:21.21 1:19.03		
	100m: 1:18.75 40.16	300m: 4:02.18 1:21.25				
17.	Leonor Afonso, MATELA	220723	14	Escola Natacao Braganca	5:25.37	354
	50m: 35.31 35.31	200m: 2:37.84 1:22.16		400m: 5:25.37 1:23.62		
	100m: 1:15.68 40.37	300m: 4:01.75 1:23.91				
18.	Margarida Nunes, MAIO	225717	15	Gcvr	5:32.25	332
	50m: 37.63 37.63	200m: 2:43.60 1:25.38		400m: 5:32.25 1:22.75		
	100m: 1:18.22 40.59	300m: 4:09.50 1:25.90				
19.	Matilde Breda, ANDRADE	214192	13	Academico Viseu Futebol Clube	5:33.81	328
	50m: 38.42 38.42	200m: 2:46.07 1:25.26		400m: 5:33.81 1:23.28		
	100m: 1:20.81 42.39	300m: 4:10.53 1:24.46				
20.	Matilde Soares, FERNANDES	213549	14	Academico Viseu Futebol Clube	5:34.86	325
	50m: 38.23 38.23	200m: 2:47.48 1:25.97		400m: 5:34.86 1:21.16		
	100m: 1:21.51 43.28	300m: 4:13.70 1:26.22				
21.	Mariana Jose, MARTINS	220726	20	Escola Natacao Braganca	5:39.63	311
	50m: 38.02 38.02	200m: 2:46.80 1:27.16		400m: 5:39.63 1:24.93		
	100m: 1:19.64 41.62	300m: 4:14.70 1:27.90				

Prova 33, Femin., 400m Livres, Absolutos

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
22.	Matilde Pinto, TEIXEIRA 50m: 37.41 37.41 100m: 1:18.99 41.58	211225	15	Escola Natacao Braganca 400m: 5:39.64 1:25.55	5:39.64	311
23.	Matilde Moreira, SILVA 50m: 40.39 40.39 100m: 1:23.53 43.14	219228	13	Natação Clube de Fafe 400m: 5:39.82 1:24.28	5:39.82	311
24.	Maria Ines, PINTO 50m: 39.25 39.25 100m: 1:22.65 43.40	211996	14	Lousada Séc.XXI 400m: 5:40.36 1:22.33	5:40.36	309
25.	Beatriz Guedes, PAULO 50m: 38.75 38.75 100m: 1:21.68 42.93	219714	13	Lousada Séc.XXI 400m: 5:41.18 1:24.43	5:41.18	307
26.	Beatriz Esteves, COUTINHO 50m: 36.40 36.40 100m: 1:17.00 40.60	214237	14	Natação Clube de Fafe 400m: 5:41.71 1:28.62	5:41.71	305
27.	Ana Rita, TEIXEIRA 50m: 37.40 37.40 100m: 1:19.18 41.78	216143	13	Peso da Regua 400m: 5:44.28 1:28.09	5:44.28	299
28.	Benedita Martins, FERNANDES 50m: 40.28 40.28 100m: 1:25.62 45.34	214551	13	Gcvr 400m: 5:56.31 1:28.13	5:56.31	269
29.	Diana, NOGUEIRA 50m: 41.97 41.97 100m: 1:27.86 45.89	217385	14	Gcvr 400m: 6:06.25 1:32.39	6:06.25	248
30.	Leonor Bento, AFONSO 50m: 38.71 38.71 100m: 1:23.59 44.88		16	Escola Natacao Braganca 400m: 6:07.06 1:32.97	6:07.06	246
31.	Catarina Alexandra, TRALHAO 50m: 41.49 41.49 100m: 1:27.13 45.64	220506	14	Durius Ac Pesqueira 400m: 6:07.81 1:31.96	6:07.81	245
32.	Carolina, PEREIRA VILA 50m: 42.92 42.92 100m: 1:29.95 47.03	224224	14	Durius Ac Pesqueira 400m: 6:09.26 1:30.26	6:09.26	242
33.	Carlota Teiga, CRUZ 50m: 43.25 43.25 100m: 1:29.84 46.59	217390	13	Gcvr 400m: 6:09.93 1:30.31	6:09.93	241
34.	Maria, MARTINS OLIVEIRA 50m: 41.47 41.47 100m: 1:28.15 46.68	220504	14	Durius Ac Pesqueira 400m: 6:22.30 1:36.68	6:22.30	218
35.	Benedita Campelo, CARVALHO 50m: 41.09 41.09 100m: 1:28.07 46.98	219492	17	Escola Natacao Braganca 400m: 6:25.27 1:37.43	6:25.27	213
36.	Íris, PEREIRA SANTOS 50m: 45.94 45.94 100m: 1:38.87 52.93	225117	14	Durius Ac Pesqueira 400m: 7:00.15 1:44.18	7:00.15	164
DNS	Lara Mota, FERREIRA	209955	18	Natação Clube de Fafe		