



Torneio Nadador Completo de Categorias
Caldas da Rainha, 2 - 3/5/2026

Prova 14 Femin., 400m Livres Junior Resultados
03/05/2026 - 12:20

Recordes Nacionais 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Recordes Nacionais 25m 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015

Pontos: AQUA 2025

Lugar	Ano		Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	4:44.82	528
50m: 32.02 150m: 1:42.50	250m: 2:55.70	350m: 4:09.44		
100m: 1:06.38 200m: 2:19.85	300m: 3:32.58	400m: 4:44.82		
2. Francisca Ramos, NUNES	09	Naval de Peniche	4:47.89	511
50m: 33.80 150m: 1:47.15	250m: 3:00.46	350m: 4:13.61		
100m: 1:10.41 200m: 2:24.05	300m: 3:37.26	400m: 4:47.89		
3. Beatriz Belo, CLARA	09	CNLeiria - VOID	4:58.04	461
50m: 33.86 150m: 1:48.46	250m: 3:04.31	350m: 4:20.75		
100m: 1:11.03 200m: 2:26.13	300m: 3:42.54	400m: 4:58.04		
4. Ana Margarida, MARQUES	09	Ba Leiria / Sk Coffee	5:13.89	394
50m: 35.37 150m: 1:53.68	250m: 3:12.94	350m: 4:34.46		
100m: 1:13.72 200m: 2:33.22	300m: 3:53.71	400m: 5:13.89		
5. Marta Cabete, GOMES	08	CNLeiria - VOID	5:25.58	353
50m: 35.84 150m: 1:54.90	250m: 3:18.76	350m: 4:43.88		
100m: 1:14.92 200m: 2:36.38	300m: 4:01.47	400m: 5:25.58		
6. Anjali, RAICAR	09	Naval de Peniche	5:26.83	349
50m: 36.78 150m: 1:58.11	250m: 3:20.99	350m: 4:46.82		
100m: 1:17.39 200m: 2:39.58	300m: 4:03.81	400m: 5:26.83		
7. Matilde Monteiro, NEVES	08	Nucleo de Pombal	5:28.24	345
50m: 37.21 150m: 2:00.48	250m: 3:24.62	350m: 4:48.00		
100m: 1:18.00 200m: 2:42.78	300m: 4:06.52	400m: 5:28.24		

Prova 14 Femin., 400m Livres Senior Resultados
03/05/2026 - 12:20

Recordes Nacionais 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023

Pontos: AQUA 2025

Lugar	Ano		Tempo final	Pts
1. Joana Rosa, FERREIRA	05	CNLeiria - VOID	4:49.81	501
50m: 33.51 150m: 1:45.24	250m: 2:59.32	350m: 4:14.69		
100m: 1:08.97 200m: 2:22.20	300m: 3:36.59	400m: 4:49.81		
2. Ana Claudia, FERREIRA	90	Alcobaca	4:52.63	487
50m: 33.63 150m: 1:46.65	250m: 3:00.08	350m: 4:15.48		
100m: 1:09.67 200m: 2:23.50	300m: 3:37.64	400m: 4:52.63		
3. Margarida Correia, MADEIRA	06	Nautico Marinha Grande	4:58.41	459
50m: 34.39 150m: 1:48.86	250m: 3:04.14	350m: 4:20.30		
100m: 1:11.33 200m: 2:26.71	300m: 3:42.28	400m: 4:58.41		
EXH Vida Sofia, VELEZ	10	Ba Leiria / Sk Coffee	4:49.27	504
50m: 34.66 150m: 1:49.13	250m: 3:03.91	350m: 4:15.57		
100m: 1:11.72 200m: 2:26.68	300m: 3:40.46	400m: 4:49.27		
EXH Luisa Goncalves, RODRIGUES	08	Fisica Torres Vedras	4:55.55	472
50m: 34.05 150m: 1:48.22	250m: 3:02.99	350m: 4:18.14		
100m: 1:10.96 200m: 2:25.81	300m: 3:40.85	400m: 4:55.55		



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Prova 14, Femin., 400m Livres

Lugar	Ano	Tempo final	Pts
EXH Maria Carolina, ALVES	10 Ba Leiria / Sk Coffee	4:57.56	463
50m: 34.44	150m: 1:49.21	250m: 3:04.03	350m: 4:19.86
100m: 1:11.64	200m: 2:26.59	300m: 3:41.95	400m: 4:57.56
EXH Matilde Santos, VIEIRA	10 Ba Leiria / Sk Coffee	5:02.61	440
50m: 34.52	150m: 1:51.54	250m: 3:08.79	350m: 4:26.86
100m: 1:12.74	200m: 2:30.05	300m: 3:47.85	400m: 5:02.61
EXH Constanca Rolim, PEDRO	10 Ba Leiria / Sk Coffee	5:03.87	435
50m: 35.38	150m: 1:52.68	250m: 3:10.08	350m: 4:26.17
100m: 1:13.73	200m: 2:31.13	300m: 3:48.53	400m: 5:03.87
EXH Marta Matos, LARANJEIRA	08 Fisica Torres Vedras	5:07.98	417
50m: 34.08	150m: 1:49.15	250m: 3:07.67	350m: 4:28.41
100m: 1:11.57	200m: 2:27.92	300m: 3:47.86	400m: 5:07.98