

Prova 12
26/04/2026

Femin., 400m Livres

Juvenil
Resultados Final

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReacPts AQUA	PONTOS
1.	Leonor Sombreiro Martins	10	BUZIOS-Coruche	4:41.78	545	13,00
	50m: 31.67 150m: 1:41.50 250m: 2:54.30 350m: 4:07.20					
	100m: 1:06.07 200m: 2:17.72 300m: 3:31.01 400m: 4:41.78					
2.	Sofia Barroca Pereira	11	BUZIOS-Coruche	4:42.47	541	11,00
	50m: 31.50 150m: 1:41.81 250m: 2:54.84 350m: 4:08.13					
	100m: 1:06.15 200m: 2:17.90 300m: 3:31.75 400m: 4:42.47					

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Absolutos
Resultados Final

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReacPts AQUA	PONTOS
1.	Rafaela Ferreira Mendes	08	Torres Novas	4:22.99	671	13,00
	50m: 31.17 150m: 1:37.89 250m: 2:44.61 350m: 3:50.77					
	100m: 1:04.33 200m: 2:11.46 300m: 3:17.65 400m: 4:22.99					
2.	Sara Sofia Alves	07	Palmela	4:33.98	593	11,00
	50m: 31.53 150m: 1:38.67 250m: 2:47.29 350m: 3:58.20					
	100m: 1:04.90 200m: 2:13.03 300m: 3:22.41 400m: 4:33.98					
3.	Catarina Isabel Carlota	05	BUZIOS-Coruche	5:07.57	419	10,00
	50m: 33.64 150m: 1:49.60 250m: 3:08.54 350m: 4:28.25					
	100m: 1:10.81 200m: 2:28.80 300m: 3:48.73 400m: 5:07.57					
4.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	5:10.96	405	9,00
	50m: 33.75 150m: 1:52.57 250m: 3:13.12 350m: 4:32.76					
	100m: 1:12.72 200m: 2:32.82 300m: 3:52.32 400m: 5:10.96					