

Prova 20 Femin., 400m Livres Open  
31/05/2026 Resultados Elimin

Recorde Nacional Sen	4:07.50	MARTINS Francisca Soares	POR	Berlin (GER)	23/07/2025
Recorde Nacional Jun A	4:17.80	HOLUB Tamila Hryhorivna	POR	Pontevedra (ESP)	08/04/2017
Recorde Nacional Jun B	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recorde Nacional Juv A	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002
Recorde Nacional Juv B	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014
Recorde Nacional Inf A	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014
Recorde Nacional Inf B	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recorde Meeting	4:14.71	DURAES Diana Margarida	POR	Coimbra	29/05/2016

TAC Juv Fem - 16: 5:08.79 / TAC Abs Fem 17 +: 4:48.59

Pontos: AQUA 2026

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
<b>16 anos e mais novos</b>								
1.	<b>CARDEAL</b> Leonor Nunes	10		Condeixa Aqua Clube	<b>4:45.61</b>	+0.46	551	Q -
	50m: 31.56 31.56	150m: 1:42.97	36.35	250m: 2:56.04	36.80	350m: 4:10.10	36.92	
	100m: 1:06.62 35.06	200m: 2:19.24	36.27	300m: 3:33.18	37.14	400m: 4:45.61	35.51	
2.	<b>PEREIRA</b> Sofia Barroca	11		Seleccao de Santarem	<b>4:47.31</b>		541	Q -
	50m: 32.60 32.60	150m: 1:45.69	37.01	250m: 2:59.54	37.26	350m: 4:13.35	36.61	
	100m: 1:08.68 36.08	200m: 2:22.28	36.59	300m: 3:36.74	37.20	400m: 4:47.31	33.96	
3.	<b>GREGORIO</b> Bruna Bacelar	10		Vilacondense	<b>4:47.84</b>		538	Q -
	50m: 32.34 32.34	150m: 1:45.07	36.45	250m: 2:59.10	36.69	350m: 4:12.79	36.21	
	100m: 1:08.62 36.28	200m: 2:22.41	37.34	300m: 3:36.58	37.48	400m: 4:47.84	35.05	
4.	<b>MARTINS</b> Leonor Sombreiroiro	10		Seleccao de Santarem	<b>4:50.79</b>		522	Q -
	50m: 32.16 32.16	150m: 1:45.20	37.17	250m: 3:00.23	37.50	350m: 4:15.43	37.38	
	100m: 1:08.03 35.87	200m: 2:22.73	37.53	300m: 3:38.05	37.82	400m: 4:50.79	35.36	
5.	<b>MATEUS</b> Ines Filipa	10		Lagoa Academico Clube	<b>4:53.97</b>	+0.75	505	Q -
	50m: 33.40 33.40	150m: 1:47.10	37.51	250m: 3:01.88	37.32	350m: 4:17.79	38.06	
	100m: 1:09.59 36.19	200m: 2:24.56	37.46	300m: 3:39.73	37.85	400m: 4:53.97	36.18	
6.	<b>NOGUEIRA</b> Maria Luisa	12		Academica de Coimbra	<b>4:54.46</b>	+0.72	503	Q -
	50m: 33.59 33.59	150m: 1:47.99	37.84	250m: 3:03.62	37.93	350m: 4:18.82	37.53	
	100m: 1:10.15 36.56	200m: 2:25.69	37.70	300m: 3:41.29	37.67	400m: 4:54.46	35.64	
7.	<b>ROLDAO</b> Ana Teresa	11		Academico Viseu Futebol Clube	<b>4:57.03</b>	+0.69	490	Q -
	50m: 32.67 32.67	150m: 1:47.04	37.58	250m: 3:03.60	38.29	350m: 4:20.55	37.93	
	100m: 1:09.46 36.79	200m: 2:25.31	38.27	300m: 3:42.62	39.02	400m: 4:57.03	36.48	
8.	<b>ALMEIDA</b> Eva Miranda	11		Columbofila Cantanhedense	<b>4:59.17</b>	+0.64	479	Q -
	50m: 34.39 34.39	150m: 1:50.86	38.31	250m: 3:06.86	37.59	350m: 4:22.39	37.59	
	100m: 1:12.55 38.16	200m: 2:29.27	38.41	300m: 3:44.80	37.94	400m: 4:59.17	36.78	
9.	<b>VELOSO</b> Beatriz Ribeiro	10		Caspae	<b>5:01.38</b>	+0.78	469	Q -
	50m: 33.11 33.11	150m: 1:48.20	38.30	250m: 3:05.40	38.78	350m: 4:23.40	39.03	
	100m: 1:09.90 36.79	200m: 2:26.62	38.42	300m: 3:44.37	38.97	400m: 5:01.38	37.98	
10.	<b>PEREIRA</b> Matilde Sofia	11		Condeixa Aqua Clube	<b>5:02.74</b>		462	Q -
	50m: 33.87 33.87	150m: 1:50.44	38.39	250m: 3:07.55	38.28	350m: 4:25.25	39.15	
	100m: 1:12.05 38.18	200m: 2:29.27	38.83	300m: 3:46.10	38.55	400m: 5:02.74	37.49	
11.	<b>BIBI</b> Matilde Casimiro	12		Seleccao de Santarem	<b>5:04.71</b>	+0.90	453	R -
	50m: 33.11 33.11	150m: 1:50.34	39.38	250m: 3:08.33	38.79	350m: 4:27.17	39.46	
	100m: 1:10.96 37.85	200m: 2:29.54	39.20	300m: 3:47.71	39.38	400m: 5:04.71	37.54	
12.	<b>FALEIRO</b> Sira Valentim	10		Lagoa Academico Clube	<b>5:04.80</b>	+0.56	453	R -
	50m: 32.86 32.86	150m: 1:47.94	37.99	250m: 3:05.98	39.04	350m: 4:25.21	39.29	
	100m: 1:09.95 37.09	200m: 2:26.94	39.00	300m: 3:45.92	39.94	400m: 5:04.80	39.59	

Prova 20, Femin., 400m Livres, Elimin, 16 anos e mais novos

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos				
13.	MESQUITA Maria Ines	10		Gcvr	<b>5:05.23</b>	<b>+0.51</b>	451	-				
	50m:	35.46	35.46	150m:	1:53.10	39.43	250m:	3:11.60	39.03	350m:	4:28.20	38.18
	100m:	1:13.67	38.21	200m:	2:32.57	39.47	300m:	3:50.02	38.42	400m:	5:05.23	37.03