

XVIII Meeting Cidade de Coimbra  
XXXVII Torneio Internacional Queima das Fitas  
Coimbra, 30/5 - 31/5/2025



Prova 20  
31/05/2026

Femin., 400m Livres

Open  
Resultados Final

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>17 anos e mais velhos</b>								
1.	REBELO Camila Rodrigues	03		Louzan Natacao/EFAPEL	<b>4:22.18</b>	+0.71	712	24.0(-)
	50m: 30.86 30.86	150m: 1:37.10	33.27	250m: 2:43.86	33.61	350m: 3:50.28	33.14	
	100m: 1:03.83 32.97	200m: 2:10.25	33.15	300m: 3:17.14	33.28	400m: 4:22.18	31.90	
2.	VIANA Carolina Pereira	04		Sporting	<b>4:22.67</b>	+0.65	708	20.0(-)
	50m: 30.70 30.70	150m: 1:37.22	33.52	250m: 2:44.23	33.51	350m: 3:50.82	33.29	
	100m: 1:03.70 33.00	200m: 2:10.72	33.50	300m: 3:17.53	33.30	400m: 4:22.67	31.85	
3.	FOMINA Anna	02		Sporting	<b>4:22.72</b>	+0.68	708	16.0(-)
	50m: 30.51 30.51	150m: 1:37.12	33.43	250m: 2:43.47	33.02	350m: 3:50.13	33.47	
	100m: 1:03.69 33.18	200m: 2:10.45	33.33	300m: 3:16.66	33.19	400m: 4:22.72	32.59	
4.	CARDEAL Beatriz Nunes	04		Condeixa Aqua Clube	<b>4:34.55</b>	+0.65	620	14.0(-)
	50m: 31.61 31.61	150m: 1:41.06	35.18	250m: 2:51.90	34.98	350m: 4:01.33	34.59	
	100m: 1:05.88 34.27	200m: 2:16.92	35.86	300m: 3:26.74	34.84	400m: 4:34.55	33.22	
5.	LOURO Beatriz Silva	07		Sporting	<b>4:34.67</b>	+0.64	619	12.0(-)
	50m: 31.42 31.42	150m: 1:40.55	34.71	250m: 2:50.45	34.90	350m: 4:00.88	35.04	
	100m: 1:05.84 34.42	200m: 2:15.55	35.00	300m: 3:25.84	35.39	400m: 4:34.67	33.79	
6.	SANTOS Leonor Castanho	07		Sporting	<b>4:44.82</b>	+0.69	555	10.0(-)
	50m: 32.31 32.31	150m: 1:43.39	36.30	250m: 2:56.31	36.75	350m: 4:09.51	36.75	
	100m: 1:07.09 34.78	200m: 2:19.56	36.17	300m: 3:32.76	36.45	400m: 4:44.82	35.31	
<b>16 anos e mais novos</b>								
1.	CARDEAL Leonor Nunes	10		Condeixa Aqua Clube	<b>4:38.43</b>	+0.52	594	12.00
	50m: 30.12 30.12	150m: 1:39.49	35.32	250m: 2:51.36	36.17	350m: 4:03.94	35.77	
	100m: 1:04.17 34.05	200m: 2:15.19	35.70	300m: 3:28.17	36.81	400m: 4:38.43	34.49	
2.	MARTINS Leonor Sombreiro	10		Seleccao de Santarem	<b>4:44.78</b>	+0.82	556	10.00
	50m: 32.61 32.61	150m: 1:43.88	36.01	250m: 2:57.02	36.66	350m: 4:10.01	36.08	
	100m: 1:07.87 35.26	200m: 2:20.36	36.48	300m: 3:33.93	36.91	400m: 4:44.78	34.77	
3.	PEREIRA Sofia Barroca	11		Seleccao de Santarem	<b>4:45.13</b>		554	8.00
	50m: 32.37 32.37	150m: 1:44.19	36.33	250m: 2:57.86	36.72	350m: 4:11.05	36.30	
	100m: 1:07.86 35.49	200m: 2:21.14	36.95	300m: 3:34.75	36.89	400m: 4:45.13	34.08	
4.	NOGUEIRA Maria Luisa	12		Academica de Coimbra	<b>4:49.91</b>	+0.66	527	7.00
	50m: 32.79 32.79	150m: 1:45.44	36.73	250m: 3:00.09	37.06	350m: 4:13.95	36.58	
	100m: 1:08.71 35.92	200m: 2:23.03	37.59	300m: 3:37.37	37.28	400m: 4:49.91	35.96	
5.	ROLDAO Ana Teresa	11		Academico Viseu Futebol Clube	<b>4:49.92</b>		527	6.00
	50m: 32.92 32.92	150m: 1:44.65	36.44	250m: 2:59.36	37.55	350m: 4:13.80	37.34	
	100m: 1:08.21 35.29	200m: 2:21.81	37.16	300m: 3:36.46	37.10	400m: 4:49.92	36.12	
6.	GREGORIO Bruna Bacelar	10		Vilacondense	<b>4:50.83</b>	+0.75	522	5.00
	50m: 32.46 32.46	150m: 1:44.99	36.17	250m: 2:59.31	37.42	350m: 4:14.55	37.32	
	100m: 1:08.82 36.36	200m: 2:21.89	36.90	300m: 3:37.23	37.92	400m: 4:50.83	36.28	



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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
7.	ALMEIDA Eva Miranda	11		Columbofila Cantanhedense	<b>4:53.62</b>	+0.69	507	4.00
	50m: 33.12 33.12	150m: 1:47.62	37.51	250m: 3:02.63	37.20	350m: 4:17.06	37.11	
	100m: 1:10.11 36.99	200m: 2:25.43	37.81	300m: 3:39.95	37.32	400m: 4:53.62	36.56	
8.	MATEUS Ines Filipa	10		Lagoa Academico Clube	<b>4:54.79</b>	+0.74	501	3.00
	50m: 32.51 32.51	150m: 1:44.98	36.87	250m: 3:00.11	37.92	350m: 4:16.85	38.51	
	100m: 1:08.11 35.60	200m: 2:22.19	37.21	300m: 3:38.34	38.23	400m: 4:54.79	37.94	
9.	VELOSO Beatriz Ribeiro	10		Caspae	<b>5:03.26</b>	+0.78	460	2.00
	50m: 33.24 33.24	150m: 1:46.45	37.53	250m: 3:04.72	39.56	350m: 4:24.30	39.85	
	100m: 1:08.92 35.68	200m: 2:25.16	38.71	300m: 3:44.45	39.73	400m: 5:03.26	38.96	
10.	PEREIRA Matilde Sofia	11		Condeixa Aqua Clube	<b>5:06.85</b>	+0.75	444	1.00
	50m: 34.36 34.36	150m: 1:51.67	39.34	250m: 3:10.49	39.23	350m: 4:28.77	39.03	
	100m: 1:12.33 37.97	200m: 2:31.26	39.59	300m: 3:49.74	39.25	400m: 5:06.85	38.08	
EXH	VEIGA Susana Pereira	00	S9	Os Belenenses	<b>4:59.28</b>	+0.85	479	-
	<i>FTL</i>							
	50m: 34.46 34.46	150m: 1:47.86	37.17	250m: 3:04.03	38.49	350m: 4:21.09	38.66	
	100m: 1:10.69 36.23	200m: 2:25.54	37.68	300m: 3:42.43	38.40	400m: 4:59.28	38.19	

