

Prova 36
31/05/2026

Femin., 400m Estilos
Open
Resultados

Recorde Nacional Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Recorde Nacional Jun A	4:49.60	KAMINSKAYA Victoria	PIMP	Coimbra	26/05/2013
Recorde Nacional Jun B	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Recorde Nacional Juv A	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Recorde Nacional Juv B	4:58.08	DURAES Diana Margarida	FOCA	Pova de Varzim	05/08/2011
Recorde Nacional Inf A	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015
Recorde Nacional Inf B	5:11.29	ROCHA Diana Ramos	EDV	Faro	20/07/2007
Recorde Meeting	4:42.53	KAMINSKAYA Victoria	POR	Coimbra	29/05/2016

TAC Juv Fem - 16: 6:00.16 / TAC Abs Fem 17 +: 5:36.60

Pontos: AQUA 2026

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
1.	MENDES Mariana Amaral	02		Sporting	5:07.77	+0.77	628	24.0(-)
	50m: 33.60 33.60	150m: 1:53.42	43.59	250m: 3:18.30	43.68	350m: 4:35.20	34.56	
	100m: 1:09.83 36.23	200m: 2:34.62	41.20	300m: 4:00.64	42.34	400m: 5:07.77	32.57	
2.	DIAS Beatriz Costa	08		Aquatico Pacense	5:16.10	+0.78	580	20.0(-)
	50m: 32.13 32.13	150m: 1:49.46	41.81	250m: 3:16.47	48.45	350m: 4:39.74	36.90	
	100m: 1:07.65 35.52	200m: 2:28.02	38.56	300m: 4:02.84	46.37	400m: 5:16.10	36.36	
3.	FELICIANO Francisca Moreira	11		Alcobaca	5:23.39	+0.74	541	16.0(-)
	50m: 34.42 34.42	150m: 1:54.60	41.62	250m: 3:22.65	48.15	350m: 4:46.75	37.74	
	100m: 1:12.98 38.56	200m: 2:34.50	39.90	300m: 4:09.01	46.36	400m: 5:23.39	36.64	
4.	MONTEIRO Ana Carolina	04		Academica de Coimbra	5:28.93	+0.68	514	14.0(-)
	50m: 32.45 32.45	150m: 1:55.24	44.92	250m: 3:27.53	47.34	350m: 4:53.29	36.57	
	100m: 1:10.32 37.87	200m: 2:40.19	44.95	300m: 4:16.72	49.19	400m: 5:28.93	35.64	
5.	PIMENTEL Sara Calisto	05		Academica de Coimbra	5:30.95	+0.59	505	12.0(-)
	50m: 33.35 33.35	150m: 1:58.18	46.71	250m: 3:29.19	45.93	350m: 4:53.86	37.93	
	100m: 1:11.47 38.12	200m: 2:43.26	45.08	300m: 4:15.93	46.74	400m: 5:30.95	37.09	
6.	MARCELO Camila Duarte	10		Condeixa Aqua Clube	5:33.61	+0.82	493	10.0(-)
	50m: 34.32 34.32	150m: 2:00.72	46.23	250m: 3:32.91	48.58	350m: 4:58.14	36.75	
	100m: 1:14.49 40.17	200m: 2:44.33	43.61	300m: 4:21.39	48.48	400m: 5:33.61	35.47	
7.	MARTINS Leonor Sombreiro	10		Seleccao de Santarem	5:35.36	+0.88	485	8.0(-)
	50m: 34.26 34.26	150m: 1:57.86	44.31	250m: 3:32.57	49.53	350m: 4:59.61	36.50	
	100m: 1:13.55 39.29	200m: 2:43.04	45.18	300m: 4:23.11	50.54	400m: 5:35.36	35.75	
8.	VALA Maria Joao	11		Pimpoes/Cimai	5:40.15	+0.77	465	6.0(-)
	50m: 35.22 35.22	150m: 2:00.28	43.80	250m: 3:33.35	50.38	350m: 5:02.98	39.44	
	100m: 1:16.48 41.26	200m: 2:42.97	42.69	300m: 4:23.54	50.19	400m: 5:40.15	37.17	
DNS	CARDEAL Joana Nunes	02		Condeixa Aqua Clube				-