

Prova 3
03.05.2025 - 17:09

Femin., 400m Estilos

Juvenis
Resultados

Rec Regional Juv A	4:51.85	Ana Claudia Santos	POR	Setubal	2004
Rec Regional Juv B	4:57.68	Susana Patricia Miguel	POR	Penafiel	2004
Rec Regional Absoluto	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	POR	Setubal	2004
Rec Nacional Juv B	4:57.68	Susana Patricia Miguel	POR	Penafiel	2004
Rec Nacional Absoluto	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017

Mínimo Participação Juv B: 6:20.01; Juv A: 6:05.46

Pontos: AQUA 2024

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Margarida Ferreira Moura	11	Sporting	5:12.08	571
	50m: 32.58 32.58	150m: 1:51.49 41.60	250m: 3:15.71 44.42	350m: 4:37.49 36.06	
	100m: 1:09.89 37.31	200m: 2:31.29 39.80	300m: 4:01.43 45.72	400m: 5:12.08 34.59	
2.	Laura Aguiar Bergamo	11	Alges	5:24.86	506
	50m: 34.04 34.04	150m: 1:58.69 43.51	250m: 3:24.54 43.15	350m: 4:47.39 37.82	
	100m: 1:15.18 41.14	200m: 2:41.39 42.70	300m: 4:09.57 45.03	400m: 5:24.86 37.47	
3.	Margarida Almeida Ferreira	11	Sporting	5:28.77	488
	50m: 33.76 33.76	150m: 1:55.42 42.65	250m: 3:25.89 49.39	350m: 4:52.38 36.49	
	100m: 1:12.77 39.01	200m: 2:36.50 41.08	300m: 4:15.89 50.00	400m: 5:28.77 36.39	
4.	Ana Filipa Serra	11	Colegio Int Monte Maior	5:28.98	487
	50m: 34.68 34.68	150m: 1:59.80 43.90	250m: 3:27.37 45.85	350m: 4:52.94 38.18	
	100m: 1:15.90 41.22	200m: 2:41.52 41.72	300m: 4:14.76 47.39	400m: 5:28.98 36.04	
5.	Francisca Meneses Goncalves	11	Benfica	5:29.35	485
	50m: 35.88 35.88	150m: 1:59.68 40.78	250m: 3:27.84 48.43	350m: 4:53.21 37.87	
	100m: 1:18.90 43.02	200m: 2:39.41 39.73	300m: 4:15.34 47.50	400m: 5:29.35 36.14	
6.	Maria Rendeiro Correia	11	Alges	5:32.32	473
	50m: 34.07 34.07	150m: 1:56.70 43.17	250m: 3:25.19 47.01	350m: 4:53.06 39.72	
	100m: 1:13.53 39.46	200m: 2:38.18 41.48	300m: 4:13.34 48.15	400m: 5:32.32 39.26	
7.	Varvara Hurynovich	11	Alges	5:34.10	465
	50m: 34.26 34.26	150m: 1:58.85 43.20	250m: 3:27.40 46.55	350m: 4:54.99 39.46	
	100m: 1:15.65 41.39	200m: 2:40.85 42.00	300m: 4:15.53 48.13	400m: 5:34.10 39.11	
8.	Ines Freitas Abrantes	11	Colegio Int Monte Maior	5:35.20	460
	50m: 36.07 36.07	150m: 2:00.75 43.97	250m: 3:32.40 49.69	350m: 5:00.18 37.57	
	100m: 1:16.78 40.71	200m: 2:42.71 41.96	300m: 4:22.61 50.21	400m: 5:35.20 35.02	
9.	Madalena Ferreira Baldo	11	Colegio Int Monte Maior	5:36.03	457
	50m: 36.05 36.05	150m: 2:02.25 41.95	250m: 3:30.65 47.36	350m: 4:58.38 38.46	
	100m: 1:20.30 44.25	200m: 2:43.29 41.04	300m: 4:19.92 49.27	400m: 5:36.03 37.65	
10.	Francisca Cunha Monteiro	11	Benfica	5:45.14	422
	50m: 37.00 37.00	150m: 2:04.96 43.67	250m: 3:37.08 48.85	350m: 5:06.95 39.15	
	100m: 1:21.29 44.29	200m: 2:48.23 43.27	300m: 4:27.80 50.72	400m: 5:45.14 38.19	
11.	Carolina Melo Camejo	11	Sporting	5:47.00	415
	50m: 34.22 34.22	150m: 1:58.41 41.72	250m: 3:33.12 53.41	350m: 5:08.14 40.01	
	100m: 1:16.69 42.47	200m: 2:39.71 41.30	300m: 4:28.13 55.01	400m: 5:47.00 38.86	
12.	Matilde Bento Pereira	11	Geslours	6:00.02	372
	50m: 37.29 37.29	150m: 2:11.06 46.40	250m: 3:43.75 48.62	350m: 5:17.43 43.81	
	100m: 1:24.66 47.37	200m: 2:55.13 44.07	300m: 4:33.62 49.87	400m: 6:00.02 42.59	
13.	Ana Mao de Ferro	11	Sporting	6:00.32	371
	50m: 39.33 39.33	150m: 2:11.03 44.38	250m: 3:46.01 52.21	350m: 5:20.69 41.26	
	100m: 1:26.65 47.32	200m: 2:53.80 42.77	300m: 4:39.43 53.42	400m: 6:00.32 39.63	
14.	Vitoria Alves Penedo	11	Palmela Desporto	6:01.96	366
	50m: 39.83 39.83	150m: 2:16.08 47.69	250m: 3:47.69 46.60	350m: 5:21.48 45.09	
	100m: 1:28.39 48.56	200m: 3:01.09 45.01	300m: 4:36.39 48.70	400m: 6:01.96 40.48	
15.	Raquel Silva Delgadinho	11	Palmela Desporto	6:04.88	357
	50m: 37.54 37.54	150m: 2:10.40 45.86	250m: 3:49.63 54.43	350m: 5:27.08 41.23	
	100m: 1:24.54 47.00	200m: 2:55.20 44.80	300m: 4:45.85 56.22	400m: 6:04.88 37.80	
16.	Catarina Ribeiro Fernandez	11	Geslours	6:10.34	341
	50m: 38.71 38.71	150m: 2:15.93 46.48	250m: 3:54.02 53.55	350m: 5:31.25 41.57	
	100m: 1:29.45 50.74	200m: 3:00.47 44.54	300m: 4:49.68 55.66	400m: 6:10.34 39.09	
17.	Rita Ribeiro Pereira	11	Geslours	6:19.40	317
	50m: 40.46 40.46	150m: 2:16.49 46.63	250m: 3:57.41 56.20	350m: 5:38.31 43.27	
	100m: 1:29.86 49.40	200m: 3:01.21 44.72	300m: 4:55.04 57.63	400m: 6:19.40 41.09	

Resultados online: anlisboa.info/live

Prova 3, Femin., 400m Estilos, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
DNS	Alice Martins Paiva	11	Palmela Desporto		

Juvenis A

1.	Rita Braga Gomes	10	Alges	5:16.62	546
	50m: 32.50 32.50	150m: 1:52.42 42.32	250m: 3:18.14 43.65	350m: 4:40.05 36.76	
	100m: 1:10.10 37.60	200m: 2:34.49 42.07	300m: 4:03.29 45.15	400m: 5:16.62 36.57	
2.	Rita Canas Brito	10	Naval Setubalense	5:20.89	525
	50m: 34.29 34.29	150m: 1:57.09 42.28	250m: 3:20.76 43.87	350m: 4:44.37 39.64	
	100m: 1:14.81 40.52	200m: 2:36.89 39.80	300m: 4:04.73 43.97	400m: 5:20.89 36.52	
3.	Carolina Escrevente Guerra	10	Alges	5:23.75	511
	50m: 33.74 33.74	150m: 1:53.56 40.02	250m: 3:19.56 46.17	350m: 4:47.02 38.19	
	100m: 1:13.54 39.80	200m: 2:33.39 39.83	300m: 4:08.83 49.27	400m: 5:23.75 36.73	
4.	Carolina Sofia Martins	10	Naval Setubalense	5:27.76	493
	50m: 34.93 34.93	150m: 1:56.59 42.42	250m: 3:26.01 46.54	350m: 4:50.87 37.79	
	100m: 1:14.17 39.24	200m: 2:39.47 42.88	300m: 4:13.08 47.07	400m: 5:27.76 36.89	
5.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	5:29.92	483
	50m: 35.79 35.79	150m: 1:59.94 42.32	250m: 3:28.39 45.75	350m: 4:53.00 37.52	
	100m: 1:17.62 41.83	200m: 2:42.64 42.70	300m: 4:15.48 47.09	400m: 5:29.92 36.92	
6.	Beatriz Costa Diniz	10	Sporting	5:31.42	476
	50m: 34.37 34.37	150m: 1:58.45 44.23	250m: 3:27.92 46.28	350m: 4:53.57 38.56	
	100m: 1:14.22 39.85	200m: 2:41.64 43.19	300m: 4:15.01 47.09	400m: 5:31.42 37.85	
7.	Maria Madalena Fernandes	10	Alges	5:33.23	469
	50m: 33.88 33.88	150m: 1:57.21 45.40	250m: 3:29.88 48.48	350m: 4:56.30 37.73	
	100m: 1:11.81 37.93	200m: 2:41.40 44.19	300m: 4:18.57 48.69	400m: 5:33.23 36.93	
8.	Victoria Sales Proenca	10	Benfica	5:35.40	460
	50m: 35.26 35.26	150m: 2:00.22 43.30	250m: 3:31.97 49.01	350m: 4:58.87 36.89	
	100m: 1:16.92 41.66	200m: 2:42.96 42.74	300m: 4:21.98 50.01	400m: 5:35.40 36.53	
9.	Beatriz Paiva Branco	10	Laranjeiro	5:36.78	454
	50m: 35.01 35.01	150m: 2:02.62 44.10	250m: 3:32.80 47.83	350m: 4:59.77 38.34	
	100m: 1:18.52 43.51	200m: 2:44.97 42.35	300m: 4:21.43 48.63	400m: 5:36.78 37.01	
10.	Luisa Anjos Frischknecht	10	Naval Setubalense	5:37.60	451
	50m: 35.83 35.83	150m: 2:00.92 44.12	250m: 3:31.60 47.53	350m: 4:59.69 40.07	
	100m: 1:16.80 40.97	200m: 2:44.07 43.15	300m: 4:19.62 48.02	400m: 5:37.60 37.91	
11.	Joana Alexandra Silva	10	CPCD Povia de Santa Iria	5:46.12	418
	50m: 34.32 34.32	150m: 2:00.76 44.66	250m: 3:35.53 51.62	350m: 5:06.63 38.52	
	100m: 1:16.10 41.78	200m: 2:43.91 43.15	300m: 4:28.11 52.58	400m: 5:46.12 39.49	
12.	Bruna Sofia Simoes	10	Sporting	5:48.32	410
	50m: 35.65 35.65	150m: 2:03.70 43.91	250m: 3:38.97 52.18	350m: 5:10.63 39.08	
	100m: 1:19.79 44.14	200m: 2:46.79 43.09	300m: 4:31.55 52.58	400m: 5:48.32 37.69	
13.	Maria Rita Filipe	10	Geslours	5:54.12	390
	50m: 38.09 38.09	150m: 2:07.54 42.66	250m: 3:39.92 50.95	350m: 5:13.46 40.63	
	100m: 1:24.88 46.79	200m: 2:48.97 41.43	300m: 4:32.83 52.91	400m: 5:54.12 40.66	
14.	Alice Fernandes Rodrigues	10	Geslours	5:57.51	379
	50m: 36.64 36.64	150m: 2:07.77 45.69	250m: 3:43.14 50.81	350m: 5:17.59 41.30	
	100m: 1:22.08 45.44	200m: 2:52.33 44.56	300m: 4:36.29 53.15	400m: 5:57.51 39.92	

Juvenis

1.	Margarida Ferreira Moura	11	Sporting	5:12.08	571
	50m: 32.58 32.58	150m: 1:51.49 41.60	250m: 3:15.71 44.42	350m: 4:37.49 36.06	
	100m: 1:09.89 37.31	200m: 2:31.29 39.80	300m: 4:01.43 45.72	400m: 5:12.08 34.59	
2.	Rita Braga Gomes	10	Alges	5:16.62	546
	50m: 32.50 32.50	150m: 1:52.42 42.32	250m: 3:18.14 43.65	350m: 4:40.05 36.76	
	100m: 1:10.10 37.60	200m: 2:34.49 42.07	300m: 4:03.29 45.15	400m: 5:16.62 36.57	
3.	Rita Canas Brito	10	Naval Setubalense	5:20.89	525
	50m: 34.29 34.29	150m: 1:57.09 42.28	250m: 3:20.76 43.87	350m: 4:44.37 39.64	
	100m: 1:14.81 40.52	200m: 2:36.89 39.80	300m: 4:04.73 43.97	400m: 5:20.89 36.52	
4.	Carolina Escrevente Guerra	10	Alges	5:23.75	511
	50m: 33.74 33.74	150m: 1:53.56 40.02	250m: 3:19.56 46.17	350m: 4:47.02 38.19	
	100m: 1:13.54 39.80	200m: 2:33.39 39.83	300m: 4:08.83 49.27	400m: 5:23.75 36.73	

Resultados online: anlisboa.info/live

Prova 3, Femin., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
5.	Laura Aguiar Bergamo	11	Alges	5:24.86	506
	50m: 34.04 34.04	150m: 1:58.69 43.51	250m: 3:24.54 43.15	350m: 4:47.39 37.82	
	100m: 1:15.18 41.14	200m: 2:41.39 42.70	300m: 4:09.57 45.03	400m: 5:24.86 37.47	
6.	Carolina Sofia Martins	10	Naval Setubalense	5:27.76	493
	50m: 34.93 34.93	150m: 1:56.59 42.42	250m: 3:26.01 46.54	350m: 4:50.87 37.79	
	100m: 1:14.17 39.24	200m: 2:39.47 42.88	300m: 4:13.08 47.07	400m: 5:27.76 36.89	
7.	Margarida Almeida Ferreira	11	Sporting	5:28.77	488
	50m: 33.76 33.76	150m: 1:55.42 42.65	250m: 3:25.89 49.39	350m: 4:52.38 36.49	
	100m: 1:12.77 39.01	200m: 2:36.50 41.08	300m: 4:15.89 50.00	400m: 5:28.77 36.39	
8.	Ana Filipa Serra	11	Colegio Int Monte Maior	5:28.98	487
	50m: 34.68 34.68	150m: 1:59.80 43.90	250m: 3:27.37 45.85	350m: 4:52.94 38.18	
	100m: 1:15.90 41.22	200m: 2:41.52 41.72	300m: 4:14.76 47.39	400m: 5:28.98 36.04	
9.	Francisca Meneses Goncalves	11	Benfica	5:29.35	485
	50m: 35.88 35.88	150m: 1:59.68 40.78	250m: 3:27.84 48.43	350m: 4:53.21 37.87	
	100m: 1:18.90 43.02	200m: 2:39.41 39.73	300m: 4:15.34 47.50	400m: 5:29.35 36.14	
10.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	5:29.92	483
	50m: 35.79 35.79	150m: 1:59.94 42.32	250m: 3:28.39 45.75	350m: 4:53.00 37.52	
	100m: 1:17.62 41.83	200m: 2:42.64 42.70	300m: 4:15.48 47.09	400m: 5:29.92 36.92	
11.	Beatriz Costa Diniz	10	Sporting	5:31.42	476
	50m: 34.37 34.37	150m: 1:58.45 44.23	250m: 3:27.92 46.28	350m: 4:53.57 38.56	
	100m: 1:14.22 39.85	200m: 2:41.64 43.19	300m: 4:15.01 47.09	400m: 5:31.42 37.85	
12.	Maria Rendeiro Correia	11	Alges	5:32.32	473
	50m: 34.07 34.07	150m: 1:56.70 43.17	250m: 3:25.19 47.01	350m: 4:53.06 39.72	
	100m: 1:13.53 39.46	200m: 2:38.18 41.48	300m: 4:13.34 48.15	400m: 5:32.32 39.26	
13.	Maria Madalena Fernandes	10	Alges	5:33.23	469
	50m: 33.88 33.88	150m: 1:57.21 45.40	250m: 3:29.88 48.48	350m: 4:56.30 37.73	
	100m: 1:11.81 37.93	200m: 2:41.40 44.19	300m: 4:18.57 48.69	400m: 5:33.23 36.93	
14.	Varvara Hurynovich	11	Alges	5:34.10	465
	50m: 34.26 34.26	150m: 1:58.85 43.20	250m: 3:27.40 46.55	350m: 4:54.99 39.46	
	100m: 1:15.65 41.39	200m: 2:40.85 42.00	300m: 4:15.53 48.13	400m: 5:34.10 39.11	
15.	Ines Freitas Abrantes	11	Colegio Int Monte Maior	5:35.20	460
	50m: 36.07 36.07	150m: 2:00.75 43.97	250m: 3:32.40 49.69	350m: 5:00.18 37.57	
	100m: 1:16.78 40.71	200m: 2:42.71 41.96	300m: 4:22.61 50.21	400m: 5:35.20 35.02	
16.	Victoria Sales Proenca	10	Benfica	5:35.40	460
	50m: 35.26 35.26	150m: 2:00.22 43.30	250m: 3:31.97 49.01	350m: 4:58.87 36.89	
	100m: 1:16.92 41.66	200m: 2:42.96 42.74	300m: 4:21.98 50.01	400m: 5:35.40 36.53	
17.	Madalena Ferreira Baldo	11	Colegio Int Monte Maior	5:36.03	457
	50m: 36.05 36.05	150m: 2:02.25 41.95	250m: 3:30.65 47.36	350m: 4:58.38 38.46	
	100m: 1:20.30 44.25	200m: 2:43.29 41.04	300m: 4:19.92 49.27	400m: 5:36.03 37.65	
18.	Beatriz Paiva Branco	10	Laranjeiro	5:36.78	454
	50m: 35.01 35.01	150m: 2:02.62 44.10	250m: 3:32.80 47.83	350m: 4:59.77 38.34	
	100m: 1:18.52 43.51	200m: 2:44.97 42.35	300m: 4:21.43 48.63	400m: 5:36.78 37.01	
19.	Luisa Anjos Frischknecht	10	Naval Setubalense	5:37.60	451
	50m: 35.83 35.83	150m: 2:00.92 44.12	250m: 3:31.60 47.53	350m: 4:59.69 40.07	
	100m: 1:16.80 40.97	200m: 2:44.07 43.15	300m: 4:19.62 48.02	400m: 5:37.60 37.91	
20.	Francisca Cunha Monteiro	11	Benfica	5:45.14	422
	50m: 37.00 37.00	150m: 2:04.96 43.67	250m: 3:37.08 48.85	350m: 5:06.95 39.15	
	100m: 1:21.29 44.29	200m: 2:48.23 43.27	300m: 4:27.80 50.72	400m: 5:45.14 38.19	
21.	Joana Alexandra Silva	10	CPCD Povia de Santa Iria	5:46.12	418
	50m: 34.32 34.32	150m: 2:00.76 44.66	250m: 3:35.53 51.62	350m: 5:06.63 38.52	
	100m: 1:16.10 41.78	200m: 2:43.91 43.15	300m: 4:28.11 52.58	400m: 5:46.12 39.49	
22.	Carolina Melo Camejo	11	Sporting	5:47.00	415
	50m: 34.22 34.22	150m: 1:58.41 41.72	250m: 3:33.12 53.41	350m: 5:08.14 40.01	
	100m: 1:16.69 42.47	200m: 2:39.71 41.30	300m: 4:28.13 55.01	400m: 5:47.00 38.86	
23.	Bruna Sofia Simoes	10	Sporting	5:48.32	410
	50m: 35.65 35.65	150m: 2:03.70 43.91	250m: 3:38.97 52.18	350m: 5:10.63 39.08	
	100m: 1:19.79 44.14	200m: 2:46.79 43.09	300m: 4:31.55 52.58	400m: 5:48.32 37.69	
24.	Maria Rita Filipe	10	Geslours	5:54.12	390
	50m: 38.09 38.09	150m: 2:07.54 42.66	250m: 3:39.92 50.95	350m: 5:13.46 40.63	
	100m: 1:24.88 46.79	200m: 2:48.97 41.43	300m: 4:32.83 52.91	400m: 5:54.12 40.66	
25.	Alice Fernandes Rodrigues	10	Geslours	5:57.51	379
	50m: 36.64 36.64	150m: 2:07.77 45.69	250m: 3:43.14 50.81	350m: 5:17.59 41.30	
	100m: 1:22.08 45.44	200m: 2:52.33 44.56	300m: 4:36.29 53.15	400m: 5:57.51 39.92	

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Prova 3, Femin., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
26.	Matilde Bento Pereira	11	Geslours	6:00.02	372
	50m: 37.29 37.29	150m: 2:11.06 46.40	250m: 3:43.75 48.62	350m: 5:17.43 43.81	
	100m: 1:24.66 47.37	200m: 2:55.13 44.07	300m: 4:33.62 49.87	400m: 6:00.02 42.59	
27.	Ana Mao de Ferro	11	Sporting	6:00.32	371
	50m: 39.33 39.33	150m: 2:11.03 44.38	250m: 3:46.01 52.21	350m: 5:20.69 41.26	
	100m: 1:26.65 47.32	200m: 2:53.80 42.77	300m: 4:39.43 53.42	400m: 6:00.32 39.63	
28.	Vitoria Alves Penedo	11	Palmela Desporto	6:01.96	366
	50m: 39.83 39.83	150m: 2:16.08 47.69	250m: 3:47.69 46.60	350m: 5:21.48 45.09	
	100m: 1:28.39 48.56	200m: 3:01.09 45.01	300m: 4:36.39 48.70	400m: 6:01.96 40.48	
29.	Raquel Silva Delgadinho	11	Palmela Desporto	6:04.88	357
	50m: 37.54 37.54	150m: 2:10.40 45.86	250m: 3:49.63 54.43	350m: 5:27.08 41.23	
	100m: 1:24.54 47.00	200m: 2:55.20 44.80	300m: 4:45.85 56.22	400m: 6:04.88 37.80	
30.	Catarina Ribeiro Fernandez	11	Geslours	6:10.34	341
	50m: 38.71 38.71	150m: 2:15.93 46.48	250m: 3:54.02 53.55	350m: 5:31.25 41.57	
	100m: 1:29.45 50.74	200m: 3:00.47 44.54	300m: 4:49.68 55.66	400m: 6:10.34 39.09	
31.	Rita Ribeiro Pereira	11	Geslours	6:19.40	317
	50m: 40.46 40.46	150m: 2:16.49 46.63	250m: 3:57.41 56.20	350m: 5:38.31 43.27	
	100m: 1:29.86 49.40	200m: 3:01.21 44.72	300m: 4:55.04 57.63	400m: 6:19.40 41.09	
DNS	Alice Martins Paiva	11	Palmela Desporto		

Resultados online: anlisboa.info/live