

Prova 1
14.11.2025 - 15:30

Femin., 400m Estilos

Absolutos
Resultados

Rec Regional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Abs	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Sen	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Jun 18	4:41.02	Victoria Kaminskaya	PMP	Porto	2012
Rec Nacional Jun 17	4:46.89	Ines Neto Rocha	CAP	Felgueiras	2018
Rec Nacional Juv A	4:50.85	Diana Margarida Duraes	FOCA	Silves	2011
Rec Nacional Juv B	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004

Mínimo Participação Juv B: 6:09.49; Juv A: 5:55.28; Jun 17: 5:44.93; Jun 18: 5:38.17; 19: 5:31.54; 20 +: 5:28.22

Pontos: AQUA 2025

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Margarida Ferreira Moura	11	Sporting	5:12.08	5:13.87	539
	50m: 33.15 33.15	150m: 1:52.29 41.82	250m: 3:17.39 44.73	350m: 4:38.85 36.17		
	100m: 1:10.47 37.32	200m: 2:32.66 40.37	300m: 4:02.68 45.29	400m: 5:13.87 35.02		
2.	Ana Filipa Serra	11	Colegio Int Monte Maior	5:17.13	5:16.54	525
	50m: 34.02 34.02	150m: 1:54.61 40.62	250m: 3:18.16 44.15	350m: 4:40.26 36.97		
	100m: 1:13.99 39.97	200m: 2:34.01 39.40	300m: 4:03.29 45.13	400m: 5:16.54 36.28		
3.	Margarida Almeida Ferreira	11	Sporting	5:28.77	5:24.81	486
	50m: 32.53 32.53	150m: 1:52.25 42.14	250m: 3:21.01 47.93	350m: 4:47.71 37.77		
	100m: 1:10.11 37.58	200m: 2:33.08 40.83	300m: 4:09.94 48.93	400m: 5:24.81 37.10		
4.	Laura Aguiar Bergamo	11	Alges	5:24.86	5:27.69	473
	50m: 35.31 35.31	150m: 2:02.24 44.23	250m: 3:28.66 44.08	350m: 4:51.73 37.57		
	100m: 1:18.01 42.70	200m: 2:44.58 42.34	300m: 4:14.16 45.50	400m: 5:27.69 35.96		
5.	Varvara Hurynovich	11	Alges	5:33.22	5:29.78	464
	50m: 34.05 34.05	150m: 1:56.99 42.14	250m: 3:25.22 46.30	350m: 4:51.75 38.88		
	100m: 1:14.85 40.80	200m: 2:38.92 41.93	300m: 4:12.87 47.65	400m: 5:29.78 38.03		
6.	Maria Rendeiro Correia	11	Alges	5:32.32	5:30.68	461
	50m: 33.43 33.43	150m: 1:54.74 41.75	250m: 3:25.39 49.10	350m: 4:52.98 37.70		
	100m: 1:12.99 39.56	200m: 2:36.29 41.55	300m: 4:15.28 49.89	400m: 5:30.68 37.70		
7.	Francisca Cunha Monteiro	11	Benfica	5:45.14	5:35.62	441
	50m: 35.91 35.91	150m: 2:00.65 43.12	250m: 3:31.44 49.06	350m: 4:59.01 38.82		
	100m: 1:17.53 41.62	200m: 2:42.38 41.73	300m: 4:20.19 48.75	400m: 5:35.62 36.61		
8.	Ines Freitas Abrantes	11	Colegio Int Monte Maior	5:35.20	5:38.20	431
	50m: 35.60 35.60	150m: 1:59.40 43.38	250m: 3:33.10 51.51	350m: 5:01.91 37.38		
	100m: 1:16.02 40.42	200m: 2:41.59 42.19	300m: 4:24.53 51.43	400m: 5:38.20 36.29		
9.	Ana Mao de Ferro	11	Sporting	6:00.32	5:50.87	386
	50m: 38.86 38.86	150m: 2:08.38 42.35	250m: 3:41.31 51.18	350m: 5:13.51 40.09		
	100m: 1:26.03 47.17	200m: 2:50.13 41.75	300m: 4:33.42 52.11	400m: 5:50.87 37.36		
10.	Vitoria Alves Penedo <i>Fora Tempo Acesso</i>	11	Palmela Desporto	6:01.96	6:10.52	327
	50m: 39.29 39.29	150m: 2:14.48 48.61	250m: 3:46.10 46.19	350m: 5:25.33 50.88		
	100m: 1:25.87 46.58	200m: 2:59.91 45.43	300m: 4:34.45 48.35	400m: 6:10.52 45.19		
11.	Raquel Silva Delgadinho <i>Fora Tempo Acesso</i>	11	Palmela Desporto	6:04.88	6:13.46	320
	50m: 37.41 37.41	150m: 2:10.72 46.63	250m: 3:51.72 56.52	350m: 5:32.81 42.52		
	100m: 1:24.09 46.68	200m: 2:55.20 44.48	300m: 4:50.29 58.57	400m: 6:13.46 40.65		
DSQ	Carolina Melo Camejo	11	Sporting	5:47.00		
	<i>E-B20 - Tocou com uma só mão na parede testa na chegada do percurso de bruços (sr 7.6 / 9.4)</i>					

Juvenis A

1.	Rita Canas Brito	10	Naval Setubalense	5:20.89	5:20.49	506
	50m: 34.27 34.27	150m: 1:55.30 41.87	250m: 3:21.07 44.55	350m: 4:44.18 38.24		
	100m: 1:13.43 39.16	200m: 2:36.52 41.22	300m: 4:05.94 44.87	400m: 5:20.49 36.31		
2.	Carolina Escrevente Guerra	10	Alges	5:23.75	5:21.65	501
	50m: 33.75 33.75	150m: 1:53.20 40.17	250m: 3:19.99 47.11	350m: 4:45.08 37.47		
	100m: 1:13.03 39.28	200m: 2:32.88 39.68	300m: 4:07.61 47.62	400m: 5:21.65 36.57		

Resultados online: anlisboa.pt/live

Prova 1, Femin., 400m Estilos, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
3.	Rita Braga Gomes	10	Alges	5:16.62	5:26.40	479
	50m: 33.04 33.04	150m: 1:54.75 43.08	250m: 3:23.23 46.53	350m: 4:48.42 37.93		
	100m: 1:11.67 38.63	200m: 2:36.70 41.95	300m: 4:10.49 47.26	400m: 5:26.40 37.98		
4.	Carolina Sofia Martins	10	Palmela Desporto	5:27.76	5:29.45	466
	50m: 33.83 33.83	150m: 1:54.26 41.94	250m: 3:23.63 46.86	350m: 4:49.89 38.21		
	100m: 1:12.32 38.49	200m: 2:36.77 42.51	300m: 4:11.68 48.05	400m: 5:29.45 39.56		
5.	Luisa Anjos Frischknecht	10	Naval Setubalense	5:34.98	5:32.40	454
	50m: 33.53 33.53	150m: 1:55.36 43.46	250m: 3:25.52 48.12	350m: 4:53.59 40.14		
	100m: 1:11.90 38.37	200m: 2:37.40 42.04	300m: 4:13.45 47.93	400m: 5:32.40 38.81		
6.	Beatriz Costa Diniz	10	Sporting	5:31.42	5:32.95	451
	50m: 33.19 33.19	150m: 1:56.18 43.74	250m: 3:26.53 47.02	350m: 4:54.81 39.18		
	100m: 1:12.44 39.25	200m: 2:39.51 43.33	300m: 4:15.63 49.10	400m: 5:32.95 38.14		

Juniores

1.	Raquel Sofia Bras	09	Os Belenenses	5:07.29	5:19.61	510
	<i>Campeã Regional</i>					
	50m: 33.71 33.71	150m: 1:54.22 41.34	250m: 3:20.81 45.39	350m: 4:43.30 37.02		
	100m: 1:12.88 39.17	200m: 2:35.42 41.20	300m: 4:06.28 45.47	400m: 5:19.61 36.31		
2.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	5:25.25	5:19.99	508
	50m: 34.05 34.05	150m: 1:54.41 40.79	250m: 3:19.85 44.66	350m: 4:43.85 38.14		
	100m: 1:13.62 39.57	200m: 2:35.19 40.78	300m: 4:05.71 45.86	400m: 5:19.99 36.14		
3.	Matilde Lopes Fialho	09	Palmela Desporto	5:14.83	5:20.53	506
	50m: 33.44 33.44	150m: 1:51.42 38.32	250m: 3:17.13 47.58	350m: 4:43.88 38.19		
	100m: 1:13.10 39.66	200m: 2:29.55 38.13	300m: 4:05.69 48.56	400m: 5:20.53 36.65		

Seniores

1.	Marta Lima Pimentel	04	Colegio Int Monte Maior	5:15.58	5:22.23	498
	<i>Campeã Regional</i>					
	50m: 34.80 34.80	150m: 1:55.63 40.59	250m: 3:22.89 47.32	350m: 4:47.03 36.69		
	100m: 1:15.04 40.24	200m: 2:35.57 39.94	300m: 4:10.34 47.45	400m: 5:22.23 35.20		

DSQ Catarina Alexandra Alves 07 Geslours 5:06.65
E-M7 - Braçada subaquática de recuperação para o toque na parede testa na viragem aos 50 metros (sr 8.2)

Absolutos

1.	Margarida Ferreira Moura	11	Sporting	5:12.08	5:13.87	539
	<i>Campeã Regional</i>					
	50m: 33.15 33.15	150m: 1:52.29 41.82	250m: 3:17.39 44.73	350m: 4:38.85 36.17		
	100m: 1:10.47 37.32	200m: 2:32.66 40.37	300m: 4:02.68 45.29	400m: 5:13.87 35.02		
2.	Ana Filipa Serra	11	Colegio Int Monte Maior	5:17.13	5:16.54	525
	50m: 34.02 34.02	150m: 1:54.61 40.62	250m: 3:18.16 44.15	350m: 4:40.26 36.97		
	100m: 1:13.99 39.97	200m: 2:34.01 39.40	300m: 4:03.29 45.13	400m: 5:16.54 36.28		
3.	Raquel Sofia Bras	09	Os Belenenses	5:07.29	5:19.61	510
	50m: 33.71 33.71	150m: 1:54.22 41.34	250m: 3:20.81 45.39	350m: 4:43.30 37.02		
	100m: 1:12.88 39.17	200m: 2:35.42 41.20	300m: 4:06.28 45.47	400m: 5:19.61 36.31		
4.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	5:25.25	5:19.99	508
	50m: 34.05 34.05	150m: 1:54.41 40.79	250m: 3:19.85 44.66	350m: 4:43.85 38.14		
	100m: 1:13.62 39.57	200m: 2:35.19 40.78	300m: 4:05.71 45.86	400m: 5:19.99 36.14		
5.	Rita Canas Brito	10	Naval Setubalense	5:20.89	5:20.49	506
	50m: 34.27 34.27	150m: 1:55.30 41.87	250m: 3:21.07 44.55	350m: 4:44.18 38.24		
	100m: 1:13.43 39.16	200m: 2:36.52 41.22	300m: 4:05.94 44.87	400m: 5:20.49 36.31		
6.	Matilde Lopes Fialho	09	Palmela Desporto	5:14.83	5:20.53	506
	50m: 33.44 33.44	150m: 1:51.42 38.32	250m: 3:17.13 47.58	350m: 4:43.88 38.19		
	100m: 1:13.10 39.66	200m: 2:29.55 38.13	300m: 4:05.69 48.56	400m: 5:20.53 36.65		
7.	Carolina Escrevente Guerra	10	Alges	5:23.75	5:21.65	501
	50m: 33.75 33.75	150m: 1:53.20 40.17	250m: 3:19.99 47.11	350m: 4:45.08 37.47		
	100m: 1:13.03 39.28	200m: 2:32.88 39.68	300m: 4:07.61 47.62	400m: 5:21.65 36.57		

Resultados online: anlisboa.pt/live

Prova 1, Femin., 400m Estilos, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
8.	Marta Lima Pimentel	04	Colegio Int Monte Maior	5:15.58	5:22.23	498
	50m: 34.80 34.80 150m: 1:55.63 40.59 250m: 3:22.89 47.32 350m: 4:47.03 36.69			47.45 400m: 5:22.23 35.20		
9.	Margarida Almeida Ferreira	11	Sporting	5:28.77	5:24.81	486
	50m: 32.53 32.53 150m: 1:52.25 42.14 250m: 3:21.01 47.93 350m: 4:47.71 37.77			48.93 400m: 5:24.81 37.10		
10.	Rita Braga Gomes	10	Alges	5:16.62	5:26.40	479
	50m: 33.04 33.04 150m: 1:54.75 43.08 250m: 3:23.23 46.53 350m: 4:48.42 37.93			47.26 400m: 5:26.40 37.98		
11.	Laura Aguiar Bergamo	11	Alges	5:24.86	5:27.69	473
	50m: 35.31 35.31 150m: 2:02.24 44.23 250m: 3:28.66 44.08 350m: 4:51.73 37.57			45.50 400m: 5:27.69 35.96		
12.	Carolina Sofia Martins	10	Palmela Desporto	5:27.76	5:29.45	466
	50m: 33.83 33.83 150m: 1:54.26 41.94 250m: 3:23.63 46.86 350m: 4:49.89 38.21			48.05 400m: 5:29.45 39.56		
13.	Varvara Hurynovich	11	Alges	5:33.22	5:29.78	464
	50m: 34.05 34.05 150m: 1:56.99 42.14 250m: 3:25.22 46.30 350m: 4:51.75 38.88			47.65 400m: 5:29.78 38.03		
14.	Maria Rendeiro Correia	11	Alges	5:32.32	5:30.68	461
	50m: 33.43 33.43 150m: 1:54.74 41.75 250m: 3:25.39 49.10 350m: 4:52.98 37.70			49.89 400m: 5:30.68 37.70		
15.	Luisa Anjos Frischknecht	10	Naval Setubalense	5:34.98	5:32.40	454
	50m: 33.53 33.53 150m: 1:55.36 43.46 250m: 3:25.52 48.12 350m: 4:53.59 40.14			47.93 400m: 5:32.40 38.81		
16.	Beatriz Costa Diniz	10	Sporting	5:31.42	5:32.95	451
	50m: 33.19 33.19 150m: 1:56.18 43.74 250m: 3:26.53 47.02 350m: 4:54.81 39.18			49.10 400m: 5:32.95 38.14		
17.	Francisca Cunha Monteiro	11	Benfica	5:45.14	5:35.62	441
	50m: 35.91 35.91 150m: 2:00.65 43.12 250m: 3:31.44 49.06 350m: 4:59.01 38.82			48.75 400m: 5:35.62 36.61		
18.	Ines Freitas Abrantes	11	Colegio Int Monte Maior	5:35.20	5:38.20	431
	50m: 35.60 35.60 150m: 1:59.40 43.38 250m: 3:33.10 51.51 350m: 5:01.91 37.38			51.43 400m: 5:38.20 36.29		
19.	Ana Mao de Ferro	11	Sporting	6:00.32	5:50.87	386
	50m: 38.86 38.86 150m: 2:08.38 42.35 250m: 3:41.31 51.18 350m: 5:13.51 40.09			52.11 400m: 5:50.87 37.36		
20.	Vitoria Alves Penedo <i>Fora Tempo Acesso</i>	11	Palmela Desporto	6:01.96	6:10.52	327
	50m: 39.29 39.29 150m: 2:14.48 48.61 250m: 3:46.10 46.19 350m: 5:25.33 50.88			48.35 400m: 6:10.52 45.19		
21.	Raquel Silva Delgadinho <i>Fora Tempo Acesso</i>	11	Palmela Desporto	6:04.88	6:13.46	320
	50m: 37.41 37.41 150m: 2:10.72 46.63 250m: 3:51.72 56.52 350m: 5:32.81 42.52			58.57 400m: 6:13.46 40.65		
DSQ	Catarina Alexandra Alves	07	Geslours	5:06.65		
	<i>E-M7 - Braçada subaquática de recuperação para o toque na parede testa na viragem aos 50 metros (sr 8.2)</i>					
DSQ	Carolina Melo Camejo	11	Sporting	5:47.00		
	<i>E-B20 - Tocou com uma só mão na parede testa na chegada do percurso de bruços (sr 7.6 / 9.4)</i>					
EXH	Maria Madalena Monteiro	08	Torres Novas	5:35.73	5:39.22	427
	50m: 35.19 35.19 150m: 2:01.38 43.99 250m: 3:32.79 48.55 350m: 5:01.31 38.82			49.70 400m: 5:39.22 37.91		

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