

Prova 21
15.11.2025 - 16:00

Femin., 400m Livres

Absolutos
Resultados

Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Abs	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	2023
Rec Nacional Sen	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	2023
Rec Nacional Jun 18	4:11.18	Francisca Soares Martins	FOCA	Mealhada	2020
Rec Nacional Jun 17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Juv A	4:13.53	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Juv B	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004

Mínimo Participação Juv B: 5:25.81; Juv A: 5:13.28; Jun 17: 5:04.15; Jun 18: 4:58.19; 19: 4:52.34; 20 +: 4:49.42

Pontos: AQUA 2025

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Margarida Almeida Ferreira	11	Sporting	4:45.13	4:35.19	585
	50m: 32.22 32.22	150m: 1:42.15 35.03	250m: 2:52.48 34.96	350m: 4:01.93 34.23		
	100m: 1:07.12 34.90	200m: 2:17.52 35.37	300m: 3:27.70 35.22	400m: 4:35.19 33.26		
2.	Francisca Meneses Gonçalves	11	Benfica	5:06.40	4:47.30	514
	50m: 31.66 31.66	150m: 1:44.73 37.31	250m: 3:00.20 37.16	350m: 4:12.93 35.92		
	100m: 1:07.42 35.76	200m: 2:23.04 38.31	300m: 3:37.01 36.81	400m: 4:47.30 34.37		
3.	Carmo Rosa Madeira	11	Laranjeiro	5:00.97	5:02.90	439
	50m: 34.01 34.01	150m: 1:48.45 37.74	250m: 3:05.98 38.54	350m: 4:24.45 38.91		
	100m: 1:10.71 36.70	200m: 2:27.44 38.99	300m: 3:45.54 39.56	400m: 5:02.90 38.45		
4.	Raquel Silva Delgadinho	11	Palmela Desporto	5:04.97	5:04.27	433
	50m: 34.01 34.01	150m: 1:50.61 38.43	250m: 3:08.15 38.78	350m: 4:26.49 39.10		
	100m: 1:12.18 38.17	200m: 2:29.37 38.76	300m: 3:47.39 39.24	400m: 5:04.27 37.78		
5.	Maria Madalena Lucas	11	Nacional de Nataçao	5:14.61	5:07.25	420
	50m: 31.29 31.29	150m: 1:41.60 35.29	250m: 3:06.18 49.74	350m: 4:29.30 40.35		
	100m: 1:06.31 35.02	200m: 2:16.44 34.84	300m: 3:48.95 42.77	400m: 5:07.25 37.95		
6.	Catarina Ribeiro Fernandez	11	Geslours	5:18.96	5:17.54	381
	50m: 35.37 35.37	150m: 1:55.33 40.00	250m: 3:16.97 40.75	350m: 4:38.65 40.74		
	100m: 1:15.33 39.96	200m: 2:36.22 40.89	300m: 3:57.91 40.94	400m: 5:17.54 38.89		

Juvenis A

1.	Beatriz Paiva Branco	10	Laranjeiro	4:46.19	4:53.36	483
	50m: 33.51 33.51	150m: 1:47.57 37.62	250m: 3:02.77 37.39	350m: 4:18.24 37.54		
	100m: 1:09.95 36.44	200m: 2:25.38 37.81	300m: 3:40.70 37.93	400m: 4:53.36 35.12		
2.	Beatriz Costa Diniz	10	Sporting	4:53.02	4:54.04	480
	50m: 33.95 33.95	150m: 1:48.18 37.47	250m: 3:02.72 37.02	350m: 4:17.63 37.29		
	100m: 1:10.71 36.76	200m: 2:25.70 37.52	300m: 3:40.34 37.62	400m: 4:54.04 36.41		

Juniores

1.	Teresa Oliveira Santos <i>Campeã Regional</i>	08	Alges	4:38.15	4:41.19	549
	50m: 32.22 32.22	150m: 1:42.65 35.42	250m: 2:54.19 35.67	350m: 4:07.09 36.32		
	100m: 1:07.23 35.01	200m: 2:18.52 35.87	300m: 3:30.77 36.58	400m: 4:41.19 34.10		
2.	Sofia Monteiro Uva	09	Alges	4:42.28	4:41.51	547
	50m: 31.93 31.93	150m: 1:42.36 35.26	250m: 2:54.15 35.86	350m: 4:07.19 36.56		
	100m: 1:07.10 35.17	200m: 2:18.29 35.93	300m: 3:30.63 36.48	400m: 4:41.51 34.32		
3.	Carolina Marques Madeira	09	Nacional de Nataçao	4:45.06	4:42.75	539
	50m: 32.39 32.39	150m: 1:43.05 36.09	250m: 2:54.60 35.84	350m: 4:06.65 35.89		
	100m: 1:06.96 34.57	200m: 2:18.76 35.71	300m: 3:30.76 36.16	400m: 4:42.75 36.10		
4.	Joana Pontes Prior	08	Laranjeiro	4:58.19	4:49.80	501
	50m: 33.09 33.09	150m: 1:45.91 36.79	250m: 2:58.90 36.38	350m: 4:13.61 37.34		
	100m: 1:09.12 36.03	200m: 2:22.52 36.61	300m: 3:36.27 37.37	400m: 4:49.80 36.19		
5.	Beatriz Silva Jordao	09	Os Belenenses	4:46.76	4:52.23	489
	50m: 32.63 32.63	150m: 1:44.39 35.91	250m: 2:58.47 37.47	350m: 4:14.37 37.99		
	100m: 1:08.48 35.85	200m: 2:21.00 36.61	300m: 3:36.38 37.91	400m: 4:52.23 37.86		
6.	Marta Matos Laranjeira	08	Fisica Torres Vedras	4:57.54	4:55.10	474
	50m: 32.92 32.92	150m: 1:45.28 36.52	250m: 2:59.43 37.53	350m: 4:17.36 39.01		
	100m: 1:08.76 35.84	200m: 2:21.90 36.62	300m: 3:38.35 38.92	400m: 4:55.10 37.74		

Resultados online: anlisboa.pt/live

Prova 21, Femin., 400m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
7.	Constanca Lopes Cruz	09	Colegio Int Monte Maior	4:55.39	4:59.53	454
	50m: 33.54 33.54	150m: 1:48.68 38.10	250m: 3:05.18 38.22	350m: 4:22.01 38.12		
	100m: 1:10.58 37.04	200m: 2:26.96 38.28	300m: 3:43.89 38.71	400m: 4:59.53 37.52		

Seniores

1.	Maria Ornelas Armas <i>Campeã Regional</i>	98	Colegio Int Monte Maior	4:25.03	4:26.57	644
	50m: 30.91 30.91	150m: 1:36.93 33.06	250m: 2:44.34 33.79	350m: 3:52.83 34.40		
	100m: 1:03.87 32.96	200m: 2:10.55 33.62	300m: 3:18.43 34.09	400m: 4:26.57 33.74		
2.	Beatriz Paulo Ranito	99	Geslours	4:30.44	4:32.16	605
	50m: 31.02 31.02	150m: 1:39.33 34.61	250m: 2:49.05 34.83	350m: 3:59.23 35.13		
	100m: 1:04.72 33.70	200m: 2:14.22 34.89	300m: 3:24.10 35.05	400m: 4:32.16 32.93		
3.	Ana Rita Matos	02	Os Belenenses	4:35.69	4:32.93	600
	50m: 31.53 31.53	150m: 1:39.76 34.31	250m: 2:48.86 34.57	350m: 3:58.73 35.11		
	100m: 1:05.45 33.92	200m: 2:14.29 34.53	300m: 3:23.62 34.76	400m: 4:32.93 34.20		
4.	Leonor Carvalho Oliveira	07	Naval Setubalense	4:47.92	4:36.09	580
	50m: 30.05 30.05	150m: 1:37.59 34.39	250m: 2:48.14 35.57	350m: 4:00.49 36.07		
	100m: 1:03.20 33.15	200m: 2:12.57 34.98	300m: 3:24.42 36.28	400m: 4:36.09 35.60		
5.	Marta Lima Pimentel	04	Colegio Int Monte Maior	4:39.48	4:43.17	537
	50m: 32.83 32.83	150m: 1:43.68 35.72	250m: 2:55.73 35.94	350m: 4:08.03 36.01		
	100m: 1:07.96 35.13	200m: 2:19.79 36.11	300m: 3:32.02 36.29	400m: 4:43.17 35.14		
6.	Iris Pereira Carrao	05	Palmela Desporto	4:36.53	4:49.02	505
	50m: 32.26 32.26	150m: 1:42.93 35.75	250m: 2:56.67 37.26	350m: 4:12.12 37.92		
	100m: 1:07.18 34.92	200m: 2:19.41 36.48	300m: 3:34.20 37.53	400m: 4:49.02 36.90		

Absolutos

1.	Maria Ornelas Armas <i>Campeã Regional</i>	98	Colegio Int Monte Maior	4:25.03	4:26.57	644
	50m: 30.91 30.91	150m: 1:36.93 33.06	250m: 2:44.34 33.79	350m: 3:52.83 34.40		
	100m: 1:03.87 32.96	200m: 2:10.55 33.62	300m: 3:18.43 34.09	400m: 4:26.57 33.74		
2.	Beatriz Paulo Ranito	99	Geslours	4:30.44	4:32.16	605
	50m: 31.02 31.02	150m: 1:39.33 34.61	250m: 2:49.05 34.83	350m: 3:59.23 35.13		
	100m: 1:04.72 33.70	200m: 2:14.22 34.89	300m: 3:24.10 35.05	400m: 4:32.16 32.93		
3.	Ana Rita Matos	02	Os Belenenses	4:35.69	4:32.93	600
	50m: 31.53 31.53	150m: 1:39.76 34.31	250m: 2:48.86 34.57	350m: 3:58.73 35.11		
	100m: 1:05.45 33.92	200m: 2:14.29 34.53	300m: 3:23.62 34.76	400m: 4:32.93 34.20		
4.	Margarida Almeida Ferreira	11	Sporting	4:45.13	4:35.19	585
	50m: 32.22 32.22	150m: 1:42.15 35.03	250m: 2:52.48 34.96	350m: 4:01.93 34.23		
	100m: 1:07.12 34.90	200m: 2:17.52 35.37	300m: 3:27.70 35.22	400m: 4:35.19 33.26		
5.	Leonor Carvalho Oliveira	07	Naval Setubalense	4:47.92	4:36.09	580
	50m: 30.05 30.05	150m: 1:37.59 34.39	250m: 2:48.14 35.57	350m: 4:00.49 36.07		
	100m: 1:03.20 33.15	200m: 2:12.57 34.98	300m: 3:24.42 36.28	400m: 4:36.09 35.60		
6.	Teresa Oliveira Santos	08	Alges	4:38.15	4:41.19	549
	50m: 32.22 32.22	150m: 1:42.65 35.42	250m: 2:54.19 35.67	350m: 4:07.09 36.32		
	100m: 1:07.23 35.01	200m: 2:18.52 35.87	300m: 3:30.77 36.58	400m: 4:41.19 34.10		
7.	Sofia Monteiro Uva	09	Alges	4:42.28	4:41.51	547
	50m: 31.93 31.93	150m: 1:42.36 35.26	250m: 2:54.15 35.86	350m: 4:07.19 36.56		
	100m: 1:07.10 35.17	200m: 2:18.29 35.93	300m: 3:30.63 36.48	400m: 4:41.51 34.32		
8.	Carolina Marques Madeira	09	Nacional de Natação	4:45.06	4:42.75	539
	50m: 32.39 32.39	150m: 1:43.05 36.09	250m: 2:54.60 35.84	350m: 4:06.65 35.89		
	100m: 1:06.96 34.57	200m: 2:18.76 35.71	300m: 3:30.76 36.16	400m: 4:42.75 36.10		
9.	Marta Lima Pimentel	04	Colegio Int Monte Maior	4:39.48	4:43.17	537
	50m: 32.83 32.83	150m: 1:43.68 35.72	250m: 2:55.73 35.94	350m: 4:08.03 36.01		
	100m: 1:07.96 35.13	200m: 2:19.79 36.11	300m: 3:32.02 36.29	400m: 4:43.17 35.14		
10.	Francisca Meneses Goncalves	11	Benfica	5:06.40	4:47.30	514
	50m: 31.66 31.66	150m: 1:44.73 37.31	250m: 3:00.20 37.16	350m: 4:12.93 35.92		
	100m: 1:07.42 35.76	200m: 2:23.04 38.31	300m: 3:37.01 36.81	400m: 4:47.30 34.37		
11.	Iris Pereira Carrao	05	Palmela Desporto	4:36.53	4:49.02	505
	50m: 32.26 32.26	150m: 1:42.93 35.75	250m: 2:56.67 37.26	350m: 4:12.12 37.92		
	100m: 1:07.18 34.92	200m: 2:19.41 36.48	300m: 3:34.20 37.53	400m: 4:49.02 36.90		

Resultados online: anlisboa.pt/live

Prova 21, Femin., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
12.	Joana Pontes Prior	08	Laranjeiro	4:58.19	4:49.80	501
	50m: 33.09 33.09	150m: 1:45.91 36.79	250m: 2:58.90 36.38	350m: 4:13.61 37.34		
	100m: 1:09.12 36.03	200m: 2:22.52 36.61	300m: 3:36.27 37.37	400m: 4:49.80 36.19		
13.	Beatriz Silva Jordao	09	Os Belenenses	4:46.76	4:52.23	489
	50m: 32.63 32.63	150m: 1:44.39 35.91	250m: 2:58.47 37.47	350m: 4:14.37 37.99		
	100m: 1:08.48 35.85	200m: 2:21.00 36.61	300m: 3:36.38 37.91	400m: 4:52.23 37.86		
14.	Beatriz Paiva Branco	10	Laranjeiro	4:46.19	4:53.36	483
	50m: 33.51 33.51	150m: 1:47.57 37.62	250m: 3:02.77 37.39	350m: 4:18.24 37.54		
	100m: 1:09.95 36.44	200m: 2:25.38 37.81	300m: 3:40.70 37.93	400m: 4:53.36 35.12		
15.	Beatriz Costa Diniz	10	Sporting	4:53.02	4:54.04	480
	50m: 33.95 33.95	150m: 1:48.18 37.47	250m: 3:02.72 37.02	350m: 4:17.63 37.29		
	100m: 1:10.71 36.76	200m: 2:25.70 37.52	300m: 3:40.34 37.62	400m: 4:54.04 36.41		
16.	Marta Matos Laranjeira	08	Fisica Torres Vedras	4:57.54	4:55.10	474
	50m: 32.92 32.92	150m: 1:45.28 36.52	250m: 2:59.43 37.53	350m: 4:17.36 39.01		
	100m: 1:08.76 35.84	200m: 2:21.90 36.62	300m: 3:38.35 38.92	400m: 4:55.10 37.74		
17.	Constanca Lopes Cruz	09	Colegio Int Monte Maior	4:55.39	4:59.53	454
	50m: 33.54 33.54	150m: 1:48.68 38.10	250m: 3:05.18 38.22	350m: 4:22.01 38.12		
	100m: 1:10.58 37.04	200m: 2:26.96 38.28	300m: 3:43.89 38.71	400m: 4:59.53 37.52		
18.	Carmo Rosa Madeira	11	Laranjeiro	5:00.97	5:02.90	439
	50m: 34.01 34.01	150m: 1:48.45 37.74	250m: 3:05.98 38.54	350m: 4:24.45 38.91		
	100m: 1:10.71 36.70	200m: 2:27.44 38.99	300m: 3:45.54 39.56	400m: 5:02.90 38.45		
19.	Raquel Silva Delgadinho	11	Palmela Desporto	5:04.97	5:04.27	433
	50m: 34.01 34.01	150m: 1:50.61 38.43	250m: 3:08.15 38.78	350m: 4:26.49 39.10		
	100m: 1:12.18 38.17	200m: 2:29.37 38.76	300m: 3:47.39 39.24	400m: 5:04.27 37.78		
20.	Maria Madalena Lucas	11	Nacional de Natação	5:14.61	5:07.25	420
	50m: 31.29 31.29	150m: 1:41.60 35.29	250m: 3:06.18 49.74	350m: 4:29.30 40.35		
	100m: 1:06.31 35.02	200m: 2:16.44 34.84	300m: 3:48.95 42.77	400m: 5:07.25 37.95		
21.	Catarina Ribeiro Fernandez	11	Geslours	5:18.96	5:17.54	381
	50m: 35.37 35.37	150m: 1:55.33 40.00	250m: 3:16.97 40.75	350m: 4:38.65 40.74		
	100m: 1:15.33 39.96	200m: 2:36.22 40.89	300m: 3:57.91 40.94	400m: 5:17.54 38.89		
EXH	Rafaela Ferreira Mendes	08	Torres Novas	4:34.80	4:41.46	547
	50m: 31.78 31.78	150m: 1:41.74 35.72	250m: 2:54.55 36.17	350m: 4:06.76 35.91		
	100m: 1:06.02 34.24	200m: 2:18.38 36.64	300m: 3:30.85 36.30	400m: 4:41.46 34.70		
EXH	Maria Madalena Monteiro	08	Torres Novas	4:56.44	4:52.21	489
	50m: 33.35 33.35	150m: 1:46.43 36.78	250m: 3:00.46 36.91	350m: 4:15.74 37.80		
	100m: 1:09.65 36.30	200m: 2:23.55 37.12	300m: 3:37.94 37.48	400m: 4:52.21 36.47		

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