

Prova 13
 19.04.2026 - 9:00

Femin., 400m Livres

 Cadetes A
 Resultados

Pontos: AQUA 2025

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	Maria Francisca Fragoeiro	14	SFUAP	5:06.68	423	1:12.53	1:19.32	1:18.51	1:16.32
2.	Diana Cristina Alves	14	PDEM	5:31.72	334	1:16.11	1:26.39	1:26.90	1:22.32
3.	Salome Meneses Pereira	14	AONDA	5:33.56	328	1:19.31	1:27.10	1:25.28	1:21.87
4.	Matilde Dias Mateus	14	SFUAP	5:34.02	327	1:19.56	1:26.28	1:25.22	1:22.96
5.	Camila Fragoso Ferreira	14	CNN	5:34.56	325	1:18.28	1:26.14	1:26.57	1:23.57
6.	Ines Costa Faria	14	CNN	5:34.64	325	1:20.64	1:25.60	1:25.54	1:22.86
7.	Francisca Cerqueira Silva	14	SCP	5:35.71	322	1:20.18	1:27.53	1:26.89	1:21.11
8.	Margarida Duarte Orio	14	SFUAP	5:41.43	306	1:21.96	1:27.65	1:27.67	1:24.15
9.	Madalena Filipe Brito	14	CNN	5:42.48	303	1:18.38	1:27.10	1:29.25	1:27.75
10.	Maria Francisca Conceicao	14	FS	5:43.41	301	1:22.34	1:27.57	1:28.53	1:24.97
11.	Hanna Fedynych	14	SCP	5:44.50	298	1:20.18	1:28.21	1:29.07	1:27.04
12.	Melanie Silva Miguel	14	COL	5:46.41	293	1:23.13	1:28.78	1:29.32	1:25.18
13.	Beatriz Hypolito Dantas	14	SFUAP	5:49.41	286	1:22.16	1:10.35	1:50.43	1:26.47
14.	Eduarda Muga Ribeiro	14	SAD	5:50.35	283	1:23.67	1:31.89	1:29.54	1:25.25
15.	Ana Xuan Cruz	14	SAD	5:54.06	275	1:22.71	1:32.85	1:32.40	1:26.10
16.	Sara Alves Penedo	14	PDEM	5:54.19	274	1:23.38	1:31.88	1:30.40	1:28.53
17.	Sara Filipa Sousa	14	SFUAP	5:56.90	268	1:22.00	1:33.90	1:32.72	1:28.28
18.	Isabel Almeida Ribeiro	14	SCP	5:58.78	264	1:25.39	1:32.36	1:31.96	1:29.07
19.	Maria Carmo Raimundo	14	SCP	5:58.85	264	1:27.52	1:31.18	1:32.93	1:27.22
20.	Filipa Justo Pedro	14	CNS	5:58.91	264	1:24.16	1:32.32	1:32.28	1:30.15
21.	Maria Francisca Martins	14	SAD	6:00.28	261	1:24.71	1:32.72	1:33.07	1:29.78
22.	Maria Francisca Calcada	14	SCP	6:02.30	256	1:26.47	1:34.44	1:33.28	1:28.11
23.	Sofia Pinto Fonseca	14	AEFDTV	6:06.36	248	1:24.46	1:33.72	1:35.28	1:32.90
24.	Alice Barroso Moreira	14	FS	6:07.04	246	1:27.53	1:33.75	1:34.22	1:31.54
25.	Lara Matilde Almeida	14	CPCD	6:08.39	244	1:25.46	1:35.07	1:36.61	1:31.25
26.	Catarina Rendeiro Correia	14	SAD	6:08.64	243	1:26.21	1:37.85	1:36.14	1:28.44
27.	Madalena Lourenco Ribeiro	14	GESL	6:09.03	242	1:23.92	1:33.79	1:37.60	1:33.72
28.	Maria Leonor Ezequiel	14	AONDA	6:09.23	242	1:27.73	1:37.75	1:36.67	1:27.08
29.	Maria Ines Ribeiro	14	AONDA	6:10.86	239	1:31.65	1:36.60	1:35.68	1:26.93
30.	Anaiza Marija Vajs	14	CNN	6:14.50	232	1:27.65	1:35.25	1:37.29	1:34.31
31.	Alice Anjos Farinha	14	CNS	6:19.39	223	1:25.89	1:36.64	1:39.83	1:37.03
32.	Maria Ines Claro	14	FS	6:19.86	222	1:25.61	1:38.67	1:39.97	1:35.61
33.	Leonor Isabel Barreiros	14	CNS	6:19.90	222	1:24.98	1:36.19	1:41.06	1:37.67
34.	Maria Carolina Santos	14	SFUAP	6:20.03	222	1:29.53	1:40.20	1:38.05	1:32.25
35.	Laura Domingos Santos	14	CNS	6:20.42	221	1:24.74	1:39.00	1:40.47	1:36.21
36.	Diana Ines Sousa	14	SFUAP	6:21.31	220	1:28.67	1:38.61	1:38.89	1:35.14
37.	Ana Afonso Cosme	14	AEFDTV	6:31.45	203	1:29.23	1:40.15	1:42.42	1:39.65
38.	Constanca Elias Francisco	14	AONDA	6:33.97	199	1:35.04	1:42.93	1:41.72	1:34.28
39.	Mariana Luis Camilo	14	SAD	6:35.12	197	1:34.16	1:44.06	1:42.97	1:33.93
40.	Sofia Victoria Prystupa	14	GESL	6:37.16	194	1:30.28	1:41.60	1:42.68	1:42.60
41.	Sara Pinto Rasga	14	SAD	6:38.28	193	1:32.38	1:43.53	1:43.97	1:38.40
42.	Sofia Miranda Ahmad	14	CFB	6:39.81	191	1:31.52	1:43.25	1:43.86	1:41.18
43.	Laura Coutinho Guimaraes	14	SCP	6:40.36	190	1:35.58	1:44.60	1:42.85	1:37.33
44.	Marta Ribeiro Goncalves	14	GESL	6:41.69	188	1:34.41	1:43.00	1:43.53	1:40.75
45.	Ines Pinto Rasga	14	SAD	6:44.39	184	1:34.18	1:44.78	1:44.65	1:40.78
46.	Maria Costa Pecas	14	SLB	6:44.79	184	1:35.72	1:42.68	1:44.54	1:41.85
47.	Clementine Vieira Bracal	14	FS	6:46.22	182	1:29.72	1:43.83	1:47.57	1:45.10
48.	Maria Nogueira Tinoco	14	SFUAP	6:51.25	175	1:33.19	1:47.36	1:47.64	1:43.06
49.	Eva Ramos Gualdino	14	PDEM	6:51.77	174	1:36.20	1:45.96	1:47.62	1:41.99
50.	Maria Ines Antonio	14	SCP	6:54.09	171	1:36.48	1:46.93	1:48.72	1:41.96
51.	Beatriz Rodrigues Monteiro	14	CPCD	7:00.40	164	1:36.54	1:47.68	1:51.18	1:45.00
52.	Maria Leonor Ferreira	14	SAD	7:02.31	162	1:38.09	1:50.12	1:51.32	1:42.78
53.	Caetana Paulo Teodoro	14	AEFDTV	7:16.60	146	1:41.45	1:52.29	1:56.03	1:46.83
54.	Sara Patricia Mendes	14	CPCD	7:21.22	142	1:45.44	1:53.11	1:54.07	1:48.60
DNS	Mia Barreto Proenca	14	SLB						

 Resultados online: <https://anlisboa.pt/live>

 apoios
 institucionais


parceiros

