

Prova 14

Femin., 400m Estilos

Absolutos

03.07.2026 - 15:36

Resultados

Rec Nacional Absoluto	4:40.11	Victoria Kaminskaya	POR	Pontevedra (ESP)	2017
Rec Nacional Sen	4:40.11	Victoria Kaminskaya	POR	Pontevedra (ESP)	2017
Rec Nacional Jun 18	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	2013
Rec Nacional Jun 17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	2012
Rec Nacional Juv A	4:54.00	Ines Neto Rocha	SANNP	Gijón (ESP)	2017
Rec Nacional Juv B	4:58.08	Diana Margarida Duraes	FOCA	Povoa de Varzim	2011

TAC Juv B: 6:16.88; Juv A: 6:02.39; Jun 17: 5:51.83; Jun 18: 5:44.93; 19: 5:38.17; 20 +: 5:34.79

Pontos: AQUA 2026

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
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Juvenis

1.	Rita Canas Brito	10	CNS	5:26.90	5:24.27	537	1:16.37	1:24.83	1:28.92	1:14.15
<i>Campeão Regional Juvenis B</i>										
2.	Carolina Sofia Martins	10	PDEM	5:34.31	5:31.49	503	1:14.74	1:27.34	1:33.58	1:15.83
3.	Ana Filipa Serra	11	ADRCIMM	5:22.87	5:35.58	484	1:17.09	1:28.18	1:34.43	1:15.88
4.	Luisa Anjos Frischknecht	10	CNS	5:32.29	5:37.07	478	1:13.60	1:28.39	1:35.75	1:19.33
5.	Rafaela Marreiros Oliveira	11	PDEM	5:42.67	5:49.80	428	1:15.69	1:31.20	1:42.04	1:20.87
6.	Jessica Bernardino Lopes	10	AEFDTV	5:36.51	5:50.26	426	1:20.95	1:29.62	1:38.17	1:21.52

Juniores

1.	Raquel Sofia Bras	09	CFB	5:13.43	5:20.48	556	1:13.56	1:25.39	1:30.01	1:11.52
<i>Campeão Regional Juniores</i>										
2.	Joana Sofia Fernandes	09	CNN	5:32.76	5:39.29	469	1:14.40	1:24.39	1:42.63	1:17.87
3.	Marta Matos Laranjeira	08	AEFDTV	5:57.68	6:00.34	391	1:16.30	1:41.98	1:37.59	1:24.47
<i>FTL (Fora Tempo Limite)</i>										

Absolutos

1.	Raquel Sofia Bras	09	CFB	5:13.43	5:20.48	556	1:13.56	1:25.39	1:30.01	1:11.52
<i>Campeão Regional Seniores</i>										
2.	Joana Sofia Fernandes	09	CNN	5:32.76	5:39.29	469	1:14.40	1:24.39	1:42.63	1:17.87
3.	Marta Matos Laranjeira	08	AEFDTV	5:57.68	6:00.34	391	1:16.30	1:41.98	1:37.59	1:24.47
<i>FTL (Fora Tempo Limite)</i>										