

Prova 31
04.07.2026 - 17:15

Femin., 400m Livres

Absolutos
Resultados

Rec Nacional Absoluto	4:07.50	Francisca Soares Martins	POR	Berlin (GER)	2025
Rec Nacional Sen	4:07.50	Francisca Soares Martins	POR	Berlin (GER)	2025
Rec Nacional Jun 18	4:17.80	Tamila Hryhorivna Holub	POR	Pontevedra (ESP)	2017
Rec Nacional Jun 17	4:14.67	Tamila Hryhorivna Holub	SCB	Oeiras	2016
Rec Nacional Juv A	4:20.37	Marta Andreia Ferreira	POR	Berlim (GER)	2002
Rec Nacional Juv B	4:20.78	Tamila Hryhorivna Holub	POR	Porto	2014

TAC Juv B: 5:32.32; Juv A: 5:19.54; Jun 17: 5:10.23; Jun 18: 5:04.15; 19: 4:58.19; 20 +: 4:55.20

Pontos: AQUA 2026

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Juvenis										
1.	Margarida Almeida Ferreira	11	SCP	4:39.64	4:38.38	595	1:07.86	1:11.25	1:09.47	1:09.80
	<i>Campeão Regional Juvenis B</i>									
2.	Margarida Ferreira Moura	11	SCP	4:40.15	4:42.06	572	1:06.75	1:11.90	1:11.58	1:11.83
3.	Maria Rendeiro Correia	11	SAD	4:55.07	4:51.70	517	1:09.33	1:14.81	1:14.92	1:12.64
4.	Francisca Meneses Goncalves	11	SLB	4:53.04	4:51.72	517	1:08.81	1:14.86	1:15.79	1:12.26
5.	Carmo Rosa Madeira	11	CIRL	4:50.18	4:52.78	511	1:09.66	1:14.83	1:14.29	1:14.00
6.	Victoria Sales Proenca	10	SLB	4:48.44	4:56.52	492	1:09.82	1:15.07	1:16.93	1:14.70
7.	Lara Nobre Semiao	11	FS	5:00.23	5:04.70	453	1:13.65	1:17.87	1:18.08	1:15.10
8.	Nuria Cristina Pires	10	CFB	5:39.20	5:15.73	408	1:13.09	1:21.38	1:20.19	1:21.07
9.	Natalia Landa Paredes	11	FS	5:12.09	5:18.87	396	1:15.17	1:21.69	1:21.57	1:20.44
10.	Catarina Ribeiro Fernandez	11	GESL	5:22.69	5:19.81	392	1:15.56	1:21.57	1:22.51	1:20.17

Juniores

1.	Marcia Guerreiro Castilho	09	CIRL	5:10.24	4:53.85	506	1:09.66	1:13.53	1:14.84	1:15.82
	<i>Campeão Regional Juniores</i>									
2.	Beatriz Silva Jordao	09	CFB	4:52.52	4:57.48	487	1:09.49	1:15.25	1:16.08	1:16.66
3.	Teresa Oliveira Santos	08	SAD	4:46.81	4:59.48	478	1:10.50	1:15.42	1:16.87	1:16.69
4.	Joana Pontes Prior	08	CIRL	4:55.59	5:02.49	463	1:12.09	1:16.45	1:17.17	1:16.78
5.	Constanca Lopes Cruz	09	ADRCIMM	5:01.29	5:19.24	394	1:15.88	1:22.43	1:21.87	1:19.06
	<i>FTL (Fora Tempo Limite)</i>									

Absolutos

1.	Carolina Pereira Viana	04	SCP	4:22.58	4:25.06	689	1:03.74	1:06.91	1:07.04	1:07.37
	<i>Campeão Regional Seniores</i>									
2.	Maria Jardim Fidalgo	04	CFB	4:47.90	4:39.49	588	1:05.95	1:10.97	1:12.53	1:10.04
3.	Beatriz Machado Silva	06	SCP	4:41.99	4:39.85	585	1:06.56	1:10.60	1:12.15	1:10.54
4.	Luana Cardoso Magalhaes	06	SAD	4:49.87	4:40.89	579	1:06.37	1:10.80	1:11.73	1:11.99
5.	Mariana Marques Mercedes	03	GESL	4:43.38	4:49.75	527	1:10.66	1:13.44	1:13.86	1:11.79
6.	Bruna Martins Riesenberger	97	CIRL	4:46.81	4:50.06	526	1:10.23	1:14.11	1:14.29	1:11.43
7.	Marta Lima Pimentel	04	ADRCIMM	4:47.12	4:51.65	517	1:09.79	1:14.65	1:14.38	1:12.83
8.	Jolina Widders	06	GESL	4:52.72	4:53.71	506	1:10.68	1:12.89	1:14.34	1:15.80
9.	Marcia Guerreiro Castilho	09	CIRL	5:10.24	4:53.85	506	1:09.66	1:13.53	1:14.84	1:15.82
10.	Claudia Ferreira Borges	99	SAD	4:55.21	4:57.21	489	1:09.93	1:14.23	1:16.44	1:16.61
	<i>FTL (Fora Tempo Limite)</i>									
11.	Beatriz Silva Jordao	09	CFB	4:52.52	4:57.48	487	1:09.49	1:15.25	1:16.08	1:16.66
12.	Teresa Oliveira Santos	08	SAD	4:46.81	4:59.48	478	1:10.50	1:15.42	1:16.87	1:16.69
13.	Joana Pontes Prior	08	CIRL	4:55.59	5:02.49	463	1:12.09	1:16.45	1:17.17	1:16.78
14.	Constanca Lopes Cruz	09	ADRCIMM	5:01.29	5:19.24	394	1:15.88	1:22.43	1:21.87	1:19.06
	<i>FTL (Fora Tempo Limite)</i>									