

Prova 1
09.05.2026 - 16:00

Femin., 400m Livres

Infantis & Juvenis
Resultados

Rec Meeting Juv A	5:02.86	Sira Valentim Faleiro	POR	Vila Franca de Xira	2026
Rec Meeting Juv B	4:43.80	Constanca Baptista Tomas	POR	Vila Franca de Xira	2024
Rec Meeting Inf A	4:48.16	Raquel Campos Cardoso	POR	Vila Franca de Xira	2023
Rec Meeting Inf B	4:56.09	Vera Franca Jesus	POR	Vila Franca de Xira	2024
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
Rec Nacional Inf A	4:26.20	Maria Francisca Cabral	FCP	Oeiras	2014
Rec Nacional Inf B	4:31.53	Alexandra Maria Silva	POR	Skovde (SWE)	1980

TAC Inf B: 5:44.80; Inf A: 5:31.90; Juv B: 5:18.20; Juv A: 5:11.10

Pontos: AQUA 2026

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Infantis B										
1.	Beatriz Simao Brito <i>Rec Meeting</i>	13	SCP	5:04.69	4:55.70	496	1:10.53	1:16.07	1:16.14	1:12.96
	50m: 1:10.53	150m: 2:26.60		250m: 3:42.74		350m: 4:55.70				
2.	Eva Maria Passos	13	SANALG	5:05.58	5:06.57	445	1:13.93	1:19.24	1:17.91	1:15.49
	50m: 1:13.93	150m: 2:33.17		250m: 3:51.08		350m: 5:06.57				
3.	Madalena Marques Martins	13	SFUAP	5:12.09	5:06.90	444	1:13.09	1:18.55	1:17.93	1:17.33
	50m: 1:13.09	150m: 2:31.64		250m: 3:49.57		350m: 5:06.90				
4.	Teresa Vale Carvalho	13	SCP	5:01.32	5:10.06	430	1:13.53	1:19.24	1:19.14	1:18.15
	50m: 1:13.53	150m: 2:32.77		250m: 3:51.91		350m: 5:10.06				
5.	Laurine Aurore Amorim	13	ACSINTRA	5:17.61	5:11.02	426	1:15.69	1:20.94	1:19.16	1:15.23
	50m: 1:15.69	150m: 2:36.63		250m: 3:55.79		350m: 5:11.02				
6.	Emma Neves Almeida	13	CNLGOS	5:18.92	5:11.34	425	1:13.77	1:19.43	1:20.61	1:17.53
	50m: 1:13.77	150m: 2:33.20		250m: 3:53.81		350m: 5:11.34				
7.	Catarina Sousa Barreto	13	SCP	5:18.92	5:14.97	411	1:14.92	1:21.13	1:21.78	1:17.14
	50m: 1:14.92	150m: 2:36.05		250m: 3:57.83		350m: 5:14.97				
8.	Matilde Almeida Ponte	13	SANRA	5:18.13	5:15.83	407	1:14.11	1:21.14	1:22.00	1:18.58
	50m: 1:14.11	150m: 2:35.25		250m: 3:57.25		350m: 5:15.83				
9.	Maria Vieira Martins	13	SANRA	5:19.99	5:18.73	396	1:14.55	1:21.10	1:22.41	1:20.67
	50m: 1:14.55	150m: 2:35.65		250m: 3:58.06		350m: 5:18.73				
10.	Maria Joao Oliveira	13	CNAL	5:35.28	5:23.39	379	1:16.48	1:23.09	1:23.20	1:20.62
	50m: 1:16.48	150m: 2:39.57		250m: 4:02.77		350m: 5:23.39				
11.	Mariana Vale Serrao	13	PDEM	5:27.20	5:28.80	361	1:17.17	1:23.90	1:24.73	1:23.00
	50m: 1:17.17	150m: 2:41.07		250m: 4:05.80		350m: 5:28.80				
12.	Emma Sviderova Pascoal	13	CFB	5:53.58	5:39.53	328	1:18.75	1:27.92	1:27.51	1:25.35
	50m: 1:18.75	150m: 2:46.67		250m: 4:14.18		350m: 5:39.53				
13.	Elisa Rodrigues Simoes	13	BSCN	5:42.00	5:41.14	323	1:18.76	1:27.52	1:28.57	1:26.29
	50m: 1:18.76	150m: 2:46.28		250m: 4:14.85		350m: 5:41.14				
14.	Leonor Santos Silva	13	CCDSERTA	5:47.04	5:44.57	313	1:17.21	1:27.40	1:29.96	1:30.00
	50m: 1:17.21	150m: 2:44.61		250m: 4:14.57		350m: 5:44.57				

Resultados online: anlisboa.pt/live

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Prova 1, Femin., 400m Livres

Infantis A

1. Maria Ines Nunes	12	SCP	4:41.11	4:42.77	568	1:04.79	1:12.86	1:13.49	1:11.63
<i>Rec Meeting</i>									
50m:		150m:		250m:		350m:			
100m: 1:04.79		200m: 2:17.65		300m: 3:31.14		400m: 4:42.77			
2. Maria Luisa Nogueira	12	AAC	4:49.68	4:51.82	516	1:08.95	1:14.45	1:15.20	1:13.22
50m:		150m:		250m:		350m:			
100m: 1:08.95		200m: 2:23.40		300m: 3:38.60		400m: 4:51.82			
3. Bruna Filipa Borralho	12	SANALG	4:54.60	4:52.43	513	1:09.95	1:15.25	1:15.92	1:11.31
50m:		150m:		250m:		350m:			
100m: 1:09.95		200m: 2:25.20		300m: 3:41.12		400m: 4:52.43			
4. Matilde Casimiro Bibi	12	BUZIOS	4:55.38	4:54.88	500	1:06.74	1:15.60	1:17.10	1:15.44
50m:		150m:		250m:		350m:			
100m: 1:06.74		200m: 2:22.34		300m: 3:39.44		400m: 4:54.88			
5. Maria Ines Antunes	12	SLB	5:01.67	5:01.47	468	1:11.35	1:16.97	1:16.80	1:16.35
50m:		150m:		250m:		350m:			
100m: 1:11.35		200m: 2:28.32		300m: 3:45.12		400m: 5:01.47			
6. Rita Maria Loura	12	SANALG	4:52.89	5:04.72	453	1:10.65	1:18.91	1:18.58	1:16.58
50m:		150m:		250m:		350m:			
100m: 1:10.65		200m: 2:29.56		300m: 3:48.14		400m: 5:04.72			
7. Ines Pinto Martins	12	SANDL	5:16.10	5:06.67	445	1:11.10	1:18.19	1:18.84	1:18.54
50m:		150m:		250m:		350m:			
100m: 1:11.10		200m: 2:29.29		300m: 3:48.13		400m: 5:06.67			
8. Rita Balsa Alves	12	BUZIOS	5:08.76	5:07.09	443	1:12.05	1:19.06	1:19.44	1:16.54
50m:		150m:		250m:		350m:			
100m: 1:12.05		200m: 2:31.11		300m: 3:50.55		400m: 5:07.09			
9. Margarida Afonso Barata	12	ADRCIMM	5:08.76	5:08.22	438	1:12.28	1:18.27	1:19.02	1:18.65
50m:		150m:		250m:		350m:			
100m: 1:12.28		200m: 2:30.55		300m: 3:49.57		400m: 5:08.22			
10. Luna Francisco Pereira	12	SANDL	5:11.12	5:09.64	432	1:13.48	1:19.91	1:19.72	1:16.53
50m:		150m:		250m:		350m:			
100m: 1:13.48		200m: 2:33.39		300m: 3:53.11		400m: 5:09.64			
11. Leonor Simoes Sousa	12	AAC	5:12.82	5:10.15	430	1:15.00	1:20.54	1:19.41	1:15.20
50m:		150m:		250m:		350m:			
100m: 1:15.00		200m: 2:35.54		300m: 3:54.95		400m: 5:10.15			
12. Alice Mendes Veloso	12	SFUAP	5:15.31	5:11.74	423	1:14.77	1:19.51	1:20.38	1:17.08
50m:		150m:		250m:		350m:			
100m: 1:14.77		200m: 2:34.28		300m: 3:54.66		400m: 5:11.74			
13. Jade Duarte Bexigas	12	SCP	5:06.70	5:13.01	418	1:13.30	1:19.85	1:20.49	1:19.37
50m:		150m:		250m:		350m:			
100m: 1:13.30		200m: 2:33.15		300m: 3:53.64		400m: 5:13.01			
14. Maria Chenrim Raimundo	12	SCP	5:09.94	5:13.61	416	1:14.45	1:20.24	1:20.13	1:18.79
50m:		150m:		250m:		350m:			
100m: 1:14.45		200m: 2:34.69		300m: 3:54.82		400m: 5:13.61			
15. Carlota Velada Pereira	12	SCP	5:11.12	5:18.19	398	1:14.19	1:21.22	1:22.52	1:20.26
50m:		150m:		250m:		350m:			
100m: 1:14.19		200m: 2:35.41		300m: 3:57.93		400m: 5:18.19			
16. Julia Pinto Pinheiro	12	PIMP	5:15.31	5:20.48	390	1:13.69	1:21.05	1:23.13	1:22.61
50m:		150m:		250m:		350m:			
100m: 1:13.69		200m: 2:34.74		300m: 3:57.87		400m: 5:20.48			

Juvenis B

1. Margarida Almeida Ferreira	11	SCP	4:40.32	4:40.62	581	1:07.40	1:12.47	1:11.40	1:09.35
<i>Rec Meeting</i>									
50m:		150m:		250m:		350m:			
100m: 1:07.40		200m: 2:19.87		300m: 3:31.27		400m: 4:40.62			
2. Sofia Barroca Pereira	11	BUZIOS	4:44.88	4:47.51	540	1:08.51	1:14.00	1:14.04	1:10.96
50m:		150m:		250m:		350m:			
100m: 1:08.51		200m: 2:22.51		300m: 3:36.55		400m: 4:47.51			

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Prova 1, Femin., 400m Livres, Juvenis B

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
3.	Ana Filipa Serra	11	ADRCIMM	4:48.32	4:48.22	536	1:09.34	1:13.66	1:13.66	1:11.56
	50m: 1:09.34	150m: 2:23.00		250m: 3:36.66			350m: 4:48.22			
4.	Carmo Rosa Madeira	11	CIRL	4:57.43	4:50.18	525	1:10.73	1:14.24	1:13.16	1:12.05
	50m: 1:10.73	150m: 2:24.97		250m: 3:38.13			350m: 4:50.18			
5.	Maria Joao Vala	11	SANDL	4:59.79	4:56.16	494	1:11.15	1:15.00	1:16.79	1:13.22
	50m: 1:11.15	150m: 2:26.15		250m: 3:42.94			350m: 4:56.16			
6.	Francisca Cunha Monteiro	11	SLB	4:55.96	4:57.30	488	1:10.04	1:15.29	1:16.33	1:15.64
	50m: 1:10.04	150m: 2:25.33		250m: 3:41.66			350m: 4:57.30			
7.	Francisca Moreira Feliciano	11	SANDL	4:52.70	4:59.55	477	1:10.15	1:15.81	1:16.96	1:16.63
	50m: 1:10.15	150m: 2:25.96		250m: 3:42.92			350m: 4:59.55			
8.	Lara Nobre Semiao	11	FS	5:00.23	5:01.90	466	1:12.26	1:17.70	1:17.36	1:14.58
	50m: 1:12.26	150m: 2:29.96		250m: 3:47.32			350m: 5:01.90			
9.	Anastasiya Prymachenko	11	SANDL	5:00.20	5:07.31	442	1:09.50	1:19.49	1:20.37	1:17.95
	50m: 1:09.50	150m: 2:28.99		250m: 3:49.36			350m: 5:07.31			
10.	Carlota Sa Santos	11	SANDL	5:02.31	5:07.32	442	1:13.38	1:18.49	1:18.90	1:16.55
	50m: 1:13.38	150m: 2:31.87		250m: 3:50.77			350m: 5:07.32			
11.	Madalena Correia Gomes	11	ADRCIMM	5:17.95	5:08.84	435	1:12.64	1:15.93	1:20.25	1:20.02
	50m: 1:12.64	150m: 2:28.57		250m: 3:48.82			350m: 5:08.84			
12.	Matilde Nogueira Lourenco	11	CCDSERTA	5:11.12	5:12.96	418	1:13.04	1:19.12	1:20.97	1:19.83
	50m: 1:13.04	150m: 2:32.16		250m: 3:53.13			350m: 5:12.96			
13.	Natalia Landa Paredes	11	FS	5:12.09	5:14.83	411	1:13.10	1:21.02	1:21.66	1:19.05
	50m: 1:13.10	150m: 2:34.12		250m: 3:55.78			350m: 5:14.83			
14.	Raquel Silva Delgado FTL (Fora Tempo Limite)	11	PDEM	5:11.12	5:26.18	370	1:13.96	1:21.38	1:25.45	1:25.39
	50m: 1:13.96	150m: 2:35.34		250m: 4:00.79			350m: 5:26.18			

Juvenis A

1.	Carolina Sofia Martins Rec Meeting	10	PDEM	4:48.62	4:45.65	550	1:07.97	1:12.72	1:12.77	1:12.19
	50m: 1:07.97	150m: 2:20.69		250m: 3:33.46			350m: 4:45.65			
2.	Leonor Sombreiro Martins Rec Meeting	10	BUZIOS	4:45.39	4:47.55	540	1:07.64	1:12.83	1:14.35	1:12.73
	50m: 1:07.64	150m: 2:20.47		250m: 3:34.82			350m: 4:47.55			
3.	Carolina Melo Lopes	10	SANALG	4:45.73	4:53.96	505	1:09.09	1:14.69	1:15.16	1:15.02
	50m: 1:09.09	150m: 2:23.78		250m: 3:38.94			350m: 4:53.96			
4.	Maria Madalena Fernandes	10	SAD	4:51.54	4:56.16	494	1:11.31	1:14.93	1:15.50	1:14.42
	50m: 1:11.31	150m: 2:26.24		250m: 3:41.74			350m: 4:56.16			
5.	Beatriz Paiva Branco	10	CIRL	4:52.04	4:57.33	488	1:11.37	1:15.46	1:15.80	1:14.70
	50m: 1:11.37	150m: 2:26.83		250m: 3:42.63			350m: 4:57.33			

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

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
6.	Ana Nabais Mendes	10	CIRL	4:58.73	4:59.70	477	1:11.75	1:17.30	1:16.96	1:13.69
	50m: 1:11.75							350m: 4:59.70		
	100m: 1:11.75		200m: 2:29.05		250m: 3:46.01			400m: 4:59.70		
7.	Sira Valentim Faleiro	10	LAGAC	5:00.20	5:02.86	462	1:10.13	1:17.36	1:18.47	1:16.90
	50m: 1:10.13							350m: 5:02.86		
	100m: 1:10.13		200m: 2:27.49		250m: 3:45.96			400m: 5:02.86		
8.	Carolina Brito Santos	10	SANALG	4:54.17	5:04.26	455	1:12.44	1:17.43	1:17.57	1:16.82
	50m: 1:12.44							350m: 5:04.26		
	100m: 1:12.44		200m: 2:29.87		250m: 3:47.44			400m: 5:04.26		
9.	Sara Goncalves Vieira	10	SANRA	4:56.75	5:08.09	439	1:11.63	1:18.83	1:19.75	1:17.88
	50m: 1:11.63							350m: 5:08.09		
	100m: 1:11.63		200m: 2:30.46		250m: 3:50.21			400m: 5:08.09		
10.	Jessica Bernardino Lopes	10	AEFDTV	5:15.81	5:10.61	428	1:11.72	1:20.18	1:20.88	1:17.83
	50m: 1:11.72							350m: 5:10.61		
	100m: 1:11.72		200m: 2:31.90		250m: 3:52.78			400m: 5:10.61		
11.	Luisa Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i>	10	CNS	5:14.30	5:14.94	411	1:15.12	1:21.65	1:21.09	1:17.08
	50m: 1:15.12							350m: 5:14.94		
	100m: 1:15.12		200m: 2:36.77		250m: 3:57.86			400m: 5:14.94		
12.	Lara Paixao Silva <i>FTL (Fora Tempo Limite)</i>	10	CNRM	5:06.03	5:16.06	406	1:11.82	1:20.46	1:22.57	1:21.21
	50m: 1:11.82							350m: 5:16.06		
	100m: 1:11.82		200m: 2:32.28		250m: 3:54.85			400m: 5:16.06		
DNS	Beatriz Peguinho Simoes	10	CNRM	5:02.52						

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