

Prova 23

Femin., 400m Livres

Absolutos/All
Resultados Final

15.02.2026 - 17:18

World Record	3:54.18	MCINTOSH Summer	CAN	Victoria (CAN)	2025
European Record	3:59.15	PELLEGRINI Federica	ITA	Rome (ITA)	2009
Meeting Record	4:11.04	HOLUB Tamila Hryhorivna	POR	Lisboa	2023
Portuguese Nat Record	4:07.50	MARTINS Francisca Soares	POR	Berlin (GER)	2025

Meeting Access Time 17+y: 4:56.00; 15-16y: 5:15.00

Pontos: AQUA 2025

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
Final A						
1.	FOMINA Anna	02	Sporting	4:16.95		768
	50m: 29.71 29.71	150m: 1:35.50 33.14	250m: 2:41.98 33.01	350m: 3:47.00 3:47.00		32.46
	100m: 1:02.36 32.65	200m: 2:08.97 33.47	300m: 3:14.54 32.56	400m: 4:16.95 4:16.95		29.95
2.	BENN Sophie	07	Mount Kelly Swimming	4:16.99		768
	50m: 29.46 29.46	150m: 1:35.11 33.00	250m: 2:41.09 32.40	350m: 3:46.33 3:46.33		32.79
	100m: 1:02.11 32.65	200m: 2:08.69 33.58	300m: 3:13.54 32.45	400m: 4:16.99 4:16.99		30.66
3.	DURAES Diana Margarida	96	Benfica	4:21.77		727
	50m: 30.67 30.67	150m: 1:36.06 32.73	250m: 2:42.39 33.06	350m: 3:48.97 3:48.97		33.28
	100m: 1:03.33 32.66	200m: 2:09.33 33.27	300m: 3:15.69 33.30	400m: 4:21.77 4:21.77		32.80
4.	CARDEAL Joana Nunes	02	Condeixa AC	4:25.21		699
	50m: 29.63 29.63	150m: 1:35.55 33.16	250m: 2:42.92 33.57	350m: 3:51.22 3:51.22		34.28
	100m: 1:02.39 32.76	200m: 2:09.35 33.80	300m: 3:16.94 34.02	400m: 4:25.21 4:25.21		33.99
5.	GALISTEO ZAPATERO Andrea	01	Real Canoe N.C.	4:29.81		663
	50m: 31.18 31.18	150m: 1:38.13 33.89	250m: 2:46.88 34.64	350m: 3:56.28 3:56.28		34.75
	100m: 1:04.24 33.06	200m: 2:12.24 34.11	300m: 3:21.53 34.65	400m: 4:29.81 4:29.81		33.53
6.	CHIU Elisabeth	10	Amateur Athletic Union	4:31.51		651
	50m: 30.77 30.77	150m: 1:38.70 34.44	250m: 2:48.37 34.99	350m: 3:58.11 3:58.11		34.74
	100m: 1:04.26 33.49	200m: 2:13.38 34.68	300m: 3:23.37 35.00	400m: 4:31.51 4:31.51		33.40
7.	CABRAL Carolina Vizinho	07	Galitos / Bresimar	4:32.78		642
	50m: 31.46 31.46	150m: 1:40.67 34.73	250m: 2:50.37 34.70	350m: 4:00.14 4:00.14		34.89
	100m: 1:05.94 34.48	200m: 2:15.67 35.00	300m: 3:25.25 34.88	400m: 4:32.78 4:32.78		32.64
8.	VIANA Carolina Pereira	04	Sporting	4:33.86		634
	50m: 30.92 30.92	150m: 1:38.41 34.25	250m: 2:48.28 35.04	350m: 3:58.87 3:58.87		35.16
	100m: 1:04.16 33.24	200m: 2:13.24 34.83	300m: 3:23.71 35.43	400m: 4:33.86 4:33.86		34.99
9.	HOLUB Sofia Hryhorivna	11	Portugal	4:36.09		619
	50m: 30.54 30.54	150m: 1:39.47 35.07	250m: 2:51.23 35.78	350m: 4:02.78 4:02.78		35.34
	100m: 1:04.40 33.86	200m: 2:15.45 35.98	300m: 3:27.44 36.21	400m: 4:36.09 4:36.09		33.31
10.	AMOR-BAUZA Elena	09	Mount Kelly Swimming	4:36.48		617
	50m: 33.33 33.33	150m: 1:43.77 35.51	250m: 2:54.06 35.03	350m: 4:03.23 4:03.23		34.07
	100m: 1:08.26 34.93	200m: 2:19.03 35.26	300m: 3:29.16 35.10	400m: 4:36.48 4:36.48		33.25
Final B						
11.	PRAEGER Lale	09	Mount Kelly Swimming	4:32.14		647
	50m: 30.07 30.07	150m: 1:37.81 34.41	250m: 2:47.50 35.18	350m: 3:58.57 3:58.57		35.76
	100m: 1:03.40 33.33	200m: 2:12.32 34.51	300m: 3:22.81 35.31	400m: 4:32.14 4:32.14		33.57
12.	GRIFFITHS Cerys	10	Swim Wales	4:34.43		630
	50m: 30.16 30.16	150m: 1:39.01 34.88	250m: 2:49.62 35.26	350m: 4:00.64 4:00.64		35.46
	100m: 1:04.13 33.97	200m: 2:14.36 35.35	300m: 3:25.18 35.56	400m: 4:34.43 4:34.43		33.79
13.	LOURO Beatriz Silva	07	Sporting	4:38.81		601
	50m: 31.58 31.58	150m: 1:40.91 35.17	250m: 2:51.60 35.39	350m: 4:03.29 4:03.29		35.83
	100m: 1:05.74 34.16	200m: 2:16.21 35.30	300m: 3:27.46 35.86	400m: 4:38.81 4:38.81		35.52
14.	ZORYCHTA Milena	11	Swim Ireland	4:39.22		599
	50m: 31.29 31.29	150m: 1:40.37 34.99	250m: 2:52.09 35.80	350m: 4:04.18 4:04.18		36.14
	100m: 1:05.38 34.09	200m: 2:16.29 35.92	300m: 3:28.04 35.95	400m: 4:39.22 4:39.22		35.04
15.	LOPES Francisca Macedo	05	Fluvial Portuense	4:39.75		595
	50m: 31.30 31.30	150m: 1:40.97 35.05	250m: 2:52.17 35.57	350m: 4:04.36 4:04.36		36.16
	100m: 1:05.92 34.62	200m: 2:16.60 35.63	300m: 3:28.20 36.03	400m: 4:39.75 4:39.75		35.39
16.	TRELIVING Freya	09	Mount Kelly Swimming	4:40.18		592
	50m: 31.51 31.51	150m: 1:42.04 35.97	250m: 2:54.19 36.04	350m: 4:05.90 4:05.90		35.48
	100m: 1:06.07 34.56	200m: 2:18.15 36.11	300m: 3:30.42 36.23	400m: 4:40.18 4:40.18		34.28
17.	IRVINE Annabel	10	Swim Wales	4:40.46		591
	50m: 31.69 31.69	150m: 1:42.70 35.98	250m: 2:54.43 35.97	350m: 4:06.31 4:06.31		35.74
	100m: 1:06.72 35.03	200m: 2:18.46 35.76	300m: 3:30.57 36.14	400m: 4:40.46 4:40.46		34.15

Approved by:



Supported by:



Sponsored by:



Prova 23, Femin., 400m Livres, Final, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
18.	MATIAS Alana Costa	09	Náutico Académico	4:41.35		585
	50m: 30.73 30.73	150m: 1:40.85 35.98	250m: 2:53.33 36.14	350m: 4:06.12		36.29
	100m: 1:04.87 34.14	200m: 2:17.19 36.34	300m: 3:29.83 36.50	400m: 4:41.35		35.23
19.	KANIS-DICKSON Ella	11	Swim Ireland	4:43.72		571
	50m: 31.70 31.70	150m: 1:42.41 35.94	250m: 2:55.16 36.57	350m: 4:07.95		36.71
	100m: 1:06.47 34.77	200m: 2:18.59 36.18	300m: 3:31.24 36.08	400m: 4:43.72		35.77
20.	ALVES Sara Sofia	07	Palmela Desporto	4:45.38		561
	50m: 32.43 32.43	150m: 1:43.16 35.87	250m: 2:55.64 36.44	350m: 4:09.09		37.17
	100m: 1:07.29 34.86	200m: 2:19.20 36.04	300m: 3:31.92 36.28	400m: 4:45.38		36.29

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