

Event 23

Women, 400m Freestyle

Absolutos/All  
Results Prelim

15.02.2026 - 11:53

World Record	3:54.18	MCINTOSH Summer	CAN	Victoria (CAN)	2025
European Record	3:59.15	PELEGRINI 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

Points: AQUA 2025

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
1.	CONCEICAO Ema Jeronimo	03	Alges	4:25.52		696 A
	50m: 30.50 30.50	150m: 1:37.29 33.79	250m: 2:45.26 33.66	350m: 3:52.57 33.65		33.65
	100m: 1:03.50 33.00	200m: 2:11.60 34.31	300m: 3:18.92 33.66	400m: 4:25.52 32.95		32.95
2.	FOMINA Anna	02	Sporting	4:25.79		694 A
	50m: 31.09 31.09	150m: 1:37.86 33.74	250m: 2:46.14 34.29	350m: 3:53.62 33.90		33.90
	100m: 1:04.12 33.03	200m: 2:11.85 33.99	300m: 3:19.72 33.58	400m: 4:25.79 32.17		32.17
3.	BENN Sophie	07	Mount Kelly Swimming	4:26.37		690 A
	50m: 29.99 29.99	150m: 1:37.65 34.17	250m: 2:44.13 32.15	350m: 3:52.09 34.07		34.07
	100m: 1:03.48 33.49	200m: 2:11.98 34.33	300m: 3:18.02 33.89	400m: 4:26.37 34.28		34.28
4.	DURAES Diana Margarida	96	Benfica	4:27.29		682 A
	50m: 31.02 31.02	150m: 1:37.51 33.61	250m: 2:45.51 33.89	350m: 3:53.83 34.24		34.24
	100m: 1:03.90 32.88	200m: 2:11.62 34.11	300m: 3:19.59 34.08	400m: 4:27.29 33.46		33.46
5.	GOLOS Emily	08	Israel	4:27.88		678 A
	50m: 31.06 31.06	150m: 1:38.52 33.98	250m: 2:46.35 33.79	350m: 3:54.55 34.20		34.20
	100m: 1:04.54 33.48	200m: 2:12.56 34.04	300m: 3:20.35 34.00	400m: 4:27.88 33.33		33.33
6.	CARDEAL Joana Nunes	02	Condeixa AC	4:28.68		672 A
	50m: 30.34 30.34	150m: 1:37.04 33.78	250m: 2:45.88 34.31	350m: 3:54.68 34.27		34.27
	100m: 1:03.26 32.92	200m: 2:11.57 34.53	300m: 3:20.41 34.53	400m: 4:28.68 34.00		34.00
7.	GALISTEO ZAPATERO Andrea	01	Real Canoe N.C.	4:28.72		672 A
	50m: 30.93 30.93	150m: 1:38.28 33.91	250m: 2:46.61 34.08	350m: 3:55.43 34.33		34.33
	100m: 1:04.37 33.44	200m: 2:12.53 34.25	300m: 3:21.10 34.49	400m: 4:28.72 33.29		33.29
8.	CHIU Elisabeth	10	Amateur Athletic Union	4:31.73		649 A
	50m: 31.35 31.35	150m: 1:39.44 34.23	250m: 2:48.20 34.38	350m: 3:57.85 34.80		34.80
	100m: 1:05.21 33.86	200m: 2:13.82 34.38	300m: 3:23.05 34.85	400m: 4:31.73 33.88		33.88
9.	CABRAL Carolina Vizinho	07	Galitos / Bresimar	4:32.46		644 A
	50m: 31.65 31.65	150m: 1:40.75 34.57	250m: 2:50.18 34.60	350m: 3:59.74 34.76		34.76
	100m: 1:06.18 34.53	200m: 2:15.58 34.83	300m: 3:24.98 34.80	400m: 4:32.46 32.72		32.72
10.	VIANA Carolina Pereira	04	Sporting	4:34.58		629 A
	50m: 31.65 31.65	150m: 1:39.70 34.40	250m: 2:49.50 35.04	350m: 3:59.87 35.28		35.28
	100m: 1:05.30 33.65	200m: 2:14.46 34.76	300m: 3:24.59 35.09	400m: 4:34.58 34.71		34.71
11.	AMOR-BAUZA Elena	09	Mount Kelly Swimming	4:34.84		628 B
	50m: 32.93 32.93	150m: 1:42.10 34.61	250m: 2:51.74 34.56	350m: 4:00.85 34.32		34.32
	100m: 1:07.49 34.56	200m: 2:17.18 35.08	300m: 3:26.53 34.79	400m: 4:34.84 33.99		33.99
12.	DENNETT Lauren	09	Mount Kelly Swimming	4:36.01		620 B
	50m: 31.66 31.66	150m: 1:42.16 35.68	250m: 2:53.09 34.86	350m: 4:02.59 34.59		34.59
	100m: 1:06.48 34.82	200m: 2:18.23 36.07	300m: 3:28.00 34.91	400m: 4:36.01 33.42		33.42
13.	HOLUB Sofia Hryhorivna	11	Portugal	4:36.04		620 B
	50m: 31.17 31.17	150m: 1:40.84 34.82	250m: 2:51.19 35.00	350m: 4:01.32 34.37		34.37
	100m: 1:06.02 34.85	200m: 2:16.19 35.35	300m: 3:26.95 35.76	400m: 4:36.04 34.72		34.72
14.	PRAEGER Lale	09	Mount Kelly Swimming	4:37.47		610 B
	50m: 31.81 31.81	150m: 1:40.02 34.72	250m: 2:50.87 35.83	350m: 4:02.95 36.43		36.43
	100m: 1:05.30 33.49	200m: 2:15.04 35.02	300m: 3:26.52 35.65	400m: 4:37.47 34.52		34.52
15.	GRIFFITHS Cerys	10	Swim Wales	4:38.48		603 B
	50m: 30.80 30.80	150m: 1:40.14 35.40	250m: 2:51.71 35.70	350m: 4:03.33 35.75		35.75
	100m: 1:04.74 33.94	200m: 2:16.01 35.87	300m: 3:27.58 35.87	400m: 4:38.48 35.15		35.15
16.	LOPES Francisca Macedo	05	Fluvial Portuense	4:40.23		592 B
	50m: 31.09 31.09	150m: 1:40.04 34.93	250m: 2:51.72 36.11	350m: 4:04.34 36.36		36.36
	100m: 1:05.11 34.02	200m: 2:15.61 35.57	300m: 3:27.98 36.26	400m: 4:40.23 35.89		35.89
17.	TRELIVING Freya	09	Mount Kelly Swimming	4:40.65		589 B
	50m: 30.95 30.95	150m: 1:41.42 35.90	250m: 2:52.94 36.03	350m: 4:05.79 36.44		36.44
	100m: 1:05.52 34.57	200m: 2:16.91 35.49	300m: 3:29.35 36.41	400m: 4:40.65 34.86		34.86
18.	ZORYCHTA Milena	11	Swim Ireland	4:41.29		585 B
	50m: 31.54 31.54	150m: 1:41.54 35.22	250m: 2:53.11 35.60	350m: 4:05.68 36.05		36.05
	100m: 1:06.32 34.78	200m: 2:17.51 35.97	300m: 3:29.63 36.52	400m: 4:41.29 35.61		35.61

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Event 23, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
19.	IRVINE Annabel 50m: 31.92 31.92 100m: 1:06.83 34.91	10	Swim Wales 150m: 1:42.82 35.99 200m: 2:18.51 35.69	250m: 2:54.80 36.29 300m: 3:30.84 36.04	4:41.44 350m: 4:06.66 400m: 4:41.44	584 B 35.82 34.78
20.	KANIS-DICKSON Ella 50m: 31.70 31.70 100m: 1:06.32 34.62	11	Swim Ireland 150m: 1:42.62 36.30 200m: 2:18.77 36.15	250m: 2:54.68 35.91 300m: 3:30.49 35.81	4:41.70 350m: 4:06.31 400m: 4:41.70	583 B 35.82 35.39
21.	LOURO Beatriz Silva 50m: 31.78 31.78 100m: 1:06.57 34.79	07	Sporting 150m: 1:42.02 35.45 200m: 2:18.01 35.99	250m: 2:53.96 35.95 300m: 3:30.37 36.41	4:42.73 350m: 4:06.58 400m: 4:42.73	577 36.21 36.15
22.	ALVES Sara Sofia 50m: 32.85 32.85 100m: 1:07.87 35.02	07	Palmela Desporto 150m: 1:43.89 36.02 200m: 2:20.19 36.30	250m: 2:56.27 36.08 300m: 3:32.04 35.77	4:43.09 350m: 4:07.84 400m: 4:43.09	574 35.80 35.25
23.	PIRES Ana Beatriz 50m: 32.56 32.56 100m: 1:07.46 34.90	08	Alges 150m: 1:43.30 35.84 200m: 2:19.51 36.21	250m: 2:56.18 36.67 300m: 3:32.56 36.38	4:44.70 350m: 4:08.92 400m: 4:44.70	565 36.36 35.78
24.	MATIAS Alana Costa 50m: 31.63 31.63 100m: 1:06.83 35.20	09	Nautico Academico 150m: 1:42.75 35.92 200m: 2:19.41 36.66	250m: 2:55.85 36.44 300m: 3:33.18 37.33	4:46.01 350m: 4:10.06 400m: 4:46.01	557 36.88 35.95
25.	CARDEAL Leonor Nunes 50m: 31.76 31.76 100m: 1:06.64 34.88	10	Portugal 150m: 1:43.31 36.67 200m: 2:19.85 36.54	250m: 2:57.21 37.36 300m: 3:34.37 37.16	4:46.51 350m: 4:10.84 400m: 4:46.51	554 36.47 35.67
26.	PEREIRA Sofia Barroca 50m: 31.40 31.40 100m: 1:05.91 34.51	11	BUZIOS - Coruche 150m: 1:41.55 35.64 200m: 2:18.05 36.50	250m: 2:54.83 36.78 300m: 3:32.49 37.66	4:46.97 350m: 4:10.26 400m: 4:46.97	551 37.77 36.71
27.	LUIZ Margarida Maria 50m: 32.12 32.12 100m: 1:07.16 35.04	08	Lagoa AC 150m: 1:43.57 36.41 200m: 2:20.32 36.75	250m: 2:57.00 36.68 300m: 3:33.98 36.98	4:47.19 350m: 4:10.85 400m: 4:47.19	550 36.87 36.34
28.	HASSAMO Maria Rita 50m: 32.21 32.21 100m: 1:08.69 36.48	11	Benfica 150m: 1:45.25 36.56 200m: 2:21.08 35.83	250m: 2:56.96 35.88 300m: 3:34.03 37.07	4:47.62 350m: 4:10.94 400m: 4:47.62	548 36.91 36.68
29.	HERBERT Eloise 50m: 30.95 30.95 100m: 1:06.25 35.30	09	Mount Kelly Swimming 150m: 1:42.65 36.40 200m: 2:20.04 37.39	250m: 2:57.08 37.04 300m: 3:35.37 38.29	4:48.99 350m: 4:12.80 400m: 4:48.99	540 37.43 36.19
30.	MARTINS Leonor Sombreiro 50m: 32.48 32.48 100m: 1:07.98 35.50	10	BUZIOS - Coruche 150m: 1:44.56 36.58 200m: 2:21.18 36.62	250m: 2:58.65 37.47 300m: 3:36.38 37.73	4:50.08 350m: 4:13.87 400m: 4:50.08	534 37.49 36.21
31.	VALERO Maria Luz 50m: 32.02 32.02 100m: 1:06.80 34.78	09	Louletano / Loule Aqui e Agora 150m: 1:43.05 36.25 200m: 2:20.13 37.08	250m: 2:57.68 37.55 300m: 3:35.84 38.16	4:50.45 350m: 4:13.51 400m: 4:50.45	532 37.67 36.94
32.	MARKUSSEN Madicken 50m: 31.83 31.83 100m: 1:08.29 36.46	10	Sigma Swim 150m: 1:45.08 36.79 200m: 2:22.22 37.14	250m: 2:59.36 37.14 300m: 3:36.85 37.49	4:51.28 350m: 4:14.03 400m: 4:51.28	527 37.18 37.25
33.	MARTINS Carolina Sofia 50m: 32.61 32.61 100m: 1:09.35 36.74	10	Palmela Desporto 150m: 1:46.80 37.45 200m: 2:24.70 37.90	250m: 3:02.51 37.81 300m: 3:40.29 37.78	4:53.53 350m: 4:17.60 400m: 4:53.53	515 37.31 35.93
34.	CHERBUY Clara Escobar 50m: 32.09 32.09 100m: 1:08.69 36.60	11	Louletano / Loule Aqui e Agora 150m: 1:46.40 37.71 200m: 2:24.24 37.84	250m: 3:02.37 38.13 300m: 3:40.55 38.18	4:55.14 350m: 4:18.43 400m: 4:55.14	507 37.88 36.71
35.	JESUS Vera Franca 50m: 32.81 32.81 100m: 1:08.41 35.60	11	Naval do Funchal 150m: 1:46.18 37.77 200m: 2:23.26 37.08	250m: 3:02.11 38.85 300m: 3:40.70 38.59	4:56.14 350m: 4:19.05 400m: 4:56.14	502 38.35 37.09
36.	JACOBSEN Alberte K. 50m: 33.33 33.33 100m: 1:10.92 37.59	10	Sigma Swim 150m: 1:49.85 38.93 200m: 2:29.15 39.30	250m: 3:05.68 36.53 300m: 3:42.90 37.22	4:56.19 350m: 4:19.98 400m: 4:56.19	501 37.08 36.21
37.	RODRIGUES Alice Maria 50m: 34.58 34.58 100m: 1:11.57 36.99	11	Academico Viseu 150m: 1:49.24 37.67 200m: 2:26.92 37.68	250m: 3:04.67 37.75 300m: 3:42.78 38.11	4:56.20 350m: 4:20.99 400m: 4:56.20	501 38.21 35.21
38.	KOSLOVA Valeria 50m: 32.27 32.27 100m: 1:09.07 36.80	11	Portugal 150m: 1:46.84 37.77 200m: 2:25.38 38.54	250m: 3:03.87 38.49 300m: 3:42.35 38.48	4:56.81 350m: 4:20.15 400m: 4:56.81	498 37.80 36.66

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Event 23, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
39.	ROLDÃO Ana Teresa	11	Academico Viseu	4:57.04		497
	50m: 33.31 33.31	150m: 1:48.93 38.43	250m: 3:05.79 38.19	350m: 4:20.36 36.42		
	100m: 1:10.50 37.19	200m: 2:27.60 38.67	300m: 3:43.94 38.15	400m: 4:57.04 36.68		
40.	MATEUS Ines Filipa	10	Lagoa AC	4:59.29		486
	50m: 32.87 32.87	150m: 1:46.75 37.46	250m: 3:02.88 38.12	350m: 4:20.80 39.07		
	100m: 1:09.29 36.42	200m: 2:24.76 38.01	300m: 3:41.73 38.85	400m: 4:59.29 38.49		
41.	FERNANDES Maria Madalena	10	Alges	5:00.51		480
	50m: 33.48 33.48	150m: 1:47.49 37.53	250m: 3:04.63 39.03	350m: 4:22.90 39.10		
	100m: 1:09.96 36.48	200m: 2:25.60 38.11	300m: 3:43.80 39.17	400m: 5:00.51 37.61		
42.	MONTEIRO Francisca Cunha	11	Benfica	5:00.74		479
	50m: 33.61 33.61	150m: 1:48.75 38.10	250m: 3:05.40 38.43	350m: 4:22.85 38.28		
	100m: 1:10.65 37.04	200m: 2:26.97 38.22	300m: 3:44.57 39.17	400m: 5:00.74 37.89		
43.	MADEIRA Carmo Rosa	11	Laranjeiro	5:00.89		478
	50m: 34.09 34.09	150m: 1:49.83 38.06	250m: 3:06.53 38.26	350m: 4:22.78 37.70		
	100m: 1:11.77 37.68	200m: 2:28.27 38.44	300m: 3:45.08 38.55	400m: 5:00.89 38.11		
44.	SEMIAO Lara Nobre	11	Salesianos	5:02.46		471
	50m: 33.54 33.54	150m: 1:49.99 38.33	250m: 3:07.39 38.51	350m: 4:25.48 39.22		
	100m: 1:11.66 38.12	200m: 2:28.88 38.89	300m: 3:46.26 38.87	400m: 5:02.46 36.98		
45.	VIEIRA Sara Goncalves	10	Naval Praia da Vitoria	5:05.43		457
	50m: 33.14 33.14	150m: 1:48.74 38.70	250m: 3:07.34 39.58	350m: 4:26.68 39.80		
	100m: 1:10.04 36.90	200m: 2:27.76 39.02	300m: 3:46.88 39.54	400m: 5:05.43 38.75		
46.	FALEIRO Sira Valentim	10	Lagoa AC	5:05.84		455
	50m: 34.52 34.52	150m: 1:51.44 38.86	250m: 3:08.92 38.81	350m: 4:27.64 39.53		
	100m: 1:12.58 38.06	200m: 2:30.11 38.67	300m: 3:48.11 39.19	400m: 5:05.84 38.20		
47.	LUCAS Maria Madalena	11	Nacional de Natacao	5:07.14		450
	50m: 33.14 33.14	150m: 1:49.11 38.25	250m: 3:07.08 39.08	350m: 4:27.81 40.43		
	100m: 1:10.86 37.72	200m: 2:28.00 38.89	300m: 3:47.38 40.30	400m: 5:07.14 39.33		
48.	BRAZ Julia Laginha	11	Lagoa AC	5:10.37		436
	50m: 34.28 34.28	150m: 1:52.04 39.27	250m: 3:11.38 39.89	350m: 4:31.42 40.02		
	100m: 1:12.77 38.49	200m: 2:31.49 39.45	300m: 3:51.40 40.02	400m: 5:10.37 38.95		
49.	DELGADINHO Raquel Silva	11	Palmela Desporto	5:13.00		425
	50m: 35.07 35.07	150m: 1:52.49 39.32	250m: 3:12.81 39.90	350m: 4:34.29 39.61		
	100m: 1:13.17 38.10	200m: 2:32.91 40.42	300m: 3:54.68 41.87	400m: 5:13.00 38.71		
50.	LOPES Isabella Scavone	10	Miranda do Corvo	5:14.55		419
	50m: 33.84 33.84	150m: 1:51.66 39.72	250m: 3:14.07 41.82	350m: 4:35.53 40.78		
	100m: 1:11.94 38.10	200m: 2:32.25 40.59	300m: 3:54.75 40.68	400m: 5:14.55 39.02		
51.	CARVALHO Mariana Bagagem	10	Miranda do Corvo	5:15.45		415
	<i>(Fora Tempo Acesso / Out of Admission Time)</i>					
	50m: 34.92 34.92	150m: 1:53.99 40.31	250m: 3:15.23 40.71	350m: 4:35.92 40.46		
	100m: 1:13.68 38.76	200m: 2:34.52 40.53	300m: 3:55.46 40.23	400m: 5:15.45 39.53		
EXH	VEIGA Susana Pereira	00	Os Belenenses	5:01.95		473
	<i>(Fora Tempo Acesso / Out of Admission Time)</i>					
	50m: 33.88 33.88	150m: 1:47.03 37.36	250m: 3:03.91 39.06	350m: 4:22.78 39.61		
	100m: 1:09.67 35.79	200m: 2:24.85 37.82	300m: 3:43.17 39.26	400m: 5:01.95 39.17		

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