

Prova 34

Femin., 400m Livres

12 - 14 anos

25/01/2026 - 12:43

Resultados

Recordes Reg ANCNP 25m Open	4:15.59	Joana Nunes Cardeal	AVFC	Albufeira	12/11/2022
Recordes Reg ANCNP 25m Inf A 14	4:29.85	Joana Costa Amador	CGA	Gafanha da Nazar�	24/05/2015
Recordes Reg ANCNP 25m Inf B 13	4:40.92	Joana Costa Amador	CGA	Abrantes	12/04/2014

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
Cadetes A									
1.	Sofia Amaral Gaspar	F	217873	14	CN Vagos	6:04.72	5:33.60	328	
	50m: 38.82	38.82	150m: 2:05.30	42.84	250m: 3:30.19	42.64	350m: 4:55.28	41.92	
	100m: 1:22.46	43.64	200m: 2:47.55	42.25	300m: 4:13.36	43.17	400m: 5:33.60	38.32	
2.	Camila Braz Coutinho	F	221589	14	Alg�s e �gueda XXI	6:19.51	5:51.03	282	
	50m: 39.09	39.09	150m: 2:07.88	45.09	250m: 3:37.99	44.79	350m: 5:08.03	44.42	
	100m: 1:22.79	43.70	200m: 2:53.20	45.32	300m: 4:23.61	45.62	400m: 5:51.03	43.00	
3.	Salome Silva Martins	F	220184	14	Alg�s e �gueda XXI	6:50.74	6:07.16	246	
	50m: 40.69	40.69	150m: 2:13.59	47.06	250m: 3:48.24	47.33	350m: 5:22.06	46.88	
	100m: 1:26.53	45.84	200m: 3:00.91	47.32	300m: 4:35.18	46.94	400m: 6:07.16	45.10	
4.	Francisca Clara Santos	F	220078	14	Estamos Juntos	6:12.11	6:15.19	231	
	50m: 39.05	39.05	150m: 2:11.31	47.37	250m: 3:48.35	49.60	350m: 5:27.36	49.55	
	100m: 1:23.94	44.89	200m: 2:58.75	47.44	300m: 4:37.81	49.46	400m: 6:15.19	47.83	
5.	Julia Martins Barbosa	F	223636	14	CN Vagos	6:49.82	6:21.39	220	
	50m: 42.30	42.30	150m: 2:18.24	48.45	250m: 3:56.73	49.65	350m: 5:35.90	49.41	
	100m: 1:29.79	47.49	200m: 3:07.08	48.84	300m: 4:46.49	49.76	400m: 6:21.39	45.49	
6.	Mafalda Rodrigues Santos	F	220080	14	Estamos Juntos	7:13.51	6:25.69	212	
	50m: 42.92	42.92	150m: 2:19.40	48.70	250m: 3:59.90	50.33	350m: 5:40.25	50.09	
	100m: 1:30.70	47.78	200m: 3:09.57	50.17	300m: 4:50.16	50.26	400m: 6:25.69	45.44	
7.	Carolina Reis Grego	F	222700	14	CN Vagos	7:26.96	6:34.40	198	
	50m: 45.04	45.04	150m: 2:24.92	50.57	250m: 4:05.40	50.71	350m: 5:46.37	50.09	
	100m: 1:34.35	49.31	200m: 3:14.69	49.77	300m: 4:56.28	50.88	400m: 6:34.40	48.03	
8.	Ema Baptista Tome	F	222954	14	CN Vagos	7:27.26	6:39.31	191	
	50m: 45.16	45.16	150m: 2:26.43	50.49	250m: 4:08.76	51.04	350m: 5:51.02	51.04	
	100m: 1:35.94	50.78	200m: 3:17.72	51.29	300m: 4:59.98	51.22	400m: 6:39.31	48.29	
9.	Victoria Mota Costa	F	223271	14	UD Oliveirense/FERSILVA	NT	6:52.92	173	
	50m: 44.38	44.38	150m: 2:30.38	53.67	250m: 4:16.43	53.03	350m: 6:04.07	53.89	
	100m: 1:36.71	52.33	200m: 3:23.40	53.02	300m: 5:10.18	53.75	400m: 6:52.92	48.85	

Infantis B

1.	Maria Joao Bernardo <i>TAC Zonal</i>	F	217872	13	Alg�s e �gueda XXI	5:28.69	5:20.18	371	
	50m: 36.01	36.01	150m: 1:55.46	40.36	250m: 3:18.15	41.18	350m: 4:40.87	41.55	
	100m: 1:15.10	39.09	200m: 2:36.97	41.51	300m: 3:59.32	41.17	400m: 5:20.18	39.31	
2.	Beatriz Alexandra Martins <i>TAC Zonal</i>	F	217109	13	Estamos Juntos	5:23.31	5:21.74	366	
	50m: 36.21	36.21	150m: 1:58.47	41.72	250m: 3:21.02	41.14	350m: 4:43.51	41.12	
	100m: 1:16.75	40.54	200m: 2:39.88	41.41	300m: 4:02.39	41.37	400m: 5:21.74	38.23	
3.	Leonor Pinho Silva <i>TAC Interdistrital</i>	F	220877	13	Clube Desportivo Feirense	5:55.65	5:35.55	323	
	50m: 36.49	36.49	150m: 2:01.94	43.65	250m: 3:29.11	43.41	350m: 4:55.95	43.36	
	100m: 1:18.29	41.80	200m: 2:45.70	43.76	300m: 4:12.59	43.48	400m: 5:35.55	39.60	
4.	Mafalda Assuncao Almeida <i>TAC Interdistrital</i>	F	216918	13	Estamos Juntos	5:57.60	5:35.77	322	
	50m: 38.09	38.09	150m: 2:03.19	42.95	250m: 3:31.19	44.14	350m: 4:56.41	41.89	
	100m: 1:20.24	42.15	200m: 2:47.05	43.86	300m: 4:14.52	43.33	400m: 5:35.77	39.36	
5.	Constanca Sabenca Silva <i>TAC Interdistrital</i>	F	212499	13	Sporting de Espinho	5:47.43	5:50.89	282	
	50m: 39.27	39.27	150m: 2:06.32	44.41	250m: 3:36.71	45.57	350m: 5:08.10	45.28	
	100m: 1:21.91	42.64	200m: 2:51.14	44.82	300m: 4:22.82	46.11	400m: 5:50.89	42.79	
6.	Matilde Moreira Barreira <i>TAC Interdistrital</i>	F	220179	13	CN Vagos	6:32.51	5:57.81	266	
	50m: 39.75	39.75	150m: 2:12.06	46.54	250m: 3:43.69	46.65	350m: 5:15.08	45.07	
	100m: 1:25.52	45.77	200m: 2:57.04	44.98	300m: 4:30.01	46.32	400m: 5:57.81	42.73	
7.	Raissa Melo Patriani <i>TAC Interdistrital</i>	F	220296	13	Sanjoanense/FEPSA	NT	6:15.98	229	
	50m: 44.59	44.59	150m: 2:18.11	46.87	250m: 3:54.93	48.49	350m: 5:31.26	48.37	
	100m: 1:31.24	46.65	200m: 3:06.44	48.33	300m: 4:42.89	47.96	400m: 6:15.98	44.72	

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Infantil A

1.	María Miguel Lopes <i>TAC Nacional</i>	F	220311	12	Academico Viseu Futebol Clube	5:06.03	4:59.83	452
	50m: 33.90	33.90	150m: 1:50.94	38.52	250m: 3:08.40	38.29	350m: 4:25.07	38.38
	100m: 1:12.42	38.52	200m: 2:30.11	39.17	300m: 3:46.69	38.29	400m: 4:59.83	34.76
2.	Maria Olívia Ferreira <i>TAC Zonal</i>	F	211423	12	Galitos / Bresimar	5:17.57	5:07.68	419
	50m: 34.26	34.26	150m: 1:50.56	38.73	250m: 3:09.47	39.32	350m: 4:29.55	40.41
	100m: 1:11.83	37.57	200m: 2:30.15	39.59	300m: 3:49.14	39.67	400m: 5:07.68	38.13
3.	Ines Frias Oliveira <i>TAC Interdistrital</i>	F	222894	12	Sanjoanense/FEPSA	NT	5:59.83	262
	50m: 41.19	41.19	150m: 2:11.99	45.80	250m: 3:44.23	46.20	350m: 5:17.59	46.30
	100m: 1:26.19	45.00	200m: 2:58.03	46.04	300m: 4:31.29	47.06	400m: 5:59.83	42.24
DSQ	Sofia Apalyonova Monteiro <i>TAC Nacional, 403 - Falsa partida - SW 4.4</i>	F	212125	12	CN Vagos	5:16.11		DSQ