

Campeonato Regional ALVES BANDEIRA 2
Mealhada, 21 - 22/2/2026

Prova 18
21/02/2026 - 16:13

Femin., 400m Livres

Absolutos
Resultados

Rec Nac 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
Rec Nac 25m Sen	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
Rec Nac 25m Jun17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Rec Nac 25m Juv A 16	4:13.53	Ana Reis Sousa	CNLA	Porto	09/12/2017
Rec Nac 25m Juv B 15	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20/12/2004
Recordes Reg ANCNP 25m Open	4:15.59	Joana Nunes Cardeal	AVFC	Albufeira	12/11/2022
Recordes Reg ANCNP 25m Sen	4:15.59	Joana Nunes Cardeal	AVFC	Albufeira	12/11/2022
Recordes Reg ANCNP 25m Jun17	4:19.23	Joana Costa Amador	CGA	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Juv A 16	4:21.32	Joana Nunes Cardeal	AVFC	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Juv B 15	4:25.40	Joana Costa Amador	CGA	Viseu	22/05/2016

TFO REGIONAL - SEN Sen: 5:16.58 / TFO REGIONAL - JUN Jun: 5:25.14 / TFO REGIONAL - JUV A Juv A 16: 5:34.71 / TFO REGIONAL - JUV B Juv B 15: 5:45.52 / TAC-N Jun 17 Jun17: 4:35.15 / TAC-N JUL Juv A Juv A 16: 4:40.35 / TAC-N JUL Juv B Juv B 15: 4:50.73 / TAC-N MAR Juv A Juv A 16: 4:45.54 / TAC-N MAR Juv B Juv B 15: 4:55.92 / TAC-N Sen Sub 21 19 - 21: 4:27.37 / TAC-ID Juv A Juv A 16: 5:15.38 / TAC-ID Juv B Juv B 15: 5:22.85 / TAC-ID Jun Jun: 5:07.90 / TAC-ID Sen Sen: 5:00.43

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
Juvenis B									
1.	Zoe Pinho Nunes <i>TAC Nacional Julho JUV B</i>	F	209378	15	Galitos / Bresimar	4:40.79	4:38.47	565	
	50m: 31.27 31.27		150m: 1:40.10 34.64		250m: 2:51.11 35.64	350m: 4:02.87 36.02			
	100m: 1:05.46 34.19		200m: 2:15.47 35.37		300m: 3:26.85 35.74	400m: 4:38.47 35.60			
2.	Ana Teresa Roldao <i>TAC Nacional Julho JUV B</i>	F	216672	15	Academico Viseu Futebol Clube	4:55.59	4:44.68	529	
	50m: 32.83 32.83		150m: 1:44.79 35.89		250m: 2:57.42 36.12	350m: 4:10.08 36.56			
	100m: 1:08.90 36.07		200m: 2:21.30 36.51		300m: 3:33.52 36.10	400m: 4:44.68 34.60			
3.	Alice Maria Rodrigues <i>TAC Nacional Julho JUV B</i>	F	213554	15	Academico Viseu Futebol Clube	4:52.22	4:48.57	507	
	50m: 33.42 33.42		150m: 1:47.10 36.93		250m: 3:00.01 36.11	350m: 4:13.70 36.61			
	100m: 1:10.17 36.75		200m: 2:23.90 36.80		300m: 3:37.09 37.08	400m: 4:48.57 34.87			
4.	Ines Sousa Ribeiro <i>TAC Interdistrital</i>	F	208535	15	Clube Desportivo Feirense	5:08.95	5:03.69	435	
	50m: 32.47 32.47		150m: 1:48.53 38.48		250m: 3:06.96 39.43	350m: 4:25.35 39.08			
	100m: 1:10.05 37.58		200m: 2:27.53 39.00		300m: 3:46.27 39.31	400m: 5:03.69 38.34			
5.	Mariana Moreira Lopes <i>TAC Interdistrital</i>	F	209232	15	Clube Desportivo Feirense	5:04.59	5:05.76	427	
	50m: 33.98 33.98		150m: 1:49.62 38.47		250m: 3:08.30 39.49	350m: 4:28.06 39.59			
	100m: 1:11.15 37.17		200m: 2:28.81 39.19		300m: 3:48.47 40.17	400m: 5:05.76 37.70			
6.	Lia Tome Mateus <i>TAC Interdistrital</i>	F	208054	15	CN Vagos	5:14.60	5:10.53	407	
	50m: 35.51 35.51		150m: 1:52.83 38.79		250m: 3:11.78 39.19	350m: 4:31.42 40.21			
	100m: 1:14.04 38.53		200m: 2:32.59 39.76		300m: 3:51.21 39.43	400m: 5:10.53 39.11			

Juvenis A

1.	Maria Lino Padua <i>TAC Interdistrital</i>	F	209186	16	Sporting de Espinho	5:13.66	5:07.79	418	
	50m: 34.00 34.00		150m: 1:49.94 38.40		250m: 3:08.17 39.01	350m: 4:28.76 40.45			
	100m: 1:11.54 37.54		200m: 2:29.16 39.22		300m: 3:48.31 40.14	400m: 5:07.79 39.03			

Juniores

1.	Joana Almeida Santos <i>TAC Interdistrital</i>	F	210792	17	Galitos / Bresimar	4:35.44	4:47.89	511	
	50m: 32.84 32.84		150m: 1:44.60 35.84		250m: 2:57.78 36.81	350m: 4:11.30 36.55			
	100m: 1:08.76 35.92		200m: 2:20.97 36.37		300m: 3:34.75 36.97	400m: 4:47.89 36.59			

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Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.				Tempo Final	Pts	Obs
2.	Gabriela Lopes Fernandes <i>TAC Interdistrital</i>	F	203902	17	O Crasto	4:56.58				4:59.33	455	
	50m: 34.49	34.49	150m: 1:49.49	38.05	250m: 3:06.40	38.35	350m: 4:22.79	37.90				
	100m: 1:11.44	36.95	200m: 2:28.05	38.56	300m: 3:44.89	38.49	400m: 4:59.33	36.54				

Seniores

1.	Carolina Vizinho Cabral <i>TAC Nacional Sub 21</i>	F	206307	19	Galitos / Bresimar	4:24.53				4:22.40	675	
	50m: 30.65	30.65	150m: 1:37.42	33.74	250m: 2:44.38	33.33	350m: 3:50.40	33.13				
	100m: 1:03.68	33.03	200m: 2:11.05	33.63	300m: 3:17.27	32.89	400m: 4:22.40	32.00				
2.	Vanessa Sofia Oliveira <i>TAC Interdistrital</i>	F	127640	21	Gafanha da Encarnação	4:46.80				4:54.04	480	
	50m: 33.82	33.82	150m: 1:47.49	37.09	250m: 3:02.27	37.40	350m: 4:17.20	37.50				
	100m: 1:10.40	36.58	200m: 2:24.87	37.38	300m: 3:39.70	37.43	400m: 4:54.04	36.84				
3.	Mafalda Rodrigues Cardoso	F	205435	19	Clube Desportivo Feirense	5:08.41				5:08.91	414	
	50m: 34.77	34.77	150m: 1:51.65	38.89	250m: 3:10.78	39.54	350m: 4:30.37	39.65				
	100m: 1:12.76	37.99	200m: 2:31.24	39.59	300m: 3:50.72	39.94	400m: 5:08.91	38.54				