

Prova 1
18/10/2025 - 9:30

Femin., 400m Livres

Infantis
Resultados

R N 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
R N 25m Inf A 14	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15/05/2004
R N 25m Inf B 13	4:25.30	Alexandra Maria Silva	FCP	Porto	19/07/1980
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

TAC-N Fem Inf A Inf A 14: 4:55.92 / TAC-N Fem Inf B Inf B 13: 5:03.71 / TAC-Z Fem Inf A Inf A 14: 5:01.11 / TAC-Z Fem Inf B Inf B 13: 5:11.50

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	AQUA	Pts	Obs
1.	Maria Luis Duarte <i>TAC Nacional</i>	F	216655	13	Galitos / Bresimar	4:55.64	472	472,00	
	50m: 35.42 35.42	150m: 1:51.09	37.71	250m: 3:05.82	37.52	350m: 4:19.77	37.02		
	100m: 1:13.38 37.96	200m: 2:28.30	37.21	300m: 3:42.75	36.93	400m: 4:55.64	35.87		
2.	Constanca Sousa Fontinha <i>TAC Zonal</i>	F	212496	12	O Crasto	4:59.05	456	456,00	
	50m: 35.82 35.82	150m: 1:52.22	38.13	250m: 3:07.07	36.81	350m: 4:21.59	37.80		
	100m: 1:14.09 38.27	200m: 2:30.26	38.04	300m: 3:43.79	36.72	400m: 4:59.05	37.46		
3.	Maria Miguel Lopes	F	220311	12	Academico Viseu Futebol Clube	5:06.03	425	425,00	
	50m: 34.77 34.77	150m: 1:52.50	39.05	250m: 3:10.16	38.97	350m: 4:29.63	39.68		
	100m: 1:13.45 38.68	200m: 2:31.19	38.69	300m: 3:49.95	39.79	400m: 5:06.03	36.40		
4.	Carolina Melo Homem	F	216658	12	Galitos / Bresimar	5:06.20	425	-	
	50m: 34.26 34.26	150m: 1:49.69	38.60	250m: 3:07.99	39.16	350m: 4:28.01	39.99		
	100m: 1:11.09 36.83	200m: 2:28.83	39.14	300m: 3:48.02	40.03	400m: 5:06.20	38.19		
5.	Ana Carolina Pimenta	F	211419	12	Galitos / Bresimar	5:13.28	397	-	
	50m: 34.58 34.58	150m: 1:52.05	39.19	250m: 3:11.97	40.27	350m: 4:33.96	41.01		
	100m: 1:12.86 38.28	200m: 2:31.70	39.65	300m: 3:52.95	40.98	400m: 5:13.28	39.32		
6.	Anastacia Dimitrii Cocovici	F	211835	13	Galitos / Bresimar	5:18.21	378	-	
	50m: 35.79 35.79	150m: 1:53.72	40.71	250m: 3:16.72	41.16	350m: 4:37.98	40.52		
	100m: 1:13.01 37.22	200m: 2:35.56	41.84	300m: 3:57.46	40.74	400m: 5:18.21	40.23		
7.	Mariana Vidal Rebelo	F	218431	12	Galitos / Bresimar	5:20.01	372	-	
	50m: 36.21 36.21	150m: 1:58.62	42.10	250m: 3:19.96	40.82	350m: 4:41.78	40.75		
	100m: 1:16.52 40.31	200m: 2:39.14	40.52	300m: 4:01.03	41.07	400m: 5:20.01	38.23		
8.	Dania Pereira Cardoso	F	214825	12	Estamos Juntos	5:26.16	351	351,00	
	50m: 37.10 37.10	150m: 1:59.24	42.01	250m: 3:22.10	41.00	350m: 4:45.85	41.69		
	100m: 1:17.23 40.13	200m: 2:41.10	41.86	300m: 4:04.16	42.06	400m: 5:26.16	40.31		
9.	Eva Ferreira Goncalves	F	215495	13	Academico Viseu Futebol Clube	5:27.96	346	-	
	50m: 37.46 37.46	150m: 2:00.32	41.90	250m: 3:22.90	41.20	350m: 4:47.42	42.04		
	100m: 1:18.42 40.96	200m: 2:41.70	41.38	300m: 4:05.38	42.48	400m: 5:27.96	40.54		
10.	Gabriela Riquito Oliveira	F	215189	13	Galitos / Bresimar	5:32.17	333	-	
	50m: 36.29 36.29	150m: 1:57.43	40.98	250m: 3:22.82	43.19	350m: 4:50.65	44.38		
	100m: 1:16.45 40.16	200m: 2:39.63	42.20	300m: 4:06.27	43.45	400m: 5:32.17	41.52		
11.	Camila Santos Rodrigues	F	220148	13	Clube Desportivo de Estarreja	5:45.91	294	294,00	
	50m: 38.07 38.07	150m: 2:05.47	44.22	250m: 3:34.17	44.68	350m: 5:02.89	43.98		
	100m: 1:21.25 43.18	200m: 2:49.49	44.02	300m: 4:18.91	44.74	400m: 5:45.91	43.02		
12.	Maria Costa Silva	F	217106	13	Clube Desportivo Feirense	5:52.66	278	278,00	
	50m: 39.63 39.63	150m: 2:10.94	45.76	250m: 3:41.85	45.33	350m: 5:10.54	43.77		
	100m: 1:25.18 45.55	200m: 2:56.52	45.58	300m: 4:26.77	44.92	400m: 5:52.66	42.12		
13.	Sofia Pereira Costa	F	215174	13	Clube Desportivo Feirense	5:53.71	275	-	
	50m: 39.43 39.43	150m: 2:08.81	45.03	250m: 3:39.37	45.16	350m: 5:10.71	45.41		
	100m: 1:23.78 44.35	200m: 2:54.21	45.40	300m: 4:25.30	45.93	400m: 5:53.71	43.00		
14.	Leonor Pinho Silva	F	220877	13	Clube Desportivo Feirense	5:55.65	271	-	
	50m: 41.05 41.05	150m: 2:12.23	45.87	250m: 3:44.60	45.91	350m: 5:15.62	45.29		
	100m: 1:26.36 45.31	200m: 2:58.69	46.46	300m: 4:30.33	45.73	400m: 5:55.65	40.03		
15.	Patricia Pinho Santos	F	212905	12	Estamos Juntos	6:00.86	259	-	
	50m: 39.75 39.75	150m: 2:09.64	45.57	250m: 3:42.87	46.67	350m: 5:16.29	46.64		
	100m: 1:24.07 44.32	200m: 2:56.20	46.56	300m: 4:29.65	46.78	400m: 6:00.86	44.57		
16.	Sofia Sequeira Santos	F	217081	12	Clube Desportivo de Estarreja	6:02.57	256	-	
	50m: 39.62 39.62	150m: 2:11.84	47.62	250m: 3:45.51	47.31	350m: 5:18.82	46.43		
	100m: 1:24.22 44.60	200m: 2:58.20	46.36	300m: 4:32.39	46.88	400m: 6:02.57	43.75		
17.	Leonor Ribeiro Silva	F	214828	13	Estamos Juntos	6:11.22	238	-	
	50m: 42.91 42.91	150m: 2:15.44	46.86	250m: 3:50.21	47.77	350m: 5:26.23	47.74		
	100m: 1:28.58 45.67	200m: 3:02.44	47.00	300m: 4:38.49	48.28	400m: 6:11.22	44.99		
18.	Beatriz Oliveira Silva	F	220314	13	Clube Desportivo Feirense	6:21.69	219	-	
	50m: 42.11 42.11	150m: 2:17.64	48.52	250m: 3:56.85	50.10	350m: 5:36.16	50.09		
	100m: 1:29.12 47.01	200m: 3:06.75	49.11	300m: 4:46.07	49.22	400m: 6:21.69	45.53		

Prova 1, Femin., 400m Livres, Infantis

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	AQUA	Pts	Obs
19.	Ecaterina Ion	F	222123	13	Gafanha da Encarnac�o	6:21.74	219	219,00	
	50m: 41.99 41.99	150m: 2:17.35	48.28	250m: 3:56.38	50.44	350m: 5:35.65	49.83		
	100m: 1:29.07 47.08	200m: 3:05.94	48.59	300m: 4:45.82	49.44	400m: 6:21.74	46.09		
20.	Flora Helena Brabetz	F	213248	12	Sporting de Espinho	6:27.64	209	209,00	
	50m: 41.77 41.77	150m: 2:18.24	49.00	250m: 3:57.19	49.75	350m: 5:38.43	51.47		
	100m: 1:29.24 47.47	200m: 3:07.44	49.20	300m: 4:46.96	49.77	400m: 6:27.64	49.21		
21.	Arantza Victoria Santos	F	220145	13	Clube Desportivo de Estarreja	6:31.03	204	-	
	50m: 41.48 41.48	150m: 2:18.71	49.07	250m: 3:59.17	50.88	350m: 5:40.14	50.79		
	100m: 1:29.64 48.16	200m: 3:08.29	49.58	300m: 4:49.35	50.18	400m: 6:31.03	50.89		