

Prova 23
18/10/2025 - 15:30

Femin., 400m Livres

15 anos e mais velhos

Resultados

R N 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
R N 25m Sen	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
R N 25m Jun 18	4:11.18	Francisca Soares Martins	FOCA	Mealhada	14/11/2020
R N 25m Jun17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
R N 25m Juv A 16	4:13.53	Ana Reis Sousa	CNLA	Porto	09/12/2017
R N 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 Jun 18	4:18.05	Joana Nunes Cardeal	AVFC	Felgueiras	21/12/2019
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

TAC-N JUL Fem Juv A Juv A 16: 4:35.15 / TAC-N JUL Fem Juv B Juv B 15: 4:45.54 / TAC-N MAR Fem Juv A Juv A 16: 4:40.35 / TAC-N MAR Fem Juv B Juv B 15: 4:50.73 / TAC-N PC Fem Jun 17 Jun17: 4:32.56 / TAC-N PC Fem Jun 18 Jun 18: 4:29.96 / TAC-N PC Fem Sen Sub 21 19 - 21: 4:27.37 / TAC-N PC Fem Sen 22+ 22 +: 4:24.77 / TAC-Z Fem Juv A Juv A 16: 4:45.54 / TAC-Z Fem Juv B Juv B 15: 4:53.33

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	AQUA	Pts	Obs
Juvenis									
1.	Zoe Pinho Nunes <i>TAC Nacional Març�o</i>	F	209378	11	Galitos / Bresimar	4:46.84	517	517,00	
	50m: 32.54		150m: 1:42.94		35.29	250m: 2:54.41	36.15	350m: 4:08.64	37.75
	100m: 1:07.65		200m: 2:18.26		35.32	300m: 3:30.89	36.48	400m: 4:46.84	38.20
2.	Alice Maria Rodrigues	F	213554	11	Academico Viseu Futebol Clube	4:57.50	463	463,00	
	50m: 34.32		150m: 1:49.29		37.48	250m: 3:04.65	37.16	350m: 4:20.23	37.90
	100m: 1:11.81		200m: 2:27.49		38.20	300m: 3:42.33	37.68	400m: 4:57.50	37.27
3.	Ana Teresa Roldao	F	216672	11	Academico Viseu Futebol Clube	5:05.26	429	-	
	50m: 34.36		150m: 1:52.10		39.32	250m: 3:10.76	39.03	350m: 4:29.10	38.52
	100m: 1:12.78		200m: 2:31.73		39.63	300m: 3:50.58	39.82	400m: 5:05.26	36.16
4.	Francisca Coelho Lucena	F	206673	11	O Crasto	5:12.17	401	401,00	
	50m: 34.97		150m: 1:51.44		38.73	250m: 3:13.34	41.17	350m: 4:33.95	40.88
	100m: 1:12.71		200m: 2:32.17		40.73	300m: 3:53.07	39.73	400m: 5:12.17	38.22
5.	Ines Sousa Ribeiro	F	208535	11	Clube Desportivo Feirense	5:12.23	401	401,00	
	50m: 34.85		150m: 1:54.77		40.07	250m: 3:15.65	40.29	350m: 4:33.81	38.89
	100m: 1:14.70		200m: 2:35.36		40.59	300m: 3:54.92	39.27	400m: 5:12.23	38.42
6.	Mariana Moreira Lopes	F	209232	11	Clube Desportivo Feirense	5:14.78	391	-	
	50m: 35.87		150m: 1:54.76		39.62	250m: 3:15.55	40.53	350m: 4:36.36	39.94
	100m: 1:15.14		200m: 2:35.02		40.26	300m: 3:56.42	40.87	400m: 5:14.78	38.42
7.	Lia Tome Mateus	F	208054	11	CN Vagos	5:23.76	359	359,00	
	50m: 37.03		150m: 1:58.40		41.17	250m: 3:21.16	41.47	350m: 4:43.12	40.59
	100m: 1:17.23		200m: 2:39.69		41.29	300m: 4:02.53	41.37	400m: 5:23.76	40.64
8.	Beatriz Ribeiro Moreira	F	209179	10	Sporting de Espinho	5:25.87	352	352,00	
	50m: 36.56		150m: 1:57.06		40.69	250m: 3:20.55	41.68	350m: 4:44.39	41.92
	100m: 1:16.37		200m: 2:38.87		41.81	300m: 4:02.47	41.92	400m: 5:25.87	41.48
9.	Mellik Anki Mulchande	F	214479	10	Campinho	5:43.68	300	300,00	
	50m: 37.89		150m: 2:02.65		42.80	250m: 3:30.43	44.11	350m: 4:59.32	44.33
	100m: 1:19.85		200m: 2:46.32		43.67	300m: 4:14.99	44.56	400m: 5:43.68	44.36
10.	Barbara Teixeira Pinho	F	220146	11	Clube Desportivo de Estarreja	5:46.50	293	293,00	
	50m: 38.23		150m: 2:04.11		43.71	250m: 3:33.57	45.10	350m: 5:02.72	44.21
	100m: 1:20.40		200m: 2:48.47		44.36	300m: 4:18.51	44.94	400m: 5:46.50	43.78
11.	Beatriz Fernandes Rocha	F	220147	11	Clube Desportivo de Estarreja	5:51.53	281	-	
	50m: 37.83		150m: 2:01.73		43.23	250m: 3:31.57	45.52	350m: 5:04.60	46.91
	100m: 1:18.50		200m: 2:46.05		44.32	300m: 4:17.69	46.12	400m: 5:51.53	46.93
12.	Ema Alexandra Couras	F	214470	11	Clube Desportivo de Estarreja	5:59.62	262	-	
	50m: 37.43		150m: 2:05.32		44.84	250m: 3:39.01	47.08	350m: 5:14.84	48.16
	100m: 1:20.48		200m: 2:51.93		46.61	300m: 4:26.68	47.67	400m: 5:59.62	44.78

Juniores

1.	Joana Almeida Santos	F	210792	09	Galitos / Bresimar	4:50.67	497	497,00	
	50m: 32.66		150m: 1:44.30		35.79	250m: 2:58.03	36.77	350m: 4:13.09	37.55
	100m: 1:08.51		200m: 2:21.26		36.96	300m: 3:35.54	37.51	400m: 4:50.67	37.58
2.	Maria Saraiva Paixao	F	152960	08	Galitos / Bresimar	4:53.21	484	-	
	50m: 33.29		150m: 1:44.96		36.20	250m: 2:58.70	37.16	350m: 4:15.13	38.78
	100m: 1:08.76		200m: 2:21.54		36.58	300m: 3:36.35	37.65	400m: 4:53.21	38.08

Prova 23, Femin., 400m Livres, Juniores

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	AQUA	Pts	Obs
3.	Lara Sofia Fonseca	F	203293	08	Academico Viseu Futebol Clube	5:02.13	442	442,00	
	50m: 33.31		150m: 1:47.92		38.17	250m: 3:05.72	38.94	350m: 4:24.41	39.22
	100m: 1:09.75		200m: 2:26.78		38.86	300m: 3:45.19	39.47	400m: 5:02.13	37.72
4.	Leonor Pereira Rocha	F	205433	08	Sporting de Espinho	5:23.72	359	359,00	
	50m: 35.91		150m: 1:56.16		40.94	250m: 3:18.69	41.55	350m: 4:42.64	42.29
	100m: 1:15.22		200m: 2:37.14		40.98	300m: 4:00.35	41.66	400m: 5:23.72	41.08

Seniores

1.	Carolina Vizinho Cabral	F	206307	07	Galitos / Bresimar	4:29.52	623	623,00	
	50m: 30.52		150m: 1:38.52		34.58	250m: 2:46.75	33.93	350m: 3:56.03	34.69
	100m: 1:03.94		200m: 2:12.82		34.30	300m: 3:21.34	34.59	400m: 4:29.52	33.49
2.	Maria Joao Ribeiro	F	133241	05	Clube Desportivo Feirense	4:47.05	516	516,00	
	50m: 31.56		150m: 1:41.27		35.64	250m: 2:54.70	37.10	350m: 4:10.27	37.83
	100m: 1:05.63		200m: 2:17.60		36.33	300m: 3:32.44	37.74	400m: 4:47.05	36.78
3.	Ines Eira Pereira	F	117517	99	Clube Desportivo de Estarreja	5:01.06	447	447,00	
	50m: 32.84		150m: 1:47.76		37.79	250m: 3:05.15	38.15	350m: 4:23.47	39.42
	100m: 1:09.97		200m: 2:27.00		39.24	300m: 3:44.05	38.90	400m: 5:01.06	37.59