

Torneio TURBO de Formação 3  
Gafanha da Nazaré, 23 - 24/5/2026



Prova 21  
24/05/2026 - 10:31

Femin., 400m Livres

12 - 14 anos  
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 Nazaré	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	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
<b>Cadetes A</b>									
1.	Sofia Amaral Gaspar	F	217873	12	CN Vagos	5:30.54	<b>5:21.91</b>	365	
	50m: 37.28	37.28	150m: 1:58.69	40.85	250m: 3:22.27	41.65	350m: 4:44.56	40.80	
	100m: 1:17.84	40.56	200m: 2:40.62	41.93	300m: 4:03.76	41.49	400m: 5:21.91	37.35	
2.	Julia Martins Barbosa	F	223636	12	CN Vagos	5:57.04	<b>5:52.11</b>	279	
	50m: 38.23	38.23	150m: 2:06.13	44.73	250m: 3:36.72	45.65	350m: 5:09.27	46.49	
	100m: 1:21.40	43.17	200m: 2:51.07	44.94	300m: 4:22.78	46.06	400m: 5:52.11	42.84	
3.	Eva Luz Goncalves	F	220153	12	Clube Desportivo de Estarreja	6:48.40	<b>5:59.93</b>	261	
	50m: 40.09	40.09	150m: 2:09.64	45.60	250m: 3:43.42	47.08	350m: 5:15.76	46.48	
	100m: 1:24.04	43.95	200m: 2:56.34	46.70	300m: 4:29.28	45.86	400m: 5:59.93	44.17	
4.	Carolina Reis Grego	F	222700	12	CN Vagos	6:14.99	<b>6:21.73</b>	219	
	50m: 42.42	42.42	150m: 2:20.60	49.50	250m: 3:58.49	48.27	350m: 5:35.61	47.69	
	100m: 1:31.10	48.68	200m: 3:10.22	49.62	300m: 4:47.92	49.43	400m: 6:21.73	46.12	
5.	Erna Baptista Tome	F	222954	12	CN Vagos	6:30.96	<b>6:22.15</b>	218	
	50m: 43.08	43.08	150m: 2:21.23	49.67	250m: 3:58.99	49.02	350m: 5:36.14	48.99	
	100m: 1:31.56	48.48	200m: 3:09.97	48.74	300m: 4:47.15	48.16	400m: 6:22.15	46.01	
6.	Maria Salete Oliveira	F	220158	12	Clube Desportivo de Estarreja	NT	<b>6:24.77</b>	214	
	50m: 43.41	43.41	150m: 2:22.68	50.10	250m: 4:01.64	49.76	350m: 5:40.20	48.96	
	100m: 1:32.58	49.17	200m: 3:11.88	49.20	300m: 4:51.24	49.60	400m: 6:24.77	44.57	
7.	Victoria Mota Costa	F	223271	12	UD Oliveirense/FERSILVA	6:52.92	<b>6:24.88</b>	214	
	50m: 43.12	43.12	150m: 2:23.41	50.18	250m: 4:01.80	49.42	350m: 5:40.94	49.52	
	100m: 1:33.23	50.11	200m: 3:12.38	48.97	300m: 4:51.42	49.62	400m: 6:24.88	43.94	
8.	Helena Luis Fragoso	F	220155	12	Clube Desportivo de Estarreja	7:28.72	<b>6:39.59</b>	191	
	50m: 42.36	42.36	150m: 2:24.69	53.16	250m: 4:06.77	51.35	350m: 5:50.27	51.70	
	100m: 1:31.53	49.17	200m: 3:15.42	50.73	300m: 4:58.57	51.80	400m: 6:39.59	49.32	

Infantis B

1.	Gabriela Riquito Oliveira	F	215189	13	Galitos / Bresimar	5:19.32	<b>5:13.30</b>	396	
	50m: 36.29	36.29	150m: 1:56.63	40.47	250m: 3:18.01	40.48	350m: 4:36.74	39.61	
	100m: 1:16.16	39.87	200m: 2:37.53	40.90	300m: 3:57.13	39.12	400m: 5:13.30	36.56	
2.	Julia Melo Amorim	F	218284	13	Galitos / Bresimar	5:22.33	<b>5:15.36</b>	389	
	50m: 36.57	36.57	150m: 1:56.89	40.10	250m: 3:16.85	39.82	350m: 4:37.64	40.49	
	100m: 1:16.79	40.22	200m: 2:37.03	40.14	300m: 3:57.15	40.30	400m: 5:15.36	37.72	
3.	Anastacia Dimitrii Cocovici	F	211835	13	Galitos / Bresimar	5:16.01	<b>5:15.79</b>	387	
	50m: 35.57	35.57	150m: 1:56.14	40.75	250m: 3:16.70	39.81	350m: 4:37.22	40.56	
	100m: 1:15.39	39.82	200m: 2:36.89	40.75	300m: 3:56.66	39.96	400m: 5:15.79	38.57	
4.	Sofia Pereira Costa	F	215174	13	Clube Desportivo Feirense	5:29.66	<b>5:28.45</b>	344	
	50m: 36.67	36.67	150m: 1:58.93	41.54	250m: 3:23.69	42.50	350m: 4:48.47	42.61	
	100m: 1:17.39	40.72	200m: 2:41.19	42.26	300m: 4:05.86	42.17	400m: 5:28.45	39.98	
5.	Maria Jose Ribeiro	F	214739	13	Campinho	5:50.92	<b>5:36.57</b>	320	
	50m: 36.34	36.34	150m: 1:59.55	41.99	250m: 3:26.09	43.36	350m: 4:55.71	43.21	
	100m: 1:17.56	41.22	200m: 2:42.73	43.18	300m: 4:12.50	46.41	400m: 5:36.57	40.86	
6.	Lara Rei Oliveira	F	220178	13	CN Vagos	NT	<b>6:23.04</b>	217	
	50m: 43.15	43.15	150m: 2:20.00	48.69	250m: 3:59.30	49.73	350m: 5:37.23	49.00	
	100m: 1:31.31	48.16	200m: 3:09.57	49.57	300m: 4:48.23	48.93	400m: 6:23.04	45.81	

Infantil A

1.	Constancia Sousa Fontinha	F	212496	14	O Crasto	4:56.84	<b>4:50.33</b>	498	
	50m: 33.29	33.29	150m: 1:47.41	37.18	250m: 3:01.43	36.60	350m: 4:14.88	36.85	
	100m: 1:10.23	36.94	200m: 2:24.83	37.42	300m: 3:38.03	36.60	400m: 4:50.33	35.45	
2.	Maria Miguel Lopes	F	220311	14	Academico Viseu Futebol Clube	4:56.44	<b>4:55.36</b>	473	
	50m: 33.43	33.43	150m: 1:48.47	37.82	250m: 3:04.55	38.08	350m: 4:19.96	37.69	
	100m: 1:10.65	37.22	200m: 2:26.47	38.00	300m: 3:42.27	37.72	400m: 4:55.36	35.40	
3.	Maria Olivia Ferreira	F	211423	14	Galitos / Bresimar	5:07.68	<b>5:09.06</b>	413	
	50m: 34.48	34.48	150m: 1:50.84	38.69	250m: 3:10.67	40.44	350m: 4:31.26	40.03	
	100m: 1:12.15	37.67	200m: 2:30.23	39.39	300m: 3:51.23	40.56	400m: 5:09.06	37.80	
4.	Dania Pereira Cardoso	F	214825	14	Estamos Juntos	5:08.87	<b>5:13.02</b>	397	
	50m: 34.91	34.91	150m: 1:53.21	39.71	250m: 3:13.41	39.88	350m: 4:33.81	39.79	
	100m: 1:13.50	38.59	200m: 2:33.53	40.32	300m: 3:54.02	40.61	400m: 5:13.02	39.21	
5.	Ines Frias Oliveira	F	222894	14	Sanjoanense/FEPSA	5:55.69	<b>5:34.36</b>	326	
	50m: 38.51	38.51	150m: 2:03.56	42.98	250m: 3:29.61	42.81	350m: 4:55.69	42.39	
	100m: 1:20.58	42.07	200m: 2:46.80	43.24	300m: 4:13.30	43.69	400m: 5:34.36	38.67	



Torneio TURBO de Formação 3  
Gafanha da Nazaré, 23 - 24/5/2026



Prova 21, Femin., 400m Livres, Infantil A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.				Tempo Final	Pts	Obs
6.	Ana Carolina Figueiredo	F	215163	14	UD Oliveirense/FERSILVA	5:39.53				<b>5:34.39</b>	326	
	50m: 37.93	37.93	150m: 2:05.87	43.87	250m: 3:32.96	43.31	350m: 4:56.85	40.74				
	100m: 1:22.00	44.07	200m: 2:49.65	43.78	300m: 4:16.11	43.15	400m: 5:34.39	37.54				
EXH	Laura Cristovao Sousa	F	214392	13	FC Ferreiras/AlgarExperience	5:34.37				<b>5:17.18</b>	382	EXH
	50m: 36.10	36.10	150m: 1:57.14	41.04	250m: 3:18.06	40.35	350m: 4:38.70	40.27				
	100m: 1:16.10	40.00	200m: 2:37.71	40.57	300m: 3:58.43	40.37	400m: 5:17.18	38.48				
EXH	Maria Costa Viegas	F	218925	13	Condeixa Aqua Clube	5:25.13				<b>5:22.48</b>	363	EXH
	50m: 35.19	35.19	150m: 1:57.00	41.29	250m: 3:19.11	41.05	350m: 4:43.32	42.88				
	100m: 1:15.71	40.52	200m: 2:38.06	41.06	300m: 4:00.44	41.33	400m: 5:22.48	39.16				
EXH	Leonor Simoes Rodrigues	F	226819	12	Condeixa Aqua Clube	6:04.92				<b>6:04.39</b>	252	EXH
	50m: 41.71	41.71	150m: 2:13.54	46.84	250m: 3:47.13	46.81	350m: 5:19.86	45.46				
	100m: 1:26.70	44.99	200m: 3:00.32	46.78	300m: 4:34.40	47.27	400m: 6:04.39	44.53				