

Prova 18 Femin., 400m Livres
30/05/2026 - 16:11 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 Jun 18	4:11.18	Francisca Soares Martins	FOCA	Mealhada	14/11/2020
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 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 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 Jun 18 Jun 18: 4:29.96 / TAC-N Sen 22+ 22 +: 4:24.77 / 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 / 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

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
Juvenis B									
1.	Frederica Vinhas Vieira <i>TAC Nacional Julho</i>	F	209964	15	Campinho	5:22.77	4:49.98	500	
	50m: 32.48 100m: 1:08.58	32.48 36.10	150m: 1:45.38 200m: 2:22.39	36.80 37.01	250m: 2:59.73 300m: 3:37.12	37.34 37.39	350m: 4:14.50 400m: 4:49.98	37.38 35.48	
2.	Francisca Coelho Lucena <i>TAC InterDistrital</i>	F	206673	15	O Crasto	5:03.91	5:01.00	447	
	50m: 34.48 100m: 1:11.72	34.48 37.24	150m: 1:49.43 200m: 2:27.87	37.71 38.44	250m: 3:06.40 300m: 3:45.12	38.53 38.72	350m: 4:24.16 400m: 5:01.00	39.04 36.84	
3.	Lia Tome Mateus <i>TAC InterDistrital</i>	F	208054	15	CN Vagos	5:10.53	5:09.67	411	
	50m: 35.28 100m: 1:13.87	35.28 38.59	150m: 1:53.33 200m: 2:32.76	39.46 39.43	250m: 3:12.58 300m: 3:52.13	39.82 39.55	350m: 4:31.61 400m: 5:09.67	39.48 38.06	
4.	Ines Oliveira Fernandes <i>FTL</i>	F	224933	15	Sanjoanense/FEPSA	NT	6:02.14	257	
	50m: 39.06 100m: 1:23.94	39.06 44.88	150m: 2:09.94 200m: 2:57.27	46.00 47.33	250m: 3:43.91 300m: 4:31.47	46.64 47.56	350m: 5:18.65 400m: 6:02.14	47.18 43.49	

Juvenis A

1.	Mariana Pina Macedo <i>TAC InterDistrital</i>	F	212237	16	Estamos Juntos	5:05.45	5:09.29	412	
	50m: 33.29 100m: 1:11.28	33.29 37.99	150m: 1:51.01 200m: 2:31.31	39.73 40.30	250m: 3:11.88 300m: 3:52.13	40.57 40.25	350m: 4:31.71 400m: 5:09.29	39.58 37.58	
2.	Maria Lino Padua <i>TAC InterDistrital</i>	F	209186	16	Sporting de Espinho	5:07.79	5:09.38	412	
	50m: 34.40 100m: 1:13.36	34.40 38.96	150m: 1:52.82 200m: 2:32.71	39.46 39.89	250m: 3:12.25 300m: 3:52.06	39.54 39.81	350m: 4:32.04 400m: 5:09.38	39.98 37.34	
3.	Beatriz Ribeiro Moreira <i>TAC InterDistrital</i>	F	209179	16	Sporting de Espinho	5:13.70	5:14.07	394	
	50m: 35.15 100m: 1:14.19	35.15 39.04	150m: 1:53.76 200m: 2:33.50	39.57 39.74	250m: 3:13.73 300m: 3:53.84	40.23 40.11	350m: 4:34.58 400m: 5:14.07	40.74 39.49	

Juniores

1.	Gabriela Lopes Fernandes <i>TAC InterDistrital</i>	F	203902	17	O Crasto	4:56.58	4:55.46	473	
	50m: 33.62 100m: 1:10.30	33.62 36.68	150m: 1:48.22 200m: 2:26.14	37.92 37.92	250m: 3:03.39 300m: 3:41.68	37.25 38.29	350m: 4:19.18 400m: 4:55.46	37.50 36.28	