



Campeonato Regional ALVES BANDEIRA 3
Mealhada, 30 - 31/5/2026

Prova 40
31/05/2026 - 15:22

Femin., 400m Estilos

Absolutos
Resultados

Rec Nac 25m Open	4:36.19	Victoria Kaminskaya	POR	Copenhague (DEN)	13/12/2017
Rec Nac 25m Sen	4:36.19	Victoria Kaminskaya	POR	Copenhague (DEN)	13/12/2017
Rec Nac 25m Jun 18	4:41.02	Victoria Kaminskaya	PIMP	Porto	07/12/2012
Rec Nac 25m Jun17	4:46.89	Ines Neto Rocha	CAP	Felgueiras	15/04/2018
Rec Nac 25m Juv A 16	4:50.85	Diana Margarida Duraes	FOCA	Silves	02/12/2011
Rec Nac 25m Juv B 15	4:51.85	Ana Claudia Santos	SFUAP	Setubal	21/11/2004
Recordes Reg ANCNP 25m Open	4:49.39	Ana Sofia Pina	CRASTO	Vila Real Stº António	04/11/2018
Recordes Reg ANCNP 25m Sen	4:49.80	Joana Nunes Cardeal	AVFC	Leiria	10/12/2023
Recordes Reg ANCNP 25m Jun 18	4:53.32	Joana Nunes Cardeal	AVFC	Felgueiras	20/12/2019
Recordes Reg ANCNP 25m Jun17	4:49.39	Ana Sofia Pina	CRASTO	Vila Real Stº António	04/11/2018
Recordes Reg ANCNP 25m Juv A 16	4:53.90	Ana Sofia Pina	CRASTO	Porto	08/12/2017
Recordes Reg ANCNP 25m Juv B 15	4:59.34	Ana Sofia Pina	CRASTO	Ponte da Barca	02/12/2016

TAC-N Jun 17 Jun17: 5:16.61 / TAC-N JUL Juv A Juv A 16: 5:22.59 / TAC-N JUL Juv B Juv B 15: 5:34.53 / TAC-N Jun 18 Jun 18: 5:10.64 / TAC-N Sen 22+ 22 +: 5:04.66 / TAC-N Sen Sub 21 19 - 21: 5:07.65 / TAC-ID Juv A Juv A 16: 6:02.16 / TAC-ID Juv B Juv B 15: 6:10.76 / TAC-ID Jun Jun: 5:53.58 / TAC-ID Sen Sen: 5:45.00 / TFO REGIONAL - SEN Sen: 5:54.41 / TFO REGIONAL - JUN Jun: 6:04.00 / TFO REGIONAL - JUV A Juv A 16: 6:14.71 / TFO REGIONAL - JUV B Juv B 15: 6:24.80

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
1.	María Ines Gomes TAC InterDistrital	F	209231	15	Clube Desportivo Feirense	5:51.44	5:49.38	390	
	50m: 34.68	34.68	150m: 2:02.79	45.01	250m: 3:37.22	48.82	350m: 5:08.79	42.15	
	100m: 1:17.78	43.10	200m: 2:48.40	45.61	300m: 4:26.64	49.42	400m: 5:49.38	40.59	

Juniores

1.	Carolina Mendes Nunes TAC InterDistrital	F	205710	18	Clube Desportivo de Estarreja	5:21.50	5:25.20	484	
	50m: 33.51	33.51	150m: 1:54.90	42.94	250m: 3:23.11	46.64	350m: 4:47.84	38.03	
	100m: 1:11.96	38.45	200m: 2:36.47	41.57	300m: 4:09.81	46.70	400m: 5:25.20	37.36	

Seniores

1.	Carolina Vizinho Cabral TAC InterDistrital	F	206307	19	Galitos / Bresimar	NT	5:08.32	568	
	50m: 32.34	32.34	150m: 1:49.34	40.40	250m: 3:14.48	45.72	350m: 4:34.29	34.98	
	100m: 1:08.94	36.60	200m: 2:28.76	39.42	300m: 3:59.31	44.83	400m: 5:08.32	34.03	
2.	María Joao Ribeiro TAC InterDistrital	F	133241	21	Clube Desportivo Feirense	5:06.98	5:19.60	510	
	50m: 32.90	32.90	150m: 1:52.35	42.43	250m: 3:17.98	43.20	350m: 4:42.17	39.22	
	100m: 1:09.92	37.02	200m: 2:34.78	42.43	300m: 4:02.95	44.97	400m: 5:19.60	37.43	
3.	Mafalda Rodrigues Cardoso TAC InterDistrital	F	205435	19	Clube Desportivo Feirense	NT	5:38.00	431	
	50m: 34.79	34.79	150m: 1:59.41	44.78	250m: 3:30.85	47.45	350m: 4:59.22	40.75	
	100m: 1:14.63	39.84	200m: 2:43.40	43.99	300m: 4:18.47	47.62	400m: 5:38.00	38.78	

