

Prova 3  
15/11/2025 - 15:30

Femin., 400m Estilos

Juvenis  
Resultados

Recordes Reg ANCNP 25m Open	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 JUL Juv A Juv A 16: 5:16.61 / TAC-N JUL Juv B Juv B 15: 5:28.56 / TAC-N MAR Juv A Juv A 16: 5:22.59 / TAC-N MAR Juv B Juv B 15: 5:34.53 / TAC-Z Juv A Juv A 16: 5:28.56 / TAC-Z Juv B Juv B 15: 5:37.52 / TFO - JUV A Juv A 16: 6:00.00 / TFO - JUV B Juv B 15: 6:13.50

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINAPts	Obs
<b>Juvenis B</b>								
1.	Zoe Pinho Nunes <i>TAC Nacional Março</i>	F	209378	11	Galitos / Bresimar	<b>5:29.29</b>	467	
	50m: 31.68 31.68				150m: 1:51.48 42.42	250m: 3:21.86 49.61	350m: 4:51.44 38.77	
	100m: 1:09.06 37.38				200m: 2:32.25 40.77	300m: 4:12.67 50.81	400m: 5:29.29 37.85	
2.	Leonor Marques Mendes	F	141309	11	Galitos / Bresimar	<b>5:45.06</b>	405	
	50m: 35.15 35.15				150m: 2:02.78 45.23	250m: 3:35.03 47.89	350m: 5:05.92 41.32	
	100m: 1:17.55 42.40				200m: 2:47.14 44.36	300m: 4:24.60 49.57	400m: 5:45.06 39.14	
3.	Alice Maria Rodrigues	F	213554	11	Academico Viseu Futebol Clube	<b>5:46.13</b>	402	
	50m: 35.77 35.77				150m: 2:04.84 45.76	250m: 3:39.95 51.34	350m: 5:09.08 38.13	
	100m: 1:19.08 43.31				200m: 2:48.61 43.77	300m: 4:30.95 51.00	400m: 5:46.13 37.05	
4.	Maria Ines Gomes	F	209231	11	Clube Desportivo Feirense	<b>5:58.19</b>	362	
	50m: 36.56 36.56				150m: 2:07.35 46.89	250m: 3:42.85 49.36	350m: 5:16.21 43.75	
	100m: 1:20.46 43.90				200m: 2:53.49 46.14	300m: 4:32.46 49.61	400m: 5:58.19 41.98	
5.	Ines Sousa Ribeiro	F	208535	11	Clube Desportivo Feirense	<b>6:04.10</b>	345	
	50m: 38.56 38.56				150m: 2:11.49 46.15	250m: 3:51.45 53.82	350m: 5:26.55 40.45	
	100m: 1:25.34 46.78				200m: 2:57.63 46.14	300m: 4:46.10 54.65	400m: 6:04.10 37.55	
6.	Francisca Coelho Lucena	F	206673	11	O Crasto	<b>6:05.75</b>	340	
	50m: 42.90 42.90				150m: 2:20.99 44.32	250m: 3:57.13 52.79	350m: 5:28.49 38.74	
	100m: 1:36.67 53.77				200m: 3:04.34 43.35	300m: 4:49.75 52.62	400m: 6:05.75 37.26	
7.	Mariana Moreira Lopes	F	209232	11	Clube Desportivo Feirense	<b>6:08.31</b>	333	
	50m: 39.35 39.35				150m: 2:15.52 44.56	250m: 3:54.55 55.37	350m: 5:29.03 39.26	
	100m: 1:30.96 51.61				200m: 2:59.18 43.66	300m: 4:49.77 55.22	400m: 6:08.31 39.28	
DSQ	Ana Teresa Roldao <i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 200 m - SW 7.1</i>	F	216672	11	Academico Viseu Futebol Clube			DSQ
DNS	Ema Alexandra Couras	F	214470	11	Clube Desportivo de Estarreja			DNS
DNS	Beatriz Fernandes Rocha	F	220147	11	Clube Desportivo de Estarreja			DNS
DNS	Matilde Sofia Pinto	F	212225	11	Clube Desportivo Feirense			DNS

**Juvenis A**

1.	Carolina Ratola Taveira <i>TAC Nacional Julho</i>	F	209341	10	Galitos / Bresimar	<b>5:14.10</b>	538	
	50m: 32.01 32.01				150m: 1:49.34 40.88	250m: 3:15.43 46.24	350m: 4:38.51 36.83	
	100m: 1:08.46 36.45				200m: 2:29.19 39.85	300m: 4:01.68 46.25	400m: 5:14.10 35.59	
2.	Raquel Domingues Re <i>TAC Nacional Março</i>	F	209377	10	Galitos / Bresimar	<b>5:20.23</b>	507	
	50m: 32.28 32.28				150m: 1:52.36 41.38	250m: 3:18.69 44.97	350m: 4:43.39 39.10	
	100m: 1:10.98 38.70				200m: 2:33.72 41.36	300m: 4:04.29 45.60	400m: 5:20.23 36.84	
3.	Sofia Rodrigues Vasconcelos	F	201422	10	Galitos / Bresimar	<b>5:31.58</b>	457	
	50m: 34.25 34.25				150m: 1:56.13 42.51	250m: 3:27.46 49.73	350m: 4:55.40 37.68	
	100m: 1:13.62 39.37				200m: 2:37.73 41.60	300m: 4:17.72 50.26	400m: 5:31.58 36.18	
4.	Leonor Silva Jesus	F	206656	10	Galitos / Bresimar	<b>5:34.89</b>	443	
	50m: 34.36 34.36				150m: 1:57.22 43.31	250m: 3:28.46 48.48	350m: 4:57.05 39.66	
	100m: 1:13.91 39.55				200m: 2:39.98 42.76	300m: 4:17.39 48.93	400m: 5:34.89 37.84	
5.	Leonor Delgadinho Rocha <i>FTL</i>	F	212157	10	Clube Desportivo Feirense	<b>6:17.49</b>	309	
	50m: 42.42 42.42				150m: 2:20.35 47.22	250m: 3:58.79 53.77	350m: 5:36.12 43.20	
	100m: 1:33.13 50.71				200m: 3:05.02 44.67	300m: 4:52.92 54.13	400m: 6:17.49 41.37	