Prova 9 — Femin., 400m Livres — Absolutos
31/10/2026 - 15:45 — Resultados

Recordes Nacionais 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m Sen	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m Jun 18	4:11.18	Francisca Soares Martins	FOCA	Mealhada	14/11/2020
Recordes Nacionais 25m Jun17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Recordes Nacionais 25m Juv A 16	4:13.53	Ana Reis Sousa	CNLA	Porto	09/12/2017
Recordes Nacionais 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
Recordes do Meeting Centro Norte 25m	4:26.67	Carolina Vizinho Cabral	POR	Estarreja	01/11/2025

TAC-N MAR Juv B Juv B 15: 5:01.49 / TAC-N Sen 22+ 22 +: 4:26.28 / TAC-N Sen Sub 21 19 - 21: 4:28.89 / TAC-N Jun 18 Jun 18: 4:31.50 / TAC-N Jun 17 Jun17: 4:36.72 / TAC-N JUL Juv A Juv A 16: 4:45.20 / TAC-N MAR Juv A Juv A 16: 4:50.91 / TAC-N JUL Juv B Juv B 15: 4:55.58 / TAC-Z Juv A Juv A 16: 4:53.82 / TAC-Z Juv B Juv B 15: 5:04.50

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença Idade	Clube	Tempo Final	AQUA	Pts	Obs
1.	Carolina Vizinho Cabral	F	206307 20	CGA	**4:31.38**	610	20,00	
	50m: 31.27 31.27 150m: 1:39.10 34.30 250m: 2:48.41 34.45 350m: 3:57.89 34.63							
	100m: 1:04.80 33.53 200m: 2:13.96 34.86 300m: 3:23.26 34.85 400m: 4:31.38 33.49							
2.	Diana Gomes Freitas	F	202656 19	SCB	**4:38.34**	566	18,00	
	50m: 32.06 32.06 150m: 1:40.48 34.90 250m: 2:50.97 35.43 350m: 4:03.06 35.99							
	100m: 1:05.58 33.52 200m: 2:15.54 35.06 300m: 3:27.07 36.10 400m: 4:38.34 35.28							
3.	Maria Emilia Almeida	F	131568 20	CGA	**4:44.38**	530	16,00	
	50m: 33.97 33.97 150m: 1:45.63 35.76 250m: 2:56.95 35.72 350m: 4:09.34 36.17							
	100m: 1:09.87 35.90 200m: 2:21.23 35.60 300m: 3:33.17 36.22 400m: 4:44.38 35.04							
4.	Carolina Melo Homem *TAC Nacional Julho Juvenil B*	F	216658 15	CGA	**4:44.49**	530	14,00	
	50m: 32.02 32.02 150m: 1:41.80 35.71 250m: 2:55.53 36.85 350m: 4:09.06 36.18							
	100m: 1:06.09 34.07 200m: 2:18.68 36.88 300m: 3:32.88 37.35 400m: 4:44.49 35.43							
5.	Constanca Sousa Fontinha *TAC Nacional Julho Juvenil B*	F	212496 15	CRASTO	**4:47.15**	515	13,00	
	50m: 33.62 33.62 150m: 1:48.18 38.19 250m: 3:01.43 35.74 350m: 4:12.66 35.45							
	100m: 1:09.99 36.37 200m: 2:25.69 37.51 300m: 3:37.21 35.78 400m: 4:47.15 34.49							
6.	Matilde Paiva Cardoso *TAC Nacional Março Juvenil A*	F	208863 16	CFP	**4:47.24**	515	12,00	
	50m: 33.07 33.07 150m: 1:45.92 36.67 250m: 2:59.32 36.82 350m: 4:12.10 36.41							
	100m: 1:09.25 36.18 200m: 2:22.50 36.58 300m: 3:35.69 36.37 400m: 4:47.24 35.14							
7.	Ana Teresa Roldao *TAC Nacional Março Juvenil A*	F	216672 16	AVFC	**4:47.31**	514	11,00	
	50m: 33.07 33.07 150m: 1:45.38 36.64 250m: 2:58.66 36.83 350m: 4:11.83 36.62							
	100m: 1:08.74 35.67 200m: 2:21.83 36.45 300m: 3:35.21 36.55 400m: 4:47.31 35.48							
8.	Uxia Romero Costa	F	208443 18	CFP	**4:49.15**	504	10,00	
	50m: 32.74 32.74 150m: 1:44.90 36.28 250m: 2:58.62 37.02 350m: 4:12.74 36.99							
	100m: 1:08.62 35.88 200m: 2:21.60 36.70 300m: 3:35.75 37.13 400m: 4:49.15 36.41							
9.	Alice Maria Rodrigues *TAC Nacional Março Juvenil A*	F	213554 16	AVFC	**4:49.66**	502	9,00	
	50m: 34.03 34.03 150m: 1:48.45 37.47 250m: 3:02.26 36.84 350m: 4:15.75 36.49							
	100m: 1:10.98 36.95 200m: 2:25.42 36.97 300m: 3:39.26 37.00 400m: 4:49.66 33.91							
10.	Sofia Apalyonova Monteiro *TAC Nacional Março Juvenil B*	F	212125 15	CNVA	**4:55.90**	471	7,00	
	50m: 34.42 34.42 150m: 1:50.32 38.08 250m: 3:05.86 37.76 350m: 4:20.85 37.47							
	100m: 1:12.24 37.82 200m: 2:28.10 37.78 300m: 3:43.38 37.52 400m: 4:55.90 35.05							
11.	Benedita Gomes Prata	F	210340 16	CFP	**4:57.99**	461	6,00	
	50m: 34.44 34.44 150m: 1:49.93 37.96 250m: 3:05.48 37.86 350m: 4:21.16 37.93							
	100m: 1:11.97 37.53 200m: 2:27.62 37.69 300m: 3:43.23 37.75 400m: 4:57.99 36.83							
12.	Ines Eira Pereira	F	117517 28	CDE	**4:59.77**	453	5,00	
	50m: 33.59 33.59 150m: 1:48.28 37.48 250m: 3:04.12 37.44 350m: 4:22.62 39.72							
	100m: 1:10.80 37.21 200m: 2:26.68 38.40 300m: 3:42.90 38.78 400m: 4:59.77 37.15							

Prova 9, Femin., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
13.	Leonor Martins Silva	F	211830	15	CDF	**5:05.84**	426	4,00	
	50m: 34.49 34.49 150m: 1:50.08 38.38 250m: 3:07.21 38.80 350m: 4:26.25 39.60								
	100m: 1:11.70 37.21 200m: 2:28.41 38.33 300m: 3:46.65 39.44 400m: 5:05.84 39.59								
14.	Madalena Moura Sousa	F	215235	15	CFP	**5:06.30**	424	3,00	
	50m: 36.51 36.51 150m: 1:54.06 38.90 250m: 3:11.07 38.25 350m: 4:28.67 39.00								
	100m: 1:15.16 38.65 200m: 2:32.82 38.76 300m: 3:49.67 38.60 400m: 5:06.30 37.63								
15.	Gabriela Lopes Fernandes	F	203902	18	CRASTO	**5:07.07**	421	2,00	
	50m: 34.30 34.30 150m: 1:50.88 38.40 250m: 3:08.94 39.14 350m: 4:28.46 39.83								
	100m: 1:12.48 38.18 200m: 2:29.80 38.92 300m: 3:48.63 39.69 400m: 5:07.07 38.61								
16.	Leonor Pereira Rocha	F	205433	19	SCE	**5:12.94**	398	1,00	
	50m: 35.41 35.41 150m: 1:54.68 40.09 250m: 3:15.43 40.64 350m: 4:35.61 39.89								
	100m: 1:14.59 39.18 200m: 2:34.79 40.11 300m: 3:55.72 40.29 400m: 5:12.94 37.33								
17.	Francisca Coelho Lucena	F	206673	16	CRASTO	**5:13.06**	397	-	
	50m: 35.61 35.61 150m: 1:54.66 39.95 250m: 3:14.96 40.26 350m: 4:35.24 40.08								
	100m: 1:14.71 39.10 200m: 2:34.70 40.04 300m: 3:55.16 40.20 400m: 5:13.06 37.82								
18.	Lia Tome Mateus	F	208054	16	CNVA	**5:14.02**	394	-	
	50m: 35.49 35.49 150m: 1:53.16 39.33 250m: 3:13.75 40.76 350m: 4:34.47 40.79								
	100m: 1:13.83 38.34 200m: 2:32.99 39.83 300m: 3:53.68 39.93 400m: 5:14.02 39.55								
19.	Mariana Moreira Lopes	F	209232	16	CDF	**5:15.11**	390	-	
	50m: 33.44 33.44 150m: 1:49.82 39.21 250m: 3:11.95 41.44 350m: 4:35.64 41.57								
	100m: 1:10.61 37.17 200m: 2:30.51 40.69 300m: 3:54.07 42.12 400m: 5:15.11 39.47								
20.	Matilde Soares Fernandes	F	213549	15	AVFC	**5:16.23**	386	-	
	50m: 36.14 36.14 150m: 1:56.20 39.92 250m: 3:17.66 40.74 350m: 4:38.44 40.37								
	100m: 1:16.28 40.14 200m: 2:36.92 40.72 300m: 3:58.07 40.41 400m: 5:16.23 37.79								
21.	Maria Lino Padua	F	209186	17	SCE	**5:19.72**	373	-	
	50m: 35.08 35.08 150m: 1:52.60 39.39 250m: 3:12.95 40.36 350m: 4:38.33 43.47								
	100m: 1:13.21 38.13 200m: 2:32.59 39.99 300m: 3:54.86 41.91 400m: 5:19.72 41.39								
22.	Matilde Martins Barbosa	F	221258	17	CNVA	**5:36.44**	320	-	
	50m: 38.20 38.20 150m: 2:03.61 43.42 250m: 3:29.05 42.29 350m: 4:54.57 42.71								
	100m: 1:20.19 41.99 200m: 2:46.76 43.15 300m: 4:11.86 42.81 400m: 5:36.44 41.87								
23.	Anamar Tavares Ferreira	F	209676	17	CNVA	**5:37.48**	317	-	
	50m: 36.68 36.68 150m: 1:58.26 41.75 250m: 3:25.27 43.95 350m: 4:54.28 44.21								
	100m: 1:16.51 39.83 200m: 2:41.32 43.06 300m: 4:10.07 44.80 400m: 5:37.48 43.20								
24.	Leonor Matos Castanheira	F	220864	16	AEFDT	**5:41.12**	307	-	
	50m: 37.08 37.08 150m: 2:02.62 43.61 250m: 3:31.17 44.58 350m: 4:59.49 43.82								
	100m: 1:19.01 41.93 200m: 2:46.59 43.97 300m: 4:15.67 44.50 400m: 5:41.12 41.63								
25.	Patricia Pinho Santos	F	212905	15	AEJ	**5:53.49**	276	-	
	50m: 40.72 40.72 150m: 2:10.91 45.42 250m: 3:42.13 45.92 350m: 5:11.94 44.81								
	100m: 1:25.49 44.77 200m: 2:56.21 45.30 300m: 4:27.13 45.00 400m: 5:53.49 41.55								