Prova 16 — Femin., 400m Livres — Absolutos
14/11/2026 - 17:16 — 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 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m Juv A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais 25m Juv B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m Inf A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Regionais 25m Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais 25m Sen	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais 25m Jun 17	4:27.66	Beatriz Silva, LOURO	LDC	Leiria	09/12/2023
Recordes Regionais 25m Juv A	4:21.68	Catia Raquel, MARTINHEIRA	LDC	Porto	04/12/2010
Recordes Regionais 25m Juv B	4:31.47	Catia Raquel, MARTINHEIRA	LDC	Quarteira	21/11/2009
Recordes Regionais 25m Inf A	4:35.17	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008

Pontos: AQUA 2025

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
1.	Anna, FOMINA	208146	Sporting	**4:15.13**	735	8,00
	50m: 29.59 (29.59) 150m: 1:33.61 (32.17) 250m: 2:37.95 (32.08) 350m: 3:42.94 (32.70)					
	100m: 1:01.44 (31.85) 200m: 2:05.87 (32.26) 300m: 3:10.24 (32.29) 400m: 4:15.13 (32.19)					
2.	Carolina Pereira, VIANA	129199	Sporting	**4:15.35**	733	7,00
	50m: 29.65 (29.65) 150m: 1:34.03 (32.26) 250m: 2:38.79 (32.39) 350m: 3:44.13 (32.63)					
	100m: 1:01.77 (32.12) 200m: 2:06.40 (32.37) 300m: 3:11.50 (32.71) 400m: 4:15.35 (31.22)					
3.	Alexandra, GARRIDO ZAITSEVA	1048040	Circulo Mercantil	**4:28.32**	631	6,00
	50m: 30.96 (30.96) 150m: 1:38.27 (33.67) 250m: 2:46.07 (33.77) 350m: 3:54.47 (34.24)					
	100m: 1:04.60 (33.64) 200m: 2:12.30 (34.03) 300m: 3:20.23 (34.16) 400m: 4:28.32 (33.85)					
4.	Beatriz Silva, LOURO	129303	Sporting	**4:33.87**	594	5,00
	50m: 30.63 (30.63) 150m: 1:38.19 (34.32) 250m: 2:47.54 (34.79) 350m: 3:58.67 (35.79)					
	100m: 1:03.87 (33.24) 200m: 2:12.75 (34.56) 300m: 3:22.88 (35.34) 400m: 4:33.87 (35.20)					
5.	M., RODRIGUEZ DEL CORRAL	1074554	Circulo Mercantil	**4:34.74**	588	4,00
	50m: 30.76 (30.76) 150m: 1:38.30 (34.09) 250m: 2:47.63 (34.90) 350m: 3:59.20 (35.44)					
	100m: 1:04.21 (33.45) 200m: 2:12.73 (34.43) 300m: 3:23.76 (36.13) 400m: 4:34.74 (35.54)					
6.	Macarena, LOPEZ FERNANDEZ	31893517S	Club Navial	**4:37.75**	569	3,00
	50m: 31.10 (31.10) 150m: 1:40.22 (35.03) 250m: 2:51.90 (35.91) 350m: 4:03.52 (35.76)					
	100m: 1:05.19 (34.09) 200m: 2:15.99 (35.77) 300m: 3:27.76 (35.86) 400m: 4:37.75 (34.23)					
7.	Bruna Filipa, BORRALHO	216451	Lagoa Academico Clube	**4:41.06**	549	2,00
	50m: 30.80 (30.80) 150m: 1:39.18 (34.91) 250m: 2:52.53 (36.87) 350m: 4:06.37 (36.80)					
	100m: 1:04.27 (33.47) 200m: 2:15.66 (36.48) 300m: 3:29.57 (37.04) 400m: 4:41.06 (34.69)					
8.	Cristina, ESCOT GUERRERO	1043336	Circulo Mercantil	**4:44.30**	531	1,00
	50m: 32.52 (32.52) 150m: 1:45.04 (36.82) 250m: 2:57.74 (36.24) 350m: 4:10.15 (35.75)					
	100m: 1:08.22 (35.70) 200m: 2:21.50 (36.46) 300m: 3:34.40 (36.66) 400m: 4:44.30 (34.15)					
9.	Carmen, CORRALES GALVEZ	1074238	Circulo Mercantil	**4:46.41**	519	-
	50m: 31.86 (31.86) 150m: 1:43.44 (36.15) 250m: 2:56.39 (36.40) 350m: 4:09.56 (36.68)					
	100m: 1:07.29 (35.43) 200m: 2:19.99 (36.55) 300m: 3:32.88 (36.49) 400m: 4:46.41 (36.85)					
10.	Sofía, MAQUEDA LLACH	0000013	Club Natación Mairena	**4:47.29**	514	-
	50m: 31.57 (31.57) 150m: 1:40.99 (35.32) 250m: 2:53.79 (36.88) 350m: 4:10.03 (38.21)					
	100m: 1:05.67 (34.10) 200m: 2:16.91 (35.92) 300m: 3:31.82 (38.03) 400m: 4:47.29 (37.26)					
11.	Ines Filipa, MATEUS	212937	Lagoa Academico Clube	**4:47.79**	512	-
	50m: 31.05 (31.05) 150m: 1:42.16 (36.05) 250m: 2:55.84 (36.99) 350m: 4:11.00 (37.89)					
	100m: 1:06.11 (35.06) 200m: 2:18.85 (36.69) 300m: 3:33.11 (37.27) 400m: 4:47.79 (36.79)					
12.	Carolina Morao, FERREIRA	211806	Seleção dos Açores	**4:49.37**	503	-
	50m: 31.90 (31.90) 150m: 1:43.35 (36.45) 250m: 2:58.24 (37.78) 350m: 4:13.51 (37.19)					
	100m: 1:06.90 (35.00) 200m: 2:20.46 (37.11) 300m: 3:36.32 (38.08) 400m: 4:49.37 (35.86)					
13.	Alice Machado, CAPAREIRA	211802	Seleção dos Açores	**4:50.82**	496	-
	50m: 31.38 (31.38) 150m: 1:44.86 (37.55) 250m: 2:59.19 (36.98) 350m: 4:14.19 (37.47)					
	100m: 1:07.31 (35.93) 200m: 2:22.21 (37.35) 300m: 3:36.72 (37.53) 400m: 4:50.82 (36.63)					
14.	Carolina Brito, SANTOS	212564	Louletano / Loule Aqui e Agora	**4:52.72**	486	-
	50m: 32.40 (32.40) 150m: 1:45.85 (37.08) 250m: 3:01.03 (37.59) 350m: 4:16.57 (37.66)					
	100m: 1:08.77 (36.37) 200m: 2:23.44 (37.59) 300m: 3:38.91 (37.88) 400m: 4:52.72 (36.15)					
15.	Elena Barrera traverso,	000021	Club Nautico Sevilla	**4:54.46**	478	-
	50m: 33.71 (33.71) 150m: 1:46.70 (36.76) 250m: 3:00.08 (37.41) 350m: 4:16.65 (39.36)					
	100m: 1:09.94 (36.23) 200m: 2:22.67 (35.97) 300m: 3:37.29 (37.21) 400m: 4:54.46 (37.81)					
16.	Mia Alena, WERUM	207009	Lagoa Academico Clube	**4:55.78**	471	-
	50m: 32.29 (32.29) 150m: 1:45.49 (37.32) 250m: 3:01.99 (37.96) 350m: 4:18.94 (38.29)					
	100m: 1:08.17 (35.88) 200m: 2:24.03 (38.54) 300m: 3:40.65 (38.66) 400m: 4:55.78 (36.84)					