Prova 22 — Femin., 400m Estilos — Absolutos
14/11/2026 - 16:06 — Resultados

Recordes Nacionais 25m Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Jun 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Recordes Nacionais 25m Juv A	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Recordes Nacionais 25m Juv B	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Recordes Nacionais 25m Inf A	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Recordes Regionais 25m Open	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais 25m Sen	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais 25m Jun 17	5:03.46	Marta Pereira, ABREU	CNFA	Tavira	22/11/2008
Recordes Regionais 25m Juv A	5:01.37	Marta Pereira, ABREU	LDC	Silves	22/12/2007
Recordes Regionais 25m Juv B	5:07.51	Constança Lourenço, AZEVEDO	LAGAC	Tavira	15/03/2025
Recordes Regionais 25m Inf A	5:11.38	Laura Fabiana, ESTEVENS	CNOL	Silves	16/03/2019

Pontos: AQUA 2025

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
1.	Macarena, LOPEZ FERNANDEZ	31893517S	Club Navial	**5:05.91**	582	8,00
	50m: 32.19 32.19 150m: 1:47.98 39.08 250m: 3:10.39 44.83 350m: 4:31.55 36.02					
	100m: 1:08.90 36.71 200m: 2:25.56 37.58 300m: 3:55.53 45.14 400m: 5:05.91 34.36					
2.	Alejandra, MATEOS GARCÍA	1200096	Circulo Mercantil	**5:22.51**	497	7,00
	50m: 34.25 34.25 150m: 1:54.64 42.14 250m: 3:20.30 45.72 350m: 4:45.67 38.73					
	100m: 1:12.50 38.25 200m: 2:34.58 39.94 300m: 4:06.94 46.64 400m: 5:22.51 36.84					
3.	Maria Abreu, ARROJADO	213028	Seleção dos Açores	**5:23.59**	492	6,00
	50m: 32.72 32.72 150m: 1:54.18 42.93 250m: 3:23.59 47.69 350m: 4:47.45 37.08					
	100m: 1:11.25 38.53 200m: 2:35.90 41.72 300m: 4:10.37 46.78 400m: 5:23.59 36.14					
4.	Beatriz Matos, ROSA	219369	Lagoa Academico Clube	**5:32.09**	455	5,00
	50m: 34.43 34.43 150m: 1:58.21 42.26 250m: 3:26.12 46.94 350m: 4:53.69 40.57					
	100m: 1:15.95 41.52 200m: 2:39.18 40.97 300m: 4:13.12 47.00 400m: 5:32.09 38.40					
5.	Julia, LOZANO PÉREZ	000011	Cádiz	**5:39.42**	426	4,00
	50m: 34.38 34.38 150m: 2:00.42 45.93 250m: 3:33.23 48.11 350m: 5:02.16 40.33					
	100m: 1:14.49 40.11 200m: 2:45.12 44.70 300m: 4:21.83 48.60 400m: 5:39.42 37.26					
6.	Laura Cristovao, SOUSA	214392	FC Ferreiras/AlgarExperience	**6:01.58**	352	3,00
	50m: 36.56 36.56 150m: 2:10.52 47.29 250m: 3:47.84 51.39 350m: 5:22.10 41.55					
	100m: 1:23.23 46.67 200m: 2:56.45 45.93 300m: 4:40.55 52.71 400m: 6:01.58 39.48					
7.	Jimena, PEÑA NAVARRO	000013	Cádiz	**6:14.59**	317	2,00
	50m: 36.59 36.59 150m: 2:17.13 50.47 250m: 3:58.37 53.22 350m: 5:34.77 41.56					
	100m: 1:26.66 50.07 200m: 3:05.15 48.02 300m: 4:53.21 54.84 400m: 6:14.59 39.82					
WDR	Constanca Lourenco, AZEVEDO	213367	Lagoa Academico Clube			-