

Prova 2 Femin., 400m Livres 12 - 14 anos
21/03/2026 - 9:31 Resultados

Pontos: AQUA 2025

Lugar	Ano		Tempo final		Pts
Cadetes A, 2014					
1. JESUS, Mariana Franca	14	Naval do Funchal	5:41.04	307	
50m: 38.35 38.35	150m: 2:05.57 44.47	250m: 3:34.23 43.68	350m: 5:00.39 42.42		
100m: 1:21.10 42.75	200m: 2:50.55 44.98	300m: 4:17.97 43.74	400m: 5:41.04 40.65		
2. SA, Margarida Fernandes	14	Naval do Funchal	5:45.12	296	
50m: 37.59 37.59	150m: 2:02.88 43.31	250m: 3:31.66 44.79	350m: 5:01.55 45.07		
100m: 1:19.57 41.98	200m: 2:46.87 43.99	300m: 4:16.48 44.82	400m: 5:45.12 43.57		
3. FERNANDES, Teresa Almeida	14	Naval do Funchal	6:03.31	254	
50m: 39.26 39.26	150m: 2:12.32 47.22	250m: 3:46.19 46.78	350m: 5:20.52 46.78		
100m: 1:25.10 45.84	200m: 2:59.41 47.09	300m: 4:33.74 47.55	400m: 6:03.31 42.79		
4. BAPTISTA, Valeria Sofia	14	Juventude Atlantico	6:12.46	236	
50m: 39.11 39.11	150m: 2:13.97 49.38	250m: 3:52.99 49.23	350m: 5:30.22 47.01		
100m: 1:24.59 45.48	200m: 3:03.76 49.79	300m: 4:43.21 50.22	400m: 6:12.46 42.24		
5. FERNANDES, Ema Vasconcelos	14	Desportivo Nacional	6:16.05	229	
50m: 38.36 38.36	150m: 2:16.01 51.75	250m: 3:51.85 48.63	350m: 5:29.80 49.30		
100m: 1:24.26 45.90	200m: 3:03.22 47.21	300m: 4:40.50 48.65	400m: 6:16.05 46.25		
6. FINO, Sara Silva	14	Naval do Funchal	6:22.76	217	
50m: 39.80 39.80	150m: 2:16.69 49.49	250m: 3:56.02 49.61	350m: 5:35.72 50.26		
100m: 1:27.20 47.40	200m: 3:06.41 49.72	300m: 4:45.46 49.44	400m: 6:22.76 47.04		
7. ROMAO, Ana Catarina	14	Juventude Atlantico	6:29.38	206	
50m: 40.75 40.75	150m: 2:21.29 51.89	250m: 4:03.47 50.78	350m: 5:41.47 47.79		
100m: 1:29.40 48.65	200m: 3:12.69 51.40	300m: 4:53.68 50.21	400m: 6:29.38 47.91		
8. ANES, Mafalda Freitas	14	Naval do Funchal	6:36.46	195	
50m: 42.61 42.61	150m: 2:24.21 51.57	250m: 4:06.99 52.08	350m: 5:46.17 49.37		
100m: 1:32.64 50.03	200m: 3:14.91 50.70	300m: 4:56.80 49.81	400m: 6:36.46 50.29		
9. RODRIGUES, Andreia Carolina	14	Juventude Atlantico	6:36.98	195	
50m: 42.67 42.67	150m: 2:24.60 52.65	250m: 4:08.10 51.20	350m: 5:51.42 51.20		
100m: 1:31.95 49.28	200m: 3:16.90 52.30	300m: 5:00.22 52.12	400m: 6:36.98 45.56		
10. GOUVEIA, Maria Mendonca	14	Desportivo Nacional	6:41.18	189	
50m: 40.36 40.36	150m: 2:24.77 53.07	250m: 4:09.54 52.70	350m: 5:53.85 51.61		
100m: 1:31.70 51.34	200m: 3:16.84 52.07	300m: 5:02.24 52.70	400m: 6:41.18 47.33		
11. RODRIGUES, Diana Velosa	14	Naval do Funchal	6:46.18	182	
50m: 36.73 36.73	150m: 2:12.96 52.44	250m: 4:02.19 55.03	350m: 5:52.13 54.24		
100m: 1:20.52 43.79	200m: 3:07.16 54.20	300m: 4:57.89 55.70	400m: 6:46.18 54.05		
12. RODRIGUES, Margarida Pestana	14	Associação Sem Limites	6:50.35	176	
50m: 49.38 49.38	150m: 2:33.99 53.39	250m: 4:21.01 52.49	350m: 6:03.91 49.49		
100m: 1:40.60 51.22	200m: 3:28.52 54.53	300m: 5:14.42 53.41	400m: 6:50.35 46.44		
13. PESTANA, Margarida Barros	14	Naval do Funchal	6:52.93	173	
50m: 41.90 41.90	150m: 2:26.03 53.17	250m: 4:14.46 54.67	350m: 6:03.64 55.05		
100m: 1:32.86 50.96	200m: 3:19.79 53.76	300m: 5:08.59 54.13	400m: 6:52.93 49.29		
14. SILVA, Maria Gabriela	14	Desportivo Sao Roque	6:53.24	172	
50m: 47.05 47.05	150m: 2:32.08 53.25	250m: 4:19.55 53.76	350m: 6:05.95 53.50		
100m: 1:38.83 51.78	200m: 3:25.79 53.71	300m: 5:12.45 52.90	400m: 6:53.24 47.29		
15. ORNELAS, Maria Leonor	14	Desportivo Nacional	7:04.39	159	
50m: 46.50 46.50	150m: 2:34.32 53.64	250m: 4:24.17 54.44	350m: 6:14.36 54.84		
100m: 1:40.68 54.18	200m: 3:29.73 55.41	300m: 5:19.52 55.35	400m: 7:04.39 50.03		
16. FREITAS, Ingrid Kirch	14	Desportivo Nacional	7:42.86	123	
50m: 48.83 48.83	150m: 2:46.25 1:00.79	250m: 4:47.91 1:00.99	350m: 6:45.15 56.12		
100m: 1:45.46 56.63	200m: 3:46.92 1:00.67	300m: 5:49.03 1:01.12	400m: 7:42.86 57.71		

Prova 2, Femin., 400m Livres, Cadetes A, 2014

Lugar			Ano				Tempo final		Pts
17.	SILVA, Daniela Luis		14		Naval do Funchal		7:44.91		121
	50m:	47.94 47.94	150m:	2:43.46 59.99	250m:	4:48.96 1:03.10	350m:	6:52.19 1:00.72	
	100m:	1:43.47 55.53	200m:	3:45.86 1:02.40	300m:	5:51.47 1:02.51	400m:	7:44.91 52.72	
18.	PEREIRA, Frederica Cunha		14		Desportivo Sao Roque		7:58.24		111
	50m:	51.19 51.19	150m:	2:52.07 1:02.41	250m:	4:57.75 1:03.13	350m:	7:03.17 1:01.68	
	100m:	1:49.66 58.47	200m:	3:54.62 1:02.55	300m:	6:01.49 1:03.74	400m:	7:58.24 55.07	