

Prova 2
14/06/2025 - 9:25

Femin., 400m Livres
CADETES A + EXH

11 - 13 anos
Resultados

Pontos: AQUA 2024

Lugar	Ano										Tempo final	Pts
Cadete A, 11 anos												
1.	JESUS, Mariana Franca				14	Naval do Funchal					5:55.58	275
	50m:	40.68	40.68	150m:	2:12.38	46.11	250m:	3:45.61	46.73	350m:	5:14.18	44.05
	100m:	1:26.27	45.59	200m:	2:58.88	46.50	300m:	4:30.13	44.52	400m:	5:55.58	41.40
2.	SA, Margarida Fernandes				14	Naval do Funchal					6:01.50	261
	50m:	38.75	38.75	150m:	2:08.51	45.79	250m:	3:42.18	46.98	350m:	5:14.75	46.23
	100m:	1:22.72	43.97	200m:	2:55.20	46.69	300m:	4:28.52	46.34	400m:	6:01.50	46.75
3.	FERNANDES, Ema Vasconcelos				14	Desportivo Nacional					6:21.94	222
	50m:	38.99	38.99	150m:	2:15.12	49.28	250m:	3:53.69	49.43	350m:	5:33.74	49.79
	100m:	1:25.84	46.85	200m:	3:04.26	49.14	300m:	4:43.95	50.26	400m:	6:21.94	48.20
4.	SERRADO, Maria Ines				14	Escola O Liceu					6:32.22	205
	50m:	41.57	41.57	150m:	2:21.45	51.15	250m:	4:01.76	50.35	350m:	5:43.56	50.54
	100m:	1:30.30	48.73	200m:	3:11.41	49.96	300m:	4:53.02	51.26	400m:	6:32.22	48.66
5.	BAPTISTA, Valeria Sofia				14	Juventude Atlantico					6:42.55	189
	50m:	42.93	42.93	150m:	2:25.62	52.99	250m:	4:09.32	52.28	350m:	5:54.85	52.78
	100m:	1:32.63	49.70	200m:	3:17.04	51.42	300m:	5:02.07	52.75	400m:	6:42.55	47.70
6.	FERNANDES, Teresa Almeida				14	Naval do Funchal					6:47.30	183
	50m:	44.39	44.39	150m:	2:29.02	52.34	250m:	4:14.78	53.16	350m:	5:58.58	52.35
	100m:	1:36.68	52.29	200m:	3:21.62	52.60	300m:	5:06.23	51.45	400m:	6:47.30	48.72
7.	GOUVEIA, Maria Mendonca				14	Desportivo Nacional					7:04.06	162
	50m:	41.88	41.88	150m:	2:31.55	57.49	250m:	4:23.43	54.87	350m:	6:11.46	53.11
	100m:	1:34.06	52.18	200m:	3:28.56	57.01	300m:	5:18.35	54.92	400m:	7:04.06	52.60
8.	RODRIGUES, Andreia Carolina				14	Juventude Atlantico					7:04.94	161
	50m:	44.71	44.71	150m:	2:35.41	55.68	250m:	4:24.80	54.79	350m:	6:14.73	54.44
	100m:	1:39.73	55.02	200m:	3:30.01	54.60	300m:	5:20.29	55.49	400m:	7:04.94	50.21
9.	LOPES, Ines Soares				14	Naval do Funchal					7:06.65	159
	50m:	46.33	46.33	150m:	2:33.08	54.82	250m:	4:25.65	56.77	350m:	6:17.08	56.69
	100m:	1:38.26	51.93	200m:	3:28.88	55.80	300m:	5:20.39	54.74	400m:	7:06.65	49.57
10.	RODRIGUES, Margarida Pestana				14	Desportiva da Camacha					7:07.15	158
	50m:	47.99	47.99	150m:	2:37.85	56.09	250m:	4:27.13	53.24	350m:	6:17.43	56.38
	100m:	1:41.76	53.77	200m:	3:33.89	56.04	300m:	5:21.05	53.92	400m:	7:07.15	49.72
11.	FINO, Sara Silva				14	Naval do Funchal					7:10.90	154
	50m:	49.65	49.65	150m:	2:41.50	55.35	250m:	4:28.19	52.29	350m:	6:13.83	53.14
	100m:	1:46.15	56.50	200m:	3:35.90	54.40	300m:	5:20.69	52.50	400m:	7:10.90	57.07
12.	ANES, Mafalda Freitas				14	Naval do Funchal					7:20.25	145
	50m:	49.73	49.73	150m:	2:41.55	57.77	250m:	4:36.66	57.19	350m:	6:28.47	54.16
	100m:	1:43.78	54.05	200m:	3:39.47	57.92	300m:	5:34.31	57.65	400m:	7:20.25	51.78
13.	ORNELAS, Maria Leonor				14	Desportivo Nacional					7:30.53	135
	50m:	50.23	50.23	150m:	2:42.39	57.81	250m:	4:38.60	58.24	350m:	6:35.09	58.11
	100m:	1:44.58	54.35	200m:	3:40.36	57.97	300m:	5:36.98	58.38	400m:	7:30.53	55.44
14.	SILVA, Maria Gabriela				14	Desportivo Sao Roque					7:53.15	116
	50m:	51.36	51.36	150m:	2:50.15	1:00.53	250m:	4:51.00	1:00.34	350m:	6:54.60	1:01.41
	100m:	1:49.62	58.26	200m:	3:50.66	1:00.51	300m:	5:53.19	1:02.19	400m:	7:53.15	58.55
15.	PEREIRA, Frederica Cunha				14	Desportivo Sao Roque					8:18.10	100
	50m:	55.71	55.71	150m:	3:01.33	1:03.14	250m:	5:09.79	1:04.56	350m:	7:16.27	1:02.61
	100m:	1:58.19	1:02.48	200m:	4:05.23	1:03.90	300m:	6:13.66	1:03.87	400m:	8:18.10	1:01.83
16.	FREITAS, Ingrid Kirch				14	Desportivo Nacional					8:24.75	96
	50m:	53.60	53.60	150m:	3:04.89	1:06.45	250m:	5:15.79	1:05.28	350m:	7:26.36	1:03.90
	100m:	1:58.44	1:04.84	200m:	4:10.51	1:05.62	300m:	6:22.46	1:06.67	400m:	8:24.75	58.39

Prova 2, Femin., 400m Livres

EXH	MACIEL, Constanca Maria	13	Escola O Liceu	6:30.65	207
	50m: 43.75 43.75	150m: 2:23.20 49.71	250m: 4:03.69 51.72	350m: 5:44.73 50.30	
	100m: 1:33.49 49.74	200m: 3:11.97 48.77	300m: 4:54.43 50.74	400m: 6:30.65 45.92	
EXH	PIMENTA, Olivia Ferro	12	Juventude Atlantico	7:26.95	138
	50m: 51.86 51.86	150m: 2:50.47 1:00.33	250m: 4:46.33 58.90	350m: 6:37.81 54.17	
	100m: 1:50.14 58.28	200m: 3:47.43 56.96	300m: 5:43.64 57.31	400m: 7:26.95 49.14	