

Prova 2
13/06/2026 - 9:32

Femin., 400m Livres
CADETES A + EXH

12 - 14 anos
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Cadete A, 12 anos			
1. SA, Margarida Fernandes	14	Naval do Funchal	5:35.14 324
50m: 35.61 35.61 150m: 2:00.69 43.82 250m: 3:28.73 43.97 350m: 4:55.68 42.67			
100m: 1:16.87 41.26 200m: 2:44.76 44.07 300m: 4:13.01 44.28 400m: 5:35.14 39.46			
2. JESUS, Mariana Franca	14	Naval do Funchal	5:36.94 319
50m: 37.37 37.37 150m: 2:04.41 44.82 250m: 3:32.52 43.67 350m: 4:57.82 42.46			
100m: 1:19.59 42.22 200m: 2:48.85 44.44 300m: 4:15.36 42.84 400m: 5:36.94 39.12			
3. FERNANDES, Ema Vasconcelos	14	Desportivo Nacional	5:59.67 262
50m: 39.83 39.83 150m: 2:11.65 46.19 250m: 3:43.84 46.06 350m: 5:17.38 46.94			
100m: 1:25.46 45.63 200m: 2:57.78 46.13 300m: 4:30.44 46.60 400m: 5:59.67 42.29			
4. BAPTISTA, Valeria Sofia	14	Juventude Atlantico	6:05.14 250
50m: 38.91 38.91 150m: 2:15.48 49.29 250m: 3:51.85 48.14 350m: 5:25.69 46.41			
100m: 1:26.19 47.28 200m: 3:03.71 48.23 300m: 4:39.28 47.43 400m: 6:05.14 39.45			
5. FERNANDES, Teresa Almeida	14	Naval do Funchal	6:08.45 244
50m: 40.66 40.66 150m: 2:15.35 47.42 250m: 3:50.61 47.74 350m: 5:24.84 46.43			
100m: 1:27.93 47.27 200m: 3:02.87 47.52 300m: 4:38.41 47.80 400m: 6:08.45 43.61			
6. ROMAO, Ana Catarina	14	Juventude Atlantico	6:08.82 243
50m: 40.02 40.02 150m: 2:13.25 47.61 250m: 3:47.67 47.38 350m: 5:24.40 47.47			
100m: 1:25.64 45.62 200m: 3:00.29 47.04 300m: 4:36.93 49.26 400m: 6:08.82 44.42			
7. RODRIGUES, Diana Velosa	14	Naval do Funchal	6:09.56 241
50m: 37.67 37.67 150m: 2:09.43 47.68 250m: 3:46.58 48.99 350m: 5:23.85 48.78			
100m: 1:21.75 44.08 200m: 2:57.59 48.16 300m: 4:35.07 48.49 400m: 6:09.56 45.71			
8. FINO, Sara Silva	14	Naval do Funchal	6:09.73 241
50m: 38.46 38.46 150m: 2:14.09 49.09 250m: 3:50.65 47.43 350m: 5:26.89 49.23			
100m: 1:25.00 46.54 200m: 3:03.22 49.13 300m: 4:37.66 47.01 400m: 6:09.73 42.84			
9. GOUVEIA, Maria Mendonca	14	Desportivo Nacional	6:19.31 223
50m: 41.19 41.19 150m: 2:17.86 49.15 250m: 3:55.29 47.96 350m: 5:33.69 49.71			
100m: 1:28.71 47.52 200m: 3:07.33 49.47 300m: 4:43.98 48.69 400m: 6:19.31 45.62			
10. RODRIGUES, Andreia Carolina	14	Juventude Atlantico	6:21.73 219
50m: 45.53 45.53 150m: 2:22.65 48.64 250m: 4:00.01 48.90 350m: 5:38.44 49.38			
100m: 1:34.01 48.48 200m: 3:11.11 48.46 300m: 4:49.06 49.05 400m: 6:21.73 43.29			
11. CESIN, Paula Sophia	14	Naval do Funchal	6:27.68 209
50m: 43.49 43.49 150m: 2:22.50 49.74 250m: 4:02.55 49.51 350m: 5:45.24 51.78			
100m: 1:32.76 49.27 200m: 3:13.04 50.54 300m: 4:53.46 50.91 400m: 6:27.68 42.44			
12. ANES, Mafalda Freitas	14	Naval do Funchal	6:30.59 204
50m: 43.09 43.09 150m: 2:21.97 49.92 250m: 4:02.57 50.60 350m: 5:41.61 48.57			
100m: 1:32.05 48.96 200m: 3:11.97 50.00 300m: 4:53.04 50.47 400m: 6:30.59 48.98			
13. SERRADO, Maria Ines	14	Escola O Liceu	6:32.96 201
50m: 40.14 40.14 150m: 2:19.66 50.12 250m: 4:02.82 51.24 350m: 5:46.23 51.96			
100m: 1:29.54 49.40 200m: 3:11.58 51.92 300m: 4:54.27 51.45 400m: 6:32.96 46.73			
14. RODRIGUES, Margarida Pestana	14	Associacao Sem Limites	6:33.38 200
50m: 44.89 44.89 150m: 2:27.80 53.01 250m: 4:09.20 50.96 350m: 5:47.21 47.16			
100m: 1:34.79 49.90 200m: 3:18.24 50.44 300m: 5:00.05 50.85 400m: 6:33.38 46.17			
15. SILVA, Maria Gabriela	14	Desportivo Sao Roque	6:38.67 192
50m: 45.20 45.20 150m: 2:24.10 49.84 250m: 4:03.98 49.61 350m: 5:49.04 53.41			
100m: 1:34.26 49.06 200m: 3:14.37 50.27 300m: 4:55.63 51.65 400m: 6:38.67 49.63			
16. ORNELAS, Maria Leonor	14	Desportivo Nacional	6:56.41 169
50m: 44.99 44.99 150m: 2:33.02 55.79 250m: 4:22.53 55.40 350m: 6:05.92 49.43			
100m: 1:37.23 52.24 200m: 3:27.13 54.11 300m: 5:16.49 53.96 400m: 6:56.41 50.49			

Prova 2, Femin., 400m Livres, Cadete A, 12 anos

Lugar	Ano								Tempo final	Pts		
17.	CAMARA, Cintia Teixeira			14	Naval do Funchal				7:19.66	143		
	50m:	43.10	43.10	150m:	2:38.60	1:00.13	250m:	4:31.47	56.99	350m:	6:25.44	56.72
	100m:	1:38.47	55.37	200m:	3:34.48	55.88	300m:	5:28.72	57.25	400m:	7:19.66	54.22
18.	PEREIRA, Frederica Cunha			14	Desportivo Sao Roque				7:50.51	117		
	50m:	51.69	51.69	150m:	2:52.83	1:01.50	250m:	4:54.28	59.12	350m:	6:55.75	59.41
	100m:	1:51.33	59.64	200m:	3:55.16	1:02.33	300m:	5:56.34	1:02.06	400m:	7:50.51	54.76
19.	FREITAS, Ingrid Kirch			14	Desportivo Nacional				8:22.90	95		
	50m:	53.90	53.90	150m:	3:04.63	1:07.21	250m:	5:15.48	1:05.08	350m:	7:23.44	1:03.15
	100m:	1:57.42	1:03.52	200m:	4:10.40	1:05.77	300m:	6:20.29	1:04.81	400m:	8:22.90	59.46
DSQ	PESTANA, Margarida Barros			14	Naval do Funchal							
	403 - Falsa partida - SW 4.4											