

Prova 2
14/03/2026 - 9:51

Femin., 400m Livres

Cadetes A
Resultados

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Idade	Clube	50m	100m	150m	200m	250m	300m	350m	400m	Tempo Final	Pts	Obs
1.	Sofia Amaral Gaspar	F	217873	12	CN Vagos	38.21	1:20.32	2:03.10	2:45.95	42.78	42.85	42.99	42.99	5:30.54	338	
	50m:					38.21		2:03.10		42.78	250m:	3:28.69	42.74	350m:		42.99
	100m:					1:20.32	42.11	2:45.95	42.85	42.85	300m:	4:09.92	41.23	400m:		37.63
2.	Camila Braz Coutinho	F	221589	12	Algés e Águeda XXI	39.20	1:22.43	2:07.00	2:51.68	44.57	44.68	44.56	44.56	5:46.10	294	
	50m:					39.20		2:07.00		44.57	250m:	3:35.87	44.19	350m:		44.56
	100m:					1:22.43	43.23	2:51.68	44.68	44.68	300m:	4:20.70	44.83	400m:		40.84
3.	Salome Martinho Figueiredo	F	218398	12	Academico Viseu Futebol Clube	39.85	1:24.74	2:09.70	2:54.45	44.96	44.75	43.67	43.67	5:47.09	291	
	50m:					39.85		2:09.70		44.96	250m:	3:38.85	44.40	350m:		43.67
	100m:					1:24.74	44.89	2:54.45	44.75	44.75	300m:	4:22.99	44.14	400m:		40.43
4.	Maria Pinho Azevedo	F	217078	12	Clube Desportivo de Estarreja	37.90	1:25.33	2:07.91	2:54.52	45.58	46.61	45.60	45.60	5:53.97	275	
	50m:					37.90		2:07.91		45.58	250m:	3:41.48	46.96	350m:		45.60
	100m:					1:25.33	44.43	2:54.52	46.61	46.61	300m:	4:28.52	47.04	400m:		39.85
5.	Julia Martins Barbosa	F	223636	12	CN Vagos	39.47	1:24.28	2:09.48	2:54.86	45.20	45.38	45.47	45.47	5:57.04	268	
	50m:					39.47		2:09.48		45.20	250m:	3:41.82	46.96	350m:		45.47
	100m:					1:24.28	44.81	2:54.86	45.38	45.38	300m:	4:28.35	46.53	400m:		43.22
6.	Carlota Batista Bastos	F	220149	12	Clube Desportivo de Estarreja	40.17	1:26.36	2:11.49	2:58.87	46.13	47.38	46.21	46.21	6:02.35	256	
	50m:					40.17		2:11.49		46.13	250m:	3:46.28	47.41	350m:		46.21
	100m:					1:26.36	45.19	2:58.87	47.38	47.38	300m:	4:33.86	47.58	400m:		42.28
7.	Gabriela Caetano Lemos	F	223990	12	Academico Viseu Futebol Clube	40.76	1:26.67	2:14.08	3:00.82	47.41	46.74	45.91	45.91	6:02.53	256	
	50m:					40.76		2:14.08		47.41	250m:	3:47.71	46.89	350m:		45.91
	100m:					1:26.67	45.91	3:00.82	46.74	46.74	300m:	4:34.76	47.05	400m:		41.86
8.	Salome Silva Martins	F	220184	12	Algés e Águeda XXI	41.11	1:26.89	2:14.48	3:01.34	47.59	46.86	45.95	45.95	6:05.66	249	
	50m:					41.11		2:14.48		47.59	250m:	3:48.19	46.85	350m:		45.95
	100m:					1:26.89	45.78	3:01.34	46.86	46.86	300m:	4:36.25	48.06	400m:		43.46
9.	Carolina Reis Grego	F	222700	12	CN Vagos	41.83	1:28.59	2:11.49	3:04.47	46.13	47.38	47.94	47.94	6:14.99	231	
	50m:					41.83		2:11.49		46.13	250m:	3:53.56	49.09	350m:		47.94
	100m:					1:28.59	46.76	3:04.47	47.38	47.38	300m:	4:43.54	49.98	400m:		43.51
10.	Ines Borges Martins	F	215488	12	Academico Viseu Futebol Clube	41.92	1:28.97	2:17.97	3:06.27	49.00	48.30	47.69	47.69	6:15.21	231	
	50m:					41.92		2:17.97		49.00	250m:	3:54.63	48.36	350m:		47.69
	100m:					1:28.97	47.05	3:06.27	48.30	48.30	300m:	4:43.85	49.22	400m:		43.67
11.	Francisca Clara Santos	F	220078	12	Estamos Juntos	41.89	1:28.68	2:18.29	3:06.53	49.61	48.24	47.79	47.79	6:18.82	224	
	50m:					41.89		2:18.29		49.61	250m:	3:55.38	48.85	350m:		47.79
	100m:					1:28.68	46.79	3:06.53	48.24	48.24	300m:	4:44.03	48.65	400m:		47.00
12.	Ema Baptista Tome	F	222954	12	CN Vagos	42.88	1:30.67	2:20.17	3:08.12	49.50	47.95	47.95	47.95	6:30.96	204	
	50m:					42.88		2:20.17		49.50	250m:	3:56.86	48.74	350m:		52.37
	100m:					1:30.67	47.79	3:08.12	47.95	47.95	300m:	4:48.67	51.81	400m:		49.92
DNS	Leonor Machado Costa	F	218690	12	Gafanha da Encarnacao									NT		DNS
DNS	Carolina Reis Silva	F	217381	12	Sporting de Espinho									6:33.37		DNS
EXH	Marta Cabral Gomes	F	216958	12	Colegio Efanor	35.75	1:16.22	1:58.22	2:38.59	42.00	40.37	40.37	40.37	5:20.13	372	EXH
	50m:					35.75		1:58.22		42.00	250m:	3:19.32	40.73	350m:		40.02
	100m:					1:16.22	40.47	2:38.59	40.37	40.37	300m:	4:00.83	41.51	400m:		39.28
EXH	Marta Neves Portela	F	216851	12	Colegio Efanor	38.21	1:20.85	2:04.75	2:49.11	43.90	44.36	44.52	44.52	5:43.27	301	EXH
	50m:					38.21		2:04.75		43.90	250m:	3:33.22	44.11	350m:		44.52
	100m:					1:20.85	42.64	2:49.11	44.36	44.36	300m:	4:17.52	44.30	400m:		41.23
EXH	Luisa Joao Dias	F	218067	12	Colegio Efanor	39.17	1:22.90	2:07.48	2:51.85	44.58	44.37	43.22	43.22	5:44.48	298	EXH
	50m:					39.17		2:07.48		44.58	250m:	3:34.90	43.05	350m:		43.22
	100m:					1:22.90	43.73	2:51.85	44.37	44.37	300m:	4:19.18	44.28	400m:		42.08
EXH	Maria Gomes Silva	F	216957	12	Colegio Efanor	39.51	1:24.48	2:08.92	2:53.81	44.44	44.89	43.61	43.61	5:44.68	298	EXH
	50m:					39.51		2:08.92		44.44	250m:	3:36.87	43.06	350m:		43.61
	100m:					1:24.48	44.97	2:53.81	44.89	44.89	300m:	4:21.14	44.27	400m:		39.93
EXH	Joana Pedro Costa	F	219994	12	Colegio Efanor	39.96	1:24.21	2:08.75	2:52.83	44.54	44.08	43.70	43.70	5:45.32	296	EXH
	50m:					39.96		2:08.75		44.54	250m:	3:36.62	43.79	350m:		43.70
	100m:					1:24.21	44.25	2:52.83	44.08	44.08	300m:	4:20.53	43.91	400m:		41.09
EXH	Clara Coelho Pereira	F	220127	12	Colegio Efanor	43.60	1:30.84	2:18.87	3:07.73	48.03	48.86	48.22	48.22	6:19.24	223	EXH
	50m:					43.60		2:18.87		48.03	250m:	3:55.96	48.23	350m:		48.22
	100m:					1:30.84	47.24	3:07.73	48.86	48.86	300m:	4:44.02	48.06	400m:		47.00
EXH	Sofia Silva Nunes	F	218483	12	Colegio Efanor	43.79	1:32.54	2:23.20	3:12.76	50.66	49.56	49.64	49.64	6:29.13	207	EXH
	50m:					43.79		2:23.20		50.66	250m:	4:02.75	49.99	350m:		49.64
	100m:					1:32.54	48.75	3:12.76	49.56	49.56	300m:	4:52.74	49.99	400m:		46.75