

Prova 25
 16.03.2025

Femin., 400m Livres

 Cadetes A
 Resultados

Pontos: AQUA 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
1.	Maria Francisca Fragoeiro 50m: 35.64 100m: 1:15.78	14	União Piedense	6:00.52	5:26.99	353
			150m: 2:40.57 200m: 2:40.57	250m: 4:04.53 300m: 4:04.53	350m: 5:26.99 400m: 5:26.99	
2.	Diana Cristina Alves 50m: 37.50 100m: 1:21.50	14	Palmela Desporto	6:38.66	5:52.47	282
			150m: 2:53.18 200m: 2:53.18	250m: 4:23.11 300m: 4:23.11	350m: 5:52.47 400m: 5:52.47	
3.	Matilde Dias Mateus 50m: 40.22 100m: 1:28.79	14	União Piedense	6:40.00	5:56.40	273
			150m: 3:02.46 200m: 3:02.46	250m: 4:28.27 300m: 4:28.27	350m: 5:56.40 400m: 5:56.40	
4.	Camila Fragozo Ferreira 50m: 43.10 100m: 1:27.48	14	Nacional de Natação	6:30.00	6:02.64	259
			150m: 2:59.53 200m: 2:59.53	250m: 4:31.40 300m: 4:31.40	350m: 6:02.64 400m: 6:02.64	
5.	Madalena Nene Vicente 50m: 36.48 100m: 1:20.41	14	Colegio Int Monte Maior	7:35.00	6:04.31	255
			150m: 2:53.34 200m: 2:53.34	250m: 4:30.02 300m: 4:30.02	350m: 6:04.31 400m: 6:04.31	
6.	Arina Leonor Esteves 50m: 37.99 100m: 1:23.17	14	Nacional de Natação	6:30.00	6:05.59	253
			150m: 2:57.92 200m: 2:57.92	250m: 4:32.57 300m: 4:32.57	350m: 6:05.59 400m: 6:05.59	
7.	Madalena Filipe Brito 50m: 39.16 100m: 1:23.98	14	Nacional de Natação	6:30.00	6:06.91	250
			150m: 2:58.91 200m: 2:58.91	250m: 4:33.91 300m: 4:33.91	350m: 6:06.91 400m: 6:06.91	
8.	Maria Silva Ferreira 50m: 40.91 100m: 1:27.63	14	Colegio Int Monte Maior	7:35.00	6:10.70	242
			150m: 3:03.95 200m: 3:03.95	250m: 4:40.84 300m: 4:40.84	350m: 6:10.70 400m: 6:10.70	
9.	Margarida Duarte Orio 50m: 41.53 100m: 1:28.46	14	União Piedense	7:00.00	6:16.03	232
			150m: 3:04.53 200m: 3:04.53	250m: 4:41.16 300m: 4:41.16	350m: 6:16.03 400m: 6:16.03	
10.	Salome Meneses Pereira 50m: 42.90 100m: 1:31.76	14	AONDA-Azeitão	6:45.00	6:17.84	229
			150m: 3:08.23 200m: 3:08.23	250m: 4:45.99 300m: 4:45.99	350m: 6:17.84 400m: 6:17.84	
11.	Francisca Cerqueira Silva 50m: 41.84 100m: 1:29.78	14	Sporting	7:15.00	6:21.67	222
			150m: 3:08.46 200m: 3:08.46	250m: 4:46.78 300m: 4:46.78	350m: 6:21.67 400m: 6:21.67	
12.	Hanna Fedynych 50m: 43.12 100m: 1:30.30	14	Sporting	7:30.00	6:22.44	221
			150m: 3:08.55 200m: 3:08.55	250m: 4:46.72 300m: 4:46.72	350m: 6:22.44 400m: 6:22.44	
13.	Madalena Lourenco Ribeiro 50m: 40.99 100m: 1:30.32	14	Geslours	7:50.00	6:23.11	220
			150m: 3:10.32 200m: 3:10.32	250m: 4:49.90 300m: 4:49.90	350m: 6:23.11 400m: 6:23.11	
14.	Eduarda Muga Ribeiro 50m: 41.87 100m: 1:30.94	14	Alges	7:50.00	6:23.62	219
			150m: 3:13.47 200m: 3:13.47	250m: 4:54.76 300m: 4:54.76	350m: 6:23.62 400m: 6:23.62	
15.	Maria Leonor Ezequiel 50m: 43.69 100m: 1:33.02	14	AONDA-Azeitão	6:45.00	6:30.34	208
			150m: 3:11.16 200m: 3:11.16	250m: 4:51.94 300m: 4:51.94	350m: 6:30.34 400m: 6:30.34	
16.	Leonor Isabel Barreiros 50m: 42.62 100m: 1:31.44	14	Naval Setubalense	7:14.30	6:30.44	207
			150m: 3:11.22 200m: 3:11.22	250m: 4:52.76 300m: 4:52.76	350m: 6:30.44 400m: 6:30.44	
17.	Ines Costa Faria 50m: 43.79 100m: 1:32.55	14	Nacional de Natação	7:00.00	6:31.47	206
			150m: 3:12.55 200m: 3:12.55	250m: 4:53.37 300m: 4:53.37	350m: 6:31.47 400m: 6:31.47	
18.	Laura Duarte Prates 50m: 40.63 100m: 1:27.91	14	Colegio Int Monte Maior	7:45.00	6:31.73	205
			150m: 3:07.34 200m: 3:07.34	250m: 4:49.41 300m: 4:49.41	350m: 6:31.73 400m: 6:31.73	
19.	Sara Alves Penedo 50m: 45.44 100m: 1:37.12	14	Palmela Desporto	6:49.11	6:32.26	205
			150m: 3:19.22 200m: 3:19.22	250m: 4:59.09 300m: 4:59.09	350m: 6:32.26 400m: 6:32.26	
20.	Isabel Almeida Ribeiro 50m: 43.20 100m: 1:23.13	14	Sporting	7:15.00	6:33.03	203
			150m: 3:12.03 200m: 3:12.03	250m: 4:52.66 300m: 4:52.66	350m: 6:33.03 400m: 6:33.03	

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Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
21.	Ana Xuan Cruz 50m: 43.86 43.86 100m: 1:33.61 49.75	14	Alges	7:50.00 150m: 3:18.25 250m: 5:01.61 300m: 5:01.61	6:36.89 350m: 6:36.89 400m: 6:36.89	197
22.	Rita Almeida Correia 50m: 45.19 45.19 100m: 1:36.44 51.25	14	Palmela Desporto	6:35.00 150m: 3:20.19 250m: 5:04.59 300m: 5:04.59	6:38.76 350m: 6:38.76 400m: 6:38.76	195
23.	Maria Francisca Conceicao 50m: 45.31 45.31 100m: 1:34.06 48.75	14	Salesianos	6:30.00 150m: 3:18.09 250m: 5:00.34 300m: 5:00.34	6:38.84 350m: 6:38.84 400m: 6:38.84	195
	Beatriz Hypolito Dantas 50m: 47.06 47.06 100m: 1:39.23 52.17	14	Sporting	7:45.00 150m: 3:20.70 250m: 5:00.84 300m: 5:00.84	6:38.84 350m: 6:38.84 400m: 6:38.84	195
25.	Sara Filipa Sousa 50m: 42.63 42.63 100m: 1:32.38 49.75	14	Despertarecorde	8:00.00 150m: 3:17.06 250m: 5:07.35 300m: 5:07.35	6:38.92 350m: 6:38.92 400m: 6:38.92	194
26.	Maria Clara Esperanca 50m: 44.76 44.76 100m: 1:35.51 50.75	14	Colegio Int Monte Maior	7:45.00 150m: 3:18.19 250m: 5:01.04 300m: 5:01.04	6:40.87 350m: 6:40.87 400m: 6:40.87	192
27.	Catarina Rendeiro Correia 50m: 42.96 42.96 100m: 1:32.39 49.43	14	Alges	7:50.00 150m: 3:16.71 250m: 5:02.28 300m: 5:02.28	6:41.56 350m: 6:41.56 400m: 6:41.56	191
28.	Maria Carolina Viegas 50m: 43.91 43.91 100m: 1:32.66 48.75	14	Colegio Int Monte Maior	7:45.00 150m: 3:15.84 250m: 5:01.78 300m: 5:01.78	6:44.98 350m: 6:44.98 400m: 6:44.98	186
29.	Filipa Justo Pedro 50m: 44.11 44.11 100m: 1:34.14 50.03	14	Naval Setubalense	7:30.80 150m: 3:22.14 250m: 5:07.81 300m: 5:07.81	6:49.78 350m: 6:49.78 400m: 6:49.78	179
30.	Luisa Maria Carreira 50m: 45.31 45.31 100m: 1:35.34 50.03	14	Os Belenenses	7:50.00 150m: 3:21.19 250m: 5:07.87 300m: 5:07.87	6:51.66 350m: 6:51.66 400m: 6:51.66	177
31.	Lana Soraia Ferreira 50m: 44.22 44.22 100m: 1:34.42 50.20	14	Geslours	7:50.00 150m: 2:26.44 52.02 250m: 4:13.55 200m: 3:19.72 53.28 300m: 5:07.37	6:51.87 350m: 5:59.90 52.53 400m: 6:51.87 51.97	177
32.	Maria Francisca Calcada 50m: 46.36 46.36 100m: 1:38.07 51.71	14	Sporting	7:45.00 150m: 3:21.97 250m: 5:07.36 300m: 5:07.36	6:53.75 350m: 6:53.75 400m: 6:53.75	174
33.	Laura Domingos Santos 50m: 44.66 44.66 100m: 1:35.78 51.12	14	Naval Setubalense	7:30.60 150m: 3:22.95 250m: 5:11.66 300m: 5:11.66	6:57.63 350m: 6:57.63 400m: 6:57.63	169
34.	Maria Carolina Santos 50m: 42.39 42.39 100m: 1:33.21 50.82	14	Despertarecorde	8:00.00 150m: 2:27.74 54.53 250m: 4:17.28 200m: 3:22.57 54.83 300m: 5:13.64	7:01.14 350m: 6:09.34 55.70 400m: 7:01.14 51.80	165
35.	Madalena Alexandra Mariano 50m: 43.76 43.76 100m: 1:35.76 52.00	14	Colegio Int Monte Maior	7:45.00 150m: 3:22.69 250m: 5:15.44 300m: 5:15.44	7:02.12 350m: 7:02.12 400m: 7:02.12	164
36.	Sofia Pinto Fonseca 50m: 44.61 44.61 100m: 1:37.79 53.18	14	Fisica Torres Vedras	7:20.00 150m: 3:26.93 250m: 5:16.90 300m: 5:16.90	7:03.03 350m: 7:03.03 400m: 7:03.03	163
37.	Ana Afonso Cosme 50m: 46.31 46.31 100m: 1:39.35 53.04	14	Fisica Torres Vedras	7:30.00 150m: 3:27.74 250m: 5:17.60 300m: 5:17.60	7:03.70 350m: 7:03.70 400m: 7:03.70	162
38.	Maria Francisca Martins 50m: 46.78 46.78 100m: 1:40.53 53.75	14	Alges	6:50.00 150m: 3:31.31 250m: 5:22.38 300m: 5:22.38	7:05.23 350m: 7:05.23 400m: 7:05.23	160
39.	Joana Rita Duarte 50m: 45.03 45.03 100m: 1:38.14 53.11	14	Salesianos	6:30.00 150m: 3:30.99 250m: 5:23.17 300m: 5:23.17	7:07.56 350m: 7:07.56 400m: 7:07.56	158
40.	Sofia Victoria Prystupa 50m: 48.98 48.98 100m: 1:43.13 54.15	14	Geslours	7:50.00 150m: 3:33.81 250m: 5:26.76 300m: 5:26.76	7:15.09 350m: 7:15.09 400m: 7:15.09	150
41.	Constanca Elias Francisco 50m: 46.99 46.99 100m: 1:42.49 55.50	14	AONDA-Azeitão	7:00.00 150m: 3:33.64 250m: 5:25.35 300m: 5:25.35	7:15.96 350m: 7:15.96 400m: 7:15.96	149

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Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
42.	Gabriela Lobo Rodrigues 50m: 47.67 47.67 100m: 1:40.60 52.93	14	Fisica Torres Vedras 150m: 3:29.99 250m: 5:23.39 200m: 3:00m:	7:50.00	7:16.10 350m: 7:16.10 400m:	149
43.	Camila Landa Paredes 50m: 47.34 47.34 100m: 1:43.09 55.75	14	Salesianos 150m: 3:38.98 250m: 5:36.56 200m: 3:00m:	7:00.00	7:27.74 350m: 7:27.74 400m:	137
44.	Eva Ramos Gualdino 50m: 45.72 45.72 100m: 1:42.25 56.53	14	Palmela Desporto 150m: 3:41.25 250m: 5:39.58 200m: 3:00m:	7:00.00	7:32.90 350m: 7:32.90 400m:	133
45.	Caetana Paulo Teodoro 50m: 50.38 50.38 100m: 1:48.17 57.79	14	Fisica Torres Vedras 150m: 3:45.67 250m: 5:43.63 200m: 3:00m:	8:00.00	7:34.81 350m: 7:34.81 400m:	131
46.	Mariana Melo Rosa 50m: 52.30 52.30 100m: 1:49.62 57.32	14	Salesianos 150m: 3:45.56 250m: 5:41.94 200m: 3:00m:	6:30.00	7:35.94 350m: 7:35.94 400m:	130
47.	Cleo Batista Pedro 50m: 45.55 45.55 100m: 1:41.97 56.42	14	Palmela Desporto 150m: 3:39.22 250m: 5:39.55 200m: 3:00m:	7:00.00	7:36.66 350m: 7:36.66 400m:	129
48.	Marta Ribeiro Goncalves 50m: 52.03 52.03 100m: 1:50.21 58.18	14	Gesloures 150m: 3:49.89 250m: 5:50.99 200m: 3:00m:	7:50.00	7:42.71 350m: 7:42.71 400m:	124
49.	Maria Costa Pecas 50m: 55.75 55.75 100m: 1:17.00 21.25	14	Benfica 150m: 4:03.68 250m: 6:11.25 200m: 3:00m:	8:30.00	8:14.15 350m: 8:14.15 400m:	102