

Torneio Regional de Cadetes 3
Mora, 27/6/2026

Prova 12
27/06/2026 - 15:45

400m Livres

12 anos
Resultados

Pontos: AQUA 2026

Lugar	Nome	Idade	Clube	Tempo final	Pts
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12 anos, Femin.

1.	Maria Leonor MATIAS	12	Grupo Desportivo Mora	5:43.27	
	50m: 38.32 38.32	150m: 2:05.63	44.04	250m: 3:35.28	45.25
	100m: 1:21.59 43.27	200m: 2:50.03	44.40	300m: 4:19.73	44.45
				350m: 5:03.84	44.11
				400m: 5:43.27	39.43
2.	Catarina Rosa RAPOSO	12	Aljustrelense	6:14.35	
	50m: 42.65 42.65	150m: 2:19.48	49.41	250m: 3:58.76	49.71
	100m: 1:30.07 47.42	200m: 3:09.05	49.57	300m: 4:46.33	47.57
				350m: 5:32.37	46.04
				400m: 6:14.35	41.98
3.	Eva Borges COSTA	12	Ndco	6:14.71	
	50m: 46.40 46.40	150m: 2:24.03	49.17	250m: 3:59.09	45.90
	100m: 1:34.86 48.46	200m: 3:13.19	49.16	300m: 4:45.01	45.92
				350m: 5:29.30	44.29
				400m: 6:14.71	45.41
4.	Iris Saiote MARREIROS	12	Aljustrelense	6:26.58	
	50m: 40.37 40.37	150m: 2:14.61	49.27	250m: 3:54.93	50.38
	100m: 1:25.34 44.97	200m: 3:04.55	49.94	300m: 4:46.93	52.00
				350m: 5:39.49	52.56
				400m: 6:26.58	47.09
5.	Amelia Zamudio GOMEZ	12	Aljustrelense	7:03.28	
	50m: 43.97 43.97	150m: 2:30.77	54.99	250m: 4:21.91	55.55
	100m: 1:35.78 51.81	200m: 3:26.36	55.59	300m: 5:17.08	55.17
				350m: 6:11.41	54.33
				400m: 7:03.28	51.87
6.	Petra Sousa SILVA	12	Ndco	7:36.26	
	50m: 50.44 50.44	150m: 2:46.81	58.53	250m: 4:44.88	59.87
	100m: 1:48.28 57.84	200m: 3:45.01	58.20	300m: 5:43.94	59.06
				350m: 6:42.94	59.00
				400m: 7:36.26	53.32
7.	Maria Leonor PASSINHAS	12	Zona Azul	7:48.53	
	50m: 48.03 48.03	150m: 2:46.00	1:00.20	250m: 4:49.33	1:00.68
	100m: 1:45.80 57.77	200m: 3:48.65	1:02.65	300m: 5:52.08	1:02.75
				350m: 6:52.97	1:00.89
				400m: 7:48.53	55.56

12 anos, Masc.

1.	Dmytro FOMICHENKO	12	Aminata	6:00.91	
	50m: 39.51 39.51	150m: 2:08.20	44.08	250m: 3:40.45	46.67
	100m: 1:24.12 44.61	200m: 2:53.78	45.58	300m: 4:28.10	47.65
				350m: 5:14.99	46.89
				400m: 6:00.91	45.92
2.	Santiago Filipe ROSARIO	12	Litoral Alentejano	6:48.62	
	50m: 42.72 42.72	150m: 2:22.24	51.01	250m: 4:10.56	54.11
	100m: 1:31.23 48.51	200m: 3:16.45	54.21	300m: 5:05.02	54.46
				350m: 5:58.24	53.22
				400m: 6:48.62	50.38
3.	José Godinho SOARES	12	Aljustrelense	6:57.16	
	50m: 48.20 48.20	150m: 2:36.22	54.08	250m: 4:22.52	53.33
	100m: 1:42.14 53.94	200m: 3:29.19	52.97	300m: 5:13.34	50.82
				350m: 6:05.05	51.71
				400m: 6:57.16	52.11
4.	Simão Alexandre MARTINS	12	Grupo Desportivo Mora	6:59.26	
	50m: 44.08 44.08	150m: 2:31.30	54.19	250m: 4:20.45	54.87
	100m: 1:37.11 53.03	200m: 3:25.58	54.28	300m: 5:15.42	54.97
				350m: 6:09.23	53.81
				400m: 6:59.26	50.03
5.	Vicente Angelica BERNARDO	12	Ndco	7:11.44	
	50m: 47.12 47.12	150m: 2:36.65	55.29	250m: 4:27.29	54.74
	100m: 1:41.36 54.24	200m: 3:32.55	55.90	300m: 5:23.44	56.15
				350m: 6:18.71	55.27
				400m: 7:11.44	52.73
6.	Robert GRIGORENCO	12	Ndco	7:56.44	
	50m: 52.28 52.28	150m: 2:53.10	1:01.34	250m: 4:58.24	1:02.93
	100m: 1:51.76 59.48	200m: 3:55.31	1:02.21	300m: 5:59.51	1:01.27
				350m: 6:59.31	59.80
				400m: 7:56.44	57.13