

Campeonato Regional ABS 2026
Angra do Heroísmo, 3 - 5/7/2026

Prova 14

Femin., 400m Livres

Absolutos

04/07/2026 - 10:15

Resultados

Infantis B Fem 13: 6:24.10 / Infantis A Fem 14: 6:02.80 / Juvenis B Fem 15: 5:47.40 / Juvenis A Fem 16: 5:34.70 / Jun Fem 17 - 18: 5:28.30 / Sen Fem 19 +: 5:18.50

Pontos: AQUA 2026

Lugar	Ano	Tempo final	Pts
Infantis			
1. PONTE, Matilde Almeida	13	Clube Desportivo Escolar de Ag	5:06.07
50m: 33.30 33.30	150m: 1:50.20 39.01	250m: 3:08.98 40.21	350m: 4:27.61 39.00
100m: 1:11.19 37.89	200m: 2:28.77 38.57	300m: 3:48.61 39.63	400m: 5:06.07 38.46
2. MARTINS, Maria Vieira	13	Clube Desportivo Escolar de Ag	5:11.92
50m: 34.63 34.63	150m: 1:52.89 39.40	250m: 3:12.66 39.87	350m: 4:33.07 40.43
100m: 1:13.49 38.86	200m: 2:32.79 39.90	300m: 3:52.64 39.98	400m: 5:11.92 38.85
3. PONTE, Mariana Almeida	12	Clube Desportivo Escolar de Ag	5:33.18
50m: 36.61 36.61	150m: 1:59.60 42.33	250m: 3:26.58 44.13	350m: 4:52.32 42.92
100m: 1:17.27 40.66	200m: 2:42.45 42.85	300m: 4:09.40 42.82	400m: 5:33.18 40.86
4. GARCIA, Beatriz Mare	12	Clube Naval de Ponta Delgada	5:41.82
50m: 38.29 38.29	150m: 2:04.62 43.65	250m: 3:32.13 43.56	350m: 5:00.25 43.95
100m: 1:20.97 42.68	200m: 2:48.57 43.95	300m: 4:16.30 44.17	400m: 5:41.82 41.57
5. SOUSA, Rita Quadros	12	Bombeiros de Ponta Delgada	5:45.53
50m: 38.58 38.58	150m: 2:05.90 44.43	250m: 3:34.29 43.74	350m: 5:02.67 43.85
100m: 1:21.47 42.89	200m: 2:50.55 44.65	300m: 4:18.82 44.53	400m: 5:45.53 42.86
6. NEVES, Laura Rego	12	Bombeiros de Ponta Delgada	5:48.08
50m: 38.22 38.22	150m: 2:08.26 44.25	250m: 3:37.86 44.86	350m: 5:06.84 44.46
100m: 1:24.01 45.79	200m: 2:53.00 44.74	300m: 4:22.38 44.52	400m: 5:48.08 41.24
7. VERISSIMO, Matilde Campos	13	Clube Desportivo Escolar de Ag	5:51.76
50m: 38.71 38.71	150m: 2:06.51 44.28	250m: 3:36.83 45.35	350m: 5:08.46 45.63
100m: 1:22.23 43.52	200m: 2:51.48 44.97	300m: 4:22.83 46.00	400m: 5:51.76 43.30
8. SARAIVA, Mafalda Cardoso	13	Clube Desportivo Escolar de Ag	5:52.71
50m: 40.02 40.02	150m: 2:09.81 45.60	250m: 3:40.33 45.53	350m: 5:10.42 44.61
100m: 1:24.21 44.19	200m: 2:54.80 44.99	300m: 4:25.81 45.48	400m: 5:52.71 42.29
9. FONSECA, Sofia Luz	12	Bombeiros de Ponta Delgada	7:24.72
50m: 48.64 48.64	150m: 2:41.98 59.09	250m: 4:35.60 58.35	350m: 6:29.84 57.47
100m: 1:42.89 54.25	200m: 3:37.25 55.27	300m: 5:32.37 56.77	400m: 7:24.72 54.88

Absolutos

1. FERREIRA, Carolina Morao	11	Ada	4:46.13
50m: 32.82 32.82	150m: 1:43.61 35.44	250m: 2:56.60 37.00	350m: 4:10.10 36.72
100m: 1:08.17 35.35	200m: 2:19.60 35.99	300m: 3:33.38 36.78	400m: 4:46.13 36.03
2. CAPAREIRA, Alice Machado	11	Ada	4:51.99
50m: 32.78 32.78	150m: 1:45.44 36.61	250m: 3:00.46 37.79	350m: 4:15.84 37.65
100m: 1:08.83 36.05	200m: 2:22.67 37.23	300m: 3:38.19 37.73	400m: 4:51.99 36.15
3. JARA, Margaret Veronica	95	Clube Desportivo Escolar de Ag	5:01.42
50m: 33.71 33.71	150m: 1:48.92 38.24	250m: 3:05.78 38.28	350m: 4:23.38 38.95
100m: 1:10.68 36.97	200m: 2:27.50 38.58	300m: 3:44.43 38.65	400m: 5:01.42 38.04
4. VIEIRA, Sara Goncalves	10	Naval Praia da Vitoria	5:05.02
50m: 33.13 33.13	150m: 1:48.80 38.53	250m: 3:07.13 39.44	350m: 4:25.99 39.70
100m: 1:10.27 37.14	200m: 2:27.69 38.89	300m: 3:46.29 39.16	400m: 5:05.02 39.03
5. SILVA, Isabel Lourenco	11	Bombeiros de Ponta Delgada	5:15.49
50m: 34.46 34.46	150m: 1:53.92 40.14	250m: 3:15.60 40.57	350m: 4:36.77 39.94
100m: 1:13.78 39.32	200m: 2:35.03 41.11	300m: 3:56.83 41.23	400m: 5:15.49 38.72

Prova 14, Femin., 400m Livres, Absolutos

Lugar	Ano								Tempo final	Pts		
6.	SARAIVA, Madalena Cardoso								09	Clube Desportivo Escolar de Ag	5:22.58	
	50m:	35.92	35.92	150m:	1:57.03	40.89	250m:	3:19.90	41.66	350m:	4:43.09	41.51
	100m:	1:16.14	40.22	200m:	2:38.24	41.21	300m:	4:01.58	41.68	400m:	5:22.58	39.49