

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

Prova 23

Femin., 400m Estilos

Absolutos

04/07/2026 - 16:00

Resultados

Infantis B Fem 13: 7:21.00 / Infantis A Fem 14: 6:55.00 / Juvenis B Fem 15: 6:42.40 / Juvenis A Fem 16: 6:32.80 / Jun Fem 17 - 18: 6:16.40 / Sen Fem 19 +: 6:00.90

Pontos: AQUA 2026

Lugar	Ano										Tempo final	Pts
Infantis												
1.	DAMASCENO, Lara Gil				13	Clube Desportivo Escolar de Ag				5:51.57	383	
	50m:	37.50	37.50	150m:	2:07.41	45.73	250m:	3:42.76	50.47	350m:	5:12.83	40.78
	100m:	1:21.68	44.18	200m:	2:52.29	44.88	300m:	4:32.05	49.29	400m:	5:51.57	38.74
2.	ARAUJO, Emilia Cabral				13	Clube Desportivo Escolar de Ag				6:15.03	316	
	50m:	40.83	40.83	150m:	2:19.69	49.48	250m:	3:58.87	53.38	350m:	5:36.61	42.06
	100m:	1:30.21	49.38	200m:	3:05.49	45.80	300m:	4:54.55	55.68	400m:	6:15.03	38.42
Absolutos												
1.	ARROJADO, Maria Abreu				11	Naval Praia da Vitoria				5:25.49	483	
	50m:	34.16	34.16	150m:	1:55.43	42.34	250m:	3:23.61	46.60	350m:	4:47.82	37.43
	100m:	1:13.09	38.93	200m:	2:37.01	41.58	300m:	4:10.39	46.78	400m:	5:25.49	37.67
2.	FERREIRA, Carolina Morao				11	Ada				5:27.91	472	
	50m:	34.47	34.47	150m:	1:57.51	42.72	250m:	3:26.27	48.01	350m:	4:52.85	37.92
	100m:	1:14.79	40.32	200m:	2:38.26	40.75	300m:	4:14.93	48.66	400m:	5:27.91	35.06
3.	JARA, Margaret Veronica				95	Clube Desportivo Escolar de Ag				5:44.08	409	
	50m:	33.83	33.83	150m:	1:58.41	45.13	250m:	3:34.09	51.26	350m:	5:06.00	40.04
	100m:	1:13.28	39.45	200m:	2:42.83	44.42	300m:	4:25.96	51.87	400m:	5:44.08	38.08
4.	PACHECO, Leonor Melo				10	Clube Naval de Ponta Delgada				5:50.38	387	
	50m:	37.81	37.81	150m:	2:09.37	46.89	250m:	3:42.80	47.25	350m:	5:11.48	40.44
	100m:	1:22.48	44.67	200m:	2:55.55	46.18	300m:	4:31.04	48.24	400m:	5:50.38	38.90
5.	VIEIRA, Sara Goncalves				10	Naval Praia da Vitoria				5:52.92	379	
	50m:	36.18	36.18	150m:	2:05.06	43.42	250m:	3:40.46	52.49	350m:	5:12.83	40.08
	100m:	1:21.64	45.46	200m:	2:47.97	42.91	300m:	4:32.75	52.29	400m:	5:52.92	40.09
6.	RICO, Mariana Ferreira				11	Clube Naval de Ponta Delgada				6:28.52	284	
	50m:	45.53	45.53	150m:	2:24.44	46.31	250m:	4:06.77	56.17	350m:	5:46.83	44.05
	100m:	1:38.13	52.60	200m:	3:10.60	46.16	300m:	5:02.78	56.01	400m:	6:28.52	41.69