



6º TORNADETES -TORREGRI 2 - POLITICA DESPORTIVA REGIONAL  
Santarem, 16/3/2025

Prova 9  
16/03/2025 - 11:00

400m Livres

11 - 12 anos  
Resultados

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo	FirPts	AQUA	Pts	Circuito
<b>Cadete A, Femin.</b>										
1.	Maria Teresa Marques	F	217550	14	BUZIOS-Coruche	6:13.38	237		17,00	
	50m: 41.05	100m:	1:28.17	200m:	3:02.92	300m:	4:38.37	400m:	6:13.38	
2.	Mariana Godinho Nunes	F	221143	14	CPFZ - Natacao	6:28.58	210		15,00	
	50m: 45.93	100m:	1:33.93	200m:	3:12.44	300m:	4:52.74	400m:	6:28.58	
3.	Catarina Gomes Cotrim	F	221149	14	CPFZ - Natacao	6:41.74	190		14,00	
	50m: 45.92	100m:	1:33.73	200m:	3:15.92	300m:	5:00.30	400m:	6:41.74	
4.	Eva Sal Gabirra	F	218387	14	20Km de Almeirim	6:56.87	170		13,00	
	50m: 47.30	100m:	1:38.98	200m:	3:26.85	300m:	5:14.30	400m:	6:56.87	
5.	Clara Balsa Alves	F	214844	14	BUZIOS-Coruche	7:04.03	162		12,00	
	50m: 48.42	100m:	1:42.31	200m:	3:31.61	300m:	5:22.30	400m:	7:04.03	
6.	Carolina Sofia Bento	F	221145	14	CPFZ - Natacao	7:36.36	130		11,00	
	50m: 49.79	100m:	1:46.85	200m:	3:44.05	300m:	5:44.36	400m:	7:36.36	
7.	Ema Lopes Santos	F	221056	14	Juventude Ouriense	7:40.05	127		10,00	
	50m: 48.71	100m:	1:45.05	200m:	3:43.73	300m:	5:45.61	400m:	7:40.05	
8.	Maria Leonor Rodrigues	F	217618	14	20Km de Almeirim	7:57.89	113		9,00	
	50m: 48.23	100m:	1:45.11	200m:	3:49.04	300m:	5:55.31	400m:	7:57.89	
9.	Matilde Rodrigues Peixoto	F	221142	14	CPFZ - Natacao	8:05.68	108		8,00	
	50m: 53.19	100m:	1:54.82	200m:	4:01.07	300m:	6:07.73	400m:	8:05.68	
10.	Maria Pereira Belo	F	223311	14	Torres Novas	8:08.88	105		7,00	
	50m: 57.70	100m:	1:57.16	200m:	4:03.53	300m:	6:11.48	400m:	8:08.88	
11.	Carolina Goncalves Vieira	F	221045	14	CLAC-Entroncamento	8:22.31	97		6,00	
	50m: 52.10	100m:	1:51.87	200m:	3:58.17	300m:	6:05.56	400m:	8:22.31	
12.	Isabel Nadolska Gomes	F	223433	14	CLAC-Entroncamento	9:26.66	68		5,00	
	50m: 1:03.82	100m:	2:14.33	200m:	4:39.46	300m:	7:07.77	400m:	9:26.66	
13.	Maria Felix Teodosio	F	223318	14	BUZIOS-Coruche	9:29.15	67		4,00	
	50m: 59.17	100m:	2:12.32	200m:	4:37.69	300m:	7:08.93	400m:	9:29.15	
DSQ	Clara Sofia Nabico	F	223312	14	Torres Novas					-
	<i>SW 10.2 - O (a) atleta não completou o percurso</i>									

**Cadete A, Masc.**

1.	Rodrigo Manuel Alegria	M	213014	13	Torres Novas	5:52.61	218		17,00	
	50m: 38.15	100m:	1:21.22	200m:	2:51.50	300m:	4:22.50	400m:	5:52.61	
2.	Bruno Estanqueiro Lopes	M	215510	13	Torres Novas	6:09.97	188		15,00	
	50m: 41.59	100m:	1:29.89	200m:	3:08.79	300m:	4:45.59	400m:	6:09.97	
3.	Tomas Miguel Madeira	M	217619	13	20Km de Almeirim	6:14.40	182		14,00	
	50m: 42.32	100m:	1:29.84	200m:	3:05.88	300m:	4:42.67	400m:	6:14.40	
4.	Andre Jose Silva	M	213354	13	Torres Novas	6:15.21	181		13,00	
	50m: 40.46	100m:	1:27.78	200m:	3:05.28	300m:	4:43.07	400m:	6:15.21	
5.	Rafael Jose Isidoro	M	220239	13	Rio Maior	6:29.99	161		12,00	
	50m: 42.86	100m:	1:31.17	200m:	3:11.03	300m:	4:52.37	400m:	6:29.99	
6.	Eduardo Agostinho Duque	M	214978	13	20Km de Almeirim	6:37.70	152		11,00	
	50m: 44.73	100m:	1:34.43	200m:	3:16.49	300m:	5:00.46	400m:	6:37.70	
7.	Hugo Santos Carapeto	M	217361	13	Nautico Abrantes	6:42.37	146		10,00	
	50m: 41.01	100m:	1:28.90	200m:	3:11.12	300m:	4:55.96	400m:	6:42.37	
8.	Denis Bolbot	M	219584	13	Juventude Ouriense	6:44.76	144		9,00	
	50m: 39.41	100m:	1:27.58	200m:	3:10.58	300m:	5:00.66	400m:	6:44.76	
9.	F. Vasconcelos	M	221316	13	Juventude Ouriense	6:47.98	140		8,00	
	50m: 46.78	100m:	1:36.66	200m:	3:16.58	300m:	5:05.23	400m:	6:47.98	
10.	Santiago Tacao Ribeiro	M	220235	13	Rio Maior	6:49.00	139		7,00	
	50m: 43.61	100m:	1:33.17	200m:	3:19.38	300m:	5:06.10	400m:	6:49.00	
11.	Carlos Silvestre Lourenco	M	217549	13	BUZIOS-Coruche	6:49.38	139		6,00	
	50m: 46.49	100m:	1:37.55	200m:	3:21.52	300m:	5:08.71	400m:	6:49.38	
12.	Afonso Jose Coentro	M	219265	13	Gualdim Pais	7:01.28	127		5,00	
	50m: 46.16	100m:	1:39.45	200m:	3:32.36	300m:	5:22.41	400m:	7:01.28	
13.	Leonardo Del Sasso Cebrian	M	222197	13	20Km de Almeirim	7:03.90	125		4,00	
	50m: 47.66	100m:	1:41.73	200m:	3:33.26	300m:	5:24.30	400m:	7:03.90	
14.	Afonso Gil Campos	M	217620	13	CLAC-Entroncamento	7:16.28	115		3,00	
	50m: 48.28	100m:	1:43.64	200m:	3:36.63	300m:	5:28.18	400m:	7:16.28	
15.	David Casimiro Sampaio	M	216413	13	20Km de Almeirim	7:18.35	113		2,00	
	50m: 47.47	100m:	1:43.00	200m:	3:39.13	300m:	5:34.91	400m:	7:18.35	
16.	Vasco Marques Simoes	M	224319	13	Torres Novas	7:41.38	97		1,00	
	50m: 45.67	100m:	1:42.85	200m:	3:41.11	300m:	5:40.61	400m:	7:41.38	
17.	Alexandre Pinto Zahari	M	223507	13	20Km de Almeirim	8:01.32	85		-	
	50m: 54.51	100m:	1:54.20	200m:	3:58.64	300m:	6:03.05	400m:	8:01.32	