

Torregri II - Torneio de Técnicas Simultâneas  
Lagoa, 23/3/2025

Prova 1 Femin., 400m Livres Cadetes A  
23/03/2025 Resultados

Pontos: AQUA 2024

Lugar	Nome		Ano	Clube				Tempo final	Pts
1.	NIEDERHFER, Lily Valentina		14	INDALG				<b>6:02.80</b>	259
	50m:	36.70 36.70	150m:	2:07.58	46.49	250m:	3:42.29 47.28	350m:	5:17.40 46.82
	100m:	1:21.09 44.39	200m:	2:55.01	47.43	300m:	4:30.58 48.29	400m:	6:02.80 45.40
2.	ZELENGOROVA, Katerina Stoyanova		14	Natação de Lagos				<b>6:24.62</b>	217
	50m:	39.37 39.37	150m:	2:17.20	48.81	250m:	3:58.21 49.38	350m:	5:42.22 51.60
	100m:	1:28.39 49.02	200m:	3:08.83	51.63	300m:	4:50.62 52.41	400m:	6:24.62 42.40
3.	VENTURA, Nicole Isabela		14	Clube de Natacao de Faro 1				<b>6:32.20</b>	205
	50m:	40.69 40.69	150m:	2:18.59	50.16	250m:	3:59.32 50.96	350m:	5:42.92 51.02
	100m:	1:28.43 47.74	200m:	3:08.36	49.77	300m:	4:51.90 52.58	400m:	6:32.20 49.28
4.	PEREIRA, Joana Brito		14	Naval de Faro				<b>6:42.08</b>	190
	50m:	44.74 44.74	150m:	2:27.57	53.14	250m:	4:10.88 51.59	350m:	5:53.67 51.45
	100m:	1:34.43 49.69	200m:	3:19.29	51.72	300m:	5:02.22 51.34	400m:	6:42.08 48.41
5.	TOFEI, Alicia		14	Louletano / Loule Aqui e Agora				<b>6:49.31</b>	180
	50m:	43.56 43.56	150m:	2:27.10	53.15	250m:	4:14.42 53.32	350m:	6:01.35 52.58
	100m:	1:33.95 50.39	200m:	3:21.10	54.00	300m:	5:08.77 54.35	400m:	6:49.31 47.96
6.	DUARTE, Matilde Mineiro		14	FC Ferreiras/AlgarExperience				<b>6:50.03</b>	179
	50m:	46.31 46.31	150m:	2:31.53	54.00	250m:	4:19.21 53.65	350m:	6:03.81 52.35
	100m:	1:37.53 51.22	200m:	3:25.56	54.03	300m:	5:11.46 52.25	400m:	6:50.03 46.22
7.	SANTOS, Lara Marina		14	Clube Natacao Olhao				<b>6:51.99</b>	176
	50m:	42.63 42.63	150m:	2:26.49	52.84	250m:	4:14.77 54.58	350m:	6:05.31 55.36
	100m:	1:33.65 51.02	200m:	3:20.19	53.70	300m:	5:09.95 55.18	400m:	6:51.99 46.68
8.	OETTL, Alex Maria		14	Natação de Lagos				<b>7:15.25</b>	150
	50m:	46.25 46.25	150m:	2:34.25	54.82	250m:	4:28.82 57.50	350m:	6:21.91 57.36
	100m:	1:39.43 53.18	200m:	3:31.32	57.07	300m:	5:24.55 55.73	400m:	7:15.25 53.34
9.	NUNES, Maria Francisca		14	Portinado				<b>7:19.78</b>	145
	50m:	46.02 46.02	150m:	2:39.06	57.26	250m:	4:32.90 57.32	350m:	6:25.11 54.21
	100m:	1:41.80 55.78	200m:	3:35.58	56.52	300m:	5:30.90 58.00	400m:	7:19.78 54.67
10.	GUERREIRO, Yara		14	RIA Aqua Tavira				<b>7:21.06</b>	144
	50m:	46.95 46.95	150m:	2:39.19	57.00	250m:	4:33.52 56.63	350m:	6:30.68 58.85
	100m:	1:42.19 55.24	200m:	3:36.89	57.70	300m:	5:31.83 58.31	400m:	7:21.06 50.38
	DIAS, Carolina Arez		14	Portinado				<b>7:21.17</b>	144
	50m:	45.17 45.17	150m:	2:34.31	55.44	250m:	4:29.13 57.74	350m:	6:26.27 58.67
	100m:	1:38.87 53.70	200m:	3:31.39	57.08	300m:	5:27.60 58.47	400m:	7:21.17 54.90
12.	CANTO, Margarida Veiga		14	Lagoa Academico Clube				<b>7:23.47</b>	141
	50m:	48.27 48.27	150m:	2:39.87	57.12	250m:	4:37.32 58.83	350m:	6:27.23 51.11
	100m:	1:42.75 54.48	200m:	3:38.49	58.62	300m:	5:36.12 58.80	400m:	7:23.47 56.24
13.	ABECASSIS, Clara Costa		14	Naval de Faro				<b>7:56.47</b>	114
	50m:	47.58 47.58	150m:	2:48.34	1:02.15	250m:	4:51.92 1:01.56	350m:	6:57.82 1:03.41
	100m:	1:46.19 58.61	200m:	3:50.36	1:02.02	300m:	5:54.41 1:02.49	400m:	7:56.47 58.65
14.	MARTINS, Ariana Isabel		14	RIA Aqua Tavira				<b>8:38.24</b>	88
	50m:	54.80 54.80	150m:	3:06.55	1:06.27	250m:	5:22.64 1:08.94	350m:	7:37.22 1:07.38
	100m:	2:00.28 1:05.48	200m:	4:13.70	1:07.15	300m:	6:29.84 1:07.20	400m:	8:38.24 1:01.02