

Prova 9
10/05/2025 - 11:30

Femin., 400m Livres

Cadetes A
Resultados

Pontos: AQUA 2024

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Matilde Vieira Carvalho	216141	14	Peso da Regua	5:50.88	286
	50m: 37.88 37.88	200m: 2:52.41 1:31.13		400m: 5:50.88 1:28.43		
	100m: 1:21.28 43.40	300m: 4:22.45 1:30.04				
2.	Maria Ines Salgado	217400	14	Peso da Regua	6:17.46	230
	50m: 40.61 40.61	200m: 3:02.00 1:36.44		400m: 6:17.46 1:37.42		
	100m: 1:25.56 44.95	300m: 4:40.04 1:38.04				
3.	Matilde Gorgulho Ribeiro	216144	14	Peso da Regua	6:21.62	222
	50m: 38.15 38.15	200m: 3:06.50 1:41.85		400m: 6:21.62 1:35.81		
	100m: 1:24.65 46.50	300m: 4:45.81 1:39.31				
4.	Ines Carnide Silva	217393	14	Gcvr	6:23.42	219
	50m: 43.29 43.29	200m: 3:10.23 1:38.94		400m: 6:23.42 1:33.38		
	100m: 1:31.29 48.00	300m: 4:50.04 1:39.81				
5.	Margarida Gorgulho Ribeiro	216146	14	Peso da Regua	7:03.02	163
	50m: 48.70 48.70	200m: 3:29.51 1:49.06		400m: 7:03.02 1:41.38		
	100m: 1:40.45 51.75	300m: 5:21.64 1:52.13				
6.	Carlota Nogueira Cigarro	223231	14	Peso da Regua	7:24.75	140
	50m: 47.50 47.50	200m: 3:38.53 1:55.71		400m: 7:24.75 1:49.22		
	100m: 1:42.82 55.32	300m: 5:35.53 1:57.00				
7.	Camila Mesquita Severino	222066	14	Peso da Regua	7:30.28	135
	50m: 52.09 52.09	200m: 3:46.33 1:57.30		400m: 7:30.28 1:44.55		
	100m: 1:49.03 56.94	300m: 5:45.73 1:59.40				
8.	Ariana Goncalves Cruz	222969	14	Durius Ac Pesqueira	8:35.09	90
	50m: 52.63 52.63	200m: 4:01.13 2:08.40		400m: 8:35.09 2:17.50		
	100m: 1:52.73 1:00.10	300m: 6:17.59 2:16.46				
9.	Filipa Lopes Pinto		14	Gcvr	10:10.82	54
	50m: 1:06.20 1:06.20	200m: 5:07.50 2:41.46		400m: 10:10.82 2:30.46		
	100m: 2:26.04 1:19.84	300m: 7:40.36 2:32.86				