

Campeonato Regional Clubes25
Ponta Delgada, 8 - 9/11/2025

Prova 23
08/11/2025 - 17:15

Femin., 400m Livres

Absolutos
Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	CARDOSO, Raquel Campos		09	Bombeiros de Ponta Delgada				4:52.53	
	50m:	33.27 33.27	150m:	1:45.61	36.44	250m:	3:00.25 37.65	350m:	4:15.39 37.34
	100m:	1:09.17 35.90	200m:	2:22.60	36.99	300m:	3:38.05 37.80	400m:	4:52.53 37.14
2.	VIEIRA, Sara Goncalves		10	Naval Praia da Vitoria				4:57.97	
	50m:	33.20 33.20	150m:	1:47.39	37.33	250m:	3:03.78 38.07	350m:	4:20.48 38.87
	100m:	1:10.06 36.86	200m:	2:25.71	38.32	300m:	3:41.61 37.83	400m:	4:57.97 37.49
3.	COSTA, Maria Joao		09	Clube Naval de Ponta Delgada				5:02.82	
	50m:	33.28 33.28	150m:	1:47.79	37.87	250m:	3:05.33 38.99	350m:	4:24.22 39.43
	100m:	1:09.92 36.64	200m:	2:26.34	38.55	300m:	3:44.79 39.46	400m:	5:02.82 38.60
4.	SOUSA, Margarida Carreiro		08	Clube Desportivo Escolar de Ag				5:10.19	
	50m:	35.90 35.90	150m:	1:55.00	39.90	250m:	3:13.59 39.10	350m:	4:32.97 39.69
	100m:	1:15.10 39.20	200m:	2:34.49	39.49	300m:	3:53.28 39.69	400m:	5:10.19 37.22
5.	SILVA, Beatriz Soares		11	Naval da Horta				5:27.77	
	50m:	36.70 36.70	150m:	1:57.30	41.01	250m:	3:21.57 42.27	350m:	4:46.37 42.83
	100m:	1:16.29 39.59	200m:	2:39.30	42.00	300m:	4:03.54 41.97	400m:	5:27.77 41.40
EXH	SILVA, Isabel Lourenco		11	Bombeiros de Ponta Delgada				5:17.07	
	50m:	34.57 34.57	150m:	1:54.30	40.83	250m:	3:16.81 40.93	350m:	4:37.76 40.38
	100m:	1:13.47 38.90	200m:	2:35.88	41.58	300m:	3:57.38 40.57	400m:	5:17.07 39.31