

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

Prova 30
09/11/2025 - 9:45

Femin., 400m Estilos

Absolutos
Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts		
1.	ARROJADO, Maria Abreu		11	Naval Praia da Vitoria				5:43.71			
	50m:	35.16 35.16	150m:	2:02.79	44.28	250m:	3:32.63	46.89	350m:	5:03.77	41.00
	100m:	1:18.51 43.35	200m:	2:45.74	42.95	300m:	4:22.77	50.14	400m:	5:43.71	39.94
2.	DAMASCENO, Lara Gil		13	Clube Desportivo Escolar de Ag				5:58.40			
	50m:	39.98 39.98	150m:	2:11.67	45.83	250m:	3:46.70	48.05	350m:	5:17.72	41.11
	100m:	1:25.84 45.86	200m:	2:58.65	46.98	300m:	4:36.61	49.91	400m:	5:58.40	40.68
3.	SILVA, Maria Francisca		12	Bombeiros de Ponta Delgada				6:08.24			
	50m:	38.80 38.80	150m:	2:09.89	44.69	250m:	3:49.97	55.22	350m:	5:28.56	41.65
	100m:	1:25.20 46.40	200m:	2:54.75	44.86	300m:	4:46.91	56.94	400m:	6:08.24	39.68
4.	PACHECO, Leonor Melo		10	Clube Naval de Ponta Delgada				6:08.59			
	50m:	40.33 40.33	150m:	2:17.74	49.16	250m:	3:55.89	50.19	350m:	5:28.10	41.65
	100m:	1:28.58 48.25	200m:	3:05.70	47.96	300m:	4:46.45	50.56	400m:	6:08.59	40.49
5.	COSTA, Ines Rosa		12	Naval da Horta				6:37.43			
	50m:	47.54 47.54	150m:	2:37.88	53.22	250m:	4:18.65	51.31	350m:	5:55.66	44.92
	100m:	1:44.66 57.12	200m:	3:27.34	49.46	300m:	5:10.74	52.09	400m:	6:37.43	41.77
EXH	GARCIA, Beatriz Mare		12	Clube Naval de Ponta Delgada				7:04.15			
	50m:	49.39 49.39	150m:	2:45.04	56.50	250m:	4:36.45	56.65	350m:	6:20.06	46.50
	100m:	1:48.54 59.15	200m:	3:39.80	54.76	300m:	5:33.56	57.11	400m:	7:04.15	44.09