

TOREGRI III  
Coimbra, 9 - 10/5/2026

Prova 14  
10/05/2026 - 10:02

Femin., 400m Livres

Cad B1+B2  
Resultados

Pontos: AQUA 2025

Lugar			Idade					Tempo final	Pts
<b>Cadetes B1</b>									
1.	Clara Sofia, ABEL		10	Vigor da Mocidade				<b>7:10.64</b>	152
	50m:	44.91 44.91	150m:	2:31.47	55.13	250m:	4:24.47 56.57	350m:	6:18.36 56.89
	100m:	1:36.34 51.43	200m:	3:27.90	56.43	300m:	5:21.47 57.00	400m:	7:10.64 52.28
2.	Flor Duarte, FONSECA		10	Columbofila Cantanhedense				<b>7:22.90</b>	140
	50m:	48.47 48.47	150m:	2:40.07	56.29	250m:	4:34.20 58.72	350m:	6:29.00 58.12
	100m:	1:43.78 55.31	200m:	3:35.48	55.41	300m:	5:30.88 56.68	400m:	7:22.90 53.90
3.	Joana Bras, SIMOES		10	Vigor da Mocidade				<b>7:36.53</b>	128
	50m:	47.79 47.79	150m:	2:44.34	58.85	250m:	4:45.00 59.73	350m:	6:43.39 58.45
	100m:	1:45.49 57.70	200m:	3:45.27	1:00.93	300m:	5:44.94 59.94	400m:	7:36.53 53.14
4.	Mara Alves, DUARTE		10	Columbofila Cantanhedense				<b>8:16.30</b>	99
	50m:	54.32 54.32	150m:	3:03.99	1:04.10	250m:	5:11.28 1:05.67	350m:	7:18.84 1:03.75
	100m:	1:59.89 1:05.57	200m:	4:05.61	1:01.62	300m:	6:15.09 1:03.81	400m:	8:16.30 57.46
5.	Ana Francisca, MATEUS		10	Condeixa Clube				<b>8:44.84</b>	84
	50m:	57.74 57.74	150m:	3:09.34	1:07.77	250m:	5:24.70 1:06.96	350m:	7:43.50 1:07.82
	100m:	2:01.57 1:03.83	200m:	4:17.74	1:08.40	300m:	6:35.68 1:10.98	400m:	8:44.84 1:01.34
<b>Cadetes B2</b>									
1.	Luana Simoes, OLIVEIRA		11	Louzan Natacao/EFAPEL				<b>6:15.48</b>	230
	50m:	42.52 42.52	150m:	2:18.47	48.26	250m:	3:55.70 48.43	350m:	5:31.81 48.30
	100m:	1:30.21 47.69	200m:	3:07.27	48.80	300m:	4:43.51 47.81	400m:	6:15.48 43.67
2.	Carlota Teixeira, CECILIO		11	Columbofila Cantanhedense				<b>6:32.60</b>	201
	50m:	43.02 43.02	150m:	2:21.50	49.97	250m:	4:05.09 52.05	350m:	5:47.16 50.91
	100m:	1:31.53 48.51	200m:	3:13.04	51.54	300m:	4:56.25 51.16	400m:	6:32.60 45.44
3.	Eduarda Barbosa, COELHO		11	Academica de Coimbra				<b>6:36.73</b>	195
	50m:	41.21 41.21	150m:	2:20.44	50.98	250m:	4:03.79 51.60	350m:	5:48.53 51.88
	100m:	1:29.46 48.25	200m:	3:12.19	51.75	300m:	4:56.65 52.86	400m:	6:36.73 48.20
4.	Francisca Valente, TEIXEIRA		11	Vigor da Mocidade				<b>6:58.44</b>	166
	50m:	49.04 49.04	150m:	2:36.91	54.24	250m:	4:22.36 52.35	350m:	6:07.43 51.74
	100m:	1:42.67 53.63	200m:	3:30.01	53.10	300m:	5:15.69 53.33	400m:	6:58.44 51.01
5.	Beatriz Bento, DINIS		11	Condeixa Clube				<b>7:01.29</b>	163
	50m:	47.98 47.98	150m:	2:34.86	53.01	250m:	4:23.76 54.70	350m:	6:13.50 53.92
	100m:	1:41.85 53.87	200m:	3:29.06	54.20	300m:	5:19.58 55.82	400m:	7:01.29 47.79
6.	Benedita Serra, BARATA		11	Louzan Natacao/EFAPEL				<b>7:09.58</b>	153
	50m:	47.22 47.22	150m:	2:35.31	54.89	250m:	4:26.47 55.57	350m:	6:18.72 54.94
	100m:	1:40.42 53.20	200m:	3:30.90	55.59	300m:	5:23.78 57.31	400m:	7:09.58 50.86
7.	Rita Margarida, GOMES		11	Montemorense				<b>7:11.03</b>	152
	50m:	42.26 42.26	150m:	2:31.97	57.00	250m:	4:24.25 55.65	350m:	6:20.00 57.92
	100m:	1:34.97 52.71	200m:	3:28.60	56.63	300m:	5:22.08 57.83	400m:	7:11.03 51.03
8.	Raquel Maria, SEQUEIRA		11	Columbofila Cantanhedense				<b>7:13.15</b>	150
	50m:	51.06 51.06	150m:	2:41.34	54.78	250m:	4:34.22 56.69	350m:	6:23.69 54.47
	100m:	1:46.56 55.50	200m:	3:37.53	56.19	300m:	5:29.22 55.00	400m:	7:13.15 49.46
9.	Ana Matilde, VENTURA		11	Piscina dos Bebés				<b>7:54.67</b>	114
	50m:	53.54 53.54	150m:	2:56.80	1:02.39	250m:	4:59.71 1:01.22	350m:	7:00.54 57.88
	100m:	1:54.41 1:00.87	200m:	3:58.49	1:01.69	300m:	6:02.66 1:02.95	400m:	7:54.67 54.13
10.	Leonor Ferreira, CUNHA		11	Condeixa Clube				<b>8:02.46</b>	108
	50m:	51.48 51.48	150m:	2:52.72	1:03.04	250m:	4:56.29 1:02.73	350m:	7:03.07 1:02.47
	100m:	1:49.68 58.20	200m:	3:53.56	1:00.84	300m:	6:00.60 1:04.31	400m:	8:02.46 59.39
11.	Ines Ferreira, LUSITANO		11	Columbofila Cantanhedense				<b>8:25.95</b>	94
	50m:	56.56 56.56	150m:	3:08.35	1:06.25	250m:	5:18.77 1:05.76	350m:	7:29.47 1:06.36
	100m:	2:02.10 1:05.54	200m:	4:13.01	1:04.66	300m:	6:23.11 1:04.34	400m:	8:25.95 56.48

TOREGRI III  
Coimbra, 9 - 10/5/2026

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Prova 14, Femin., 400m Livres, Cadetes B2

Lugar	Idade	Tempo final	Pts
DNS Isadora Acioly, BARROS	11	Academica de Coimbra	