

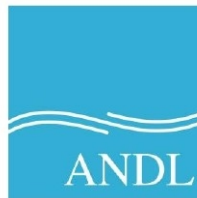


2º Torregri de Cadetes  
Pombal, 28 - 29/3/2026

Prova 11 Femin., 400m Livres Cadetes A  
28/03/2026 - 16:20 Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	Constanca Sequeira, CARNEIRO		14	Pimpoes/Cimai				<b>6:00.03</b>	261
	50m:	39.31 39.31	150m:	2:10.14	45.61	250m:	3:43.67 47.14	350m:	5:16.74 46.43
	100m:	1:24.53 45.22	200m:	2:56.53	46.39	300m:	4:30.31 46.64	400m:	6:00.03 43.29
2.	Mariana Santiago, FERREIRA		14	Uniao Juncalense				<b>6:02.75</b>	255
	50m:	39.96 39.96	150m:	2:10.03	45.75	250m:	3:44.25 47.68	350m:	5:19.18 47.68
	100m:	1:24.28 44.32	200m:	2:56.57	46.54	300m:	4:31.50 47.25	400m:	6:02.75 43.57
3.	Constanca Alves, FONSECA		14	Alcobaca				<b>6:17.50</b>	226
	50m:	41.12 41.12	150m:	2:12.03	46.88	250m:	3:52.00 50.00	350m:	5:29.18 48.15
	100m:	1:25.15 44.03	200m:	3:02.00	49.97	300m:	4:41.03 49.03	400m:	6:17.50 48.32
4.	Miriam Amancio, RICARDO		14	Óbidos				<b>6:21.53</b>	219
	50m:	41.43 41.43	150m:	2:17.68	49.40	250m:	3:54.68 48.87	350m:	5:35.03 50.64
	100m:	1:28.28 46.85	200m:	3:05.81	48.13	300m:	4:44.39 49.71	400m:	6:21.53 46.50
5.	Ines Ferreira, CAPELA		14	Vieirense				<b>6:31.25</b>	203
	50m:	42.25 42.25	150m:	2:18.01	48.27	250m:	3:59.06 49.25	350m:	5:41.02 52.97
	100m:	1:29.74 47.49	200m:	3:09.81	51.80	300m:	4:48.05 48.99	400m:	6:31.25 50.23
6.	Carolina Pereira, DURAO		14	Alcobaca				<b>6:36.59</b>	195
	50m:	42.91 42.91	150m:	2:23.26	51.10	250m:	4:07.02 51.93	350m:	5:48.56 50.49
	100m:	1:32.16 49.25	200m:	3:15.09	51.83	300m:	4:58.07 51.05	400m:	6:36.59 48.03
7.	Diana Monteiro, FONSECA		14	Ba Leiria / Sk Coffee				<b>6:40.23</b>	190
	50m:	45.59 45.59	150m:	2:28.16	51.85	250m:	4:11.95 51.79	350m:	5:54.63 51.07
	100m:	1:36.31 50.72	200m:	3:20.16	52.00	300m:	5:03.56 51.61	400m:	6:40.23 45.60
8.	Melissa Mendes, ALVES		14	Ba Leiria / Sk Coffee				<b>6:42.06</b>	187
	50m:	44.13 44.13	150m:	2:26.16	52.53	250m:	4:11.03 52.97	350m:	5:53.45 51.07
	100m:	1:33.63 49.50	200m:	3:18.06	51.90	300m:	5:02.38 51.35	400m:	6:42.06 48.61
	Noa Jade, PEDRO		14	Ba Leiria / Sk Coffee				<b>6:42.06</b>	187
	50m:	45.57 45.57	150m:	2:29.42	52.38	250m:	4:12.93 52.28	350m:	5:54.84 49.15
	100m:	1:37.04 51.47	200m:	3:20.65	51.23	300m:	5:05.69 52.76	400m:	6:42.06 47.22
10.	Ines Silva, MARCIANO		14	Pimpoes/Cimai				<b>6:49.71</b>	177
	50m:	46.03 46.03	150m:	2:29.67	54.12	250m:	4:18.28 53.97	350m:	6:03.42 51.64
	100m:	1:35.55 49.52	200m:	3:24.31	54.64	300m:	5:11.78 53.50	400m:	6:49.71 46.29
11.	Leonor Silva, TEOTONIO		14	Óbidos				<b>6:53.86</b>	172
	50m:	46.02 46.02	150m:	2:32.26	54.28	250m:	4:19.28 53.12	350m:	6:04.03 52.84
	100m:	1:37.98 51.96	200m:	3:26.16	53.90	300m:	5:11.19 51.91	400m:	6:53.86 49.83
12.	Emilia Nikole, POGODINA		14	Nucleo de Pombal				<b>6:57.02</b>	168
	50m:	48.44 48.44	150m:	2:36.23	55.14	250m:	4:25.44 54.60	350m:	6:10.41 50.90
	100m:	1:41.09 52.65	200m:	3:30.84	54.61	300m:	5:19.51 54.07	400m:	6:57.02 46.61
13.	Maria Leonor, PAULINO		14	Nucleo de Pombal				<b>6:59.19</b>	165
	50m:	48.66 48.66	150m:	2:38.02	54.86	250m:	4:27.57 55.41	350m:	6:22.19 1:02.00
	100m:	1:43.16 54.50	200m:	3:32.16	54.14	300m:	5:20.19 52.62	400m:	6:59.19 37.00
14.	Eva Victoria, FERREIRA		14	Pimpoes/Cimai				<b>7:02.07</b>	162
	50m:	46.32 46.32	150m:	2:33.00	54.25	250m:	4:22.61 54.61	350m:	6:10.47 53.25
	100m:	1:38.75 52.43	200m:	3:28.00	55.00	300m:	5:17.22 54.61	400m:	7:02.07 51.60
15.	Sara Pereira, SILVA		14	Óbidos				<b>7:02.76</b>	161
	50m:	46.30 46.30	150m:	2:34.12	55.18	250m:	4:24.37 54.43	350m:	6:12.37 53.46
	100m:	1:38.94 52.64	200m:	3:29.94	55.82	300m:	5:18.91 54.54	400m:	7:02.76 50.39
16.	Sofia Pereira, SILVA		14	Óbidos				<b>7:10.00</b>	153
	50m:	47.18 47.18	150m:	2:35.97	55.47	250m:	4:26.75 57.75	350m:	6:18.03 55.95
	100m:	1:40.50 53.32	200m:	3:29.00	53.03	300m:	5:22.08 55.33	400m:	7:10.00 51.97



2º Torregri de Cadetes  
Pombal, 28 - 29/3/2026

Prova 11, Femin., 400m Livres, Cadetes A

Lugar			Ano						Tempo final	Pts	
17.	Percy Gray, MILCO		14	Pimpoes/Cimai				<b>7:14.70</b>	148		
	50m:	48.99 48.99	150m:	2:40.70	55.67	250m:	4:33.49	56.04	350m:	6:26.60	56.93
	100m:	1:45.03 56.04	200m:	3:37.45	56.75	300m:	5:29.67	56.18	400m:	7:14.70	48.10
18.	Matilde Santos, PEREIRA		14	Pimpoes/Cimai				<b>7:14.98</b>	148		
	50m:	47.73 47.73	150m:	2:40.06	55.26	250m:	4:43.88	1:06.47	350m:	6:28.48	57.57
	100m:	1:44.80 57.07	200m:	3:37.41	57.35	300m:	5:30.91	47.03	400m:	7:14.98	46.50
19.	Maria Catarino, RODRIGUES		14	Ba Leiria / Sk Coffee				<b>7:25.40</b>	138		
	50m:	52.18 52.18	150m:	2:49.29	58.66	250m:	4:42.90	55.86	350m:	6:31.56	53.13
	100m:	1:50.63 58.45	200m:	3:47.04	57.75	300m:	5:38.43	55.53	400m:	7:25.40	53.84
20.	Maria Constanca, BASILIO		14	Pimpoes/Cimai				<b>7:30.95</b>	133		
	50m:	52.35 52.35	150m:	2:46.38	56.68	250m:	4:42.45	56.93	350m:	6:33.35	55.75
	100m:	1:49.70 57.35	200m:	3:45.52	59.14	300m:	5:37.60	55.15	400m:	7:30.95	57.60