

Prova 1  
22/03/2026 - 9:30

Femin., 400m Livres

Cadetes A  
Resultados

Pontos: AQUA 2025

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA
1.	Lily Valentina, NIEDERHOFER	14	221796	Individual ANALG	<b>5:28.49</b>	344
	50m: 35.67 35.67 150m: 2:00.06 43.18 250m: 3:26.24 42.30 350m: 4:49.07 40.57 100m: 1:16.88 41.21 200m: 2:43.94 43.88 300m: 4:08.50 42.26 400m: 5:28.49 39.42					
2.	Lara Marina, SANTOS	14	216662	Clube Natacao Olhao	<b>5:45.28</b>	296
	50m: 37.40 37.40 150m: 2:02.53 43.68 250m: 3:29.62 43.71 350m: 5:00.02 45.32 100m: 1:18.85 41.45 200m: 2:45.91 43.38 300m: 4:14.70 45.08 400m: 5:45.28 45.26					
3.	Katerina Stoyanova, ZELENGOROVA	14	217223	Nataçao de lagos	<b>5:59.85</b>	261
	50m: 38.99 38.99 150m: 2:12.75 47.61 250m: 3:46.26 47.41 350m: 5:19.78 46.26 100m: 1:25.14 46.15 200m: 2:58.85 46.10 300m: 4:33.52 47.26 400m: 5:59.85 40.07					
4.	Matilde Mineiro, DUARTE	14	219822	FC Ferreiras/AlgarExperience	<b>6:08.32</b>	244
	50m: 41.65 41.65 150m: 2:15.51 47.60 250m: 3:49.56 46.71 350m: 5:23.14 46.72 100m: 1:27.91 46.26 200m: 3:02.85 47.34 300m: 4:36.42 46.86 400m: 6:08.32 45.18					
5.	Joana Brito, PEREIRA	14	218249	Naval de Faro	<b>6:11.10</b>	238
	50m: 40.68 40.68 150m: 2:14.80 47.11 250m: 3:49.47 47.28 350m: 5:25.22 47.61 100m: 1:27.69 47.01 200m: 3:02.19 47.39 300m: 4:37.61 48.14 400m: 6:11.10 45.88					
6.	Alicia, TOFEI	14	219938	Louletano / Loule Aqui e Agora	<b>6:18.13</b>	225
	50m: 41.51 41.51 150m: 2:16.05 47.86 250m: 3:53.52 48.80 350m: 5:32.23 49.43 100m: 1:28.19 46.68 200m: 3:04.72 48.67 300m: 4:42.80 49.28 400m: 6:18.13 45.90					
7.	Alex Maria, OETTL	14	219511	Nataçao de lagos	<b>6:18.54</b>	225
	50m: 41.17 41.17 150m: 2:16.68 48.87 250m: 3:53.47 48.40 350m: 5:32.01 49.20 100m: 1:27.81 46.64 200m: 3:05.07 48.39 300m: 4:42.81 49.34 400m: 6:18.54 46.53					
8.	Carolina Arez, DIAS	14	221062	Portinado	<b>6:26.05</b>	212
	50m: 40.63 40.63 150m: 2:17.33 49.70 250m: 3:57.53 51.01 350m: 5:40.54 50.90 100m: 1:27.63 47.00 200m: 3:06.52 49.19 300m: 4:49.64 52.11 400m: 6:26.05 45.51					
9.	Sofia Felizardo, FELICIO	14	221880	Portinado	<b>6:36.16</b>	196
	50m: 42.45 42.45 150m: 2:21.96 51.44 250m: 4:05.52 51.74 350m: 5:50.10 52.37 100m: 1:30.52 48.07 200m: 3:13.78 51.82 300m: 4:57.73 52.21 400m: 6:36.16 46.06					
10.	Maria Francisca, NUNES	14	220043	Portinado	<b>6:37.47</b>	194
	50m: 42.95 42.95 150m: 2:23.42 51.29 250m: 4:07.67 51.96 350m: 5:50.96 50.81 100m: 1:32.13 49.18 200m: 3:15.71 52.29 300m: 5:00.15 52.48 400m: 6:37.47 46.51					
11.	Alice Serrao, MARQUES	14	218200	Clube de Natacao de Faro	<b>6:51.66</b>	174
	50m: 44.39 44.39 150m: 2:29.04 53.95 250m: 4:16.28 54.25 350m: 6:05.02 54.25 100m: 1:35.09 50.70 200m: 3:22.03 52.99 300m: 5:10.77 54.49 400m: 6:51.66 46.64					
12.	Mariana Goncalves, MORAIS	14	221919	Naval de Faro	<b>6:57.00</b>	168
	50m: 45.96 45.96 150m: 2:30.09 52.90 250m: 4:16.66 53.35 350m: 6:04.56 53.21 100m: 1:37.19 51.23 200m: 3:23.31 53.22 300m: 5:11.35 54.69 400m: 6:57.00 52.44					
13.	Lara, MONCHIQUE MARTINS	14	225710	Tavira Natacao	<b>7:22.08</b>	141
	50m: 48.36 48.36 150m: 2:37.34 56.46 250m: 4:31.07 57.24 350m: 6:28.82 58.35 100m: 1:40.88 52.52 200m: 3:33.83 56.49 300m: 5:30.47 59.40 400m: 7:22.08 53.26					
14.	Ariana Isabel, MARTINS	14	222150	RIA Aqua Tavira	<b>7:29.54</b>	134
	50m: 49.22 49.22 150m: 2:42.98 58.05 250m: 4:40.90 59.53 350m: 6:35.89 58.91 100m: 1:44.93 55.71 200m: 3:41.37 58.39 300m: 5:36.98 56.08 400m: 7:29.54 53.65					
15.	Yara, GUERREIRO	14	220635	RIA Aqua Tavira	<b>7:33.77</b>	130
	50m: 47.80 47.80 150m: 2:44.34 59.97 250m: 4:44.23 1:01.22 350m: 6:39.61 57.87 100m: 1:44.37 56.57 200m: 3:43.01 58.67 300m: 5:41.74 57.51 400m: 7:33.77 54.16					
16.	Mariana Silva, ROLAO	14	221361	Clube Natacao Olhao	<b>7:44.46</b>	121
	50m: 47.66 47.66 150m: 2:43.94 59.38 250m: 4:48.04 1:03.00 350m: 6:52.38 1:02.23 100m: 1:44.56 56.90 200m: 3:45.04 1:01.10 300m: 5:50.15 1:02.11 400m: 7:44.46 52.08					
17.	Nora, AL-GABBAN	14	222411	RIA Aqua Tavira	<b>8:04.10</b>	107
	50m: 47.92 47.92 150m: 2:50.14 1:01.66 250m: 4:57.77 1:03.36 350m: 7:03.53 1:01.74 100m: 1:48.48 1:00.56 200m: 3:54.41 1:04.27 300m: 6:01.79 1:04.02 400m: 8:04.10 1:00.57					
DSQ	Nicole Isabela, VENTURA	14	219416	Clube de Natacao de Faro		
	10.1 - O(A) nadador(a) não completou o percurso - SW 10.2					