

Prova 1
07/06/2026 - 9:30

Femin., 400m Livres

Cadetes A
Resultados

Pontos: AQUA 2025

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
1.	Lily Valentina, NIEDERHOFER	14	221796	Individual ANALG	5:34.79	325	10,00
	50m: 36.00 36.00 150m: 2:01.20 43.36 250m: 3:28.76 44.17 350m: 4:56.09 43.31						
	100m: 1:17.84 41.84 200m: 2:44.59 43.39 300m: 4:12.78 44.02 400m: 5:34.79 38.70						
2.	Lara Marina, SANTOS	14	216662	Clube Natacao Olhao	5:35.15	324	9,00
	50m: 36.98 36.98 150m: 1:59.85 41.94 250m: 3:25.15 42.77 350m: 4:52.47 44.41						
	100m: 1:17.91 40.93 200m: 2:42.38 42.53 300m: 4:08.06 42.91 400m: 5:35.15 42.68						
3.	Katerina Stoyanova, ZELENGOROVA	14	217223	Nataçao de Lagos	5:55.22	272	8,00
	50m: 37.41 37.41 150m: 2:08.90 46.43 250m: 3:41.91 46.27 350m: 5:14.59 46.49						
	100m: 1:22.47 45.06 200m: 2:55.64 46.74 300m: 4:28.10 46.19 400m: 5:55.22 40.63						
4.	Matilde Mineiro, DUARTE	14	219822	FC Ferreiras/AlgarExperience	6:03.66	253	7,00
	50m: 40.20 40.20 150m: 2:11.87 46.98 250m: 3:46.63 47.27 350m: 5:20.29 46.13						
	100m: 1:24.89 44.69 200m: 2:59.36 47.49 300m: 4:34.16 47.53 400m: 6:03.66 43.37						
5.	Joana Brito, PEREIRA	14	218249	Naval de Faro	6:04.49	252	6,00
	50m: 39.74 39.74 150m: 2:11.68 46.57 250m: 3:44.63 45.95 350m: 5:18.71 47.14						
	100m: 1:25.11 45.37 200m: 2:58.68 47.00 300m: 4:31.57 46.94 400m: 6:04.49 45.78						
6.	Alex Maria, OETTL	14	219511	Nataçao de Lagos	6:14.34	232	5,00
	50m: 39.45 39.45 150m: 2:11.45 46.93 250m: 3:48.12 48.77 350m: 5:26.69 48.82						
	100m: 1:24.52 45.07 200m: 2:59.35 47.90 300m: 4:37.87 49.75 400m: 6:14.34 47.65						
7.	Nicole Isabela, VENTURA	14	219416	Clube de Natacao de Faro	6:17.44	227	4,00
	50m: 40.94 40.94 150m: 2:16.02 48.58 250m: 3:54.94 49.82 350m: 5:32.33 48.82						
	100m: 1:27.44 46.50 200m: 3:05.12 49.10 300m: 4:43.51 48.57 400m: 6:17.44 45.11						
8.	Carolina Arez, DIAS	14	221062	Portinado	6:19.65	223	3,00
	50m: 38.94 38.94 150m: 2:14.76 48.87 250m: 3:53.50 49.30 350m: 5:34.12 50.51						
	100m: 1:25.89 46.95 200m: 3:04.20 49.44 300m: 4:43.61 50.11 400m: 6:19.65 45.53						
9.	Alicia, TOFEI	14	219938	Louletano / Loule Aqui e Agora	6:21.59	219	1,00
	50m: 40.54 40.54 150m: 2:16.92 49.50 250m: 3:55.45 49.34 350m: 5:35.08 49.58						
	100m: 1:27.42 46.88 200m: 3:06.11 49.19 300m: 4:45.50 50.05 400m: 6:21.59 46.51						
10.	Maria Francisca, NUNES	14	220043	Portinado	6:29.32	206	1,00
	50m: 42.74 42.74 150m: 2:20.74 50.07 250m: 4:03.64 51.76 350m: 5:43.69 50.10						
	100m: 1:30.67 47.93 200m: 3:11.88 51.14 300m: 4:53.59 49.95 400m: 6:29.32 45.63						
11.	Sofia Felizardo, FELICIO	14	221880	Portinado	6:31.15	203	1,00
	50m: 42.81 42.81 150m: 2:22.14 50.37 250m: 4:05.87 52.27 350m: 5:45.11 49.11						
	100m: 1:31.77 48.96 200m: 3:13.60 51.46 300m: 4:56.00 50.13 400m: 6:31.15 46.04						
12.	Alice Serrao, MARQUES	14	218200	Clube de Natacao de Faro	6:57.36	167	1,00
	50m: 43.09 43.09 150m: 2:29.79 54.27 250m: 4:16.76 53.09 350m: 6:06.39 54.75						
	100m: 1:35.52 52.43 200m: 3:23.67 53.88 300m: 5:11.64 54.88 400m: 6:57.36 50.97						
13.	Lara, MONCHIQUE MARTINS	14	225710	Tavira Natacao	7:07.49	156	1,00
	50m: 47.61 47.61 150m: 2:34.14 54.82 250m: 4:23.99 54.94 350m: 6:15.61 55.41						
	100m: 1:39.32 51.71 200m: 3:29.05 54.91 300m: 5:20.20 56.21 400m: 7:07.49 51.88						
14.	Mariana Silva, ROLAO	14	221361	Clube Natacao Olhao	7:12.94	150	1,00
	50m: 46.04 46.04 150m: 2:35.02 54.66 250m: 4:29.07 58.27 350m: 6:22.27 54.78						
	100m: 1:40.36 54.32 200m: 3:30.80 55.78 300m: 5:27.49 58.42 400m: 7:12.94 50.67						
15.	Yara, GUERREIRO	14	220635	RIA Aqua Tavira	7:13.91	149	1,00
	50m: 46.39 46.39 150m: 2:33.40 53.82 250m: 4:24.73 55.31 350m: 6:19.89 56.54						
	100m: 1:39.58 53.19 200m: 3:29.42 56.02 300m: 5:23.35 58.62 400m: 7:13.91 54.02						
16.	Ariana Isabel, MARTINS	14	222150	RIA Aqua Tavira	7:18.28	144	1,00
	50m: 46.38 46.38 150m: 2:37.59 56.75 250m: 4:31.55 59.05 350m: 6:24.85 57.47						
	100m: 1:40.84 54.46 200m: 3:32.50 54.91 300m: 5:27.38 55.83 400m: 7:18.28 53.43						
17.	Stella Bliss, QUIROLI	14	227629	Tavira Natacao	7:30.76	133	1,00
	50m: 44.75 44.75 150m: 2:35.17 58.86 250m: 4:34.34 1:00.43 350m: 6:35.63 1:00.29						
	100m: 1:36.31 51.56 200m: 3:33.91 58.74 300m: 5:35.34 1:01.00 400m: 7:30.76 55.13						
18.	Diana Alexandra, GOMES	14	226318	Portinado	7:49.15	118	1,00
	50m: 50.12 50.12 150m: 2:48.19 1:00.93 250m: 4:52.05 1:02.36 350m: 6:53.57 58.27						
	100m: 1:47.26 57.14 200m: 3:49.69 1:01.50 300m: 5:55.30 1:03.25 400m: 7:49.15 55.58						
DSQ	Maria Martins, PEREIRA	14	146485	Náutico do Guadiana			-
	4.2 - Falsa Partida – SW 4.4						
DNS	Mariana Goncalves, MORAIS	14	221919	Naval de Faro			-
DNS	Nora, AL-GABBAN	14	222411	RIA Aqua Tavira			-