

Campeonato Regional de Categorias  
Horta, 6 - 8/3/2026

Prova 14

Femin., 400m Livres

Absoluto

07/03/2026 - 10:15

Resultados

Infantis B Fem Inf B: 6:38.00 / Infantis A Fem Inf A: 6:16.00 / Juvenis B Fem Juv B: 6:00.00 / Juvenis A Fem Juv A: 5:45.00 /  
Juniore Fem Jun: 5:35.00 / Seniores Fem Sen: 5:25.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
<b>Infantis B</b>			
1. PONTE, Matilde Almeida	13	<b>5:10.97</b>	405
50m: 34.12 34.12	150m: 1:52.61 40.21	250m: 3:12.21 38.77	350m: 4:33.65 39.20
100m: 1:12.40 38.28	200m: 2:33.44 40.83	300m: 3:54.45 42.24	400m: 5:10.97 37.32
2. VERISSIMO, Matilde Campos	13	<b>6:14.80</b>	231
50m: 41.27 41.27	150m: 2:16.33 47.36	250m: 3:53.07 48.60	350m: 5:29.84 47.87
100m: 1:28.97 47.70	200m: 3:04.47 48.14	300m: 4:41.97 48.90	400m: 6:14.80 44.96
<b>Infantis A</b>			
1. PONTE, Mariana Almeida	12	<b>5:23.13</b>	361
50m: 37.47 37.47	150m: 1:57.64 40.22	250m: 3:20.81 41.27	350m: 4:43.09 40.84
100m: 1:17.42 39.95	200m: 2:39.54 41.90	300m: 4:02.25 41.44	400m: 5:23.13 40.04
2. COSTA, Miriam Sebastiao	12	<b>5:43.74</b>	300
50m: 36.21 36.21	150m: 2:02.06 43.15	250m: 3:31.87 44.99	350m: 5:01.43 45.06
100m: 1:18.91 42.70	200m: 2:46.88 44.82	300m: 4:16.37 44.50	400m: 5:43.74 42.31
3. SOUSA, Rita Quadros	12	<b>5:46.98</b>	292
50m: 40.11 40.11	150m: 2:08.89 45.03	250m: 3:37.11 43.67	350m: 5:04.95 43.76
100m: 1:23.86 43.75	200m: 2:53.44 44.55	300m: 4:21.19 44.08	400m: 5:46.98 42.03
4. NEVES, Laura Rego	12	<b>5:59.79</b>	262
50m: 39.86 39.86	150m: 2:11.66 45.90	250m: 3:44.87 46.38	350m: 5:16.58 45.26
100m: 1:25.76 45.90	200m: 2:58.49 46.83	300m: 4:31.32 46.45	400m: 5:59.79 43.21
5. FONSECA, Sofia Luz	12	<b>7:20.40</b>	142
<i>FTL</i>			
50m: 45.90 45.90	150m: 2:41.13 57.87	250m: 4:32.44 54.72	350m: 6:25.26 57.70
100m: 1:43.26 57.36	200m: 3:37.72 56.59	300m: 5:27.56 55.12	400m: 7:20.40 55.14
<b>Juvenis B</b>			
1. FERREIRA, Carolina Morao	11	<b>4:49.51</b>	503
50m: 31.47 31.47	150m: 1:42.19 36.16	250m: 2:57.47 37.84	350m: 4:13.09 37.71
100m: 1:06.03 34.56	200m: 2:19.63 37.44	300m: 3:35.38 37.91	400m: 4:49.51 36.42
2. SILVA, Isabel Lourenco	11	<b>5:14.98</b>	390
50m: 34.47 34.47	150m: 1:53.86 40.60	250m: 3:16.05 40.88	350m: 4:36.45 39.67
100m: 1:13.26 38.79	200m: 2:35.17 41.31	300m: 3:56.78 40.73	400m: 5:14.98 38.53
3. FONSECA, Constanca Oliveira	11	<b>5:24.52</b>	357
50m: 35.47 35.47	150m: 1:57.27 41.67	250m: 3:20.36 41.40	350m: 4:44.88 41.94
100m: 1:15.60 40.13	200m: 2:38.96 41.69	300m: 4:02.94 42.58	400m: 5:24.52 39.64
4. SILVA, Beatriz Soares	11	<b>5:29.12</b>	342
50m: 36.19 36.19	150m: 1:57.76 41.64	250m: 3:21.96 42.43	350m: 4:46.87 42.43
100m: 1:16.12 39.93	200m: 2:39.53 41.77	300m: 4:04.44 42.48	400m: 5:29.12 42.25
5. AZEVEDO, Filipa Pinheiro	11	<b>5:48.07</b>	289
50m: 38.42 38.42	150m: 2:06.41 44.31	250m: 3:35.82 44.79	350m: 5:05.06 44.15
100m: 1:22.10 43.68	200m: 2:51.03 44.62	300m: 4:20.91 45.09	400m: 5:48.07 43.01

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Juvenis A

1.	VIEIRA, Sara Goncalves	10	Naval Praia da Vitoria	<b>4:52.87</b>	485
	50m: 31.42 31.42	150m: 1:44.61 37.34	250m: 2:59.99 37.60	350m: 4:16.00 37.42	
	100m: 1:07.27 35.85	200m: 2:22.39 37.78	300m: 3:38.58 38.59	400m: 4:52.87 36.87	
2.	PACHECO, Leonor Melo	10	Clube Naval de Ponta Delgada	<b>5:21.39</b>	367
	50m: 35.16 35.16	150m: 1:52.46 39.60	250m: 3:15.34 41.93	350m: 4:39.64 42.13	
	100m: 1:12.86 37.70	200m: 2:33.41 40.95	300m: 3:57.51 42.17	400m: 5:21.39 41.75	

Juniores

1.	SOUSA, Margarida Carreiro	08	Clube Desportivo Escolar de Ag	<b>5:04.09</b>	434
	50m: 33.49 33.49	150m: 1:49.00 38.31	250m: 3:07.17 39.40	350m: 4:26.60 39.78	
	100m: 1:10.69 37.20	200m: 2:27.77 38.77	300m: 3:46.82 39.65	400m: 5:04.09 37.49	

Seniores

1.	JARA, Margaret Veronica	95	Clube Desportivo Escolar de Ag	<b>4:59.55</b>	454
	50m: 33.80 33.80	150m: 1:49.30 37.99	250m: 3:05.86 38.30	350m: 4:22.26 38.20	
	100m: 1:11.31 37.51	200m: 2:27.56 38.26	300m: 3:44.06 38.20	400m: 4:59.55 37.29	