

Prova 23
07/03/2026 - 16:00

Femin., 400m Estilos

Absoluto
Resultados

Infantis B Fem Inf B: 7:37.00 / Infantis A Fem Inf A: 7:10.00 / Juvenis B Fem Juv B: 6:57.00 / Juvenis A Fem Juv A: 6:47.00 /
Juniões Fem Jun: 6:30.00 / Seniores Fem Sen: 6:14.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Infantis B			
1. DAMASCENO, Lara Gil	13	Clube Desportivo Escolar de Ag	6:01.71 352
50m: 42.03 42.03	150m: 2:15.37 45.54	250m: 3:53.27 50.72	350m: 5:22.87 39.55
100m: 1:29.83 47.80	200m: 3:02.55 47.18	300m: 4:43.32 50.05	400m: 6:01.71 38.84
2. COUTO, Maria Costa	13	Clube Desportivo Escolar de Ag	6:30.71 279
50m: 42.66 42.66	150m: 2:20.52 47.85	250m: 4:06.01 58.96	350m: 5:48.15 43.50
100m: 1:32.67 50.01	200m: 3:07.05 46.53	300m: 5:04.65 58.64	400m: 6:30.71 42.56
3. ARAUJO, Emilia Cabral	13	Clube Desportivo Escolar de Ag	6:34.52 271
50m: 44.88 44.88	150m: 2:27.23 48.78	250m: 4:10.89 55.57	350m: 5:52.44 44.55
100m: 1:38.45 53.57	200m: 3:15.32 48.09	300m: 5:07.89 57.00	400m: 6:34.52 42.08
Infantis A			
1. SILVA, Maria Francisca	12	Bombeiros de Ponta Delgada	6:07.72 335
50m: 38.56 38.56	150m: 2:11.21 45.47	250m: 3:50.16 54.04	350m: 5:27.00 41.99
100m: 1:25.74 47.18	200m: 2:56.12 44.91	300m: 4:45.01 54.85	400m: 6:07.72 40.72
Juvenis B			
1. ARROJADO, Maria Abreu	11	Naval Praia da Vitoria	5:27.34 475
50m: 35.27 35.27	150m: 1:57.34 41.79	250m: 3:25.64 46.17	350m: 4:49.68 37.52
100m: 1:15.55 40.28	200m: 2:39.47 42.13	300m: 4:12.16 46.52	400m: 5:27.34 37.66
2. RICO, Mariana Ferreira	11	Clube Naval de Ponta Delgada	6:30.29 280
50m: 47.81 47.81	150m: 2:28.13 45.69	250m: 4:09.61 53.16	350m: 5:47.76 43.38
100m: 1:42.44 54.63	200m: 3:16.45 48.32	300m: 5:04.38 54.77	400m: 6:30.29 42.53
3. AZEVEDO, Filipa Pinheiro	11	Clube Naval de Ponta Delgada	6:57.32 229
<i>FTL</i>			
50m: 46.55 46.55	150m: 2:36.10 54.21	250m: 4:30.14 1:01.17	350m: 6:14.45 43.98
100m: 1:41.89 55.34	200m: 3:28.97 52.87	300m: 5:30.47 1:00.33	400m: 6:57.32 42.87
Juvenis A			
1. VIEIRA, Sara Goncalves	10	Naval Praia da Vitoria	5:43.97 409
50m: 37.10 37.10	150m: 2:03.57 44.10	250m: 3:36.56 49.90	350m: 5:06.53 38.49
100m: 1:19.47 42.37	200m: 2:46.66 43.09	300m: 4:28.04 51.48	400m: 5:43.97 37.44
2. PACHECO, Leonor Melo	10	Clube Naval de Ponta Delgada	5:55.07 372
50m: 37.60 37.60	150m: 2:09.52 47.08	250m: 3:43.10 47.39	350m: 5:14.04 41.04
100m: 1:22.44 44.84	200m: 2:55.71 46.19	300m: 4:33.00 49.90	400m: 5:55.07 41.03
Juniões			
1. SARAIVA, Madalena Cardoso	09	Clube Desportivo Escolar de Ag	6:31.23 278
<i>FTL</i>			
50m: 43.96 43.96	150m: 2:25.15 50.02	250m: 4:10.70 56.32	350m: 5:50.16 42.35
100m: 1:35.13 51.17	200m: 3:14.38 49.23	300m: 5:07.81 57.11	400m: 6:31.23 41.07



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

Prova 23, Femin., 400m Estilos

Seniores

1.	JARA, Margaret Veronica		95	Clube Desportivo Escolar de Ag		5:41.89	417					
	50m:	34.15	34.15	150m:	1:59.24	45.04	250m:	3:33.81	50.36	350m:	5:03.89	39.97
	100m:	1:14.20	40.05	200m:	2:43.45	44.21	300m:	4:23.92	50.11	400m:	5:41.89	38.00