



TORREGRI 2 - POLITICA DESPORTIVA REGIONAL
Torres Novas, 3/4/2022

Prova 9 400m Livres Cadetes A
15/03/2026 - 11:06 Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Cadete A, Femin.			
1. Maria Teresa Marques	14 BUZIOS-Coruche	5:41.36	306
50m: 38.54 100m: 1:20.73 200m: 2:47.85 400m: 5:41.36			
2. Laura Domingues Burgal	14 Nautico Salvaterra Magos	6:03.51	254
50m: 38.91 100m: 1:23.26 200m: 2:52.79 400m: 6:03.51			
3. Eva Sal Gabirra	14 20Km de Almeirim	6:18.56	225
50m: 44.36 100m: 1:32.38 200m: 3:10.98 400m: 6:18.56			
4. Clara Balsa Alves	14 BUZIOS-Coruche	6:25.74	212
50m: 44.36 100m: 1:32.38 200m: 3:10.98 400m: 6:25.74			
Miriam Salvador Santos	14 Uniao Samorense	6:25.74	212
50m: 49.79 100m: 1:34.67 200m: 3:14.19 400m: 6:25.74			
6. Leonor Duarte Santos	14 Gualdim Pais	6:37.72	194
50m: 44.93 100m: 1:35.68 200m: 3:17.28 400m: 6:37.72			
7. Mariana Pereira Preto	14 CLAC-Entroncamento	6:51.34	175
50m: 46.31 100m: 1:39.55 200m: 3:25.47 400m: 6:51.34			
8. Madalena Paula Vieira	14 Rio Maior	7:06.18	157
50m: 46.85 100m: 1:41.71 200m: 3:31.51 400m: 7:06.18			
9. Ema Lopes Santos	14 Juventude Ouriense	7:22.50	140
50m: 44.79 100m: 1:37.85 200m: 3:30.32 400m: 7:22.50			
10. Maria Pereira Belo	14 Torres Novas	7:28.36	135
50m: 50.05 100m: 1:48.43 200m: 3:48.50 400m: 7:28.36			
11. Iris Figueiredo Silva	14 Rio Maior	7:34.81	129
50m: 47.79 100m: 1:48.61 200m: 3:46.73 400m: 7:34.81			
12. Mariana Bernardino Oliveira	14 Juventude Ouriense	7:49.21	118
50m: 53.79 100m: 1:53.70 200m: 3:51.59 400m: 7:49.21			
13. Carolina Goncalves Vieira	14 CLAC-Entroncamento	8:06.38	106
50m: 50.36 100m: 1:48.67 200m: 3:53.92 400m: 8:06.38			
14. Iris Meca Reis	14 Aguias de Alpiarça	8:38.29	87
50m: 56.17 100m: 1:59.69 200m: 4:15.69 400m: 8:38.29			
15. Mariana Sofia Alves	14 Juventude Ouriense	9:01.92	76
50m: 57.73 100m: 2:07.49 200m: 4:23.92 400m: 9:01.92			
DSQ Isabel Nadolska Gomes	14 CLAC-Entroncamento		
<i>SW 10.2 - O (a) atleta n�o completou o percurso</i>			
DNS Yamara Laura Costa	14 CLAC-Entroncamento		
DNS Maria Leonor Rodrigues	14 20Km de Almeirim	6:18.39	225

Cadete A, Masc.

1. Diogo Silva Neves	14 Nautico Salvaterra Magos	5:28.81	268
50m: 35.24 100m: 1:16.49 200m: 2:41.25 400m: 5:28.81			
2. Lourenco Pombeiro Oliveira	14 Nautico Salvaterra Magos	5:48.23	226
50m: 39.11 100m: 1:23.04 200m: 2:52.33 400m: 5:48.23			
3. Rodrigo Iordan Chele	14 Rio Maior	5:48.73	225
50m: 36.85 100m: 1:20.49 200m: 2:51.99 400m: 5:48.73			
4. Guilherme Formigo Martins	14 Torres Novas	5:54.92	213
50m: 41.24 100m: 1:27.05 200m: 2:59.98 400m: 5:54.92			



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Prova 9, Masc., 400m Livres, Cadete A

Lugar	Ano	Tempo final	Pts
5. Rafael Qua Lopes 50m: 40.12 100m: 1:25.91 200m: 2:58.02 400m: 5:59.87	14 Uniao Samorense	5:59.87	205
6. Leonardo Casimiro Bibi 50m: 40.61 100m: 1:25.18 200m: 2:58.99 400m: 6:10.53	14 BUZIOS-Coruche	6:10.53	187
7. Vasco Miguel Gomes 50m: 40.67 100m: 1:28.17 200m: 3:06.70 400m: 6:16.62	14 Nautico Salvaterra Magos	6:16.62	178
8. Andre Miguel Trincao 50m: 44.51 100m: 1:35.27 200m: 3:13.46 400m: 6:18.39	14 Torres Novas	6:18.39	176
9. Daniel Silva Fernandes 50m: 43.63 100m: 1:32.10 200m: 3:10.79 400m: 6:24.13	14 CLAC-Entroncamento	6:24.13	168
10. Francisco Silva Branco 50m: 44.54 100m: 1:33.75 200m: 3:13.27 400m: 6:26.78	14 Juventude Ouriense	6:26.78	165
11. Antonio Abreu Silva 50m: 43.82 100m: 1:35.51 200m: 3:20.39 400m: 6:40.78	14 Nautico Salvaterra Magos	6:40.78	148
12. Nikolas Shpil Havriliuc 50m: 45.36 100m: 1:38.17 200m: 3:27.61 400m: 6:57.33	14 Rio Maior	6:57.33	131
13. David Miguel Oliveira 50m: 45.14 100m: 1:39.68 200m: 3:30.07 400m: 7:17.63	14 Nautico Salvaterra Magos	7:17.63	114
14. Afonso Maria Quinta 50m: 50.17 100m: 1:47.43 200m: 3:42.43 400m: 7:25.97	14 Torres Novas	7:25.97	107
15. Diogo Miguel Ribeiro 50m: 52.47 100m: 1:52.12 200m: 3:58.44 400m: 8:07.90	14 BUZIOS-Coruche	8:07.90	82
DNS Diogo Laco Duarte	14 CLAC-Entroncamento		