



3º Torregri de Cadetes
Porto de Mós, 6 - 7/6/2026



Prova 26
07/06/2026 - 11:27

Femin., 400m Livres

Cadetes A
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Constanca Sequeira, CARNEIRO	14	6:05.14	250
50m: 39.21 39.21 150m: 2:12.29 47.72 250m: 3:46.07 46.76 350m: 5:20.89 47.55			
100m: 1:24.57 45.36 200m: 2:59.31 47.02 300m: 4:33.34 47.27 400m: 6:05.14 44.25			
2. Constanca Alves, FONSECA	14	6:06.53	247
50m: 39.68 39.68 150m: 2:12.56 46.45 250m: 3:46.96 47.32 350m: 5:23.53 48.77			
100m: 1:26.11 46.43 200m: 2:59.64 47.08 300m: 4:34.76 47.80 400m: 6:06.53 43.00			
3. Miriam Amancio, RICARDO	14	6:08.65	243
50m: 46.50 46.50 150m: 2:13.72 47.39 250m: 3:49.97 47.89 350m: 5:25.30 47.40			
100m: 1:26.33 39.83 200m: 3:02.08 48.36 300m: 4:37.90 47.93 400m: 6:08.65 43.35			
4. Mariana Santiago, FERREIRA	14	6:16.57	228
50m: 38.99 38.99 150m: 2:11.99 47.75 250m: 3:49.84 50.17 350m: 5:29.31 49.74			
100m: 1:24.24 45.25 200m: 2:59.67 47.68 300m: 4:39.57 49.73 400m: 6:16.57 47.26			
5. Noa Jade, PEDRO	14	6:24.75	214
50m: 42.31 42.31 150m: 2:19.50 49.69 250m: 3:59.56 50.53 350m: 5:38.39 49.18			
100m: 1:29.81 47.50 200m: 3:09.03 49.53 300m: 4:49.21 49.65 400m: 6:24.75 46.36			
6. Carolina Pereira, DURAO	14	6:30.27	205
50m: 40.78 40.78 150m: 2:19.90 50.36 250m: 4:01.03 51.13 350m: 5:42.42 50.89			
100m: 1:29.54 48.76 200m: 3:09.90 50.00 300m: 4:51.53 50.50 400m: 6:30.27 47.85			
7. Ester Nunes, DIAS	14	6:33.69	200
50m: 42.55 42.55 150m: 2:22.16 51.22 250m: 4:05.94 51.07 350m: 5:46.41 49.86			
100m: 1:30.94 48.39 200m: 3:14.87 52.71 300m: 4:56.55 50.61 400m: 6:33.69 47.28			
8. Mariana Neves, CARVALHO	14	6:37.12	194
50m: 46.55 46.55 150m: 2:27.33 51.68 250m: 4:08.72 51.32 350m: 5:47.50 49.53			
100m: 1:35.65 49.10 200m: 3:17.40 50.07 300m: 4:57.97 49.25 400m: 6:37.12 49.62			
9. Maria Leonor, PAULINO	14	6:39.57	191
50m: 43.46 43.46 150m: 2:23.42 50.89 250m: 4:06.72 51.15 350m: 5:51.31 53.35			
100m: 1:32.53 49.07 200m: 3:15.57 52.15 300m: 4:57.96 51.24 400m: 6:39.57 48.26			
10. Ines Silva, MARCIANO	14	6:45.87	182
50m: 44.69 44.69 150m: 2:27.26 52.35 250m: 4:14.38 53.40 350m: 5:57.91 51.10			
100m: 1:34.91 50.22 200m: 3:20.98 53.72 300m: 5:06.81 52.43 400m: 6:45.87 47.96			
11. Emilia Nikole, POGODINA	14	6:50.43	176
50m: 44.97 44.97 150m: 2:29.30 52.49 250m: 4:15.50 52.76 350m: 6:02.95 54.06			
100m: 1:36.81 51.84 200m: 3:22.74 53.44 300m: 5:08.89 53.39 400m: 6:50.43 47.48			
12. Sofia Pereira, SILVA	14	6:51.73	174
50m: 45.70 45.70 150m: 2:28.31 51.47 250m: 4:15.88 53.93 350m: 6:02.38 52.40			
100m: 1:36.84 51.14 200m: 3:21.95 53.64 300m: 5:09.98 54.10 400m: 6:51.73 49.35			
13. Matilde Santos, PEREIRA	14	6:52.84	173
50m: 45.45 45.45 150m: 2:34.59 55.93 250m: 4:23.31 53.03 350m: 6:03.53 47.97			
100m: 1:38.66 53.21 200m: 3:30.28 55.69 300m: 5:15.56 52.25 400m: 6:52.84 49.31			
14. Anais Campanico, HENRIQUES	14	7:05.15	158
50m: 47.30 47.30 150m: 2:34.79 54.04 250m: 4:23.72 53.76 350m: 6:14.87 55.87			
100m: 1:40.75 53.45 200m: 3:29.96 55.17 300m: 5:19.00 55.28 400m: 7:05.15 50.28			
15. Maia Simone, CARAPINHA	14	7:12.02	151
50m: 48.16 48.16 150m: 2:37.76 56.17 250m: 4:32.02 56.65 350m: 6:20.42 52.61			
100m: 1:41.59 53.43 200m: 3:35.37 57.61 300m: 5:27.81 55.79 400m: 7:12.02 51.60			
16. Maria Constanca, BASILIO	14	7:12.67	150
50m: 45.53 45.53 150m: 2:35.24 55.63 250m: 4:27.04 56.10 350m: 6:20.98 57.01			
100m: 1:39.61 54.08 200m: 3:30.94 55.70 300m: 5:23.97 56.93 400m: 7:12.67 51.69			
17. Maria Catarino, RODRIGUES	14	7:27.49	136
50m: 49.59 49.59 150m: 2:44.02 58.43 250m: 4:41.49 58.47 350m: 6:34.07 53.51			
100m: 1:45.59 56.00 200m: 3:43.02 59.00 300m: 5:40.56 59.07 400m: 7:27.49 53.42			



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Prova 26, Femin., 400m Livres, Cadetes A

Lugar	Ano	Tempo final	Pts
DSQ Eva Victoria, FERREIRA <i>a atleta não completou a distância da prova</i>	14	Pimpoes/Cimai	
DNS Diana Monteiro, FONSECA	14	Ba Leiria / Sk Coffee	
DNS Sara Pereira, SILVA	14	Óbidos	
DNS Leonor Silva, TEOTONIO	14	Óbidos	
DNS Carlota Dias, RODRIGUES	14	Alcobaca	