

Festival Regional de Cadetes 2026  
Angra do Heroísmo, 14- - 15-3-2026

Prova 11  
14-03-2026 - 17:10

Masc., 400m Livres

Cadetes A/B  
Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	LAIA, Joao Daniel		14	Bombeiros de Ponta Delgada				<b>6:11.35</b>	186
	50m:	40.98 40.98	150m:	2:16.47	48.58	250m:	3:53.58 48.36	350m:	5:28.37 46.54
	100m:	1:27.89 46.91	200m:	3:05.22	48.75	300m:	4:41.83 48.25	400m:	6:11.35 42.98
2.	RIBEIRO, Joao Lima		14	Núcleo Sporting				<b>6:22.59</b>	170
	50m:	43.37 43.37	150m:	2:23.15	50.27	250m:	4:04.20 50.44	350m:	5:38.76 46.63
	100m:	1:32.88 49.51	200m:	3:13.76	50.61	300m:	4:52.13 47.93	400m:	6:22.59 43.83
3.	SOUSA, Jose Ribeiro		15	Naval de Ponta Delgada				<b>6:25.95</b>	166
	50m:	45.04 45.04	150m:	2:26.20	51.05	250m:	4:04.87 46.61	350m:	5:40.62 47.04
	100m:	1:35.15 50.11	200m:	3:18.26	52.06	300m:	4:53.58 48.71	400m:	6:25.95 45.33
4.	SA, Dinis Duarte		15	Naval de Ponta Delgada				<b>7:09.62</b>	120
	50m:	45.00 45.00	150m:	2:32.98	55.07	250m:	4:23.78 56.33	350m:	6:13.50 54.60
	100m:	1:37.91 52.91	200m:	3:27.45	54.47	300m:	5:18.90 55.12	400m:	7:09.62 56.12