

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

Prova 12
14-03-2026 - 17:20

Femin., 400m Livres

Cadetes A/B
Resultados

Pontos: AQUA 2025

Lugar			Ano			Tempo final			Pts
1.	CAPAREIRA, Maria Machado		15	Academia Desportiva dos Acores		5:44.95			297
	50m:	40.07 40.07	150m:	2:10.09 45.54	250m:	3:39.31 44.55	350m:	5:06.01 43.06	
	100m:	1:24.55 44.48	200m:	2:54.76 44.67	300m:	4:22.95 43.64	400m:	5:44.95 38.94	
2.	LOBAO, Beatriz Borges		14	Bombeiros de Ponta Delgada		6:26.60			211
	50m:	43.92 43.92	150m:	2:22.43 49.74	250m:	4:02.77 50.27	350m:	5:43.23 50.33	
	100m:	1:32.69 48.77	200m:	3:12.50 50.07	300m:	4:52.90 50.13	400m:	6:26.60 43.37	
3.	FERREIRA, Beatriz Fagundes		15	Naval Praia da Vitoria		6:45.05			183
	50m:	43.91 43.91	150m:	2:29.03 53.44	250m:	4:15.34 54.19	350m:	5:59.17 51.65	
	100m:	1:35.59 51.68	200m:	3:21.15 52.12	300m:	5:07.52 52.18	400m:	6:45.05 45.88	
4.	CHAWLA, Olivia Rufino		14	Bombeiros de Ponta Delgada		6:50.07			177
	50m:	45.65 45.65	150m:	2:29.66 52.58	250m:	4:16.96 53.27	350m:	6:03.95 52.32	
	100m:	1:37.08 51.43	200m:	3:23.69 54.03	300m:	5:11.63 54.67	400m:	6:50.07 46.12	
5.	QUEIROS, Maria Teresa		14	Bombeiros de Ponta Delgada		6:53.72			172
	50m:	46.81 46.81	150m:	2:33.90 53.93	250m:	4:20.92 54.47	350m:	6:05.29 52.11	
	100m:	1:39.97 53.16	200m:	3:26.45 52.55	300m:	5:13.18 52.26	400m:	6:53.72 48.43	
6.	COSTA, Laura Nunes		16	Núcleo Sporting		6:53.87			172
	50m:	50.16 50.16	150m:	2:37.33 54.04	250m:	4:22.29 52.75	350m:	6:05.07 50.25	
	100m:	1:43.29 53.13	200m:	3:29.54 52.21	300m:	5:14.82 52.53	400m:	6:53.87 48.80	
7.	OLIVEIRA, Constanca Maria		14	Naval de Ponta Delgada		6:56.97			168
	50m:	47.58 47.58	150m:	2:34.44 53.88	250m:	4:23.08 54.32	350m:	6:10.15 51.12	
	100m:	1:40.56 52.98	200m:	3:28.76 54.32	300m:	5:19.03 55.95	400m:	6:56.97 46.82	
8.	FERNANDES, Carolina Costa		15	Bombeiros de Ponta Delgada		7:03.86			160
	50m:	49.46 49.46	150m:	2:39.44 54.82	250m:	4:27.14 55.54	350m:	6:10.04 49.62	
	100m:	1:44.62 55.16	200m:	3:31.60 52.16	300m:	5:20.42 53.28	400m:	7:03.86 53.82	
9.	FERNANDES, Maria Liduina		14	Naval de Ponta Delgada		7:09.01			154
	50m:	47.59 47.59	150m:	2:40.95 58.13	250m:	4:32.10 55.63	350m:	6:22.40 53.44	
	100m:	1:42.82 55.23	200m:	3:36.47 55.52	300m:	5:28.96 56.86	400m:	7:09.01 46.61	
10.	NETO, Carlota Maria		14	Naval de Ponta Delgada		7:35.64			129
	50m:	51.43 51.43	150m:	2:47.23 58.68	250m:	4:43.96 58.03	350m:	6:41.59 58.41	
	100m:	1:48.55 57.12	200m:	3:45.93 58.70	300m:	5:43.18 59.22	400m:	7:35.64 54.05	
11.	TORRES, Matilde Maria		14	Naval de Ponta Delgada		7:38.72			126
	50m:	53.20 53.20	150m:	2:54.93 1:00.65	250m:	4:53.15 58.31	350m:	6:47.69 56.01	
	100m:	1:54.28 1:01.08	200m:	3:54.84 59.91	300m:	5:51.68 58.53	400m:	7:38.72 51.03	
12.	VALADAO, Rita Mercês		15	Naval Praia da Vitoria		7:40.80			124
	50m:	52.39 52.39	150m:	2:51.51 1:00.27	250m:	4:50.95 59.38	350m:	6:50.16 58.68	
	100m:	1:51.24 58.85	200m:	3:51.57 1:00.06	300m:	5:51.48 1:00.53	400m:	7:40.80 50.64	
13.	LADEIRA, Carlota Freitas		15	Naval Praia da Vitoria		8:00.10			110
	50m:	53.43 53.43	150m:	2:56.88 1:02.51	250m:	5:00.16 1:02.21	350m:	7:02.20 59.76	
	100m:	1:54.37 1:00.94	200m:	3:57.95 1:01.07	300m:	6:02.44 1:02.28	400m:	8:00.10 57.90	
14.	SANTOS, Maria Inês		14	Clube Desportivo Escolar de Ag		8:19.25			98
	50m:	54.95 54.95	150m:	3:03.56 1:06.89	250m:	5:16.65 1:07.80	350m:	7:24.12 1:01.42	
	100m:	1:56.67 1:01.72	200m:	4:08.85 1:05.29	300m:	6:22.70 1:06.05	400m:	8:19.25 55.13	
15.	ROSA, Matilde Tavares		14	Núcleo Sporting		8:27.88			93
	50m:	52.86 52.86	150m:	3:02.51 1:05.60	250m:	5:16.36 1:06.04	350m:	7:27.94 1:06.21	
	100m:	1:56.91 1:04.05	200m:	4:10.32 1:07.81	300m:	6:21.73 1:05.37	400m:	8:27.88 59.94	
16.	SIMOES, Matilde		15	Naval Praia da Vitoria		8:37.22			88
	50m:	54.89 54.89	150m:	3:08.05 1:07.52	250m:	5:22.06 1:06.89	350m:	7:35.18 1:05.82	
	100m:	2:00.53 1:05.64	200m:	4:15.17 1:07.12	300m:	6:29.36 1:07.30	400m:	8:37.22 1:02.04	

Prova 12, Femin., 400m Livres, Cadetes A/B

Lugar	Ano	Tempo final	Pts
17. REGO, Ines Medeiros	14 Clube Desportivo Escolar de Ag	8:49.78	82
50m: 56.66 56.66	150m: 3:10.34 1:08.56	250m: 5:28.03 1:08.23	350m: 7:44.31 1:07.43
100m: 2:01.78 1:05.12	200m: 4:19.80 1:09.46	300m: 6:36.88 1:08.85	400m: 8:49.78 1:05.47
DSQ MARTINS, Sofia Ferraz	14 Clube Desportivo Escolar de Ag		
<i>501 - Não tocou na parede na viragem aos 250 metros - SW 5.2</i>			