

PERFIL DA ATLETA

Clube

Limmat Sharks Zürich

Disciplinas principais

Breaststroke – Classificação atual: #1 (U12 CH)

NÚMEROS-CHAVE

Meetings esta época	Provas	Pódios	Recordes pessoais	Recordes	Melhor pontuação FINA
17	102	15	27	0	604

DESTAQUES DA ÉPOCA

Prova	Meeting	Tempo	FINA	Medalha	Notas
100m Breaststroke	Nachwuchs Schweizermeisterschaft	2026-07-15	1:15.85	604	RP
200m Breaststroke	Nachwuchs Schweizermeisterschaft	2026-07-15	2:47.28	555	RP
100m Breaststroke	Schweizer Nachwuchs-Cup Final Finale Coupe Espoirs de natation	2026-04-24	1:16.01	552	RP
100m Freestyle	Nachwuchs Schweizermeisterschaft	2026-07-15	1:03.14	549	RP
100m Breaststroke	RZO Nachwuchscup 2026 (Qualifikation)	2026-03-07	1:18.58	543	Ouro
50m Breaststroke	RZO: Regionale Sommermeisterschaften 2026	2026-06-19	35.95	533	RP
200m Im	Nachwuchs Schweizermeisterschaft	2026-07-15	2:35.56	527	RP
200m Freestyle	Nachwuchs Schweizermeisterschaft	2026-07-15	2:21.08	503	RP
50m Breaststroke	Futura Teil 2, RZO	2026-03-13	36.67	502	Ouro · RP
50m Freestyle	RZO: Regionale Sommermeisterschaften 2026	2026-06-19	29.76	499	RP
50m Breaststroke	Bank Thalwil Cup 2025	2025-11-08	37.04	487	Prata
50m Breaststroke	4. Decathlon - Speednight 2026	2026-01-23	37.27	478	Ouro

ÉPOCA

Meeting	Date	Location	Races	Podiums	PBs
Int. Zimmerberg-Cup 2025	2025-09-19	Wädenswil (SUI)	4	0	1
46. Meilemer Meeting	2025-09-26	Meilen (SUI)	5	3	0
RZO: Regionale Hallen-Meisterschaften 2025	2025-10-24	Uster (SUI)	4	0	1
Vereinsmeisterschaft Jugend Qualifikation	2025-10-31	Bülach (SUI)	4	0	2
Bank Thalwil Cup 2025	2025-11-08	Gattikon (SUI)	5	3	3
7. Generalica Christmas Cup Uster 2025	2025-12-12	Uster (SUI)	5	0	0
4. Decathlon - Speednight 2026	2026-01-23	Winterthur (SUI)	4	2	0
44. Internationaler Hallenjugendtag	2026-01-30	Zürich (SUI)	7	1	1
RZO Nachwuchscup 2026 (Qualifikation)	2026-03-07	Uster (SUI)	5	3	2
Futura Teil 2, RZO	2026-03-13	Bülach (SUI)	3	3	3

Meeting	Date	Location	Races	Podiums	PBs
44. Internationales Hi-Point Meeting	2026-03-19	Zürich (SUI)	3	0	0
De schnällscht Zürifisch 2026	2026-04-10	Zürich-Oerlikon (SUI)	3	0	0
Schweizer Nachwuchs-Cup Final Finale Coupe Espoirs de natation	2026-04-24	Oberkirch (SUI)	2	0	2
Internationales Decathlon Eulach-Meeting 2026	2026-05-22	Winterthur (SUI)	11	0	2
Internationaler Basler Cup 2026	2026-05-28	Basel (SUI)	14	0	0
RZO: Regionale Sommermeisterschaften 2026	2026-06-19	Winterthur (SUI)	9	0	4
Nachwuchs Schweizermeisterschaft	2026-07-15	Basel (SUI)	14	0	6

PROGRESSION · BREASTSTROKE

50m Breaststroke

2025-09-19	38.29	441 p.
2025-09-26	37.47	471 p.
2025-11-08	37.04	487 p.
2025-12-12	37.72	462 p.
2026-01-23	37.27	478 p.
2026-03-13	36.67	502 p.
2026-05-22	36.40	514 p.
2026-05-28	36.06	528 p.
2026-05-28	36.31	517 p.
2026-06-19	35.95	533 p.

100m Breaststroke

2025-10-24	1:20.12	512 p.
2025-12-12	1:22.47	470 p.
2026-01-30	1:22.17	475 p.
2026-03-07	1:18.58	543 p.
2026-03-19	1:22.78	464 p.
2026-04-24	1:16.01	552 p.
2026-05-22	1:20.22	510 p.
2026-05-28	1:17.87	558 p.
2026-05-28	1:21.57	485 p.
2026-06-19	1:17.79	560 p.
2026-07-15	1:15.85	604 p.
2026-07-15	1:18.29	549 p.

200m Breaststroke

2025-10-24	3:01.45	435 p.
2025-10-31	3:07.02	397 p.
2025-12-12	3:03.68	419 p.
2026-01-30	3:04.52	414 p.
2026-05-22	2:53.37	499 p.
2026-05-28	2:49.09	538 p.
2026-05-28	2:51.95	511 p.
2026-06-19	2:50.92	521 p.
2026-07-15	2:47.28	555 p.
2026-07-15	2:48.33	545 p.

VALORES DESPORTIVOS

Disciplina — treinos às 6:30 da manhã, todos os dias.

Consistência — mais de 2.500 comprimentos por semana, toda a época.

Precisão — treino orientado por dados com progresso mensurável.

OBJETIVOS DE LONGO PRAZO

Continuar até ao topo da nataç o su a, competi  es internacionais de jovens e uma carreira s nior constru da sobre a mesma disciplina.

CONTACTO

Pedidos de patroc nio atrav s do formul rio de contacto em sophiawalker.ch (assunto: Patroc nio / Parceria).