

Torneio Inter-Regional Especialista 2026
Rio Maior, 13 - 14/6/2026

Prova 12
13/06/2026 - 16:10

Femin., 400m Estilos

Infantil
Resultados

FEM Inf B: 7:52.50; Inf A: 7:46.50

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Matilde Casimiro Bibi	12	BUZIOS - Coruche	5:28.28	518	
	50m: 35.21 150m: 1:58.98 250m: 3:27.71 350m: 4:51.83					
	100m: 1:16.36 200m: 2:40.37 300m: 4:13.10 400m: 5:28.28					
2.	Margarida Paiva Correia	12	Miranda do Corvo	5:43.41	452	
	50m: 35.83 150m: 2:02.11 250m: 3:34.74 350m: 5:03.78					
	100m: 1:17.63 200m: 2:46.75 300m: 4:24.74 400m: 5:43.41					
3.	Rita Gomes Valentim	12	Torres Novas	5:54.84	410	
	50m: 38.65 150m: 2:09.83 250m: 3:48.24 350m: 5:17.13					
	100m: 1:22.71 200m: 2:54.30 300m: 4:39.26 400m: 5:54.84					
4.	Ines Pinto Martins	12	Pimpoes/Cimai	5:54.91	409	
	50m: 37.61 150m: 2:08.26 250m: 3:45.15 350m: 5:16.00					
	100m: 1:23.27 200m: 2:52.91 300m: 4:36.44 400m: 5:54.91					
5.	Alicia Lopes Deep	12	BUZIOS - Coruche	5:58.61	397	
	100m: 1:24.09 200m: 2:59.00 300m: 4:39.89 400m: 5:58.61					
6.	Matilde Cravo Barreiros	13	Palmela Desporto	6:04.41	378	
	50m: 38.36 150m: 2:15.16 250m: 3:51.75 350m: 5:24.67					
	100m: 1:27.06 200m: 3:00.14 300m: 4:43.78 400m: 6:04.41					
7.	Benedita Nunes Felix	12	Pimpoes/Cimai	6:07.73	368	
	50m: 40.08 150m: 2:18.02 250m: 3:58.79 350m: 5:29.03					
	100m: 1:28.19 200m: 3:06.09 300m: 4:51.28 400m: 6:07.73					
8.	Mariana Vale Serrao	13	Palmela Desporto	6:08.52	366	
	50m: 41.00 150m: 2:19.71 250m: 3:57.48 350m: 5:28.39					
	100m: 1:28.11 200m: 3:09.29 300m: 4:47.26 400m: 6:08.52					
9.	Laura Conde Correia	13	Torres Novas	6:13.19	352	
	50m: 40.93 150m: 2:21.92 250m: 4:01.78 350m: 5:33.75					
	100m: 1:30.49 200m: 3:12.24 300m: 4:53.07 400m: 6:13.19					
10.	Maria Andrade Calado	12	Os Belenenses	6:15.10	347	
	50m: 44.31 150m: 2:22.92 300m: 4:55.59 400m: 6:15.10					
	100m: 1:33.90 200m: 3:09.04 350m: 5:34.63					
11.	Emma Sviderova Pascoal	13	Os Belenenses	6:22.95	326	
	50m: 42.66 150m: 2:22.20 250m: 4:08.23 350m: 5:43.91					
	100m: 1:33.08 200m: 3:10.99 300m: 5:02.77 400m: 6:22.95					
12.	Maria Francisca Pinheiro	12	Nautico Abrantes	6:23.18	325	
	50m: 43.67 150m: 2:24.63 250m: 4:05.34 350m: 5:41.97					
	100m: 1:33.82 200m: 3:13.98 300m: 4:58.88 400m: 6:23.18					
13.	Carminho Jose Lopes	13	Benedita Sport Club Natação	6:25.20	320	
	50m: 40.35 150m: 2:23.37 250m: 4:04.80 350m: 5:43.33					
	100m: 1:31.25 200m: 3:13.86 300m: 4:57.15 400m: 6:25.20					
14.	Ines Borges Costa	12	Ndco	6:27.62	314	
	50m: 43.50 150m: 2:26.97 250m: 4:14.12 350m: 5:48.37					
	100m: 1:39.19 200m: 3:20.96 300m: 5:07.96 400m: 6:27.62					
15.	Maria Casanova Rebelo	12	Os Belenenses	6:32.57	302	
	100m: 1:35.94 200m: 3:11.76 300m: 5:08.88 400m: 6:32.57					
16.	Mia Lourenco Ramires	13	Palmela Desporto	6:38.13	290	
	100m: 1:37.18 200m: 3:22.72 400m: 6:38.13					
17.	Maria Leonor Ferreira	12	Obidos Criativa, EEM	6:50.03	265	
	50m: 47.58 100m: 1:43.28 150m: 2:38.22 200m: 3:32.18 250m: 4:24.97 400m: 6:50.03					
18.	Mafalda Ines Martinho	13	CLAC-Entroncamento	7:05.00	238	
	50m: 52.16 100m: 1:48.01 150m: 2:42.75 200m: 3:33.98 400m: 7:05.00					

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Prova 12, Femin., 400m Estilos, Infantil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
DSQ	Sara Araujo Silva	13	Ndco			
	<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso, no percurso de mariposa</i>					

Prova 12 Femin., 400m Estilos Juvenil
13/06/2026 - 16:10 Resultados

FEM Juv B: 7:32.00; Juv A: 7:18.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Sofia Barroca Pereira	11	BUZIOS - Coruche	5:40.34	464	
	50m: 37.58 150m: 2:09.81 250m: 3:40.52 350m: 5:05.73					
	100m: 1:23.41 200m: 2:53.81 300m: 4:28.50 400m: 5:40.34					
2.	Rafaela Marreiros Oliveira	11	Palmela Desporto	5:42.67	455	
	50m: 34.27 150m: 2:01.51 250m: 3:35.30 400m: 5:42.67					
	100m: 1:14.71 200m: 2:46.30 300m: 4:24.24					
3.	Margarida Pinho Formigo	11	Torres Novas	5:48.99	431	
	50m: 38.65 150m: 2:10.95 250m: 3:45.34 350m: 5:12.15					
	100m: 1:23.30 200m: 2:58.01 300m: 4:33.25 400m: 5:48.99					
4.	Mariana Bagagem Carvalho	10	Miranda do Corvo	5:55.00	409	
	50m: 37.53 150m: 2:07.80 250m: 3:46.93 350m: 5:18.26					
	100m: 1:21.47 200m: 2:53.22 300m: 4:40.60 400m: 5:55.00					
5.	Kelly Simao Costa	11	Obidos Criativa, EEM	6:51.86	262	
	100m: 1:39.15 200m: 3:29.19 300m: 5:19.76 400m: 6:51.86					
DNS	Leonor Pereira Silva	10	Obidos Criativa, EEM			

Prova 12 Femin., 400m Estilos Junior
13/06/2026 - 16:10 Resultados

FEM : 6:58.50

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Rafaela Ferreira Mendes	08	Torres Novas	5:09.05	620	
	50m: 32.09 150m: 1:47.89 250m: 3:14.28 350m: 4:36.21					
	100m: 1:09.22 200m: 2:26.24 300m: 4:01.45 400m: 5:09.05					
2.	Beatriz Ferreira Batista	09	CPCD Póvoa de Santa Iria	5:29.01	514	
	50m: 34.89 150m: 1:59.27 250m: 3:27.88 350m: 4:52.22					
	100m: 1:15.34 200m: 2:42.34 300m: 4:14.18 400m: 5:29.01					
3.	Maria Madalena Monteiro	08	Torres Novas	5:43.98	450	
	100m: 1:19.89 200m: 2:49.26 300m: 4:27.87 400m: 5:43.98					
4.	Leonor Marques Carvalho	09	Rio Maior	5:58.28	398	
	50m: 38.91 100m: 1:25.79 150m: 2:14.08 200m: 3:00.27 300m: 4:38.57 400m: 5:58.28					

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Prova 12
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Femin., 400m Estilos

Senior
Resultados

FEM : 6:50.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Catarina Alexandra Alves	07	Gesloures	5:30.97	505	
	50m: 34.90	150m: 1:58.90	250m: 3:29.28	350m: 4:54.29		
	100m: 1:13.84	200m: 2:41.74	300m: 4:16.58	400m: 5:30.97		