

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

Prova 28  
14/06/2026 - 16:10

Femin., 200m Livres

Infantil  
Resultados

FEM Inf B: 3:03.00; Inf A: 3:00.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Maria Ines Nunes	12	Portugal	<b>2:14.56</b>	580	
	50m: 30.87 100m: 1:04.37 150m: 1:39.90 200m: 2:14.56					
2.	Alice Bezerra Cunha	12	Portugal	<b>2:15.79</b>	564	
	50m: 31.28 100m: 1:05.83 150m: 1:41.78 200m: 2:15.79					
3.	Ines Esteves Carvalho	13	Portugal	<b>2:16.38</b>	557	
	50m: 31.01 100m: 1:05.74 150m: 1:41.60 200m: 2:16.38					
4.	Maria Luis Duarte	13	Portugal	<b>2:17.75</b>	540	
	50m: 33.15 100m: 1:08.03 150m: 1:43.20 200m: 2:17.75					
5.	Leonor Cunha Alves	12	Portugal	<b>2:19.96</b>	515	
	50m: 32.79 100m: 1:08.81 150m: 1:44.27 200m: 2:19.96					
6.	Mariana Canarias Jesus	12	Portugal	<b>2:22.92</b>	484	
	50m: 33.81 100m: 1:10.52 150m: 1:47.80 200m: 2:22.92					
7.	Ines Miguel Bastos	13	Portugal	<b>2:23.60</b>	477	
	50m: 33.43 100m: 1:10.28 150m: 1:47.46 200m: 2:23.60					
8.	Beatriz VilasBoas Machado	13	Portugal	<b>2:24.83</b>	465	
	50m: 32.74 100m: 1:09.89 150m: 1:47.85 200m: 2:24.83					
9.	Rita Gomes Valentim	12	Torres Novas	<b>2:25.87</b>	455	
	50m: 32.88 100m: 1:10.48 150m: 1:49.95 200m: 2:25.87					
10.	Margarida Afonso Barata	12	ADRCC Monte Maior	<b>2:26.33</b>	451	
	50m: 32.42 100m: 1:09.28 150m: 1:47.69 200m: 2:26.33					
11.	Rita Balsa Alves	12	BUZIOS - Coruche	<b>2:26.64</b>	448	
	50m: 34.05 100m: 1:10.98 150m: 1:49.75 200m: 2:26.64					
12.	Sofia Dias Ferreira	12	Palmela Desporto	<b>2:27.25</b>	442	
	50m: 34.63 100m: 1:12.33 150m: 1:50.93 200m: 2:27.25					
13.	Ines Pinto Martins	12	Pimpoes/Cimai	<b>2:27.85</b>	437	
	50m: 34.61 100m: 1:12.35 150m: 1:50.43 200m: 2:27.85					
14.	Maria Franco Ferro	12	Portugal	<b>2:28.08</b>	435	
	50m: 34.53 100m: 1:13.19 150m: 1:50.79 200m: 2:28.08					
15.	Ines Borges Costa	12	Ndco	<b>2:28.64</b>	430	
	50m: 34.46 100m: 1:12.68 150m: 1:51.96 200m: 2:28.64					
16.	Benedita Nunes Felix	12	Pimpoes/Cimai	<b>2:29.13</b>	426	
	50m: 32.93 100m: 1:11.31 150m: 1:51.02 200m: 2:29.13					
17.	Madalena Santos Machado	12	Ndco	<b>2:31.02</b>	410	
	50m: 35.11 100m: 1:13.81 150m: 1:54.34 200m: 2:31.02					
18.	Eveline Sergiu Spac	13	Palmela Desporto	<b>2:31.70</b>	404	
	50m: 34.71 100m: 1:13.38 150m: 1:52.78 200m: 2:31.70					
19.	Matilde Cravo Barreiros	13	Palmela Desporto	<b>2:31.86</b>	403	
	50m: 35.10 100m: 1:14.13 150m: 1:54.74 200m: 2:31.86					
20.	Ana Luisa Vieira	12	ACSintra	<b>2:32.75</b>	396	
	50m: 34.72 100m: 1:14.29 150m: 1:54.59 200m: 2:32.75					
21.	Arina Golendukhina	12	Palmela Desporto	<b>2:33.47</b>	391	
	50m: 33.96 100m: 1:13.18 150m: 1:54.53 200m: 2:33.47					
22.	Margarida Madeira Pires	12	Rio Maior	<b>2:34.43</b>	383	
	50m: 35.62 100m: 1:15.02 150m: 1:55.55 200m: 2:34.43					

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Prova 28, Femin., 200m Livres, Infantil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
23.	Beatriz Cruz Figueiredo 50m: 35.06 100m: 1:15.61	13	Fisica Torres Vedras 150m: 1:56.74 200m: 2:35.19	<b>2:35.19</b>	378	
24.	Iris Alexandra Antunes 50m: 36.08 100m: 1:16.58	13	Laranjeiro 150m: 1:58.48 200m: 2:36.81	<b>2:36.81</b>	366	
25.	Leonor Santos Silva 50m: 35.21 100m: 1:15.75	13	CCDSerta 150m: 1:56.81 200m: 2:36.82	<b>2:36.82</b>	366	
26.	Carolina Sao Bras 50m: 37.93 100m: 1:18.80	13	ADRCC Monte Maior 150m: 1:58.93 200m: 2:37.33	<b>2:37.33</b>	362	
27.	Juliana Antunes Monteiro 50m: 38.15 100m: 1:18.87	12	Torres Novas 150m: 1:59.61 200m: 2:37.68	<b>2:37.68</b>	360	
28.	Elisa Rodrigues Simoes 50m: 37.86 100m: 1:19.40	13	Benedita Sport Club Natação 150m: 1:59.36 200m: 2:38.04	<b>2:38.04</b>	358	
29.	Ines Barata Henrique 50m: 35.63 100m: 1:15.74	12	AN Albicastrense 150m: 1:57.97 200m: 2:39.16	<b>2:39.16</b>	350	
30.	Valentina Rodrigues Feijao 50m: 35.96 100m: 1:16.81	13	Clube Nautico de Salvaterra de 150m: 1:59.44 200m: 2:39.38	<b>2:39.38</b>	349	
31.	Matilde Lopes Cruz 50m: 37.10 100m: 1:17.24	12	ADRCC Monte Maior 150m: 1:59.54 200m: 2:39.66	<b>2:39.66</b>	347	
32.	Maria Casanova Rebelo 50m: 37.41 100m: 1:18.14	12	Os Belenenses 150m: 1:59.58 200m: 2:40.20	<b>2:40.20</b>	343	
33.	Maria Lin Moniz 50m: 37.63 100m: 1:19.05	12	Palmela Desporto 150m: 2:00.49 200m: 2:40.63	<b>2:40.63</b>	341	
34.	Madalena D'Eca Bispo 50m: 35.63 100m: 1:15.35	13	Fisica Torres Vedras 150m: 1:59.10 200m: 2:40.73	<b>2:40.73</b>	340	
35.	Ines Munhos Silva 50m: 34.20 100m: 1:15.47	12	AN Albicastrense 150m: 1:58.93 200m: 2:41.08	<b>2:41.08</b>	338	
36.	Maria Pais Santos 50m: 36.70 100m: 1:17.82	12	BUZIOS - Coruche 150m: 2:00.51 200m: 2:41.90	<b>2:41.90</b>	333	
37.	Juliana Morgado Botelho 50m: 36.51 100m: 1:17.94	12	Clube de Natação e Triatlo de Lis 150m: 2:01.32 200m: 2:42.42	<b>2:42.42</b>	329	
38.	Ana Leonor Lopes 50m: 36.26 100m: 1:17.55	12	Rio Maior 150m: 2:01.84 200m: 2:43.59	<b>2:43.59</b>	322	
39.	Marta Costa Soares 50m: 36.78 100m: 1:18.85	12	Uniao Samorense 150m: 2:01.91 200m: 2:43.92	<b>2:43.92</b>	320	
40.	Laura Krempel Varela 50m: 36.89 100m: 1:19.52	12	Pimpoes/Cimai 150m: 2:05.02 200m: 2:44.19	<b>2:44.19</b>	319	
41.	Ines Oliveira Gomes 50m: 37.62 100m: 1:19.98	12	Ndco 150m: 2:04.09 200m: 2:45.80	<b>2:45.80</b>	310	
42.	Emma Henriques Souto 50m: 38.12 100m: 1:20.78	13	Obidos Criativa, EEM 150m: 2:04.41 200m: 2:46.00	<b>2:46.00</b>	309	
43.	Iara Maria Camacho 50m: 40.30 100m: 1:24.11	12	Pimpoes/Cimai 200m: 2:47.77	<b>2:47.77</b>	299	
44.	Sofia Guilherme Cabreira 50m: 38.76 100m: 1:22.98	13	Obidos Criativa, EEM 200m: 2:49.79	<b>2:49.79</b>	288	
45.	Maria Almeida Duarte 50m: 39.00 100m: 1:24.44	12	CPCD Póvoa de Santa Iria 150m: 2:09.94 200m: 2:50.19	<b>2:50.19</b>	286	
46.	Joana Guerra Oliveira 50m: 38.63 100m: 1:22.30	13	ADRCC Monte Maior 150m: 2:07.04 200m: 2:50.36	<b>2:50.36</b>	285	

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Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
47.	Leonor Cardoso Tavares 50m: 38.83 100m: 1:24.07	12	CCDSerta 150m: 2:08.46 200m: 2:50.94	<b>2:50.94</b>	283	
48.	Carolina Marques Ribeiro 50m: 38.53 100m: 1:23.52	13	Rio Maior 150m: 2:09.47 200m: 2:52.02	<b>2:52.02</b>	277	
49.	Leonor Chambel Santos 50m: 40.53 100m: 1:24.62	13	Nautico Abrantes 150m: 2:09.94 200m: 2:52.10	<b>2:52.10</b>	277	
50.	Maria Benedita Ribeiro 50m: 38.49 100m: 1:22.95	12	CCDSerta 150m: 2:08.87 200m: 2:52.85	<b>2:52.85</b>	273	
51.	Sara Araujo Silva 50m: 40.54 100m: 1:25.29	13	Ndco 150m: 2:10.63 200m: 2:53.66	<b>2:53.66</b>	269	
52.	Jessica Garcia Ferreira 50m: 39.79 100m: 1:25.08	12	Obidos Criativa, EEM 150m: 2:11.97 200m: 2:53.68	<b>2:53.68</b>	269	
53.	Maria Leonor Serodio 50m: 39.84 100m: 1:24.19	12	Viver Santarem 150m: 2:10.60 200m: 2:54.31	<b>2:54.31</b>	266	
54.	Ines Santos Pina 50m: 40.44 100m: 1:25.80	12	CLAC-Entroncamento 150m: 2:12.11 200m: 2:55.14	<b>2:55.14</b>	263	
55.	Joana Verissimo Tavares 50m: 39.25 100m: 1:25.35	12	CLAC-Entroncamento 150m: 2:12.96 200m: 2:55.88	<b>2:55.88</b>	259	
56.	Mercedes Beirao Valente 50m: 41.07 100m: 1:26.00	13	AN Albicastrense 150m: 2:13.24 200m: 2:56.86	<b>2:56.86</b>	255	
57.	Catarina Franco Rodrigues 50m: 40.90 100m: 1:26.39	13	Naval de Peniche 150m: 2:13.83 200m: 2:59.70	<b>2:59.70</b>	243	
58.	Francisca Cardoso Monteiro 50m: 40.06 100m: 1:26.74	13	CPCD Póvoa de Santa Iria 150m: 2:16.42 200m: 3:00.45	<b>3:00.45</b>	240	
59.	Carolina Rodrigues Ferreira 50m: 40.74 100m: 1:27.17	13	Torres Novas 150m: 2:14.73 200m: 3:01.28	<b>3:01.28</b>	237	
60.	Julia Lewin Moreira <i>FTL</i> 50m: 38.84 100m: 1:24.91	12	Naval de Peniche 150m: 2:14.17 200m: 3:01.34	<b>3:01.34</b>	237	
61.	Carolina Barradas Oliveira <i>FTL</i> 50m: 41.02 100m: 1:26.96	12	AN Albicastrense 150m: 2:15.90 200m: 3:03.62	<b>3:03.62</b>	228	
62.	Margarida Salavessa Cacilha <i>FTL</i> 50m: 43.10 100m: 1:30.96	13	AN Albicastrense 150m: 2:21.45 200m: 3:10.43	<b>3:10.43</b>	204	
63.	Maria Francisca Fernandes <i>FTL</i> 50m: 42.29 100m: 1:31.94	13	AN Albicastrense 150m: 2:23.59 200m: 3:12.44	<b>3:12.44</b>	198	
64.	Alexia Dalila Vicente <i>FTL</i> 50m: 41.59 100m: 1:31.33	13	CPCD Póvoa de Santa Iria 150m: 2:22.94 200m: 3:14.26	<b>3:14.26</b>	192	
DSQ	Telma Filipa Magalhaes <i>SW 4.4 - Falsa partida</i>	12	Fisica Torres Vedras			
DSQ	Eva Sousa Alfaiate <i>SW 4.4 - Falsa partida</i>	13	Torres Novas			
DNS	Ines Martins Silva	13	Portugal			
DNS	Maria Flor Assis	13	Torres Novas			

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Prova 28, Femin., 200m Livres, Infantil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
DNS	Laura Amaro Marques	12	Torres Novas			
DNS	Maria Carolina Fidalgo	13	Viver Santarem			
WDR	Maria Mateus Cabrita	12	CPCD Póvoa de Santa Iria			

Prova 28

Femin., 200m Livres

Juvenil

14/06/2026 - 16:10

Resultados

FEM Juv B: 2:50.00; Juv A: 2:43.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Sofia Barroca Pereira	11	BUZIOS - Coruche	<b>2:14.31</b>	583	
	50m: 31.60 100m: 1:05.46 150m: 1:40.06 200m: 2:14.31					
2.	Carolina Sofia Martins	10	Palmela Desporto	<b>2:15.98</b>	562	
	50m: 32.21 100m: 1:07.31 150m: 1:41.78 200m: 2:15.98					
3.	Leonor Sombreiro Martins	10	BUZIOS - Coruche	<b>2:18.80</b>	528	
	50m: 31.71 100m: 1:06.61 150m: 1:42.62 200m: 2:18.80					
4.	Carmo Rosa Madeira	11	Laranjeiro	<b>2:20.12</b>	513	
	50m: 33.60 100m: 1:09.90 150m: 1:46.38 200m: 2:20.12					
5.	Maria Leonor Lopes	10	Torres Novas	<b>2:22.24</b>	491	
	50m: 34.62 100m: 1:10.77 150m: 1:46.88 200m: 2:22.24					
6.	Beatriz Paiva Branco	10	Laranjeiro	<b>2:23.17</b>	481	
	50m: 33.13 100m: 1:10.41 150m: 1:47.04 200m: 2:23.17					
7.	Beatriz Peguinho Simoes	10	Rio Maior	<b>2:23.83</b>	475	
	50m: 32.60 100m: 1:08.96 150m: 1:46.71 200m: 2:23.83					
8.	Ana Nabais Mendes	10	Laranjeiro	<b>2:23.90</b>	474	
	50m: 33.05 100m: 1:09.46 150m: 1:46.68 200m: 2:23.90					
9.	Margarida Pinho Formigo	11	Torres Novas	<b>2:24.60</b>	467	
	50m: 34.60 100m: 1:11.53 150m: 1:48.34 200m: 2:24.60					
10.	Matilde Nogueira Lourenco	11	CCDSerta	<b>2:26.83</b>	446	
	50m: 33.15 100m: 1:10.75 150m: 1:49.60 200m: 2:26.83					
11.	Carolina Pinto Fonseca	11	Fisica Torres Vedras	<b>2:27.16</b>	443	
	50m: 33.39 100m: 1:10.79 150m: 1:49.18 200m: 2:27.16					
12.	Isabella Scavone Lopes	10	Miranda do Corvo	<b>2:27.63</b>	439	
	50m: 33.36 100m: 1:10.87 150m: 1:49.89 200m: 2:27.63					
13.	Mariana Bagagem Carvalho	10	Miranda do Corvo	<b>2:28.23</b>	434	
	50m: 34.33 100m: 1:12.59 150m: 1:51.13 200m: 2:28.23					
14.	Raquel Silva Delgadinho	11	Palmela Desporto	<b>2:29.58</b>	422	
	50m: 33.85 100m: 1:11.84 150m: 1:51.34 200m: 2:29.58					
15.	Nuria Cristina Pires	10	Os Belenenses	<b>2:31.17</b>	409	
	50m: 35.13 100m: 1:13.50 150m: 1:53.60 200m: 2:31.17					
16.	Catarina Ribeiro Fernandez	11	Geslours	<b>2:31.31</b>	408	
	50m: 35.21 100m: 1:13.94 150m: 1:53.45 200m: 2:31.31					
17.	Elisa Henriques Souto	10	Obidos Criativa, EEM	<b>2:32.29</b>	400	
	50m: 35.07 100m: 1:14.19 150m: 1:54.68 200m: 2:32.29					
18.	Joana Alexandra Silva	10	CPCD Póvoa de Santa Iria	<b>2:34.92</b>	380	
	50m: 34.82 100m: 1:13.54 150m: 1:54.58 200m: 2:34.92					
19.	Rita Oliveira Gomes	11	Fisica Torres Vedras	<b>2:34.98</b>	379	
	50m: 34.55 100m: 1:13.75 150m: 1:55.93 200m: 2:34.98					

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Prova 28, Femin., 200m Livres, Juvenil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
20.	Leonor Duarte Goncalves	10	Ndco	<b>2:35.47</b>	376	
	50m: 34.95 100m: 1:14.00 150m: 1:55.18 200m: 2:35.47					
21.	Beatriz Agostinho Duque	11	20Km de Almeirim	<b>2:40.79</b>	340	
	50m: 36.83 100m: 1:17.79 150m: 1:59.95 200m: 2:40.79					
22.	Ana Carolina Alvares	10	Os Belenenses	<b>2:42.75</b>	327	
	50m: 37.87 100m: 1:18.72 150m: 2:02.02 200m: 2:42.75					
23.	Isabella Caterina Mejias	10	Os Belenenses	<b>2:46.09</b>	308	
	<i>FTL</i> 50m: 37.02 100m: 1:18.75 150m: 2:02.82 200m: 2:46.09					
24.	Joana Raquel Dinis	11	ACSintra	<b>2:48.19</b>	297	
	50m: 36.72 100m: 1:19.27 150m: 2:04.18 200m: 2:48.19					
25.	Catarina Leonor Pereira	11	CLAC-Entroncamento	<b>2:51.68</b>	279	
	<i>FTL</i> 50m: 39.55 100m: 1:23.70 150m: 2:10.05 200m: 2:51.68					
26.	Maria Rita Agostinho	10	AN Albicastrense	<b>2:52.29</b>	276	
	<i>FTL</i> 50m: 40.51 100m: 1:24.60 150m: 2:10.37 200m: 2:52.29					
27.	Carolina Pinto Banhudo	10	AN Albicastrense	<b>2:55.87</b>	259	
	<i>FTL</i> 50m: 40.15 100m: 1:24.99 150m: 2:10.92 200m: 2:55.87					
28.	Beatriz Martins Rodrigues	10	CPCD Póvoa de Santa Iria	<b>2:59.23</b>	245	
	<i>FTL</i> 50m: 43.48 100m: 1:31.13 150m: 2:16.83 200m: 2:59.23					
29.	Beatriz Isabel Moura	11	Nautico Abrantes	<b>3:02.69</b>	231	
	<i>FTL</i> 50m: 39.27 100m: 1:26.82 150m: 2:15.90 200m: 3:02.69					
WDR	Angela Maria Pereira	10	Clube Nautico de Salvaterra de			

Prova 28 Femin., 200m Livres

Junior Resultados

14/06/2026 - 16:10

FEM : 2:39.50

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Francisca Ramos Nunes	09	Naval de Peniche	<b>2:17.12</b>	548	
	50m: 31.98 100m: 1:06.90 150m: 1:42.91 200m: 2:17.12					
2.	Marcia Guerreiro Castilho	09	Laranjeiro	<b>2:17.86</b>	539	
	50m: 31.50 100m: 1:06.46 150m: 1:42.00 200m: 2:17.86					
3.	Maria Madalena Monteiro	08	Torres Novas	<b>2:22.07</b>	492	
	50m: 33.19 100m: 1:10.20 150m: 1:47.04 200m: 2:22.07					
4.	Ines Silva Lima	09	Nautico Abrantes	<b>2:39.21</b>	350	
	50m: 34.67 100m: 1:13.62 150m: 1:56.29 200m: 2:39.21					
5.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	<b>2:48.76</b>	294	
	<i>FTL</i> 50m: 39.24 100m: 1:21.99 150m: 2:06.84 200m: 2:48.76					
DNS	Caetana Amado Santos	09	Miranda do Corvo			
WDR	Leonor Barros Marques	09	CPCD Póvoa de Santa Iria			

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Prova 28  
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Femin., 200m Livres

Senior  
Resultados

FEM : 2:35.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Jolina Widders	06	Gesloures	<b>2:23.04</b>	483	
	50m: 33.17 100m: 1:08.95 150m: 1:46.12 200m: 2:23.04					
2.	Soraia Guerra Rolim	95	Laranjeiro	<b>2:24.68</b>	466	
	50m: 33.03 100m: 1:09.64 150m: 1:47.47 200m: 2:24.68					
3.	Rita Borges Silva	06	Gesloures	<b>2:30.55</b>	414	
	50m: 33.69 100m: 1:11.48 150m: 1:51.42 200m: 2:30.55					
4.	Catarina Isabel Carlota	05	BUZIOS - Coruche	<b>2:31.36</b>	407	
	50m: 34.03 100m: 1:11.95 150m: 1:51.57 200m: 2:31.36					
5.	Joana Teixeira Viana FTL	97	CLAC-Entroncamento	<b>2:40.22</b>	343	
	50m: 37.53 100m: 1:18.24 150m: 1:59.77 200m: 2:40.22					
6.	Carolina Fonseca Diegues FTL	06	AN Albicastrense	<b>2:41.21</b>	337	
	50m: 36.42 150m: 1:59.20 200m: 2:41.21					
WDR	Mariana Mauricio Coelho	07	BUZIOS - Coruche			