

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

Prova 31  
14/06/2026 - 17:30

Femin., 200m Bruços

Infantil  
Resultados

FEM Inf B: 3:50.00; Inf A: 3:46.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Maria Luis Duarte	13	Portugal	<b>2:55.90</b>	478	
	50m: 41.13 100m: 1:25.60 150m: 2:11.70 200m: 2:55.90					
2.	Matilde Casimiro Bibi	12	BUZIOS - Coruche	<b>2:59.28</b>	451	
	50m: 41.16 100m: 1:26.60 150m: 2:13.98 200m: 2:59.28					
3.	Maria Franco Ferro	12	Portugal	<b>3:00.28</b>	444	
	50m: 39.33 100m: 1:26.20 150m: 2:13.85 200m: 3:00.28					
4.	Mariana Canarias Jesus	12	Portugal	<b>3:04.56</b>	413	
	50m: 42.92 100m: 1:28.61 150m: 2:17.20 200m: 3:04.56					
5.	Ines Miguel Bastos	13	Portugal	<b>3:05.07</b>	410	
	50m: 43.10 100m: 1:30.18 150m: 2:18.13 200m: 3:05.07					
6.	Alice Bezerra Cunha	12	Portugal	<b>3:05.47</b>	407	
	50m: 41.54 100m: 1:29.32 150m: 2:18.44 200m: 3:05.47					
7.	Leonor Cunha Alves	12	Portugal	<b>3:06.06</b>	404	
	50m: 42.99 100m: 1:31.06 150m: 2:19.08 200m: 3:06.06					
8.	Beatriz VilasBoas Machado	13	Portugal	<b>3:06.68</b>	400	
	50m: 41.85 100m: 1:30.46 150m: 2:19.27 200m: 3:06.68					
9.	Margarida Paiva Correia	12	Miranda do Corvo	<b>3:08.90</b>	386	
	50m: 45.01 100m: 1:32.12 150m: 2:21.86 200m: 3:08.90					
10.	Alicia Lopes Deep	12	BUZIOS - Coruche	<b>3:08.91</b>	386	
	50m: 43.39 100m: 1:31.42 150m: 2:21.16 200m: 3:08.91					
11.	Matilde Abelho Vaz	12	CLAC-Entroncamento	<b>3:09.28</b>	383	
	50m: 43.56 100m: 1:32.87 150m: 2:22.73 200m: 3:09.28					
12.	Laura Conde Correia	13	Torres Novas	<b>3:09.53</b>	382	
	50m: 44.58 100m: 1:32.82 150m: 2:22.03 200m: 3:09.53					
13.	Maria Ines Nunes	12	Portugal	<b>3:10.85</b>	374	
	50m: 44.26 100m: 1:32.65 150m: 2:22.26 200m: 3:10.85					
14.	Diana Marques Maquilao	12	Clube Nautico de Salvaterra de	<b>3:13.28</b>	360	
	50m: 44.76 100m: 1:34.50 150m: 2:26.16 200m: 3:13.28					
15.	Maria Amelia Torres	13	Viver Santarem	<b>3:15.33</b>	349	
	50m: 44.38 100m: 1:35.09 150m: 2:25.78 200m: 3:15.33					
16.	Maria Francisca Pinheiro	12	Nautico Abrantes	<b>3:15.85</b>	346	
	50m: 46.50 100m: 1:35.32 150m: 2:26.84 200m: 3:15.85					
17.	Mariana Vale Serrao	13	Palmela Desporto	<b>3:15.86</b>	346	
	50m: 45.57 100m: 1:34.46 150m: 2:26.21 200m: 3:15.86					
18.	Carminho Jose Lopes	13	Benedita Sport Club Natação	<b>3:15.91</b>	346	
	50m: 46.50 100m: 1:37.10 150m: 2:27.08 200m: 3:15.91					
19.	Guiomar Dionisio Carreira	12	Pimpoes/Cimai	<b>3:16.69</b>	342	
	50m: 44.59 100m: 1:33.79 150m: 2:25.20 200m: 3:16.69					
20.	Laurine Aurore Amorim	13	ACSintra	<b>3:16.73</b>	341	
	50m: 46.28 100m: 1:36.33 150m: 2:26.74 200m: 3:16.73					
21.	Ines Esteves Carvalho	13	Portugal	<b>3:17.98</b>	335	
	50m: 47.00 100m: 1:37.50 150m: 2:28.21 200m: 3:17.98					
22.	Ines Munhos Silva	12	AN Alcabastrense	<b>3:19.15</b>	329	
	50m: 45.47 100m: 1:37.03 150m: 2:29.36 200m: 3:19.15					

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Prova 31, Femin., 200m Bruços, Infantil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
23.	Maria Leonor Ferreira 50m: 46.35 100m: 1:37.14	12	Obidos Criativa, EEM	<b>3:19.92</b> 150m: 2:29.27 200m: 3:19.92	325	
24.	Mariana Santos Valentim 50m: 45.80 100m: 1:38.50	13	Pimpoes/Cimai	<b>3:25.05</b> 150m: 2:32.76 200m: 3:25.05	301	
25.	Carolina Barradas Oliveira 50m: 46.09 100m: 1:38.31	12	AN Alcabastrense	<b>3:25.95</b> 150m: 2:33.15 200m: 3:25.95	297	
26.	Gabriela Maria Fernandes 50m: 49.70 100m: 1:43.15	13	Clube de Natação e Triatlo de Lis	<b>3:26.39</b> 150m: 2:36.78 200m: 3:26.39	296	
27.	Maria Andrade Calado 50m: 46.81 100m: 1:39.04	12	Os Belenenses	<b>3:26.41</b> 200m: 3:26.41	295	
28.	Leonor Cardoso Tavares 50m: 48.32 100m: 1:41.93	12	CCDSerta	<b>3:26.52</b> 150m: 2:36.39 200m: 3:26.52	295	
29.	Mercedes Beirao Valente 50m: 50.18 100m: 1:44.64	13	AN Alcabastrense	<b>3:27.40</b> 150m: 2:36.90 200m: 3:27.40	291	
30.	Mia Lourenco Ramires 50m: 47.21 100m: 1:40.92	13	Palmela Desporto	<b>3:27.49</b> 150m: 2:35.83 200m: 3:27.49	291	
31.	Leonor Santos Silva 50m: 46.71 100m: 1:39.30	13	CCDSerta	<b>3:27.77</b> 150m: 2:34.57 200m: 3:27.77	290	
32.	Mariana Beatriz Goncalves 50m: 48.87 100m: 1:43.14	13	Uniao Samorense	<b>3:29.82</b> 150m: 2:39.21 200m: 3:29.82	281	
33.	Emma Sviderova Pascoal 50m: 48.56 100m: 1:42.41	13	Os Belenenses	<b>3:32.12</b> 150m: 2:38.09 200m: 3:32.12	272	
34.	Ines Barata Henrique 50m: 49.11 100m: 1:43.08	12	AN Alcabastrense	<b>3:34.25</b> 150m: 2:39.15 200m: 3:34.25	264	
35.	Diana Silva Pereira 50m: 49.47 100m: 1:45.10	12	Natacao do Fundao / YesEnergy	<b>3:35.62</b> 150m: 2:42.80 200m: 3:35.62	259	
36.	Maria Benedita Ribeiro 50m: 50.26 100m: 1:45.81	12	CCDSerta	<b>3:37.70</b> 150m: 2:42.22 200m: 3:37.70	252	
37.	Eva Sousa Alfaiate 50m: 51.43 100m: 1:45.83	13	Torres Novas	<b>3:38.18</b> 150m: 2:43.71 200m: 3:38.18	250	
38.	Mafalda Ines Martinho 50m: 52.08 100m: 1:49.45	13	CLAC-Entroncamento	<b>3:42.61</b> 150m: 2:45.57 200m: 3:42.61	235	
39.	Gabriela Lopes Costa <i>FTL</i> 50m: 53.98 100m: 1:51.93	13	CPCD Póvoa de Santa Iria	<b>3:52.27</b> 150m: 2:53.94 200m: 3:52.27	207	
40.	Margarida Salavessa Cacilha <i>FTL</i> 50m: 54.78 100m: 1:54.56	13	AN Alcabastrense	<b>3:56.16</b> 150m: 2:55.24 200m: 3:56.16	197	
41.	Maria Francisca Fernandes <i>FTL</i> 50m: 57.32 100m: 2:01.01	13	AN Alcabastrense	<b>4:08.21</b> 150m: 3:06.55 200m: 4:08.21	170	
DNS	Matilde Peixoto Amado	13	Natacao do Tejo			
DNS	Julia Pinto Pinheiro	12	Pimpoes/Cimai			
DNS	Ines Martins Silva	13	Portugal			
WDR	Constanca Mendao Silva	13	Rio Maior			
WDR	Carolina Maria Quinta	12	Torres Novas			

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Juvenil  
Resultados

FEM Juv B: 3:32.50; Juv A: 3:27.75

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Clara Santos Madureira	11	Torres Novas	<b>2:53.30</b>	500	
	50m: 40.29 100m: 1:24.52 150m: 2:09.50 200m: 2:53.30					
2.	Rafaela Santos Afonso	10	Naval de Peniche	<b>2:58.54</b>	457	
	50m: 40.58 100m: 1:26.64 150m: 2:13.81 200m: 2:58.54					
3.	Mariana Santos Afonso	10	Naval de Peniche	<b>3:04.57</b>	413	
	50m: 42.86 100m: 1:29.74 150m: 2:19.37 200m: 3:04.57					
4.	Carolina Reis Lopes	11	Torres Novas	<b>3:15.05</b>	350	
	50m: 46.25 100m: 1:33.66 150m: 2:24.80 200m: 3:15.05					
5.	Rita Lino Ferreira	11	BUZIOS - Coruche	<b>3:22.21</b>	314	
	50m: 46.50 100m: 1:37.30 150m: 2:29.80 200m: 3:22.21					
6.	Mariana Freitas Mota	11	Torres Novas	<b>3:22.99</b>	311	
	50m: 47.77 100m: 1:38.49 150m: 2:32.33 200m: 3:22.99					
7.	Matilde Nogueira Lourenco	11	CCDSerta	<b>3:24.75</b>	303	
	50m: 46.94 100m: 1:38.75 150m: 2:32.15 200m: 3:24.75					
8.	Kelly Simao Costa	11	Obidos Criativa, EEM	<b>3:30.30</b>	279	
	50m: 48.72 100m: 1:41.54 150m: 2:37.01 200m: 3:30.30					
9.	Carolina Pinto Banhudo	10	AN Alcabastrense	<b>3:40.49</b>	242	
	<i>FTL</i> 50m: 50.90 100m: 1:45.95 150m: 2:43.07 200m: 3:40.49					
DSQ	Jessica Bernardino Lopes	10	Fisica Torres Vedras			
	<i>SW 7.1 - O (a) atleta efetuou mais que uma pernada de golfinho durante o percurso subaquático</i>					
DNS	Leonor Pereira Silva	10	Obidos Criativa, EEM			

Prova 31  
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Femin., 200m Bruços

Junior  
Resultados

FEM : 3:25.50

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Beatriz Ferreira Batista	09	CPCD Póvoa de Santa Iria	<b>2:51.48</b>	516	
	50m: 39.13 100m: 1:23.53 150m: 2:07.72 200m: 2:51.48					
2.	Rita Lobo Pires	09	Natacao do Fundao / YesEnergy	<b>3:07.49</b>	394	
	50m: 41.18 100m: 1:28.74 150m: 2:18.23 200m: 3:07.49					

Prova 31  
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Femin., 200m Bruços

Senior  
Resultados

FEM : 3:19.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Leonor Peso Parente	07	Palmela Desporto	<b>2:49.56</b>	533	
	50m: 39.19 100m: 1:22.13 150m: 2:07.46 200m: 2:49.56					
2.	Ana Barbara Alves	01	Fisica Torres Vedras	<b>3:05.76</b>	405	
	50m: 42.84 100m: 1:30.96 150m: 2:19.00 200m: 3:05.76					
3.	Marta Chambel Dias	02	CLAC-Entroncamento	<b>3:15.37</b>	348	
	50m: 44.89 100m: 1:34.17 150m: 2:25.15 200m: 3:15.37					

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Prova 31, Femin., 200m Bruços, Senior

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
4.	Carolina Fonseca Diegues <i>FTL</i>	06	AN Albicastrense	<b>3:38.41</b>	249	
	50m: 48.55 100m: 1:44.63 150m: 2:42.59 200m: 3:38.41					
5.	Andreia Filipa Fernandes <i>FTL</i>	02	CPCD Póvoa de Santa Iria	<b>4:02.26</b>	183	
	50m: 55.35 100m: 1:56.70 150m: 3:00.22 200m: 4:02.26					