

Prova de Abertura de Categorias
Benedita, 10 - 11/10/2026

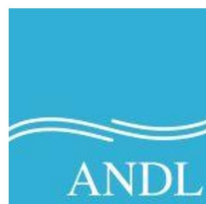
Prova 11	Femin., 200m Bruços				ABSOLUTOS
11/10/2026 - 9:48					Resultados
Recorde Distrital SEN	2:27.28	Victoria, KAMINSKAYA	PIMP/ Cima		19/12/2014
Recorde Distrital 18	2:26.74	Victoria, KAMINSKAYA	FPN		27/01/2013
Recorde Distrital 17	2:26.77	Victoria, KAMINSKAYA	FPN		29/01/2012
Recorde Distrital JUV A	2:32.77	Victoria, KAMINSKAYA	PIMP/ Cima		05/12/2010
Recorde Distrital JUV B	2:39.22	Filipa, RUIVO	DNMG		04/12/2011
Recorde Distrital INF A	2:38.10	Inês, SILVA	CNAL		25/05/2014
Recorde Distrital INF B	2:42.50	Filipa, RUIVO	DNMG		23/05/2010
Recorde Distrital ABS	2:26.74	Victoria, KAMINSKAYA	FPN		27/01/2013
Recordes Nacionais 25m Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Recordes Nacionais 25m SEN	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Recordes Nacionais 25m 18	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09/12/2017
Recordes Nacionais 25m 17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10/12/2016
Recordes Nacionais 25m JUV A	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11/12/2015
Recordes Nacionais 25m JUV B	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça	07/02/2004
Recordes Nacionais 25m INF A	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003
Recordes Nacionais 25m INF B	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06/06/2015

Pontos: AQUA 2026

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B									
1.	M., FERREIRA	14	Uniao Juncalense	3:25.06	269	44.63	52.14	55.83	52.46
2.	M., RICARDO	14	Óbidos Criativa	3:29.93	251	47.68	54.10	55.00	53.15
3.	Maria Mar, LUIS	14	Óbidos Criativa	3:33.07	240	47.36	54.85	56.15	54.71
4.	Ines Ferreira, CAPELA	14	Vieirense	3:42.67	210	48.17	55.64	59.50	59.36
5.	Sara Pereira, SILVA	14	Óbidos Criativa	3:44.55	205	51.30	58.00	58.14	57.11
6.	Leonor Silva, TEOTONI	14	Óbidos Criativa	3:51.22	188	51.62	1:00.47	1:00.28	58.85
7.	Sofia Pereira, SILVA	14	Óbidos Criativa	3:51.66	187	52.13	59.25	1:00.90	59.38
8.	Iris Barata, GAMITO	14	Ba Leiria / Sk Coffee	3:57.76	173	51.66	1:01.28	1:02.93	1:01.89
9.	Maria Leonor, PAULIN	14	Nucleo de Pombal	4:01.96	164	55.37	1:03.09	1:03.07	1:00.43
10.	Nadine Sofia, CESARIO	14	Benedita	4:12.40	144	57.87	1:04.05	1:05.67	1:04.81

Infantil A									
1.	Carminho Jose, LOPES	13	Benedita	3:13.25	322	44.31	48.96	50.00	49.98
2.	Maria Luisa, CASTILLO	13	Nautico Marinha Gran	3:16.90	304	44.47	48.89	51.29	52.25
3.	Violeta Neves, SILVA	13	Nucleo de Pombal	3:20.16	290	46.56	51.67	51.82	50.11
4.	Francisca Vieira, SILVA	13	Nucleo de Pombal	3:20.20	289	45.38	50.85	52.40	51.57
5.	Emma Henriques, SOU	13	Óbidos Criativa	3:25.40	268	46.90	52.17	53.34	52.99
6.	Avron Dawn, SANTOS	13	Nautico Marinha Gran	3:25.51	268	45.48	53.21	54.62	52.20
7.	Nuria Rocha, BOTAS	13	Vieirense	3:27.25	261	48.18	52.03	53.00	54.04
8.	Matilde Mamede, CECI	13	Naval de Peniche	3:27.66	259	47.06	52.78	54.22	53.60
9.	Alicia Ferreira, OLIVEIR	13	Ba Leiria / Sk Coffee	3:30.12	250	45.77	53.72	55.57	55.06
10.	E., BUGALHAO	13	Ba Leiria / Sk Coffee	3:43.91	207	50.16	56.86	59.11	57.78
11.	Erica Maria, FORTUNAT	13	Ba Leiria / Sk Coffee	3:55.72	177	52.22	1:00.40	1:01.53	1:01.57

Juvenil B									
1.	Laura Krempel, VAREL	12	Pimpões	3:01.74	387	42.67	46.86	46.46	45.75
2.	Julia Pinto, PINHEIRO	12	Pimpões	3:04.56	370	43.29	46.55	46.53	48.19
3.	Benedita Nunes, FELIX	12	Pimpões	3:06.34	359	40.96	47.82	48.64	48.92
4.	Beatriz Julio, CORREIA	12	CNLeiria - VOID	3:09.14	343	42.50	48.06	49.25	49.33
5.	Ines Pinto, MARTINS	12	Pimpões	3:10.29	337	43.30	49.30	48.01	49.68
6.	Barbara Serrano, LOME	12	Ba Leiria / Sk Coffee	3:11.28	332	40.91	47.32	51.11	51.94
7.	M., BERNARDINO	12	Alcobaca	3:11.31	332	42.96	48.65	50.07	49.63
8.	Rita Francisco, SIMOES	12	Vieirense	3:24.40	272	46.33	51.75	53.71	52.61
9.	Rita Alexandra, JORDA	12	Alcobaca	3:24.53	271	46.81	51.75	54.08	51.89
10.	Iara Maria, CAMACHO	12	Pimpões	3:29.87	251	48.44	53.50	54.40	53.53
11.	D., FERREIRA	12	Nucleo de Pombal	3:34.89	234	48.81	53.87	56.39	55.82



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Prova 11, Femin., 200m Bruços, Juvenil B

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
12. Carolina Matos, CORRE12	Nucleo de Pombal	3:38.88	221	49.88	56.07	56.43	56.50

Juvenil A

1. C., ALMEIDA	11	Benedita	2:56.45	423	40.52	45.28	45.53	45.12
2. Beatriz Marques, GASP11		Nautico Marinha Gran	3:02.51	382	41.05	47.25	47.14	47.07
3. Maria Santos, FONSEC11		CNLeiria - VOID	3:02.84	380	41.01	46.22	47.84	47.77
4. F., FELICIANO	11	Alcobaca	3:04.98	367	41.77	46.57	48.46	48.18
5. Margarida Soares, MAI11		Nautico Marinha Gran	3:15.28	312	44.84	50.23	50.71	49.50
6. Isabela Lourenco, COS11		Benedita	3:15.66	310	43.94	50.75	51.22	49.75
7. M., FERREIRA	11	Naval de Peniche	3:20.82	287	44.99	50.07	52.24	53.52
8. Kelly Simao, COSTA	11	Óbidos Criativa	3:28.21	257	45.54	51.35	55.07	56.25
9. M., RODRIGUES	11	Uniao Juncalense	3:35.43	232	48.45	53.20	56.52	57.26
10. M., CONCEICAO	11	Uniao Juncalense	3:40.97	215	50.72	56.59	57.02	56.64
DSQ Erica Felix, RODRIGUES11		Uniao Juncalense						

Após a viragem aos 50m, 100m e 150m, no percurso subaquático a atleta realizou duas pernadas de verticais.

Junior

1. Sofia Roma, BRIZIDA	10	CNLeiria - VOID	2:52.37	454	38.90	43.74	44.78	44.95
2. Vida Sofia, VELEZ	10	Ba Leiria / Sk Coffee	2:54.00	441	39.78	44.00	45.00	45.22
3. Luana Ferreira, CRAVE09	D	Nautico Marinha Gran	2:55.99	426	40.31	44.53	45.62	45.53
4. Leonor Pereira, SILVA	10	Óbidos Criativa	2:56.67	421	39.89	44.10	46.08	46.60
5. Rafaela Santos, AFON510		Naval de Peniche	2:58.13	411	39.94	45.47	46.72	46.00
6. Mariana Santos, AFON10		Naval de Peniche	2:59.34	403	40.92	44.89	46.43	47.10
7. Maria Carolina, ALVES	10	Ba Leiria / Sk Coffee	3:05.28	365	41.07	46.21	48.61	49.39
8. Elisa Henriques, SOUT10		Óbidos Criativa	3:08.25	348	41.71	47.15	49.29	50.10
9. Ana Margarida, MARQU09		Ba Leiria / Sk Coffee	3:08.35	348	41.99	48.11	49.66	48.59
10. Constanca Rolim, PEDF10		Ba Leiria / Sk Coffee	3:15.33	312	43.71	49.41	50.78	51.43
DSQ C., TOMAS	09	Alcobaca						
<i>Falsa Partida</i>								

Senior

1. C., MATOS	98	Benedita	2:58.19	411	39.38	44.03	46.18	48.60
2. Ana Claudia, FERREIRA90		Alcobaca	3:02.63	381	41.66	46.29	47.25	47.43