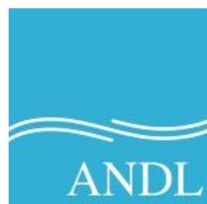


Prova de Abertura de Categorias
Benedita, 10 - 11/10/2026

Prova 15	Femin., 400m Livres				ABSOLUTOS
11/10/2026 - 11:28					Resultados
Recorde Distrital SEN	4:18.70	Victoria, KAMINSKAYA	PIMP/ Cima		08/11/2014
Recorde Distrital 18	4:16.64	Filipa, RUIVO	ADBA		23/11/2014
Recorde Distrital 17	4:16.74	Inês, HENRIQUES	PIMP/ Cima		22/04/2017
Recorde Distrital JUV A	4:23.15	Inês, HENRIQUES	PIMP/ Cima		07/05/2016
Recorde Distrital JUV B	4:21.69	Filipa, RUIVO	DNMG		03/12/2011
Recorde Distrital INF A	4:31.03	Filipa, RUIVO	DNMG		20/11/2010
Recorde Distrital INF B	4:37.93	Filipa, RUIVO	SANDL		10/04/2010
Recorde Distrital ABS	4:16.64	Filipa, RUIVO	ADBA		23/11/2014
Recordes Nacionais 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Recordes Nacionais 25m 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m JUV A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais 25m JUV B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m INF A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais 25m INF B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2026

Lugar	Ano								Tempo final	Pts		
Infantil B												
1.	Constanca Sequeira, CARNEIRO			14	Pimpões			5:49.69	285			
	50m:	38.16	38.16	150m:	2:07.16	44.60	250m:	3:37.19	44.96	350m:	5:07.87	45.21
	100m:	1:22.56	44.40	200m:	2:52.23	45.07	300m:	4:22.66	45.47	400m:	5:49.69	41.82
2.	Constanca Alves, FONSECA			14	Alcobaca			5:55.82	270			
	50m:	37.68	37.68	150m:	2:08.74	46.12	250m:	3:40.00	44.69	350m:	5:14.92	48.77
	100m:	1:22.62	44.94	200m:	2:55.31	46.57	300m:	4:26.15	46.15	400m:	5:55.82	40.90
3.	Miriam Amancio, RICARDO			14	Óbidos Criativa			6:00.87	259			
	50m:	38.55	38.55	150m:	2:09.02	45.97	250m:	3:41.79	26.00	350m:	5:16.37	47.18
	100m:	1:23.05	44.50	200m:	3:15.79	1:06.77	300m:	4:29.19	47.40	400m:	6:00.87	44.50
4.	Matilde Santos, PEREIRA			14	Pimpões			6:06.21	248			
	50m:	39.53	39.53	150m:	2:12.03	46.86	250m:	3:47.09	47.75	350m:	5:21.14	46.90
	100m:	1:25.17	45.64	200m:	2:59.34	47.31	300m:	4:34.24	47.15	400m:	6:06.21	45.07
5.	Carolina Pereira, DURAO			14	Alcobaca			6:19.70	222			
	50m:	40.77	40.77	150m:	2:16.25	48.58	250m:	3:53.95	49.14	350m:	5:33.81	49.82
	100m:	1:27.67	46.90	200m:	3:04.81	48.56	300m:	4:43.99	50.04	400m:	6:19.70	45.89
6.	Ines Ferreira, CAPELA			14	Vieirense			6:26.96	210			
	50m:	40.05	40.05	150m:	2:16.18	49.59	250m:	3:57.71	50.34	350m:	5:39.36	51.39
	100m:	1:26.59	46.54	200m:	3:07.37	51.19	300m:	4:47.97	50.26	400m:	6:26.96	47.60
7.	Eva Victoria, FERREIRA			14	Pimpões			6:31.46	203			
	50m:	43.51	43.51	150m:	2:23.72	50.19	250m:	4:05.03	50.14	350m:	5:44.93	50.09
	100m:	1:33.53	50.02	200m:	3:14.89	51.17	300m:	4:54.84	49.81	400m:	6:31.46	46.53
8.	Ines Silva, MARCIANO			14	Pimpões			6:32.07	202			
	50m:	43.42	43.42	150m:	2:21.67	49.36	250m:	4:04.07	51.06	350m:	5:45.81	50.50
	100m:	1:32.31	48.89	200m:	3:13.01	51.34	300m:	4:55.31	51.24	400m:	6:32.07	46.26
9.	Leonor Silva, TEOTONIO			14	Óbidos Criativa			6:33.49	200			
	50m:	44.42	44.42	150m:	2:25.03	50.36	250m:	4:05.34	49.81	350m:	5:45.89	50.97
	100m:	1:34.67	50.25	200m:	3:15.53	50.50	300m:	4:54.92	49.58	400m:	6:33.49	47.60
10.	Sara Pereira, SILVA			14	Óbidos Criativa			6:36.41	195			
	50m:	42.94	42.94	150m:	2:22.76	50.42	250m:	4:06.02	51.58	350m:	5:49.16	51.75
	100m:	1:32.34	49.40	200m:	3:14.44	51.68	300m:	4:57.41	51.39	400m:	6:36.41	47.25
11.	Sofia Pereira, SILVA			14	Óbidos Criativa			6:43.97	185			
	50m:	42.79	42.79	150m:	2:24.49	51.54	250m:	4:08.69	52.76	350m:	5:53.52	51.71
	100m:	1:32.95	50.16	200m:	3:15.93	51.44	300m:	5:01.81	53.12	400m:	6:43.97	50.45



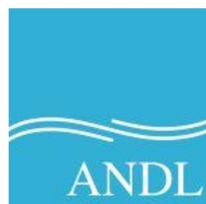
Prova de Abertura de Categorias
Benedita, 10 - 11/10/2026

Prova 15, Femin., 400m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
12. Maria Mar, LUIS	14 Óbidos Criativa	7:08.87	154
50m: 44.13 44.13 150m: 2:29.19 52.81 250m: 4:20.16 55.65 350m: 6:15.13 58.22			
100m: 1:36.38 52.25 200m: 3:24.51 55.32 300m: 5:16.91 56.75 400m: 7:08.87 53.74			
13. Patricia Cristina, MARIANO	14 Alcobaca	7:32.70	131
50m: 48.63 48.63 150m: 2:42.13 57.90 250m: 4:42.88 1:00.82 350m: 6:43.16 1:00.43			
100m: 1:44.23 55.60 200m: 3:42.06 59.93 300m: 5:42.73 59.85 400m: 7:32.70 49.54			

Infantil A

1. Maria Joao, OLIVEIRA	13 Alcobaca	5:20.54	370
50m: 36.41 36.41 150m: 1:57.27 40.71 250m: 3:19.86 41.34 350m: 4:43.10 41.28			
100m: 1:16.56 40.15 200m: 2:38.52 41.25 300m: 4:01.82 41.96 400m: 5:20.54 37.44			
2. Elisa Rodrigues, SIMOES	13 Benedita	5:23.90	359
50m: 36.59 36.59 150m: 1:57.72 40.57 250m: 3:30.83 52.12 350m: 4:44.08 41.55			
100m: 1:17.15 40.56 200m: 2:38.71 40.99 300m: 4:02.53 31.70 400m: 5:23.90 39.82			
3. Alicia Ferreira, OLIVEIRA	13 Ba Leiria / Sk Coffee	5:31.09	336
50m: 37.31 37.31 150m: 2:00.71 42.14 250m: 3:25.74 42.65 350m: 4:51.07 42.50			
100m: 1:18.57 41.26 200m: 2:43.09 42.38 300m: 4:08.57 42.83 400m: 5:31.09 40.02			
4. Ines Mestre, SANTOS	13 CNLeiria - VOID	5:35.28	323
50m: 37.28 37.28 150m: 2:02.59 43.18 250m: 3:29.95 43.82 350m: 4:55.84 42.56			
100m: 1:19.41 42.13 200m: 2:46.13 43.54 300m: 4:13.28 43.33 400m: 5:35.28 39.44			
Lara Sofia, MARCELINO	13 Veiense	5:35.28	323
50m: 37.66 37.66 150m: 2:02.40 42.21 250m: 3:29.57 43.79 350m: 4:55.89 43.40			
100m: 1:20.19 42.53 200m: 2:45.78 43.38 300m: 4:12.49 42.92 400m: 5:35.28 39.39			
6. Maria Leal, ALVES	13 Alcobaca	5:46.50	293
50m: 38.25 38.25 150m: 2:07.18 44.65 250m: 3:36.25 44.28 350m: 5:04.57 44.29			
100m: 1:22.53 44.28 200m: 2:51.97 44.79 300m: 4:20.28 44.03 400m: 5:46.50 41.93			
7. Nuria Rocha, BOTAS	13 Veiense	5:53.37	276
50m: 40.39 40.39 150m: 2:10.17 45.11 250m: 3:40.01 44.52 350m: 5:10.96 46.15			
100m: 1:25.06 44.67 200m: 2:55.49 45.32 300m: 4:24.81 44.80 400m: 5:53.37 42.41			
8. Emma Henriques, SOUTO	13 Óbidos Criativa	5:56.47	269
50m: 41.26 41.26 150m: 2:16.69 49.82 250m: 3:45.09 46.15 350m: 5:15.62 44.71			
100m: 1:26.87 45.61 200m: 2:58.94 42.25 300m: 4:30.91 45.82 400m: 5:56.47 40.85			
9. Mariana Santos, VALENTIM	13 Pimpões	6:00.79	259
50m: 39.44 39.44 150m: 2:08.97 45.06 250m: 3:41.55 46.36 350m: 5:16.66 47.32			
100m: 1:23.91 44.47 200m: 2:55.19 46.22 300m: 4:29.34 47.79 400m: 6:00.79 44.13			
10. Erica Maria, FORTUNATO	13 Ba Leiria / Sk Coffee	6:17.18	227
50m: 41.57 41.57 150m: 2:14.50 47.96 250m: 3:52.43 48.75 350m: 5:30.62 48.80			
100m: 1:26.54 44.97 200m: 3:03.68 49.18 300m: 4:41.82 49.39 400m: 6:17.18 46.56			
11. Eduarda Antunes, BUGALHAO	13 Ba Leiria / Sk Coffee	6:17.63	226
50m: 44.13 44.13 150m: 2:19.23 48.20 250m: 3:56.48 48.10 350m: 5:32.95 48.54			
100m: 1:31.03 46.90 200m: 3:08.38 49.15 300m: 4:44.41 47.93 400m: 6:17.63 44.68			
12. Sara Machado, JANUARIO	13 Alcobaca	6:22.82	217
50m: 42.25 42.25 150m: 2:19.03 50.03 250m: 3:57.43 49.15 350m: 5:36.75 48.18			
100m: 1:29.00 46.75 200m: 3:08.28 49.25 300m: 4:48.57 51.14 400m: 6:22.82 46.07			
13. Constanca Teopisto, CARVALHO	13 Alcobaca	6:40.82	189
50m: 41.77 41.77 150m: 2:23.20 51.53 250m: 4:07.22 51.37 350m: 5:52.18 51.36			
100m: 1:31.67 49.90 200m: 3:15.85 52.65 300m: 5:00.82 53.60 400m: 6:40.82 48.64			



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

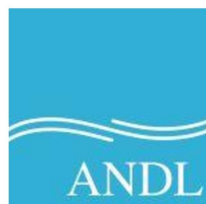
Prova 15, Femin., 400m Livres

Juvenil B

1.	Luna Francisco, PEREIRA	12	Nucleo de Pombal	5:06.43	424
	50m: 35.22 35.22 150m: 1:53.36 39.21 250m: 3:11.82 39.07 350m: 4:30.25 39.18				
	100m: 1:14.15 38.93 200m: 2:32.75 39.39 300m: 3:51.07 39.25 400m: 5:06.43 36.18				
2.	Beatriz Julio, CORREIA	12	CNLeiria - VOID	5:12.64	399
	50m: 33.57 33.57 150m: 1:51.17 39.60 250m: 3:11.92 40.21 350m: 4:33.49 40.90				
	100m: 1:11.57 38.00 200m: 2:31.71 40.54 300m: 3:52.59 40.67 400m: 5:12.64 39.15				
3.	Emiliana Arruda, SARAIVA	12	Vieirense	5:18.28	378
	50m: 35.92 35.92 150m: 1:57.45 41.61 250m: 3:20.24 41.50 350m: 4:39.99 38.92				
	100m: 1:15.84 39.92 200m: 2:38.74 41.29 300m: 4:01.07 40.83 400m: 5:18.28 38.29				
4.	Mafalda Varela, BERNARDINO	12	Alcobaca	5:19.00	376
	50m: 34.07 34.07 150m: 1:52.09 40.16 250m: 3:16.09 42.02 350m: 4:38.84 40.95				
	100m: 1:11.93 37.86 200m: 2:34.07 41.98 300m: 3:57.89 41.80 400m: 5:19.00 40.16				
5.	Yaroslava, TABUNSCHYK	12	CNLeiria - VOID	5:33.84	328
	50m: 36.09 36.09 150m: 1:57.48 41.67 250m: 3:23.38 43.57 350m: 4:50.56 44.54				
	100m: 1:15.81 39.72 200m: 2:39.81 42.33 300m: 4:06.02 42.64 400m: 5:33.84 43.28				
6.	Rita Alexandra, JORDAO	12	Alcobaca	5:38.17	315
	50m: 38.77 38.77 150m: 2:02.77 42.52 250m: 3:29.38 43.78 350m: 4:56.75 43.98				
	100m: 1:20.25 41.48 200m: 2:45.60 42.83 300m: 4:12.77 43.39 400m: 5:38.17 41.42				
7.	Maria Joao, ALBUQUERQUE	12	Pimpões	5:55.50	271
	50m: 41.47 41.47 150m: 2:11.90 45.40 250m: 3:42.83 44.86 350m: 5:13.22 44.67				
	100m: 1:26.50 45.03 200m: 2:57.97 46.07 300m: 4:28.55 45.72 400m: 5:55.50 42.28				

Juvenil A

1.	Maria Joao, VALA	11	Pimpões	4:52.79	486
	50m: 33.41 33.41 150m: 1:46.79 36.53 250m: 3:00.62 37.00 350m: 4:16.09 37.50				
	100m: 1:10.26 36.85 200m: 2:23.62 36.83 300m: 3:38.59 37.97 400m: 4:52.79 36.70				
2.	Cristiana Henriques, ALMEIDA	11	Benedita	5:01.15	446
	50m: 34.55 34.55 150m: 1:50.65 38.68 250m: 3:06.65 37.53 350m: 4:23.47 38.53				
	100m: 1:11.97 37.42 200m: 2:29.12 38.47 300m: 3:44.94 38.29 400m: 5:01.15 37.68				
3.	Carlota Sa, SANTOS	11	Nucleo de Pombal	5:06.18	425
	50m: 35.75 35.75 150m: 1:53.78 39.38 250m: 3:11.75 38.97 350m: 4:29.78 38.88				
	100m: 1:14.40 38.65 200m: 2:32.78 39.00 300m: 3:50.90 39.15 400m: 5:06.18 36.40				
4.	Anastasiya, PRYMACHENKO	11	Nucleo de Pombal	5:07.37	420
	50m: 34.69 34.69 150m: 1:53.97 40.35 250m: 3:13.62 39.65 350m: 4:31.62 38.87				
	100m: 1:13.62 38.93 200m: 2:33.97 40.00 300m: 3:52.75 39.13 400m: 5:07.37 35.75				
5.	Isabela Lourenco, COSTA	11	Benedita	5:09.25	412
	50m: 35.14 35.14 150m: 1:53.50 38.82 250m: 3:12.25 37.36 350m: 4:31.86 39.80				
	100m: 1:14.68 39.54 200m: 2:34.89 41.39 300m: 3:52.06 39.81 400m: 5:09.25 37.39				
6.	Beatriz Marques, GASPAR	11	Nautico Marinha Grande	5:09.89	410
	50m: 34.96 34.96 150m: 1:54.31 40.17 250m: 3:14.21 40.28 350m: 4:33.24 39.96				
	100m: 1:14.14 39.18 200m: 2:33.93 39.62 300m: 3:53.28 39.07 400m: 5:09.89 36.65				
7.	Carolina Silva, CASTANHEIRA	11	CNLeiria - VOID	5:11.40	404
	50m: 34.43 34.43 150m: 1:53.37 39.82 250m: 3:11.96 39.78 350m: 4:31.63 34.20				
	100m: 1:13.55 39.12 200m: 2:32.18 38.81 300m: 3:57.43 45.47 400m: 5:11.40 39.77				
8.	Francisca Moreira, FELICIANO	11	Alcobaca	5:19.09	375
	50m: 34.63 34.63 150m: 1:55.66 40.88 250m: 3:17.70 40.54 350m: 4:39.66 40.63				
	100m: 1:14.78 40.15 200m: 2:37.16 41.50 300m: 3:59.03 41.33 400m: 5:19.09 39.43				



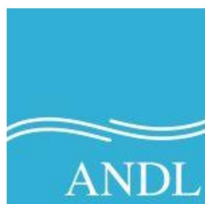
Prova de Abertura de Categorias
Benedita, 10 - 11/10/2026

Prova 15, Femin., 400m Livres, Juvenil A

Lugar	Ano	Tempo final	Pts
9. Maria Santos, FONSECA	11	CNLeiria - VOID	5:22.63 363
50m: 35.78 35.78 150m: 1:56.06 40.75 250m: 3:19.23 42.10 350m: 4:42.13 41.15			
100m: 1:15.31 39.53 200m: 2:37.13 41.07 300m: 4:00.98 41.75 400m: 5:22.63 40.50			
10. Margarida Soares, MAIA	11	Nautico Marinha Grande	5:29.43 341
50m: 35.51 35.51 150m: 1:58.15 41.81 250m: 3:23.97 43.06 350m: 4:48.43 42.00			
100m: 1:16.34 40.83 200m: 2:40.91 42.76 300m: 4:06.43 42.46 400m: 5:29.43 41.00			
11. Margarida Lopes, RODRIGUES	11	Uniao Juncalense	5:39.73 311
50m: 36.80 36.80 150m: 2:00.91 42.83 250m: 3:27.91 43.93 350m: 4:56.31 44.25			
100m: 1:18.08 41.28 200m: 2:43.98 43.07 300m: 4:12.06 44.15 400m: 5:39.73 43.42			
12. Sara Nunes, HORTA	11	CNLeiria - VOID	5:45.00 297
50m: 37.98 37.98 150m: 2:03.68 43.71 250m: 3:31.97 44.31 350m: 5:02.25 44.57			
100m: 1:19.97 41.99 200m: 2:47.66 43.98 300m: 4:17.68 45.71 400m: 5:45.00 42.75			
13. Erica Felix, RODRIGUES	11	Uniao Juncalense	5:57.19 267
50m: 37.22 37.22 150m: 2:03.19 44.28 250m: 3:36.37 47.00 350m: 5:11.44 47.60			
100m: 1:18.91 41.69 200m: 2:49.37 46.18 300m: 4:23.84 47.47 400m: 5:57.19 45.75			
14. Kelly Simao, COSTA	11	Óbidos Criativa	5:57.74 266
50m: 38.64 38.64 150m: 2:05.98 44.26 250m: 3:37.08 45.76 350m: 5:10.72 47.13			
100m: 1:21.72 43.08 200m: 2:51.32 45.34 300m: 4:23.59 46.51 400m: 5:57.74 47.02			

Junior

1. Constanca Baptista, TOMAS	09	Alcobaca	4:42.91 539
50m: 32.34 32.34 150m: 1:44.81 36.62 250m: 2:57.84 36.40 350m: 4:09.56 35.81			
100m: 1:08.19 35.85 200m: 2:21.44 36.63 300m: 3:33.75 35.91 400m: 4:42.91 33.35			
2. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	4:43.98 533
50m: 32.11 32.11 150m: 1:42.51 35.73 250m: 2:56.21 36.78 350m: 4:08.59 36.01			
100m: 1:06.78 34.67 200m: 2:19.43 36.92 300m: 3:32.58 36.37 400m: 4:43.98 35.39			
3. Francisca Ramos, NUNES	09	Naval de Peniche	4:44.85 528
50m: 32.78 32.78 150m: 1:44.67 36.10 250m: 2:58.39 36.97 350m: 4:10.57 35.54			
100m: 1:08.57 35.79 200m: 2:21.42 36.75 300m: 3:35.03 36.64 400m: 4:44.85 34.28			
4. Teresa Maria, LOPES	09	Benedita	4:56.18 469
50m: 32.97 32.97 150m: 1:46.18 36.93 250m: 3:01.35 37.98 350m: 4:18.64 39.52			
100m: 1:09.25 36.28 200m: 2:23.37 37.19 300m: 3:39.12 37.77 400m: 4:56.18 37.54			
5. Madalena Gracio, PEDROSO	10	Nautico Marinha Grande	4:58.63 458
50m: 33.39 33.39 150m: 1:47.78 37.74 250m: 3:04.47 38.23 350m: 4:20.93 38.23			
100m: 1:10.04 36.65 200m: 2:26.24 38.46 300m: 3:42.70 38.23 400m: 4:58.63 37.70			
6. Laura Samora, GONCALVES	10	CNLeiria - VOID	5:01.91 443
50m: 34.41 34.41 150m: 1:50.66 38.00 250m: 3:07.56 38.50 350m: 4:24.87 38.71			
100m: 1:12.66 38.25 200m: 2:29.06 38.40 300m: 3:46.16 38.60 400m: 5:01.91 37.04			
7. Zofie, PACHECO	09	Naval de Peniche	5:09.50 411
50m: 34.18 34.18 150m: 1:51.33 39.18 250m: 3:11.03 40.13 350m: 4:32.75 40.85			
100m: 1:12.15 37.97 200m: 2:30.90 39.57 300m: 3:51.90 40.87 400m: 5:09.50 36.75			
8. Sofia Roma, BRIZIDA	10	CNLeiria - VOID	5:15.57 388
50m: 34.07 34.07 150m: 1:52.78 40.28 250m: 3:13.53 40.46 350m: 4:36.18 40.93			
100m: 1:12.50 38.43 200m: 2:33.07 40.29 300m: 3:55.25 41.72 400m: 5:15.57 39.39			
9. Leonor Pereira, SILVA	10	Óbidos Criativa	5:18.60 377
50m: 36.13 36.13 150m: 1:55.45 40.07 250m: 3:16.10 40.68 350m: 4:40.63 42.36			
100m: 1:15.38 39.25 200m: 2:35.42 39.97 300m: 3:58.27 42.17 400m: 5:18.60 37.97			



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

Prova 15, Femin., 400m Livres, Junior

Lugar	Ano								Tempo final	Pts		
10.	Elisa Henriques, SOUTO								5:22.44	364		
	50m:	34.91	34.91	150m:	1:55.79	41.32	250m:	3:20.34	42.04	350m:	4:44.02	40.61
	100m:	1:14.47	39.56	200m:	2:38.30	42.51	300m:	4:03.41	43.07	400m:	5:22.44	38.42

Senior

1.	Ana Claudia, FERREIRA				90	Alcobaca				4:58.47	459	
	50m:	33.90	33.90	150m:	1:47.47	37.17	250m:	3:02.79	37.60	350m:	4:20.00	38.60
	100m:	1:10.30	36.40	200m:	2:25.19	37.72	300m:	3:41.40	38.61	400m:	4:58.47	38.47