Prova 3 — Femin., 800m Livres — Juvenil A
08/11/2026 - 9:00 — Resultados

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Clara Santos Madureira	11	Torres Novas	**9:43.16**		536	

50m:	34.81	34.81	250m:	2:58.24	36.12	450m:	5:25.07	36.83	650m:	7:52.68	37.22
100m:	1:10.37	35.56	300m:	3:34.75	36.51	500m:	6:01.79	36.72	700m:	8:30.09	37.41
150m:	1:46.07	35.70	350m:	4:11.29	36.54	550m:	6:38.44	36.65	750m:	9:07.14	37.05
200m:	2:22.12	36.05	400m:	4:48.24	36.95	600m:	7:15.46	37.02	800m:	9:43.16	36.02

2.	Sofia Barroca Pereira	11	BUZIOS - Coruche	**9:51.34**		515					
50m:	34.73	34.73	250m:	2:59.59	36.33	450m:	5:27.76	37.48	650m:	7:58.71	37.75
100m:	1:10.87	36.14	300m:	3:36.40	36.81	500m:	6:05.49	37.73	700m:	8:36.50	37.79
150m:	1:47.27	36.40	350m:	4:13.21	36.81	550m:	6:43.09	37.60	750m:	9:14.44	37.94
200m:	2:23.26	35.99	400m:	4:50.28	37.07	600m:	7:20.96	37.87	800m:	9:51.34	36.90

3.	Margarida Pinho Formigo	11	Torres Novas	**10:09.14**		471					
50m:	35.69	35.69	250m:	3:07.18	38.27	450m:	5:41.43	38.32	650m:	8:16.01	38.41
100m:	1:12.56	36.87	300m:	3:46.03	38.85	500m:	6:20.29	38.86	700m:	8:54.50	38.49
150m:	1:50.71	38.15	350m:	4:24.70	38.67	550m:	6:58.80	38.51	750m:	9:32.38	37.88
200m:	2:28.91	38.20	400m:	5:03.11	38.41	600m:	7:37.60	38.80	800m:	10:09.14	36.76

4.	Matilde Nogueira Lourenco	11	CCDSerta	**10:34.99**		415					
50m:	36.62	36.62	250m:	3:12.42	39.65	450m:	5:51.68	40.12	650m:	8:34.90	41.02
100m:	1:14.69	38.07	300m:	3:51.84	39.42	500m:	6:32.46	40.78	700m:	9:15.87	40.97
150m:	1:53.99	39.30	350m:	4:31.40	39.56	550m:	7:13.37	40.91	750m:	9:56.53	40.66
200m:	2:32.77	38.78	400m:	5:11.56	40.16	600m:	7:53.88	40.51	800m:	10:34.99	38.46

5.	Carolina Reis Lopes	11	Torres Novas	**11:13.83**		348					
50m:	41.30	41.30	250m:	3:32.97	43.12	450m:	6:23.72	43.03	650m:	9:11.14	41.57
100m:	1:23.41	42.11	300m:	4:15.67	42.70	500m:	7:06.31	42.59	700m:	9:53.11	41.97
150m:	2:05.95	42.54	350m:	4:58.17	42.50	550m:	7:48.12	41.81	750m:	10:34.72	41.61
200m:	2:49.85	43.90	400m:	5:40.69	42.52	600m:	8:29.57	41.45	800m:	11:13.83	39.11

6.	Joana Nobre Jesus	11	Natacao Guarda	**11:14.07**		347					
50m:	37.69	37.69	250m:	3:26.25	42.81	450m:	6:18.03	42.19	650m:	9:08.72	43.06
100m:	1:17.78	40.09	300m:	4:09.43	43.18	500m:	7:00.22	42.19	700m:	9:51.27	42.55
150m:	2:00.28	42.50	350m:	4:52.66	43.23	550m:	7:43.15	42.93	750m:	10:33.82	42.55
200m:	2:43.44	43.16	400m:	5:35.84	43.18	600m:	8:25.66	42.51	800m:	11:14.07	40.25

7.	Beatriz Agostinho Duque	11	20Km de Almeirim	**11:17.14**		343					
50m:	39.09	39.09	250m:	3:26.68	42.56	450m:	6:19.37	43.21	650m:	9:12.80	43.19
100m:	1:19.75	40.66	300m:	4:09.30	42.62	500m:	7:02.62	43.25	700m:	9:55.30	42.50
150m:	2:01.77	42.02	350m:	4:52.79	43.49	550m:	7:45.93	43.31	750m:	10:37.40	42.10
200m:	2:44.12	42.35	400m:	5:36.16	43.37	600m:	8:29.61	43.68	800m:	11:17.14	39.74

8.	Rita Lino Ferreira	11	BUZIOS - Coruche	**11:17.49**		342					
50m:	38.57	38.57	250m:	3:26.59	42.27	450m:	6:17.45	43.04	650m:	9:10.40	43.37
100m:	1:19.73	41.16	300m:	4:09.18	42.59	500m:	7:00.16	42.71	700m:	9:53.68	43.28
150m:	2:01.70	41.97	350m:	4:51.74	42.56	550m:	7:43.57	43.41	750m:	10:36.70	43.02
200m:	2:44.32	42.62	400m:	5:34.41	42.67	600m:	8:27.03	43.46	800m:	11:17.49	40.79

9.	Matilde Trigueiros Paulo	11	AN Albicastrense	**11:50.32**		297					
50m:	39.54	39.54	250m:	3:35.06	44.09	450m:	6:34.72	45.42	650m:	9:37.07	44.69
100m:	1:22.35	42.81	300m:	4:19.62	44.56	500m:	7:20.31	45.59	700m:	10:23.14	46.07
150m:	2:06.58	44.23	350m:	5:03.86	44.24	550m:	8:05.94	45.63	750m:	11:07.97	44.83
200m:	2:50.97	44.39	400m:	5:49.30	45.44	600m:	8:52.38	46.44	800m:	11:50.32	42.35

10.	Catarina Leonor Pereira	11	CLAC-Entroncamento	**12:07.28**		276					
50m:	42.16	42.16	250m:	3:44.64	46.90	450m:	6:52.13	47.21	650m:	9:56.10	46.60
100m:	1:26.51	44.35	300m:	4:30.72	46.08	500m:	7:37.29	45.16	700m:	10:42.76	46.66
150m:	2:12.02	45.51	350m:	5:17.75	47.03	550m:	8:25.25	47.96	750m:	11:28.75	45.99
200m:	2:57.74	45.72	400m:	6:04.92	47.17	600m:	9:09.50	44.25	800m:	12:07.28	38.53

11.	Madalena Santos Rolo	11	CCDSerta	**12:11.68**		271					
50m:	44.92	44.92	250m:	3:50.27	46.48	450m:	6:55.42	46.25	650m:	9:58.95	45.59
100m:	1:31.08	46.16	300m:	4:36.87	46.60	500m:	7:40.88	45.46	700m:	10:44.27	45.32
150m:	2:17.45	46.37	350m:	5:23.27	46.40	550m:	8:27.17	46.29	750m:	11:29.35	45.08
200m:	3:03.79	46.34	400m:	6:09.17	45.90	600m:	9:13.36	46.19	800m:	12:11.68	42.33

Prova 3, Femin., 800m Livres, Juvenil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
12.	Beatriz Isabel Moura	11	Nautico Abrantes	**12:47.65**		235	

50m:	43.96	43.96	250m:	3:53.62	47.95	450m:	7:07.54	48.28	650m:	10:24.03	48.80
100m:	1:30.36	46.40	300m:	4:41.86	48.24	500m:	7:56.93	49.39	700m:	11:13.26	49.23
150m:	2:17.21	46.85	350m:	5:30.46	48.60	550m:	8:46.15	49.22	750m:	12:00.87	47.61
200m:	3:05.67	48.46	400m:	6:19.26	48.80	600m:	9:35.23	49.08	800m:	12:47.65	46.78

13.	Daniela Matias Ribeiro	11	CCDSerta	**13:24.28**		204					
50m:	44.50	44.50	250m:	4:04.36	51.02	450m:	7:26.59	50.22	650m:	10:50.42	50.57
100m:	1:33.42	48.92	300m:	4:54.79	50.43	500m:	8:17.32	50.73	700m:	11:42.02	51.60
150m:	2:23.56	50.14	350m:	5:45.53	50.74	550m:	9:08.51	51.19	750m:	12:35.64	53.62
200m:	3:13.34	49.78	400m:	6:36.37	50.84	600m:	9:59.85	51.34	800m:	13:24.28	48.64

DNS	Ines Martins Farinha	11	CCDSerta
DNS	Georgiana Mariana Chirila	11	Natacao Guarda

Prova 3 — Femin., 800m Livres — Juvenil B
08/11/2026 - 9:00 — Resultados

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Matilde Casimiro Bibi	12	BUZIOS - Coruche	**10:03.09**		485	

50m:	34.99	34.99	250m:	3:05.34	38.15	450m:	5:36.88	37.26	650m:	8:11.06	37.71
100m:	1:11.51	36.52	300m:	3:43.21	37.87	500m:	6:15.14	38.26	700m:	8:49.75	38.69
150m:	1:49.36	37.85	350m:	4:21.45	38.24	550m:	6:54.24	39.10	750m:	9:27.46	37.71
200m:	2:27.19	37.83	400m:	4:59.62	38.17	600m:	7:33.35	39.11	800m:	10:03.09	35.63

2.	Rita Gomes Valentim	12	Torres Novas	**10:04.07**		483					
50m:	36.02	36.02	250m:	3:10.68	38.25	450m:	5:41.98	38.83	650m:	8:13.24	36.75
100m:	1:15.04	39.02	300m:	3:48.11	37.43	500m:	6:20.08	38.10	700m:	8:50.77	37.53
150m:	1:53.73	38.69	350m:	4:25.82	37.71	550m:	6:57.77	37.69	750m:	9:28.31	37.54
200m:	2:32.43	38.70	400m:	5:03.15	37.33	600m:	7:36.49	38.72	800m:	10:04.07	35.76

3.	Rita Balsa Alves	12	BUZIOS - Coruche	**10:14.13**		459					
50m:	35.46	35.46	250m:	3:09.64	39.36	450m:	5:46.46	38.97	650m:	8:21.57	38.60
100m:	1:12.87	37.41	300m:	3:48.86	39.22	500m:	6:25.49	39.03	700m:	8:59.43	37.86
150m:	1:51.10	38.23	350m:	4:28.26	39.40	550m:	7:04.17	38.68	750m:	9:37.13	37.70
200m:	2:30.28	39.18	400m:	5:07.49	39.23	600m:	7:42.97	38.80	800m:	10:14.13	37.00

4.	Alicia Lopes Deep	12	BUZIOS - Coruche	**10:19.39**		448					
50m:	36.13	36.13	250m:	3:09.60	38.46	450m:	5:46.09	39.24	650m:	8:23.72	39.48
100m:	1:13.79	37.66	300m:	3:48.91	39.31	500m:	6:25.64	39.55	700m:	9:03.28	39.56
150m:	1:52.22	38.43	350m:	4:28.03	39.12	550m:	7:04.94	39.30	750m:	9:42.13	38.85
200m:	2:31.14	38.92	400m:	5:06.85	38.82	600m:	7:44.24	39.30	800m:	10:19.39	37.26

5.	Petra Rodrigues Duarte	12	Rio Maior	**10:32.06**		421					
50m:	36.20	36.20	250m:	3:11.28	38.57	450m:	5:48.14	40.28	650m:	8:31.22	41.15
100m:	1:15.06	38.86	300m:	3:49.10	37.82	500m:	6:28.14	40.00	700m:	9:12.42	41.20
150m:	1:53.82	38.76	350m:	4:28.07	38.97	550m:	7:08.95	40.81	750m:	9:53.19	40.77
200m:	2:32.71	38.89	400m:	5:07.86	39.79	600m:	7:50.07	41.12	800m:	10:32.06	38.87

6.	Margarida Madeira Pires	12	Rio Maior	**10:35.26**		415					
50m:	37.26	37.26	250m:	3:18.44	40.32	450m:	5:58.99	40.41	650m:	8:38.70	40.21
100m:	1:17.28	40.02	300m:	3:58.65	40.21	500m:	6:38.37	39.38	700m:	9:17.56	38.86
150m:	1:57.61	40.33	350m:	4:38.26	39.61	550m:	7:18.76	40.39	750m:	9:57.17	39.61
200m:	2:38.12	40.51	400m:	5:18.58	40.32	600m:	7:58.49	39.73	800m:	10:35.26	38.09

7.	Diana Marques Maquilao	12	Clube Nautico de Salvaterra de	**10:45.16**		396					
50m:	37.70	37.70	250m:	3:19.68	40.58	450m:	6:03.01	40.72	650m:	8:45.64	40.25
100m:	1:17.63	39.93	300m:	4:00.56	40.88	500m:	6:43.91	40.90	700m:	9:26.55	40.91
150m:	1:58.18	40.55	350m:	4:41.23	40.67	550m:	7:24.62	40.71	750m:	10:07.48	40.93
200m:	2:39.10	40.92	400m:	5:22.29	41.06	600m:	8:05.39	40.77	800m:	10:45.16	37.68

8.	Ines Barata Henrique	12	AN Albicastrense	**11:00.45**		369					
50m:	38.32	38.32	250m:	3:23.15	41.63	450m:	6:11.28	41.98	650m:	8:58.11	41.12
100m:	1:18.66	40.34	300m:	4:04.93	41.78	500m:	6:53.41	42.13	700m:	9:40.14	42.03
150m:	1:59.75	41.09	350m:	4:46.96	42.03	550m:	7:34.97	41.56	750m:	10:21.75	41.61
200m:	2:41.52	41.77	400m:	5:29.30	42.34	600m:	8:16.99	42.02	800m:	11:00.45	38.70

Prova 3, Femin., 800m Livres, Juvenil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
9.	Matilde Abelho Vaz	12	CLAC-Entroncamento	**11:06.53**		359	

50m:	39.25	39.25	250m:	3:26.08	42.84	450m:	6:17.53	42.73	650m:	9:06.45	42.36
100m:	1:19.40	40.15	300m:	4:09.21	43.13	500m:	7:00.71	43.18	700m:	9:48.54	42.09
150m:	2:01.51	42.11	350m:	4:52.22	43.01	550m:	7:42.31	41.60	750m:	10:28.96	40.42
200m:	2:43.24	41.73	400m:	5:34.80	42.58	600m:	8:24.09	41.78	800m:	11:06.53	37.57

10.	Marta Costa Soares	12	Uniao Samorense	**11:10.22**		353					
50m:	39.17	39.17	250m:	3:25.92	42.16	450m:	6:15.45	42.46	650m:	9:05.70	42.30
100m:	1:19.95	40.78	300m:	4:08.26	42.34	500m:	6:57.85	42.40	700m:	9:48.21	42.51
150m:	2:02.15	42.20	350m:	4:50.52	42.26	550m:	7:40.64	42.79	750m:	10:29.67	41.46
200m:	2:43.76	41.61	400m:	5:32.99	42.47	600m:	8:23.40	42.76	800m:	11:10.22	40.55

11.	Ana Leonor Lopes	12	Rio Maior	**11:15.21**		345					
50m:	38.79	38.79	250m:	3:21.77	40.90	450m:	6:15.69	43.57	650m:	9:10.31	43.27
100m:	1:19.36	40.57	300m:	4:04.53	42.76	500m:	6:58.65	42.96	700m:	9:52.13	41.82
150m:	2:00.88	41.52	350m:	4:48.37	43.84	550m:	7:43.18	44.53	750m:	10:35.05	42.92
200m:	2:40.87	39.99	400m:	5:32.12	43.75	600m:	8:27.04	43.86	800m:	11:15.21	40.16

12.	Ines Munhos Silva	12	AN Albicastrense	**11:23.52**		333					
50m:	35.80	35.80	250m:	3:20.99	42.82	450m:	6:18.47	44.34	650m:	9:15.43	44.23
100m:	1:15.23	39.43	300m:	4:05.67	44.68	500m:	7:02.73	44.26	700m:	9:59.39	43.96
150m:	1:56.33	41.10	350m:	4:50.09	44.42	550m:	7:47.02	44.29	750m:	10:42.82	43.43
200m:	2:38.17	41.84	400m:	5:34.13	44.04	600m:	8:31.20	44.18	800m:	11:23.52	40.70

13.	Maria Pais Santos	12	BUZIOS - Coruche	**11:24.00**		332					
50m:	38.23	38.23	250m:	3:26.13	42.92	450m:	6:20.51	43.93	650m:	9:16.19	43.55
100m:	1:19.02	40.79	300m:	4:09.59	43.46	500m:	7:04.25	43.74	700m:	9:59.92	43.73
150m:	2:00.96	41.94	350m:	4:52.87	43.28	550m:	7:48.11	43.86	750m:	10:42.50	42.58
200m:	2:43.21	42.25	400m:	5:36.58	43.71	600m:	8:32.64	44.53	800m:	11:24.00	41.50

14.	Juliana Antunes Monteiro	12	Torres Novas	**11:28.07**		326					
50m:	39.76	39.76	250m:	3:28.69	42.30	450m:	6:22.84	43.54	650m:	9:19.16	43.14
100m:	1:21.50	41.74	300m:	4:11.56	42.87	500m:	7:07.16	44.32	700m:	10:02.27	43.11
150m:	2:03.54	42.04	350m:	4:55.60	44.04	550m:	7:51.85	44.69	750m:	10:47.07	44.80
200m:	2:46.39	42.85	400m:	5:39.30	43.70	600m:	8:36.02	44.17	800m:	11:28.07	41.00

15.	Margarida Lourenco Antunes	12	CCDSerta	**11:29.25**		325					
50m:	40.87	40.87	250m:	3:31.74	43.53	450m:	6:24.82	43.11	650m:	9:20.59	44.04
100m:	1:22.45	41.58	300m:	4:14.92	43.18	500m:	7:08.43	43.61	700m:	10:04.56	43.97
150m:	2:05.18	42.73	350m:	4:58.24	43.32	550m:	7:52.31	43.88	750m:	10:48.26	43.70
200m:	2:48.21	43.03	400m:	5:41.71	43.47	600m:	8:36.55	44.24	800m:	11:29.25	40.99

16.	Leonor Casalta Ferreira	12	Natacao Guarda	**11:34.31**		318					
50m:	41.60	41.60	250m:	3:39.50	44.53	450m:	6:38.51	44.34	650m:	9:32.40	43.17
100m:	1:25.64	44.04	300m:	4:25.17	45.67	500m:	7:22.43	43.92	700m:	10:15.40	43.00
150m:	2:09.93	44.29	350m:	5:09.58	44.41	550m:	8:05.23	42.80	750m:	10:56.67	41.27
200m:	2:54.97	45.04	400m:	5:54.17	44.59	600m:	8:49.23	44.00	800m:	11:34.31	37.64

17.	Maria Vitoria Martinho	12	Gualdim Pais	**11:34.95**		317					
50m:	39.37	39.37	250m:	3:28.03	42.98	450m:	6:25.58	45.00	650m:	9:24.25	44.54
100m:	1:20.25	40.88	300m:	4:11.93	43.90	500m:	7:10.13	44.55	700m:	10:08.91	44.66
150m:	2:02.49	42.24	350m:	4:56.09	44.16	550m:	7:54.86	44.73	750m:	10:52.77	43.86
200m:	2:45.05	42.56	400m:	5:40.58	44.49	600m:	8:39.71	44.85	800m:	11:34.95	42.18

18.	Maria Leonor Serodio	12	Viver Santarem	**11:51.27**		295					
50m:	39.29	39.29	250m:	3:38.53	45.51	450m:	6:39.38	45.50	650m:	9:40.85	45.66
100m:	1:23.44	44.15	300m:	4:23.95	45.42	500m:	7:25.25	45.87	700m:	10:25.82	44.97
150m:	2:07.95	44.51	350m:	5:09.18	45.23	550m:	8:09.73	44.48	750m:	11:09.84	44.02
200m:	2:53.02	45.07	400m:	5:53.88	44.70	600m:	8:55.19	45.46	800m:	11:51.27	41.43

19.	Ines Santos Pina	12	CLAC-Entroncamento	**11:54.06**		292					
50m:	41.89	41.89	250m:	3:41.12	45.61	450m:	6:42.91	45.49	650m:	9:43.38	44.83
100m:	1:25.39	43.50	300m:	4:26.67	45.55	500m:	7:28.18	45.27	700m:	10:28.47	45.09
150m:	2:10.29	44.90	350m:	5:12.15	45.48	550m:	8:13.13	44.95	750m:	11:12.97	44.50
200m:	2:55.51	45.22	400m:	5:57.42	45.27	600m:	8:58.55	45.42	800m:	11:54.06	41.09

Prova 3, Femin., 800m Livres, Juvenil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
20.	Maria Benedita Ribeiro	12	CCDSerta	**12:06.17**		278	

50m:	42.51	42.51	250m:	3:40.84	44.98	450m:	6:43.48	46.29	650m:	9:50.41	46.31
100m:	1:26.68	44.17	300m:	4:26.14	45.30	500m:	7:30.34	46.86	700m:	10:37.16	46.75
150m:	2:12.08	45.40	350m:	5:11.63	45.49	550m:	8:17.34	47.00	750m:	11:23.45	46.29
200m:	2:55.86	43.78	400m:	5:57.19	45.56	600m:	9:04.10	46.76	800m:	12:06.17	42.72

21.	Diana Sofia Pereira	12	Natacao do Fundao / YesEnerg	**12:14.40**		268	

50m:	40.91	40.91	250m:	3:40.93	45.86	450m:	6:48.40	46.84	650m:	9:56.76	47.53
100m:	1:23.65	42.74	300m:	4:27.55	46.62	500m:	7:34.96	46.56	700m:	10:44.09	47.33
150m:	2:08.50	44.85	350m:	5:14.65	47.10	550m:	8:22.10	47.14	750m:	11:31.02	46.93
200m:	2:55.07	46.57	400m:	6:01.56	46.91	600m:	9:09.23	47.13	800m:	12:14.40	43.38

22.	Joana Costa Cairrao	12	Natacao Guarda	**12:39.01**		243	

50m:	44.88	44.88	250m:	3:57.18	49.03	450m:	7:09.43	47.35	650m:	10:19.24	47.95
100m:	1:31.85	46.97	300m:	4:45.58	48.40	500m:	7:56.67	47.24	700m:	11:08.07	48.83
150m:	2:19.91	48.06	350m:	5:34.41	48.83	550m:	8:43.95	47.28	750m:	11:55.20	47.13
200m:	3:08.15	48.24	400m:	6:22.08	47.67	600m:	9:31.29	47.34	800m:	12:39.01	43.81

23.	Carolina Maria Quinta	12	Torres Novas	**13:19.71**		208	

50m:	45.76	45.76	250m:	4:06.19	50.13	450m:	7:30.10	51.79	650m:	10:53.54	50.56
100m:	1:35.59	49.83	300m:	4:56.30	50.11	500m:	8:20.87	50.77	700m:	11:43.54	50.00
150m:	2:25.95	50.36	350m:	5:47.36	51.06	550m:	9:12.32	51.45	750m:	12:32.74	49.20
200m:	3:16.06	50.11	400m:	6:38.31	50.95	600m:	10:02.98	50.66	800m:	13:19.71	46.97

24.	Carolina Neves Mota	12	Natacao Guarda	**13:49.76**		186	

50m:	45.89	45.89	250m:	4:09.44	51.92	450m:	7:42.87	53.02	650m:	11:16.34	54.16
100m:	1:34.89	49.00	300m:	5:03.74	54.30	500m:	8:34.63	51.76	700m:	12:09.45	53.11
150m:	2:26.09	51.20	350m:	5:56.17	52.43	550m:	9:28.33	53.70	750m:	13:00.22	50.77
200m:	3:17.52	51.43	400m:	6:49.85	53.68	600m:	10:22.18	53.85	800m:	13:49.76	49.54

WDR	Carolina Barradas Oliveira	12	AN Albicastrense	
WDR	Leonor Cardoso Tavares	12	CCDSerta	