



Torneio de Abertura de Categorias
Óbidos, 21 - 22/10/2023

Prova 12
22/10/2023 - 9:37

Femin., 400m Livres

Senior
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	4:35.51	591
50m: 31.14 31.14	200m: 2:13.48 1:08.64	400m: 4:35.51 1:10.91	
100m: 1:04.84 33.70	300m: 3:24.60 1:11.12		
2. Joana Rosa, FERREIRA	05 CNLeiria	4:38.34	573
50m: 31.05 31.05	200m: 2:15.97 1:10.94	400m: 4:38.34 1:10.75	
100m: 1:05.03 33.98	300m: 3:27.59 1:11.62		
3. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	4:42.99	546
50m: 32.46 32.46	150m: 1:42.62 35.47	250m: 2:54.56 36.01	350m: 4:07.18 36.25
100m: 1:07.15 34.69	200m: 2:18.55 35.93	300m: 3:30.93 36.37	400m: 4:42.99 35.81
4. Maria Francisca, FROIS	06 CNLeiria	5:00.52	455
50m: 31.18 31.18	150m: 1:42.53 36.58	250m: 2:59.34 39.54	350m: 4:20.61 40.24
100m: 1:05.95 34.77	200m: 2:19.80 37.27	300m: 3:40.37 41.03	400m: 5:00.52 39.91
5. Carmen Amador, GIL	02 CNLeiria	5:09.52	417
50m: 34.56 34.56	200m: 2:31.40 1:18.72	400m: 5:09.52 1:17.86	
100m: 1:12.68 38.12	300m: 3:51.66 1:20.26		
6. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	5:19.79	378
50m: 33.53 33.53	200m: 2:32.77 1:21.29	400m: 5:19.79 1:22.42	
100m: 1:11.48 37.95	300m: 3:57.37 1:24.60		

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Femin., 400m Livres

Junior
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Matilde Violante, VIANA	07 CNLeiria	4:46.07	528
50m: 31.96 31.96	150m: 1:43.56 36.72	250m: 2:56.84 36.39	350m: 4:09.55 36.18
100m: 1:06.84 34.88	200m: 2:20.45 36.89	300m: 3:33.37 36.53	400m: 4:46.07 36.52
2. Victoria Frogeri, PEREIRA	08 CNLeiria	4:58.73	464
50m: 33.12 33.12	150m: 1:48.45 38.41	250m: 3:05.74 38.57	350m: 4:21.17 37.64
100m: 1:10.04 36.92	200m: 2:27.17 38.72	300m: 3:43.53 37.79	400m: 4:58.73 37.56
3. Vanessa Liliana, ALMEIDA	07 CNLeiria	4:59.06	462
50m: 33.64 33.64	150m: 1:48.87 38.00	250m: 3:05.62 38.76	350m: 4:22.58 38.23
100m: 1:10.87 37.23	200m: 2:26.86 37.99	300m: 3:44.35 38.73	400m: 4:59.06 36.48
4. Leonor Vendima, COELHO	07 CNLeiria	5:04.39	438
50m: 33.27 33.27	150m: 1:49.03 38.66	250m: 3:06.40 38.81	350m: 4:25.58 39.54
100m: 1:10.37 37.10	200m: 2:27.59 38.56	300m: 3:46.04 39.64	400m: 5:04.39 38.81
5. Carolina Ferreira, FONSECA	07 Viegrense	5:18.44	383
50m: 34.35 34.35	200m: 2:33.83 1:20.96	400m: 5:18.44 1:21.91	
100m: 1:12.87 38.52	300m: 3:56.53 1:22.70		



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Femin., 400m Livres

Juvenil A
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	4:38.53	572
50m: 31.06 31.06	150m: 1:40.43 35.41	250m: 2:51.86 35.80	350m: 4:03.43 35.76
100m: 1:05.02 33.96	200m: 2:16.06 35.63	300m: 3:27.67 35.81	400m: 4:38.53 35.10
2. Francisca Ramos, NUNES	09 Naval de Peniche	4:55.81	478
50m: 33.13 33.13	150m: 1:46.81 37.19	250m: 3:01.90 37.87	350m: 4:18.83 38.56
100m: 1:09.62 36.49	200m: 2:24.03 37.22	300m: 3:40.27 38.37	400m: 4:55.81 36.98
3. Beatriz Belo, CLARA	09 CNLeiria	5:01.81	450
50m: 32.79 32.79	200m: 2:26.02 1:16.81	400m: 5:01.81 1:17.21	
100m: 1:09.21 36.42	300m: 3:44.60 1:18.58		
4. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	5:09.81	416
50m: 35.56 35.56	150m: 1:53.96 39.49	250m: 3:12.81 39.47	350m: 4:31.83 39.30
100m: 1:14.47 38.91	200m: 2:33.34 39.38	300m: 3:52.53 39.72	400m: 5:09.81 37.98
5. Zofie, PACHECO	09 Naval de Peniche	5:20.65	375
50m: 33.52 33.52	200m: 2:33.00 1:21.00	400m: 5:20.65 1:22.84	
100m: 1:12.00 38.48	300m: 3:57.81 1:24.81		
6. Ines Ferreira, CHELEU	09 Ba-Leiria	5:28.79	348
50m: 36.04 36.04	200m: 2:35.18 1:19.70	400m: 5:28.79 1:24.66	
100m: 1:15.48 39.44	300m: 4:04.13 1:28.95		
7. Anjali, RAICAR	09 Naval de Peniche	5:33.56	333
50m: 36.94 36.94	200m: 2:42.78 1:24.74	400m: 5:33.56 1:24.78	
100m: 1:18.04 41.10	300m: 4:08.78 1:26.00		
8. Ana Margarida, MARQUES	09 Ba-Leiria	5:34.28	331
50m: 36.68 36.68	200m: 2:43.83 1:25.19	400m: 5:34.28 1:24.75	
100m: 1:18.64 41.96	300m: 4:09.53 1:25.70		
9. Maria Teresa, OLIVEIRA	09 Ba-Leiria	5:46.90	296
50m: 37.78 37.78	150m: 2:03.28 43.38	250m: 3:32.65 44.97	350m: 5:02.71 45.02
100m: 1:19.90 42.12	200m: 2:47.68 44.40	300m: 4:17.69 45.04	400m: 5:46.90 44.19
10. Maria Margarida, OLIVEIRA	09 Ba-Leiria	5:48.27	292
50m: 37.56 37.56	200m: 2:49.22 1:28.74	400m: 5:48.27 1:29.53	
100m: 1:20.48 42.92	300m: 4:18.74 1:29.52		

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Juvenil B
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Bianca Balbino, MENDES	10 Naval de Peniche	4:59.06	462
50m: 33.40 33.40	200m: 2:26.81 1:16.40	400m: 4:59.06 1:15.17	
100m: 1:10.41 37.01	300m: 3:43.89 1:17.08		
2. Barbara Balbino, MENDES	10 Naval de Peniche	5:01.39	452
50m: 33.99 33.99	150m: 1:48.95 37.90	250m: 3:06.15 38.73	350m: 4:23.83 38.65
100m: 1:11.05 37.06	200m: 2:27.42 38.47	300m: 3:45.18 39.03	400m: 5:01.39 37.56
3. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	5:01.63	450
50m: 34.55 34.55	150m: 1:50.15 38.14	250m: 3:05.94 37.59	350m: 4:23.66 38.88
100m: 1:12.01 37.46	200m: 2:28.35 38.20	300m: 3:44.78 38.84	400m: 5:01.63 37.97
4. Maria Carolina, ALVES	10 Ba-Leiria	5:17.34	387
50m: 35.35 35.35	150m: 1:54.31 39.96	250m: 3:14.78 40.57	350m: 4:37.36 41.45
100m: 1:14.35 39.00	200m: 2:34.21 39.90	300m: 3:55.91 41.13	400m: 5:17.34 39.98



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Prova 12, Femin., 400m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
5. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	5:21.96	370
50m: 36.11 36.11	150m: 1:57.15 41.25	300m: 4:01.03 1:22.96	400m: 5:21.96 38.64
100m: 1:15.90 39.79	200m: 2:38.07 40.92	350m: 4:43.32 42.29	
6. Laura Helena, AMORIM	10 Nautico Marinha Grande	5:22.26	369
50m: 34.89 34.89	150m: 1:53.98 40.98	250m: 3:17.01 41.65	350m: 4:40.91 41.63
100m: 1:13.00 38.11	200m: 2:35.36 41.38	300m: 3:59.28 42.27	400m: 5:22.26 41.35
7. Vida Sofia, VELEZ	10 Ba-Leiria	5:27.36	352
50m: 37.45 37.45	150m: 2:00.70 41.49	250m: 3:23.90 41.31	350m: 4:47.66 41.35
100m: 1:19.21 41.76	200m: 2:42.59 41.89	300m: 4:06.31 42.41	400m: 5:27.36 39.70
8. Leonor Pereira, SILVA	10 Óbidos	5:27.71	351
50m: 35.65 35.65	200m: 2:38.54 1:23.22	400m: 5:27.71 1:24.23	
100m: 1:15.32 39.67	300m: 4:03.48 1:24.94		
9. Sofia Roma, BRIZIDA	10 Ba-Leiria	5:29.36	346
50m: 36.58 36.58	150m: 2:00.33 42.00	250m: 3:25.24 42.67	350m: 4:50.12 42.00
100m: 1:18.33 41.75	200m: 2:42.57 42.24	300m: 4:08.12 42.88	400m: 5:29.36 39.24
10. Rafaela Santos, AFONSO	10 Naval de Peniche	5:34.28	331
50m: 36.95 36.95	150m: 2:01.16 42.35	250m: 3:26.24 42.72	350m: 4:52.06 42.71
100m: 1:18.81 41.86	200m: 2:43.52 42.36	300m: 4:09.35 43.11	400m: 5:34.28 42.22
11. Mariana Santos, AFONSO	10 Naval de Peniche	5:38.25	319
50m: 37.48 37.48	150m: 2:02.15 42.83	250m: 3:29.38 43.44	350m: 4:57.07 43.86
100m: 1:19.32 41.84	200m: 2:45.94 43.79	300m: 4:13.21 43.83	400m: 5:38.25 41.18
12. Matilde Filipa, AMADO	10 Nautico Marinha Grande	5:44.21	303
50m: 38.44 38.44	200m: 2:51.14 1:29.58	400m: 5:44.21 1:26.54	
100m: 1:21.56 43.12	300m: 4:17.67 1:26.53		
13. Laura Margarida, ASCENSO	10 Nautico Marinha Grande	5:47.28	295
50m: 38.28 38.28	200m: 2:52.07 1:29.89	400m: 5:47.28 1:26.22	
100m: 1:22.18 43.90	300m: 4:21.06 1:28.99		
14. Laura Samora, GONCALVES	10 Ba-Leiria	5:48.20	293
50m: 38.28 38.28	150m: 2:03.84 43.30	250m: 3:33.64 45.33	350m: 5:04.40 45.40
100m: 1:20.54 42.26	200m: 2:48.31 44.47	300m: 4:19.00 45.36	400m: 5:48.20 43.80
15. Laura Coito, SILVA	10 Pimpoes/Cimai	6:06.60	251
50m: 41.12 41.12	150m: 2:15.06 46.97	250m: 3:48.78 46.50	350m: 5:22.92 47.26
100m: 1:28.09 46.97	200m: 3:02.28 47.22	300m: 4:35.66 46.88	400m: 6:06.60 43.68
16. Constanca Rolim, PEDRO	10 Ba-Leiria	6:27.48	212
50m: 41.99 41.99	150m: 2:18.90 49.35	250m: 3:59.03 50.20	350m: 5:39.65 50.52
100m: 1:29.55 47.56	200m: 3:08.83 49.93	300m: 4:49.13 50.10	400m: 6:27.48 47.83

Prova 12
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Femin., 400m Livres

Infantil A
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Leonor Mota, ALVES	11 Nautico Marinha Grande	5:20.39	376
50m: 36.46 36.46	150m: 1:57.87 41.21	250m: 3:20.10 40.91	350m: 4:39.09 38.61
100m: 1:16.66 40.20	200m: 2:39.19 41.32	300m: 4:00.48 40.38	400m: 5:20.39 41.30
2. Isabela Maria, CARREIRA	11 Uniao Juncalense	6:00.91	263
50m: 38.06 38.06	150m: 2:06.21 43.92	250m: 3:38.96 46.97	350m: 5:15.45 46.87
100m: 1:22.29 44.23	200m: 2:51.99 45.78	300m: 4:28.58 49.62	400m: 6:00.91 45.46



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Infantil B
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Emiliana Arruda, SARAIVA	12 Vieirense	5:49.21	290
50m: 41.92 41.92	200m: 2:59.78 1:31.25	400m: 5:49.21 1:22.12	
100m: 1:28.53 46.61	300m: 4:27.09 1:27.31		
2. Laura Krempel, VARELA	12 Pimpoes/Cimai	5:50.86	286
50m: 42.41 42.41	150m: 2:14.31 45.68	250m: 3:43.14 44.21	350m: 5:10.94 43.33
100m: 1:28.63 46.22	200m: 2:58.93 44.62	300m: 4:27.61 44.47	400m: 5:50.86 39.92
3. Ines Pinto, MARTINS	12 Pimpoes/Cimai	6:16.09	232
50m: 41.78 41.78	200m: 3:05.00 1:36.10	400m: 6:16.09 1:35.16	
100m: 1:28.90 47.12	300m: 4:40.93 1:35.93		
4. Safira Pedro, FONSECA	12 Vieirense	6:28.70	210
50m: 42.44 42.44	150m: 2:21.87 50.75	250m: 4:02.84 49.95	350m: 5:42.82 49.27
100m: 1:31.12 48.68	200m: 3:12.89 51.02	300m: 4:53.55 50.71	400m: 6:28.70 45.88
5. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	6:30.21	208
50m: 45.82 45.82	150m: 2:26.53 51.11	250m: 4:07.83 49.77	350m: 5:46.22 47.51
100m: 1:35.42 49.60	200m: 3:18.06 51.53	300m: 4:58.71 50.88	400m: 6:30.21 43.99
6. Benedita Nunes, FELIX	12 Óbidos	6:44.13	187
50m: 43.59 43.59	150m: 2:26.59 52.41	250m: 4:12.78 52.95	350m: 5:56.42 51.46
100m: 1:34.18 50.59	200m: 3:19.83 53.24	300m: 5:04.96 52.18	400m: 6:44.13 47.71
7. Rita Francisco, SIMOES	12 Vieirense	6:47.73	182
50m: 44.97 44.97	200m: 3:22.03 1:45.57	400m: 6:47.73 1:41.24	
100m: 1:36.46 51.49	300m: 5:06.49 1:44.46		
8. Rita Alexandra, JORDAO	12 Uniao Juncalense	7:15.60	149
50m: 47.64 47.64	150m: 2:40.13 57.11	250m: 4:33.75 57.13	350m: 6:25.65 56.03
100m: 1:43.02 55.38	200m: 3:36.62 56.49	300m: 5:29.62 55.87	400m: 7:15.60 49.95
9. Barbara Serrano, LOMBA	12 Ba-Leiria	7:26.79	138
50m: 45.36 45.36	150m: 2:35.75 56.57	250m: 4:34.04 59.33	350m: 6:32.72 57.53
100m: 1:39.18 53.82	200m: 3:34.71 58.96	300m: 5:35.19 1:01.15	400m: 7:26.79 54.07
10. Jessica Garcia, FERREIRA	12 Óbidos	7:53.76	116
50m: 49.91 49.91	200m: 3:47.59 1:59.93	400m: 7:53.76 2:03.65	
100m: 1:47.66 57.75	300m: 5:50.11 2:02.52		