



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

Prova 3
21/10/2023 - 16:00

Femin., 200m Costas

Senior
Resultados

Pontos: FINA 2023

Lugar				Ano				Tempo final	Pts
1.	Maria Francisca, FROIS			06	CNLeiria			2:29.72	501
	50m:	34.67	34.67	100m:	1:12.03	37.36	150m:	1:51.40	39.37
				200m:			2:29.72	38.32	
2.	Ines Mira, PINO			06	Pimpoes/Cimai			2:32.28	476
	50m:	36.27	36.27	100m:	1:14.28	38.01	150m:	1:53.02	38.74
				200m:			2:32.28	39.26	
3.	Joana Rosa, FERREIRA			05	CNLeiria			2:33.16	468
	50m:	34.56	34.56	100m:	1:13.11	38.55	150m:	1:53.13	40.02
				200m:			2:33.16	40.03	
4.	Carmen Amador, GIL			02	CNLeiria			2:35.62	446
	50m:	36.48	36.48	100m:	1:15.76	39.28	150m:	1:56.06	40.30
				200m:			2:35.62	39.56	
5.	Lara Roque, COTRIM			03	Pimpoes/Cimai			2:37.44	431
	50m:	36.44	36.44	100m:	1:15.50	39.06	150m:	1:56.27	40.77
				200m:			2:37.44	41.17	
6.	Beatriz Luz, MARTINS			06	Pimpoes/Cimai			2:41.18	401
	50m:	38.43	38.43	100m:	1:19.42	40.99	150m:	2:01.06	41.64
				200m:			2:41.18	40.12	
7.	Margarida Correia, MADEIRA			06	Nautico Marinha Grande			2:43.84	382
	50m:	38.18	38.18	100m:	1:20.00	41.82	150m:	2:02.06	42.06
				200m:			2:43.84	41.78	
8.	Ana Claudia, FERREIRA			90	Alcobaca			3:02.66	276
	50m:	43.57	43.57	100m:	1:29.53	45.96	150m:	2:16.05	46.52
				200m:			3:02.66	46.61	

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Junior
Resultados

Pontos: FINA 2023

Lugar				Ano				Tempo final	Pts
1.	Rita Rocha, SILVA			08	Alcobaca			2:37.61	429
	50m:	37.46	37.46	100m:	1:17.39	39.93	150m:	1:57.62	40.23
				200m:			2:37.61	39.99	
2.	Matilde Violante, VIANA			07	CNLeiria			2:38.14	425
	50m:	36.92	36.92	100m:	1:16.75	39.83	150m:	1:57.40	40.65
				200m:			2:38.14	40.74	
3.	Victoria Frogeri, PEREIRA			08	CNLeiria			2:40.09	410
	50m:	36.40	36.40	100m:	1:16.66	40.26	150m:	1:58.70	42.04
				200m:			2:40.09	41.39	
4.	Vanessa Liliana, ALMEIDA			07	CNLeiria			2:44.64	377
	50m:	37.21	37.21	100m:	1:18.58	41.37	150m:	2:01.32	42.74
				200m:			2:44.64	43.32	
5.	Matilde Andre, LUIS			08	Alcobaca			2:49.17	347
	50m:	42.11	42.11	100m:	1:24.90	42.79	150m:	2:07.75	42.85
				200m:			2:49.17	41.42	
6.	Camila Silva, CHAMUSCO			08	Pimpoes/Cimai			2:53.41	322
	50m:	41.42	41.42	100m:	1:25.38	43.96	150m:	2:10.43	45.05
				200m:			2:53.41	42.98	
7.	Catarina Tagaroso, LOBO			07	Uniao Juncalense			3:00.88	284
	50m:	41.85	41.85	100m:	1:27.17	45.32	150m:	2:14.73	47.56
				200m:			3:00.88	46.15	
8.	Bruna Matos, FIALHO			08	Uniao Juncalense			3:25.93	192
	50m:	47.84	47.84	100m:	1:39.69	51.85	150m:	2:33.07	53.38
				200m:			3:25.93	52.86	
9.	Benedita Ferreira, MATIAS			08	Uniao Juncalense			3:48.15	141
	50m:	53.26	53.26	100m:	1:53.88	1:00.62	150m:	2:53.87	59.99
				200m:			3:48.15	54.28	



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Juvenil A
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Beatriz Belo, CLARA 50m: 35.56 35.56 100m: 1:14.13 38.57 150m: 1:54.17 40.04 200m: 2:32.94 38.77	09 CNLeiria	2:32.94	470
2. Luana Ferreira, CRAVEIRO 50m: 35.67 35.67 100m: 1:15.12 39.45 150m: 1:56.62 41.50 200m: 2:36.34 39.72	09 Nautico Marinha Grande	2:36.34	440
3. Francisca Ramos, NUNES 50m: 36.62 36.62 100m: 1:16.99 40.37 150m: 200m: 2:37.44	09 Naval de Peniche	2:37.44	431
4. Clara Sobreiro, RODRIGUES 50m: 38.72 38.72 100m: 1:20.20 41.48 150m: 2:01.07 40.87 200m: 2:41.58 40.51	09 Pimpoes/Cimai	2:41.58	398
5. Constanca Baptista, TOMAS 50m: 38.10 38.10 100m: 1:19.56 41.46 150m: 2:01.40 41.84 200m: 2:42.28 40.88	09 Alcobaca	2:42.28	393
6. Ana Margarida, MARQUES 50m: 38.95 38.95 100m: 1:22.68 43.73 150m: 2:07.62 44.94 200m: 2:50.37 42.75	09 Ba-Leiria	2:50.37	340
7. Zofie, PACHECO 50m: 39.06 39.06 100m: 1:23.22 44.16 150m: 200m: 2:52.27	09 Naval de Peniche	2:52.27	329
8. Leonor Valerio, ADRIANO 50m: 41.97 41.97 100m: 1:25.76 43.79 150m: 2:10.62 44.86 200m: 2:54.87 44.25	09 Alcobaca	2:54.87	314
9. Mariana Santos, INACIO 50m: 43.24 43.24 100m: 1:28.43 45.19 150m: 2:14.28 45.85 200m: 2:59.49 45.21	09 Alcobaca	2:59.49	290
10. Anjali, RAICAR 50m: 41.37 41.37 100m: 1:27.31 45.94 150m: 2:15.93 48.62 200m: 3:02.34 46.41	09 Naval de Peniche	3:02.34	277
DNS Mariana Sousa, MARQUES	09 Alcobaca		

Prova 3
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Femin., 200m Costas

Juvenil B
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO 50m: 35.43 35.43 100m: 1:14.16 38.73 150m: 200m: 2:35.95 443	10 Nautico Marinha Grande	2:35.95	443
2. Diana Isabel, ALVES 50m: 37.79 37.79 100m: 1:19.38 41.59 150m: 2:00.53 41.15 200m: 2:39.90 39.37	10 Benedita	2:39.90	411
3. Debora Silva, INACIO 50m: 40.37 40.37 100m: 1:23.09 42.72 150m: 2:05.46 42.37 200m: 2:46.31 40.85	10 Pimpoes/Cimai	2:46.31	365
4. Barbara Balbino, MENDES 50m: 38.64 38.64 100m: 1:20.45 41.81 150m: 200m: 2:46.90 361	10 Naval de Peniche	2:46.90	361
5. Sofia Roma, BRIZIDA 50m: 39.17 39.17 100m: 1:22.10 42.93 150m: 2:05.84 43.74 200m: 2:47.03 41.19	10 Ba-Leiria	2:47.03	361
6. Laura Helena, AMORIM 50m: 39.66 39.66 100m: 1:22.28 42.62 150m: 200m: 2:49.90 343	10 Nautico Marinha Grande	2:49.90	343
7. Luana Filipe, REIS 50m: 41.73 41.73 100m: 1:25.53 43.80 150m: 2:08.29 42.76 200m: 2:50.43 42.14	10 Alcobaca	2:50.43	339
8. Vida Sofia, VELEZ 50m: 40.28 40.28 100m: 1:25.25 44.97 150m: 2:12.44 47.19 200m: 2:55.94 43.50	10 Ba-Leiria	2:55.94	308
9. Matilde Filipa, AMADO 50m: 41.43 41.43 100m: 1:27.44 46.01 150m: 200m: 2:57.36 301	10 Nautico Marinha Grande	2:57.36	301



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Prova 3, Femin., 200m Costas, Juvenil B

Lugar	Nome		Ano	Local				Tempo final	Pts
10.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande				2:59.31	291
	50m:	43.06 43.06	100m:	1:28.83 45.77	150m:	2:14.70 45.87	200m:	2:59.31 44.61	
11.	Elisa, HENRIQUES SOUTO		10	Óbidos				3:00.65	285
	50m:	41.28 41.28	100m:	1:26.15 44.87	150m:	2:14.21 48.06	200m:	3:00.65 46.44	
12.	Leonor Pereira, SILVA		10	Óbidos				3:01.53	281
	50m:	42.12 42.12	100m:	1:28.59 46.47	150m:		200m:	3:01.53	
13.	Mariana Sousa, OLIVEIRA		10	Alcobaca				3:06.14	260
	50m:	46.17 46.17	100m:	1:33.61 47.44	150m:	2:21.06 47.45	200m:	3:06.14 45.08	
14.	Laura Margarida, ASCENSO		10	Nautico Marinha Grande				3:07.44	255
	50m:	43.12 43.12	100m:	1:30.67 47.55	150m:	2:21.27 50.60	200m:	3:07.44 46.17	
15.	Laura Coito, SILVA		10	Pimpoes/Cimai				3:08.22	252
	50m:	44.13 44.13	100m:	1:32.42 48.29	150m:		200m:	3:08.22	
16.	Constanca Rolim, PEDRO		10	Ba-Leiria				3:22.41	202
	50m:	46.98 46.98	100m:	1:38.98 52.00	150m:	2:31.74 52.76	200m:	3:22.41 50.67	

Prova 3
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Infantil A
Resultados

Pontos: FINA 2023

Lugar	Nome		Ano	Local				Tempo final	Pts
1.	Leonor Mota, ALVES		11	Nautico Marinha Grande				2:47.52	357
	50m:	39.93 39.93	100m:	1:22.71 42.78	150m:	2:06.08 43.37	200m:	2:47.52 41.44	
2.	Maria Leonor, ALMEIDA		11	Benedita				2:49.03	348
	50m:	40.64 40.64	100m:	1:23.59 42.95	150m:	2:07.08 43.49	200m:	2:49.03 41.95	
3.	Carolina Silva, CASTANHEIRA		11	CNLeiria				2:51.84	331
	50m:	40.21 40.21	100m:	1:23.92 43.71	150m:	2:08.32 44.40	200m:	2:51.84 43.52	
4.	Francisca Moreira, FELICIANO		11	Alcobaca				2:55.37	311
	50m:	41.05 41.05	100m:	1:26.03 44.98	150m:	2:12.13 46.10	200m:	2:55.37 43.24	
5.	Mariana Sousa, MENDES		11	Alcobaca				2:59.36	291
	50m:	43.12 43.12	100m:	1:29.30 46.18	150m:	2:15.30 46.00	200m:	2:59.36 44.06	
6.	Isabela Maria, CARREIRA		11	Uniao Juncalense				3:08.29	252
	50m:	44.57 44.57	100m:	1:32.41 47.84	150m:	2:20.95 48.54	200m:	3:08.29 47.34	
7.	Leiriia Silviovna, TONKIKH		11	CNLeiria				3:09.56	247
	50m:	43.79 43.79	100m:	1:32.73 48.94	150m:	2:22.70 49.97	200m:	3:09.56 46.86	
8.	Beatriz Marques, GASPAR		11	Nautico Marinha Grande				3:10.40	243
	50m:	43.62 43.62	100m:	1:32.09 48.47	150m:	2:21.84 49.75	200m:	3:10.40 48.56	
9.	Cristiana Henriques, ALMEIDA		11	Benedita				3:12.17	237
	50m:	44.95 44.95	100m:	1:32.87 47.92	150m:	2:23.09 50.22	200m:	3:12.17 49.08	
10.	Maria Santos, FONSECA		11	CNLeiria				3:16.25	222
	50m:	48.12 48.12	100m:	1:38.03 49.91	150m:	2:27.82 49.79	200m:	3:16.25 48.43	
11.	Matilde Pinto, ANTUNES		11	Naval de Peniche				3:16.68	221
	50m:	47.11 47.11	100m:	1:37.62 50.51	150m:	2:28.28 50.66	200m:	3:16.68 48.40	
12.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense				3:19.37	212
	50m:	49.59 49.59	100m:	1:42.31 52.72	150m:	2:31.86 49.55	200m:	3:19.37 47.51	
13.	Isabela Lourenco, COSTA		11	Benedita				3:23.08	200
	50m:	47.85 47.85	100m:	1:39.22 51.37	150m:	2:31.74 52.52	200m:	3:23.08 51.34	
14.	Kelly Simao, COSTA		11	Óbidos				3:32.68	174
	50m:	48.57 48.57	100m:	1:42.00 53.43	150m:	2:37.98 55.98	200m:	3:32.68 54.70	



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Prova 3, Femin., 200m Costas, Infantil A

Lugar	Nome		Ano	Clube	Tempo final				Pts			
15.	Erica Felix, RODRIGUES		11	Uniao Juncalense	3:35.17				168			
	50m:	50.77	50.77	100m:	1:45.37	54.60	150m:	2:41.20	55.83	200m:	3:35.17	53.97
16.	Margarida Soares, MAIA		11	Nautico Marinha Grande	3:37.32				163			
	50m:	51.91	51.91	100m:	1:47.84	55.93	150m:	2:44.15	56.31	200m:	3:37.32	53.17

Prova 3
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Infantil B
Resultados

Pontos: FINA 2023

Lugar	Nome		Ano	Clube	Tempo final				Pts			
1.	Laura Krempel, VARELA		12	Pimpoes/Cimai	2:58.86				294			
	50m:	42.59	42.59	100m:	1:28.51	45.92	150m:	2:14.73	46.22	200m:	2:58.86	44.13
2.	Mafalda Varela, BERNARDINO		12	Alcobaca	3:08.12				252			
	50m:	45.50	45.50	100m:	1:34.04	48.54	150m:	2:22.43	48.39	200m:	3:08.12	45.69
3.	Ines Pinto, MARTINS		12	Pimpoes/Cimai	3:11.37				240			
	50m:	46.96	46.96	100m:	1:35.81	48.85	150m:	2:24.43	48.62	200m:	3:11.37	46.94
4.	Julia Pinto, PINHEIRO		12	Pimpoes/Cimai	3:22.41				202			
	50m:	50.71	50.71	100m:	1:42.71	52.00	150m:	2:33.42	50.71	200m:	3:22.41	48.99
5.	Carminho Traquina, ANDRE		12	Alcobaca	3:23.19				200			
	50m:	49.51	49.51	100m:	1:41.74	52.23	150m:	2:33.66	51.92	200m:	3:23.19	49.53
6.	Benedita Nunes, FELIX		12	Óbidos	3:24.79				195			
	50m:	46.74	46.74	100m:	1:40.03	53.29	150m:	2:34.55	54.52	200m:	3:24.79	50.24
7.	Maria Leonor, ASSUNCAO		12	Pimpoes/Cimai	3:26.42				191			
	50m:	50.14	50.14	100m:	1:42.32	52.18	150m:	2:36.37	54.05	200m:	3:26.42	50.05
8.	Beatriz Julio, CORREIA		12	CNLeiria	3:28.17				186			
	50m:	48.53	48.53	100m:	1:43.15	54.62	150m:			200m:	3:28.17	
9.	Rita Alexandra, JORDAO		12	Uniao Juncalense	3:31.34				178			
	50m:	50.90	50.90	100m:	1:45.12	54.22	150m:	2:39.92	54.80	200m:	3:31.34	51.42
10.	Maria Victoria, PACHECO		12	Alcobaca	3:32.62				175			
	50m:	50.59	50.59	100m:	1:45.05	54.46	150m:	2:39.10	54.05	200m:	3:32.62	53.52
11.	Barbara Serrano, LOMBA		12	Ba-Leiria	3:35.96				167			
	50m:	47.93	47.93	100m:	1:44.09	56.16	150m:	2:41.25	57.16	200m:	3:35.96	54.71
12.	Jessica Garcia, FERREIRA		12	Óbidos	3:43.73				150			
	50m:	52.65	52.65	100m:	1:48.40	55.75	150m:	2:47.35	58.95	200m:	3:43.73	56.38
13.	Mariana Duarte, ANTUNES		12	Alcobaca	3:49.90				138			
	50m:	54.65	54.65	100m:	1:53.94	59.29	150m:			200m:	3:49.90	
14.	Yaroslava, TABUNSCHYK		12	CNLeiria	3:52.88				133			
	50m:	52.25	52.25	100m:	1:54.79	1:02.54	150m:	2:54.88	1:00.09	200m:	3:52.88	58.00
15.	Maria Leonor, FERREIRA		12	Óbidos	3:57.32				125			
	50m:	54.97	54.97	100m:	1:54.66	59.69	150m:	2:56.16	1:01.50	200m:	3:57.32	1:01.16
DSQ	Emma Maria, AVRAMESCU		12	Nautico Marinha Grande	<i>Após a viragem dos 150 metros, a atleta saiu da parede na posição ventral.</i>							
DNS	Ana Francisca, QUERIDO		12	Pimpoes/Cimai								