



Campeonato Distrital de Piscina Curta
Leiria, 25 - 26/11/2023

Prova 10 Femin., 200m Estilos Senior Resultados
25/11/2023 - 11:30

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|--------------|---------|----------------------|-----|------------------|------|
| Rec Nac Open | 2:12.08 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 2017 |
| Rec Nac SEN | 2:12.08 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 2017 |

Pontos: FINA 2023

| Lugar | Ano | | Tempo final | | | | Pts |
|----------------------------|---------------|---------------|---------------|-------|---------------|-------|-----|
| 1. Ines Apolinario, SOARES | 03 | Pimpoes/Cimai | 2:35.74 | | | | 479 |
| 50m: 34.06 34.06 | 100m: 1:12.46 | 38.40 | 150m: 1:59.32 | 46.86 | 200m: 2:35.74 | 36.42 | |
| 2. Ana Claudia, FERREIRA | 90 | Alcobaca | 2:36.93 | | | | 468 |
| 50m: 32.39 32.39 | 100m: 1:15.40 | 43.01 | 150m: 1:45.71 | 30.31 | 200m: 2:36.93 | 51.22 | |
| 3. Lara Roque, COTRIM | 03 | Pimpoes/Cimai | 2:43.72 | | | | 412 |
| 50m: 35.10 35.10 | 100m: 1:13.84 | 38.74 | 150m: 2:02.87 | 49.03 | 200m: 2:43.72 | 40.85 | |

Prova 10 Femin., 200m Estilos Junior Resultados
25/11/2023 - 11:30

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|--------------|---------|------------------------|------|-----------------------|------|
| Rec Nac Open | 2:12.08 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 2017 |
| Rec Nac 17 | 2:15.10 | Mariana Pacheco, CUNHA | CNCE | Felgueiras | 2021 |
| Rec Nac 16 | 2:14.94 | Maria Carolina, ROSA | SCP | S. António Cavaleiros | 2009 |

Pontos: FINA 2023

| Lugar | Ano | | Tempo final | | | | Pts |
|--------------------------------|---------------|------------------|---------------|---------|---------------|-------|-----|
| 1. Rita Rocha, SILVA | 08 | Alcobaca | 2:41.07 | | | | 433 |
| 50m: 34.81 34.81 | 100m: 1:16.83 | 42.02 | 150m: 2:02.38 | 45.55 | 200m: 2:41.07 | 38.69 | |
| 2. Camila Silva, CHAMUSCO | 08 | Pimpoes/Cimai | 2:52.90 | | | | 350 |
| 50m: 38.46 38.46 | 100m: 1:12.38 | 33.92 | 150m: 2:12.56 | 1:00.18 | 200m: 2:52.90 | 40.34 | |
| 3. Matilde Santos, COUTINHO | 07 | Naval da Nazaré | 2:57.59 | | | | 323 |
| 50m: 36.56 36.56 | 100m: 1:21.65 | 45.09 | 150m: 2:15.19 | 53.54 | 200m: 2:57.59 | 42.40 | |
| 4. Constanca Carvalho, PIEDADE | 08 | Uniao Juncalense | 3:02.32 | | | | 298 |
| 50m: 39.56 39.56 | 100m: 1:26.33 | 46.77 | 150m: 2:19.36 | 53.03 | 200m: 3:02.32 | 42.96 | |
| DNS Marta Cabete, GOMES | 08 | CNLeiria | | | | | |

Prova 10 Femin., 200m Estilos Juvenil A Resultados
25/11/2023 - 11:30

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|---------------|---------|------------------------|-----|------------------|------|
| Rec Nac Open | 2:12.08 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 2017 |
| Rec Nac JUV A | 2:18.13 | Mariana Pacheco, CUNHA | CFP | Felgueiras | 2019 |

Pontos: FINA 2023

| Lugar | Ano | | Tempo final | | | | Pts |
|-----------------------------|---------------|------------------------|---------------|-------|---------------|-------|-----|
| 1. Luana Ferreira, CRAVEIRO | 09 | Nautico Marinha Grande | 2:33.17 | | | | 503 |
| 50m: 33.48 33.48 | 100m: 1:13.99 | 40.51 | 150m: 1:57.51 | 43.52 | 200m: 2:33.17 | 35.66 | |
| 2. Beatriz Belo, CLARA | 09 | CNLeiria | 2:36.61 | | | | 471 |
| 50m: 32.67 32.67 | 100m: 1:12.27 | 39.60 | 150m: 2:01.68 | 49.41 | 200m: 2:36.61 | 34.93 | |
| 3. Francisca Ramos, NUNES | 09 | Naval de Peniche | 2:38.16 | | | | 457 |
| 50m: 34.50 34.50 | 100m: 1:14.98 | 40.48 | 150m: 2:02.66 | 47.68 | 200m: 2:38.16 | 35.50 | |
| 4. Teresa Maria, LOPES | 09 | Benedita | 2:41.35 | | | | 430 |
| 50m: 35.34 35.34 | 100m: 1:18.04 | 42.70 | 150m: 2:04.47 | 46.43 | 200m: 2:41.35 | 36.88 | |
| 5. Maria Teresa, OLIVEIRA | 09 | Ba-Leiria | 2:50.08 | | | | 367 |
| 50m: 38.50 38.50 | 100m: 1:24.53 | 46.03 | 150m: 2:09.28 | 44.75 | 200m: 2:50.08 | 40.80 | |
| 6. Ana Margarida, MARQUES | 09 | Ba-Leiria | 2:53.45 | | | | 346 |
| 50m: 36.04 36.04 | 100m: 1:21.28 | 45.24 | 150m: 2:13.47 | 52.19 | 200m: 2:53.45 | 39.98 | |



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Leiria, 25 - 26/11/2023

Prova 10, Femin., 200m Estilos, Juvenil A

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|--|-------|---------------|------------------|---------------|-------|---------------|-------------|-----|
| 7. | Zofie, PACHECO | | 09 | Naval de Peniche | | | | 2:54.40 | 341 |
| | 50m: 38.07 | 38.07 | 100m: 1:24.94 | 46.87 | 150m: 2:15.94 | 51.00 | 200m: 2:54.40 | 38.46 | |
| 8. | Maria Margarida, OLIVEIRA | | 09 | Ba-Leiria | | | | 2:57.71 | 322 |
| | 50m: 40.68 | 40.68 | 100m: 1:26.82 | 46.14 | 150m: 2:15.89 | 49.07 | 200m: 2:57.71 | 41.82 | |
| 9. | Ines Ferreira, CHELEU | | 09 | Ba-Leiria | | | | 3:01.26 | 303 |
| | 50m: 39.57 | 39.57 | 100m: 1:26.59 | 47.02 | 150m: 2:19.71 | 53.12 | 200m: 3:01.26 | 41.55 | |
| 10. | Anjali, RAICAR | | 09 | Naval de Peniche | | | | 3:03.93 | 290 |
| | 50m: 40.50 | 40.50 | 100m: 1:27.84 | 47.34 | 150m: 2:21.93 | 54.09 | 200m: 3:03.93 | 42.00 | |
| DSQ | Mariana Sousa, MARQUES | | 09 | Alcobaca | | | | | |
| | <i>A atleta tocou com uma mão na viragem dos 150 metros.</i> | | | | | | | | |

Prova 10

25/11/2023 - 11:30

Femin., 200m Estilos

Juvenil B

Resultados

| | | | | | |
|---------------|---------|------------------------|-----|------------------|------|
| Rec Nac Open | 2:12.08 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 2017 |
| Rec Nac JUV B | 2:19.79 | Mariana Pacheco, CUNHA | CFP | Felgueiras | 2018 |

Pontos: FINA 2023

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|--------------------------|-------|---------------|-------------------------|---------------|-------|---------------|-------------|-----|
| 1. | Sofia Roma, BRIZIDA | | 10 | Ba-Leiria | | | | 2:42.17 | 424 |
| | 50m: 37.30 | 37.30 | 100m: 1:18.71 | 41.41 | 150m: 2:03.77 | 45.06 | 200m: 2:42.17 | 38.40 | |
| 2. | Laura Helena, AMORIM | | 10 | Nautico Marinha Grande | | | | 2:45.13 | 401 |
| | 50m: 35.87 | 35.87 | 100m: 1:18.58 | 42.71 | 150m: 2:07.16 | 48.58 | 200m: 2:45.13 | 37.97 | |
| 3. | Diana Isabel, ALVES | | 10 | Benedita | | | | 2:45.37 | 400 |
| | 50m: 36.33 | 36.33 | 100m: 1:17.95 | 41.62 | 150m: 2:08.69 | 50.74 | 200m: 2:45.37 | 36.68 | |
| 4. | Bianca Balbino, MENDES | | 10 | Naval de Peniche | | | | 2:45.94 | 396 |
| | 50m: 38.07 | 38.07 | 100m: 1:20.31 | 42.24 | 150m: 2:08.84 | 48.53 | 200m: 2:45.94 | 37.10 | |
| 5. | Barbara Balbino, MENDES | | 10 | Naval de Peniche | | | | 2:47.17 | 387 |
| | 50m: 36.02 | 36.02 | 100m: 1:19.26 | 43.24 | 150m: 2:09.32 | 50.06 | 200m: 2:47.17 | 37.85 | |
| 6. | Matilde Santos, VIEIRA | | 10 | Nautico Marinha Grande | | | | 2:47.63 | 384 |
| | 50m: 37.05 | 37.05 | 100m: 1:22.23 | 45.18 | 150m: 2:11.43 | 49.20 | 200m: 2:47.63 | 36.20 | |
| 7. | Maria Carolina, ALVES | | 10 | Ba-Leiria | | | | 2:53.43 | 346 |
| | 50m: 35.91 | 35.91 | 100m: 1:20.22 | 44.31 | 150m: 2:12.65 | 52.43 | 200m: 2:53.43 | 40.78 | |
| 8. | Debora Silva, INACIO | | 10 | Pimpoes/Cimai | | | | 2:54.14 | 342 |
| | 50m: 37.48 | 37.48 | 100m: 1:20.22 | 42.74 | 150m: 2:13.51 | 53.29 | 200m: 2:54.14 | 40.63 | |
| 9. | Vida Sofia, VELEZ | | 10 | Ba-Leiria | | | | 2:56.01 | 331 |
| | 50m: 41.31 | 41.31 | 100m: 1:26.81 | 45.50 | 150m: 2:15.56 | 48.75 | 200m: 2:56.01 | 40.45 | |
| EXH | Catarina Martins, MESTRE | | 00 | Clube Natação de Lisboa | | | | 2:26.35 | 577 |
| | 50m: 31.38 | 31.38 | 100m: 1:07.56 | 36.18 | 150m: 1:51.43 | 43.87 | 200m: 2:26.35 | 34.92 | |
| EXH | Catarina Costa, SEQUEIRA | | 98 | Clube Natação de Lisboa | | | | 2:33.10 | 504 |
| | 50m: 32.89 | 32.89 | 100m: 1:14.60 | 41.71 | 150m: 1:56.93 | 42.33 | 200m: 2:33.10 | 36.17 | |