



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

Prova 20 Senior  
25/11/2023 - 16:46 Resultados

Femin., 400m Estilos

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	2017
Rec Nac SEN	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	2017

Pontos: FINA 2023

Lugar	Ano		Tempo final				Pts
1. Ana Francisca, SILVA	06	Alcobaca	5:14.20				559
50m: 33.75 33.75	150m: 1:52.48	39.29	250m: 3:18.49	46.52	350m: 4:40.59	36.09	
100m: 1:13.19 39.44	200m: 2:31.97	39.49	300m: 4:04.50	46.01	400m: 5:14.20	33.61	

Prova 20 Junior  
25/11/2023 - 16:46 Resultados

Femin., 400m Estilos

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	2017
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	2018
Rec Nac 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	2011

Pontos: FINA 2023

Lugar	Ano		Tempo final				Pts
1. Rita Rocha, SILVA	08	Alcobaca	5:38.56				447
50m: 36.64 36.64	150m: 2:03.10	44.06	250m: 3:32.57	46.56	350m: 5:00.12	40.43	
100m: 1:19.04 42.40	200m: 2:46.01	42.91	300m: 4:19.69	47.12	400m: 5:38.56	38.44	
2. Matilde Santos, COUTINHO	07	Naval da Nazaré	6:19.03				318
50m: 38.92 38.92	150m: 2:15.23	50.05	250m: 3:57.20	52.55	350m: 5:35.33	44.99	
100m: 1:25.18 46.26	200m: 3:04.65	49.42	300m: 4:50.34	53.14	400m: 6:19.03	43.70	

Prova 20 Juvenil A  
25/11/2023 - 16:46 Resultados

Femin., 400m Estilos

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	2017
Rec Nac JUV A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	2004

Pontos: FINA 2023

Lugar	Ano		Tempo final				Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	5:14.36				558
50m: 33.93 33.93	150m: 1:58.19	42.58	250m: 3:21.54	43.62	350m: 4:41.29	35.43	
100m: 1:15.61 41.68	200m: 2:37.92	39.73	300m: 4:05.86	44.32	400m: 5:14.36	33.07	
2. Teresa Maria, LOPES	09	Benedita	5:44.24				425
50m: 37.09 37.09	150m: 2:05.34	45.18	250m: 3:38.19	49.31	350m: 5:06.79	38.29	
100m: 1:20.16 43.07	200m: 2:48.88	43.54	300m: 4:28.50	50.31	400m: 5:44.24	37.45	
3. Ana Margarida, MARQUES	09	Ba-Leiria	5:54.18				390
50m: 38.07 38.07	150m: 2:08.97	44.00	250m: 3:42.99	50.59	350m: 5:15.76	40.27	
100m: 1:24.97 46.90	200m: 2:52.40	43.43	300m: 4:35.49	52.50	400m: 5:54.18	38.42	
4. Sara Ines, SOUSA	09	Ba-Leiria	6:15.87				326
50m: 41.36 41.36	150m: 2:22.88	49.52	250m: 4:01.56	51.31	350m: 5:36.99	41.86	
100m: 1:33.36 52.00	200m: 3:10.25	47.37	300m: 4:55.13	53.57	400m: 6:15.87	38.88	



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Prova 20, Femin., 400m Estilos

Prova 20	Femin., 400m Estilos				Juvenil B
25/11/2023 - 16:46					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	2017
Rec Nac JUV B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	2018

Pontos: FINA 2023

Lugar			Ano							Tempo final	Pts	
1.	Diana Isabel, ALVES		10	Benedita						5:47.58	413	
	50m:	37.34	37.34	150m:	2:05.18	43.88	250m:	3:39.09	51.23	350m:	5:09.82	39.22
	100m:	1:21.30	43.96	200m:	2:47.86	42.68	300m:	4:30.60	51.51	400m:	5:47.58	37.76
2.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande						5:49.89	405	
	50m:	38.79	38.79	150m:	2:10.61	45.60	250m:	3:44.50	49.46	350m:	5:13.85	39.18
	100m:	1:25.01	46.22	200m:	2:55.04	44.43	300m:	4:34.67	50.17	400m:	5:49.89	36.04
3.	Sofia Roma, BRIZIDA		10	Ba-Leiria						5:51.48	399	
	50m:	39.54	39.54	150m:	2:11.53	42.81	250m:	3:41.81	47.59	350m:	5:12.75	43.17
	100m:	1:28.72	49.18	200m:	2:54.22	42.69	300m:	4:29.58	47.77	400m:	5:51.48	38.73
4.	Debora Silva, INACIO		10	Pimpoes/Cimai						6:10.04	342	
	50m:	39.69	39.69	150m:	2:15.96	46.58	250m:	3:55.20	53.37	350m:	5:29.96	39.40
	100m:	1:29.38	49.69	200m:	3:01.83	45.87	300m:	4:50.56	55.36	400m:	6:10.04	40.08