

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

Prova 22 Senior
25/11/2023 - 17:15 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec Nac SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017

Pontos: FINA 2023

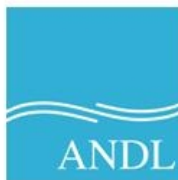
Lugar	Ano		Tempo final		Pts
1. Joana Rosa, FERREIRA	05	CNLeiria	4:37.65		578
50m: 31.74 31.74	150m: 1:41.92 35.32	250m: 2:52.44 35.29	350m: 4:03.44 35.38		
100m: 1:06.60 34.86	200m: 2:17.15 35.23	300m: 3:28.06 35.62	400m: 4:37.65 34.21		
2. Margarida Correia, MADEIRA	06	Nautico Marinha Grande	4:39.73		565
50m: 31.73 31.73	150m: 1:41.19 35.09	250m: 2:51.83 35.26	350m: 4:04.20 36.41		
100m: 1:06.10 34.37	200m: 2:16.57 35.38	300m: 3:27.79 35.96	400m: 4:39.73 35.53		
3. Ines Mira, PINO	06	Pimpoes/Cimai	4:47.99		518
50m: 32.59 32.59	150m: 1:44.38 36.50	250m: 2:58.11 36.94	350m: 4:12.50 37.18		
100m: 1:07.88 35.29	200m: 2:21.17 36.79	300m: 3:35.32 37.21	400m: 4:47.99 35.49		
4. Ana Claudia, FERREIRA	90	Alcobaca	4:48.42		515
50m: 32.20 32.20	150m: 1:44.27 36.71	250m: 2:57.95 36.82	350m: 4:12.00 37.03		
100m: 1:07.56 35.36	200m: 2:21.13 36.86	300m: 3:34.97 37.02	400m: 4:48.42 36.42		
5. Dalila Leal, BERNARDINO	06	Nucleo de Pombal	4:58.46		465
50m: 33.02 33.02	150m: 1:47.12 37.42	250m: 3:03.03 38.33	350m: 4:19.07 37.58		
100m: 1:09.70 36.68	200m: 2:24.70 37.58	300m: 3:41.49 38.46	400m: 4:58.46 39.39		
6. Leonor Caetano, MOREIRA	06	Vieirense	4:58.59		464
50m: 33.50 33.50	150m: 1:48.70 38.02	250m: 3:05.02 38.02	350m: 4:20.88 37.97		
100m: 1:10.68 37.18	200m: 2:27.00 38.30	300m: 3:42.91 37.89	400m: 4:58.59 37.71		
7. Maria Silva, CARVALHO	05	Pimpoes/Cimai	5:18.47		383
50m: 34.90 34.90	150m: 1:52.83 39.61	250m: 3:14.47 41.37	350m: 4:38.03 41.74		
100m: 1:13.22 38.32	200m: 2:33.10 40.27	300m: 3:56.29 41.82	400m: 5:18.47 40.44		

Prova 22 Junior
25/11/2023 - 17:15 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	2017

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
1. Matilde Violante, VIANA	07	CNLeiria	4:44.15		539
50m: 32.63 32.63	150m: 1:43.69 35.81	250m: 2:56.25 36.02	350m: 4:08.93 36.31		
100m: 1:07.88 35.25	200m: 2:20.23 36.54	300m: 3:32.62 36.37	400m: 4:44.15 35.22		
2. Matilde Andre, LUIS	08	Alcobaca	5:01.35		452
50m: 34.73 34.73	150m: 1:49.67 37.78	250m: 3:06.03 38.14	350m: 4:23.53 39.01		
100m: 1:11.89 37.16	200m: 2:27.89 38.22	300m: 3:44.52 38.49	400m: 5:01.35 37.82		



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

Prova 22, Femin., 400m Livres

Prova 22 Femin., 400m Livres Juvenil A
25/11/2023 - 17:15 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	2004

Pontos: FINA 2023

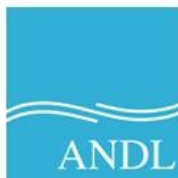
Lugar			Ano							Tempo final	Pts
1.	Luana Ferreira, CRAVEIRO		09	Nautico Marinha Grande						4:35.48	591
	50m:	31.33 31.33	150m:	1:41.02	35.17	250m:	2:51.50	34.91	350m:	4:01.20	34.20
	100m:	1:05.85 34.52	200m:	2:16.59	35.57	300m:	3:27.00	35.50	400m:	4:35.48	34.28
2.	Constanca Baptista, TOMAS		09	Alcobaca						4:43.86	541
	50m:	31.85 31.85	150m:	1:43.16	36.14	250m:	2:56.14	36.60	350m:	4:08.26	36.43
	100m:	1:07.02 35.17	200m:	2:19.54	36.38	300m:	3:31.83	35.69	400m:	4:43.86	35.60
3.	Francisca Ramos, NUNES		09	Naval de Peniche						4:49.81	508
	50m:	32.19 32.19	150m:	1:45.03	36.87	250m:	3:00.08	37.71	350m:	4:14.94	37.19
	100m:	1:08.16 35.97	200m:	2:22.37	37.34	300m:	3:37.75	37.67	400m:	4:49.81	34.87
4.	Teresa Maria, LOPES		09	Benedita						4:52.96	492
	50m:	33.44 33.44	150m:	1:47.75	37.57	250m:	3:02.14	36.94	350m:	4:16.93	37.22
	100m:	1:10.18 36.74	200m:	2:25.20	37.45	300m:	3:39.71	37.57	400m:	4:52.96	36.03
5.	Mariana Sousa, MARQUES		09	Alcobaca						5:06.56	429
	50m:	34.75 34.75	150m:	1:51.83	39.11	250m:	3:11.10	39.59	350m:	4:29.02	38.15
	100m:	1:12.72 37.97	200m:	2:31.51	39.68	300m:	3:50.87	39.77	400m:	5:06.56	37.54
6.	Zofie, PACHECO		09	Naval de Peniche						5:12.80	404
	50m:	34.20 34.20	150m:	1:52.81	39.46	250m:	3:12.81	40.10	350m:	4:34.34	40.67
	100m:	1:13.35 39.15	200m:	2:32.71	39.90	300m:	3:53.67	40.86	400m:	5:12.80	38.46
7.	Leonor Valerio, ADRIANO		09	Alcobaca						5:24.46	362
	50m:	35.87 35.87	150m:	1:56.53	40.85	250m:	3:20.21	42.02	350m:	4:43.27	41.77
	100m:	1:15.68 39.81	200m:	2:38.19	41.66	300m:	4:01.50	41.29	400m:	5:24.46	41.19
8.	Ines Ferreira, CHELEU		09	Ba-Leiria						5:28.52	349
	50m:	35.69 35.69	150m:	1:57.06	41.24	250m:	3:20.84	41.93	350m:	4:46.04	42.79
	100m:	1:15.82 40.13	200m:	2:38.91	41.85	300m:	4:03.25	42.41	400m:	5:28.52	42.48
9.	Anjali, RAICAR		09	Naval de Peniche						5:34.29	331
	50m:	37.20 37.20	150m:	2:00.58	41.92	250m:	3:26.45	42.89	350m:	4:53.90	43.71
	100m:	1:18.66 41.46	200m:	2:43.56	42.98	300m:	4:10.19	43.74	400m:	5:34.29	40.39

Prova 22 Femin., 400m Livres Juvenil B
25/11/2023 - 17:15 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	2004

Pontos: FINA 2023

Lugar			Ano							Tempo final	Pts
1.	Bianca Balbino, MENDES		10	Naval de Peniche						4:53.06	491
	50m:	33.04 33.04	150m:	1:46.43	37.32	250m:	3:01.03	37.17	350m:	4:17.04	37.30
	100m:	1:09.11 36.07	200m:	2:23.86	37.43	300m:	3:39.74	38.71	400m:	4:53.06	36.02
2.	Barbara Balbino, MENDES		10	Naval de Peniche						4:58.00	467
	50m:	33.41 33.41	150m:	1:46.77	37.16	250m:	3:03.39	38.33	350m:	4:20.02	38.43
	100m:	1:09.61 36.20	200m:	2:25.06	38.29	300m:	3:41.59	38.20	400m:	4:58.00	37.98
3.	Madalena Gracio, PEDROSO		10	Nautico Marinha Grande						4:58.56	464
	50m:	33.97 33.97	150m:	1:50.51	38.89	250m:	3:07.12	37.76	350m:	4:22.26	37.53
	100m:	1:11.62 37.65	200m:	2:29.36	38.85	300m:	3:44.73	37.61	400m:	4:58.56	36.30



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

Prova 22, Femin., 400m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts			
4. Diana Isabel, ALVES	10	Benedita	5:07.28	426		
50m: 35.14 35.14	150m: 1:52.27	39.16	250m: 3:11.00	39.10	350m: 4:29.42	38.76
100m: 1:13.11 37.97	200m: 2:31.90	39.63	300m: 3:50.66	39.66	400m: 5:07.28	37.86
5. Laura Helena, AMORIM	10	Nautico Marinha Grande	5:13.00	403		
50m: 33.94 33.94	150m: 1:51.01	39.45	250m: 3:11.54	40.28	350m: 4:33.46	40.89
100m: 1:11.56 37.62	200m: 2:31.26	40.25	300m: 3:52.57	41.03	400m: 5:13.00	39.54
6. Maria Carolina, ALVES	10	Ba-Leiria	5:16.09	391		
50m: 34.73 34.73	150m: 1:52.87	39.88	250m: 3:14.81	40.96	350m: 4:36.74	40.47
100m: 1:12.99 38.26	200m: 2:33.85	40.98	300m: 3:56.27	41.46	400m: 5:16.09	39.35
7. Leonor Pereira, SILVA	10	Óbidos	5:22.54	368		
50m: 34.57 34.57	150m: 1:54.30	40.83	250m: 3:19.12	42.69	350m: 4:43.49	41.74
100m: 1:13.47 38.90	200m: 2:36.43	42.13	300m: 4:01.75	42.63	400m: 5:22.54	39.05
8. Vida Sofia, VELEZ	10	Ba-Leiria	5:24.52	362		
50m: 36.79 36.79	150m: 1:59.90	42.11	250m: 3:23.10	41.91	350m: 4:45.24	40.89
100m: 1:17.79 41.00	200m: 2:41.19	41.29	300m: 4:04.35	41.25	400m: 5:24.52	39.28
9. Rafaela Santos, AFONSO	10	Naval de Peniche	5:34.01	332		
50m: 37.89 37.89	150m: 2:03.26	43.30	250m: 3:28.51	42.96	350m: 4:54.15	42.35
100m: 1:19.96 42.07	200m: 2:45.55	42.29	300m: 4:11.80	43.29	400m: 5:34.01	39.86
10. Mariana Santos, AFONSO	10	Naval de Peniche	5:35.67	327		
50m: 37.55 37.55	150m: 2:02.73	43.30	250m: 3:28.07	43.04	350m: 4:54.93	43.74
100m: 1:19.43 41.88	200m: 2:45.03	42.30	300m: 4:11.19	43.12	400m: 5:35.67	40.74
11. Constanca Rolim, PEDRO	10	Ba-Leiria	5:58.22	269		
50m: 39.19 39.19	150m: 2:08.85	45.47	250m: 3:41.89	46.55	350m: 5:13.41	45.72
100m: 1:23.38 44.19	200m: 2:55.34	46.49	300m: 4:27.69	45.80	400m: 5:58.22	44.81
12. Mariana Sousa, OLIVEIRA	10	Alcobaca	6:02.26	260		
50m: 41.06 41.06	150m: 2:11.82	45.55	250m: 3:44.68	46.94	350m: 5:18.72	47.08
100m: 1:26.27 45.21	200m: 2:57.74	45.92	300m: 4:31.64	46.96	400m: 6:02.26	43.54
EXH Catarina Martins, MESTRE	00	Clube Natação de Lisboa	4:41.11	557		
50m: 31.68 31.68	150m: 1:41.64	35.26	250m: 2:53.52	35.94	350m: 4:05.52	35.67
100m: 1:06.38 34.70	200m: 2:17.58	35.94	300m: 3:29.85	36.33	400m: 4:41.11	35.59
EXH Catarina Costa, SEQUEIRA	98	Clube Natação de Lisboa	4:43.97	540		
50m: 33.04 33.04	150m: 1:44.07	35.90	250m: 2:56.50	35.94	350m: 4:08.50	36.10
100m: 1:08.17 35.13	200m: 2:20.56	36.49	300m: 3:32.40	35.90	400m: 4:43.97	35.47