



XXVI Torneio Taça Cidade de Alcobaça
Alcobaça, 6.1.2024

Prova 5	Femin., 200m Livres				GO (SEN+JUN)
06.01.2024 - 15:54					Resultados
Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac SEN	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac 17	1:59.62	Leticia Maia, ANDRE	SLB	Felgueiras	2018
Rec. Nac 16	2:01.12	Francisca Soares, MARTINS	FOCA	Felgueiras	2019

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Leonor Verissimo, FARIA	06	Náutico Académico Coimbra	2:11.86 9.00 585
50m: 31.42 31.42	100m: 1:04.94 33.52	150m: 1:38.80 33.86	200m: 2:11.86 33.06
2. Beatriz Costa, TEJO	02	Academica de Coimbra	2:12.84 7.00 572
50m: 31.66 31.66	100m: 1:05.32 33.66	150m: 1:39.49 34.17	200m: 2:12.84 33.35
3. Helena Nunes, RODRIGUES	03	Condeixa Aqua Clube	2:13.96 6.00 558
50m: 31.37 31.37	100m: 1:04.87 33.50	150m: 1:39.18 34.31	200m: 2:13.96 34.78
4. Maria Jardim, FIDALGO	04	Clube Futebol Os Belenenses	2:14.60 5.00 550
50m: 30.76 30.76	100m: 1:04.47 33.71	150m: 1:39.49 35.02	200m: 2:14.60 35.11
5. Rafaela Ferreira, MENDES	08	Torres Novas	2:17.24 4.00 519
50m: 31.27 31.27	100m: 1:05.09 33.82	150m: 1:41.13 36.04	200m: 2:17.24 36.11
6. Leonor Vendima, COELHO	07	CNLeiria	2:20.07 3.00 488
50m: 32.30 32.30	100m: 1:07.46 35.16	150m: 1:44.29 36.83	200m: 2:20.07 35.78
7. Marta Oliveira, FERREIRA	08	Colégio Vasco da Gama	2:27.22 2.00 420
50m: 33.86 33.86	100m: 1:10.69 36.83	150m: 1:48.59 37.90	200m: 2:27.22 38.63

Prova 5	Femin., 200m Livres				Juvenil A
06.01.2024 - 15:54					Resultados
Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac JUV A	2:03.90	Maria Ferreira, MOURA	SCP	Algés	2019

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	2:15.12 9.00 544
50m: 31.16 31.16	100m: 1:05.40 34.24	150m: 1:40.19 34.79	200m: 2:15.12 34.93
2. Beatriz Belo, CLARA	09	CNLeiria	2:21.48 7.00 473
50m: 32.08 32.08	100m: 1:07.79 35.71	150m: 1:44.78 36.99	200m: 2:21.48 36.70
3. Clara Sobreiro, RODRIGUES	09	Pimpoes/Cimai	2:24.93 6.00 440
50m: 34.15 34.15	100m: 1:11.22 37.07	150m: 1:48.52 37.30	200m: 2:24.93 36.41
4. Mariana Sousa, MARQUES	09	Alcobaca	2:28.96 5.00 406
50m: 33.52 33.52	100m: 1:10.53 37.01	150m: 1:49.68 39.15	200m: 2:28.96 39.28
5. Sara Ines, SOUSA	09	Ba-Leiria	2:29.93 4.00 398
50m: 34.45 34.45	100m: 1:11.97 37.52	150m: 1:51.08 39.11	200m: 2:29.93 38.85
6. Margarida Maia, LOPES	09	Geslourses	2:30.82 3.00 391
50m: 33.15 33.15	100m: 1:10.49 37.34	150m: 1:50.32 39.83	200m: 2:30.82 40.50



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Prova 5, Femin., 200m Livres, Juvenil A

Lugar	Ano	Tempo final	Pts
DNS Leonor Valerio, ADRIANO	09 Alcobaca	-	

Prova 5 Femin., 200m Livres Juvenil B
06.01.2024 - 15:54 Resultados

Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac JUV B	2:04.38	Camila Rodrigues, REBELO	SANC	Coimbra	2017

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Victoria Sales, PROENCA	10 Benfica	2:21.20 9.00	476
50m: 33.16 33.16	100m: 1:08.87 35.71	150m: 1:45.49 36.62	200m: 2:21.20 35.71
2. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	2:21.54 7.00	473
50m: 33.50 33.50	100m: 1:10.14 36.64	150m: 1:46.09 35.95	200m: 2:21.54 35.45
3. Debora Silva, INACIO	10 Pimpoes/Cimai	2:28.72 6.00	408
50m: 33.57 33.57	100m: 1:12.89 39.32	150m: 1:50.99 38.10	200m: 2:28.72 37.73
4. Maria Leonor, LOPES	10 Torres Novas	2:30.93 5.00	390
50m: 34.59 34.59	100m: 1:13.55 38.96	150m: 1:52.69 39.14	200m: 2:30.93 38.24
5. Alice Fernandes, RODRIGUES	10 Gesloures	2:35.67 4.00	355
50m: 35.67 35.67	100m: 1:14.79 39.12	150m: 1:55.60 40.81	200m: 2:35.67 40.07
6. Constanca Rolim, PEDRO	10 Ba-Leiria	2:40.27 3.00	326
50m: 37.48 37.48	100m: 1:19.34 41.86	150m: 2:01.02 41.68	200m: 2:40.27 39.25
7. Sofia Daniela, FERREIRA	10 Clube União 1919	2:40.76 2.00	323
50m: 35.07 35.07	100m: 1:15.79 40.72	150m: 1:58.32 42.53	200m: 2:40.76 42.44
8. Francisca Maria, ESTEVES	10 Colégio Vasco da Gama	2:46.83 1.00	289
50m: 39.61 39.61	100m: 1:23.38 43.77	150m: 2:05.66 42.28	200m: 2:46.83 41.17
DNS Laura Nobre, MONTEIRO	10 Columbofila Cantanhedense	-	
DNS Leonor Silva, MARTINS	10 Óbidos	-	





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Prova 5, Femin., 200m Livres

Prova 5 Femin., 200m Livres Infantil A
06.01.2024 - 15:54 Resultados

Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac INF A	2:07.47	Carolina Miranda, FERNANDES	CGA	Felgueiras	2018

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Leonor Mota, ALVES	11 Nautico Marinha Grande	2:31.61 9.00	385
50m: 35.81 35.81	100m: 1:14.75 38.94	150m: 1:55.23 40.48	200m: 2:31.61 36.38
2. Carolina Damas, PITA	11 Náutico Académico Coimbra	2:34.79 7.00	361
50m: 36.00 36.00	100m: 1:14.75 38.75	150m: 1:55.00 40.25	200m: 2:34.79 39.79
3. Mafalda Teles, SOUSA	11 Pimpoes/Cimai	2:35.43 6.00	357
50m: 35.13 35.13	100m: 1:15.26 40.13	150m: 1:55.84 40.58	200m: 2:35.43 39.59
4. Francisca Meneses, GONÇALVES	11 Benfica	2:35.95 5.00	353
50m: 35.57 35.57	100m: 1:15.91 40.34	150m: 1:56.59 40.68	200m: 2:35.95 39.36
5. Carolina Silva, CASTANHEIRA	11 CNLeiria	2:36.73 4.00	348
50m: 35.53 35.53	100m: 1:15.71 40.18	150m: 1:56.44 40.73	200m: 2:36.73 40.29
DNS Carolina Fidalgo, VENANCIO	11 Colégio Vasco da Gama	-	-
DNS Leonor Areias, MARTINS	11 Geslours	-	-

Prova 5 Femin., 200m Livres Infantil B
06.01.2024 - 15:54 Resultados

Rec. Nac Open	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac INF B	2:11.27	Carolina Miranda, FERNANDES	CGA	Mealhada	2017

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, LOBO	12 Condeixa Aqua Clube	2:35.12 9.00	359
50m: 36.55 36.55	100m: 1:16.36 39.81	150m: 1:56.64 40.28	200m: 2:35.12 38.48
2. Maria Ines, ANTUNES	12 Benfica	2:49.80 7.00	274
50m: 39.30 39.30	100m: 1:22.70 43.40	150m: 2:06.61 43.91	200m: 2:49.80 43.19
3. Emma, AVRAMESCU	12 Nautico Marinha Grande	3:04.33 6.00	214
50m: 42.21 42.21	100m: 1:31.24 49.03	150m: 2:20.00 48.76	200m: 3:04.33 44.33
4. Yaroslava, TABUNSCHYK	12 CNLeiria	3:04.68 5.00	213
50m: 42.66 42.66	100m: 1:31.66 49.00	150m: 2:19.06 47.40	200m: 3:04.68 45.62
5. Maria Pedro, PINTO	12 Columbilha Cantanhedense	3:08.47 4.00	200
50m: 45.01 45.01	100m: 1:33.89 48.88	150m: 2:22.58 48.69	200m: 3:08.47 45.89
6. Ana Luisa, VIEIRA	12 Colégio Vasco da Gama	3:09.34 3.00	197
50m: 39.65 39.65	100m: 1:27.02 47.37	150m: 2:19.33 52.31	200m: 3:09.34 50.01
7. Barbara Serrano, LOMBA	12 Ba-Leiria	3:20.69 2.00	166
50m: 46.97 46.97	100m: 1:38.14 51.17	150m: 2:28.89 50.75	200m: 3:20.69 51.80





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Prova 5, Femin., 200m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
8. Jessica Garcia, FERREIRA	12 Óbidos	3:39.72 1.00	126
50m: 49.50 49.50	100m: 1:46.21 56.71	150m: 2:43.89 57.68	200m: 3:39.72 55.83
EXH Tatiana Alexandra, MELNYCHUK	06 Colégio Vasco da Gama	2:27.37 -	419
50m: 33.34 33.34	100m: 1:09.90 36.56	150m: 1:48.72 38.82	200m: 2:27.37 38.65
EXH Diana Costa, OLIVEIRA	04 Clube União 1919	2:33.55 -	370
50m: 34.17 34.17	100m: 1:13.45 39.28	150m: 1:53.44 39.99	200m: 2:33.55 40.11
EXH Mariana Sousa, MENDES	11 Alcobaca	2:36.23 -	352
50m: 35.12 35.12	100m: 1:14.83 39.71	150m: 1:56.03 41.20	200m: 2:36.23 40.20
EXH Daniela Patricia, LARGUINHO	05 Colégio Vasco da Gama	2:37.73 -	342
50m: 34.81 34.81	100m: 1:14.78 39.97	150m: 1:56.10 41.32	200m: 2:37.73 41.63
EXH Carminho Traquina, ANDRE	12 Alcobaca	2:58.04 -	237
50m: 41.54 41.54	100m: 1:29.52 47.98	150m: 2:15.91 46.39	200m: 2:58.04 42.13
EXH Maria Ines, FERREIRA	11 Torres Novas	3:05.84 -	209
50m: 41.21 41.21	100m: 1:28.33 47.12	150m: 2:17.51 49.18	200m: 3:05.84 48.33
EXH Mariana Duarte, ANTUNES	12 Alcobaca	3:12.66 -	187
50m: 42.04 42.04	100m: 1:32.61 50.57	150m: 2:23.49 50.88	200m: 3:12.66 49.17
EXH Carolina Reis, LOPES	11 Torres Novas	3:17.48 -	174
50m: 46.67 46.67	100m: 1:37.62 50.95	150m: 2:29.03 51.41	200m: 3:17.48 48.45