



Prova de Preparação de Categorias  
Benedita, 28/1/2024



Prova 12  
28/01/2024 - 11:58

Femin., 100m Livres

ABSOLUTOS  
Resultados

Pontos: FINA 2023

| Lugar             | Ano                           |    | Tempo final            | Pts     | 50m | 100m  |       |
|-------------------|-------------------------------|----|------------------------|---------|-----|-------|-------|
| <b>Senior</b>     |                               |    |                        |         |     |       |       |
| 1.                | Diana Valadas, HORTA          | 04 | União Piedense         | 1:06.12 | 438 | 31.09 | 35.03 |
| 2.                | Clara Sofia, HERMINIO         | 06 | União Piedense         | 1:07.39 | 414 | 31.94 | 35.45 |
| 3.                | Beatriz Silva, CONCEICAO      | 05 | Benedita               | 1:07.78 | 407 | 32.17 | 35.61 |
| 4.                | Dalila Leal, BERNARDINO       | 06 | Nucleo de Pombal       | 1:11.52 | 346 | 33.90 | 37.62 |
| 5.                | Ana Luisa, RENDEIRO           | 06 | Nucleo de Pombal       | 1:13.84 | 315 | 34.76 | 39.08 |
| 6.                | Maria Santos, SILVA           | 06 | Uniao Juncalense       | 1:34.44 | 150 | 43.06 | 51.38 |
| DSQ               | Iris Pereira, CARRAO          | 05 | União Piedense         |         |     |       |       |
|                   | <i>Falsa partida (SW 4.4)</i> |    |                        |         |     |       |       |
| <b>Junior</b>     |                               |    |                        |         |     |       |       |
| 1.                | Diana Rita, FONSECA           | 08 | Vieirense              | 1:09.07 | 385 | 32.73 | 36.34 |
| 2.                | Camila Silva, CHAMUSCO        | 08 | Pimpoes/Cimai          | 1:10.56 | 361 | 33.40 | 37.16 |
| 3.                | Catarina Tagaroso, LOBO       | 07 | Uniao Juncalense       | 1:12.65 | 330 | 34.06 | 38.59 |
| 4.                | Constanca Carvalho, PIEDADE   | 08 | Uniao Juncalense       | 1:14.18 | 310 | 35.20 | 38.98 |
| 5.                | Marta Cabete, GOMES           | 08 | CNLeiria               | 1:14.79 | 303 | 35.37 | 39.42 |
| 6.                | Matilde Santos, COUTINHO      | 07 | Naval da Nazaré        | 1:15.34 | 296 | 33.87 | 41.47 |
| 7.                | Sara Cristina, ALMEIDA        | 08 | Benedita               | 1:24.54 | 210 | 46.27 | 38.27 |
| <b>Juvenil A</b>  |                               |    |                        |         |     |       |       |
| 1.                | Francisca Ramos, NUNES        | 09 | Naval de Peniche       | 1:04.44 | 474 | 30.32 | 34.12 |
| 2.                | Teresa Maria, LOPES           | 09 | Benedita               | 1:04.88 | 464 | 31.07 | 33.81 |
| 3.                | Anjali, RAICAR                | 09 | Naval de Peniche       | 1:08.15 | 400 | 32.59 | 35.56 |
| <b>Juvenil B</b>  |                               |    |                        |         |     |       |       |
| 1.                | Barbara Balbino, MENDES       | 10 | Naval de Peniche       | 1:05.21 | 457 | 31.82 | 33.39 |
| 2.                | Bianca Balbino, MENDES        | 10 | Naval de Peniche       | 1:06.50 | 431 | 32.12 | 34.38 |
| 3.                | Laura Helena, AMORIM          | 10 | Nautico Marinha Grande | 1:07.56 | 411 | 32.28 | 35.28 |
| 4.                | Debora Silva, INACIO          | 10 | Pimpoes/Cimai          | 1:08.43 | 395 | 32.43 | 36.00 |
| 5.                | Matilde Filipa, AMADO         | 10 | Nautico Marinha Grande | 1:09.93 | 371 | 33.56 | 36.37 |
| 6.                | Debora Sofia, SANTOS          | 10 | Rio Maior              | 1:13.85 | 315 | 35.51 | 38.34 |
| 7.                | Rafaela Santos, AFONSO        | 10 | Naval de Peniche       | 1:14.18 | 310 | 35.58 | 38.60 |
| 8.                | Mariana Santos, AFONSO        | 10 | Naval de Peniche       | 1:15.05 | 300 | 35.36 | 39.69 |
| 9.                | Anastasia, STURZA             | 10 | Uniao Juncalense       | 1:39.22 | 129 | 45.12 | 54.10 |
| <b>Infantil A</b> |                               |    |                        |         |     |       |       |
| 1.                | Maria Leonor, ALMEIDA         | 11 | Benedita               | 1:14.18 | 310 | 35.59 | 38.59 |
| 2.                | Isabela Maria, CARREIRA       | 11 | Uniao Juncalense       | 1:15.60 | 293 | 35.94 | 39.66 |
| 3.                | Margarida Lopes, RODRIGUES    | 11 | Uniao Juncalense       | 1:20.04 | 247 | 37.91 | 42.13 |
| 4.                | Margarida Soares, MAIA        | 11 | Nautico Marinha Grande | 1:20.80 | 240 | 38.91 | 41.89 |
| 5.                | Isabela Lourenco, COSTA       | 11 | Benedita               | 1:21.34 | 235 | 39.43 | 41.91 |
| 6.                | Erica Felix, RODRIGUES        | 11 | Uniao Juncalense       | 1:21.71 | 232 | 38.72 | 42.99 |
| 7.                | Kelly Simao, COSTA            | 11 | Óbidos                 | 1:27.09 | 192 | 41.06 | 46.03 |
| 8.                | Yara Nunes, MARCELINO         | 11 | Nucleo de Pombal       | 1:27.34 | 190 | 39.75 | 47.59 |
| 9.                | Matilde Vitorino, FERREIRA    | 11 | Naval de Peniche       | 1:27.57 | 188 | 41.37 | 46.20 |
| 10.               | Beatriz Morgado, SILVA        | 11 | Benedita               | 1:43.10 | 115 | 49.56 | 53.54 |



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Infantil B

|     |                            |    |                        |         |     |       |         |
|-----|----------------------------|----|------------------------|---------|-----|-------|---------|
| 1.  | Emma , AVRAMESCU           | 12 | Nautico Marinha Grande | 1:19.15 | 255 | 37.55 | 41.60   |
| 2.  | Maria Leonor, ASSUNCAO     | 12 | Pimpoes/Cimai          | 1:21.18 | 237 | 40.48 | 40.70   |
| 3.  | Rita Francisco, SIMOES     | 12 | Vieirense              | 1:23.59 | 217 | 41.14 | 42.45   |
| 4.  | Safira Pedro, FONSECA      | 12 | Vieirense              | 1:25.57 | 202 | 39.68 | 45.89   |
| 5.  | Margarida Madeira, PIRES   | 12 | Rio Maior              | 1:28.22 | 184 | 41.64 | 46.58   |
| 6.  | Iara Maria, CAMACHO        | 12 | Óbidos                 | 1:32.44 | 160 | 43.56 | 48.88   |
| 7.  | Rita Alexandra, JORDAO     | 12 | Uniao Juncalense       | 1:33.15 | 156 | 45.24 | 47.91   |
| 8.  | Constanca Santos, COUTINHO | 12 | Naval da Nazaré        | 1:35.51 | 145 | 43.12 | 52.39   |
| 9.  | Jessica Garcia, FERREIRA   | 12 | Óbidos                 | 1:38.75 | 131 | 45.31 | 53.44   |
| 10. | Maria Antonia, VAZAO       | 12 | Uniao Juncalense       | 1:39.23 | 129 | 46.06 | 53.17   |
| 11. | Maria Leonor, FERREIRA     | 12 | Óbidos                 | 1:42.80 | 116 | 47.71 | 55.09   |
| 12. | Eleonora Alves, ROSARIO    | 12 | Uniao Juncalense       | 1:54.77 | 83  | 54.68 | 1:00.09 |
| 13. | Ines, SE GRANADO           | 12 | Pimpoes/Cimai          | 2:00.16 | 73  | 55.66 | 1:04.50 |