



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



Prova 25
28/01/2024 - 16:35

Femin., 200m Costas

Senior
Resultados

Pontos: FINA 2023

| Lugar | Ano | Tempo final | Pts |
|----------------------------|---------------------|---------------------|---------------------|
| 1. Leonor Caetano, MOREIRA | 06 Viarense | 2:38.82 | 420 |
| 50m: 37.68 37.68 | 100m: 1:17.45 39.77 | 150m: 1:58.48 41.03 | 200m: 2:38.82 40.34 |

Prova 25
28/01/2024 - 16:35

Femin., 200m Costas

Junior
Resultados

Pontos: FINA 2023

| Lugar | Ano | Tempo final | Pts |
|---------------------------|---------------------|---------------------|---------------------|
| 1. Ana Beatriz, PIRES | 08 União Piedense | 2:35.15 | 450 |
| 50m: 36.09 36.09 | 100m: 1:14.01 37.92 | 150m: 1:54.87 40.86 | 200m: 2:35.15 40.28 |
| 2. Sara Cristina, ALMEIDA | 08 Benedita | 3:10.97 | 241 |
| 50m: 44.56 44.56 | 100m: 1:32.40 47.84 | 150m: | 200m: 3:10.97 |

Prova 25
28/01/2024 - 16:35

Femin., 200m Costas

Juvenil A
Resultados

Pontos: FINA 2023

| Lugar | Ano | Tempo final | Pts |
|------------------------------|---------------------|---------------------|---------------------|
| 1. Francisca Ramos, NUNES | 09 Naval de Peniche | 2:35.80 | 444 |
| 50m: 36.34 36.34 | 100m: 1:15.71 39.37 | 150m: 1:56.46 40.75 | 200m: 2:35.80 39.34 |
| 2. Ana Margarida, MARQUES | 09 Ba-Leiria | 2:44.12 | 380 |
| 50m: 37.18 37.18 | 100m: 1:18.46 41.28 | 150m: 2:01.78 43.32 | 200m: 2:44.12 42.34 |
| 3. Maria Margarida, OLIVEIRA | 09 Ba-Leiria | 2:56.13 | 307 |
| 50m: 41.69 41.69 | 100m: 1:27.33 45.64 | 150m: 2:12.66 45.33 | 200m: 2:56.13 43.47 |
| 4. Maria Teresa, OLIVEIRA | 09 Ba-Leiria | 2:58.13 | 297 |
| 50m: 41.10 41.10 | 100m: 1:27.40 46.30 | 150m: 2:13.12 45.72 | 200m: 2:58.13 45.01 |
| 5. Ines Ferreira, CHELEU | 09 Ba-Leiria | 2:59.91 | 288 |
| 50m: | 100m: 1:27.40 | 150m: | 200m: 2:59.91 |

Prova 25
28/01/2024 - 16:35

Femin., 200m Costas

Juvenil B
Resultados

Pontos: FINA 2023

| Lugar | Ano | Tempo final | Pts |
|----------------------------|---------------------|---------------------|---------------------|
| 1. Sofia Roma, BRIZIDA | 10 Ba-Leiria | 2:41.73 | 397 |
| 50m: 37.37 37.37 | 100m: 1:18.84 41.47 | 150m: | 200m: 2:41.73 |
| 2. Bianca Balbino, MENDES | 10 Naval de Peniche | 2:46.59 | 363 |
| 50m: 38.49 38.49 | 100m: 1:20.68 42.19 | 150m: | 200m: 2:46.59 |
| 3. Maria Carolina, ALVES | 10 Ba-Leiria | 2:46.86 | 362 |
| 50m: 39.16 39.16 | 100m: 1:20.04 40.88 | 150m: 2:03.37 43.33 | 200m: 2:46.86 43.49 |
| 4. Vida Sofia, VELEZ | 10 Ba-Leiria | 2:50.71 | 338 |
| 50m: 39.86 39.86 | 100m: 1:23.38 43.52 | 150m: 2:07.50 44.12 | 200m: 2:50.71 43.21 |
| 5. Laura Samora, GONCALVES | 10 Ba-Leiria | 2:57.00 | 303 |
| 50m: 42.34 42.34 | 100m: 1:27.18 44.84 | 150m: | 200m: 2:57.00 |
| 6. Constanca Rolim, PEDRO | 10 Ba-Leiria | 3:07.96 | 253 |
| 50m: 45.28 45.28 | 100m: 1:33.62 48.34 | 150m: 2:22.89 49.27 | 200m: 3:07.96 45.07 |



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



Prova 25, Femin., 200m Costas, Juvenil B

| Lugar | Ano | Tempo final | Pts |
|--|---------------------|-------------|-----|
| DSQ Barbara Balbino, MENDES <i>A atleta não completou o percurso.</i> | 10 Naval de Peniche | | |

Prova 25 Femin., 200m Costas Infantil A Resultados
28/01/2024 - 16:35

Pontos: FINA 2023

| Lugar | Ano | Tempo final | Pts |
|--|---------------------|-------------|-----|
| 1. Carolina Silva, CASTANHEIRA 50m: 39.39 39.39 100m: 1:21.15 41.76 150m: 2:04.53 43.38 200m: 2:45.97 41.44 | 11 CNLeiria | 2:45.97 | 368 |
| 2. Carlota Sa, SANTOS 50m: 40.06 40.06 100m: 1:22.79 42.73 150m: 2:06.48 43.69 200m: 2:49.91 43.43 | 11 Nucleo de Pombal | 2:49.91 | 343 |
| 3. Leiriia Silviovna, TONKIKH 50m: 44.55 44.55 100m: 1:32.67 48.12 150m: 2:21.56 48.89 200m: 3:07.42 45.86 | 11 CNLeiria | 3:07.42 | 255 |
| 4. Matilde Vitorino, FERREIRA 50m: 47.03 47.03 100m: 1:38.41 51.38 150m: 200m: 3:19.65 | 11 Naval de Peniche | 3:19.65 | 211 |
| 5. Matilde Pinto, ANTUNES 50m: 46.66 46.66 100m: 1:38.39 51.73 150m: 2:30.05 51.66 200m: 3:21.64 51.59 | 11 Naval de Peniche | 3:21.64 | 205 |

Prova 25 Femin., 200m Costas Infantil B Resultados
28/01/2024 - 16:35

Pontos: FINA 2023

| Lugar | Ano | Tempo final | Pts |
|---|---------------------|-------------|-----|
| 1. Emiliana Arruda, SARAIVA 50m: 43.81 43.81 100m: 1:31.85 48.04 150m: 2:18.41 46.56 200m: 3:01.54 43.13 | 12 Vieiraense | 3:01.54 | 281 |
| 2. Safira Pedro, FONSECA 50m: 44.34 44.34 100m: 1:35.36 51.02 150m: 2:25.62 50.26 200m: 3:10.84 45.22 | 12 Vieiraense | 3:10.84 | 242 |
| 3. Benedita Nunes, FELIX 50m: 45.72 45.72 100m: 1:36.20 50.48 150m: 2:26.56 50.36 200m: 3:12.70 46.14 | 12 Pimpoes/Cimai | 3:12.70 | 235 |
| 4. Maria Leonor, ASSUNCAO 50m: 48.63 48.63 100m: 1:39.76 51.13 150m: 2:30.87 51.11 200m: 3:17.77 46.90 | 12 Pimpoes/Cimai | 3:17.77 | 217 |
| 5. Carolina Matos, CORREIA 50m: 48.09 48.09 100m: 1:39.45 51.36 150m: 2:30.78 51.33 200m: 3:19.65 48.87 | 12 Nucleo de Pombal | 3:19.65 | 211 |
| 6. Beatriz Julio, CORREIA 50m: 46.78 46.78 100m: 1:38.95 52.17 150m: 2:31.62 52.67 200m: 3:19.81 48.19 | 12 CNLeiria | 3:19.81 | 210 |
| 7. Rita Alexandra, JORDAO 50m: 48.64 48.64 100m: 1:41.27 52.63 150m: 200m: 3:26.45 | 12 Uniao Juncalense | 3:26.45 | 191 |
| 8. Constanca Santos, COUTINHO 50m: 46.86 46.86 100m: 1:39.88 53.02 150m: 2:35.37 55.49 200m: 3:33.05 57.68 | 12 Naval da Nazaré | 3:33.05 | 173 |
| 9. Jessica Garcia, FERREIRA 50m: 51.13 51.13 100m: 1:47.01 55.88 150m: 2:40.96 53.95 200m: 3:34.32 53.36 | 12 Óbidos | 3:34.32 | 170 |
| 10. Iara Maria, CAMACHO 50m: 52.51 52.51 100m: 1:54.40 1:01.89 150m: 2:54.69 1:00.29 200m: 3:52.13 57.44 | 12 Óbidos | 3:52.13 | 134 |
| DNS Barbara Serrano, LOMBA | 12 Ba-Leiria | | |