



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



Prova 29
28/01/2024 - 17:20

Femin., 200m Livres

Senior
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Leonor Caetano, MOREIRA 50m: 36.43 36.43	06 Vieirense	2:24.90	441
100m: 1:10.22 33.79	150m: 1:47.50 37.28	200m: 2:24.90	37.40
2. Dalila Leal, BERNARDINO 50m: 34.40 34.40	06 Nucleo de Pombal	2:31.57	385
100m: 1:13.43 39.03	150m:	200m: 2:31.57	

Prova 29
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Femin., 200m Livres

Junior
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Catarina Tagarroso, LOBO 50m: 36.54 36.54	07 Uniao Juncalense	2:40.27	326
100m: 1:17.87 41.33	150m:	200m: 2:40.27	
2. Marta Cabete, GOMES 50m: 37.93 37.93	08 CNLeiria	2:49.87	273
100m: 1:20.43 42.50	150m:	200m: 2:49.87	

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Femin., 200m Livres

Juvenil A
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Teresa Maria, LOPES 50m: 32.25 32.25	09 Benedita	2:18.06	510
100m: 1:07.25 35.00	150m: 1:43.15 35.90	200m: 2:18.06	34.91
2. Francisca Ramos, NUNES 50m: 31.75 31.75	09 Naval de Peniche	2:18.07	509
100m: 1:07.34 35.59	150m: 1:43.59 36.25	200m: 2:18.07	34.48
3. Ana Margarida, MARQUES 50m: 34.31 34.31	09 Ba-Leiria	2:30.30	395
100m: 1:14.10 39.79	150m: 1:52.79 38.69	200m: 2:30.30	37.51
4. Anjali, RAICAR 50m: 33.95 33.95	09 Naval de Peniche	2:30.96	390
100m: 1:11.90 37.95	150m:	200m: 2:30.96	
5. Maria Teresa, OLIVEIRA 50m: 35.25 35.25	09 Ba-Leiria	2:36.65	349
100m: 1:14.39 39.14	150m: 1:54.53 40.14	200m: 2:36.65	42.12
6. Ines Ferreira, CHELEU 50m: 35.65 35.65	09 Ba-Leiria	2:37.97	340
100m: 1:15.72 40.07	150m: 1:57.86 42.14	200m: 2:37.97	40.11
7. Maria Margarida, OLIVEIRA 50m: 36.71 36.71	09 Ba-Leiria	2:38.90	334
100m: 1:17.84 41.13	150m:	200m: 2:38.90	

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Femin., 200m Livres

Juvenil B
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Bianca Balbino, MENDES 50m: 32.89 32.89	10 Naval de Peniche	2:23.96	449
100m: 1:08.93 36.04	150m: 1:46.64 37.71	200m: 2:23.96	37.32
2. Barbara Balbino, MENDES 50m: 33.70 33.70	10 Naval de Peniche	2:24.57	444
100m: 1:10.15 36.45	150m: 1:47.38 37.23	200m: 2:24.57	37.19
3. Sofia Roma, BRIZIDA 50m: 34.19 34.19	10 Ba-Leiria	2:26.14	430
100m: 1:12.06 37.87	150m: 1:50.02 37.96	200m: 2:26.14	36.12



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Prova 29, Femin., 200m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
4. Maria Carolina, ALVES	10 Ba-Leiria	2:26.28	428
50m: 34.03 34.03	100m: 1:11.12 37.09	150m: 1:49.84 38.72	200m: 2:26.28 36.44
5. Laura Samora, GONCALVES	10 Ba-Leiria	2:38.37	337
50m: 36.03 36.03	100m: 1:16.51 40.48	150m: 1:58.21 41.70	200m: 2:38.37 40.16
6. Vida Sofia, VELEZ	10 Ba-Leiria	2:38.83	335
50m: 36.87 36.87	100m: 1:18.05 41.18	150m: 1:59.50 41.45	200m: 2:38.83 39.33
7. Rafaela Santos, AFONSO	10 Naval de Peniche	2:40.41	325
50m: 38.19 38.19	100m: 1:20.03 41.84	150m: 2:01.77 41.74	200m: 2:40.41 38.64
8. Constanca Rolim, PEDRO	10 Ba-Leiria	2:40.62	323
50m: 36.87 36.87	100m: 1:18.30 41.43	150m: 2:01.09 42.79	200m: 2:40.62 39.53
9. Mariana Santos, AFONSO	10 Naval de Peniche	2:44.25	302
50m: 38.28 38.28	100m: 1:19.97 41.69	150m: 2:02.69 42.72	200m: 2:44.25 41.56

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Femin., 200m Livres

Infantil A
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	2:28.63	408
50m: 34.47 34.47	100m: 1:12.27 37.80	150m: 1:50.84 38.57	200m: 2:28.63 37.79
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	2:32.85	375
50m: 35.01 35.01	100m: 1:14.71 39.70	150m:	200m: 2:32.85
3. Maria Leonor, ALMEIDA	11 Benedita	2:37.76	341
50m: 35.44 35.44	100m: 1:16.16 40.72	150m: 1:58.08 41.92	200m: 2:37.76 39.68
4. Isabela Maria, CARREIRA	11 Uniao Juncalense	2:51.06	268
50m: 38.53 38.53	100m: 1:22.65 44.12	150m: 2:08.24 45.59	200m: 2:51.06 42.82
5. Cristiana Henriques, ALMEIDA	11 Benedita	2:51.88	264
50m: 41.31 41.31	100m: 1:24.68 43.37	150m: 2:08.97 44.29	200m: 2:51.88 42.91
6. Erica Felix, RODRIGUES	11 Uniao Juncalense	2:58.48	236
50m: 40.92 40.92	100m: 1:25.63 44.71	150m: 2:12.90 47.27	200m: 2:58.48 45.58
7. Isabela Lourenco, COSTA	11 Benedita	3:05.53	210
50m: 41.36 41.36	100m: 1:29.81 48.45	150m: 2:19.49 49.68	200m: 3:05.53 46.04
8. Matilde Vitorino, FERREIRA	11 Naval de Peniche	3:11.01	192
50m: 42.18 42.18	100m: 1:31.34 49.16	150m: 2:23.40 52.06	200m: 3:11.01 47.61

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Infantil B
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai	2:57.78	238
50m: 43.27 43.27	100m: 1:33.47 50.20	150m: 2:16.75 43.28	200m: 2:57.78 41.03
2. Rita Francisco, SIMOES	12 Vieiraense	3:04.70	213
50m: 42.26 42.26	100m: 1:29.80 47.54	150m: 2:18.03 48.23	200m: 3:04.70 46.67
3. Maria Ines, GOMES	12 Nucleo de Pombal	3:05.40	210
50m: 41.28 41.28	100m: 1:30.57 49.29	150m:	200m: 3:05.40
4. Beatriz Julio, CORREIA	12 CNLeiria	3:08.43	200
50m: 42.50 42.50	100m: 1:32.07 49.57	150m: 2:21.16 49.09	200m: 3:08.43 47.27



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Lugar	Ano	Tempo final	Pts
5. Rita Alexandra, JORDAO	12 Uniao Juncalense	3:15.42	179
50m: 45.42 45.42 100m: 1:37.23 51.81 150m: 2:27.79 50.56 200m: 3:15.42 47.63			
6. Yaroslava, TABUNSCHYK	12 CNLeiria	3:16.92	175
50m: 45.93 45.93 100m: 1:37.78 51.85 150m: 2:28.75 50.97 200m: 3:16.92 48.17			
7. Iara Maria, CAMACHO	12 �bidos	3:21.15	164
50m: 46.37 46.37 100m: 1:38.81 52.44 150m: 2:30.94 52.13 200m: 3:21.15 50.21			
8. Constanca Santos, COUTINHO	12 Naval da Nazar�	3:32.60	139
50m: 46.23 46.23 100m: 1:41.75 55.52 150m: 2:38.67 56.92 200m: 3:32.60 53.93			
DNS Barbara Serrano, LOMBA	12 Ba-Leiria		