



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



Prova 36
28/01/2024 - 18:33

Femin., 800m Livres

Senior
Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
1. Ines Mira, PINO	06	Pimpoes/Cimai	10:13.84	470	
50m: 33.71 33.71	250m: 3:03.47 37.73	450m: 5:38.45 39.09	650m: 8:16.84 39.25		
100m: 1:10.46 36.75	300m: 3:41.62 38.15	500m: 6:17.74 39.29	700m: 8:56.22 39.38		
150m: 1:48.00 37.54	350m: 4:20.44 38.82	550m: 6:57.74 40.00	750m: 9:36.37 40.15		
200m: 2:25.74 37.74	400m: 4:59.36 38.92	600m: 7:37.59 39.85	800m: 10:13.84 37.47		

Prova 36
28/01/2024 - 18:33

Femin., 800m Livres

Junior
Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
1. Camila Silva, CHAMUSCO	08	Pimpoes/Cimai	11:27.52	334	
50m: 38.75 38.75	250m: 3:31.21 43.67	450m: 6:26.70 43.95	650m: 9:20.86 43.43		
100m: 1:21.06 42.31	300m: 4:14.78 43.57	500m: 7:09.78 43.08	700m: 10:03.88 43.02		
150m: 2:03.65 42.59	350m: 4:58.85 44.07	550m: 7:53.67 43.89	750m: 10:46.34 42.46		
200m: 2:47.54 43.89	400m: 5:42.75 43.90	600m: 8:37.43 43.76	800m: 11:27.52 41.18		
2. Bruna Matos, FIALHO	08	Uniao Juncalense	13:06.28	223	
50m: 42.15 42.15	300m: 4:47.31 1:38.89	600m: 9:48.90 1:40.45			
100m: 1:29.97 47.82	400m: 6:27.93 1:40.62	700m: 11:28.34 1:39.44			
200m: 3:08.42 1:38.45	500m: 8:08.45 1:40.52	800m: 13:06.28 1:37.94			

Prova 36
28/01/2024 - 18:33

Femin., 800m Livres

Juvenil A
Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
1. Laura Brites, COSTA	09	Rio Maior	10:03.62	494	
50m: 33.70 33.70	250m:	450m:	650m:		
100m: 1:11.48 37.78	300m: 3:42.81	500m: 6:14.00	700m: 8:48.35		
150m:	350m:	550m:	750m:		
200m: 2:26.87	400m: 4:58.48	600m: 7:31.42	800m: 10:03.62		
2. Teresa Maria, LOPES	09	Benedita	10:18.30	460	
50m: 35.01 35.01	250m:	450m:	650m:		
100m: 1:13.12 38.11	300m: 3:48.59	500m: 6:24.86	700m: 9:01.20		
150m:	350m:	550m:	750m:		
200m: 2:30.80	400m: 5:07.10	600m: 7:43.95	800m: 10:18.30		
3. Clara Sobreiro, RODRIGUES	09	Pimpoes/Cimai	10:36.92	421	
50m: 35.17 35.17	250m: 3:14.36 40.02	450m: 5:55.84 40.68	650m: 8:38.78 40.70		
100m: 1:14.43 39.26	300m: 3:54.40 40.04	500m: 6:36.16 40.32	700m: 9:19.02 40.24		
150m: 1:54.48 40.05	350m: 4:34.79 40.39	550m: 7:16.81 40.65	750m: 9:59.12 40.10		
200m: 2:34.34 39.86	400m: 5:15.16 40.37	600m: 7:58.08 41.27	800m: 10:36.92 37.80		
4. Ana Margarida, MARQUES	09	Ba-Leiria	11:08.37	364	
50m: 37.73 37.73	250m: 3:26.32 42.18	450m: 6:15.20 42.14	650m: 9:02.36 41.31		
100m: 1:19.50 41.77	300m: 4:08.28 41.96	500m: 6:57.78 42.58	700m: 9:43.54 41.18		
150m: 2:01.80 42.30	350m: 4:50.42 42.14	550m: 7:39.85 42.07	800m: 11:08.37 1:24.83		
200m: 2:44.14 42.34	400m: 5:33.06 42.64	600m: 8:21.05 41.20			
5. Maria Teresa, OLIVEIRA	09	Ba-Leiria	11:11.34	359	
50m: 38.12 38.12	250m: 3:26.14 41.96	450m: 6:14.67 41.95	650m: 9:09.46 47.64		
100m: 1:20.13 42.01	300m: 4:08.10 41.96	500m: 6:57.12 42.45	700m: 9:47.03 37.57		
150m: 2:02.34 42.21	350m: 4:50.44 42.34	550m: 7:39.48 42.36	750m: 10:29.89 42.86		
200m: 2:44.18 41.84	400m: 5:32.72 42.28	600m: 8:21.82 42.34	800m: 11:11.34 41.45		



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



Prova 36, Femin., 800m Livres, Juvenil A

Lugar			Ano					Tempo final	Pts
6.	Maria Margarida, OLIVEIRA		09	Ba-Leiria				11:30.82	330
	50m:	38.93 38.93	250m:	3:32.91	43.49	450m:	6:29.17 44.14	650m:	9:22.81 43.03
	100m:	1:22.41 43.48	300m:	4:16.82	43.91	500m:	7:13.16 43.99	700m:	10:06.26 43.45
	150m:	2:06.01 43.60	350m:	5:00.91	44.09	550m:	7:56.42 43.26	750m:	10:48.96 42.70
	200m:	2:49.42 43.41	400m:	5:45.03	44.12	600m:	8:39.78 43.36	800m:	11:30.82 41.86

Prova 36 Femin., 800m Livres Juvenil B
28/01/2024 - 18:33 Resultados

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts
1.	Diana Isabel, ALVES		10	Pimpoes/Cimai				10:17.43	462
	50m:	35.35 35.35	250m:	3:09.93	38.81	450m:	5:46.21 38.75	650m:	8:23.06 38.62
	100m:	1:13.46 38.11	300m:	3:49.32	39.39	500m:	6:25.34 39.13	700m:	9:01.43 38.37
	150m:	1:52.15 38.69	350m:	4:28.40	39.08	550m:	7:04.87 39.53	750m:	9:40.18 38.75
	200m:	2:31.12 38.97	400m:	5:07.46	39.06	600m:	7:44.44 39.57	800m:	10:17.43 37.25
2.	Vida Sofia, VELEZ		10	Ba-Leiria				10:37.40	420
	50m:	36.73 36.73	250m:			450m:		650m:	
	100m:	1:16.58 39.85	300m:	3:57.39		500m:	6:36.84	700m:	9:19.15
	150m:		350m:			550m:		750m:	
	200m:	2:37.65	400m:	5:17.21		600m:	7:57.39	800m:	10:37.40
3.	Sofia Roma, BRIZIDA		10	Ba-Leiria				10:45.57	404
	50m:	38.28 38.28	250m:	3:25.51	41.92	450m:	6:09.90 41.13	650m:	8:50.80 39.41
	100m:	1:20.44 42.16	300m:	4:06.65	41.14	500m:	6:50.80 40.90	700m:	9:30.37 39.57
	150m:	2:02.39 41.95	350m:	4:47.63	40.98	550m:	7:30.89 40.09	750m:	10:10.16 39.79
	200m:	2:43.59 41.20	400m:	5:28.77	41.14	600m:	8:11.39 40.50	800m:	10:45.57 35.41
4.	Maria Carolina, ALVES		10	Ba-Leiria				10:46.02	403
	50m:	38.48 38.48	250m:	3:25.76	41.80	450m:	6:09.86 40.98	650m:	8:50.69 39.78
	100m:	1:20.69 42.21	300m:	4:06.76	41.00	500m:	6:50.73 40.87	700m:	9:30.18 39.49
	150m:	2:02.44 41.75	350m:	4:47.62	40.86	550m:	7:31.21 40.48	750m:	10:09.88 39.70
	200m:	2:43.96 41.52	400m:	5:28.88	41.26	600m:	8:10.91 39.70	800m:	10:46.02 36.14
5.	Debora Silva, INACIO		10	Pimpoes/Cimai				10:47.40	401
	50m:	36.17 36.17	250m:			450m:		650m:	
	100m:	1:16.38 40.21	300m:	3:55.94		500m:	6:39.88	700m:	9:27.18
	150m:		350m:			550m:		750m:	
	200m:	2:35.51	400m:	5:16.84		600m:	8:03.84	800m:	10:47.40
6.	Laura Samora, GONCALVES		10	Ba-Leiria				11:59.78	291
	50m:	40.21 40.21	300m:	4:27.87	1:32.43	600m:	9:01.89 1:31.49		
	100m:	1:25.21 45.00	400m:	5:59.59	1:31.72	700m:	10:32.46 1:30.57		
	200m:	2:55.44 1:30.23	500m:	7:30.40	1:30.81	800m:	11:59.78 1:27.32		
7.	Constanca Rolim, PEDRO		10	Ba-Leiria				12:14.50	274
	50m:	43.53 43.53	250m:	3:51.68	47.54	450m:	6:58.20 47.20	650m:	10:06.33 46.81
	100m:	1:30.23 46.70	300m:	4:38.66	46.98	500m:	7:44.46 46.26	700m:	10:52.07 45.74
	150m:	2:17.67 47.44	350m:	5:25.68	47.02	550m:	8:33.21 48.75	750m:	11:36.15 44.08
	200m:	3:04.14 46.47	400m:	6:11.00	45.32	600m:	9:19.52 46.31	800m:	12:14.50 38.35
8.	Laura Coito, SILVA		10	Pimpoes/Cimai				12:50.02	238
	50m:	43.65 43.65	300m:	4:48.07	1:37.57	600m:	9:41.36 1:37.94		
	100m:	1:32.79 49.14	400m:	6:25.72	1:37.65	700m:	11:17.08 1:35.72		
	200m:	3:10.50 1:37.71	500m:	8:03.42	1:37.70	800m:	12:50.02 1:32.94		



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



Prova 36, Femin., 800m Livres

Prova 36 Femin., 800m Livres Infantil A
28/01/2024 - 18:33 Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final						Pts		
1. Mafalda Teles, SOUSA	11		Pimpoes/Cimai						11:08.37	364	
50m:	38.77	38.77	300m:	4:10.68	42.10	500m:	6:57.66	42.01	700m:	9:45.59	42.28
100m:	1:21.36	42.59	350m:	4:51.91	41.23	550m:	7:39.71	42.05	750m:	10:27.46	41.87
200m:	2:46.01	1:24.65	400m:	5:33.76	41.85	600m:	8:22.28	42.57	800m:	11:08.37	40.91
250m:	3:28.58	42.57	450m:	6:15.65	41.89	650m:	9:03.31	41.03			
2. Maria Joao, VALA	11		Pimpoes/Cimai						11:21.44	343	
50m:	39.52	39.52	250m:	3:32.59	42.41	450m:	6:25.05	43.18	650m:	9:17.15	42.90
100m:	1:23.65	44.13	300m:	4:15.56	42.97	500m:	7:08.90	43.85	700m:	9:58.90	41.75
150m:	2:06.87	43.22	350m:	4:58.64	43.08	550m:	7:51.43	42.53	750m:	10:40.65	41.75
200m:	2:50.18	43.31	400m:	5:41.87	43.23	600m:	8:34.25	42.82	800m:	11:21.44	40.79

Prova 36 Femin., 800m Livres Infantil B
28/01/2024 - 18:33 Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final						Pts		
1. Laura Krempel, VARELA	12		Pimpoes/Cimai						11:59.90	291	
50m:	41.89	41.89	300m:	4:31.46	1:31.75	600m:	9:03.51	1:31.48			
100m:	1:28.15	46.26	400m:	6:01.15	1:29.69	700m:	10:35.06	1:31.55			
200m:	2:59.71	1:31.56	500m:	7:32.03	1:30.88	800m:	11:59.90	1:24.84			
2. Ines Pinto, MARTINS	12		Pimpoes/Cimai						12:33.88	253	
50m:	44.16	44.16	250m:	3:49.42	46.41	450m:	7:00.33	47.58	650m:	10:12.25	48.14
100m:	1:29.91	45.75	300m:	4:36.60	47.18	500m:	7:48.52	48.19	700m:	11:00.60	48.35
150m:	2:15.96	46.05	350m:	5:24.34	47.74	550m:	8:36.59	48.07	750m:	11:48.26	47.66
200m:	3:03.01	47.05	400m:	6:12.75	48.41	600m:	9:24.11	47.52	800m:	12:33.88	45.62
3. Julia Pinto, PINHEIRO	12		Pimpoes/Cimai						12:50.87	237	
50m:	44.80	44.80	250m:	4:00.24	47.75	450m:	7:16.04	48.70	650m:	10:31.90	47.69
100m:	1:34.02	49.22	300m:	4:49.57	49.33	500m:	8:05.52	49.48	700m:	11:19.85	47.95
150m:	2:23.27	49.25	350m:	5:38.58	49.01	550m:	8:55.13	49.61	750m:	12:07.12	47.27
200m:	3:12.49	49.22	400m:	6:27.34	48.76	600m:	9:44.21	49.08	800m:	12:50.87	43.75