

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 9  
05/05/2024 - 9:10

Femin., 200m Estilos

Senior  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Bruna Andreia, SIMOES 50m: 33.17 33.17	01 Vieirense	2:40.56	437
100m: 1:14.26 41.09	150m: 2:01.17 46.91	200m: 2:40.56	39.39
2. Leonor Caetano, MOREIRA 50m: 33.51 33.51	06 Vieirense	2:44.11	409
100m: 1:15.80 42.29	150m: 2:05.69 49.89	200m: 2:44.11	38.42
3. Dalila Leal, BERNARDINO 50m: 33.91 33.91	06 Nucleo de Pombal	2:50.77	363
100m: 1:19.82 45.91	150m: 2:11.85 52.03	200m: 2:50.77	38.92
4. Flavia Mendes, DOMINGUES 50m: 39.61 39.61	06 Nucleo de Pombal	3:07.69	273
100m: 1:25.34 45.73	150m: 2:23.37 58.03	200m: 3:07.69	44.32
5. Maria Santos, SILVA 50m: 49.74 49.74	06 Uniao Juncalense	3:39.32	171
100m: 1:47.77 58.03	150m: 2:51.29 1:03.52	200m: 3:39.32	48.03
DNS Ana Luisa, RENDEIRO	06 Nucleo de Pombal		

Prova 9  
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Femin., 200m Estilos

Junior  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Rita Rocha, SILVA 50m: 33.11 33.11	08 Alcobaca	2:34.92	486
100m: 1:14.73 41.62	150m: 1:57.92 43.19	200m: 2:34.92	37.00
2. Carolina Ferreira, FONSECA 50m: 36.28 36.28	07 Vieirense	2:49.33	372
100m: 1:21.18 44.90	150m: 2:09.95 48.77	200m: 2:49.33	39.38
3. Diana Rita, FONSECA 50m: 36.14 36.14	08 Vieirense	2:52.36	353
100m: 1:18.69 42.55	150m: 2:11.40 52.71	200m: 2:52.36	40.96
4. Matilde Monteiro, NEVES 50m: 38.09 38.09	08 Nucleo de Pombal	2:56.26	330
100m: 1:23.79 45.70	150m: 2:16.15 52.36	200m: 2:56.26	40.11
5. Matilde Santos, COUTINHO 50m: 38.03 38.03	07 Naval da Nazaré	2:59.93	310
100m: 1:25.51 47.48	150m: 2:19.81 54.30	200m: 2:59.93	40.12
6. Marta Cabete, GOMES 50m: 37.21 37.21	08 CNLeiria	3:01.46	302
100m: 1:26.34 49.13	150m: 2:17.89 51.55	200m: 3:01.46	43.57
7. Constanca Carvalho, PIEDADE 50m: 38.13 38.13	08 Uniao Juncalense	3:01.82	301
100m: 1:24.87 46.74	150m: 2:17.91 53.04	200m: 3:01.82	43.91
8. Catarina Tagaroso, LOBO 50m: 38.98 38.98	07 Uniao Juncalense	3:04.42	288
100m: 1:26.20 47.22	150m: 2:21.18 54.98	200m: 3:04.42	43.24
9. Bruna Matos, FIALHO 50m: 40.24 40.24	08 Uniao Juncalense	3:06.02	281
100m: 1:28.79 48.55	150m: 2:23.31 54.52	200m: 3:06.02	42.71

Prova 9  
05/05/2024 - 9:10

Femin., 200m Estilos

Juvenil A  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Francisca Ramos, NUNES 50m: 34.30 34.30	09 Naval de Peniche	2:41.88	426
100m: 1:15.53 41.23	150m: 2:05.60 50.07	200m: 2:41.88	36.28
2. Mariana Sousa, MARQUES 50m: 34.15 34.15	09 Alcobaca	2:48.09	381
100m: 1:22.37 48.22	150m: 2:11.18 48.81	200m: 2:48.09	36.91
3. Anjali, RAICAR 50m: 37.40 37.40	09 Naval de Peniche	2:59.34	313
100m: 1:24.48 47.08	150m: 2:18.53 54.05	200m: 2:59.34	40.81

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Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Juvenil B  
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Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Sofia Roma, BRIZIDA 50m: 34.34 34.34 100m: 1:14.17 39.83 150m: 1:58.15 43.98 200m: 2:34.98 36.83	10 Ba-Leiria	2:34.98	486
2. Matilde Santos, VIEIRA 50m: 34.79 34.79 100m: 1:17.04 42.25 150m: 2:07.06 50.02 200m: 2:42.64 35.58	10 Nautico Marinha Grande	2:42.64	420
3. Laura Helena, AMORIM 50m: 35.50 35.50 100m: 1:17.50 42.00 150m: 2:07.08 49.58 200m: 2:43.88 36.80	10 Nautico Marinha Grande	2:43.88	411
4. Barbara Balbino, MENDES 50m: 35.31 35.31 100m: 1:18.17 42.86 150m: 2:08.23 50.06 200m: 2:44.15 35.92	10 Naval de Peniche	2:44.15	409
5. Madalena Gracio, PEDROSO 50m: 34.77 34.77 100m: 1:16.34 41.57 150m: 2:07.14 50.80 200m: 2:44.58 37.44	10 Nautico Marinha Grande	2:44.58	405
6. Debora Silva, INACIO 50m: 36.14 36.14 100m: 1:18.55 42.41 150m: 2:08.69 50.14 200m: 2:46.63 37.94	10 Pimpoes/Cimai	2:46.63	391
7. Leonor Pereira, SILVA 50m: 35.59 35.59 100m: 1:20.19 44.60 150m: 2:10.42 50.23 200m: 2:50.67 40.25	10 Óbidos	2:50.67	364
8. Luana Filipe, REIS 50m: 39.13 39.13 100m: 1:23.54 44.41 150m: 2:12.33 48.79 200m: 2:53.55 41.22	10 Alcobaca	2:53.55	346
9. Bianca Balbino, MENDES 50m: 39.43 39.43 100m: 1:22.68 43.25 150m: 2:14.38 51.70 200m: 2:54.50 40.12	10 Naval de Peniche	2:54.50	340
10. Rafaela Santos, AFONSO 50m: 39.87 39.87 100m: 1:25.11 45.24 150m: 2:17.79 52.68 200m: 2:57.89 40.10	10 Naval de Peniche	2:57.89	321
11. Matilde Filipa, AMADO 50m: 38.44 38.44 100m: 1:24.54 46.10 150m: 2:19.21 54.67 200m: 2:58.17 38.96	10 Nautico Marinha Grande	2:58.17	319
12. Mariana Santos, AFONSO 50m: 40.79 40.79 100m: 1:27.60 46.81 150m: 2:21.01 53.41 200m: 3:02.25 41.24	10 Naval de Peniche	3:02.25	298
DSQ Mariana Sousa, OLIVEIRA <i>A Atleta perdeu a posição dorsal no percurso de costas, dos 50 metros para os 75 metros</i>	10 Alcobaca		

Prova 9 Femin., 200m Estilos Infantil A  
05/05/2024 - 9:10 Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO 50m: 35.27 35.27 100m: 1:18.43 43.16 150m: 2:06.09 47.66 200m: 2:43.98 37.89	11 Alcobaca	2:43.98	410
2. Maria Joao, VALA 50m: 37.19 37.19 100m: 1:18.33 41.14 150m: 2:08.45 50.12 200m: 2:45.33 36.88	11 Pimpoes/Cimai	2:45.33	400
3. Mafalda Teles, SOUSA 50m: 37.14 37.14 100m: 1:19.24 42.10 150m: 2:08.63 49.39 200m: 2:47.45 38.82	11 Pimpoes/Cimai	2:47.45	385
4. Leonor Mota, ALVES 50m: 37.38 37.38 100m: 1:20.88 43.50 150m: 2:12.11 51.23 200m: 2:49.36 37.25	11 Nautico Marinha Grande	2:49.36	372
5. Anastasiya, PRYMACHENKO 50m: 36.07 36.07 100m: 1:20.23 44.16 150m: 2:10.12 49.89 200m: 2:49.88 39.76	11 Nucleo de Pombal	2:49.88	369
6. Beatriz Marques, GASPAR 50m: 36.62 36.62 100m: 1:25.55 48.93 150m: 2:13.07 47.52 200m: 2:51.74 38.67	11 Nautico Marinha Grande	2:51.74	357
7. Carlota Sa, SANTOS 50m: 38.44 38.44 100m: 1:21.82 43.38 150m: 2:14.88 53.06 200m: 2:54.17 39.29	11 Nucleo de Pombal	2:54.17	342

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Prova 9, Femin., 200m Estilos, Infantil A

Lugar	Ano	Tempo final	Pts
8. Carolina Silva, CASTANHEIRA 50m: 38.41 38.41 100m: 1:21.19 42.78 150m: 2:16.35 55.16 200m: 2:56.06 39.71	11 CNLeiria	2:56.06	331
9. Cristiana Henriques, ALMEIDA 50m: 39.41 39.41 100m: 1:23.74 44.33 150m: 2:16.54 52.80 200m: 2:57.83 41.29	11 Benedita	2:57.83	321
10. Maria Leonor, ALMEIDA 50m: 35.86 35.86 100m: 1:18.32 42.46 150m: 2:17.54 59.22 200m: 2:58.41 40.87	11 Benedita	2:58.41	318
11. Mariana Sousa, MENDES 50m: 40.95 40.95 100m: 1:24.71 43.76 150m: 2:20.74 56.03 200m: 2:59.90 39.16	11 Alcobaca	2:59.90	310
12. Maria Santos, FONSECA 50m: 43.15 43.15 100m: 1:32.44 49.29 150m: 2:23.75 51.31 200m: 3:05.30 41.55	11 CNLeiria	3:05.30	284
13. Isabela Lourenco, COSTA 50m: 40.23 40.23 100m: 1:29.09 48.86 150m: 2:24.55 55.46 200m: 3:06.38 41.83	11 Benedita	3:06.38	279
14. Isabela Maria, CARREIRA 50m: 41.89 41.89 100m: 1:30.02 48.13 150m: 2:24.58 54.56 200m: 3:07.69 43.11	11 Uniao Juncalense	3:07.69	273
15. Leiriia Silviovna, TONKIKH 50m: 42.81 42.81 100m: 1:30.37 47.56 150m: 2:27.26 56.89 200m: 3:10.10 42.84	11 CNLeiria	3:10.10	263
16. Margarida Soares, MAIA 50m: 46.33 46.33 100m: 1:40.93 54.60 150m: 2:35.31 54.38 200m: 3:15.76 40.45	11 Nautico Marinha Grande	3:15.76	241
17. Matilde Vitorino, FERREIRA 50m: 48.34 48.34 100m: 1:38.21 49.87 150m: 2:35.24 57.03 200m: 3:19.45 44.21	11 Naval de Peniche	3:19.45	228
18. Kelly Simao, COSTA 50m: 47.50 47.50 100m: 1:38.12 50.62 150m: 2:35.78 57.66 200m: 3:23.79 48.01	11 Óbidos	3:23.79	213
19. Beatriz Morgado, SILVA 50m: 50.07 50.07 100m: 1:44.06 53.99 150m: 2:44.51 1:00.45 200m: 3:31.26 46.75	11 Benedita	3:31.26	191
20. Yara Nunes, MARCELINO 50m: 46.46 46.46 100m: 1:38.80 52.34 150m: 2:45.80 1:07.00 200m: 3:31.74 45.94	11 Nucleo de Pombal	3:31.74	190
21. Margarida Lopes, RODRIGUES 50m: 41.88 41.88 100m: 1:30.96 49.08 150m: 2:36.42 1:05.46 200m: 3:32.29 55.87	11 Uniao Juncalense	3:32.29	189

Prova 9  
05/05/2024 - 9:10

Femin., 200m Estilos

Infantil B  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Emma, AVRAMESCU 50m: 37.52 37.52 100m: 1:25.26 47.74 150m: 2:15.15 49.89 200m: 2:54.82 39.67	12 Nautico Marinha Grande	2:54.82	338
2. Laura Krempel, VARELA 50m: 37.01 37.01 100m: 1:21.67 44.66 150m: 2:15.55 53.88 200m: 2:55.36 39.81	12 Pimpoes/Cimai	2:55.36	335
3. Emiliana Arruda, SARAIVA 50m: 37.14 37.14 100m: 1:23.67 46.53 150m: 2:20.24 56.57 200m: 2:58.10 37.86	12 Vieiraense	2:58.10	320
4. Luna Francisco, PEREIRA 50m: 43.06 43.06 100m: 1:28.12 45.06 150m: 2:24.32 56.20 200m: 3:05.30 40.98	12 Nucleo de Pombal	3:05.30	284
5. Ines Pinto, MARTINS 50m: 41.26 41.26 100m: 1:27.97 46.71 150m: 2:23.99 56.02 200m: 3:06.52 42.53	12 Pimpoes/Cimai	3:06.52	278
6. Julia Pinto, PINHEIRO 50m: 42.22 42.22 100m: 1:29.10 46.88 150m: 2:25.53 56.43 200m: 3:08.89 43.36	12 Pimpoes/Cimai	3:08.89	268
7. Benedita Nunes, FELIX 50m: 43.18 43.18 100m: 1:32.13 48.95 150m: 2:27.91 55.78 200m: 3:10.05 42.14	12 Pimpoes/Cimai	3:10.05	263
8. Beatriz Julio, CORREIA 50m: 43.41 43.41 100m: 1:32.55 49.14 150m: 2:29.82 57.27 200m: 3:13.65 43.83	12 CNLeiria	3:13.65	249

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 9, Femin., 200m Estilos, Infantil B

Lugar	Ano	Tempo final	Pts
9. Safira Pedro, FONSECA 50m: 44.53 44.53	12 Vieirense	3:17.86	233
100m: 1:30.90 46.37	150m: 2:31.79 1:00.89	200m: 3:17.86 46.07	
10. Carolina Matos, CORREIA 50m: 46.24 46.24	12 Nucleo de Pombal	3:22.87	216
100m: 1:36.36 50.12	150m: 2:37.07 1:00.71	200m: 3:22.87 45.80	
11. Maria Leonor, ASSUNCAO 50m: 48.47 48.47	12 Pimpoes/Cimai	3:23.46	214
100m: 1:40.86 52.39	150m: 2:40.12 59.26	200m: 3:23.46 43.34	
12. Yaroslava, TABUNSCHYK 50m: 48.82 48.82	12 CNLeiria	3:25.24	209
100m: 1:38.55 49.73	150m: 2:38.27 59.72	200m: 3:25.24 46.97	
13. Rita Alexandra, JORDAO 50m: 49.66 49.66	12 Uniao Juncalense	3:29.74	196
100m: 1:43.14 53.48	150m: 2:42.64 59.50	200m: 3:29.74 47.10	
14. Rita Francisco, SIMOES 50m: 45.73 45.73	12 Vieirense	3:31.78	190
100m: 1:44.17 58.44	150m: 2:44.72 1:00.55	200m: 3:31.78 47.06	
15. Daniela Carvalho, FERREIRA 50m: 48.99 48.99	12 Nucleo de Pombal	3:33.00	187
100m: 1:44.42 55.43	150m: 2:45.03 1:00.61	200m: 3:33.00 47.97	
16. Constanca Santos, COUTINHO 50m: 49.23 49.23	12 Naval da Nazaré	3:34.31	183
100m: 1:39.90 50.67	150m: 2:42.00 1:02.10	200m: 3:34.31 52.31	
17. Jessica Garcia, FERREIRA 50m: 53.89 53.89	12 Óbidos	3:43.07	163
100m: 1:47.83 53.94	150m: 2:52.80 1:04.97	200m: 3:43.07 50.27	
18. Maria Leonor, FERREIRA 50m: 56.47 56.47	12 Óbidos	3:49.85	149
100m: 1:54.90 58.43	150m: 2:55.99 1:01.09	200m: 3:49.85 53.86	
DNS Maria Ines, GOMES	12 Nucleo de Pombal		
EXH Elisa Henriques, SOUTO 50m: 36.82 36.82	10 Óbidos	2:50.13	367
100m: 1:19.25 42.43	150m: 2:09.29 50.04	200m: 2:50.13 40.84	
EXH Zofie, PACHECO 50m: 38.26 38.26	09 Naval de Peniche	3:02.53	297
100m: 1:26.27 48.01	150m: 2:20.97 54.70	200m: 3:02.53 41.56	
EXH Valeria, MORITS 50m: 43.58 43.58	12 Nautico Marinha Grande	3:22.40	218
100m: 1:35.35 51.77	150m: 2:36.49 1:01.14	200m: 3:22.40 45.91	
EXH Iara Maria, CAMACHO 50m: 53.13 53.13	12 Óbidos	3:46.49	155
100m: 1:49.65 56.52	150m: 2:56.40 1:06.75	200m: 3:46.49 50.09	
EXH Anastasia, STURZA 50m: 51.15 51.15	10 Uniao Juncalense	4:03.82	124
100m: 1:58.71 1:07.56	150m: 3:05.19 1:06.48	200m: 4:03.82 58.63	
EXH Eleonora Alves, ROSARIO 50m: 1:02.22 1:02.22	12 Uniao Juncalense	4:13.26	111
100m: 2:07.22 1:05.00	150m: 3:15.86 1:08.64	200m: 4:13.26 57.40	