



Tor. Fundo Inf/Juv +TTCombinadas Cad.
Caldas da Rainha, 18 - 19/5/2024

Prova 22 Femin., 400m Estilos Juvenil A
19/05/2024 - 9:00 Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	5:15.22	554
50m: 34.84 34.84	150m: 1:55.12 40.30	250m: 3:19.29 43.50	350m: 4:40.09 35.76
100m: 1:14.82 39.98	200m: 2:35.79 40.67	300m: 4:04.33 45.04	400m: 5:15.22 35.13
2. Constanca Baptista, TOMAS	09 Alcobaca	5:20.03	529
50m: 33.16 33.16	150m: 1:54.18 43.13	250m: 3:22.47 46.26	350m: 4:45.37 35.51
100m: 1:11.05 37.89	200m: 2:36.21 42.03	300m: 4:09.86 47.39	400m: 5:20.03 34.66
3. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	5:46.77	416
50m: 37.64 37.64	150m: 2:05.04 44.29	250m: 3:37.94 49.87	350m: 5:08.89 40.25
100m: 1:20.75 43.11	200m: 2:48.07 43.03	300m: 4:28.64 50.70	400m: 5:46.77 37.88
4. Mariana Sousa, MARQUES	09 Alcobaca	5:57.60	379
50m: 36.19 36.19	150m: 2:06.34 49.22	250m: 3:44.10 50.42	350m: 5:17.71 41.12
100m: 1:17.12 40.93	200m: 2:53.68 47.34	300m: 4:36.59 52.49	400m: 5:57.60 39.89
5. Anjali, RAICAR	09 Naval de Peniche	6:32.37	287
50m: 39.40 39.40	150m: 2:20.25 51.29	250m: 4:05.05 54.77	350m: 5:49.30 47.39
100m: 1:28.96 49.56	200m: 3:10.28 50.03	300m: 5:01.91 56.86	400m: 6:32.37 43.07
DNS Zofie, PACHECO	09 Naval de Peniche		

Prova 22 Femin., 400m Estilos Juvenil B
19/05/2024 - 9:00 Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	5:42.01	433
50m: 36.11 36.11	150m: 2:00.78 42.51	250m: 3:32.07 50.66	350m: 5:05.54 40.40
100m: 1:18.27 42.16	200m: 2:41.41 40.63	300m: 4:25.14 53.07	400m: 5:42.01 36.47
2. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	5:43.03	430
50m: 35.42 35.42	150m: 2:03.35 46.07	250m: 3:38.45 50.64	350m: 5:06.44 37.89
100m: 1:17.28 41.86	200m: 2:47.81 44.46	300m: 4:28.55 50.10	400m: 5:43.03 36.59
3. Vida Sofia, VELEZ	10 Ba-Leiria	5:48.96	408
50m: 40.74 40.74	150m: 2:12.55 44.05	250m: 3:42.46 49.47	350m: 5:11.26 39.86
100m: 1:28.50 47.76	200m: 2:52.99 40.44	300m: 4:31.40 48.94	400m: 5:48.96 37.70
4. Barbara Balbino, MENDES	10 Naval de Peniche	5:49.17	407
50m: 36.31 36.31	150m: 2:03.98 45.37	250m: 3:40.56 52.06	350m: 5:12.13 38.06
100m: 1:18.61 42.30	200m: 2:48.50 44.52	300m: 4:34.07 53.51	400m: 5:49.17 37.04
5. Diana Isabel, ALVES	10 Pimpoes/Cimai	5:50.13	404
50m: 38.29 38.29	150m: 2:06.60 44.17	250m: 3:41.61 51.93	350m: 5:12.67 39.18
100m: 1:22.43 44.14	200m: 2:49.68 43.08	300m: 4:33.49 51.88	400m: 5:50.13 37.46
6. Bianca Balbino, MENDES	10 Naval de Peniche	5:57.22	380
50m: 39.46 39.46	150m: 2:10.24 44.45	250m: 3:45.71 49.52	350m: 5:18.07 39.98
100m: 1:25.79 46.33	200m: 2:56.19 45.95	300m: 4:38.09 52.38	400m: 5:57.22 39.15



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Prova 22, Femin., 400m Estilos, Juvenil B

Lugar	Ano	Tempo final	Pts
7. Leonor Pereira, SILVA	10 Óbidos	5:59.10	374
50m: 37.54 37.54	150m: 2:14.15 48.41	250m: 3:46.90 50.58	350m: 5:20.95 43.11
100m: 1:25.74 48.20	200m: 2:56.32 42.17	300m: 4:37.84 50.94	400m: 5:59.10 38.15
8. Laura Helena, AMORIM	10 Nautico Marinha Grande	6:02.27	365
50m: 38.85 38.85	150m: 2:12.43 46.31	250m: 3:48.10 50.20	350m: 5:21.73 42.02
100m: 1:26.12 47.27	200m: 2:57.90 45.47	300m: 4:39.71 51.61	400m: 6:02.27 40.54
9. Luana Filipe, REIS	10 Alcobaca	6:08.92	345
50m: 40.42 40.42	150m: 2:15.11 46.22	250m: 3:49.26 49.51	350m: 5:25.80 44.70
100m: 1:28.89 48.47	200m: 2:59.75 44.64	300m: 4:41.10 51.84	400m: 6:08.92 43.12
10. Matilde Filipa, AMADO	10 Nautico Marinha Grande	6:15.12	328
50m: 41.44 41.44	150m: 2:18.99 47.65	250m: 4:01.37 54.11	350m: 5:37.14 41.92
100m: 1:31.34 49.90	200m: 3:07.26 48.27	300m: 4:55.22 53.85	400m: 6:15.12 37.98
11. Debora Silva, INACIO	10 Pimpoes/Cimai	6:15.33	328
50m: 40.88 40.88	150m: 2:16.88 46.53	250m: 3:57.68 54.75	350m: 5:35.68 41.60
100m: 1:30.35 49.47	200m: 3:02.93 46.05	300m: 4:54.08 56.40	400m: 6:15.33 39.65
12. Rafaela Santos, AFONSO	10 Naval de Peniche	6:21.38	312
50m: 40.74 40.74	150m: 2:21.90 49.80	250m: 4:03.72 52.70	350m: 5:40.62 43.11
100m: 1:32.10 51.36	200m: 3:11.02 49.12	300m: 4:57.51 53.79	400m: 6:21.38 40.76
13. Mariana Santos, AFONSO	10 Naval de Peniche	6:27.91	297
50m: 42.42 42.42	150m: 2:25.16 48.11	250m: 4:06.14 53.72	350m: 5:45.87 44.66
100m: 1:37.05 54.63	200m: 3:12.42 47.26	300m: 5:01.21 55.07	400m: 6:27.91 42.04
14. Mariana Sousa, OLIVEIRA	10 Alcobaca	6:40.27	270
50m: 44.60 44.60	150m: 2:27.66 49.08	250m: 4:14.58 59.60	350m: 6:00.10 45.43
100m: 1:38.58 53.98	200m: 3:14.98 47.32	300m: 5:14.67 1:00.09	400m: 6:40.27 40.17
DNS Elisa Henriques, SOUTO	10 Óbidos		

Prova 22
19/05/2024 - 9:00

Femin., 400m Estilos

Infantil A
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	5:42.43	432
50m: 35.33 35.33	150m: 2:02.29 45.32	250m: 3:34.82 49.14	350m: 5:04.99 40.65
100m: 1:16.97 41.64	200m: 2:45.68 43.39	300m: 4:24.34 49.52	400m: 5:42.43 37.44
2. Maria Joao, VALA	11 Pimpoes/Cimai	5:48.40	410
50m: 38.78 38.78	150m: 2:07.73 43.68	250m: 3:40.84 50.84	350m: 5:11.16 40.10
100m: 1:24.05 45.27	200m: 2:50.00 42.27	300m: 4:31.06 50.22	400m: 5:48.40 37.24
3. Leonor Mota, ALVES	11 Nautico Marinha Grande	5:54.84	388
50m: 37.25 37.25	150m: 2:06.62 46.19	250m: 3:42.71 51.40	350m: 5:16.17 40.48
100m: 1:20.43 43.18	200m: 2:51.31 44.69	300m: 4:35.69 52.98	400m: 5:54.84 38.67
4. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	6:00.33	371
50m: 37.63 37.63	150m: 2:11.41 48.33	250m: 3:48.24 48.69	350m: 5:20.46 42.38
100m: 1:23.08 45.45	200m: 2:59.55 48.14	300m: 4:38.08 49.84	400m: 6:00.33 39.87



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Prova 22, Femin., 400m Estilos, Infantil A

Lugar	Ano	Tempo final	Pts
5. Mafalda Teles, SOUSA	11 Pimpoes/Cimai	6:04.03	359
50m: 41.16 41.16	150m: 2:17.36 44.10	250m: 3:52.69 50.78	350m: 5:24.67 40.55
100m: 1:33.26 52.10	200m: 3:01.91 44.55	300m: 4:44.12 51.43	400m: 6:04.03 39.36
6. Cristiana Henriques, ALMEIDA	11 Benedita	6:08.81	346
50m: 40.53 40.53	150m: 2:14.25 46.57	250m: 3:52.35 52.10	350m: 5:27.12 42.33
100m: 1:27.68 47.15	200m: 3:00.25 46.00	300m: 4:44.79 52.44	400m: 6:08.81 41.69
7. Maria Leonor, ALMEIDA	11 Benedita	6:11.84	337
50m: 39.48 39.48	150m: 2:10.91 46.98	250m: 3:53.14 57.22	350m: 5:32.29 42.61
100m: 1:23.93 44.45	200m: 2:55.92 45.01	300m: 4:49.68 56.54	400m: 6:11.84 39.55
8. Carolina Silva, CASTANHEIRA	11 CNLeiria	6:15.78	327
50m: 40.68 40.68	150m: 2:16.85 47.28	250m: 3:58.23 56.87	350m: 5:36.67 42.15
100m: 1:29.57 48.89	200m: 3:01.36 44.51	300m: 4:54.52 56.29	400m: 6:15.78 39.11
9. Mariana Sousa, MENDES	11 Alcobaca	6:26.82	299
50m: 45.45 45.45	150m: 2:26.74 45.30	250m: 4:08.63 56.70	350m: 5:46.99 41.89
100m: 1:41.44 55.99	200m: 3:11.93 45.19	300m: 5:05.10 56.47	400m: 6:26.82 39.83
10. Maria Santos, FONSECA	11 CNLeiria	6:30.17	292
50m: 45.83 45.83	150m: 2:29.34 49.37	250m: 4:08.84 51.14	350m: 5:47.38 45.76
100m: 1:39.97 54.14	200m: 3:17.70 48.36	300m: 5:01.62 52.78	400m: 6:30.17 42.79
11. Isabela Lourenco, COSTA	11 Benedita	6:30.66	291
50m: 42.74 42.74	150m: 2:22.26 49.36	250m: 4:06.38 55.81	350m: 5:48.07 44.23
100m: 1:32.90 50.16	200m: 3:10.57 48.31	300m: 5:03.84 57.46	400m: 6:30.66 42.59
12. Isabela Maria, CARREIRA	11 Uniao Juncalense	6:38.25	274
50m: 43.76 43.76	150m: 2:30.96 51.91	250m: 4:15.73 53.81	350m: 5:55.45 43.97
100m: 1:39.05 55.29	200m: 3:21.92 50.96	300m: 5:11.48 55.75	400m: 6:38.25 42.80
13. Leiriia Silviovna, TONKIKH	11 CNLeiria	6:55.33	242
50m: 47.64 47.64	150m: 2:39.65 52.15	250m: 4:26.79 57.55	350m: 6:11.50 46.01
100m: 1:47.50 59.86	200m: 3:29.24 49.59	300m: 5:25.49 58.70	400m: 6:55.33 43.83
14. Erica Felix, RODRIGUES	11 Uniao Juncalense	7:07.61	222
50m: 42.96 42.96	150m: 2:31.92 55.40	250m: 4:26.52 1:00.79	350m: 6:19.49 49.64
100m: 1:36.52 53.56	200m: 3:25.73 53.81	300m: 5:29.85 1:03.33	400m: 7:07.61 48.12
15. Kelly Simao, COSTA	11 Óbidos	7:09.91	218
50m: 49.35 49.35	150m: 2:40.39 51.54	250m: 4:32.83 59.30	350m: 6:20.98 49.73
100m: 1:48.85 59.50	200m: 3:33.53 53.14	300m: 5:31.25 58.42	400m: 7:09.91 48.93



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Prova 22, Femin., 400m Estilos

Prova 22

19/05/2024 - 9:00

Pontos: FINA 2023

Femin., 400m Estilos

Infantil B

Resultados

Lugar	Ano	Tempo final	Pts
1. Laura Krempel, VARELA	12 Pimpoes/Cimai	6:07.96	348
50m: 38.32 38.32	150m: 2:11.51 47.17	250m: 3:50.97 54.03	350m: 5:28.29 42.79
100m: 1:24.34 46.02	200m: 2:56.94 45.43	300m: 4:45.50 54.53	400m: 6:07.96 39.67
2. Ines Pinto, MARTINS	12 Pimpoes/Cimai	6:25.55	302
50m: 43.86 43.86	150m: 2:20.82 47.64	250m: 4:01.79 54.22	350m: 5:42.47 44.66
100m: 1:33.18 49.32	200m: 3:07.57 46.75	300m: 4:57.81 56.02	400m: 6:25.55 43.08
3. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	6:35.67	280
50m: 45.53 45.53	150m: 2:27.79 48.82	250m: 4:11.73 55.99	350m: 5:53.84 46.06
100m: 1:38.97 53.44	200m: 3:15.74 47.95	300m: 5:07.78 56.05	400m: 6:35.67 41.83
4. Mafalda Varela, BERNARDINO	12 Alcobaca	6:42.14	266
50m: 46.30 46.30	150m: 2:32.30 50.68	250m: 4:18.92 56.96	350m: 5:59.42 44.34
100m: 1:41.62 55.32	200m: 3:21.96 49.66	300m: 5:15.08 56.16	400m: 6:42.14 42.72
5. Beatriz Julio, CORREIA	12 CNLeiria	6:48.58	254
50m: 48.49 48.49	150m: 2:38.46 49.89	250m: 4:24.22 57.29	350m: 6:05.99 45.93
100m: 1:48.57 1:00.08	200m: 3:26.93 48.47	300m: 5:20.06 55.84	400m: 6:48.58 42.59
6. Benedita Nunes, FELIX	12 Pimpoes/Cimai	6:48.95	253
50m: 46.42 46.42	150m: 2:36.07 54.54	250m: 4:23.05 55.70	350m: 6:07.20 45.19
100m: 1:41.53 55.11	200m: 3:27.35 51.28	300m: 5:22.01 58.96	400m: 6:48.95 41.75
7. Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai	7:12.76	214
50m: 52.59 52.59	150m: 2:51.43 53.34	250m: 4:43.68 1:00.07	350m: 6:31.16 46.06
100m: 1:58.09 1:05.50	200m: 3:43.61 52.18	300m: 5:45.10 1:01.42	400m: 7:12.76 41.60
8. Rita Alexandra, JORDAO	12 Uniao Juncalense	7:22.33	200
50m: 51.71 51.71	150m: 2:53.87 54.43	250m: 4:45.23 59.21	350m: 6:35.02 49.94
100m: 1:59.44 1:07.73	200m: 3:46.02 52.15	300m: 5:45.08 59.85	400m: 7:22.33 47.31
9. Jessica Garcia, FERREIRA	12 Óbidos	7:44.01	173
50m: 53.97 53.97	150m: 2:54.80 55.77	250m: 4:53.19 1:05.47	350m: 6:51.98 54.47
100m: 1:59.03 1:05.06	200m: 3:47.72 52.92	300m: 5:57.51 1:04.32	400m: 7:44.01 52.03
10. Iara Maria, CAMACHO	12 Óbidos	8:12.86	145
50m: 51.61 51.61	150m: 2:58.81 1:00.98	250m: 5:10.33 1:08.73	350m: 7:16.34 56.66
100m: 1:57.83 1:06.22	200m: 4:01.60 1:02.79	300m: 6:19.68 1:09.35	400m: 8:12.86 56.52
DSQ Emma, AVRAMESCU	12 Nautico Marinha Grande		
<i>Na viragem dos 200 metros, a atleta não terminou o percurso de costas na posição dorsal.</i>			
DSQ Mariana Duarte, ANTUNES	12 Alcobaca		
<i>Falsa partida (SW 4.4)</i>			
DNS Constanca Santos, COUTINHO	12 Naval da Nazaré		
DNS Maria Leonor, FERREIRA	12 Óbidos		