

Torneio Inter-Regional Especialista
Rio Maior, 15 - 16/6/2024

Prova 29
16/06/2024 - 15:55

Femin., 200m Livres

Infantil
Resultados

Inf B: 3:03.00; Inf A: 3:00.00

Pontos: FINA 2024

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Sofia Barroca Pereira	11	BUZIOS - Coruche	2:26.33	458	
	50m: 33.97 100m: 1:11.28 150m: 1:49.61 200m: 2:26.33					
2.	Ana Filipa Serra	11	CPCD-Povoa St Iria	2:29.64	428	
	50m: 34.74 100m: 1:13.02 150m: 1:52.36 200m: 2:29.64					
3.	Francisca Meneses Gonçalves	11	Benfica	2:31.93	409	
	50m: 33.41 100m: 1:12.88 150m: 1:54.15 200m: 2:31.93					
4.	Francisca Cunha Monteiro	11	Benfica	2:33.73	395	
	50m: 34.34 100m: 1:13.77 150m: 1:54.48 200m: 2:33.73					
5.	Rita Gomes Valentim	12	Torres Novas	2:36.01	378	
	50m: 35.85 100m: 1:16.29 150m: 1:56.72 200m: 2:36.01					
6.	Leonor Coelho Silva	11	Individual ANL	2:36.95	371	
	50m: 36.72 100m: 1:15.26 150m: 1:56.49 200m: 2:36.95					
7.	Laura Flores Serra	12	Vikings	2:37.74	366	
	50m: 37.35 100m: 1:17.25 150m: 1:58.58 200m: 2:37.74					
8.	Telma Filipa Magalhaes	12	Fisica Torres Vedras	2:39.84	351	
	50m: 37.75 100m: 1:18.81 150m: 2:00.38 200m: 2:39.84					
9.	Ines Moreira Pedro	12	Benfica	2:40.34	348	
	50m: 36.97 100m: 1:18.31 150m: 2:00.74 200m: 2:40.34					
10.	Carmo Rosa Madeira	11	Laranjeiro	2:41.62	340	
	50m: 38.01 100m: 1:19.63 150m: 2:01.99 200m: 2:41.62					
11.	Marta Costa Soares	12	Uniao Samorense	2:42.58	334	
	50m: 37.73 100m: 1:19.41 150m: 2:01.65 200m: 2:42.58					
12.	Madalena Carreiro Rodrigues	11	Benfica	2:43.29	330	
	50m: 38.57 100m: 1:19.61 150m: 2:02.97 200m: 2:43.29					
13.	Laura Krempel Varela	12	Pimpoes/Cimai	2:43.83	326	
	50m: 38.80 100m: 1:22.00 150m: 2:04.59 200m: 2:43.83					
14.	Benedita Maria Lagarinhos	11	Viver Santarem	2:44.11	325	
	50m: 37.45 100m: 1:19.57 150m: 2:02.71 200m: 2:44.11					
15.	Carolina Pinto Fonseca	11	Fisica Torres Vedras	2:44.65	321	
	50m: 38.73 100m: 1:21.71 150m: 2:04.58 200m: 2:44.65					
16.	Inês Alexandra Mariano	12	Vikings	2:44.83	320	
	50m: 40.12 100m: 1:22.67 150m: 2:04.98 200m: 2:44.83					
17.	Matilde Nogueira Lourenco	11	CCDSerta	2:46.98	308	
	50m: 38.67 100m: 1:21.86 150m: 2:05.54 200m: 2:46.98					
18.	Maria Goncalves Oliveira	11	Desportivo de Odemira	2:47.78	304	
	50m: 39.54 100m: 1:22.52 150m: 2:05.23 200m: 2:47.78					
19.	Maria Beatriz Mestre	12	Electrico Clube/ FGil.pt	2:48.31	301	
	50m: 38.71 100m: 1:22.61 150m: 2:08.37 200m: 2:48.31					
20.	Rita Balsa Alves	12	BUZIOS - Coruche	2:48.47	300	
	50m: 39.53 100m: 1:22.69 150m: 2:07.16 200m: 2:48.47					
21.	Maria Leonor Assuncao	12	Pimpoes/Cimai	2:51.64	284	
	50m: 41.41 100m: 1:25.51 150m: 2:11.03 200m: 2:51.64					
22.	Maria Pais Santos	12	BUZIOS - Coruche	2:56.27	262	
	50m: 41.27 100m: 1:26.63 150m: 2:12.35 200m: 2:56.27					

Torneio Inter-Regional Especialista
Rio Maior, 15 - 16/6/2024

Prova 29, Femin., 200m Livres, Infantil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
23.	Alicia Lopes Deep 50m: 41.13 100m: 1:27.64	12	BUZIOS - Coruche	2:59.08 150m: 2:15.66 200m: 2:59.08	250	
24.	Alice Raquel Dias FTL 50m: 41.35 100m: 1:28.58	11	Desportivo de Mora	3:06.43 150m: 2:17.67 200m: 3:06.43	221	
25.	Maria Mateus Cabrita FTL 50m: 44.27 100m: 1:35.00	12	CPCD-Povoa St Iria	3:16.38 150m: 2:27.72 200m: 3:16.38	189	
26.	Ana Leonor Lopes FTL 50m: 47.07 100m: 1:42.26	12	Rio Maior	3:24.76 200m: 3:24.76	167	
27.	Beatriz Rodrigues Fontinho FTL 50m: 47.63 100m: 1:41.42	12	CLAC-Entroncamento	3:31.24 150m: 2:37.20 200m: 3:31.24	152	
DNS	Daniela Matias Ribeiro	11	CCDSerta			
DNS	Catarina Leonor Pereira	11	CLAC-Entroncamento			
DNS	Joana Verissimo Tavares	12	CLAC-Entroncamento			
DNS	Maria Ines Ferreira	11	Torres Novas			
WDR	Margarida Lourenco Antunes	12	CCDSerta			
doente	Laura Rosinha Maia	12	Gualdim Pais			

Prova 29

Femin., 200m Livres

Juvenil

16/06/2024 - 15:55

Resultados

Juv B: 2:50.00; Juv A: 2:43.00

Pontos: FINA 2024

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Leonor Sombreireiro Martins 50m: 32.50 100m: 1:07.67	10	BUZIOS - Coruche	2:18.60 150m: 1:43.95 200m: 2:18.60	539	
2.	Ana Nabais Mendes 50m: 32.67 100m: 1:08.70	10	Laranjeiro	2:20.76 150m: 1:44.83 200m: 2:20.76	515	
3.	Ines Maria Lanca 50m: 32.65 100m: 1:08.48	09	Benfica	2:23.33 150m: 1:45.40 200m: 2:23.33	488	
4.	Maria Leonor Lopes 50m: 34.16 100m: 1:11.05	10	Torres Novas	2:23.86 150m: 1:48.21 200m: 2:23.86	482	
5.	Beatriz Paiva Branco 50m: 33.66 100m: 1:10.55	10	Laranjeiro	2:24.91 150m: 1:48.63 200m: 2:24.91	472	
6.	Constanca Lopes Cruz 50m: 34.49 100m: 1:11.29	09	Colegio Monte Maior	2:25.60 150m: 1:48.92 200m: 2:25.60	465	
7.	Joana Alexandra Silva 50m: 33.95 100m: 1:11.28	10	CPCD-Povoa St Iria	2:25.78 150m: 1:49.94 200m: 2:25.78	463	
8.	Victoria Sales Proenca 50m: 33.66 100m: 1:10.86	10	Benfica	2:25.81 150m: 1:48.62 200m: 2:25.81	463	
9.	Jessica Bernardino Lopes 50m: 34.18 100m: 1:11.33	10	Fisica Torres Vedras	2:27.29 150m: 1:50.26 200m: 2:27.29	449	
10.	Maria Inês Fryxell 50m: 33.80 100m: 1:11.41	10	AONDA-Azeitao	2:27.72 150m: 1:50.39 200m: 2:27.72	445	
11.	Lara Paixao Silva 50m: 34.40 100m: 1:11.75	10	Rio Maior	2:27.77 150m: 1:50.18 200m: 2:27.77	445	

Torneio Inter-Regional Especialista
Rio Maior, 15 - 16/6/2024

Prova 29, Femin., 200m Livres, Juvenil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
12.	Laura Prates Morais 50m: 34.58 100m: 1:12.97	09	BUZIOS - Coruche	2:29.25 150m: 1:51.68 200m: 2:29.25	432	
13.	Margarida Maia Lopes 50m: 34.13 100m: 1:12.66	09	GesLoures	2:32.64 150m: 1:53.54 200m: 2:32.64	404	
14.	Beatriz Ribeiro Lima 50m: 34.55 100m: 1:12.87	09	GesLoures	2:33.09 150m: 1:53.33 200m: 2:33.09	400	
15.	Nuria Cristina Pires 50m: 36.40 100m: 1:12.92	10	Individual ANL	2:33.81 150m: 1:53.62 200m: 2:33.81	394	
16.	Luisa Anjos Frischknecht 50m: 35.88 100m: 1:15.38	10	Naval Setubalense	2:34.90 150m: 1:56.11 200m: 2:34.90	386	
17.	Alice Fernandes Rodrigues 50m: 37.87 100m: 1:19.39	10	GesLoures	2:38.04 150m: 2:00.23 200m: 2:38.04	364	
18.	Flor Fortunata Ferreira 50m: 35.85 100m: 1:16.98	10	Gualdim Pais	2:39.18 150m: 1:58.86 200m: 2:39.18	356	
19.	Leonor Duarte Goncalves 50m: 37.89 100m: 1:18.31	10	Desportivo de Odemira	2:39.26 150m: 2:00.18 200m: 2:39.26	355	
20.	Ana Kostenko 50m: 38.02 100m: 1:19.67	09	Naval Setubalense	2:40.80 150m: 2:01.24 200m: 2:40.80	345	
21.	Maria Carmo Rodrigues 50m: 42.16 100m: 1:26.27	10	BUZIOS - Coruche	2:48.36 150m: 2:09.01 200m: 2:48.36	301	
22.	Vera Almeida Rosa <i>FTL</i> 50m: 40.57 100m: 1:24.30	09	Nautico Abrantes	2:51.67 150m: 2:10.02 200m: 2:51.67	284	
23.	Maria Barafusta Afonso <i>FTL</i> 50m: 39.54 100m: 1:23.94	10	Naval Setubalense	2:52.12 150m: 2:08.83 200m: 2:52.12	281	
DNS	Eduarda Galvao Raposo	09	Natacao do Fundao/GIRASSOL			
WDR	Lara Castanheira Carlos	09	Laranjeiro			
WDR	Raquel Fernandes Samouco	10	Natacao do Tejo			
WDR	Maria Rita Filipe	10	GesLoures			

Prova 29

Femin., 200m Livres

Junior

16/06/2024 - 15:55

Resultados

: 2:39.50

Pontos: FINA 2024

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Rafaela Ferreira Mendes 50m: 30.75 100m: 1:04.21	08	Torres Novas	2:13.87 150m: 1:39.21 200m: 2:13.87	599	
2.	Matilde Catroga Marques 50m: 32.35 100m: 1:07.45	08	Colegio Monte Maior	2:16.41 150m: 1:43.00 200m: 2:16.41	566	
3.	Marta Matos Laranjeira 50m: 33.07 100m: 1:07.84	08	Individual ANL	2:19.74 150m: 1:43.91 200m: 2:19.74	526	
4.	Beatriz Heitor Cachaco 50m: 31.85 100m: 1:08.54	07	GesLoures	2:21.33 150m: 1:45.10 200m: 2:21.33	509	
5.	Mariana Mauricio Coelho 50m: 33.54 100m: 1:11.15	07	BUZIOS - Coruche	2:26.25 150m: 1:49.79 200m: 2:26.25	459	
6.	Joana Monteiro Caetano 50m: 34.64 100m: 1:13.42	08	GesLoures	2:28.69 150m: 1:51.54 200m: 2:28.69	437	

Torneio Inter-Regional Especialista
Rio Maior, 15 - 16/6/2024

Prova 29, Femin., 200m Livres, Junior

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
7.	Ines Azevedo Baraona	07	Palmela	2:31.98	409	
	50m: 33.61 100m: 1:11.72 150m: 1:51.67 200m: 2:31.98					
8.	Mariana Filipa Guedes	08	CPCD-Povoa St Iria	2:36.46	375	
	50m: 35.00 100m: 1:14.55 150m: 1:55.73 200m: 2:36.46					
9.	Clarisse Teixeira Teles	08	Naval Setubalense	2:37.37	368	
	50m: 37.56 100m: 1:16.86 150m: 1:57.56 200m: 2:37.37					
10.	Sofia Lampreia Cortes	08	Beja	2:37.51	367	
	50m: 37.02 100m: 1:17.37 150m: 1:58.08 200m: 2:37.51					
11.	Inês Ferreira Franco	08	Individual ANL	2:49.16	296	
	<i>FTL</i> 50m: 39.57 100m: 1:21.55 150m: 2:05.22 200m: 2:49.16					
12.	Carlota Pereira Sousa	08	Viver Santarem	2:59.52	248	
	<i>FTL</i> 50m: 41.79 100m: 1:27.44 150m: 2:13.86 200m: 2:59.52					
WDR	Maria Duarte Marcalo	07	Palmela			
WDR	Brigida Valentina Mateus	07	Palmela			
doente	Madalena Maria Midoes	07	Viver Santarem			

Prova 29

Femin., 200m Livres

Senior
Resultados

16/06/2024 - 15:55

: 2:35.00

Pontos: FINA 2024

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Maria Jardim Fidalgo	04	Colegio Vasco da Gama	2:15.70	575	
	50m: 32.11 100m: 1:06.73 150m: 1:42.25 200m: 2:15.70					
2.	Sofia Alexandra Nunes	00	Laranjeiro	2:16.84	560	
	50m: 32.74 100m: 1:08.27 150m: 1:43.07 200m: 2:16.84					
3.	Soraia Guerra Rolim	95	Laranjeiro	2:23.95	481	
	50m: 33.07 100m: 1:09.45 150m: 1:47.36 200m: 2:23.95					
4.	Rita Borges Silva	06	GesLoures	2:25.45	467	
	50m: 33.12 100m: 1:09.29 150m: 1:47.46 200m: 2:25.45					
5.	Beatriz Paulo Ranito	99	GesLoures	2:26.42	457	
	50m: 34.06 100m: 1:11.07 150m: 1:49.39 200m: 2:26.42					
6.	Tatiana Alexandra Melnychuk	06	Colegio Vasco da Gama	2:32.68	403	
	50m: 33.89 100m: 1:11.86 150m: 1:52.35 200m: 2:32.68					
7.	Daniela Patricia Larginho	05	Colegio Vasco da Gama	2:38.12	363	
	<i>FTL</i> 50m: 37.48 100m: 1:18.05 150m: 1:59.01 200m: 2:38.12					
8.	Mafalda Mourao Lopes	06	CPCD-Povoa St Iria	2:40.79	345	
	<i>FTL</i> 50m: 37.51 100m: 1:19.21 150m: 2:01.78 200m: 2:40.79					
9.	Carolina Manuela Guia	05	Viver Santarem	2:50.12	291	
	<i>FTL</i> 50m: 40.20 100m: 1:22.90 150m: 2:07.03 200m: 2:50.12					
WDR	Carolina Saraiva Pires	96	Laranjeiro			
WDR	Rafaela Canano Silva	04	Viver Santarem			