



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 14	Femin., 200m Bruços				Infantil B Fem
20/10/2024 - 10:57					Resultados
Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac INF B	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14/06/2014

Pontos: AQUA 2024

Lugar				Ano					Tempo final	Pts
1.	Leonor Pinto, ROSARIO	13	Nautico Marinha Grande						3:37.79	235
	50m: 48.02 48.02	100m: 1:44.34	56.32	150m: 2:42.03	57.69	200m: 3:37.79	55.76			
2.	Maria Luisa, CASTILLO	13	Nautico Marinha Grande						3:43.21	219
	50m: 50.10 50.10	100m: 1:47.43	57.33	150m: 2:46.25	58.82	200m: 3:43.21	56.96			
3.	Sofia Guilherme, CABREIRA	13	Óbidos						3:45.10	213
	50m: 52.76 52.76	100m: 1:50.56	57.80	150m: 2:50.30	59.74	200m: 3:45.10	54.80			
4.	Emma Henriques, SOUTO	13	Óbidos						3:47.92	205
	50m: 52.45 52.45	100m: 1:50.68	58.23	150m: 2:50.55	59.87	200m: 3:47.92	57.37			
5.	Carminho Jose, LOPES	13	Benedita						3:57.66	181
	50m: 54.14 54.14	100m: 1:53.93	59.79	150m: 2:57.14	1:03.21	200m: 3:57.66	1:00.52			
6.	Ana Sofia, SILVA	13	Naval de Peniche						3:58.81	178
	50m: 53.64 53.64	100m: 1:55.18	1:01.54	150m: 2:58.03	1:02.85	200m: 3:58.81	1:00.78			
7.	Elisa Rodrigues, SIMOES	13	Benedita						4:01.07	173
	50m: 55.70 55.70	100m: 1:57.05	1:01.35	150m: 3:00.31	1:03.26	200m: 4:01.07	1:00.76			
8.	Avron Dawn, SANTOS	13	Vieirense						4:11.18	153
	50m: 58.07 58.07	100m: 2:03.46	1:05.39	150m: 3:08.66	1:05.20	200m: 4:11.18	1:02.52			
9.	Catarina Franco, RODRIGUES	13	Naval de Peniche						4:15.40	146
	50m: 55.56 55.56	100m: 2:00.62	1:05.06	150m: 3:08.15	1:07.53	200m: 4:15.40	1:07.25			
DSQ	Matilde Mamede, CECILIO	13	Naval de Peniche							
	<i>A atleta tocou na parede com as mãos alternadas, nas viragens dos 25, 75, 125 e 175 metros.</i>									
DNS	Iris Sousa, BOITA	13	Benedita							

Prova 14	Femin., 200m Bruços				Infantil A Fem
20/10/2024 - 10:57					Resultados
Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac INF A	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06/06/2015

Pontos: AQUA 2024

Lugar				Ano					Tempo final	Pts
1.	Maria Leonor, FERREIRA	12	Óbidos						3:28.97	267
	50m: 48.55 48.55	100m: 1:42.12	53.57	150m: 2:35.45	53.33	200m: 3:28.97	53.52			
2.	Rita Alexandra, JORDAO	12	Uniao Juncalense						3:48.56	204
	50m: 51.09 51.09	100m: 1:49.66	58.57	150m: 2:49.56	59.90	200m: 3:48.56	59.00			
3.	Jessica Garcia, FERREIRA	12	Óbidos						4:00.68	174
	50m: 55.78 55.78	100m: 1:57.35	1:01.57	150m: 2:59.57	1:02.22	200m: 4:00.68	1:01.11			
DNS	Emma Maria, AVRAMESCU	12	Nautico Marinha Grande							



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 14, Femin., 200m Bruços

Prova 14 Femin., 200m Bruços Juvenil B Fem
20/10/2024 - 10:57 Resultados

Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac JUV B	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Mafalda Teles, SOUSA 50m: 44.28 44.28 100m: 1:33.87 49.59 150m: 2:23.97 50.10 200m: 3:13.96 49.99	11 Pimpoes/Cimai	3:13.96	333
2. Cristiana Henriques, ALMEIDA 50m: 45.67 45.67 100m: 1:34.56 48.89 150m: 2:24.20 49.64 200m: 3:14.87 50.67	11 Benedita	3:14.87	329
3. Maria Joao, VALA 50m: 46.66 46.66 100m: 1:36.43 49.77 150m: 2:26.48 50.05 200m: 3:15.19 48.71	11 Pimpoes/Cimai	3:15.19	327
4. Isabela Maria, CARREIRA 50m: 46.25 46.25 100m: 1:39.40 53.15 150m: 2:34.78 55.38 200m: 3:29.89 55.11	11 Uniao Juncalense	3:29.89	263
5. Isabela Lourenco, COSTA 50m: 49.84 49.84 100m: 1:46.74 56.90 150m: 2:43.55 56.81 200m: 3:40.01 56.46	11 Benedita	3:40.01	228
6. Matilde Vitorino, FERREIRA 50m: 50.79 50.79 100m: 1:46.55 55.76 150m: 2:45.41 58.86 200m: 3:41.97 56.56	11 Naval de Peniche	3:41.97	222
7. Beatriz Morgado, SILVA 50m: 55.49 55.49 100m: 1:55.07 59.58 150m: 2:54.31 59.24 200m: 3:51.57 57.26	11 Benedita	3:51.57	196
8. Erica Felix, RODRIGUES 50m: 51.74 51.74 100m: 1:50.49 58.75 150m: 2:51.92 1:01.43 200m: 3:51.81 59.89	11 Uniao Juncalense	3:51.81	195
9. Margarida Lopes, RODRIGUES 50m: 53.99 53.99 100m: 1:55.68 1:01.69 150m: 2:58.25 1:02.57 200m: 3:59.27 1:01.02	11 Uniao Juncalense	3:59.27	177

DSQ Kelly Simao, COSTA 11 Óbidos
A atleta não tocou na parede com as mãos simultaneamente (SW 7.6)

Prova 14 Femin., 200m Bruços Juvenil A Fem
20/10/2024 - 10:57 Resultados

Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac JUV A	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça	07/02/2004

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Sofia Roma, BRIZIDA 50m: 38.34 38.34 100m: 1:21.67 43.33 150m: 2:07.03 45.36 200m: 2:51.71 44.68	10 Ba-Leiria	2:51.71	481
2. Leonor Pereira, SILVA 50m: 41.23 41.23 100m: 1:27.85 46.62 150m: 2:16.42 48.57 200m: 3:03.27 46.85	10 Óbidos	3:03.27	395
3. Rafaela Santos, AFONSO 50m: 41.98 41.98 100m: 1:29.48 47.50 150m: 2:18.38 48.90 200m: 3:06.73 48.35	10 Naval de Peniche	3:06.73	374
4. Maria Carolina, ALVES 50m: 41.57 41.57 100m: 1:30.00 48.43 150m: 2:19.25 49.25 200m: 3:10.07 50.82	10 Ba-Leiria	3:10.07	354
5. Debora Silva, INACIO 50m: 44.68 44.68 100m: 1:34.93 50.25 150m: 2:24.36 49.43 200m: 3:12.78 48.42	10 Pimpoes/Cimai	3:12.78	340
6. Mariana Santos, AFONSO 50m: 42.53 42.53 100m: 1:32.10 49.57 150m: 2:23.84 51.74 200m: 3:14.95 51.11	10 Naval de Peniche	3:14.95	328
7. Bianca Balbino, MENDES 50m: 44.75 44.75 100m: 1:34.95 50.20 150m: 2:27.40 52.45 200m: 3:20.66 53.26	10 Naval de Peniche	3:20.66	301



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 14, Femin., 200m Bruços, Juvenil A Fem

Lugar	Ano	Tempo final	Pts
8. Anastasia, STURZA 50m: 52.04 52.04 100m: 1:50.06 58.02 150m: 2:55.40 1:05.34 200m: 3:59.54 1:04.14	10 Uniao Juncalense	3:59.54	177
DSQ Alice Lucas, COSTA <i>A atleta efetuou mais do que uma pernada vertical, no percurso subaquático, após as viragens dos 75, 125 e 175 metros.</i>	10 Uniao Juncalense		
DNS Laura Samora, GONCALVES	10 Ba-Leiria		
DNS Elisa Henriques, SOUTO	10 Óbidos		

Prova 14 Femin., 200m Bruços 16 - 17 anos
20/10/2024 - 10:57 Resultados

Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac 17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10/12/2016
Rec Nac 16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11/12/2015

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Zofie, PACHECO 50m: 41.37 41.37 100m: 1:29.22 47.85 150m: 2:17.57 48.35 200m: 3:04.96 47.39	09 Naval de Peniche	3:04.96	385
2. Constanca Carvalho, PIEDADE 50m: 45.92 45.92 100m: 1:37.45 51.53 150m: 2:29.96 52.51 200m: 3:21.34 51.38	08 Uniao Juncalense	3:21.34	298
3. Anjali, RAICAR 50m: 45.71 45.71 100m: 1:38.36 52.65 150m: 2:32.64 54.28 200m: 3:26.68 54.04	09 Naval de Peniche	3:26.68	276
4. Bruna Matos, FIALHO 50m: 45.18 45.18 100m: 1:40.71 55.53 150m: 2:38.97 58.26 200m: 3:35.93 56.96	08 Uniao Juncalense	3:35.93	242

Prova 14 Femin., 200m Bruços 18 anos e mais velhos
20/10/2024 - 10:57 Resultados

Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac 18 +	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Bruna Andreia, SIMOES 50m: 41.13 41.13 100m: 1:27.95 46.82 150m: 2:14.98 47.03 200m: 3:02.88 47.90	01 Vieiraense	3:02.88	398
2. Lara Roque, COTRIM 50m: 42.68 42.68 100m: 1:29.78 47.10 150m: 2:19.21 49.43 200m: 3:10.50 51.29	03 Pimpoes/Cimai	3:10.50	352
3. Catarina Tagarroso, LOBO 50m: 45.40 45.40 100m: 1:37.40 52.00 150m: 2:31.25 53.85 200m: 3:24.95 53.70	07 Uniao Juncalense	3:24.95	283
DNS Beatriz Silva, CONCEICAO	05 Benedita		
DNS Catarina Costa, SEQUEIRA	98 Clube Natação de Lisboa		



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 14, Femin., 200m Bruços

Prova 14	Femin., 200m Bruços				ABSOLUTOS FEM
20/10/2024 - 10:57					Resultados
Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac 18 +	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac 17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10/12/2016
Rec Nac 16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11/12/2015
Rec Nac JUV A	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça	07/02/2004
Rec Nac JUV B	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003
Rec Nac INF A	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06/06/2015
Rec Nac INF B	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14/06/2014

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Sofia Roma, BRIZIDA	10	Ba-Leiria	2:51.71				481
50m: 38.34 38.34	100m: 1:21.67	43.33	150m: 2:07.03	45.36	200m: 2:51.71	44.68	
2. Bruna Andreia, SIMOES	01	Vieirense	3:02.88				398
50m: 41.13 41.13	100m: 1:27.95	46.82	150m: 2:14.98	47.03	200m: 3:02.88	47.90	
3. Leonor Pereira, SILVA	10	Óbidos	3:03.27				395
50m: 41.23 41.23	100m: 1:27.85	46.62	150m: 2:16.42	48.57	200m: 3:03.27	46.85	
4. Zofie, PACHECO	09	Naval de Peniche	3:04.96				385
50m: 41.37 41.37	100m: 1:29.22	47.85	150m: 2:17.57	48.35	200m: 3:04.96	47.39	
5. Rafaela Santos, AFONSO	10	Naval de Peniche	3:06.73				374
50m: 41.98 41.98	100m: 1:29.48	47.50	150m: 2:18.38	48.90	200m: 3:06.73	48.35	
6. Maria Carolina, ALVES	10	Ba-Leiria	3:10.07				354
50m: 41.57 41.57	100m: 1:30.00	48.43	150m: 2:19.25	49.25	200m: 3:10.07	50.82	
7. Lara Roque, COTRIM	03	Pimpoes/Cimai	3:10.50				352
50m: 42.68 42.68	100m: 1:29.78	47.10	150m: 2:19.21	49.43	200m: 3:10.50	51.29	
8. Debora Silva, INACIO	10	Pimpoes/Cimai	3:12.78				340
50m: 44.68 44.68	100m: 1:34.93	50.25	150m: 2:24.36	49.43	200m: 3:12.78	48.42	
9. Mafalda Teles, SOUSA	11	Pimpoes/Cimai	3:13.96				333
50m: 44.28 44.28	100m: 1:33.87	49.59	150m: 2:23.97	50.10	200m: 3:13.96	49.99	
10. Cristiana Henriques, ALMEIDA	11	Benedita	3:14.87				329
50m: 45.67 45.67	100m: 1:34.56	48.89	150m: 2:24.20	49.64	200m: 3:14.87	50.67	
11. Mariana Santos, AFONSO	10	Naval de Peniche	3:14.95				328
50m: 42.53 42.53	100m: 1:32.10	49.57	150m: 2:23.84	51.74	200m: 3:14.95	51.11	
12. Maria Joao, VALA	11	Pimpoes/Cimai	3:15.19				327
50m: 46.66 46.66	100m: 1:36.43	49.77	150m: 2:26.48	50.05	200m: 3:15.19	48.71	
13. Bianca Balbino, MENDES	10	Naval de Peniche	3:20.66				301
50m: 44.75 44.75	100m: 1:34.95	50.20	150m: 2:27.40	52.45	200m: 3:20.66	53.26	
14. Constanca Carvalho, PIEDADE	08	Uniao Juncalense	3:21.34				298
50m: 45.92 45.92	100m: 1:37.45	51.53	150m: 2:29.96	52.51	200m: 3:21.34	51.38	
15. Catarina Tagarros, LOBO	07	Uniao Juncalense	3:24.95				283
50m: 45.40 45.40	100m: 1:37.40	52.00	150m: 2:31.25	53.85	200m: 3:24.95	53.70	
16. Anjali, RAICAR	09	Naval de Peniche	3:26.68				276
50m: 45.71 45.71	100m: 1:38.36	52.65	150m: 2:32.64	54.28	200m: 3:26.68	54.04	
17. Maria Leonor, FERREIRA	12	Óbidos	3:28.97				267
50m: 48.55 48.55	100m: 1:42.12	53.57	150m: 2:35.45	53.33	200m: 3:28.97	53.52	
18. Isabela Maria, CARREIRA	11	Uniao Juncalense	3:29.89				263
50m: 46.25 46.25	100m: 1:39.40	53.15	150m: 2:34.78	55.38	200m: 3:29.89	55.11	



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 14, Femin., 200m Bruços, ABSOLUTOS FEM

Lugar	Ano	Tempo final	Pts
19. Bruna Matos, FIALHO	08 Uniao Juncalense	3:35.93	242
50m: 45.18 45.18 100m: 1:40.71 55.53 150m: 2:38.97 58.26 200m: 3:35.93 56.96			
20. Leonor Pinto, ROSARIO	13 Nautico Marinha Grande	3:37.79	235
50m: 48.02 48.02 100m: 1:44.34 56.32 150m: 2:42.03 57.69 200m: 3:37.79 55.76			
21. Isabela Lourenco, COSTA	11 Benedita	3:40.01	228
50m: 49.84 49.84 100m: 1:46.74 56.90 150m: 2:43.55 56.81 200m: 3:40.01 56.46			
22. Matilde Vitorino, FERREIRA	11 Naval de Peniche	3:41.97	222
50m: 50.79 50.79 100m: 1:46.55 55.76 150m: 2:45.41 58.86 200m: 3:41.97 56.56			
23. Maria Luisa, CASTILLO	13 Nautico Marinha Grande	3:43.21	219
50m: 50.10 50.10 100m: 1:47.43 57.33 150m: 2:46.25 58.82 200m: 3:43.21 56.96			
24. Sofia Guilherme, CABREIRA	13 Óbidos	3:45.10	213
50m: 52.76 52.76 100m: 1:50.56 57.80 150m: 2:50.30 59.74 200m: 3:45.10 54.80			
25. Emma Henriques, SOUTO	13 Óbidos	3:47.92	205
50m: 52.45 52.45 100m: 1:50.68 58.23 150m: 2:50.55 59.87 200m: 3:47.92 57.37			
26. Rita Alexandra, JORDAO	12 Uniao Juncalense	3:48.56	204
50m: 51.09 51.09 100m: 1:49.66 58.57 150m: 2:49.56 59.90 200m: 3:48.56 59.00			
27. Beatriz Morgado, SILVA	11 Benedita	3:51.57	196
50m: 55.49 55.49 100m: 1:55.07 59.58 150m: 2:54.31 59.24 200m: 3:51.57 57.26			
28. Erica Felix, RODRIGUES	11 Uniao Juncalense	3:51.81	195
50m: 51.74 51.74 100m: 1:50.49 58.75 150m: 2:51.92 1:01.43 200m: 3:51.81 59.89			
29. Carminho Jose, LOPES	13 Benedita	3:57.66	181
50m: 54.14 54.14 100m: 1:53.93 59.79 150m: 2:57.14 1:03.21 200m: 3:57.66 1:00.52			
30. Ana Sofia, SILVA	13 Naval de Peniche	3:58.81	178
50m: 53.64 53.64 100m: 1:55.18 1:01.54 150m: 2:58.03 1:02.85 200m: 3:58.81 1:00.78			
31. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	3:59.27	177
50m: 53.99 53.99 100m: 1:55.68 1:01.69 150m: 2:58.25 1:02.57 200m: 3:59.27 1:01.02			
32. Anastasia, STURZA	10 Uniao Juncalense	3:59.54	177
50m: 52.04 52.04 100m: 1:50.06 58.02 150m: 2:55.40 1:05.34 200m: 3:59.54 1:04.14			
33. Jessica Garcia, FERREIRA	12 Óbidos	4:00.68	174
50m: 55.78 55.78 100m: 1:57.35 1:01.57 150m: 2:59.57 1:02.22 200m: 4:00.68 1:01.11			
34. Elisa Rodrigues, SIMOES	13 Benedita	4:01.07	173
50m: 55.70 55.70 100m: 1:57.05 1:01.35 150m: 3:00.31 1:03.26 200m: 4:01.07 1:00.76			
35. Avron Dawn, SANTOS	13 Vieirense	4:11.18	153
50m: 58.07 58.07 100m: 2:03.46 1:05.39 150m: 3:08.66 1:05.20 200m: 4:11.18 1:02.52			
36. Catarina Franco, RODRIGUES	13 Naval de Peniche	4:15.40	146
50m: 55.56 55.56 100m: 2:00.62 1:05.06 150m: 3:08.15 1:07.53 200m: 4:15.40 1:07.25			
DSQ Matilde Mamede, CECILIO	13 Naval de Peniche		
<i>A atleta tocou na parede com as mãos alternadas, nas viragens dos 25, 75, 125 e 175 metros.</i>			
DSQ Alice Lucas, COSTA	10 Uniao Juncalense		
<i>A atleta efetuou mais do que uma pernada vertical, no percurso subaquático, após as viragens dos 75, 125 e 175 metros.</i>			
DSQ Kelly Simao, COSTA	11 Óbidos		
<i>A atleta não tocou na parede com as mãos simultaneamente (SW 7.6)</i>			
DNS Laura Samora, GONCALVES	10 Ba-Leiria		
DNS Emma Maria, AVRAMESCU	12 Nautico Marinha Grande		



Torneio de Abertura de Categorias
 bidos, 19 - 20/10/2024

Prova 14, Femin., 200m Bruços, ABSOLUTOS FEM

Lugar	Ano	Tempo final	Pts
DNS Iris Sousa, BOITA	13	Benedita	
DNS Beatriz Silva, CONCEICAO	05	Benedita	
DNS Elisa Henriques, SOUTO	10	�bidos	
DNS Catarina Costa, SEQUEIRA	98	Clube Nataç�o de Lisboa	