



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

Prova 18	Femin., 400m Estilos				Infantil A Fem
20/10/2024 - 12:50					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac INF A	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts
1.	Laura Krempel, VARELA		12	Pimpoes/Cimai						6:02.84	363
	50m:	37.75 37.75	150m:	2:08.83	45.90	250m:	3:44.42	51.80	350m:	5:21.35	43.87
	100m:	1:22.93 45.18	200m:	2:52.62	43.79	300m:	4:37.48	53.06	400m:	6:02.84	41.49
2.	Julia Pinto, PINHEIRO		12	Pimpoes/Cimai						6:23.85	306
	50m:	41.18 41.18	150m:	2:21.07	49.22	250m:	4:02.60	53.15	350m:	5:41.52	44.27
	100m:	1:31.85 50.67	200m:	3:09.45	48.38	300m:	4:57.25	54.65	400m:	6:23.85	42.33
3.	Ines Pinto, MARTINS		12	Pimpoes/Cimai						6:31.09	290
	50m:	43.34 43.34	150m:	2:23.97	48.58	250m:	4:06.09	54.41	350m:	5:48.21	45.93
	100m:	1:35.39 52.05	200m:	3:11.68	47.71	300m:	5:02.28	56.19	400m:	6:31.09	42.88
4.	Benedita Nunes, FELIX		12	Pimpoes/Cimai						6:38.35	274
	50m:	43.17 43.17	150m:	2:27.49	51.07	250m:	4:14.14	55.83	350m:	5:56.03	45.98
	100m:	1:36.42 53.25	200m:	3:18.31	50.82	300m:	5:10.05	55.91	400m:	6:38.35	42.32
5.	Maria Leonor, ASSUNCAO		12	Pimpoes/Cimai						6:47.40	256
	50m:	48.85 48.85	150m:	2:37.12	48.06	250m:	4:20.28	58.08	350m:	6:04.36	46.05
	100m:	1:49.06 1:00.21	200m:	3:22.20	45.08	300m:	5:18.31	58.03	400m:	6:47.40	43.04
6.	Rita Alexandra, JORDAO		12	Uniao Juncalense						7:28.41	192
	50m:	52.81 52.81	150m:	2:54.06	55.08	250m:	4:47.31	1:00.50	350m:	6:39.44	49.68
	100m:	1:58.98 1:06.17	200m:	3:46.81	52.75	300m:	5:49.76	1:02.45	400m:	7:28.41	48.97

Prova 18	Femin., 400m Estilos				Juvenil B Fem
20/10/2024 - 12:50					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac JUV B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts
1.	Maria Joao, VALA		11	Pimpoes/Cimai						5:54.16	390
	50m:	37.73 37.73	150m:	2:08.38	44.15	250m:	3:42.59	51.11	350m:	5:14.41	40.93
	100m:	1:24.23 46.50	200m:	2:51.48	43.10	300m:	4:33.48	50.89	400m:	5:54.16	39.75
2.	Mafalda Teles, SOUSA		11	Pimpoes/Cimai						6:12.90	334
	50m:	41.71 41.71	150m:	2:19.55	46.43	250m:	3:58.04	53.69	350m:	5:32.45	42.06
	100m:	1:33.12 51.41	200m:	3:04.35	44.80	300m:	4:50.39	52.35	400m:	6:12.90	40.45
3.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense						6:48.94	253
	50m:	44.43 44.43	150m:	2:30.65	50.59	250m:	4:21.40	1:01.52	350m:	6:07.74	44.18
	100m:	1:40.06 55.63	200m:	3:19.88	49.23	300m:	5:23.56	1:02.16	400m:	6:48.94	41.20



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

Prova 18, Femin., 400m Estilos

Prova 18 Femin., 400m Estilos Juvenil A Fem  
20/10/2024 - 12:50 Resultados

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac JUV A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Sofia Roma, BRIZIDA		10	Ba-Leiria				5:40.31	440
	50m:	37.42 37.42	150m:	2:06.84 44.10	250m:	3:35.49 46.53	350m:	5:02.07 40.73	
	100m:	1:22.74 45.32	200m:	2:48.96 42.12	300m:	4:21.34 45.85	400m:	5:40.31 38.24	

Prova 18 Femin., 400m Estilos 16 - 17 anos  
20/10/2024 - 12:50 Resultados

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nac 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Bruna Matos, FIALHO		08	Uniao Juncalense				6:49.77	252
	50m:	45.60 45.60	150m:	2:33.77 52.90	250m:	4:19.87 55.52	350m:	6:06.63 49.89	
	100m:	1:40.87 55.27	200m:	3:24.35 50.58	300m:	5:16.74 56.87	400m:	6:49.77 43.14	

Prova 18 Femin., 400m Estilos 18 anos e mais velhos  
20/10/2024 - 12:50 Resultados

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 18 +	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Ines Mira, PINO		06	Pimpoes/Cimai				5:37.54	451
	50m:	34.31 34.31	150m:	1:56.87 43.18	250m:	3:28.40 49.93	350m:	4:59.33 40.74	
	100m:	1:13.69 39.38	200m:	2:38.47 41.60	300m:	4:18.59 50.19	400m:	5:37.54 38.21	

Prova 18 Femin., 400m Estilos ABSOLUTOS FEM  
20/10/2024 - 12:50 Resultados

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 18 +	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nac 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Rec Nac JUV A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Rec Nac JUV B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Rec Nac INF A	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018
Rec Nac INF B	5:15.68	Susana Patricia, MIGUEL	SFUAP	Rio Maior	06/07/2002

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Ines Mira, PINO		06	Pimpoes/Cimai				5:37.54	451
	50m:	34.31 34.31	150m:	1:56.87 43.18	250m:	3:28.40 49.93	350m:	4:59.33 40.74	
	100m:	1:13.69 39.38	200m:	2:38.47 41.60	300m:	4:18.59 50.19	400m:	5:37.54 38.21	
2.	Sofia Roma, BRIZIDA		10	Ba-Leiria				5:40.31	440
	50m:	37.42 37.42	150m:	2:06.84 44.10	250m:	3:35.49 46.53	350m:	5:02.07 40.73	
	100m:	1:22.74 45.32	200m:	2:48.96 42.12	300m:	4:21.34 45.85	400m:	5:40.31 38.24	

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

Prova 18, Femin., 400m Estilos, ABSOLUTOS FEM

Lugar			Ano							Tempo final	Pts
3.	Maria Joao, VALA		11	Pimpoes/Cimai						5:54.16	390
	50m:	37.73 37.73	150m:	2:08.38	44.15	250m:	3:42.59	51.11	350m:	5:14.41	40.93
	100m:	1:24.23 46.50	200m:	2:51.48	43.10	300m:	4:33.48	50.89	400m:	5:54.16	39.75
4.	Laura Krempel, VARELA		12	Pimpoes/Cimai						6:02.84	363
	50m:	37.75 37.75	150m:	2:08.83	45.90	250m:	3:44.42	51.80	350m:	5:21.35	43.87
	100m:	1:22.93 45.18	200m:	2:52.62	43.79	300m:	4:37.48	53.06	400m:	6:02.84	41.49
5.	Mafalda Teles, SOUSA		11	Pimpoes/Cimai						6:12.90	334
	50m:	41.71 41.71	150m:	2:19.55	46.43	250m:	3:58.04	53.69	350m:	5:32.45	42.06
	100m:	1:33.12 51.41	200m:	3:04.35	44.80	300m:	4:50.39	52.35	400m:	6:12.90	40.45
6.	Julia Pinto, PINHEIRO		12	Pimpoes/Cimai						6:23.85	306
	50m:	41.18 41.18	150m:	2:21.07	49.22	250m:	4:02.60	53.15	350m:	5:41.52	44.27
	100m:	1:31.85 50.67	200m:	3:09.45	48.38	300m:	4:57.25	54.65	400m:	6:23.85	42.33
7.	Ines Pinto, MARTINS		12	Pimpoes/Cimai						6:31.09	290
	50m:	43.34 43.34	150m:	2:23.97	48.58	250m:	4:06.09	54.41	350m:	5:48.21	45.93
	100m:	1:35.39 52.05	200m:	3:11.68	47.71	300m:	5:02.28	56.19	400m:	6:31.09	42.88
8.	Benedita Nunes, FELIX		12	Pimpoes/Cimai						6:38.35	274
	50m:	43.17 43.17	150m:	2:27.49	51.07	250m:	4:14.14	55.83	350m:	5:56.03	45.98
	100m:	1:36.42 53.25	200m:	3:18.31	50.82	300m:	5:10.05	55.91	400m:	6:38.35	42.32
9.	Maria Leonor, ASSUNCAO		12	Pimpoes/Cimai						6:47.40	256
	50m:	48.85 48.85	150m:	2:37.12	48.06	250m:	4:20.28	58.08	350m:	6:04.36	46.05
	100m:	1:49.06 1:00.21	200m:	3:22.20	45.08	300m:	5:18.31	58.03	400m:	6:47.40	43.04
10.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense						6:48.94	253
	50m:	44.43 44.43	150m:	2:30.65	50.59	250m:	4:21.40	1:01.52	350m:	6:07.74	44.18
	100m:	1:40.06 55.63	200m:	3:19.88	49.23	300m:	5:23.56	1:02.16	400m:	6:48.94	41.20
11.	Bruna Matos, FIALHO		08	Uniao Juncalense						6:49.77	252
	50m:	45.60 45.60	150m:	2:33.77	52.90	250m:	4:19.87	55.52	350m:	6:06.63	49.89
	100m:	1:40.87 55.27	200m:	3:24.35	50.58	300m:	5:16.74	56.87	400m:	6:49.77	43.14
12.	Rita Alexandra, JORDAO		12	Uniao Juncalense						7:28.41	192
	50m:	52.81 52.81	150m:	2:54.06	55.08	250m:	4:47.31	1:00.50	350m:	6:39.44	49.68
	100m:	1:58.98 1:06.17	200m:	3:46.81	52.75	300m:	5:49.76	1:02.45	400m:	7:28.41	48.97