



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

Prova 3	Femin., 200m Costas				Infantil B Fem
19/10/2024 - 16:10					Resultados
Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac INF B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26/03/2017

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Maria Joao, OLIVEIRA	13	Alcobaca	3:06.46				259
50m: 44.65 44.65	100m: 1:31.28	46.63	150m: 2:19.28	48.00	200m: 3:06.46	47.18	
2. Emma Henriques, SOUTO	13	Óbidos	3:13.59				231
50m: 45.66 45.66	100m: 1:35.34	49.68	150m: 2:25.88	50.54	200m: 3:13.59	47.71	
3. Maria Luisa, CASTILLO	13	Nautico Marinha Grande	3:23.46				199
50m: 49.04 49.04	100m: 1:40.10	51.06	150m: 2:32.44	52.34	200m: 3:23.46	51.02	
4. Sofia Guilherme, CABREIRA	13	Óbidos	3:31.71				177
50m: 48.75 48.75	100m: 1:43.46	54.71	150m: 2:40.03	56.57	200m: 3:31.71	51.68	
5. Mafalda Amado, QUARESMA	13	Pimpoes/Cimai	3:31.96				176
50m: 52.06 52.06	100m: 1:45.94	53.88	150m: 2:41.06	55.12	200m: 3:31.96	50.90	
6. Lara Sofia, MARCELINO	13	Vieirense	3:33.02				174
50m: 50.40 50.40	100m: 1:45.96	55.56	150m: 2:40.37	54.41	200m: 3:33.02	52.65	
7. Iris Sousa, BOITA	13	Benedita	3:33.97				171
50m: 49.79 49.79	100m: 1:44.08	54.29	150m: 2:39.62	55.54	200m: 3:33.97	54.35	
8. Leonor Pinto, ROSARIO	13	Nautico Marinha Grande	3:34.82				169
50m: 49.78 49.78	100m: 1:45.75	55.97	150m: 2:42.86	57.11	200m: 3:34.82	51.96	
9. Elisa Rodrigues, SIMOES	13	Benedita	3:37.11				164
50m: 52.66 52.66	100m: 1:47.13	54.47	150m: 2:42.05	54.92	200m: 3:37.11	55.06	
10. Avron Dawn, SANTOS	13	Vieirense	3:39.49				159
50m: 51.73 51.73	100m: 1:48.04	56.31	150m: 2:44.93	56.89	200m: 3:39.49	54.56	
11. Victoria Cerqueira, SOBREIRO	13	Pimpoes/Cimai	3:40.72				156
50m: 53.66 53.66	100m: 1:51.76	58.10	150m: 2:47.94	56.18	200m: 3:40.72	52.78	
12. Ana Sofia, SILVA	13	Naval de Peniche	3:40.79				156
50m: 50.66 50.66	100m: 1:47.73	57.07	150m: 2:45.46	57.73	200m: 3:40.79	55.33	
13. Mariana Santos, VALENTIM	13	Pimpoes/Cimai	3:45.65				146
50m: 50.75 50.75	100m: 1:48.83	58.08	150m: 2:47.97	59.14	200m: 3:45.65	57.68	
14. Constanca Teopisto, CARVALHO	13	Alcobaca	3:48.84				140
50m: 57.03 57.03	100m: 1:56.22	59.19	150m: 2:53.91	57.69	200m: 3:48.84	54.93	
15. Carminho Jose, LOPES	13	Benedita	3:49.57				139
50m: 51.67 51.67	100m: 1:51.81	1:00.14	150m: 2:52.09	1:00.28	200m: 3:49.57	57.48	
16. Catarina Franco, RODRIGUES	13	Naval de Peniche	3:53.58				132
50m: 53.12 53.12	100m: 1:52.59	59.47	150m: 2:54.57	1:01.98	200m: 3:53.58	59.01	
17. Nuria Rocha, BOTAS	13	Vieirense	3:54.09				131
50m: 55.76 55.76	100m: 1:56.26	1:00.50	150m: 2:56.02	59.76	200m: 3:54.09	58.07	
18. Catarina Faustino, DIAS	13	Naval de Peniche	3:55.52				128
50m: 51.75 51.75	100m: 1:52.09	1:00.34	150m: 2:54.01	1:01.92	200m: 3:55.52	1:01.51	
19. Matilde Mamede, CECILIO	13	Naval de Peniche	4:03.91				115
50m: 57.13 57.13	100m: 1:59.93	1:02.80	150m: 3:04.68	1:04.75	200m: 4:03.91	59.23	
DSQ Maria Leal, ALVES	13	Alcobaca					
<i>Na viragem aos 150 metros, a atleta parou e saiu em posição ventral.</i>							



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Óbidos, 19 - 20/10/2024

Prova 3, Femin., 200m Costas, Infantil B Fem

Lugar	Ano	Tempo final	Pts
DSQ Sara Machado, JANUARIO	13 Alcobaca		
<i>A atleta perdeu a posição dorsal na viragem aos 50 metros, e efetuou mais do que uma braçada.</i>			
DNS Laura Seco, GIL	13 Vieiraense		

Prova 3 Femin., 200m Costas Infantil A Fem Resultados

Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac INF A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06/06/2015

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Laura Krempel, VARELA	12 Pimpoes/Cimai	2:47.43	358
50m: 39.40 39.40 100m: 1:22.15 42.75 150m: 2:06.09 43.94 200m: 2:47.43 41.34			
2. Safira Pedro, FONSECA	12 Vieiraense	2:49.42	346
50m: 40.89 40.89 100m: 1:25.09 44.20 150m: 2:08.59 43.50 200m: 2:49.42 40.83			
3. Luna Francisco, PEREIRA	12 Nucleo de Pombal	2:50.35	340
50m: 39.69 39.69 100m: 1:22.92 43.23 150m: 2:07.53 44.61 200m: 2:50.35 42.82			
4. Mafalda Varela, BERNARDINO	12 Alcobaca	2:54.64	315
50m: 43.57 43.57 100m: 1:29.14 45.57 200m: 2:54.64 1:25.50			
5. Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai	2:56.35	306
50m: 42.45 42.45 100m: 1:27.10 44.65 150m: 2:12.87 45.77 200m: 2:56.35 43.48			
6. Carminho Traquina, ANDRE	12 Alcobaca	3:02.81	275
50m: 44.89 44.89 100m: 1:32.17 47.28 150m: 2:19.06 46.89 200m: 3:02.81 43.75			
7. Beatriz Julio, CORREIA	12 CNLeiria - VOID	3:05.22	264
50m: 43.69 43.69 100m: 1:32.02 48.33 150m: 2:19.51 47.49 200m: 3:05.22 45.71			
8. Jessica Garcia, FERREIRA	12 Óbidos	3:09.44	247
50m: 44.40 44.40 100m: 1:32.79 48.39 150m: 2:22.37 49.58 200m: 3:09.44 47.07			
9. Iara Maria, CAMACHO	12 Pimpoes/Cimai	3:10.71	242
50m: 43.84 43.84 100m: 1:34.10 50.26 150m: 2:24.09 49.99 200m: 3:10.71 46.62			
10. Mariana Duarte, ANTUNES	12 Alcobaca	3:16.85	220
50m: 46.27 46.27 100m: 1:37.10 50.83 150m: 2:28.60 51.50 200m: 3:16.85 48.25			
11. Rita Alexandra, JORDAO	12 Uniao Juncalense	3:17.28	219
50m: 48.03 48.03 100m: 1:37.46 49.43 200m: 3:17.28 1:39.82			
12. Yaroslava, TABUNSCHYK	12 CNLeiria - VOID	3:19.40	212
50m: 46.94 46.94 100m: 1:39.19 52.25 200m: 3:19.40 1:40.21			
13. Maria Ines, GOMES	12 Nucleo de Pombal	3:34.40	170
50m: 47.67 47.67 100m: 1:43.30 55.63 150m: 2:39.35 56.05 200m: 3:34.40 55.05			
14. Maria Leonor, FERREIRA	12 Óbidos	3:34.52	170
50m: 49.49 49.49 100m: 1:45.27 55.78 150m: 2:40.42 55.15 200m: 3:34.52 54.10			
15. Maria Antonia, VAZAO	12 Uniao Juncalense	3:53.56	132
50m: 54.42 54.42 100m: 1:54.24 59.82 150m: 2:55.31 1:01.07 200m: 3:53.56 58.25			
DNS Emma Maria, AVRAMESCU	12 Nautico Marinha Grande		



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Prova 3, Femin., 200m Costas

Prova 3 Femin., 200m Costas Juvenil B Fem
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Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac JUV B	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Leonor Mota, ALVES		11	Nautico Marinha Grande				2:38.67	421
	50m: 37.35 37.35	100m: 1:18.20		40.85	150m: 1:59.06	40.86	200m: 2:38.67		39.61
2.	Carolina Silva, CASTANHEIRA		11	CNLeiria - VOID				2:38.78	420
	50m: 38.57 38.57	100m: 1:18.86		40.29	150m: 2:00.00	41.14	200m: 2:38.78		38.78
3.	Francisca Moreira, FELICIANO		11	Alcobaca				2:42.13	394
	50m: 38.16 38.16	100m: 1:19.06		40.90	150m: 2:01.19	42.13	200m: 2:42.13		40.94
4.	Carlota Sa, SANTOS		11	Nucleo de Pombal				2:43.40	385
	50m: 38.47 38.47	100m: 1:19.31		40.84	150m: 2:02.20	42.89	200m: 2:43.40		41.20
5.	Mariana Sousa, MENDES		11	Alcobaca				2:54.56	316
	50m: 40.60 40.60	100m: 1:25.10		44.50	150m: 2:10.49	45.39	200m: 2:54.56		44.07
6.	Cristiana Henriques, ALMEIDA		11	Benedita				2:57.96	298
	50m: 41.06 41.06	100m: 1:25.92		44.86	150m: 2:12.47	46.55	200m: 2:57.96		45.49
7.	Beatriz Marques, GASPAR		11	Nautico Marinha Grande				3:03.92	270
	50m: 42.52 42.52	100m: 1:30.66		48.14	150m: 2:18.77	48.11	200m: 3:03.92		45.15
8.	Isabela Maria, CARREIRA		11	Uniao Juncalense				3:04.29	268
	50m: 44.90 44.90	100m: 1:30.85		45.95	150m: 2:18.55	47.70	200m: 3:04.29		45.74
9.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense				3:04.62	267
	50m: 44.23 44.23	100m: 1:30.88		46.65	150m: 2:19.21	48.33	200m: 3:04.62		45.41
10.	Isabela Lourenco, COSTA		11	Benedita				3:09.10	248
	50m: 45.06 45.06	100m: 1:33.68		48.62	150m: 2:22.12	48.44	200m: 3:09.10		46.98
11.	Kelly Simao, COSTA		11	Óbidos				3:10.68	242
	50m: 44.12 44.12	100m: 1:32.21		48.09	150m: 2:22.99	50.78	200m: 3:10.68		47.69
12.	Maria Santos, FONSECA		11	CNLeiria - VOID				3:11.72	238
	50m: 46.37 46.37	100m: 1:33.94		47.57	150m: 2:23.59	49.65	200m: 3:11.72		48.13
13.	Matilde Vitorino, FERREIRA		11	Naval de Peniche				3:12.98	234
	50m: 46.12 46.12	100m: 1:36.46		50.34	150m: 2:26.60	50.14	200m: 3:12.98		46.38
14.	Margarida Soares, MAIA		11	Nautico Marinha Grande				3:13.75	231
	50m: 46.50 46.50	100m: 1:36.21		49.71	150m: 2:26.03	49.82	200m: 3:13.75		47.72
15.	Beatriz Morgado, SILVA		11	Benedita				3:16.34	222
	50m: 48.22 48.22	100m: 1:38.37		50.15	200m: 3:16.34	1:37.97			
16.	Erica Felix, RODRIGUES		11	Uniao Juncalense				3:16.68	221
	50m: 45.50 45.50	100m: 1:35.06		49.56	150m: 2:27.50	52.44	200m: 3:16.68		49.18
17.	Diana Morais, CARLOS		11	Pimpoes/Cimai				3:20.97	207
	50m: 47.66 47.66	100m: 1:38.37		50.71	200m: 3:20.97	1:42.60			
18.	Carlota Maria, CATARINO		11	Benedita				3:30.30	180
	50m: 48.65 48.65	100m: 1:43.00		54.35	200m: 3:30.30	1:47.30			



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Prova 3, Femin., 200m Costas

Prova 3 Femin., 200m Costas Juvenil A Fem
19/10/2024 - 16:10 Resultados

Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac JUV A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12/05/2018

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Vida Sofia, VELEZ		10	Ba-Leiria				2:39.99	410
	50m: 37.83 37.83	100m: 1:17.93		40.10	150m: 1:59.00	41.07	200m: 2:39.99	40.99	
2.	Sofia Roma, BRIZIDA		10	Ba-Leiria				2:42.31	393
	50m: 37.09 37.09	100m: 1:18.16		41.07	150m: 2:00.63	42.47	200m: 2:42.31	41.68	
3.	Laura Helena, AMORIM		10	Nautico Marinha Grande				2:42.62	391
	50m: 38.03 38.03	100m: 1:19.30		41.27	150m: 2:01.15	41.85	200m: 2:42.62	41.47	
4.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande				2:45.04	374
	50m: 40.09 40.09	100m: 1:21.69		41.60	150m: 2:04.40	42.71	200m: 2:45.04	40.64	
5.	Leonor Pereira, SILVA		10	Óbidos				2:49.31	346
	50m: 40.60 40.60	100m: 1:24.03		43.43	200m: 2:49.31	1:25.28			
6.	Luana Filipe, REIS		10	Alcobaca				2:50.40	340
	50m: 41.27 41.27	100m: 1:24.18		42.91	150m: 2:07.53	43.35	200m: 2:50.40	42.87	
7.	Bianca Balbino, MENDES		10	Naval de Peniche				2:52.98	325
	50m: 39.19 39.19	100m: 1:22.91		43.72	150m: 2:08.26	45.35	200m: 2:52.98	44.72	
8.	Mariana Santos, AFONSO		10	Naval de Peniche				2:53.18	323
	50m: 40.18 40.18	100m: 1:24.47		44.29	150m: 2:09.90	45.43	200m: 2:53.18	43.28	
9.	Matilde Filipa, AMADO		10	Nautico Marinha Grande				2:53.50	322
	50m: 39.39 39.39	100m: 1:23.88		44.49	150m: 2:10.08	46.20	200m: 2:53.50	43.42	
10.	Barbara Balbino, MENDES		10	Naval de Peniche				2:53.63	321
	50m: 38.98 38.98	100m: 1:22.63		43.65	200m: 2:53.63	1:31.00			
11.	Elisa Henriques, SOUTO		10	Óbidos				2:55.46	311
	50m: 40.80 40.80	100m: 1:25.62		44.82	150m: 2:11.67	46.05	200m: 2:55.46	43.79	
12.	Rafaela Santos, AFONSO		10	Naval de Peniche				3:00.39	286
	50m: 39.81 39.81	100m: 1:25.98		46.17	150m: 2:14.02	48.04	200m: 3:00.39	46.37	
13.	Anastasia, STURZA		10	Uniao Juncalense				3:39.47	159
	50m: 45.75 45.75	100m: 1:41.75		56.00	150m: 2:42.22	1:00.47	200m: 3:39.47	57.25	
DNS	Laura Samora, GONCALVES		10	Ba-Leiria					
DNS	Laura Margarida, ASCENSO		10	Nautico Marinha Grande					
DNS	Mariana Sousa, OLIVEIRA		10	Alcobaca					
DNS	Alice Lucas, COSTA		10	Uniao Juncalense					



Torneio de Abertura de Categorias
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Prova 3, Femin., 200m Costas

Prova 3 Femin., 200m Costas 16 - 17 anos
19/10/2024 - 16:10 Resultados

Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac 17	2:11.13	Camila Rodrigues, REBELO	ALN	Felgueiras	20/12/2019
Rec Nac 16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras	21/12/2018

Pontos: AQUA 2024

Lugar	Ano		Tempo final						Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	2:38.09						425
50m: 37.12 37.12	100m: 1:17.43	40.31	150m: 1:57.53	40.10	200m: 2:38.09	40.56			
2. Rita Rocha, SILVA	08	Alcobaca	2:38.12						425
50m: 37.69 37.69	100m: 1:17.76	40.07	150m: 1:58.05	40.29	200m: 2:38.12	40.07			
3. Constanca Baptista, TOMAS	09	Alcobaca	2:43.20						387
50m: 37.81 37.81	100m: 1:19.64	41.83	150m: 2:02.64	43.00	200m: 2:43.20	40.56			
4. Antonella Saad, BARBOSA	09	Clube Natação de Lisboa	2:44.06						381
50m: 37.60 37.60	100m: 1:18.85	41.25	150m: 2:01.60	42.75	200m: 2:44.06	42.46			
5. Constanca Carvalho, PIEDADE	08	Uniao Juncalense	2:53.02						324
50m: 41.34 41.34	100m: 1:25.62	44.28	200m: 2:53.02	1:27.40					
6. Matilde Monteiro, NEVES	08	Nucleo de Pombal	2:53.51						322
50m: 40.17 40.17	100m: 1:23.89	43.72	150m: 2:08.92	45.03	200m: 2:53.51	44.59			
7. Teresa Maria, LOPES	09	Benedita	2:53.72						320
50m: 41.83 41.83	100m: 1:25.79	43.96	150m: 2:10.22	44.43	200m: 2:53.72	43.50			
8. Zofie, PACHECO	09	Naval de Peniche	2:57.15						302
50m: 40.52 40.52	100m: 1:26.35	45.83	150m: 2:12.25	45.90	200m: 2:57.15	44.90			
9. Anjali, RAICAR	09	Naval de Peniche	3:03.87						270
50m: 41.34 41.34	100m: 1:27.61	46.27	200m: 3:03.87	1:36.26					
10. Marta Cabete, GOMES	08	CNLeiria - VOID	3:04.69						267
50m: 43.27 43.27	100m: 1:30.10	46.83	150m: 2:18.06	47.96	200m: 3:04.69	46.63			
11. Bruna Matos, FIALHO	08	Uniao Juncalense	3:18.72						214
50m: 45.26 45.26	100m: 1:35.73	50.47	150m: 2:27.65	51.92	200m: 3:18.72	51.07			
DSQ Francisca Ramos, NUNES	09	Naval de Peniche							
<i>A atleta não completou o percurso (SW 10.2)</i>									

Prova 3 Femin., 200m Costas 18 anos e mais velhos
19/10/2024 - 16:10 Resultados

Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac 18 +	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023

Pontos: AQUA 2024

Lugar	Ano		Tempo final						Pts
1. Catarina Martins, MESTRE	00	Clube Natação de Lisboa	2:21.72						591
50m: 31.34 31.34	100m: 1:06.43	35.09	150m: 1:43.46	37.03	200m: 2:21.72	38.26			
2. Giovanna Vaz, VARGAS	00	Nautico Marinha Grande	2:31.14						487
50m: 35.93 35.93	100m: 1:13.53	37.60	150m: 1:52.53	39.00	200m: 2:31.14	38.61			
3. Maria Francisca, FROIS	06	CNLeiria - VOID	2:37.60						429
50m: 37.99 37.99	100m: 1:18.35	40.36	150m: 1:58.17	39.82	200m: 2:37.60	39.43			
4. Matilde Violante, VIANA	07	CNLeiria - VOID	2:37.98						426
50m: 36.53 36.53	100m: 1:15.73	39.20	200m: 2:37.98	1:22.25					



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Prova 3, Femin., 200m Costas, 18 anos e mais velhos

Lugar	Ano	Tempo final	Pts
5. Valentina Saad, BARBOSA 50m: 36.70 36.70 100m: 1:17.77 41.07 150m: 2:01.63 43.86 200m: 2:46.74 45.11	04 Clube Natação de Lisboa	2:46.74	362
6. Ana Cláudia, FERREIRA 50m: 42.66 42.66 100m: 1:27.94 45.28 150m: 2:13.76 45.82 200m: 2:59.02 45.26	90 Alcobaca	2:59.02	293
7. Catarina Tagaroso, LOBO 50m: 41.61 41.61 100m: 1:27.82 46.21 150m: 2:16.00 48.18 200m: 3:03.18 47.18	07 Uniao Juncalense	3:03.18	273
8. Dalila Leal, BERNARDINO 50m: 43.93 43.93 100m: 1:32.59 48.66 150m: 2:22.49 49.90 200m: 3:09.65 47.16	06 Nucleo de Pombal	3:09.65	246

Prova 3
19/10/2024 - 16:10

Femin., 200m Costas

ABSOLUTOS FEM
Resultados

Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac 18 +	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac 17	2:11.13	Camila Rodrigues, REBELO	ALN	Felgueiras	20/12/2019
Rec Nac 16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras	21/12/2018
Rec Nac JUV A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12/05/2018
Rec Nac JUV B	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008
Rec Nac INF A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06/06/2015
Rec Nac INF B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26/03/2017

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Catarina Martins, MESTRE 50m: 31.34 31.34 100m: 1:06.43 35.09 150m: 1:43.46 37.03 200m: 2:21.72 38.26	00 Clube Natação de Lisboa	2:21.72	591
2. Giovanna Vaz, VARGAS 50m: 35.93 35.93 100m: 1:13.53 37.60 150m: 1:52.53 39.00 200m: 2:31.14 38.61	00 Nautico Marinha Grande	2:31.14	487
3. Maria Francisca, FROIS 50m: 37.99 37.99 100m: 1:18.35 40.36 150m: 1:58.17 39.82 200m: 2:37.60 39.43	06 CNLeiria - VOID	2:37.60	429
4. Matilde Violante, VIANA 50m: 36.53 36.53 100m: 1:15.73 39.20 200m: 2:37.98 1:22.25	07 CNLeiria - VOID	2:37.98	426
5. Luana Ferreira, CRAVEIRO 50m: 37.12 37.12 100m: 1:17.43 40.31 150m: 1:57.53 40.10 200m: 2:38.09 40.56	09 Nautico Marinha Grande	2:38.09	425
6. Rita Rocha, SILVA 50m: 37.69 37.69 100m: 1:17.76 40.07 150m: 1:58.05 40.29 200m: 2:38.12 40.07	08 Alcobaca	2:38.12	425
7. Leonor Mota, ALVES 50m: 37.35 37.35 100m: 1:18.20 40.85 150m: 1:59.06 40.86 200m: 2:38.67 39.61	11 Nautico Marinha Grande	2:38.67	421
8. Carolina Silva, CASTANHEIRA 50m: 38.57 38.57 100m: 1:18.86 40.29 150m: 2:00.00 41.14 200m: 2:38.78 38.78	11 CNLeiria - VOID	2:38.78	420
9. Vida Sofia, VELEZ 50m: 37.83 37.83 100m: 1:17.93 40.10 150m: 1:59.00 41.07 200m: 2:39.99 40.99	10 Ba-Leiria	2:39.99	410
10. Francisca Moreira, FELICIANO 50m: 38.16 38.16 100m: 1:19.06 40.90 150m: 2:01.19 42.13 200m: 2:42.13 40.94	11 Alcobaca	2:42.13	394
11. Sofia Roma, BRIZIDA 50m: 37.09 37.09 100m: 1:18.16 41.07 150m: 2:00.63 42.47 200m: 2:42.31 41.68	10 Ba-Leiria	2:42.31	393
12. Laura Helena, AMORIM 50m: 38.03 38.03 100m: 1:19.30 41.27 150m: 2:01.15 41.85 200m: 2:42.62 41.47	10 Nautico Marinha Grande	2:42.62	391
13. Constanca Baptista, TOMAS 50m: 37.81 37.81 100m: 1:19.64 41.83 150m: 2:02.64 43.00 200m: 2:43.20 40.56	09 Alcobaca	2:43.20	387



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Prova 3, Femin., 200m Costas, ABSOLUTOS FEM

Lugar				Ano				Tempo final	Pts
14.	Carlota Sa, SANTOS			11	Nucleo de Pombal			2:43.40	385
	50m: 38.47 38.47	100m: 1:19.31			40.84 150m: 2:02.20	42.89	200m: 2:43.40	41.20	
15.	Antonella Saad, BARBOSA			09	Clube Nataçao de Lisboa			2:44.06	381
	50m: 37.60 37.60	100m: 1:18.85			41.25 150m: 2:01.60	42.75	200m: 2:44.06	42.46	
16.	Matilde Santos, VIEIRA			10	Nautico Marinha Grande			2:45.04	374
	50m: 40.09 40.09	100m: 1:21.69			41.60 150m: 2:04.40	42.71	200m: 2:45.04	40.64	
17.	Valentina Saad, BARBOSA			04	Clube Nataçao de Lisboa			2:46.74	362
	50m: 36.70 36.70	100m: 1:17.77			41.07 150m: 2:01.63	43.86	200m: 2:46.74	45.11	
18.	Laura Krempel, VARELA			12	Pimpoes/Cimai			2:47.43	358
	50m: 39.40 39.40	100m: 1:22.15			42.75 150m: 2:06.09	43.94	200m: 2:47.43	41.34	
19.	Leonor Pereira, SILVA			10	Óbidos			2:49.31	346
	50m: 40.60 40.60	100m: 1:24.03			43.43 200m: 2:49.31	1:25.28			
20.	Safira Pedro, FONSECA			12	Vieirense			2:49.42	346
	50m: 40.89 40.89	100m: 1:25.09			44.20 150m: 2:08.59	43.50	200m: 2:49.42	40.83	
21.	Luna Francisco, PEREIRA			12	Nucleo de Pombal			2:50.35	340
	50m: 39.69 39.69	100m: 1:22.92			43.23 150m: 2:07.53	44.61	200m: 2:50.35	42.82	
22.	Luana Filipe, REIS			10	Alcobaca			2:50.40	340
	50m: 41.27 41.27	100m: 1:24.18			42.91 150m: 2:07.53	43.35	200m: 2:50.40	42.87	
23.	Bianca Balbino, MENDES			10	Naval de Peniche			2:52.98	325
	50m: 39.19 39.19	100m: 1:22.91			43.72 150m: 2:08.26	45.35	200m: 2:52.98	44.72	
24.	Constanca Carvalho, PIEDADE			08	Uniao Juncalense			2:53.02	324
	50m: 41.34 41.34	100m: 1:25.62			44.28 200m: 2:53.02	1:27.40			
25.	Mariana Santos, AFONSO			10	Naval de Peniche			2:53.18	323
	50m: 40.18 40.18	100m: 1:24.47			44.29 150m: 2:09.90	45.43	200m: 2:53.18	43.28	
26.	Matilde Filipa, AMADO			10	Nautico Marinha Grande			2:53.50	322
	50m: 39.39 39.39	100m: 1:23.88			44.49 150m: 2:10.08	46.20	200m: 2:53.50	43.42	
27.	Matilde Monteiro, NEVES			08	Nucleo de Pombal			2:53.51	322
	50m: 40.17 40.17	100m: 1:23.89			43.72 150m: 2:08.92	45.03	200m: 2:53.51	44.59	
28.	Barbara Balbino, MENDES			10	Naval de Peniche			2:53.63	321
	50m: 38.98 38.98	100m: 1:22.63			43.65 200m: 2:53.63	1:31.00			
29.	Teresa Maria, LOPES			09	Benedita			2:53.72	320
	50m: 41.83 41.83	100m: 1:25.79			43.96 150m: 2:10.22	44.43	200m: 2:53.72	43.50	
30.	Mariana Sousa, MENDES			11	Alcobaca			2:54.56	316
	50m: 40.60 40.60	100m: 1:25.10			44.50 150m: 2:10.49	45.39	200m: 2:54.56	44.07	
31.	Mafalda Varela, BERNARDINO			12	Alcobaca			2:54.64	315
	50m: 43.57 43.57	100m: 1:29.14			45.57 200m: 2:54.64	1:25.50			
32.	Elisa Henriques, SOUTO			10	Óbidos			2:55.46	311
	50m: 40.80 40.80	100m: 1:25.62			44.82 150m: 2:11.67	46.05	200m: 2:55.46	43.79	
33.	Maria Leonor, ASSUNCAO			12	Pimpoes/Cimai			2:56.35	306
	50m: 42.45 42.45	100m: 1:27.10			44.65 150m: 2:12.87	45.77	200m: 2:56.35	43.48	
34.	Zofie, PACHECO			09	Naval de Peniche			2:57.15	302
	50m: 40.52 40.52	100m: 1:26.35			45.83 150m: 2:12.25	45.90	200m: 2:57.15	44.90	
35.	Cristiana Henriques, ALMEIDA			11	Benedita			2:57.96	298
	50m: 41.06 41.06	100m: 1:25.92			44.86 150m: 2:12.47	46.55	200m: 2:57.96	45.49	



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Prova 3, Femin., 200m Costas, ABSOLUTOS FEM

Lugar	Ano	Tempo final	Pts
36. Ana Cláudia, FERREIRA	90 Alcobaca	2:59.02	293
50m: 42.66 42.66	100m: 1:27.94 45.28	150m: 2:13.76 45.82	200m: 2:59.02 45.26
37. Rafaela Santos, AFONSO	10 Naval de Peniche	3:00.39	286
50m: 39.81 39.81	100m: 1:25.98 46.17	150m: 2:14.02 48.04	200m: 3:00.39 46.37
38. Carminho Traquina, ANDRE	12 Alcobaca	3:02.81	275
50m: 44.89 44.89	100m: 1:32.17 47.28	150m: 2:19.06 46.89	200m: 3:02.81 43.75
39. Catarina Tagarosso, LOBO	07 Uniao Juncalense	3:03.18	273
50m: 41.61 41.61	100m: 1:27.82 46.21	150m: 2:16.00 48.18	200m: 3:03.18 47.18
40. Anjali, RAICAR	09 Naval de Peniche	3:03.87	270
50m: 41.34 41.34	100m: 1:27.61 46.27	200m: 3:03.87 1:36.26	
41. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	3:03.92	270
50m: 42.52 42.52	100m: 1:30.66 48.14	150m: 2:18.77 48.11	200m: 3:03.92 45.15
42. Isabela Maria, CARREIRA	11 Uniao Juncalense	3:04.29	268
50m: 44.90 44.90	100m: 1:30.85 45.95	150m: 2:18.55 47.70	200m: 3:04.29 45.74
43. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	3:04.62	267
50m: 44.23 44.23	100m: 1:30.88 46.65	150m: 2:19.21 48.33	200m: 3:04.62 45.41
44. Marta Cabete, GOMES	08 CNLeiria - VOID	3:04.69	267
50m: 43.27 43.27	100m: 1:30.10 46.83	150m: 2:18.06 47.96	200m: 3:04.69 46.63
45. Beatriz Julio, CORREIA	12 CNLeiria - VOID	3:05.22	264
50m: 43.69 43.69	100m: 1:32.02 48.33	150m: 2:19.51 47.49	200m: 3:05.22 45.71
46. Maria Joao, OLIVEIRA	13 Alcobaca	3:06.46	259
50m: 44.65 44.65	100m: 1:31.28 46.63	150m: 2:19.28 48.00	200m: 3:06.46 47.18
47. Isabela Lourenco, COSTA	11 Benedita	3:09.10	248
50m: 45.06 45.06	100m: 1:33.68 48.62	150m: 2:22.12 48.44	200m: 3:09.10 46.98
48. Jessica Garcia, FERREIRA	12 Óbidos	3:09.44	247
50m: 44.40 44.40	100m: 1:32.79 48.39	150m: 2:22.37 49.58	200m: 3:09.44 47.07
49. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	3:09.65	246
50m: 43.93 43.93	100m: 1:32.59 48.66	150m: 2:22.49 49.90	200m: 3:09.65 47.16
50. Kelly Simao, COSTA	11 Óbidos	3:10.68	242
50m: 44.12 44.12	100m: 1:32.21 48.09	150m: 2:22.99 50.78	200m: 3:10.68 47.69
51. Iara Maria, CAMACHO	12 Pimpoes/Cimai	3:10.71	242
50m: 43.84 43.84	100m: 1:34.10 50.26	150m: 2:24.09 49.99	200m: 3:10.71 46.62
52. Maria Santos, FONSECA	11 CNLeiria - VOID	3:11.72	238
50m: 46.37 46.37	100m: 1:33.94 47.57	150m: 2:23.59 49.65	200m: 3:11.72 48.13
53. Matilde Vitorino, FERREIRA	11 Naval de Peniche	3:12.98	234
50m: 46.12 46.12	100m: 1:36.46 50.34	150m: 2:26.60 50.14	200m: 3:12.98 46.38
54. Emma Henriques, SOUTO	13 Óbidos	3:13.59	231
50m: 45.66 45.66	100m: 1:35.34 49.68	150m: 2:25.88 50.54	200m: 3:13.59 47.71
55. Margarida Soares, MAIA	11 Nautico Marinha Grande	3:13.75	231
50m: 46.50 46.50	100m: 1:36.21 49.71	150m: 2:26.03 49.82	200m: 3:13.75 47.72
56. Beatriz Morgado, SILVA	11 Benedita	3:16.34	222
50m: 48.22 48.22	100m: 1:38.37 50.15	200m: 3:16.34 1:37.97	
57. Erica Felix, RODRIGUES	11 Uniao Juncalense	3:16.68	221
50m: 45.50 45.50	100m: 1:35.06 49.56	150m: 2:27.50 52.44	200m: 3:16.68 49.18



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Lugar	Ano	Tempo final	Pts
58. Mariana Duarte, ANTUNES	12 Alcobaca	3:16.85	220
50m: 46.27 46.27	100m: 1:37.10 50.83	150m: 2:28.60 51.50	200m: 3:16.85 48.25
59. Rita Alexandra, JORDAO	12 Uniao Juncalense	3:17.28	219
50m: 48.03 48.03	100m: 1:37.46 49.43	200m: 3:17.28 1:39.82	
60. Bruna Matos, FIALHO	08 Uniao Juncalense	3:18.72	214
50m: 45.26 45.26	100m: 1:35.73 50.47	150m: 2:27.65 51.92	200m: 3:18.72 51.07
61. Yaroslava, TABUNSCHYK	12 CNLeiria - VOID	3:19.40	212
50m: 46.94 46.94	100m: 1:39.19 52.25	200m: 3:19.40 1:40.21	
62. Diana Morais, CARLOS	11 Pimpoes/Cimai	3:20.97	207
50m: 47.66 47.66	100m: 1:38.37 50.71	200m: 3:20.97 1:42.60	
63. Maria Luisa, CASTILLO	13 Nautico Marinha Grande	3:23.46	199
50m: 49.04 49.04	100m: 1:40.10 51.06	150m: 2:32.44 52.34	200m: 3:23.46 51.02
64. Carlota Maria, CATARINO	11 Benedita	3:30.30	180
50m: 48.65 48.65	100m: 1:43.00 54.35	200m: 3:30.30 1:47.30	
65. Sofia Guilherme, CABREIRA	13 Óbidos	3:31.71	177
50m: 48.75 48.75	100m: 1:43.46 54.71	150m: 2:40.03 56.57	200m: 3:31.71 51.68
66. Mafalda Amado, QUARESMA	13 Pimpoes/Cimai	3:31.96	176
50m: 52.06 52.06	100m: 1:45.94 53.88	150m: 2:41.06 55.12	200m: 3:31.96 50.90
67. Lara Sofia, MARCELINO	13 Vieiraense	3:33.02	174
50m: 50.40 50.40	100m: 1:45.96 55.56	150m: 2:40.37 54.41	200m: 3:33.02 52.65
68. Iris Sousa, BOITA	13 Benedita	3:33.97	171
50m: 49.79 49.79	100m: 1:44.08 54.29	150m: 2:39.62 55.54	200m: 3:33.97 54.35
69. Maria Ines, GOMES	12 Nucleo de Pombal	3:34.40	170
50m: 47.67 47.67	100m: 1:43.30 55.63	150m: 2:39.35 56.05	200m: 3:34.40 55.05
70. Maria Leonor, FERREIRA	12 Óbidos	3:34.52	170
50m: 49.49 49.49	100m: 1:45.27 55.78	150m: 2:40.42 55.15	200m: 3:34.52 54.10
71. Leonor Pinto, ROSARIO	13 Nautico Marinha Grande	3:34.82	169
50m: 49.78 49.78	100m: 1:45.75 55.97	150m: 2:42.86 57.11	200m: 3:34.82 51.96
72. Elisa Rodrigues, SIMOES	13 Benedita	3:37.11	164
50m: 52.66 52.66	100m: 1:47.13 54.47	150m: 2:42.05 54.92	200m: 3:37.11 55.06
73. Anastasia, STURZA	10 Uniao Juncalense	3:39.47	159
50m: 45.75 45.75	100m: 1:41.75 56.00	150m: 2:42.22 1:00.47	200m: 3:39.47 57.25
74. Avron Dawn, SANTOS	13 Vieiraense	3:39.49	159
50m: 51.73 51.73	100m: 1:48.04 56.31	150m: 2:44.93 56.89	200m: 3:39.49 54.56
75. Victoria Cerqueira, SOBREIRO	13 Pimpoes/Cimai	3:40.72	156
50m: 53.66 53.66	100m: 1:51.76 58.10	150m: 2:47.94 56.18	200m: 3:40.72 52.78
76. Ana Sofia, SILVA	13 Naval de Peniche	3:40.79	156
50m: 50.66 50.66	100m: 1:47.73 57.07	150m: 2:45.46 57.73	200m: 3:40.79 55.33
77. Mariana Santos, VALENTIM	13 Pimpoes/Cimai	3:45.65	146
50m: 50.75 50.75	100m: 1:48.83 58.08	150m: 2:47.97 59.14	200m: 3:45.65 57.68
78. Constanca Teopisto, CARVALHO	13 Alcobaca	3:48.84	140
50m: 57.03 57.03	100m: 1:56.22 59.19	150m: 2:53.91 57.69	200m: 3:48.84 54.93
79. Carminho Jose, LOPES	13 Benedita	3:49.57	139
50m: 51.67 51.67	100m: 1:51.81 1:00.14	150m: 2:52.09 1:00.28	200m: 3:49.57 57.48



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Prova 3, Femin., 200m Costas, ABSOLUTOS FEM

Lugar	Ano	Tempo final	Pts
80. Maria Antonia, VAZAO	12 Uniao Juncalense	3:53.56	132
50m: 54.42 54.42 100m: 1:54.24 59.82 150m: 2:55.31 1:01.07 200m: 3:53.56 58.25			
81. Catarina Franco, RODRIGUES	13 Naval de Peniche	3:53.58	132
50m: 53.12 53.12 100m: 1:52.59 59.47 150m: 2:54.57 1:01.98 200m: 3:53.58 59.01			
82. Nuria Rocha, BOTAS	13 Vieiraense	3:54.09	131
50m: 55.76 55.76 100m: 1:56.26 1:00.50 150m: 2:56.02 59.76 200m: 3:54.09 58.07			
83. Catarina Faustino, DIAS	13 Naval de Peniche	3:55.52	128
50m: 51.75 51.75 100m: 1:52.09 1:00.34 150m: 2:54.01 1:01.92 200m: 3:55.52 1:01.51			
84. Matilde Mamede, CECILIO	13 Naval de Peniche	4:03.91	115
50m: 57.13 57.13 100m: 1:59.93 1:02.80 150m: 3:04.68 1:04.75 200m: 4:03.91 59.23			
DSQ Francisca Ramos, NUNES	09 Naval de Peniche		
<i>A atleta não completou o percurso (SW 10.2)</i>			
DSQ Maria Leal, ALVES	13 Alcobaca		
<i>Na viragem aos 150 metros, a atleta parou e saiu em posição ventral.</i>			
DSQ Sara Machado, JANUARIO	13 Alcobaca		
<i>A atleta perdeu a posição dorsal na viragem aos 50 metros, e efetuou mais do que uma braçada.</i>			
DNS Laura Samora, GONCALVES	10 Ba-Leiria		
DNS Laura Margarida, ASCENSO	10 Nautico Marinha Grande		
DNS Emma Maria, AVRAMESCU	12 Nautico Marinha Grande		
DNS Mariana Sousa, OLIVEIRA	10 Alcobaca		
DNS Laura Seco, GIL	13 Vieiraense		
DNS Alice Lucas, COSTA	10 Uniao Juncalense		