



Prova de Preparação "O Nadador Mais Completo"  
Caldas da Rainha, 2 - 3/11/2024

Prova 11	Femin., 400m Livres				Infantil B Fem
02/11/2024 - 17:55					Resultados
Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: AQUA 2024

Lugar			Ano					Tempo final	AQUA		
1.	Violeta Neves, SILVA		13	Nucleo de Pombal				7:02.70	163		
	50m:	48.34 48.34	150m:	2:35.70	54.04	250m:	4:24.28	53.87	350m:	6:12.48	53.28
	100m:	1:41.66 53.32	200m:	3:30.41	54.71	300m:	5:19.20	54.92	400m:	7:02.70	50.22
2.	Erica Maria, FORTUNATO		13	Ba-Leiria				7:13.44	151		
	50m:	47.94 47.94	150m:	2:36.44	54.75	250m:	4:28.91	56.65	350m:	6:18.30	53.71
	100m:	1:41.69 53.75	200m:	3:32.26	55.82	300m:	5:24.59	55.68	400m:	7:13.44	55.14

Prova 11	Femin., 400m Livres				Infantil A Fem
02/11/2024 - 17:55					Resultados
Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2024

Lugar			Ano					Tempo final	AQUA		
1.	Laura Krempel, VARELA		12	Pimpoes/Cimai				5:28.13	350		
	50m:	37.44 37.44	150m:	2:00.81	41.83	250m:	3:25.02	41.86	350m:	4:49.73	41.71
	100m:	1:18.98 41.54	200m:	2:43.16	42.35	300m:	4:08.02	43.00	400m:	5:28.13	38.40
2.	Ines Pinto, MARTINS		12	Pimpoes/Cimai				5:34.78	329		
	50m:	37.96 37.96	150m:	2:01.59	41.78	250m:	3:26.57	42.18	350m:	4:52.81	42.47
	100m:	1:19.81 41.85	200m:	2:44.39	42.80	300m:	4:10.34	43.77	400m:	5:34.78	41.97
3.	Luna Francisco, PEREIRA		12	Nucleo de Pombal				5:37.37	322		
	50m:	39.12 39.12	150m:	2:02.85	41.97	250m:	3:28.27	42.34	350m:	4:53.24	42.88
	100m:	1:20.88 41.76	200m:	2:45.93	43.08	300m:	4:10.36	42.09	400m:	5:37.37	44.13
4.	Julia Pinto, PINHEIRO		12	Pimpoes/Cimai				5:39.83	315		
	50m:	39.04 39.04	150m:	2:04.15	42.75	250m:	3:30.50	43.28	350m:	4:58.29	43.54
	100m:	1:21.40 42.36	200m:	2:47.22	43.07	300m:	4:14.75	44.25	400m:	5:39.83	41.54
5.	Benedita Nunes, FELIX		12	Pimpoes/Cimai				5:50.08	288		
	50m:	38.37 38.37	150m:	2:06.94	44.94	250m:	3:38.08	45.39	350m:	5:07.72	44.78
	100m:	1:22.00 43.63	200m:	2:52.69	45.75	300m:	4:22.94	44.86	400m:	5:50.08	42.36
6.	Barbara Serrano, LOMBA		12	Ba-Leiria				6:01.16	262		
	50m:	38.84 38.84	150m:	2:07.76	45.53	250m:	3:40.91	46.89	350m:	5:15.44	47.78
	100m:	1:22.23 43.39	200m:	2:54.02	46.26	300m:	4:27.66	46.75	400m:	6:01.16	45.72
7.	Maria Leonor, ASSUNCAO		12	Pimpoes/Cimai				6:04.16	256		
	50m:	40.94 40.94	150m:	2:12.69	46.39	250m:	3:45.79	46.74	350m:	5:19.16	46.61
	100m:	1:26.30 45.36	200m:	2:59.05	46.36	300m:	4:32.55	46.76	400m:	6:04.16	45.00
8.	Yaroslava, TABUNSCHYK		12	CNLeiria VOID				6:07.76	248		
	50m:	38.99 38.99	150m:	2:12.68	47.08	250m:	3:46.86	47.32	350m:	5:20.56	46.61
	100m:	1:25.60 46.61	200m:	2:59.54	46.86	300m:	4:33.95	47.09	400m:	6:07.76	47.20
9.	Iara Maria, CAMACHO		12	Pimpoes/Cimai				6:23.88	218		
	50m:	42.81 42.81	150m:	2:18.91	48.63	250m:	3:58.65	50.31	350m:	5:38.37	49.31
	100m:	1:30.28 47.47	200m:	3:08.34	49.43	300m:	4:49.06	50.41	400m:	6:23.88	45.51
10.	Carolina Matos, CORREIA		12	Nucleo de Pombal				6:32.63	204		
	50m:	44.97 44.97	150m:	2:24.93	50.23	250m:	4:06.03	50.85	350m:	5:45.74	49.47
	100m:	1:34.70 49.73	200m:	3:15.18	50.25	300m:	4:56.27	50.24	400m:	6:32.63	46.89
DNS	Daniela Carvalho, FERREIRA		12	Nucleo de Pombal							
DNS	Maria Ines, GOMES		12	Nucleo de Pombal							



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Prova 11, Femin., 400m Livres

Prova 11 Femin., 400m Livres Juvenil B Fem  
02/11/2024 - 17:55 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
1. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	5:07.09	427
50m: 35.63 35.63	150m: 1:53.73 39.04	250m: 3:11.84 39.18	350m: 4:30.02 38.71
100m: 1:14.69 39.06	200m: 2:32.66 38.93	300m: 3:51.31 39.47	400m: 5:07.09 37.07
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:14.55	397
50m: 37.19 37.19	150m: 1:56.12 39.81	250m: 3:15.59 39.50	350m: 4:35.94 40.25
100m: 1:16.31 39.12	200m: 2:36.09 39.97	300m: 3:55.69 40.10	400m: 5:14.55 38.61
3. Cristiana Henriques, ALMEIDA	11 Benedita	5:27.67	351
50m: 36.64 36.64	150m: 1:58.84 41.06	250m: 3:23.57 42.33	350m: 4:47.84 41.56
100m: 1:17.78 41.14	200m: 2:41.24 42.40	300m: 4:06.28 42.71	400m: 5:27.67 39.83
4. Isabela Lourenco, COSTA	11 Benedita	5:44.84	301
50m: 34.17 34.17	150m: 2:06.59 43.89	250m: 3:34.99 43.62	350m: 5:02.02 43.50
100m: 1:22.70 48.53	200m: 2:51.37 44.78	300m: 4:18.52 43.53	400m: 5:44.84 42.82
5. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	5:56.25	273
50m: 38.20 38.20	150m: 2:07.10 44.90	250m: 3:40.67 47.10	350m: 5:11.42 45.32
100m: 1:22.20 44.00	200m: 2:53.57 46.47	300m: 4:26.10 45.43	400m: 5:56.25 44.83
6. Kelly Simao, COSTA	11 Óbidos	6:12.19	240
50m: 40.84 40.84	150m: 2:14.62 47.46	250m: 3:51.16 48.04	350m: 5:27.76 48.42
100m: 1:27.16 46.32	200m: 3:03.12 48.50	300m: 4:39.34 48.18	400m: 6:12.19 44.43
DNS Erica Felix, RODRIGUES	11 Uniao Juncalense		

Prova 11 Femin., 400m Livres Juvenil A Fem  
02/11/2024 - 17:55 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
1. Vida Sofia, VELEZ	10 Ba-Leiria	4:59.21	461
50m: 33.28 33.28	150m: 1:47.93 37.54	250m: 3:04.56 38.31	350m: 4:21.56 38.60
100m: 1:10.39 37.11	200m: 2:26.25 38.32	300m: 3:42.96 38.40	400m: 4:59.21 37.65
2. Maria Carolina, ALVES	10 Ba-Leiria	5:01.81	450
50m: 34.17 34.17	150m: 1:49.57 38.15	250m: 3:05.78 37.79	350m: 4:23.09 38.60
100m: 1:11.42 37.25	200m: 2:27.99 38.42	300m: 3:44.49 38.71	400m: 5:01.81 38.72
3. Debora Silva, INACIO	10 Pimpoes/Cimai	5:05.87	432
50m: 33.47 33.47	150m: 1:48.87 38.00	250m: 3:06.59 38.97	350m: 4:26.69 39.67
100m: 1:10.87 37.40	200m: 2:27.62 38.75	300m: 3:47.02 40.43	400m: 5:05.87 39.18
4. Laura Samora, GONCALVES	10 Ba-Leiria	5:17.67	386
50m: 37.06 37.06	150m: 1:58.03 40.61	250m: 3:19.24 40.53	350m: 4:39.84 40.53
100m: 1:17.42 40.36	200m: 2:38.71 40.68	300m: 3:59.31 40.07	400m: 5:17.67 37.83
5. Sofia Roma, BRIZIDA	10 Ba-Leiria	5:22.00	370
50m: 36.34 36.34	150m: 1:57.15 41.24	250m: 3:19.84 40.69	350m: 4:43.18 42.00
100m: 1:15.91 39.57	200m: 2:39.15 42.00	300m: 4:01.18 41.34	400m: 5:22.00 38.82



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Prova 11, Femin., 400m Livres

Prova 11	Femin., 400m Livres				Junior Fem
02/11/2024 - 17:55					Resultados
Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 18 +	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017

Pontos: AQUA 2024

Lugar	Ano		Tempo final		AQUA
1. Maria Teresa, OLIVEIRA	09	Ba-Leiria	5:16.75	389	
50m: 36.87 36.87	150m: 1:56.97 40.28	250m: 3:16.87 39.87	350m: 4:37.25 40.38		
100m: 1:16.69 39.82	200m: 2:37.00 40.03	300m: 3:56.87 40.00	400m: 5:16.75 39.50		
2. Maria Margarida, OLIVEIRA	09	Ba-Leiria	5:29.13	347	
50m: 37.79 37.79	150m: 2:01.01 42.02	250m: 3:25.58 42.32	350m: 4:49.48 42.11		
100m: 1:18.99 41.20	200m: 2:43.26 42.25	300m: 4:07.37 41.79	400m: 5:29.13 39.65		
3. Ana Margarida, MARQUES	09	Ba-Leiria	5:29.78	345	
50m: 37.93 37.93	150m: 2:02.18 42.68	250m: 3:25.96 41.78	350m: 4:49.53 41.85		
100m: 1:19.50 41.57	200m: 2:44.18 42.00	300m: 4:07.68 41.72	400m: 5:29.78 40.25		
4. Matilde Monteiro, NEVES	08	Nucleo de Pombal	5:34.64	330	
50m: 37.85 37.85	150m: 2:02.39 42.90	250m: 3:28.46 43.43	350m: 4:54.11 42.87		
100m: 1:19.49 41.64	200m: 2:45.03 42.64	300m: 4:11.24 42.78	400m: 5:34.64 40.53		
DNS Carolina Ferreira, FONSECA	07	Vieirense			