



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

Prova 9 Femin., 200m Livres Infantil B Fem
02/11/2024 - 17:06 Resultados

Rec Nac Open	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nac INF B	2:11.27	Carolina Miranda, FERNANDES	CGA	Mealhada	25/03/2017

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
1. Alicia Ferreira, OLIVEIRA	13 Ba-Leiria	2:54.31	253
50m: 41.24 41.24	100m: 1:26.34 45.10	150m: 2:11.42 45.08	200m: 2:54.31 42.89
2. Maria Joao, OLIVEIRA	13 Alcobaca	3:01.13	225
50m: 42.06 42.06	100m: 1:28.88 46.82	150m: 2:16.91 48.03	200m: 3:01.13 44.22
3. Maria Leal, ALVES	13 Alcobaca	3:02.14	222
50m: 40.89 40.89	100m: 1:28.96 48.07	150m: 2:17.31 48.35	200m: 3:02.14 44.83
4. Emma Henriques, SOUTO	13 Óbidos	3:02.19	221
50m: 42.15 42.15	100m: 1:29.66 47.51	150m: 2:17.62 47.96	200m: 3:02.19 44.57
5. Elisa Rodrigues, SIMOES	13 Benedita	3:16.35	177
50m: 43.56 43.56	100m: 1:34.03 50.47	150m: 2:26.77 52.74	200m: 3:16.35 49.58
6. Violeta Neves, SILVA	13 Nucleo de Pombal	3:20.44	166
50m: 45.70 45.70	100m: 1:38.53 52.83	150m: 2:31.42 52.89	200m: 3:20.44 49.02
7. Laura Silva, MARTINS	13 Ba-Leiria	3:21.58	163
50m: 44.97 44.97	100m: 1:39.47 54.50	150m: 2:32.44 52.97	200m: 3:21.58 49.14
8. Sara Machado, JANUARIO	13 Alcobaca	3:23.06	160
50m: 44.59 44.59	100m: 1:36.98 52.39	150m: 2:30.88 53.90	200m: 3:23.06 52.18
9. Constanca Teopisto, CARVALHO	13 Alcobaca	3:42.73	121
50m: 51.44 51.44	100m: 1:50.86 59.42	150m: 2:49.40 58.54	200m: 3:42.73 53.33
DNS Maria Luisa, CASTILLO	13 Nautico Marinha Grande		
DNS Leonor Pinto, ROSARIO	13 Nautico Marinha Grande		
DNS Iris Sousa, BOITA	13 Benedita		

Prova 9 Femin., 200m Livres Infantil A Fem
02/11/2024 - 17:06 Resultados

Rec Nac Open	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nac INF A	2:07.47	Carolina Miranda, FERNANDES	CGA	Felgueiras	09/03/2018

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
1. Mafalda Varela, BERNARDINO	12 Alcobaca	2:37.85	341
50m: 36.85 36.85	100m: 1:17.45 40.60	150m: 1:58.67 41.22	200m: 2:37.85 39.18
2. Emma Maria, AVRAMESCU	12 Nautico Marinha Grande	2:39.28	332
50m: 36.20 36.20	100m: 1:17.48 41.28	150m: 1:59.63 42.15	200m: 2:39.28 39.65
3. Beatriz Julio, CORREIA	12 CNLeiria VOID	2:47.25	286
50m: 39.52 39.52	100m: 1:22.35 42.83	150m: 2:05.52 43.17	200m: 2:47.25 41.73
4. Valeria, MORITS	12 Nautico Marinha Grande	2:53.00	259
50m: 38.93 38.93	100m: 1:23.06 44.13	150m: 2:09.07 46.01	200m: 2:53.00 43.93
5. Carminho Traquina, ANDRE	12 Alcobaca	2:56.33	244
50m: 41.37 41.37	100m: 1:28.05 46.68	150m: 2:13.47 45.42	200m: 2:56.33 42.86
6. Mariana Duarte, ANTUNES	12 Alcobaca	3:01.59	224
50m: 40.38 40.38	100m: 1:28.41 48.03	150m: 2:16.81 48.40	200m: 3:01.59 44.78
7. Constanca Santos, COUTINHO	12 Naval da Nazaré	3:03.76	216
50m: 40.79 40.79	100m: 1:28.30 47.51	150m: 2:18.12 49.82	200m: 3:03.76 45.64



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Prova 9, Femin., 200m Livres, Infantil A Fem

Lugar	Ano	Tempo final	AQUA
8. Maria Leonor, FERREIRA	12 Óbidos	3:09.43	197
50m: 43.87 43.87	100m: 1:33.37 49.50	150m: 2:22.49 49.12	200m: 3:09.43 46.94
DNS Maria Ines, GOMES	12 Nucleo de Pombal		

Prova 9 Femin., 200m Livres Juvenil B Fem Resultados

Rec Nac Open	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nac JUV B	2:04.38	Camila Rodrigues, REBELO	SANC	Coimbra	25/06/2017

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
1. Maria Joao, VALA	11 Pimpoes/Cimai	2:21.06	478
50m: 33.95 33.95	100m: 1:09.53 35.58	150m: 1:46.54 37.01	200m: 2:21.06 34.52
2. Francisca Moreira, FELICIANO	11 Alcobaca	2:24.31	446
50m: 32.81 32.81	100m: 1:09.84 37.03	150m: 1:47.91 38.07	200m: 2:24.31 36.40
3. Mariana Sousa, MENDES	11 Alcobaca	2:34.45	364
50m: 35.70 35.70	100m: 1:15.45 39.75	150m: 1:56.66 41.21	200m: 2:34.45 37.79
4. Yara Silva, INES	11 Ba-Leiria	2:57.76	238
50m: 41.55 41.55	100m: 1:26.68 45.13	150m: 2:13.15 46.47	200m: 2:57.76 44.61
DNS Mafalda Teles, SOUSA	11 Pimpoes/Cimai		

Prova 9 Femin., 200m Livres Juvenil A Fem Resultados

Rec Nac Open	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nac JUV A	2:03.90	Maria Ferreira, MOURA	SCP	Algés	29/06/2019

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
1. Diana Isabel, ALVES	10 Pimpoes/Cimai	2:23.09	458
50m: 32.80 32.80	100m: 1:09.16 36.36	150m: 1:46.28 37.12	200m: 2:23.09 36.81
2. Sofia Roma, BRIZIDA	10 Ba-Leiria	2:25.87	432
50m: 33.45 33.45	100m: 1:10.71 37.26	150m: 1:48.76 38.05	200m: 2:25.87 37.11
3. Constanca Rolim, PEDRO	10 Ba-Leiria	2:30.34	395
50m: 35.48 35.48	100m: 1:12.56 37.08	150m: 1:51.59 39.03	200m: 2:30.34 38.75
4. Rafaela Santos, AFONSO	10 Naval de Peniche	2:32.68	377
50m: 35.68 35.68	100m: 1:15.43 39.75	150m: 1:55.15 39.72	200m: 2:32.68 37.53
5. Mariana Santos, AFONSO	10 Naval de Peniche	2:39.36	331
50m: 37.04 37.04	100m: 1:17.93 40.89	150m: 1:59.81 41.88	200m: 2:39.36 39.55
6. Mariana Sousa, OLIVEIRA	10 Alcobaca	2:48.21	282
50m: 39.16 39.16	100m: 1:22.40 43.24	150m: 2:07.05 44.65	200m: 2:48.21 41.16
7. Anastasia, STURZA	10 Uniao Juncalense	3:03.60	216
50m: 39.74 39.74	100m: 1:26.06 46.32	150m: 2:15.13 49.07	200m: 3:03.60 48.47
DNS Luana Filipe, REIS	10 Alcobaca		



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Prova 9, Femin., 200m Livres

Prova 9	Femin., 200m Livres				Junior Fem
02/11/2024 - 17:06					Resultados
Rec Nac Open	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nac 18 +	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nac 17	1:59.62	Leticia Maia, ANDRE	SLB	Felgueiras	23/12/2018
Rec Nac 16	2:01.12	Francisca Soares, MARTINS	FOCA	Felgueiras	27/04/2019

Pontos: AQUA 2024

Lugar			Ano			Tempo final	AQUA
1.	Francisca Ramos, NUNES		09	Naval de Peniche		2:18.86	501
	50m:	32.10 32.10	100m:	1:07.62 35.52	150m: 1:43.34 35.72	200m: 2:18.86 35.52	
2.	Rita Rocha, SILVA		08	Alcobaca		2:22.28	466
	50m:	33.48 33.48	100m:	1:09.78 36.30	150m: 1:46.38 36.60	200m: 2:22.28 35.90	
3.	Zofie, PACHECO		09	Naval de Peniche		2:25.11	439
	50m:	31.82 31.82	100m:	1:08.29 36.47	150m: 1:46.81 38.52	200m: 2:25.11 38.30	
4.	Diana Rita, FONSECA		08	Vieirense		2:30.14	396
	50m:	33.53 33.53	100m:	1:11.21 37.68	150m: 1:50.67 39.46	200m: 2:30.14 39.47	
5.	Matilde Monteiro, NEVES		08	Nucleo de Pombal		2:36.71	348
	50m:	35.98 35.98	100m:	1:16.15 40.17	150m: 1:57.06 40.91	200m: 2:36.71 39.65	
6.	Anjali, RAICAR		09	Naval de Peniche		2:37.91	340
	50m:	34.23 34.23	100m:	1:13.34 39.11	150m: 1:55.73 42.39	200m: 2:37.91 42.18	
7.	Catarina Tagarroso, LOBO		07	Uniao Juncalense		2:41.47	318
	50m:	35.79 35.79	100m:	1:16.15 40.36	150m: 1:59.12 42.97	200m: 2:41.47 42.35	
8.	Constanca Carvalho, PIEDADE		08	Uniao Juncalense		2:41.77	317
	50m:	37.84 37.84	100m:	1:19.84 42.00	150m: 2:01.63 41.79	200m: 2:41.77 40.14	
9.	Iris Santos, CANECO		09	Naval da Nazaré		3:15.28	180
	50m:	42.24 42.24	100m:	1:30.81 48.57	150m: 2:23.31 52.50	200m: 3:15.28 51.97	
DNS	Carolina Ferreira, FONSECA		07	Vieirense			

Prova 9	Femin., 200m Livres				Senior Fem
02/11/2024 - 17:06					Resultados
Rec Nac Open	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023
Rec Nac 18 +	1:56.81	Francisca Soares, MARTINS	POR	Otopeni (ROU)	09/12/2023

Pontos: AQUA 2024

Lugar			Ano			Tempo final	AQUA
1.	Ines Mira, PINO		06	Pimpoes/Cimai		2:12.25	580
	50m:	31.15 31.15	100m:	1:04.72 33.57	150m: 1:38.57 33.85	200m: 2:12.25 33.68	
2.	Joana Silva, ALVES		05	Pimpoes/Cimai		2:14.03	557
	50m:	31.60 31.60	100m:	1:05.35 33.75	150m: 1:39.99 34.64	200m: 2:14.03 34.04	
3.	Ana Francisca, SILVA		06	Alcobaca		2:22.19	466
	50m:	33.41 33.41	100m:	1:09.87 36.46	150m: 1:45.87 36.00	200m: 2:22.19 36.32	
4.	Ana Claudia, FERREIRA		90	Alcobaca		2:24.89	441
	50m:	33.35 33.35	100m:	1:10.03 36.68	150m: 1:47.09 37.06	200m: 2:24.89 37.80	
5.	Maria Saraiva, RUIVACO		00	Vieirense		2:39.23	332
	50m:	35.08 35.08	100m:	1:14.88 39.80	150m: 1:56.93 42.05	200m: 2:39.23 42.30	