



Campeonatos Distritais de Piscina Curta - JUV/ JUN/ SEN
Leiria, 16 - 17/11/2024

Prova 20 Femin., 400m Livres Juvenil B Fem
16/11/2024 - 15:35 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

TAC JUV B FEM 50m: 5:39.40 - 25m: 5:31.96

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts		
1.	Anastasiya, PRYMACHENKO		11	Nucleo de Pombal				5:00.08	457		
	50m:	33.13 33.13	150m:	1:47.99	38.07	250m:	3:05.56	38.91	350m:	4:22.92	38.49
	100m:	1:09.92 36.79	200m:	2:26.65	38.66	300m:	3:44.43	38.87	400m:	5:00.08	37.16
2.	Carolina Silva, CASTANHEIRA		11	CNLeiria - VOID				5:05.78	432		
	50m:	34.66 34.66	150m:	1:52.21	39.44	250m:	3:10.09	39.15	350m:	4:28.54	39.17
	100m:	1:12.77 38.11	200m:	2:30.94	38.73	300m:	3:49.37	39.28	400m:	5:05.78	37.24
3.	Carlota Sa, SANTOS		11	Nucleo de Pombal				5:05.80	432		
	50m:	35.65 35.65	150m:	1:53.24	39.05	250m:	3:10.69	39.06	350m:	4:29.16	39.53
	100m:	1:14.19 38.54	200m:	2:31.63	38.39	300m:	3:49.63	38.94	400m:	5:05.80	36.64
4.	Francisca Moreira, FELICIANO		11	Alcobaca				5:05.82	432		
	50m:	33.90 33.90	150m:	1:49.68	38.35	250m:	3:07.83	39.45	350m:	4:28.18	40.36
	100m:	1:11.33 37.43	200m:	2:28.38	38.70	300m:	3:47.82	39.99	400m:	5:05.82	37.64

Prova 20 Femin., 400m Livres Juvenil A Fem
16/11/2024 - 15:35 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

TAC JUV A FEM 50m: 5:34.44 - 25m: 5:23.94

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts		
1.	Laura Helena, AMORIM		10	Nautico Marinha Grande				4:47.95	518		
	50m:	32.83 32.83	150m:	1:44.82	36.52	250m:	2:58.09	36.42	350m:	4:12.31	37.06
	100m:	1:08.30 35.47	200m:	2:21.67	36.85	300m:	3:35.25	37.16	400m:	4:47.95	35.64
2.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande				4:51.09	501		
	50m:	33.15 33.15	150m:	1:45.87	36.92	250m:	2:59.63	36.99	350m:	4:15.27	37.82
	100m:	1:08.95 35.80	200m:	2:22.64	36.77	300m:	3:37.45	37.82	400m:	4:51.09	35.82
3.	Bianca Balbino, MENDES		10	Naval de Peniche				4:54.70	483		
	50m:	33.00 33.00	150m:	1:46.12	37.33	250m:	3:01.50	38.03	350m:	4:17.62	38.08
	100m:	1:08.79 35.79	200m:	2:23.47	37.35	300m:	3:39.54	38.04	400m:	4:54.70	37.08
4.	Maria Carolina, ALVES		10	Ba-Leiria				4:56.36	475		
	50m:	34.21 34.21	150m:	1:48.39	37.13	250m:	3:03.30	37.62	350m:	4:18.89	37.89
	100m:	1:11.26 37.05	200m:	2:25.68	37.29	300m:	3:41.00	37.70	400m:	4:56.36	37.47
5.	Madalena Gracio, PEDROSO		10	Nautico Marinha Grande				4:56.47	474		
	50m:	33.90 33.90	150m:	1:49.00	37.88	250m:	3:05.72	38.28	350m:	4:19.99	37.16
	100m:	1:11.12 37.22	200m:	2:27.44	38.44	300m:	3:42.83	37.11	400m:	4:56.47	36.48



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Lugar	Ano		Tempo final		Pts
6. Debora Silva, INACIO	10	Pimpoes/Cimai	5:04.69	437	
50m: 33.53 33.53	150m: 1:49.56 38.58	250m: 3:07.50 38.62	350m: 4:26.94 39.94		
100m: 1:10.98 37.45	200m: 2:28.88 39.32	300m: 3:47.00 39.50	400m: 5:04.69 37.75		
7. Barbara Balbino, MENDES	10	Naval de Peniche	5:08.09	423	
50m: 34.32 34.32	150m: 1:49.93 38.39	250m: 3:07.59 39.12	350m: 4:28.20 40.64		
100m: 1:11.54 37.22	200m: 2:28.47 38.54	300m: 3:47.56 39.97	400m: 5:08.09 39.89		
8. Constanca Rolim, PEDRO	10	Ba-Leiria	5:14.49	397	
50m: 35.89 35.89	150m: 1:54.66 40.12	250m: 3:14.15 39.92	350m: 4:35.00 40.59		
100m: 1:14.54 38.65	200m: 2:34.23 39.57	300m: 3:54.41 40.26	400m: 5:14.49 39.49		

Prova 20

Femin., 400m Livres

Junior Fem

16/11/2024 - 15:35

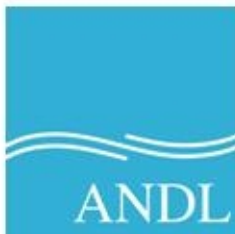
Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
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

TAC JUN2 FEM 17 - 18 50m: 5:09.63 - 25m: 5:00.83 / TAC JUN1 FEM 16 50m: 5:11.14 - 25m: 5:02.30

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	4:26.15	656	
50m: 30.16 30.16	150m: 1:36.19 33.40	250m: 2:43.79 33.62	350m: 3:52.26 34.23		
100m: 1:02.79 32.63	200m: 2:10.17 33.98	300m: 3:18.03 34.24	400m: 4:26.15 33.89		
2. Matilde Violante, VIANA	07	CNLeiria - VOID	4:43.87	540	
50m: 31.91 31.91	150m: 1:43.18 35.92	250m: 2:55.34 36.09	350m: 4:07.88 36.44		
100m: 1:07.26 35.35	200m: 2:19.25 36.07	300m: 3:31.44 36.10	400m: 4:43.87 35.99		
3. Leonor Vendima, COELHO	07	CNLeiria - VOID	4:52.27	495	
50m: 32.09 32.09	150m: 1:43.98 36.76	250m: 2:59.43 37.78	350m: 4:14.90 37.54		
100m: 1:07.22 35.13	200m: 2:21.65 37.67	300m: 3:37.36 37.93	400m: 4:52.27 37.37		
4. Teresa Maria, LOPES	09	Benedita	5:02.18	448	
50m: 33.33 33.33	150m: 1:47.59 37.77	250m: 3:05.75 39.46	350m: 4:24.14 39.55		
100m: 1:09.82 36.49	200m: 2:26.29 38.70	300m: 3:44.59 38.84	400m: 5:02.18 38.04		



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Prova 20
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Femin., 400m Livres

Senior Fem
Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017

TAC SEN2 FEM 20 + 50m: 5:02.08 - 25m: 4:53.50 / TAC SEN1 FEM 19 50m: 5:03.59 - 25m: 4:56.91

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	5:09.60	416
50m: 34.17 34.17	150m: 1:51.24 38.92	250m: 3:10.76 40.20	350m: 4:31.25 40.24
100m: 1:12.32 38.15	200m: 2:30.56 39.32	300m: 3:51.01 40.25	400m: 5:09.60 38.35