



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

Prova 43 Femin., 400m Estilos Juvenil B Fem  
17/11/2024 - 11:12 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

TAC JUV B FEM 50m: 6:29.93 - 25m: 6:18.57

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	5:33.95	466
50m: 35.04 35.04	150m: 1:59.79 42.59	250m: 3:29.44 47.13	350m: 4:56.66 38.79
100m: 1:17.20 42.16	200m: 2:42.31 42.52	300m: 4:17.87 48.43	400m: 5:33.95 37.29
2. Leonor Mota, ALVES	11 Nautico Marinha Grande	5:42.73	431
50m: 36.25 36.25	150m: 2:00.36 43.50	250m: 3:33.00 49.97	350m: 5:03.78 39.59
100m: 1:16.86 40.61	200m: 2:43.03 42.67	300m: 4:24.19 51.19	400m: 5:42.73 38.95
3. Cristiana Henriques, ALMEIDA	11 Benedita	5:58.31	377
50m: 37.56 37.56	150m: 2:08.64 46.14	250m: 3:43.12 49.45	350m: 5:17.09 43.33
100m: 1:22.50 44.94	200m: 2:53.67 45.03	300m: 4:33.76 50.64	400m: 5:58.31 41.22

Prova 43 Femin., 400m Estilos Juvenil A Fem  
17/11/2024 - 11:12 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

TAC JUV A FEM 50m: 6:22.99 - 25m: 6:11.83

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Laura Helena, AMORIM	10 Nautico Marinha Grande	5:32.79	471
50m: 36.67 36.67	150m: 2:02.96 43.42	250m: 3:31.31 46.02	350m: 4:56.36 36.94
100m: 1:19.54 42.87	200m: 2:45.29 42.33	300m: 4:19.42 48.11	400m: 5:32.79 36.43
2. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	5:35.35	460
50m: 35.24 35.24	150m: 2:02.64 45.32	250m: 3:34.39 48.43	350m: 5:00.45 36.81
100m: 1:17.32 42.08	200m: 2:45.96 43.32	300m: 4:23.64 49.25	400m: 5:35.35 34.90
3. Vida Sofia, VELEZ	10 Ba-Leiria	5:46.86	416
50m: 37.94 37.94	150m: 2:09.54 43.99	250m: 3:39.79 48.59	350m: 5:09.19 39.95
100m: 1:25.55 47.61	200m: 2:51.20 41.66	300m: 4:29.24 49.45	400m: 5:46.86 37.67



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

Prova 43, Femin., 400m Estilos

Prova 43 Femin., 400m Estilos Junior Fem  
17/11/2024 - 11:12 Resultados

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 18	4:41.02	Victoria, KAMINSKAYA	PIMP	Porto	07/12/2012
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

TAC JUN2 FEM 17 - 18 50m: 5:55.87 - 25m: 5:45.47 / TAC JUN1 FEM 16 50m: 5:57.60 - 25m: 5:47.16

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	5:13.28		564
50m: 33.50 33.50	150m: 1:54.84 41.60	250m: 3:17.52 41.98	350m: 4:37.96 36.35		
100m: 1:13.24 39.74	200m: 2:35.54 40.70	300m: 4:01.61 44.09	400m: 5:13.28 35.32		
2. Rita Rocha, SILVA	08	Alcobaca	5:30.22		482
50m: 34.74 34.74	150m: 2:01.09 44.78	250m: 3:28.19 44.61	350m: 4:53.29 39.09		
100m: 1:16.31 41.57	200m: 2:43.58 42.49	300m: 4:14.20 46.01	400m: 5:30.22 36.93		

Prova 43 Femin., 400m Estilos Senior Fem  
17/11/2024 - 11:12 Resultados

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

TAC SEN2 FEM 20 + 50m: 5:47.19 - 25m: 5:37.05 / TAC SEN1 FEM 19 50m: 5:48.93 - 25m: 5:38.73

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Joana Rosa, FERREIRA	05	CNLeiria - VOID	5:25.60		502
50m: 34.21 34.21	150m: 1:58.59 44.15	250m: 3:27.34 45.07	350m: 4:49.67 36.78		
100m: 1:14.44 40.23	200m: 2:42.27 43.68	300m: 4:12.89 45.55	400m: 5:25.60 35.93		