



Torneio Nadador Completo de Categorias
Alcobaça, 21 - 22/12/2024

Prova 9 Femin., 200m Estilos Infantil B FEM
22/12/2024 - 9:15 Resultados

Rec Nac Open	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	14/12/2024
Rec Nac INF B	2:28.04	Carolina Miranda, FERNANDES	CGA	Mealhada	08/04/2017

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Alicia Ferreira, OLIVEIRA		13	Ba-Leiria				3:07.90	272
	50m:	42.53 42.53	100m:	1:31.02	48.49	150m:	2:28.29	57.27	200m: 3:07.90 39.61
2.	Maria Leal, ALVES		13	Alcobaca				3:10.34	262
	50m:	43.56 43.56	100m:	1:32.32	48.76	150m:	2:26.87	54.55	200m: 3:10.34 43.47
3.	Maria Joao, OLIVEIRA		13	Alcobaca				3:10.39	262
	50m:	46.13 46.13	100m:	1:32.61	46.48	150m:	2:27.70	55.09	200m: 3:10.39 42.69
4.	Violeta Neves, SILVA		13	Nucleo de Pombal				3:17.33	235
	50m:	46.45 46.45	100m:	1:35.89	49.44	150m:	2:38.68	1:02.79	200m: 3:17.33 38.65
5.	Maria Luisa, CASTILLO		13	Nautico Marinha Grande				3:18.46	231
	50m:	47.67 47.67	100m:	1:38.78	51.11	150m:	2:34.98	56.20	200m: 3:18.46 43.48
6.	Emma Henriques, SOUTO		13	Óbidos				3:25.89	207
	50m:	48.53 48.53	100m:	1:36.53	48.00	150m:	2:37.78	1:01.25	200m: 3:25.89 48.11
7.	Lara Sofia, MARCELINO		13	Vieirense				3:26.22	206
	50m:	46.62 46.62	100m:	1:37.42	50.80	150m:	2:39.89	1:02.47	200m: 3:26.22 46.33
8.	Avron Dawn, SANTOS		13	Vieirense				3:31.75	190
	50m:	48.83 48.83	100m:	1:42.17	53.34	150m:	2:46.13	1:03.96	200m: 3:31.75 45.62
9.	Carminho Jose, LOPES		13	Benedita				3:37.42	176
	50m:	52.21 52.21	100m:	1:48.28	56.07	150m:	2:49.43	1:01.15	200m: 3:37.42 47.99
10.	Elisa Rodrigues, SIMOES		13	Benedita				3:39.26	171
	50m:	52.52 52.52	100m:	1:47.24	54.72	150m:	2:49.48	1:02.24	200m: 3:39.26 49.78
11.	Sara Machado, JANUARIO		13	Alcobaca				3:40.13	169
	50m:	49.53 49.53	100m:	1:42.79	53.26	150m:	2:47.70	1:04.91	200m: 3:40.13 52.43
12.	Nuria Rocha, BOTAS		13	Vieirense				3:41.94	165
	50m:	55.04 55.04	100m:	1:50.23	55.19	150m:	2:52.01	1:01.78	200m: 3:41.94 49.93
13.	Constanca Teopisto, CARVALHO		13	Alcobaca				3:44.77	159
	50m:	57.64 57.64	100m:	1:51.24	53.60	150m:	2:51.54	1:00.30	200m: 3:44.77 53.23
14.	Ines Barreto, CALDEIREIRO		13	Vieirense				3:49.42	149
	50m:	52.94 52.94	100m:	1:51.57	58.63	150m:	2:59.96	1:08.39	200m: 3:49.42 49.46
DNS	Matilde Mamede, CECILIO		13	Naval de Peniche					DNS



Torneio Nadador Completo de Categorias
Alcobaça, 21 - 22/12/2024

Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Infantil A FEM
22/12/2024 - 9:15 Resultados

Rec Nac Open	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	14/12/2024
Rec Nac INF A	2:21.36	Carolina Miranda, FERNANDES	CGA	Felgueiras	10/03/2018

Pontos: AQUA 2024

Lugar	Ano			Tempo final				Pts
1. Emma, AVRAMESCU	12	Nautico	Marinha Grande	2:45.35	400			
50m: 35.21 35.21	100m: 1:19.99 44.78	150m: 2:07.31 47.32	200m: 2:45.35 38.04					
2. Laura Krempel, VARELA	12	Pimpoes/Cimai		2:49.97	368			
50m: 36.69 36.69	100m: 1:19.78 43.09	150m: 2:11.20 51.42	200m: 2:49.97 38.77					
3. Mafalda Varela, BERNARDINO	12	Alcobaça		2:55.80	333			
50m: 37.66 37.66	100m: 1:23.79 46.13	150m: 2:16.52 52.73	200m: 2:55.80 39.28					
4. Ines Pinto, MARTINS	12	Pimpoes/Cimai		2:57.11	325			
50m: 40.01 40.01	100m: 1:23.50 43.49	150m: 2:17.23 53.73	200m: 2:57.11 39.88					
5. Luna Francisco, PEREIRA	12	Nucleo de Pombal		2:58.59	317			
50m: 40.34 40.34	100m: 1:24.81 44.47	150m: 2:19.04 54.23	200m: 2:58.59 39.55					
6. Julia Pinto, PINHEIRO	12	Pimpoes/Cimai		2:59.66	312			
50m: 52.07 52.07	100m: 1:26.39 34.32	150m: 2:18.39 52.00	200m: 2:59.66 41.27					
7. Emiliania Arruda, SARAIVA	12	Vieirense		3:02.29	298			
50m: 37.72 37.72	100m: 1:26.92 49.20	150m: 2:22.04 55.12	200m: 3:02.29 40.25					
8. Beatriz Julio, CORREIA	12	CNLeiria - VOID		3:03.51	292			
50m: 41.46 41.46	100m: 1:27.03 45.57	150m: 2:20.74 53.71	200m: 3:03.51 42.77					
9. Benedita Nunes, FELIX	12	Pimpoes/Cimai		3:05.33	284			
50m: 41.35 41.35	100m: 1:31.21 49.86	150m: 2:25.77 54.56	200m: 3:05.33 39.56					
10. Maria Leonor, ASSUNCAO	12	Pimpoes/Cimai		3:05.66	282			
50m: 44.81 44.81	100m: 1:30.57 45.76	150m: 2:24.72 54.15	200m: 3:05.66 40.94					
11. Safira Pedro, FONSECA	12	Vieirense		3:10.44	262			
50m: 41.46 41.46	100m: 1:27.79 46.33	150m: 2:27.57 59.78	200m: 3:10.44 42.87					
12. Valeria, MORITS	12	Nautico Marinha Grande		3:11.99	255			
50m: 40.47 40.47	100m: 1:29.03 48.56	150m: 2:28.55 59.52	200m: 3:11.99 43.44					
13. Yaroslava, TABUNSCHYK	12	CNLeiria - VOID		3:14.43	246			
50m: 43.51 43.51	100m: 1:32.50 48.99	150m: 2:29.83 57.33	200m: 3:14.43 44.60					
14. Rita Alexandra, JORDAO	12	Uniao Juncalense		3:18.15	232			
50m: 47.06 47.06	100m: 1:38.24 51.18	150m: 2:34.80 56.56	200m: 3:18.15 43.35					
15. Iara Maria, CAMACHO	12	Pimpoes/Cimai		3:18.95	229			
50m: 43.35 43.35	100m: 1:35.64 52.29	150m: 2:35.48 59.84	200m: 3:18.95 43.47					
16. Daniela Carvalho, FERREIRA	12	Nucleo de Pombal		3:24.15	212			
50m: 48.10 48.10	100m: 1:31.55 43.45	150m: 2:38.65 1:07.10	200m: 3:24.15 45.50					
17. Maria Ines, GOMES	12	Nucleo de Pombal		3:24.62	211			
50m: 44.85 44.85	100m: 1:38.02 53.17	150m: 2:40.16 1:02.14	200m: 3:24.62 44.46					
18. Maria Leonor, FERREIRA	12	Óbidos		3:24.90	210			
50m: 49.30 49.30	100m: 1:42.13 52.83	150m: 2:37.80 55.67	200m: 3:24.90 47.10					



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Alcobaça, 21 - 22/12/2024

Prova 9, Femin., 200m Estilos, Infantil A FEM

Lugar	Ano	Tempo final	Pts
19. Constanca Santos, COUTINHO	12 Naval da Nazaré	3:25.19	209
50m: 46.43 46.43	100m: 1:38.05 51.62	150m: 2:38.91 1:00.86	200m: 3:25.19 46.28
20. Rita Francisco, SIMOES	12 Vieirense	3:26.71	204
50m: 45.67 45.67	100m: 1:41.38 55.71	150m: 2:39.11 57.73	200m: 3:26.71 47.60
21. Mariana Duarte, ANTUNES	12 Alcobaca	3:26.76	204
50m: 44.40 44.40	100m: 1:36.45 52.05	150m: 2:37.70 1:01.25	200m: 3:26.76 49.06
22. Jessica Garcia, FERREIRA	12 Óbidos	3:26.79	204
50m: 49.87 49.87	100m: 1:40.01 50.14	150m: 2:41.19 1:01.18	200m: 3:26.79 45.60
DNS Barbara Serrano, LOMBA	12 Ba-Leiria		DNS
DNS Carolina Matos, CORREIA	12 Nucleo de Pombal		DNS

Prova 9 Femin., 200m Estilos Juvenil B FEM
22/12/2024 - 9:15 Resultados

Rec Nac Open	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	14/12/2024
Rec Nac JUV B	2:19.79	Mariana Pacheco, CUNHA	CFP	Felgueiras	14/04/2018

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	2:35.44	481
50m: 32.25 32.25	100m: 1:13.83 41.58	150m: 1:59.40 45.57	200m: 2:35.44 36.04
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	2:45.18	401
50m: 36.21 36.21	100m: 1:17.77 41.56	150m: 2:08.10 50.33	200m: 2:45.18 37.08
3. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	2:46.57	391
50m: 35.03 35.03	100m: 1:17.94 42.91	150m: 2:07.83 49.89	200m: 2:46.57 38.74
4. Beatriz Marques, GASPAS	11 Nautico Marinha Grande	2:48.78	376
50m: 36.54 36.54	100m: 1:22.06 45.52	150m: 2:09.87 47.81	200m: 2:48.78 38.91
5. Cristiana Henriques, ALMEIDA	11 Benedita	2:51.45	359
50m: 38.15 38.15	100m: 1:22.92 44.77	150m: 2:12.50 49.58	200m: 2:51.45 38.95
6. Carolina Silva, CASTANHEIRA	11 CNLeiria - VOID	2:56.57	328
50m: 38.61 38.61	100m: 1:23.13 44.52	150m: 2:19.79 56.66	200m: 2:56.57 36.78
7. Isabela Lourenco, COSTA	11 Benedita	2:59.86	311
50m: 40.55 40.55	100m: 1:27.40 46.85	150m: 2:20.96 53.56	200m: 2:59.86 38.90
8. Maria Santos, FONSECA	11 CNLeiria - VOID	3:03.43	293
50m: 40.84 40.84	100m: 1:27.72 46.88	150m: 2:17.97 50.25	200m: 3:03.43 45.46
9. Margarida Soares, MAIA	11 Nautico Marinha Grande	3:04.88	286
50m: 43.72 43.72	100m: 1:32.88 49.16	150m: 2:24.95 52.07	200m: 3:04.88 39.93
10. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	3:11.47	257
50m: 40.16 40.16	100m: 1:27.38 47.22	150m: 2:28.11 1:00.73	200m: 3:11.47 43.36
11. Beatriz Morgado, SILVA	11 Benedita	3:25.10	209
50m: 53.51 53.51	100m: 1:42.68 49.17	150m: 2:41.18 58.50	200m: 3:25.10 43.92
DNS Kelly Simao, COSTA	11 Óbidos		DNS
DNS Mariana Sousa, MENDES	11 Alcobaca		DNS



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Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Juvenil A FEM
22/12/2024 - 9:15 Resultados

Rec Nac Open	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	14/12/2024
Rec Nac JUV A	2:18.13	Mariana Pacheco, CUNHA	CFP	Felgueiras	27/04/2019

Pontos: AQUA 2024

Lugar	Ano			Tempo final			Pts
1. Sofia Roma, BRIZIDA	10	CNLeiria - VOID		2:39.79			443
50m: 34.89 34.89	100m: 1:15.79 40.90	150m: 2:00.92 45.13	200m: 2:39.79 38.87				
2. Laura Samora, GONCALVES	10	CNLeiria - VOID		2:49.92			368
50m: 36.86 36.86	100m: 1:19.90 43.04	150m: 2:12.12 52.22	200m: 2:49.92 37.80				
3. Leonor Silva, MARTINS	10	Óbidos		3:03.79			291
50m: 38.37 38.37	100m: 1:27.35 48.98	150m: 2:23.07 55.72	200m: 3:03.79 40.72				
4. Mariana Sousa, OLIVEIRA	10	Alcobaca		3:10.55			261
50m: 42.34 42.34	100m: 1:30.10 47.76	150m: 2:28.12 58.02	200m: 3:10.55 42.43				

Prova 9 Femin., 200m Estilos Junior FEM
22/12/2024 - 9:15 Resultados

Rec Nac Open	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	14/12/2024
Rec Nac 18	2:13.83	Mariana Pacheco, CUNHA	CNCE	Felgueiras	07/05/2022
Rec Nac 17	2:15.10	Mariana Pacheco, CUNHA	CNCE	Felgueiras	10/04/2021
Rec Nac 16	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19/12/2009

Pontos: AQUA 2024

Lugar	Ano			Tempo final			Pts
1. Constanca Baptista, TOMAS	09	Alcobaca		2:31.20			523
50m: 31.81 31.81	100m: 1:12.95 41.14	150m: 1:56.68 43.73	200m: 2:31.20 34.52				
2. Rita Rocha, SILVA	08	Alcobaca		2:34.63			489
50m: 32.97 32.97	100m: 1:13.14 40.17	150m: 1:58.03 44.89	200m: 2:34.63 36.60				
3. Matilde Andre, LUIS	08	Alcobaca		2:43.95			410
50m: 34.86 34.86	100m: 1:18.11 43.25	150m: 2:07.02 48.91	200m: 2:43.95 36.93				
4. Francisca Ramos, NUNES	09	Naval de Peniche		2:44.14			409
50m: 34.99 34.99	100m: 1:16.77 41.78	150m: 2:07.02 50.25	200m: 2:44.14 37.12				
5. Marta Cabete, GOMES	08	CNLeiria - VOID		2:54.16			342
50m: 36.34 36.34	100m: 1:21.91 45.57	150m: 2:13.30 51.39	200m: 2:54.16 40.86				
6. Matilde Monteiro, NEVES	08	Nucleo de Pombal		2:54.45			340
50m: 38.81 38.81	100m: 1:24.79 45.98	150m: 2:14.68 49.89	200m: 2:54.45 39.77				
7. Diana Rita, FONSECA	08	Vieirense		2:55.05			337
50m: 36.28 36.28	100m: 1:20.99 44.71	150m: 2:13.04 52.05	200m: 2:55.05 42.01				
8. Anjali, RAICAR	09	Naval de Peniche		2:58.60			317
50m: 37.73 37.73	100m: 1:26.03 48.30	150m: 2:17.39 51.36	200m: 2:58.60 41.21				
9. Matilde Santos, COUTINHO	07	Naval da Nazaré		3:03.60			292
50m: 38.50 38.50	100m: 1:26.35 47.85	150m: 2:20.04 53.69	200m: 3:03.60 43.56				
DNS Carolina Ferreira, FONSECA	07	Vieirense					DNS



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Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Senior FEM
22/12/2024 - 9:15 Resultados

Rec Nac Open	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	14/12/2024
Rec Nac SEN	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	12/12/2024

Pontos: AQUA 2024

Lugar	Ano			Tempo final				Pts	
1. Ana Claudia, FERREIRA	90	Alcobaca		2:40.25		439			
50m: 32.51 32.51	100m: 1:16.66 44.15	150m: 2:03.81 47.15	200m: 2:40.25 36.44						
2. Bruna Andreia, SIMOES	01	Vieirense		2:43.37		415			
50m: 32.34 32.34	100m: 1:14.67 42.33	150m: 2:03.44 48.77	200m: 2:43.37 39.93						
3. Dalila Leal, BERNARDINO	06	Nucleo de Pombal		2:59.66		312			
50m: 37.82 37.82	100m: 1:25.72 47.90	150m: 2:18.77 53.05	200m: 2:59.66 40.89						
EXH Leonor Pereira, SILVA	10	Óbidos		2:50.22		366		EXH	
50m: 36.91 36.91	100m: 1:24.13 47.22	150m: 2:11.59 47.46	200m: 2:50.22 38.63						
EXH Bianca Balbino, MENDES	10	Naval de Peniche		2:50.58		364		EXH	
50m: 38.55 38.55	100m: 1:23.19 44.64	150m: 2:13.25 50.06	200m: 2:50.58 37.33						
EXH Barbara Balbino, MENDES	10	Naval de Peniche		2:56.16		331		EXH	
50m: 37.38 37.38	100m: 1:22.86 45.48	150m: 2:16.77 53.91	200m: 2:56.16 39.39						
EXH Constanca Carvalho, PIEDADE	08	Uniao Juncalense		3:01.90		300		EXH	
50m: 40.28 40.28	100m: 1:24.64 44.36	150m: 2:18.97 54.33	200m: 3:01.90 42.93						
EXH Catarina Tarragoso, LOBO	07	Uniao Juncalense		3:04.63		287		EXH	
50m: 39.32 39.32	100m: 1:26.99 47.67	150m: 2:20.95 53.96	200m: 3:04.63 43.68						
EXH Erica Felix, RODRIGUES	11	Uniao Juncalense		3:15.49		242		EXH	
50m: 41.38 41.38	100m: 1:31.06 49.68	150m: 2:29.99 58.93	200m: 3:15.49 45.50						
EXH Guiomar Dionisio, CARREIRA	12	Pimpoes/Cimai		3:17.65		234		EXH	
50m: 44.45 44.45	100m: 1:35.39 50.94	150m: 2:31.31 55.92	200m: 3:17.65 46.34						
EXH Diana Morais, CARLOS	11	Pimpoes/Cimai		3:20.20		225		EXH	
50m: 44.47 44.47	100m: 1:34.19 49.72	150m: 2:34.06 59.87	200m: 3:20.20 46.14						
EXH Yara Silva, INES	11	Ba-Leiria		3:26.07		206		EXH	
50m: 47.25 47.25	100m: 1:40.35 53.10	150m: 2:39.75 59.40	200m: 3:26.07 46.32						
EXH Victoria Cerqueira, SOBREIRO	13	Pimpoes/Cimai		3:30.51		193		EXH	
50m: 49.06 49.06	100m: 1:40.87 51.81	150m: 2:43.68 1:02.81	200m: 3:30.51 46.83						
EXH Mafalda Amado, QUARESMA	13	Pimpoes/Cimai		3:30.83		193		EXH	
50m: 48.96 48.96	100m: 1:44.52 55.56	150m: 2:45.31 1:00.79	200m: 3:30.83 45.52						
EXH Laura Silva, MARTINS	13	Ba-Leiria		3:32.34		189		EXH	
50m: 44.14 44.14	100m: 1:38.93 54.79	150m: 2:45.55 1:06.62	200m: 3:32.34 46.79						
EXH Catarina Franco, RODRIGUES	13	Naval de Peniche		3:38.08		174		EXH	
50m: 49.55 49.55	100m: 1:47.00 57.45	150m: 2:49.42 1:02.42	200m: 3:38.08 48.66						
EXH Ana Sofia, SILVA	13	Naval de Peniche		3:42.63		163		EXH	
50m: 54.43 54.43	100m: 1:49.58 55.15	150m: 2:52.91 1:03.33	200m: 3:42.63 49.72						
EXH Mariana Santos, VALENTIM	13	Pimpoes/Cimai		3:42.99		163		EXH	
50m: 52.34 52.34	100m: 1:48.61 56.27	150m: 2:51.81 1:03.20	200m: 3:42.99 51.18						



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Alcobaça, 21 - 22/12/2024

Prova 9, Femin., 200m Estilos

Lugar	Ano	Tempo final	Pts	
EXH Eduarda Antunes, BUGALHAO	13 Ba-Leiria	3:51.20	146	EXH
50m: 52.18 52.18	100m: 1:51.77 59.59	150m: 2:54.98 1:03.21	200m: 3:51.20 56.22	
EXH Erica Maria, FORTUNATO	13 Ba-Leiria	4:03.93	124	EXH
50m: 58.14 58.14	100m: 2:00.19 1:02.05	150m: 3:11.82 1:11.63	200m: 4:03.93 52.11	