



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

Prova 7	Femin., 400m Livres				2012 e mais velhos
21/12/2024 - 17:35					Startlist
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
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
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Série 1 de 10

1						
2						
3						
4	Carminho Jose, LOPES	INF B	215469	Benedita	NT DNS	_____
5						
6						
7						
8						

Série 2 de 10

1	Ines Barreto, CALDEIREIRO	INF B	220302	Vieirense	NT	_____
2	Maria Leal, ALVES	INF B	214896	Alcobaca	NT	_____
3	Eduarda Antunes, BUGALHAO	INF B	222535	Ba-Leiria	NT EXH	_____
4	Elisa Rodrigues, SIMOES	INF B	217812	Benedita	NT	_____
5	Beatriz Morgado, SILVA	JUV B	219914	Benedita	NT	_____
6	Maria Joao, OLIVEIRA	INF B	216912	Alcobaca	NT	_____
7	Avron Dawn, SANTOS	INF B	220300	Vieirense	NT	_____
8	Nuria Rocha, BOTAS	INF B	220912	Vieirense	NT	_____

Série 3 de 10

1	Constanca Teopisto, CARVALHO	INF B	216905	Alcobaca	NT	_____
2	Emma Henriques, SOUTO	INF B	219858	Óbidos	NT	_____
3	Erica Maria, FORTUNATO	INF B	217029	Ba-Leiria	7:13.44 EXH	25m _____
4	Jessica Garcia, FERREIRA	INF A	216997	Óbidos	7:03.51	25m _____
5	Maria Leonor, FERREIRA	INF A	219020	Óbidos	7:12.30	25m _____
6	Sara Machado, JANUARIO	INF B	216913	Alcobaca	NT	_____
7	Laura Silva, MARTINS	INF B	217035	Ba-Leiria	NT EXH	_____
8	Maria Luisa, CASTILLO	INF B	222200	Nautico Marinha Grande	NT	_____



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Série 4 de 10

1	Constanca Santos, COUTINHO	INF A	208523	Naval da Nazaré	6:48.13	25m	_____
2	Yara Silva, INES	JUV B	221876	Ba-Leiria	6:24.27	EXH 25m	_____
3	Lara Sofia, MARCELINO	INF B	220304	Vieirense	6:20.19	25m	_____
4	Daniela Carvalho, FERREIRA	INF A	143629	Nucleo de Pombal	6:15.49	25m	_____
5	Maria Ines, GOMES	INF A	215676	Nucleo de Pombal	6:24.36	50m	_____
6	Iara Maria, CAMACHO	INF A	217809	Pimpoes/Cimai	6:23.88	25m	_____
7	Mariana Duarte, ANTUNES	INF A	216212	Alcobaca	6:25.76	25m	_____
8	Violeta Neves, SILVA	INF B	216924	Nucleo de Pombal	6:56.66	25m	_____

Série 5 de 10

1	Kelly Simao, COSTA	JUV B	219017	Óbidos	6:12.19	25m	_____
2	Alicia Ferreira, OLIVEIRA	INF B	217022	Ba-Leiria	6:05.73	25m	_____
3	Barbara Serrano, LOMBA	INF A	219253	Ba-Leiria	6:01.16	EXH 25m	_____
4	Maria Leonor, ASSUNCAO	INF A	215474	Pimpoes/Cimai	6:03.68	50m	_____
5	Matilde Vitorino, FERREIRA	JUV B	210838	Naval de Peniche	6:06.99	EXH 50m	_____
6	Valeria, MORITS	INF A	214514	Nautico Marinha Grande	6:05.02	25m	_____
7	Rita Francisco, SIMOES	INF A	212997	Vieirense	6:08.54	25m	_____
8	Rita Alexandra, JORDAO	INF A	210822	Uniao Juncalense	6:21.90	50m	_____

Série 6 de 10

1	Yaroslava, TABUNSCHYK	INF A	214273	CNLeiria - VOID	5:59.75	50m	_____
2	Mariana Sousa, OLIVEIRA	JUV A	143242	Alcobaca	5:52.39	25m	_____
3	Maria Santos, FONSECA	JUV B	214271	CNLeiria - VOID	5:46.72	25m	_____
4	Marta Cabete, GOMES	JUN	218819	CNLeiria - VOID	5:41.41	25m	_____
5	Isabela Lourenco, COSTA	JUV B	219180	Benedita	5:44.84	25m	_____
6	Benedita Nunes, FELIX	INF A	215617	Pimpoes/Cimai	5:55.73	50m	_____
7	Safira Pedro, FONSECA	INF A	214768	Vieirense	5:52.98	25m	_____
8	Beatriz Julio, CORREIA	INF A	214808	CNLeiria - VOID	6:02.27	50m	_____

Série 7 de 10

1	Margarida Soares, MAIA	JUV B	214515	Nautico Marinha Grande	5:40.87	25m	_____
2	Luna Francisco, PEREIRA	INF A	215677	Nucleo de Pombal	5:37.37	25m	_____
3	Ines Pinto, MARTINS	INF A	212985	Pimpoes/Cimai	5:36.86	50m	_____
4	Leonor Silva, MARTINS	JUV A	212339	Óbidos	5:29.94	25m	_____
5	Julia Pinto, PINHEIRO	INF A	212988	Pimpoes/Cimai	5:35.85	50m	_____
6	Anjali, RAICAR	JUN	206152	Naval de Peniche	5:32.77	25m	_____
7	Margarida Lopes, RODRIGUES	JUV B	211356	Uniao Juncalense	5:40.40	25m	_____
8	Matilde Santos, COUTINHO	JUN	200461	Naval da Nazaré	5:40.95	25m	_____



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Série 8 de 10

1	Cristiana Henriques, ALMEIDA	JUV B	219181	Benedita	5:27.67	25m	_____
2	Mafalda Varela, BERNARDINO	INF A	216727	Alcobaca	5:32.09	50m	_____
3	Beatriz Marques, GASPAS	JUV B	214523	Nautico Marinha Grande	5:31.00	50m	_____
4	Emiliana Arruda, SARAIVA	INF A	213032	Vieirense	5:20.49	25m	_____
5	Diana Rita, FONSECA	JUN	205309	Vieirense	5:20.51	25m	_____
6	Matilde Monteiro, NEVES	JUN	143864	Nucleo de Pombal	5:25.86	25m	_____
7	Emma, AVRAMESCU	INF A	219002	Nautico Marinha Grande	5:32.95	50m	_____
8	Laura Krempel, VARELA	INF A	210787	Pimpoes/Cimai	5:28.13	25m	_____

Série 9 de 10

1	Carolina Ferreira, FONSECA	JUN	205308	Vieirense	5:18.44	25m	_____
2	Mariana Sousa, MENDES	JUV B	214897	Alcobaca	5:16.51	25m	_____
3	Francisca Moreira, FELICIANO	JUV B	213295	Alcobaca	5:05.82	25m	_____
4	Rita Rocha, SILVA	JUN	204600	Alcobaca	5:03.28	25m	_____
5	Sofia Roma, BRIZIDA	JUV A	207308	CNLeiria - VOID	5:04.97	25m	_____
6	Zofie, PACHECO	JUN	204736	Naval de Peniche	5:12.80	EXH 25m	_____
7	Laura Samora, GONCALVES	JUV A	210844	CNLeiria - VOID	5:17.16	_____	_____
8	Bruna Andreia, SIMOES	SEN	121004	Vieirense	5:19.38	25m	_____

Série 10 de 10

1	Matilde Andre, LUIS	JUN	143231	Alcobaca	5:01.35	25m	_____
2	Carlota Sa, SANTOS	JUV B	211060	Nucleo de Pombal	4:59.82	25m	_____
3	Ana Claudia, FERREIRA	SEN	10559	Alcobaca	4:48.42	25m	_____
4	Constanca Baptista, TOMAS	JUN	206496	Alcobaca	4:35.91	25m	_____
5	Francisca Ramos, NUNES	JUN	204735	Naval de Peniche	4:46.34	25m	_____
6	Dalila Leal, BERNARDINO	SEN	204859	Nucleo de Pombal	4:51.79	25m	_____
7	Anastasiya, PRYMACHENKO	JUV B	209931	Nucleo de Pombal	5:00.08	25m	_____
8	Carolina Silva, CASTANHEIRA	JUV B	210906	CNLeiria - VOID	5:01.93	25m	_____