



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 16
26/01/2025 - 12:19

Femin., 400m Estilos

Infantil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Laura Krempel, VARELA	12 Pimpoes/Cimai	5:57.74	379
50m: 38.56 38.56	150m: 2:10.34 46.31	250m: 3:45.96 51.47	350m: 5:18.14 41.22
100m: 1:24.03 45.47	200m: 2:54.49 44.15	300m: 4:36.92 50.96	400m: 5:57.74 39.60
2. Ines Pinto, MARTINS	12 Pimpoes/Cimai	6:01.36	367
50m: 39.77 39.77	150m: 2:12.48 45.67	250m: 3:48.28 49.87	350m: 5:21.51 42.18
100m: 1:26.81 47.04	200m: 2:58.41 45.93	300m: 4:39.33 51.05	400m: 6:01.36 39.85
3. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	6:14.04	331
50m: 41.31 41.31	150m: 2:18.31 46.63	250m: 3:55.39 51.71	350m: 5:32.50 43.04
100m: 1:31.68 50.37	200m: 3:03.68 45.37	300m: 4:49.46 54.07	400m: 6:14.04 41.54
4. Benedita Nunes, FELIX	12 Pimpoes/Cimai	6:36.22	279
50m: 44.55 44.55	150m: 2:29.72 50.82	250m: 4:14.79 55.60	350m: 5:54.87 43.82
100m: 1:38.90 54.35	200m: 3:19.19 49.47	300m: 5:11.05 56.26	400m: 6:36.22 41.35
5. Iara Maria, CAMACHO	12 Pimpoes/Cimai	7:01.75	231
50m: 44.47 44.47	150m: 2:31.75 53.97	250m: 4:25.25 1:00.89	350m: 6:16.08 48.80
100m: 1:37.78 53.31	200m: 3:24.36 52.61	300m: 5:27.28 1:02.03	400m: 7:01.75 45.67
6. Elisa Rodrigues, SIMOES	13 Benedita	7:23.60	198
50m: 48.85 48.85	150m: 2:48.03 56.78	250m: 4:42.10 58.61	350m: 6:34.45 50.09
100m: 1:51.25 1:02.40	200m: 3:43.49 55.46	300m: 5:44.36 1:02.26	400m: 7:23.60 49.15
7. Carminho Jose, LOPES	13 Benedita	7:25.92	195
50m: 46.55 46.55	150m: 2:44.71 54.07	250m: 4:44.78 57.97	350m: 6:35.81 51.50
100m: 1:50.64 1:04.09	200m: 3:46.81 1:02.10	300m: 5:44.31 59.53	400m: 7:25.92 50.11
DNS Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai		

Prova 16
26/01/2025 - 12:19

Femin., 400m Estilos

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Cristiana Henriques, ALMEIDA	11 Benedita	5:51.97	398
50m: 38.72 38.72	150m: 2:08.83 44.11	250m: 3:42.62 49.00	350m: 5:12.15 39.93
100m: 1:24.72 46.00	200m: 2:53.62 44.79	300m: 4:32.22 49.60	400m: 5:51.97 39.82
DNS Isabela Lourenco, COSTA	11 Benedita		