



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

Prova 25  
26/01/2025 - 16:42

Femin., 200m Costas

Infantil Fem  
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts			
1. Safira Pedro, FONSECA	12	Vieirense	2:49.41	346		
50m: 40.70 40.70	100m: 1:24.91	44.21	150m: 2:08.09	43.18	200m: 2:49.41	41.32
2. Julia Pinto, PINHEIRO	12	Pimpoes/Cimai	2:53.96	319		
50m: 41.94 41.94	100m: 1:26.34	44.40	150m: 2:10.44	44.10	200m: 2:53.96	43.52
3. Benedita Nunes, FELIX	12	Pimpoes/Cimai	2:59.02	293		
50m: 42.38 42.38	100m: 1:27.76	45.38	150m: 2:14.81	47.05	200m: 2:59.02	44.21
4. Jessica Garcia, FERREIRA	12	Óbidos	3:12.10	237		
50m: 44.95 44.95	100m: 1:34.17	49.22	150m: 2:24.49	50.32	200m: 3:12.10	47.61
5. Rita Alexandra, JORDAO	12	Uniao Juncalense	3:14.41	228		
50m: 46.02 46.02	100m: 1:35.36	49.34	150m: 2:25.51	50.15	200m: 3:14.41	48.90
6. Guiomar Dionisio, CARREIRA	12	Pimpoes/Cimai	3:20.23	209		
50m: 44.84 44.84	100m: 1:35.59	50.75	150m: 2:29.38	53.79	200m: 3:20.23	50.85
7. Avron Dawn, SANTOS	13	Vieirense	3:22.91	201		
50m: 46.91 46.91	100m: 1:40.38	53.47	150m: 2:34.45	54.07	200m: 3:22.91	48.46
8. Mariana Santos, VALENTIM	13	Pimpoes/Cimai	3:26.04	192		
50m: 46.89 46.89	100m: 1:39.85	52.96	150m: 2:34.64	54.79	200m: 3:26.04	51.40
9. Ana Francisca, QUERIDO	12	Pimpoes/Cimai	3:28.19	186		
50m: 46.05 46.05	100m: 1:37.87	51.82	150m: 2:31.44	53.57	200m: 3:28.19	56.75
10. Elisa Rodrigues, SIMOES	13	Benedita	3:28.87	184		
50m: 49.74 49.74	100m: 1:43.20	53.46	150m: 2:37.77	54.57	200m: 3:28.87	51.10
11. Ana Sofia, SILVA	13	Naval de Peniche	3:32.41	175		
50m: 50.41 50.41	100m: 1:45.66	55.25	150m: 2:41.76	56.10	200m: 3:32.41	50.65
12. Catarina Franco, RODRIGUES	13	Naval de Peniche	3:39.74	158		
50m: 51.55 51.55	100m: 1:48.60	57.05	150m: 2:45.43	56.83	200m: 3:39.74	54.31
DSQ Catarina Faustino, DIAS	13	Naval de Peniche				
<i>A atleta efetuou duas braçadas de crol, antes da viragem dos 100 metros.</i>						
DNS Maria Leonor, ASSUNCAO	12	Pimpoes/Cimai				

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Juvenil Fem  
Resultados

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Lugar	Ano	Tempo final	Pts			
1. Madalena Gracio, PEDROSO	10	Nautico Marinha Grande	2:33.31	466		
50m: 35.72 35.72	100m: 1:14.38	38.66	150m: 1:53.70	39.32	200m: 2:33.31	39.61
2. Carolina Silva, CASTANHEIRA	11	CNLeiria - VOID	2:34.90	452		
50m: 36.25 36.25	100m: 1:16.06	39.81	150m: 1:56.18	40.12	200m: 2:34.90	38.72
3. Cristiana Henriques, ALMEIDA	11	Benedita	2:53.54	321		
50m: 41.56 41.56	100m: 1:25.17	43.61	150m: 2:09.52	44.35	200m: 2:53.54	44.02
4. Margarida Lopes, RODRIGUES	11	Uniao Juncalense	2:58.73	294		
50m: 41.76 41.76	100m: 1:26.51	44.75	150m: 2:12.91	46.40	200m: 2:58.73	45.82
5. Matilde Pinto, ANTUNES	11	Naval de Peniche	3:05.97	261		
50m: 53.93 53.93	100m: 1:31.28	37.35	150m: 2:19.58	48.30	200m: 3:05.97	46.39



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Prova 25, Femin., 200m Costas, Juvenil Fem

Lugar	Ano	Tempo final	Pts
6. Beatriz Morgado, SILVA	11 Benedita	3:08.37	251
50m: 46.10 46.10	100m: 1:33.67 47.57	150m: 2:21.51 47.84	200m: 3:08.37 46.86
7. Alice Lucas, COSTA	10 Uniao Juncalense	3:11.59	239
50m: 44.74 44.74	100m: 1:33.81 49.07	150m: 2:23.74 49.93	200m: 3:11.59 47.85
8. Matilde Vitorino, FERREIRA	11 Naval de Peniche	3:14.67	228
50m: 46.96 46.96	100m: 1:37.07 50.11	150m: 2:27.39 50.32	200m: 3:14.67 47.28
9. Diana Morais, CARLOS	11 Pimpoes/Cimai	3:18.16	216
50m: 45.80 45.80	100m: 1:34.44 48.64	150m: 2:23.36 48.92	200m: 3:18.16 54.80
10. Carlota Maria, CATARINO	11 Benedita	3:19.30	212
50m: 45.85 45.85	100m: 1:36.87 51.02	150m: 2:28.22 51.35	200m: 3:19.30 51.08
DNS Isabela Lourenco, COSTA	11 Benedita		

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Femin., 200m Costas

Junior Fem  
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Constanca Carvalho, PIEDADE	08 Uniao Juncalense	2:50.96	336
50m: 40.57 40.57	100m: 1:23.46 42.89	150m: 2:07.81 44.35	200m: 2:50.96 43.15