



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

Prova 29 Femin., 200m Livres Infantil Fem  
26/01/2025 - 17:24 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Maria Luisa, CASTILLO 50m: 37.46 37.46 100m: 1:18.67	13 Nautico Marinha Grande	2:40.46	324
2. Safira Pedro, FONSECA 50m: 39.51 39.51 100m: 1:23.09	12 Vieirense	2:48.79	279
3. Lara Sofia, MARCELINO 50m: 41.48 41.48 100m: 1:28.76	13 Vieirense	2:55.74	247
4. Iara Maria, CAMACHO 50m: 42.15 42.15 100m: 1:27.25	12 Pimpoes/Cimai	2:57.11	241
5. Valeria, MORITS 50m: 41.52 41.52 100m: 1:27.27	12 Nautico Marinha Grande	3:00.80	227
6. Constanca Santos, COUTINHO 50m: 41.93 41.93 100m: 1:29.37	12 Naval da Nazaré	3:03.56	217
7. Guiomar Dionisio, CARREIRA 50m: 42.74 42.74 100m: 1:32.40	12 Pimpoes/Cimai	3:10.09	195
8. Victoria Cerqueira, SOBREIRO 50m: 44.81 44.81 100m: 1:34.66	13 Pimpoes/Cimai	3:11.69	190
9. Ines Barreto, CALDEIREIRO 50m: 43.73 43.73 100m: 1:34.89	13 Vieirense	3:13.19	186
10. Carminho Jose, LOPES 50m: 43.96 43.96 100m: 1:36.11	13 Benedita	3:13.46	185
11. Catarina Franco, RODRIGUES 50m: 45.05 45.05 100m: 1:34.72	13 Naval de Peniche	3:15.44	179
12. Mariana Santos, VALENTIM 50m: 43.94 43.94 100m: 1:36.15	13 Pimpoes/Cimai	3:20.12	167
13. Maria Antonia, VAZAO 50m: 44.52 44.52 100m: 1:35.93	12 Uniao Juncalense	3:24.62	156
14. Catarina Faustino, DIAS 50m: 49.82 49.82 100m: 1:50.00	13 Naval de Peniche	3:46.00	116
DSQ Elisa Rodrigues, SIMOES <i>Falsa partida (SW 4.4)</i>	13 Benedita		

Prova 29 Femin., 200m Livres Juvenil Fem  
26/01/2025 - 17:24 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Matilde Santos, VIEIRA 50m: 32.96 32.96 100m: 1:09.09	10 Nautico Marinha Grande	2:20.59	483
2. Bianca Balbino, MENDES 50m: 32.99 32.99 100m: 1:08.81	10 Naval de Peniche	2:20.84	480
3. Maria Joao, VALA 50m: 33.41 33.41 100m: 1:09.84	11 Pimpoes/Cimai	2:22.09	467



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Prova 29, Femin., 200m Livres, Juvenil Fem

Lugar	Ano	Tempo final	Pts
4. Laura Helena, AMORIM 50m: 32.94 32.94 100m: 1:08.94	10	Nautico Marinha Grande 36.00 150m: 1:45.94 37.00 200m: 2:22.26	466 36.32
5. Barbara Balbino, MENDES 50m: 33.55 33.55 100m: 1:09.59	10	Naval de Peniche 36.04 150m: 1:46.92 37.33 200m: 2:23.84	451 36.92
6. Leonor Mota, ALVES 50m: 34.28 34.28 100m: 1:11.61	11	Nautico Marinha Grande 37.33 150m: 1:48.53 36.92 200m: 2:24.68	443 36.15
7. Madalena Gracio, PEDROSO 50m: 33.75 33.75 100m: 1:11.00	10	Nautico Marinha Grande 37.25 150m: 1:48.47 37.47 200m: 2:24.75	442 36.28
8. Laura Samora, GONCALVES 50m: 34.16 34.16 100m: 1:12.09	10	CNLeiria - VOID 37.93 150m: 1:50.44 38.35 200m: 2:27.05	422 36.61
9. Rafaela Santos, AFONSO 50m: 34.41 34.41 100m: 1:12.38	10	Naval de Peniche 37.97 150m: 1:52.06 39.68 200m: 2:30.95	390 38.89
10. Beatriz Marques, GASPAR 50m: 35.85 35.85 100m: 1:15.89	11	Nautico Marinha Grande 40.04 150m: 1:55.21 39.32 200m: 2:32.09	381 36.88
11. Cristiana Henriques, ALMEIDA 50m: 35.12 35.12 100m: 1:13.44	11	Benedita 38.32 150m: 1:53.44 40.00 200m: 2:33.02	374 39.58
12. Margarida Soares, MAIA 50m: 36.31 36.31 100m: 1:15.80	11	Nautico Marinha Grande 39.49 150m: 1:55.98 40.18 200m: 2:34.31	365 38.33
13. Mariana Santos, AFONSO 50m: 36.09 36.09 100m: 1:16.45	10	Naval de Peniche 40.36 150m: 1:56.48 40.03 200m: 2:35.73	355 39.25
14. Beatriz Morgado, SILVA 50m: 44.17 44.17 100m: 1:29.36	11	Benedita 45.19 150m: 2:13.85 44.49 200m: 2:54.81	251 40.96
15. Matilde Pinto, ANTUNES 50m: 40.00 40.00 100m: 1:26.25	11	Naval de Peniche 46.25 150m: 2:14.11 47.86 200m: 2:59.18	233 45.07
16. Carlota Maria, CATARINO 50m: 42.12 42.12 100m: 1:27.87	11	Benedita 45.75 150m: 2:15.90 48.03 200m: 3:00.62	227 44.72
17. Diana Morais, CARLOS 50m: 42.69 42.69 100m: 1:30.44	11	Pimpoes/Cimai 47.75 150m: 2:19.12 48.68 200m: 3:04.47	213 45.35
DNS Isabela Lourenco, COSTA	11	Benedita	
DNS Matilde Filipa, AMADO	10	Nautico Marinha Grande	

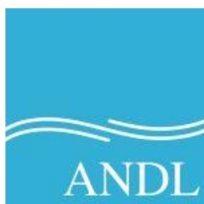
Prova 29  
26/01/2025 - 17:24

Femin., 200m Livres

Junior Fem  
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO 50m: 30.00 30.00 100m: 1:03.28	09	Nautico Marinha Grande 33.28 150m: 1:38.25 34.97 200m: 2:14.07	556 35.82
2. Francisca Ramos, NUNES 50m: 31.72 31.72 100m: 1:08.07	09	Naval de Peniche 36.35 150m: 1:46.15 38.08 200m: 2:22.93	459 36.78
3. Teresa Maria, LOPES 50m: 33.44 33.44 100m: 1:09.55	09	Benedita 36.11 150m: 1:46.94 37.39 200m: 2:23.64	452 36.70
4. Matilde Santos, COUTINHO 50m: 36.19 36.19 100m: 1:17.76	07	Naval da Nazaré 41.57 150m: 2:00.51 42.75 200m: 2:43.46	307 42.95



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Prova 29, Femin., 200m Livres, Junior Fem

Lugar	Ano	Tempo final	Pts
5. Iris Santos, CANECO	09 Naval da Nazaré	3:10.71	193
50m: 44.26 44.26	100m: 1:32.60 48.34	150m: 2:23.08 50.48	200m: 3:10.71 47.63