



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

Prova 4  
26/01/2025 - 9:59

Femin., 400m Livres

Infantil Fem  
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Luna Francisco, PEREIRA	12 Nucleo de Pombal	5:32.44	336
50m: 37.15 37.15	150m: 2:01.65 42.78	250m: 3:26.66 42.61	350m: 4:51.55 42.39
100m: 1:18.87 41.72	200m: 2:44.05 42.40	300m: 4:09.16 42.50	400m: 5:32.44 40.89
2. Rita Alexandra, JORDAO	12 Uniao Juncalense	5:58.56	268
50m: 42.31 42.31	150m: 2:15.16 47.25	250m: 3:47.31 46.15	350m: 5:17.73 44.60
100m: 1:27.91 45.60	200m: 3:01.16 46.00	300m: 4:33.13 45.82	400m: 5:58.56 40.83
3. Alicia Ferreira, OLIVEIRA	13 Ba-Leiria	5:59.04	267
50m: 40.65 40.65	150m: 2:11.63 46.03	250m: 3:41.48 44.70	350m: 5:06.05 40.77
100m: 1:25.60 44.95	200m: 2:56.78 45.15	300m: 4:25.28 43.80	400m: 5:59.04 52.99
4. Daniela Carvalho, FERREIRA	12 Nucleo de Pombal	6:01.65	261
50m: 41.72 41.72	150m: 2:11.47 45.53	250m: 3:44.44 46.54	350m: 5:17.94 46.94
100m: 1:25.94 44.22	200m: 2:57.90 46.43	300m: 4:31.00 46.56	400m: 6:01.65 43.71
5. Barbara Serrano, LOMBA	12 Ba-Leiria	6:05.78	252
50m: 39.42 39.42	150m: 2:12.59 48.20	250m: 3:48.09 47.70	350m: 5:21.74 46.96
100m: 1:24.39 44.97	200m: 3:00.39 47.80	300m: 4:34.78 46.69	400m: 6:05.78 44.04
6. Carolina Matos, CORREIA	12 Nucleo de Pombal	6:11.66	241
50m: 43.76 43.76	150m: 2:17.65 47.56	250m: 3:53.91 48.25	350m: 5:28.34 47.36
100m: 1:30.09 46.33	200m: 3:05.66 48.01	300m: 4:40.98 47.07	400m: 6:11.66 43.32
7. Laura Silva, MARTINS	13 Ba-Leiria	6:18.03	229
50m: 41.35 41.35	150m: 2:18.42 49.50	250m: 3:57.85 49.54	350m: 5:34.60 48.22
100m: 1:28.92 47.57	200m: 3:08.31 49.89	300m: 4:46.38 48.53	400m: 6:18.03 43.43
8. Maria Ines, GOMES	12 Nucleo de Pombal	6:18.24	228
50m: 42.33 42.33	150m: 2:20.07 49.46	250m: 3:58.59 49.52	350m: 5:33.62 47.53
100m: 1:30.61 48.28	200m: 3:09.07 49.00	300m: 4:46.09 47.50	400m: 6:18.24 44.62
9. Mafalda Amado, QUARESMA	13 Pimpoes/Cimai	6:29.88	208
50m: 45.98 45.98	150m: 2:26.98 51.20	250m: 4:05.13 48.87	350m: 5:43.31 48.47
100m: 1:35.78 49.80	200m: 3:16.26 49.28	300m: 4:54.84 49.71	400m: 6:29.88 46.57
10. Violeta Neves, SILVA	13 Nucleo de Pombal	6:33.56	202
50m: 45.56 45.56	150m: 2:25.97 50.94	250m: 4:06.50 50.07	350m: 5:47.01 49.64
100m: 1:35.03 49.47	200m: 3:16.43 50.46	300m: 4:57.37 50.87	400m: 6:33.56 46.55
11. Guiomar Dionisio, CARREIRA	12 Pimpoes/Cimai	6:39.12	194
50m: 39.87 39.87	150m: 2:20.97 50.85	250m: 4:04.87 51.65	350m: 5:48.90 52.07
100m: 1:30.12 50.25	200m: 3:13.22 52.25	300m: 4:56.83 51.96	400m: 6:39.12 50.22
12. Catarina Franco, RODRIGUES	13 Naval de Peniche	6:41.95	190
50m: 44.04 44.04	150m: 2:24.05 51.12	250m: 4:09.41 52.85	350m: 5:53.71 52.13
100m: 1:32.93 48.89	200m: 3:16.56 52.51	300m: 5:01.58 52.17	400m: 6:41.95 48.24
13. Ana Sofia, SILVA	13 Naval de Peniche	6:54.59	173
50m: 44.78 44.78	150m: 2:28.59 52.92	250m: 4:16.53 54.07	350m: 6:04.67 54.68
100m: 1:35.67 50.89	200m: 3:22.46 53.87	300m: 5:09.99 53.46	400m: 6:54.59 49.92
14. Eduarda Antunes, BUGALHAO	13 Ba-Leiria	7:33.13	133
50m: 51.23 51.23	150m: 2:46.19 58.32	250m: 4:41.59 57.97	350m: 6:37.76 57.63
100m: 1:47.87 56.64	200m: 3:43.62 57.43	300m: 5:40.13 58.54	400m: 7:33.13 55.37
DNS Francisca Vieira, SILVA	13 Nucleo de Pombal		



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Prova 4, Femin., 400m Livres

Prova 4 Femin., 400m Livres Juvenil Fem Resultados  
26/01/2025 - 9:59

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Vida Sofia, VELEZ		10	Ba-Leiria				4:55.09	481
	50m:	33.67 33.67	150m:	1:47.90	37.55	250m:	3:02.17 37.13	350m:	4:18.18 38.01
	100m:	1:10.35 36.68	200m:	2:25.04	37.14	300m:	3:40.17 38.00	400m:	4:55.09 36.91
2.	Bianca Balbino, MENDES		10	Naval de Peniche				4:56.42	475
	50m:	32.87 32.87	150m:	1:45.87	37.13	250m:	3:01.49 38.14	350m:	4:18.25 38.38
	100m:	1:08.74 35.87	200m:	2:23.35	37.48	300m:	3:39.87 38.38	400m:	4:56.42 38.17
3.	Maria Joao, VALA		11	Pimpoes/Cimai				4:56.65	474
	50m:	33.40 33.40	150m:	1:47.61	37.43	250m:	3:02.53 37.85	350m:	4:19.25 38.75
	100m:	1:10.18 36.78	200m:	2:24.68	37.07	300m:	3:40.50 37.97	400m:	4:56.65 37.40
4.	Barbara Balbino, MENDES		10	Naval de Peniche				5:02.05	449
	50m:	34.00 34.00	150m:	1:48.47	37.68	250m:	3:05.33 38.36	350m:	4:23.47 39.35
	100m:	1:10.79 36.79	200m:	2:26.97	38.50	300m:	3:44.12 38.79	400m:	5:02.05 38.58
5.	Carlota Sa, SANTOS		11	Nucleo de Pombal				5:06.41	430
	50m:	35.23 35.23	150m:	1:50.73	38.39	250m:	3:08.41 39.00	350m:	4:27.34 39.93
	100m:	1:12.34 37.11	200m:	2:29.41	38.68	300m:	3:47.41 39.00	400m:	5:06.41 39.07
6.	Leonor Pereira, SILVA		10	Óbidos				5:13.04	403
	50m:	35.04 35.04	150m:	1:55.18	40.65	250m:	3:16.71 40.40	350m:	4:37.96 40.43
	100m:	1:14.53 39.49	200m:	2:36.31	41.13	300m:	3:57.53 40.82	400m:	5:13.04 35.08
7.	Yara Nunes, MARCELINO		11	Nucleo de Pombal				5:57.68	270
	50m:	41.86 41.86	150m:	2:13.28	45.59	250m:	3:45.43 45.90	350m:	5:16.00 45.10
	100m:	1:27.69 45.83	200m:	2:59.53	46.25	300m:	4:30.90 45.47	400m:	5:57.68 41.68
8.	Erica Felix, RODRIGUES		11	Uniao Juncalense				5:58.38	268
	50m:	40.05 40.05	150m:	2:10.87	45.49	250m:	3:42.63 46.00	350m:	5:15.16 46.89
	100m:	1:25.38 45.33	200m:	2:56.63	45.76	300m:	4:28.27 45.64	400m:	5:58.38 43.22
9.	Matilde Vitorino, FERREIRA		11	Naval de Peniche				6:00.03	265
	50m:	41.05 41.05	150m:	2:12.23	45.73	250m:	3:44.68 46.90	350m:	5:17.09 46.06
	100m:	1:26.50 45.45	200m:	2:57.78	45.55	300m:	4:31.03 46.35	400m:	6:00.03 42.94
10.	Diana Morais, CARLOS		11	Pimpoes/Cimai				6:28.18	211
	50m:	41.40 41.40	150m:	2:21.02	50.27	250m:	4:01.76 50.58	350m:	5:40.47 48.82
	100m:	1:30.75 49.35	200m:	3:11.18	50.16	300m:	4:51.65 49.89	400m:	6:28.18 47.71

Prova 4 Femin., 400m Livres Junior Fem Resultados  
26/01/2025 - 9:59

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Francisca Ramos, NUNES		09	Naval de Peniche				4:48.87	513
	50m:	32.91 32.91	150m:	1:45.38	36.72	250m:	2:59.09 36.71	350m:	4:12.81 36.90
	100m:	1:08.66 35.75	200m:	2:22.38	37.00	300m:	3:35.91 36.82	400m:	4:48.87 36.06
2.	Teresa Maria, LOPES		09	Benedita				5:00.09	457
	50m:	33.24 33.24	150m:	1:47.50	37.61	250m:	3:04.18 38.47	350m:	4:21.87 38.85
	100m:	1:09.89 36.65	200m:	2:25.71	38.21	300m:	3:43.02 38.84	400m:	5:00.09 38.22
3.	Matilde Monteiro, NEVES		08	Nucleo de Pombal				5:29.88	344
	50m:	37.38 37.38	150m:	2:00.70	42.52	250m:	3:25.13 42.18	350m:	4:49.59 42.03
	100m:	1:18.18 40.80	200m:	2:42.95	42.25	300m:	4:07.56 42.43	400m:	5:29.88 40.29



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Prova 4  
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Femin., 400m Livres

Senior Fem  
Resultados

Pontos: AQUA 2024

Lugar	Ano								Tempo final	Pts	
1. Dalila Leal, BERNARDINO	06 Nucleo de Pombal								5:14.14	399	
50m:	33.78	33.78	150m:	1:51.50	39.92	250m:	3:13.00	41.14	350m:	4:34.75	40.82
100m:	1:11.58	37.80	200m:	2:31.86	40.36	300m:	3:53.93	40.93	400m:	5:14.14	39.39