

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 10 - 11/5/2025

Prova 1 Femin., 400m Estilos Inf B
10/05/2025 - 15:30 Resultados

Recordes Nacionais 25m Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Inf B	5:15.68	Susana Patricia, MIGUEL	SFUAP	Rio Maior	06/07/2002

Pontos: AQUA 2024

Lugar	Ano				Tempo final				Pts
1. Matilde Goncalves, SILVA	13	Condeixa Aqua Clube			6:29.47				293
50m: 42.81 42.81	150m: 2:23.15	49.38	250m: 4:07.71	56.61	350m: 5:48.57				43.04
100m: 1:33.77 50.96	200m: 3:11.10	47.95	300m: 5:05.53	57.82	400m: 6:29.47				40.90
2. Sofia Cioga, MOREIRA	13	Condeixa Aqua Clube			6:31.85				288
50m: 44.94 44.94	150m: 2:28.75	49.69	250m: 4:12.45	55.80	350m: 5:52.22				42.18
100m: 1:39.06 54.12	200m: 3:16.65	47.90	300m: 5:10.04	57.59	400m: 6:31.85				39.63
3. Maria Mar, JESUS	13	Cumbobofila Cantanhedense			6:34.33				283
50m: 45.10 45.10	150m: 2:30.31	49.59	250m: 4:13.01	54.79	350m: 5:52.74				42.99
100m: 1:40.72 55.62	200m: 3:18.22	47.91	300m: 5:09.75	56.74	400m: 6:34.33				41.59
4. Leonor Matias, ROSA	13	Louzan Natacao/EFAPEL			6:44.28				262
50m: 48.07 48.07	150m: 2:33.69	49.33	250m: 4:19.40	57.34	350m: 6:02.26				46.53
100m: 1:44.36 56.29	200m: 3:22.06	48.37	300m: 5:15.73	56.33	400m: 6:44.28				42.02

DSQ Clara Rodrigues, VAZ 13 Náutico Académico
SW 6.4 - O/A atleta após perder a posição de costas efectuou mais do que uma braçada, na viragem aos ... metros.

Prova 1 Femin., 400m Estilos Inf A
10/05/2025 - 15:30 Resultados

Recordes Nacionais 25m Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Inf A	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018

Pontos: AQUA 2024

Lugar	Ano				Tempo final				Pts
1. Rylie Ann, CROUS	12	Condeixa Aqua Clube			5:27.50				494
50m: 34.27 34.27	150m: 1:54.79	41.61	250m: 3:22.98	48.60	350m: 4:51.10				38.80
100m: 1:13.18 38.91	200m: 2:34.38	39.59	300m: 4:12.30	49.32	400m: 5:27.50				36.40
2. Leonor Simoes, SOUSA	12	Náutico Académico			5:33.05				469
50m: 35.76 35.76	150m: 2:00.54	43.57	250m: 3:32.12	47.65	350m: 4:56.83				37.01
100m: 1:16.97 41.21	200m: 2:44.47	43.93	300m: 4:19.82	47.70	400m: 5:33.05				36.22
3. Maria Luisa, NOGUEIRA	12	Academica de Coimbra			5:35.57				459
50m: 35.91 35.91	150m: 2:00.94	44.17	250m: 3:33.55	49.03	350m: 4:59.30				37.67
100m: 1:16.77 40.86	200m: 2:44.52	43.58	300m: 4:21.63	48.08	400m: 5:35.57				36.27
4. Margarida Paiva, CORREIA	12	Miranda do Corvo			5:52.27				397
50m: 35.93 35.93	150m: 2:04.66	45.42	250m: 3:39.51	50.36	350m: 5:11.99				40.24
100m: 1:19.24 43.31	200m: 2:49.15	44.49	300m: 4:31.75	52.24	400m: 5:52.27				40.28
5. Maria Leonor, LOBO	12	Condeixa Aqua Clube			5:53.94				391
50m: 37.40 37.40	150m: 2:05.83	44.84	250m: 3:42.40	52.01	350m: 5:16.12				39.18
100m: 1:20.99 43.59	200m: 2:50.39	44.56	300m: 4:36.94	54.54	400m: 5:53.94				37.82
6. Leonor Ribeiro, FERREIRA	12	Cumbobofila Cantanhedense			6:06.40				352
50m: 36.68 36.68	150m: 2:08.75	47.45	250m: 3:50.45	55.73	350m: 5:26.30				40.47
100m: 1:21.30 44.62	200m: 2:54.72	45.97	300m: 4:45.83	55.38	400m: 6:06.40				40.10
7. Alice Silva, SENNA	12	Condeixa Aqua Clube			6:07.78				349
50m: 42.63 42.63	150m: 2:19.35	46.58	250m: 3:54.97	50.54	350m: 5:27.21				41.81
100m: 1:32.77 50.14	200m: 3:04.43	45.08	300m: 4:45.40	50.43	400m: 6:07.78				40.57
8. Clara Lopes, FERNANDES	12	Louzan Natacao/EFAPEL			6:14.66				330
50m: 41.19 41.19	150m: 2:15.61	43.84	250m: 3:53.74	55.34	350m: 5:33.39				42.74
100m: 1:31.77 50.58	200m: 2:58.40	42.79	300m: 4:50.65	56.91	400m: 6:14.66				41.27
9. Maria Ines, MATEUS	12	Condeixa Aqua Clube			6:41.46				268
50m: 46.05 46.05	150m: 2:32.92	52.15	250m: 4:18.20	54.26	350m: 5:58.65				44.43
100m: 1:40.77 54.72	200m: 3:23.94	51.02	300m: 5:14.22	56.02	400m: 6:41.46				42.81

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Prova 1, Femin., 400m Estilos, Inf A

Lugar	Ano				Tempo final				Pts
10. Emilia Matilde, GADANHA	12	Náutico Académico			6:45.86				259
50m: 45.15 45.15	150m: 2:37.13	53.46	250m: 4:21.17	53.46	350m: 6:01.82	45.74			
100m: 1:43.67 58.52	200m: 3:27.71	50.58	300m: 5:16.08	54.91	400m: 6:45.86	44.04			
11. Maria Pilar, ANTUNES	12	Amigos da Escola			7:08.06				221
50m: 51.12 51.12	150m: 2:45.38	53.36	250m: 4:35.34	59.37	350m: 6:25.16	47.88			
100m: 1:52.02 1:00.90	200m: 3:35.97	50.59	300m: 5:37.28	1:01.94	400m: 7:08.06	42.90			
12. Maria Filipa, GOMES	12	Náutico Académico			7:13.08				213
50m: 45.28 45.28	150m: 2:31.92	52.23	250m: 4:29.30	1:01.25	350m: 6:24.45	50.62			
100m: 1:39.69 54.41	200m: 3:28.05	56.13	300m: 5:33.83	1:04.53	400m: 7:13.08	48.63			

Prova 1

Femin., 400m Estilos

Juv B

10/05/2025 - 15:30

Resultados

Recordes Nacionais 25m Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018

Pontos: AQUA 2024

Lugar	Ano				Tempo final				Pts
1. Laura Duarte, NEVES	11	Louzan Natacao/EFAPEL			5:24.08				510
50m: 32.51 32.51	150m: 1:53.92	43.39	250m: 3:21.08	44.47	350m: 4:47.39	39.95			
100m: 1:10.53 38.02	200m: 2:36.61	42.69	300m: 4:07.44	46.36	400m: 5:24.08	36.69			
2. Eva Miranda, ALMEIDA	11	Columbofila Cantanhedense			5:27.01				496
50m: 34.92 34.92	150m: 1:58.50	43.27	250m: 3:27.30	47.00	350m: 4:51.22	36.49			
100m: 1:15.23 40.31	200m: 2:40.30	41.80	300m: 4:14.73	47.43	400m: 5:27.01	35.79			
3. Joana Cura, NEVES	11	Condeixa Aqua Clube			5:29.60				484
50m: 34.97 34.97	150m: 1:58.86	44.01	250m: 3:28.53	47.22	350m: 4:54.25	36.99			
100m: 1:14.85 39.88	200m: 2:41.31	42.45	300m: 4:17.26	48.73	400m: 5:29.60	35.35			
4. Matilde Sofia, PEREIRA	11	Condeixa Aqua Clube			5:38.40				448
50m: 35.44 35.44	150m: 1:59.63	42.89	250m: 3:32.96	51.89	350m: 5:01.78	38.47			
100m: 1:16.74 41.30	200m: 2:41.07	41.44	300m: 4:23.31	50.35	400m: 5:38.40	36.62			
5. Beatriz Oliveira, PORTULEZ	11	Columbofila Cantanhedense			5:38.82				446
50m: 36.42 36.42	150m: 2:03.68	44.91	250m: 3:36.83	48.64	350m: 5:03.17	36.80			
100m: 1:18.77 42.35	200m: 2:48.19	44.51	300m: 4:26.37	49.54	400m: 5:38.82	35.65			
6. Sara Ferreira, SANTOS	11	Columbofila Cantanhedense			5:44.61				424
50m: 36.31 36.31	150m: 2:03.50	42.63	250m: 3:36.71	50.79	350m: 5:07.59	39.04			
100m: 1:20.87 44.56	200m: 2:45.92	42.42	300m: 4:28.55	51.84	400m: 5:44.61	37.02			
7. Matilde Conde, FIGUEIREDO	11	Condeixa Aqua Clube			5:48.71				409
50m: 38.60 38.60	150m: 2:09.05	46.85	250m: 3:42.31	48.45	350m: 5:12.11	38.85			
100m: 1:22.20 43.60	200m: 2:53.86	44.81	300m: 4:33.26	50.95	400m: 5:48.71	36.60			
8. Carolina Damas, PITA	11	Náutico Académico			5:51.39				400
50m: 36.81 36.81	150m: 2:05.53	44.56	250m: 3:39.64	51.37	350m: 5:12.61	40.63			
100m: 1:20.97 44.16	200m: 2:48.27	42.74	300m: 4:31.98	52.34	400m: 5:51.39	38.78			
9. Ana Leonor, CARRETO	11	Náutico Académico			5:58.25				377
50m: 37.42 37.42	150m: 2:08.38	46.56	250m: 3:45.19	53.29	350m: 5:19.76	40.72			
100m: 1:21.82 44.40	200m: 2:51.90	43.52	300m: 4:39.04	53.85	400m: 5:58.25	38.49			
10. Leonor Cioga, MOREIRA	11	Condeixa Aqua Clube			6:00.15				371
50m: 36.96 36.96	150m: 2:09.56	47.38	250m: 3:50.74	53.43	350m: 5:23.34	39.25			
100m: 1:22.18 45.22	200m: 2:57.31	47.75	300m: 4:44.09	53.35	400m: 6:00.15	36.81			
11. Rita Cravino, RIBEIRO	11	Náutico Académico			7:29.65				190
50m: 46.04 46.04	150m: 2:45.11	59.14	250m: 4:44.16	1:02.01	350m: 6:40.00	52.14			
100m: 1:45.97 59.93	200m: 3:42.15	57.04	300m: 5:47.86	1:03.70	400m: 7:29.65	49.65			

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Cantanhede, 10 - 11/5/2025

Prova 1, Femin., 400m Estilos

Prova 1
10/05/2025 - 15:30

Femin., 400m Estilos

Juv A
Resultados

Recordes Nacionais 25m Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Juv A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004

Pontos: AQUA 2024

Lugar	Ano				Tempo final				Pts
1.	Leonor Nunes, CARDEAL	10	Condeixa Aqua Clube	5:07.20	598				
	50m: 32.99 32.99 150m: 1:50.77 39.62 250m: 3:14.40 45.05 350m: 4:34.45 34.59								
	100m: 1:11.15 38.16 200m: 2:29.35 38.58 300m: 3:59.86 45.46 400m: 5:07.20 32.75								
2.	Maria Neto, SIMOES	10	Condeixa Aqua Clube	5:14.05	560				
	50m: 33.16 33.16 150m: 1:52.37 40.82 250m: 3:16.97 43.96 350m: 4:38.28 36.90								
	100m: 1:11.55 38.39 200m: 2:33.01 40.64 300m: 4:01.38 44.41 400m: 5:14.05 35.77								
3.	Camila Duarte, MARCELO	10	Condeixa Aqua Clube	5:18.22	538				
	50m: 33.47 33.47 150m: 1:55.15 42.58 250m: 3:22.03 45.92 350m: 4:44.25 35.44								
	100m: 1:12.57 39.10 200m: 2:36.11 40.96 300m: 4:08.81 46.78 400m: 5:18.22 33.97								
4.	Maria Ines, GANTE	10	Náutico Académico	5:26.15	500				
	50m: 34.89 34.89 150m: 1:56.38 42.46 250m: 3:24.63 46.74 350m: 4:49.67 37.88								
	100m: 1:13.92 39.03 200m: 2:37.89 41.51 300m: 4:11.79 47.16 400m: 5:26.15 36.48								
5.	Leonor Antunes, PAIVA	10	Náutico Académico	5:28.50	489				
	50m: 34.51 34.51 150m: 1:58.70 43.78 250m: 3:28.95 47.84 350m: 4:53.38 35.82								
	100m: 1:14.92 40.41 200m: 2:41.11 42.41 300m: 4:17.56 48.61 400m: 5:28.50 35.12								
6.	Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	5:38.42	447				
	50m: 34.34 34.34 150m: 1:59.25 44.74 250m: 3:32.61 50.46 350m: 5:03.05 37.30								
	100m: 1:14.51 40.17 200m: 2:42.15 42.90 300m: 4:25.75 53.14 400m: 5:38.42 35.37								
7.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo	5:45.11	422				
	50m: 37.82 37.82 150m: 2:02.98 41.70 250m: 3:36.87 51.41 350m: 5:07.64 39.32								
	100m: 1:21.28 43.46 200m: 2:45.46 42.48 300m: 4:28.32 51.45 400m: 5:45.11 37.47								
8.	Leonor Mosca, SILVA	10	Columbofila Cantanhedense	5:48.13	411				
	50m: 37.73 37.73 150m: 2:07.75 46.18 250m: 3:40.76 48.40 350m: 5:09.68 40.00								
	100m: 1:21.57 43.84 200m: 2:52.36 44.61 300m: 4:29.68 48.92 400m: 5:48.13 38.45								
9.	Laura Nobre, MONTEIRO	10	Columbofila Cantanhedense	5:50.97	401				
	50m: 36.78 36.78 150m: 2:07.90 46.79 250m: 3:41.93 50.25 350m: 5:13.12 40.16								
	100m: 1:21.11 44.33 200m: 2:51.68 43.78 300m: 4:32.96 51.03 400m: 5:50.97 37.85								
10.	Sara Marques, LIMA	10	Amigos da Escola	5:56.59	382				
	50m: 36.64 36.64 150m: 2:03.25 43.19 250m: 3:38.38 53.68 350m: 5:16.77 43.59								
	100m: 1:20.06 43.42 200m: 2:44.70 41.45 300m: 4:33.18 54.80 400m: 5:56.59 39.82								
11.	Isabella Scavone, LOPES	10	Miranda do Corvo	6:06.53	352				
	50m: 37.05 37.05 150m: 2:09.76 48.60 250m: 3:51.70 53.74 350m: 5:26.26 41.07								
	100m: 1:21.16 44.11 200m: 2:57.96 48.20 300m: 4:45.19 53.49 400m: 6:06.53 40.27								
12.	Ines Ferreira, SANTOS	10	Louzan Natacao/EFAPEL	6:29.56	293				
	50m: 41.96 41.96 150m: 2:25.88 51.06 250m: 4:09.49 55.96 350m: 5:48.18 43.22								
	100m: 1:34.82 52.86 200m: 3:13.53 47.65 300m: 5:04.96 55.47 400m: 6:29.56 41.38								
EXH	Joana Nunes, CARDEAL	02	Condeixa Aqua Clube	4:51.07	704				
	50m: 31.52 31.52 150m: 1:44.31 37.69 250m: 3:02.27 41.31 350m: 4:18.58 34.07								
	100m: 1:06.62 35.10 200m: 2:20.96 36.65 300m: 3:44.51 42.24 400m: 4:51.07 32.49								
EXH	Beatriz Nunes, CARDEAL	04	Condeixa Aqua Clube	4:59.13	648				
	50m: 30.73 30.73 150m: 1:45.18 39.51 250m: 3:06.03 42.50 350m: 4:25.62 35.69								
	100m: 1:05.67 34.94 200m: 2:23.53 38.35 300m: 3:49.93 43.90 400m: 4:59.13 33.51								
EXH	Caetana Amado, SANTOS	09	Miranda do Corvo	5:29.00	487				
	50m: 34.49 34.49 150m: 1:56.05 40.61 250m: 3:26.19 49.88 350m: 4:52.37 37.02								
	100m: 1:15.44 40.95 200m: 2:36.31 40.26 300m: 4:15.35 49.16 400m: 5:29.00 36.63								
EXH	Leonor Sobreiro, ALMEIDA	10	Amigos da Escola	5:38.49	447				
	50m: 36.05 36.05 150m: 2:02.71 44.95 250m: 3:32.18 46.76 350m: 4:59.05 40.37								
	100m: 1:17.76 41.71 200m: 2:45.42 42.71 300m: 4:18.68 46.50 400m: 5:38.49 39.44								

Torneio Regional de Fundo Infantis e Juvenis
Cantanhede, 10 - 11/5/2025

Prova 1, Femin., 400m Estilos

Lugar				Ano				Tempo final		Pts		
EXH	Filipa Ferreira, LOISAS				11	Columbofila Cantanhedense				5:41.11	437	
	50m:	34.79	34.79	150m:	1:59.96	45.35	250m:	3:34.17	50.92	350m:	5:03.57	37.79
	100m:	1:14.61	39.82	200m:	2:43.25	43.29	300m:	4:25.78	51.61	400m:	5:41.11	37.54