

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

Prova 4 Femin., 800m Livres Inf B
11/05/2025 - 10:30 Resultados

Recordes Nacionais 25m Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Recordes Nacionais 25m Inf B	9:33.95	Filipa Vilas, RUIVO	DNMG	Nazaré	16/05/2009

Pontos: AQUA 2024

Lugar	Ano								Tempo final	Pts		
1.	Matilde Goncalves, SILVA			13	Condeixa Aqua Clube				11:14.26	354		
	50m:	38.48	38.48	250m:	3:30.95	42.77	450m:	6:20.79	41.49	650m:	9:10.55	41.65
	100m:	1:21.28	42.80	300m:	4:13.50	42.55	500m:	7:03.06	42.27	700m:	9:52.77	42.22
	150m:	2:04.74	43.46	350m:	4:56.11	42.61	550m:	7:46.26	43.20	750m:	10:35.24	42.47
	200m:	2:48.18	43.44	400m:	5:39.30	43.19	600m:	8:28.90	42.64	800m:	11:14.26	39.02
2.	Sofia Cioga, MOREIRA			13	Condeixa Aqua Clube				11:16.30	351		
	50m:	41.38	41.38	250m:	3:33.36	42.75	450m:	6:23.72	42.28	650m:	9:13.40	42.07
	100m:	1:24.75	43.37	300m:	4:15.91	42.55	500m:	7:06.06	42.34	700m:	9:55.39	41.99
	150m:	2:07.44	42.69	350m:	4:58.84	42.93	550m:	7:48.97	42.91	750m:	10:37.43	42.04
	200m:	2:50.61	43.17	400m:	5:41.44	42.60	600m:	8:31.33	42.36	800m:	11:16.30	38.87
3.	Maria Mar, JESUS			13	Columbofila Cantanhedense				11:59.17	292		
	50m:	41.00	41.00	250m:	3:39.20	45.25	450m:	6:42.88	46.20	650m:	9:45.50	45.38
	100m:	1:24.33	43.33	300m:	4:24.58	45.38	500m:	7:28.51	45.63	700m:	10:30.91	45.41
	150m:	2:08.72	44.39	350m:	5:11.06	46.48	550m:	8:14.43	45.92	750m:	11:16.16	45.25
	200m:	2:53.95	45.23	400m:	5:56.68	45.62	600m:	9:00.12	45.69	800m:	11:59.17	43.01
4.	Leonor Matias, ROSA			13	Louzan Natacao/EFAPEL				12:23.06	265		
	50m:	44.83	44.83	250m:	3:50.23	46.81	450m:	6:57.88	46.47	650m:	10:04.63	46.67
	100m:	1:30.34	45.51	300m:	4:37.32	47.09	500m:	7:44.94	47.06	700m:	10:51.88	47.25
	150m:	2:16.98	46.64	350m:	5:24.30	46.98	550m:	8:30.99	46.05	750m:	11:37.95	46.07
	200m:	3:03.42	46.44	400m:	6:11.41	47.11	600m:	9:17.96	46.97	800m:	12:23.06	45.11

Prova 4 Femin., 800m Livres Inf A
11/05/2025 - 10:30 Resultados

Recordes Nacionais 25m Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Recordes Nacionais 25m Inf A	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13/07/1980

Pontos: AQUA 2024

Lugar	Ano						Tempo final		Pts			
1.	Rylie Ann, CROUS			12	Condeixa Aqua Clube			10:08.81	482			
	50m:	36.69	36.69	250m:	3:09.63	38.66	450m:	5:43.68	37.89	650m:	8:16.44	38.30
	100m:	1:14.30	37.61	300m:	3:48.15	38.52	500m:	6:22.52	38.84	700m:	8:55.10	38.66
	150m:	1:52.40	38.10	350m:	4:26.88	38.73	550m:	7:01.05	38.53	750m:	9:33.50	38.40
	200m:	2:30.97	38.57	400m:	5:05.79	38.91	600m:	7:38.14	37.09	800m:	10:08.81	35.31
2.	Maria Luisa, NOGUEIRA			12	Academica de Coimbra			10:10.73	477			
	50m:	36.40	36.40	250m:	3:09.28	38.47	450m:	5:42.94	38.31	650m:	8:17.57	38.37
	100m:	1:14.02	37.62	300m:	3:47.27	37.99	500m:	6:21.63	38.69	700m:	8:56.75	39.18
	150m:	1:52.17	38.15	350m:	4:26.02	38.75	550m:	7:00.42	38.79	750m:	9:35.31	38.56
	200m:	2:30.81	38.64	400m:	5:04.63	38.61	600m:	7:39.20	38.78	800m:	10:10.73	35.42
3.	Maria Leonor, LOBO			12	Condeixa Aqua Clube			10:11.06	476			
	50m:	36.48	36.48	250m:	3:08.36	38.15	450m:	5:43.39	38.77	650m:	8:18.48	38.55
	100m:	1:14.37	37.89	300m:	3:46.89	38.53	500m:	6:22.38	38.99	700m:	8:56.61	38.13
	150m:	1:52.37	38.00	350m:	4:25.78	38.89	550m:	7:00.74	38.36	750m:	9:34.93	38.32
	200m:	2:30.21	37.84	400m:	5:04.62	38.84	600m:	7:39.93	39.19	800m:	10:11.06	36.13
4.	Leonor Simoes, SOUSA			12	Náutico Académico			10:29.77	435			
	50m:	36.55	36.55	250m:	3:15.92	39.58	450m:	5:54.29	38.75	650m:	8:33.73	39.54
	100m:	1:15.79	39.24	300m:	3:55.82	39.90	500m:	6:34.05	39.76	700m:	9:12.70	38.97
	150m:	1:56.06	40.27	350m:	4:35.53	39.71	550m:	7:14.08	40.03	750m:	9:51.80	39.10
	200m:	2:36.34	40.28	400m:	5:15.54	40.01	600m:	7:54.19	40.11	800m:	10:29.77	37.97
5.	Leonor Ribeiro, FERREIRA			12	Columbofila Cantanhedense			10:39.82	415			
	50m:	37.28	37.28	250m:	3:15.06	39.59	450m:	5:54.74	40.19	650m:	8:37.15	40.44
	100m:	1:16.49	39.21	300m:	3:54.42	39.36	500m:	6:35.11	40.37	700m:	9:17.83	40.68
	150m:	1:55.85	39.36	350m:	4:34.10	39.68	550m:	7:15.62	40.51	750m:	9:58.76	40.93
	200m:	2:35.47	39.62	400m:	5:14.55	40.45	600m:	7:56.71	41.09	800m:	10:39.82	41.06

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Prova 4, Femin., 800m Livres, Inf A

Lugar	Ano				Tempo final				Pts
6. Margarida Paiva, CORREIA	12	Miranda do Corvo			11:03.14				373
50m: 38.16 38.16	250m: 3:23.50 41.50	450m: 6:09.95 41.75	650m: 8:56.90 41.74						
100m: 1:18.70 40.54	300m: 4:05.14 41.64	500m: 6:51.87 41.92	700m: 9:38.78 41.88						
150m: 2:00.18 41.48	350m: 4:46.43 41.29	550m: 7:33.62 41.75	750m: 10:21.20 42.42						
200m: 2:42.00 41.82	400m: 5:28.20 41.77	600m: 8:15.16 41.54	800m: 11:03.14 41.94						
7. Clara Lopes, FERNANDES	12	Louzan Natacao/EFAPEL			11:13.15				356
50m: 41.04 41.04	250m: 3:29.03 42.19	450m: 6:20.06 42.46	650m: 9:10.89 42.20						
100m: 1:22.60 41.56	300m: 4:11.34 42.31	500m: 7:03.05 42.99	700m: 9:53.50 42.61						
150m: 2:04.43 41.83	350m: 4:54.19 42.85	550m: 7:46.31 43.26	750m: 10:33.55 40.05						
200m: 2:46.84 42.41	400m: 5:37.60 43.41	600m: 8:28.69 42.38	800m: 11:13.15 39.60						
8. Alice Silva, SENNA	12	Condeixa Aqua Clube			11:15.92				352
50m: 39.88 39.88	250m: 3:29.93 43.30	450m: 6:21.45 42.31	650m: 9:11.18 42.59						
100m: 1:21.41 41.53	300m: 4:13.18 43.25	500m: 7:03.76 42.31	700m: 9:53.51 42.33						
150m: 2:03.93 42.52	350m: 4:56.08 42.90	550m: 7:46.42 42.66	750m: 10:35.53 42.02						
200m: 2:46.63 42.70	400m: 5:39.14 43.06	600m: 8:28.59 42.17	800m: 11:15.92 40.39						
9. Maria Ines, MATEUS	12	Condeixa Aqua Clube			11:42.55				313
50m: 42.05 42.05	250m: 3:38.99 45.19	450m: 6:38.50 44.25	650m: 9:33.93 44.26						
100m: 1:25.24 43.19	300m: 4:23.80 44.81	500m: 7:21.75 43.25	700m: 10:18.56 44.63						
150m: 2:08.95 43.71	350m: 5:09.39 45.59	550m: 8:05.33 43.58	750m: 11:01.17 42.61						
200m: 2:53.80 44.85	400m: 5:54.25 44.86	600m: 8:49.67 44.34	800m: 11:42.55 41.38						
10. Emilia Matilde, GADANHA	12	Náutico Académico			12:06.27				284
50m: 42.18 42.18	250m: 3:46.86 47.04	450m: 6:49.34 43.87	650m: 9:52.31 46.08						
100m: 1:27.49 45.31	300m: 4:33.04 46.18	500m: 7:34.64 45.30	700m: 10:36.55 44.24						
150m: 2:13.37 45.88	350m: 5:18.71 45.67	550m: 8:19.96 45.32	750m: 11:20.56 44.01						
200m: 2:59.82 46.45	400m: 6:05.47 46.76	600m: 9:06.23 46.27	800m: 12:06.27 45.71						
11. Maria Filipa, GOMES	12	Náutico Académico			12:48.15				240
50m: 42.72 42.72	250m: 3:54.67 47.35	450m: 7:06.30 45.77	650m: 10:22.38 48.78						
100m: 1:30.32 47.60	300m: 4:44.48 49.81	500m: 7:56.73 50.43	700m: 11:11.55 49.17						
150m: 2:18.47 48.15	350m: 5:32.47 47.99	550m: 8:45.58 48.85	750m: 12:00.08 48.53						
200m: 3:07.32 48.85	400m: 6:20.53 48.06	600m: 9:33.60 48.02	800m: 12:48.15 48.07						
12. Maria Pilar, ANTUNES	12	Amigos da Escola			12:50.93				237
50m: 42.61 42.61	250m: 3:54.83 49.12	450m: 7:12.97 49.39	650m: 10:33.95 49.70						
100m: 1:29.62 47.01	300m: 4:43.46 48.63	500m: 8:03.03 50.06	700m: 11:22.50 48.55						
150m: 2:17.64 48.02	350m: 5:33.07 49.61	550m: 8:53.81 50.78	750m: 12:09.69 47.19						
200m: 3:05.71 48.07	400m: 6:23.58 50.51	600m: 9:44.25 50.44	800m: 12:50.93 41.24						
DNS Maria Costa, RIBEIRO	12	Cumbofilas Cantanhedense							

Prova 4

Femin., 800m Livres

Juv B

11/05/2025 - 10:30

Resultados

Recordes Nacionais 25m Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Recordes Nacionais 25m Juv B	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20/12/1980

Pontos: AQUA 2024

Lugar	Ano				Tempo final				Pts
1. Eva Miranda, ALMEIDA	11	Cumbofilas Cantanhedense			9:52.83				522
50m: 34.91 34.91	250m: 3:02.32 37.03	450m: 5:30.74 37.22	650m: 8:01.02 37.36						
100m: 1:11.57 36.66	300m: 3:39.35 37.03	500m: 6:08.32 37.58	700m: 8:38.49 37.47						
150m: 1:48.44 36.87	350m: 4:16.33 36.98	550m: 6:45.96 37.64	750m: 9:15.47 36.98						
200m: 2:25.29 36.85	400m: 4:53.52 37.19	600m: 7:23.66 37.70	800m: 9:52.83 37.36						
2. Beatriz Oliveira, PORTULEZ	11	Cumbofilas Cantanhedense			9:55.08				516
50m: 35.22 35.22	250m: 3:02.91 36.94	450m: 5:32.19 37.53	650m: 8:03.42 37.48						
100m: 1:11.46 36.24	300m: 3:40.14 37.23	500m: 6:09.95 37.76	700m: 8:41.23 37.81						
150m: 1:48.51 37.05	350m: 4:17.41 37.27	550m: 6:48.13 38.18	750m: 9:18.76 37.53						
200m: 2:25.97 37.46	400m: 4:54.66 37.25	600m: 7:25.94 37.81	800m: 9:55.08 36.32						
3. Laura Duarte, NEVES	11	Louzan Natacao/EFAPEL			10:06.91				486
50m: 35.32 35.32	250m: 3:07.04 38.05	450m: 5:39.29 38.32	650m: 8:13.23 38.69						
100m: 1:13.42 38.10	300m: 3:44.70 37.66	500m: 6:17.54 38.25	700m: 8:52.13 38.90						
150m: 1:50.92 37.50	350m: 4:22.56 37.86	550m: 6:55.95 38.41	750m: 9:31.08 38.95						
200m: 2:28.99 38.07	400m: 5:00.97 38.41	600m: 7:34.54 38.59	800m: 10:06.91 35.83						

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

Prova 4, Femin., 800m Livres, Juv B

Lugar	Ano								Tempo final	Pts		
4.	Matilde Sofia, PEREIRA			11	Condeixa Aqua Clube				10:07.78	484		
	50m:	36.31	36.31	250m:	3:09.05	38.81	450m:	5:42.37	38.07	650m:	8:16.02	38.41
	100m:	1:13.63	37.32	300m:	3:47.59	38.54	500m:	6:20.67	38.30	700m:	8:54.22	38.20
	150m:	1:51.83	38.20	350m:	4:26.10	38.51	550m:	6:59.11	38.44	750m:	9:32.35	38.13
	200m:	2:30.24	38.41	400m:	5:04.30	38.20	600m:	7:37.61	38.50	800m:	10:07.78	35.43
5.	Joana Cura, NEVES			11	Condeixa Aqua Clube				10:09.88	479		
	50m:	36.25	36.25	250m:	3:08.48	38.57	450m:	5:43.44	38.77	650m:	8:18.39	39.25
	100m:	1:13.86	37.61	300m:	3:46.94	38.46	500m:	6:22.08	38.64	700m:	8:56.48	38.09
	150m:	1:51.68	37.82	350m:	4:25.88	38.94	550m:	7:00.55	38.47	750m:	9:34.86	38.38
	200m:	2:29.91	38.23	400m:	5:04.67	38.79	600m:	7:39.14	38.59	800m:	10:09.88	35.02
6.	Sara Ferreira, SANTOS			11	Columbofila Cantanhedense				10:17.56	462		
	50m:	37.14	37.14	250m:	3:11.74	39.20	450m:	5:48.79	39.33	650m:	8:23.70	38.69
	100m:	1:15.51	38.37	300m:	3:50.84	39.10	500m:	6:27.71	38.92	700m:	9:02.15	38.45
	150m:	1:53.81	38.30	350m:	4:30.03	39.19	550m:	7:06.45	38.74	750m:	9:40.00	37.85
	200m:	2:32.54	38.73	400m:	5:09.46	39.43	600m:	7:45.01	38.56	800m:	10:17.56	37.56
7.	Matilde Conde, FIGUEIREDO			11	Condeixa Aqua Clube				10:21.16	454		
	50m:	37.71	37.71	250m:	3:13.56	39.13	450m:	5:50.74	39.69	650m:	8:26.19	38.90
	100m:	1:16.29	38.58	300m:	3:52.65	39.09	500m:	6:29.69	38.95	700m:	9:05.39	39.20
	150m:	1:55.55	39.26	350m:	4:31.77	39.12	550m:	7:08.69	39.00	750m:	9:44.39	39.00
	200m:	2:34.43	38.88	400m:	5:11.05	39.28	600m:	7:47.29	38.60	800m:	10:21.16	36.77
8.	Carolina Damas, PITA			11	Náutico Académico				10:25.98	443		
	50m:	37.13	37.13	250m:	3:13.31	39.42	450m:	5:50.38	39.56	650m:	8:28.00	39.72
	100m:	1:15.57	38.44	300m:	3:52.51	39.20	500m:	6:29.65	39.27	700m:	9:07.54	39.54
	150m:	1:54.77	39.20	350m:	4:31.39	38.88	550m:	7:08.93	39.28	750m:	9:47.23	39.69
	200m:	2:33.89	39.12	400m:	5:10.82	39.43	600m:	7:48.28	39.35	800m:	10:25.98	38.75
9.	Leonor Cioga, MOREIRA			11	Condeixa Aqua Clube				10:27.84	439		
	50m:	37.32	37.32	250m:	3:15.84	39.67	450m:	5:55.25	40.17	650m:	8:33.37	39.23
	100m:	1:16.39	39.07	300m:	3:55.39	39.55	500m:	6:35.19	39.94	700m:	9:12.97	39.60
	150m:	1:56.07	39.68	350m:	4:35.32	39.93	550m:	7:14.55	39.36	750m:	9:52.27	39.30
	200m:	2:36.17	40.10	400m:	5:15.08	39.76	600m:	7:54.14	39.59	800m:	10:27.84	35.57
10.	Ana Leonor, CARRETO			11	Náutico Académico				10:48.68	398		
	50m:	39.41	39.41	250m:	3:23.84	41.10	450m:	6:07.36	1:21.83	650m:	8:50.88	40.98
	100m:	1:19.98	40.57	300m:	4:04.50	40.66	500m:	6:48.29	40.93	700m:	9:31.22	40.34
	150m:	2:01.61	41.63	350m:	4:04.50		550m:	7:29.38	41.09	750m:	10:11.37	40.15
	200m:	2:42.74	41.13	400m:	4:45.53	41.03	600m:	8:09.90	40.52	800m:	10:48.68	37.31
11.	Rita Cravino, RIBEIRO			11	Náutico Académico				13:26.85	207		
	50m:	44.09	44.09	250m:	4:05.41	51.38	450m:	7:32.30	52.92	650m:	10:58.95	51.26
	100m:	1:32.50	48.41	300m:	4:56.45	51.04	500m:	8:25.61	53.31	700m:	11:50.43	51.48
	150m:	2:23.10	50.60	350m:	5:47.99	51.54	550m:	9:16.28	50.67	750m:	12:40.57	50.14
	200m:	3:14.03	50.93	400m:	6:39.38	51.39	600m:	10:07.69	51.41	800m:	13:26.85	46.28

Prova 4

Femin., 800m Livres

Juv A

11/05/2025 - 10:30

Resultados

Recordes Nacionais 25m Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Recordes Nacionais 25m Juv A	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19/12/2004

Pontos: AQUA 2024

Lugar	Ano								Tempo final		Pts	
1.	Leonor Nunes, CARDEAL				10	Condeixa Aqua Clube				9:15.45	634	
	50m:	33.32	33.32	250m:	2:50.66	34.96	450m:	5:11.92	34.97	650m:	7:31.33	34.86
	100m:	1:06.87	33.55	300m:	3:26.07	35.41	500m:	5:46.83	34.91	700m:	8:06.24	34.91
	150m:	1:40.99	34.12	350m:	4:01.33	35.26	550m:	6:21.60	34.77	750m:	8:41.67	35.43
	200m:	2:15.70	34.71	400m:	4:36.95	35.62	600m:	6:56.47	34.87	800m:	9:15.45	33.78
2.	Camila Duarte, MARCELO				10	Condeixa Aqua Clube				9:16.08	632	
	50m:	32.72	32.72	250m:	2:48.40	34.29	450m:	5:07.41	35.23	650m:	7:30.38	35.87
	100m:	1:05.95	33.23	300m:	3:22.72	34.32	500m:	5:43.04	35.63	700m:	8:06.27	35.89
	150m:	1:39.81	33.86	350m:	3:57.27	34.55	550m:	6:18.58	35.54	750m:	8:41.71	35.44
	200m:	2:14.11	34.30	400m:	4:32.18	34.91	600m:	6:54.51	35.93	800m:	9:16.08	34.37

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Cantanhede, 10 - 11/5/2025

Prova 4, Femin., 800m Livres, Juv A

Lugar	Ano								Tempo final	Pts		
3.	Maria Neto, SIMOES			10	Condeixa Aqua Clube				9:47.96	535		
	50m:	34.41	34.41	250m:	2:59.96	36.39	450m:	5:28.13	37.34	650m:	7:57.40	37.30
	100m:	1:10.51	36.10	300m:	3:36.81	36.85	500m:	6:05.46	37.33	700m:	8:34.66	37.26
	150m:	1:47.04	36.53	350m:	4:13.60	36.79	550m:	6:42.67	37.21	750m:	9:11.87	37.21
	200m:	2:23.57	36.53	400m:	4:50.79	37.19	600m:	7:20.10	37.43	800m:	9:47.96	36.09
4.	Leonor Antunes, PAIVA			10	Náutico Académico				9:54.59	517		
	50m:	35.54	35.54	250m:	3:03.42	37.27	450m:	5:32.02	37.66	650m:	8:03.45	37.87
	100m:	1:12.09	36.55	300m:	3:40.33	36.91	500m:	6:09.71	37.69	700m:	8:40.80	37.35
	150m:	1:49.20	37.11	350m:	4:17.27	36.94	550m:	6:47.75	38.04	750m:	9:18.76	37.96
	200m:	2:26.15	36.95	400m:	4:54.36	37.09	600m:	7:25.58	37.83	800m:	9:54.59	35.83
5.	Maria Miguel, FERNANDES			10	Columbofila Cantanhedense				10:05.97	489		
	50m:	35.46	35.46	250m:	3:05.13	37.57	450m:	5:37.55	37.92	650m:	8:11.48	38.39
	100m:	1:12.26	36.80	300m:	3:42.99	37.86	500m:	6:16.22	38.67	700m:	8:50.45	38.97
	150m:	1:49.51	37.25	350m:	4:20.97	37.98	550m:	6:54.33	38.11	750m:	9:28.71	38.26
	200m:	2:27.56	38.05	400m:	4:59.63	38.66	600m:	7:33.09	38.76	800m:	10:05.97	37.26
6.	Maria Ines, GANTE			10	Náutico Académico				10:06.37	488		
	50m:	36.44	36.44	250m:	3:09.78	38.86	450m:	5:42.17	36.59	650m:	8:13.89	37.89
	100m:	1:14.27	37.83	300m:	3:48.07	38.29	500m:	6:19.90	37.73	700m:	8:52.42	38.53
	150m:	1:52.56	38.29	350m:	4:26.90	38.83	550m:	6:57.55	37.65	750m:	9:30.02	37.60
	200m:	2:30.92	38.36	400m:	5:05.58	38.68	600m:	7:36.00	38.45	800m:	10:06.37	36.35
7.	Leonor Mosca, SILVA			10	Columbofila Cantanhedense				10:15.28	467		
	50m:	36.84	36.84	250m:	3:08.95	38.37	450m:	5:43.43	38.16	650m:	8:19.31	39.43
	100m:	1:13.85	37.01	300m:	3:47.54	38.59	500m:	6:22.33	38.90	700m:	8:58.78	39.47
	150m:	1:52.09	38.24	350m:	4:26.32	38.78	550m:	7:01.18	38.85	750m:	9:37.62	38.84
	200m:	2:30.58	38.49	400m:	5:05.27	38.95	600m:	7:39.88	38.70	800m:	10:15.28	37.66
8.	Mariana Bagagem, CARVALHO			10	Miranda do Corvo				10:28.39	438		
	50m:	36.57	36.57	250m:	3:10.53	38.64	450m:	5:49.48	40.13	650m:	8:29.65	40.10
	100m:	1:14.64	38.07	300m:	3:49.62	39.09	500m:	6:29.53	40.05	700m:	9:09.70	40.05
	150m:	1:53.10	38.46	350m:	4:29.66	40.04	550m:	7:09.60	40.07	750m:	9:49.93	40.23
	200m:	2:31.89	38.79	400m:	5:09.35	39.69	600m:	7:49.55	39.95	800m:	10:28.39	38.46
9.	Laura Nobre, MONTEIRO			10	Columbofila Cantanhedense				10:35.46	424		
	50m:	37.28	37.28	250m:	3:14.91	39.49	450m:	5:54.43	39.28	650m:	8:36.30	40.37
	100m:	1:16.17	38.89	300m:	3:54.99	40.08	500m:	6:35.08	40.65	700m:	9:17.67	41.37
	150m:	1:55.70	39.53	350m:	4:34.89	39.90	550m:	7:15.72	40.64	750m:	9:57.57	39.90
	200m:	2:35.42	39.72	400m:	5:15.15	40.26	600m:	7:55.93	40.21	800m:	10:35.46	37.89
10.	Isabella Scavone, LOPES			10	Miranda do Corvo				10:46.55	402		
	50m:	37.33	37.33	250m:	3:18.43	40.85	450m:	6:02.14	40.62	650m:	8:45.75	40.74
	100m:	1:16.58	39.25	300m:	3:59.34	40.91	500m:	6:43.53	41.39	700m:	9:26.53	40.78
	150m:	1:56.62	40.04	350m:	4:40.35	41.01	550m:	7:24.60	41.07	750m:	10:07.12	40.59
	200m:	2:37.58	40.96	400m:	5:21.52	41.17	600m:	8:05.01	40.41	800m:	10:46.55	39.43
11.	Sara Marques, LIMA			10	Amigos da Escola				11:02.62	374		
	50m:	38.60	38.60	250m:	3:21.96	41.48	450m:	6:08.20	41.89	650m:	8:58.08	42.54
	100m:	1:19.20	40.60	300m:	4:03.27	41.31	500m:	6:50.63	42.43	700m:	9:40.79	42.71
	150m:	1:59.58	40.38	350m:	4:44.98	41.71	550m:	7:33.02	42.39	750m:	10:22.73	41.94
	200m:	2:40.48	40.90	400m:	5:26.31	41.33	600m:	8:15.54	42.52	800m:	11:02.62	39.89
12.	Ines Ferreira, SANTOS			10	Louzan Natacao/EFAPEL				11:41.59	315		
	50m:	40.24	40.24	250m:	3:35.71	44.28	450m:	6:37.02	44.91	650m:	9:33.80	44.46
	100m:	1:22.74	42.50	300m:	4:20.92	45.21	500m:	7:21.30	44.28	700m:	10:18.17	44.37
	150m:	2:06.43	43.69	350m:	5:06.87	45.95	550m:	8:05.21	43.91	750m:	11:01.13	42.96
	200m:	2:51.43	45.00	400m:	5:52.11	45.24	600m:	8:49.34	44.13	800m:	11:41.59	40.46
EXH	Joana Nunes, CARDEAL			02	Condeixa Aqua Clube				8:54.65	712		
	50m:	32.23	32.23	250m:	2:45.32	33.50	450m:	4:59.16	33.62	650m:	7:14.27	33.73
	100m:	1:05.14	32.91	300m:	3:18.76	33.44	500m:	5:32.77	33.61	700m:	7:48.08	33.81
	150m:	1:38.49	33.35	350m:	3:52.22	33.46	550m:	6:06.63	33.86	750m:	8:22.12	34.04
	200m:	2:11.82	33.33	400m:	4:25.54	33.32	600m:	6:40.54	33.91	800m:	8:54.65	32.53

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

Prova 4, Femin., 800m Livres

Lugar	Ano								Tempo final		Pts	
EXH	Beatriz Nunes, CARDEAL			04	Condeixa Aqua Clube				9:01.37		685	
	50m:	32.90	32.90	250m:	2:47.63	33.72	450m:	5:03.45	34.15	650m:	7:21.19	34.43
	100m:	1:06.20	33.30	300m:	3:21.49	33.86	500m:	5:38.00	34.55	700m:	7:55.48	34.29
	150m:	1:39.99	33.79	350m:	3:55.28	33.79	550m:	6:12.31	34.31	750m:	8:29.01	33.53
	200m:	2:13.91	33.92	400m:	4:29.30	34.02	600m:	6:46.76	34.45	800m:	9:01.37	32.36
EXH	Beatriz Ribeiro, VELOSO			10	Vigor da Mocidade				10:30.67		433	
	50m:	37.71	37.71	250m:	3:14.68	39.30	450m:	5:52.22	39.18	650m:	8:31.77	40.22
	100m:	1:16.88	39.17	300m:	3:53.91	39.23	500m:	6:31.25	39.03	700m:	9:12.35	40.58
	150m:	1:56.36	39.48	350m:	4:33.49	39.58	550m:	7:11.12	39.87	750m:	9:52.17	39.82
	200m:	2:35.38	39.02	400m:	5:13.04	39.55	600m:	7:51.55	40.43	800m:	10:30.67	38.50
EXH	Joana Maria, OLIVEIRA			13	Academica de Coimbra				12:24.06		264	
	50m:	46.14	46.14	250m:	3:53.49	46.67	450m:	7:00.05	46.73	650m:	10:07.70	47.09
	100m:	1:33.24	47.10	300m:	4:40.39	46.90	500m:	7:46.43	46.38	700m:	10:54.13	46.43
	150m:	2:19.33	46.09	350m:	5:26.20	45.81	550m:	8:33.78	47.35	750m:	11:40.10	45.97
	200m:	3:06.82	47.49	400m:	6:13.32	47.12	600m:	9:20.61	46.83	800m:	12:24.06	43.96
EXH	Benedita Goncalves, SILVA			13	Academica de Coimbra				12:59.03		230	
	50m:	45.60	45.60	250m:	4:00.86	48.93	450m:	7:17.03	49.93	650m:	10:36.11	49.57
	100m:	1:33.58	47.98	300m:	4:49.76	48.90	500m:	8:07.35	50.32	700m:	11:25.02	48.91
	150m:	2:22.55	48.97	350m:	5:38.08	48.32	550m:	8:57.01	49.66	750m:	12:13.49	48.47
	200m:	3:11.93	49.38	400m:	6:27.10	49.02	600m:	9:46.54	49.53	800m:	12:59.03	45.54