



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 15 - 16/3/2025

| Prova 20 | Femin., 400m Estilos | | | | Absolutos (JUN+SEN) |
|--------------|----------------------|-------------------------|------|------------------|---------------------|
| 15/03/2025 | | | | | Resultados |
| Rec Nac Open | 4:36.19 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 13/12/2017 |
| Rec Nac 19 + | 4:36.19 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 13/12/2017 |
| Rec Nac 18 | 4:41.02 | Victoria, KAMINSKAYA | PIMP | Porto | 07/12/2012 |
| Rec Nac 17 | 4:46.89 | Ines Neto, ROCHA | CAP | Felgueiras | 15/04/2018 |
| Rec Nac 16 | 4:50.85 | Diana Margarida, DURAES | FOCA | Silves | 02/12/2011 |

Pontos: AQUA 2024

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|----------------------------|---------------------|-----|------------------------|---------------------|--|--|-------------|-----|
| 1. | Luana Ferreira, CRAVEIRO | | 09 | Nautico Marinha Grande | | | | 5:10.84 | 578 |
| | 50m: 32.79 32.79 | 150m: 1:53.64 41.61 | | 250m: 3:16.79 43.21 | 350m: 4:36.17 34.93 | | | | |
| | 100m: 1:12.03 39.24 | 200m: 2:33.58 39.94 | | 300m: 4:01.24 44.45 | 400m: 5:10.84 34.67 | | | | |
| 2. | Joana Rosa, FERREIRA | | 05 | CNLeiria - VOID | | | | 5:24.22 | 509 |
| | 50m: 33.49 33.49 | 150m: 1:56.90 43.70 | | 250m: 3:24.72 45.09 | 350m: 4:47.97 38.01 | | | | |
| | 100m: 1:13.20 39.71 | 200m: 2:39.63 42.73 | | 300m: 4:09.96 45.24 | 400m: 5:24.22 36.25 | | | | |
| 3. | Beatriz Belo, CLARA | | 09 | CNLeiria - VOID | | | | 5:26.02 | 501 |
| | 50m: 33.53 33.53 | 150m: 1:54.04 40.52 | | 250m: 3:23.48 49.30 | 350m: 4:50.38 37.28 | | | | |
| | 100m: 1:13.52 39.99 | 200m: 2:34.18 40.14 | | 300m: 4:13.10 49.62 | 400m: 5:26.02 35.64 | | | | |
| 4. | Margarida Correia, MADEIRA | | 06 | Nautico Marinha Grande | | | | 5:31.24 | 477 |
| | 50m: 36.16 36.16 | 150m: 2:02.36 44.14 | | 250m: 3:28.66 43.08 | 350m: 4:54.14 39.94 | | | | |
| | 100m: 1:18.22 42.06 | 200m: 2:45.58 43.22 | | 300m: 4:14.20 45.54 | 400m: 5:31.24 37.10 | | | | |

| Prova 20 | Femin., 400m Estilos | | | | Juvenis Femininos (A+B) |
|---------------|----------------------|------------------------|-------|------------------|-------------------------|
| 15/03/2025 | | | | | Resultados |
| Rec Nac Open | 4:36.19 | Victoria, KAMINSKAYA | POR | Copenhagen (DEN) | 13/12/2017 |
| Rec Nac JUV A | 4:51.85 | Ana Claudia, SANTOS | SFUAP | Setubal | 21/11/2004 |
| Rec Nac JUV B | 4:56.53 | Mariana Pacheco, CUNHA | CFP | Porto | 05/05/2018 |

Pontos: AQUA 2024

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|-------------------------|---------------------|-----|------------------------|---------------------|--|--|-------------|-----|
| 1. | Matilde Santos, VIEIRA | | 10 | Nautico Marinha Grande | | | | 5:30.97 | 478 |
| | 50m: 36.19 36.19 | 150m: 2:02.20 43.87 | | 250m: 3:32.19 47.79 | 350m: 4:56.28 36.89 | | | | |
| | 100m: 1:18.33 42.14 | 200m: 2:44.40 42.20 | | 300m: 4:19.39 47.20 | 400m: 5:30.97 34.69 | | | | |
| 2. | Laura Helena, AMORIM | | 10 | Nautico Marinha Grande | | | | 5:33.64 | 467 |
| | 50m: 37.27 37.27 | 150m: 2:04.09 43.09 | | 250m: 3:33.35 47.53 | 350m: 4:57.62 37.25 | | | | |
| | 100m: 1:21.00 43.73 | 200m: 2:45.82 41.73 | | 300m: 4:20.37 47.02 | 400m: 5:33.64 36.02 | | | | |
| 3. | Laura Samora, GONCALVES | | 10 | CNLeiria - VOID | | | | 5:47.98 | 412 |
| | 50m: 37.29 37.29 | 150m: 2:03.89 43.97 | | 250m: 3:39.07 51.52 | 350m: 5:09.62 38.71 | | | | |
| | 100m: 1:19.92 42.63 | 200m: 2:47.55 43.66 | | 300m: 4:30.91 51.84 | 400m: 5:47.98 38.36 | | | | |
| 4. | Debora Silva, INACIO | | 10 | Pimpoes/Cimai | | | | 5:50.20 | 404 |
| | 50m: 38.93 38.93 | 150m: 2:12.25 44.83 | | 250m: 3:45.35 51.31 | 350m: 5:14.29 38.91 | | | | |
| | 100m: 1:27.42 48.49 | 200m: 2:54.04 41.79 | | 300m: 4:35.38 50.03 | 400m: 5:50.20 35.91 | | | | |
| 5. | Leonor Pereira, SILVA | | 10 | Óbidos | | | | 5:56.73 | 382 |
| | 50m: 38.11 38.11 | 150m: 2:12.92 48.92 | | 250m: 3:45.71 47.01 | 350m: 5:17.69 42.18 | | | | |
| | 100m: 1:24.00 45.89 | 200m: 2:58.70 45.78 | | 300m: 4:35.51 49.80 | 400m: 5:56.73 39.04 | | | | |



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 15 - 16/3/2025

Prova 20, Femin., 400m Estilos, Juvenis Femininos (A+B)

| Lugar | Ano | Tempo final | Pts |
|----------------------------|---------------------|---------------------|---------------------|
| 6. Beatriz Marques, GASPAR | 11 | 6:03.01 | 362 |
| 50m: 40.11 40.11 | 150m: 2:20.21 51.33 | 250m: 3:54.35 47.38 | 350m: 5:24.19 41.31 |
| 100m: 1:28.88 48.77 | 200m: 3:06.97 46.76 | 300m: 4:42.88 48.53 | 400m: 6:03.01 38.82 |
| 7. Anastasiya, PRYMACHENKO | 11 | 6:06.43 | 352 |
| 50m: 39.49 39.49 | 150m: 2:15.18 48.36 | 250m: 3:52.21 51.87 | 350m: 5:26.56 42.13 |
| 100m: 1:26.82 47.33 | 200m: 3:00.34 45.16 | 300m: 4:44.43 52.22 | 400m: 6:06.43 39.87 |
| EXH Ana Carolina, MONTEIRO | 04 | 5:18.37 | 538 |
| 50m: 33.00 33.00 | 150m: 1:53.97 43.32 | 250m: 3:22.23 45.65 | 350m: 4:44.02 35.54 |
| 100m: 1:10.65 37.65 | 200m: 2:36.58 42.61 | 300m: 4:08.48 46.25 | 400m: 5:18.37 34.35 |