



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

Prova 22	Femin., 400m Livres				Absolutos (JUN+SEN)
15/03/2025					Resultados
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 19 +	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017

Pontos: AQUA 2024

Lugar	Ano						Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande				4:32.77	609	
50m: 30.52 30.52	150m: 1:40.01 35.41	250m: 2:50.05 34.58	350m: 4:00.04 34.45	400m: 4:32.77 32.73				
100m: 1:04.60 34.08	200m: 2:15.47 35.46	300m: 3:25.59 35.54						
2. Matilde Violante, VIANA	07	CNLeiria - VOID				4:32.93	608	
50m: 31.17 31.17	150m: 1:39.75 34.67	250m: 2:49.98 35.06	350m: 3:59.84 34.97	400m: 4:32.93 33.09				
100m: 1:05.08 33.91	200m: 2:14.92 35.17	300m: 3:24.87 34.89						
3. Leonor Vendima, COELHO	07	CNLeiria - VOID				4:45.44	532	
50m: 31.82 31.82	150m: 1:43.75 36.45	250m: 2:57.54 37.04	350m: 4:11.37 36.61	400m: 4:45.44 34.07				
100m: 1:07.30 35.48	200m: 2:20.50 36.75	300m: 3:34.76 37.22						
4. Joana Silva, ALVES	05	Pimpoes/Cimai				4:46.51	526	
50m: 32.82 32.82	150m: 1:44.14 36.18	250m: 2:57.33 36.47	350m: 4:10.50 36.57	400m: 4:46.51 36.01				
100m: 1:07.96 35.14	200m: 2:20.86 36.72	300m: 3:33.93 36.60						
5. Francisca Ramos, NUNES	09	Naval de Peniche				4:50.09	506	
50m: 33.29 33.29	150m: 1:46.09 36.73	250m: 3:00.42 37.56	350m: 4:15.30 37.33	400m: 4:50.09 34.79				
100m: 1:09.36 36.07	200m: 2:22.86 36.77	300m: 3:37.97 37.55						
6. Marta Cabete, GOMES	08	CNLeiria - VOID				5:33.30	334	
50m: 37.29 37.29	150m: 2:00.22 42.39	250m: 3:25.73 43.18	350m: 4:51.33 42.66	400m: 5:33.30 41.97				
100m: 1:17.83 40.54	200m: 2:42.55 42.33	300m: 4:08.67 42.94						
DNS Mariana Jorge, DUARTE	97	Nucleo de Pombal						

Prova 22	Femin., 400m Livres				Juvenis Femininos (A+B)
15/03/2025					Resultados
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: AQUA 2024

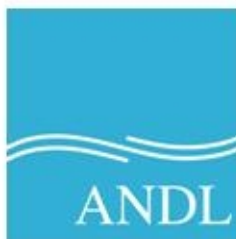
Lugar	Ano						Tempo final	Pts
1. Diana Isabel, ALVES	10	Pimpoes/Cimai				4:45.52	531	
50m: 32.20 32.20	150m: 1:43.92 36.15	250m: 2:57.18 36.59	350m: 4:10.78 36.92	400m: 4:45.52 34.74				
100m: 1:07.77 35.57	200m: 2:20.59 36.67	300m: 3:33.86 36.68						
2. Laura Helena, AMORIM	10	Nautico Marinha Grande				4:49.73	508	
50m: 32.27 32.27	150m: 1:45.03 37.10	250m: 2:59.24 37.05	350m: 4:13.99 37.51	400m: 4:49.73 35.74				
100m: 1:07.93 35.66	200m: 2:22.19 37.16	300m: 3:36.48 37.24						
3. Vida Sofia, VELEZ	10	Ba-Leiria				4:51.88	497	
50m: 32.51 32.51	150m: 1:45.15 36.47	250m: 2:59.60 37.27	350m: 4:14.61 37.86	400m: 4:51.88 37.27				
100m: 1:08.68 36.17	200m: 2:22.33 37.18	300m: 3:36.75 37.15						



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Prova 22, Femin., 400m Livres, Juvenis Femininos (A+B)

Lugar			Ano					Tempo final	Pts
4.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande				4:52.40	494
	50m:	34.29 34.29	150m:	1:48.94	37.35	250m:	3:03.32 37.32	350m:	4:17.62 37.20
	100m:	1:11.59 37.30	200m:	2:26.00	37.06	300m:	3:40.42 37.10	400m:	4:52.40 34.78
5.	Madalena Gracio, PEDROSO		10	Nautico Marinha Grande				4:53.17	491
	50m:	32.98 32.98	150m:	1:46.96	37.39	250m:	3:01.73 37.39	350m:	4:16.77 37.55
	100m:	1:09.57 36.59	200m:	2:24.34	37.38	300m:	3:39.22 37.49	400m:	4:53.17 36.40
6.	Leonor Mota, ALVES		11	Nautico Marinha Grande				4:55.91	477
	50m:	34.46 34.46	150m:	1:48.44	37.30	250m:	3:03.99 37.73	350m:	4:20.75 38.38
	100m:	1:11.14 36.68	200m:	2:26.26	37.82	300m:	3:42.37 38.38	400m:	4:55.91 35.16
7.	Carlota Sa, SANTOS		11	Nucleo de Pombal				4:58.63	464
	50m:	33.87 33.87	150m:	1:49.48	38.26	250m:	3:06.60 38.59	350m:	4:22.63 37.56
	100m:	1:11.22 37.35	200m:	2:28.01	38.53	300m:	3:45.07 38.47	400m:	4:58.63 36.00
8.	Maria Joao, VALA		11	Pimpoes/Cimai				4:58.73	464
	50m:	33.98 33.98	150m:	1:49.33	37.57	250m:	3:05.54 38.06	350m:	4:23.07 37.92
	100m:	1:11.76 37.78	200m:	2:27.48	38.15	300m:	3:45.15 39.61	400m:	4:58.73 35.66
9.	Carolina Silva, CASTANHEIRA		11	CNLeiria - VOID				4:59.13	462
	50m:	33.34 33.34	150m:	1:49.20	38.56	250m:	3:06.12 38.56	350m:	4:22.81 37.75
	100m:	1:10.64 37.30	200m:	2:27.56	38.36	300m:	3:45.06 38.94	400m:	4:59.13 36.32
10.	Maria Carolina, ALVES		10	Ba-Leiria				5:02.21	448
	50m:	33.84 33.84	150m:	1:48.80	37.82	250m:	3:05.89 38.70	350m:	4:24.37 39.16
	100m:	1:10.98 37.14	200m:	2:27.19	38.39	300m:	3:45.21 39.32	400m:	5:02.21 37.84
11.	Barbara Balbino, MENDES		10	Naval de Peniche				5:05.41	434
	50m:	34.66 34.66	150m:	1:49.74	37.81	250m:	3:06.98 38.74	350m:	4:26.17 39.71
	100m:	1:11.93 37.27	200m:	2:28.24	38.50	300m:	3:46.46 39.48	400m:	5:05.41 39.24
12.	Margarida Soares, MAIA		11	Nautico Marinha Grande				5:15.53	393
	50m:	36.38 36.38	150m:	1:56.06	40.44	250m:	3:16.44 40.26	350m:	4:36.81 39.90
	100m:	1:15.62 39.24	200m:	2:36.18	40.12	300m:	3:56.91 40.47	400m:	5:15.53 38.72
13.	Mariana Sousa, OLIVEIRA		10	Alcobaca				5:44.78	301
	50m:	38.42 38.42	150m:	2:06.42	44.95	250m:	3:36.27 44.83	350m:	5:04.49 43.64
	100m:	1:21.47 43.05	200m:	2:51.44	45.02	300m:	4:20.85 44.58	400m:	5:44.78 40.29
14.	Matilde Pinto, ANTUNES		11	Naval de Peniche				5:58.70	268
	50m:	39.48 39.48	150m:	2:10.49	46.39	250m:	3:43.29 46.56	350m:	5:15.34 45.54
	100m:	1:24.10 44.62	200m:	2:56.73	46.24	300m:	4:29.80 46.51	400m:	5:58.70 43.36
15.	Matilde Vitorino, FERREIRA		11	Naval de Peniche				6:03.61	257
	50m:	39.82 39.82	150m:	2:11.66	46.16	250m:	3:46.73 48.16	350m:	5:20.20 45.19
	100m:	1:25.50 45.68	200m:	2:58.57	46.91	300m:	4:35.01 48.28	400m:	6:03.61 43.41
DNS	Bianca Balbino, MENDES		10	Naval de Peniche					



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Prova 22  
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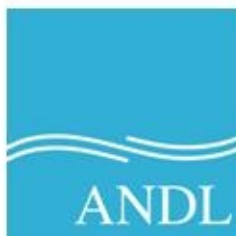
Femin., 400m Livres

Infantil A  
Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Luna Francisco, PEREIRA	12 Nucleo de Pombal	5:17.12	388
50m: 35.63 35.63	150m: 1:56.52 41.08	250m: 3:18.41 40.88	350m: 4:39.59 40.48
100m: 1:15.44 39.81	200m: 2:37.53 41.01	300m: 3:59.11 40.70	400m: 5:17.12 37.53
2. Emiliana Arruda, SARAIVA	12 Veiense	5:18.85	381
50m: 36.48 36.48	150m: 1:58.20 41.07	250m: 3:20.91 41.49	350m: 4:41.78 40.18
100m: 1:17.13 40.65	200m: 2:39.42 41.22	300m: 4:01.60 40.69	400m: 5:18.85 37.07
3. Carolina Matos, CORREIA	12 Nucleo de Pombal	5:38.99	317
50m: 39.97 39.97	150m: 2:06.24 43.20	250m: 3:32.92 43.12	350m: 4:58.45 42.61
100m: 1:23.04 43.07	200m: 2:49.80 43.56	300m: 4:15.84 42.92	400m: 5:38.99 40.54
4. Barbara Serrano, LOMBA	12 Ba-Leiria	5:45.49	300
50m: 36.54 36.54	150m: 2:02.42 44.05	250m: 3:32.30 45.18	350m: 5:03.61 46.18
100m: 1:18.37 41.83	200m: 2:47.12 44.70	300m: 4:17.43 45.13	400m: 5:45.49 41.88
5. Maria Ines, GOMES	12 Nucleo de Pombal	5:45.52	299
50m: 40.34 40.34	150m: 2:07.84 44.28	250m: 3:36.01 43.72	350m: 5:04.22 43.73
100m: 1:23.56 43.22	200m: 2:52.29 44.45	300m: 4:20.49 44.48	400m: 5:45.52 41.30
6. Daniela Carvalho, FERREIRA	12 Nucleo de Pombal	5:57.73	270
50m: 40.26 40.26	150m: 2:10.33 46.08	250m: 3:42.35 45.83	350m: 5:14.43 46.23
100m: 1:24.25 43.99	200m: 2:56.52 46.19	300m: 4:28.20 45.85	400m: 5:57.73 43.30
7. Valeria, MORITS	12 Nautico Marinha Grande	6:10.90	242
50m: 41.02 41.02	150m: 2:12.69 46.65	250m: 3:47.45 47.44	350m: 5:24.09 49.53
100m: 1:26.04 45.02	200m: 3:00.01 47.32	300m: 4:34.56 47.11	400m: 6:10.90 46.81
8. Guiomar Dionisio, CARREIRA	12 Pimpoes/Cimai	6:17.41	230
50m: 41.51 41.51	150m: 2:17.20 47.99	250m: 3:53.70 47.12	350m: 5:30.58 49.10
100m: 1:29.21 47.70	200m: 3:06.58 49.38	300m: 4:41.48 47.78	400m: 6:17.41 46.83



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Prova 22, Femin., 400m Livres

Prova 22 Femin., 400m Livres Infantil B  
15/03/2025 Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcoçaba	13/06/2009

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Lara Sofia, MARCELINO	13	5:49.49	289
50m: 40.08 40.08	150m: 2:09.99 45.31	250m: 3:39.57 44.06	350m: 5:07.38 43.54
100m: 1:24.68 44.60	200m: 2:55.51 45.52	300m: 4:23.84 44.27	400m: 5:49.49 42.11
2. Laura Silva, MARTINS	13	6:07.00	250
50m: 40.66 40.66	150m: 2:16.40 48.43	250m: 3:50.96 46.38	350m: 5:25.64 47.29
100m: 1:27.97 47.31	200m: 3:04.58 48.18	300m: 4:38.35 47.39	400m: 6:07.00 41.36
3. Violeta Neves, SILVA	13	6:14.04	236
50m: 42.40 42.40	150m: 2:17.47 47.45	250m: 3:52.47 47.98	350m: 5:28.01 47.34
100m: 1:30.02 47.62	200m: 3:04.49 47.02	300m: 4:40.67 48.20	400m: 6:14.04 46.03
4. Catarina Franco, RODRIGUES	13	6:23.93	218
50m: 42.85 42.85	150m: 2:18.90 48.45	250m: 3:56.92 49.28	350m: 5:36.20 49.99
100m: 1:30.45 47.60	200m: 3:07.64 48.74	300m: 4:46.21 49.29	400m: 6:23.93 47.73
5. Francisca Vieira, SILVA	13	6:25.03	216
50m: 41.42 41.42	150m: 2:19.56 50.10	250m: 3:58.38 49.35	350m: 5:37.39 49.94
100m: 1:29.46 48.04	200m: 3:09.03 49.47	300m: 4:47.45 49.07	400m: 6:25.03 47.64
6. Ana Sofia, SILVA	13	6:31.46	206
50m: 42.26 42.26	150m: 2:19.31 49.44	250m: 3:59.86 50.44	350m: 5:41.74 50.82
100m: 1:29.87 47.61	200m: 3:09.42 50.11	300m: 4:50.92 51.06	400m: 6:31.46 49.72
7. Sara Machado, JANUARIO	13	6:45.51	185
50m: 44.25 44.25	150m: 2:25.87 51.76	250m: 4:08.99 51.91	350m: 5:55.42 53.68
100m: 1:34.11 49.86	200m: 3:17.08 51.21	300m: 5:01.74 52.75	400m: 6:45.51 50.09
8. Matilde Mamede, CECILIO	13	7:04.04	162
50m: 44.50 44.50	150m: 2:31.37 53.81	250m: 4:20.98 54.70	350m: 6:10.85 54.61
100m: 1:37.56 53.06	200m: 3:26.28 54.91	300m: 5:16.24 55.26	400m: 7:04.04 53.19
EXH Cristiana Sofia, DUARTE	07	4:44.57	536
50m: 32.08 32.08	150m: 1:44.72 36.80	250m: 2:57.55 35.76	350m: 4:09.64 36.68
100m: 1:07.92 35.84	200m: 2:21.79 37.07	300m: 3:32.96 35.41	400m: 4:44.57 34.93