



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

Prova 30 16/03/2025	Femin., 200m Bruços				Absolutos (JUN+SEN) Resultados
Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac 19 +	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac 18	2:23.46	Raquel Gomes, PEREIRA	SAD	Porto	09/12/2017
Rec Nac 17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10/12/2016
Rec Nac 16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11/12/2015

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Joana Rosa, FERREIRA	05	CNLeiria - VOID	2:43.40				558
50m: 36.69 36.69	100m: 1:18.13	41.44	150m: 2:00.79	42.66	200m: 2:43.40	42.61	
2. Margarida Correia, MADEIRA	06	Nautico Marinha Grande	2:47.26				520
50m: 38.34 38.34	100m: 1:21.12	42.78	150m: 2:04.26	43.14	200m: 2:47.26	43.00	
3. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	2:53.02				470
50m: 39.08 39.08	100m: 1:22.63	43.55	150m: 2:07.80	45.17	200m: 2:53.02	45.22	
4. Camila Silva, CHAMUSCO	08	Pimpoes/Cimai	3:03.22				396
50m: 41.79 41.79	100m: 1:28.91	47.12	150m: 2:16.53	47.62	200m: 3:03.22	46.69	
5. Zofie, PACHECO	09	Naval de Peniche	3:14.73				330
50m: 41.66 41.66	100m: 1:30.91	49.25	150m: 2:23.17	52.26	200m: 3:14.73	51.56	
6. Bruna Matos, FIALHO	08	Uniao Juncalense	3:22.37				294
50m: 44.83 44.83	100m: 1:36.39	51.56	150m: 2:30.66	54.27	200m: 3:22.37	51.71	

Prova 30 16/03/2025	Femin., 200m Bruços				Juvenis Femininos (A+B) Resultados
Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac JUV A	2:32.36	Diana Duarte, GOMES	ABVE	Alcobaça	07/02/2004
Rec Nac JUV B	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
1. Sofia Roma, BRIZIDA	10	CNLeiria - VOID	2:43.07				561
50m: 37.44 37.44	100m: 1:18.63	41.19	150m: 2:00.62	41.99	200m: 2:43.07	42.45	
2. Leonor Pereira, SILVA	10	Óbidos	2:55.77				448
50m: 38.41 38.41	100m: 1:22.01	43.60	150m: 2:08.58	46.57	200m: 2:55.77	47.19	
3. Rafaela Santos, AFONSO	10	Naval de Peniche	2:58.65				427
50m: 39.81 39.81	100m: 1:25.46	45.65	150m: 2:12.95	47.49	200m: 2:58.65	45.70	
4. Beatriz Marques, GASPAR	11	Nautico Marinha Grande	2:59.94				418
50m: 40.76 40.76	100m: 1:27.07	46.31	150m: 2:15.24	48.17	200m: 2:59.94	44.70	
5. Vida Sofia, VELEZ	10	Ba-Leiria	3:00.17				416
50m: 40.31 40.31	100m: 1:27.17	46.86	150m: 2:15.52	48.35	200m: 3:00.17	44.65	
6. Elisa Henriques, SOUTO	10	Óbidos	3:00.83				412
50m: 40.82 40.82	100m: 1:27.15	46.33	150m: 2:13.78	46.63	200m: 3:00.83	47.05	



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Prova 30, Femin., 200m Bruços, Juvenis Femininos (A+B)

Lugar	Ano	Tempo final	Pts
7. Cristiana Henriques, ALMEIDA 50m: 42.46 42.46 100m: 1:29.50	11	Benedita 47.04 150m: 2:16.60 47.10 200m: 3:03.55	394 46.95
8. Maria Santos, FONSECA 50m: 40.97 40.97 100m: 1:27.38	11	CNLeiria - VOID 46.41 150m: 2:16.00 48.62 200m: 3:04.81	386 48.81
9. Mariana Santos, AFONSO 50m: 41.64 41.64 100m: 1:29.13	10	Naval de Peniche 47.49 150m: 2:18.71 49.58 200m: 3:06.26	377 47.55
10. Laura Helena, AMORIM 50m: 42.41 42.41 100m: 1:30.71	10	Nautico Marinha Grande 48.30 150m: 2:20.29 49.58 200m: 3:09.53	357 49.24
11. Margarida Soares, MAIA 50m: 45.01 45.01 100m: 1:35.39	11	Nautico Marinha Grande 50.38 150m: 2:26.29 50.90 200m: 3:16.06	323 49.77
12. Isabela Maria, CARREIRA 50m: 44.34 44.34 100m: 1:35.28	11	Uniao Juncalense 50.94 150m: 2:28.74 53.46 200m: 3:20.69	301 51.95
13. Isabela Lourenco, COSTA 50m: 47.56 47.56 100m: 1:40.17	11	Benedita 52.61 150m: 2:32.66 52.49 200m: 3:25.45	281 52.79
14. Kelly Simao, COSTA 50m: 46.24 46.24 100m: 1:38.06	11	Óbidos 51.82 150m: 2:32.85 54.79 200m: 3:27.83	271 54.98
15. Beatriz Morgado, SILVA 50m: 51.38 51.38 100m: 1:46.12	11	Benedita 54.74 150m: 2:41.36 55.24 200m: 3:35.20	244 53.84
16. Alice Lucas, COSTA 50m: 49.70 49.70 100m: 1:46.68	10	Uniao Juncalense 56.98 150m: 2:45.30 58.62 200m: 3:42.11	222 56.81

Prova 30
16/03/2025

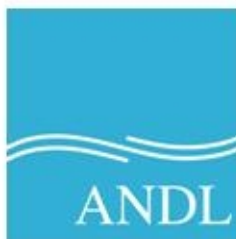
Femin., 200m Bruços

Infantil A
Resultados

Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac INF A	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06/06/2015

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, FERREIRA 50m: 45.78 45.78 100m: 1:36.85	12	Óbidos 51.07 150m: 2:29.62 52.77 200m: 3:20.16	303 50.54
2. Barbara Serrano, LOMBA 50m: 45.43 45.43 100m: 1:39.69	12	Ba-Leiria 54.26 150m: 2:35.48 55.79 200m: 3:29.00	266 53.52
3. Maria Leonor, ASSUNCAO 50m: 48.72 48.72 100m: 1:43.09	12	Pimpoes/Cimai 54.37 150m: 2:38.73 55.64 200m: 3:32.46	254 53.73
4. Rita Francisco, SIMOES 50m: 46.50 46.50 100m: 1:40.28	12	Vieirense 53.78 150m: 2:39.03 58.75 200m: 3:36.22	241 57.19
5. Yaroslava, TABUNSCHYK 50m: 49.95 49.95 100m: 1:45.28	12	CNLeiria - VOID 55.33 150m: 2:41.70 56.42 200m: 3:37.75	236 56.05



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Prova 30, Femin., 200m Bruços, Infantil A

Lugar	Ano	Tempo final	Pts
6. Daniela Carvalho, FERREIRA 50m: 49.81 49.81	12 Nucleo de Pombal	3:37.87	235
7. Iara Maria, CAMACHO 50m: 55.29 55.29	12 Pimpoes/Cimai	3:55.69	186

Prova 30 Femin., 200m Bruços Infantil B
16/03/2025 Resultados

Rec Nac Open	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec Nac INF B	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14/06/2014

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Sofia Guilherme, CABREIRA 50m: 49.19 49.19	13 Óbidos	3:30.70	260
2. Alicia Ferreira, OLIVEIRA 50m: 50.60 50.60	13 Ba-Leiria	3:31.16	258
3. Francisca Vieira, SILVA 50m: 49.51 49.51	13 Nucleo de Pombal	3:32.04	255
4. Carminho Jose, LOPES 50m: 49.57 49.57	13 Benedita	3:35.38	243
5. Violeta Neves, SILVA 50m: 50.07 50.07	13 Nucleo de Pombal	3:36.69	239
6. Victoria Cerqueira, SOBREIRO 50m: 52.34 52.34	13 Pimpoes/Cimai	3:45.45	212
7. Ana Sofia, SILVA 50m: 50.53 50.53	13 Naval de Peniche	3:47.42	207
8. Matilde Mamede, CECILIO 50m: 52.22 52.22	13 Naval de Peniche	3:52.81	193
9. Elisa Rodrigues, SIMOES 50m: 56.04 56.04	13 Benedita	3:56.10	185
10. Luiza Fernandes, SILVA 50m: 59.40 59.40	13 Uniao Juncalense	4:30.33	123
EXH Ana Filipa, VEIGA 50m: 36.43 36.43	01 Gafanha da Encarnacao	2:35.69	645