



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

Prova 32 16/03/2025	Femin., 200m Costas				Absolutos (JUN+SEN) Resultados
Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac 19 +	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac 18	2:10.31	Camila Rodrigues, REBELO	ALN	Gafanha da Nazare	18/07/2021
Rec Nac 17	2:11.13	Camila Rodrigues, REBELO	ALN	Felgueiras	20/12/2019
Rec Nac 16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras	21/12/2018

Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts
1. Beatriz Belo, CLARA	09	CNLeiria - VOID			2:25.89	541
50m: 33.51 33.51	100m: 1:10.73	37.22	150m: 1:49.15	38.42	200m: 2:25.89	36.74
2. Anna Leena, TIELMANN	08	Naval de Peniche			2:26.57	534
50m: 34.41 34.41	100m: 1:11.44	37.03	150m: 1:49.23	37.79	200m: 2:26.57	37.34
3. Matilde Violante, VIANA	07	CNLeiria - VOID			2:37.06	434
50m: 36.97 36.97	100m: 1:16.59	39.62	150m: 1:56.85	40.26	200m: 2:37.06	40.21
4. Bruna Andreia, SIMOES	01	Vieirense			2:41.10	402
50m: 38.94 38.94	100m: 1:20.29	41.35	150m: 2:01.09	40.80	200m: 2:41.10	40.01
5. Ana Margarida, MARQUES	09	Ba-Leiria			2:42.96	388
50m: 38.37 38.37	100m: 1:19.73	41.36	150m: 2:02.27	42.54	200m: 2:42.96	40.69
6. Constanca Carvalho, PIEDADE	08	Uniao Juncalense			2:53.33	323
50m: 39.83 39.83	100m: 1:23.24	43.41	150m: 2:08.57	45.33	200m: 2:53.33	44.76

Prova 32 16/03/2025	Femin., 200m Costas				Juvenis Femininos (A+B) Resultados
Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac JUV A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12/05/2018
Rec Nac JUV B	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008

Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts
1. Carolina Silva, CASTANHEIRA	11	CNLeiria - VOID			2:35.48	447
50m: 35.97 35.97	100m: 1:14.93	38.96	150m: 1:55.64	40.71	200m: 2:35.48	39.84
2. Debora Silva, INACIO	10	Pimpoes/Cimai			2:37.86	427
50m: 36.94 36.94	100m: 1:16.97	40.03	150m: 1:57.83	40.86	200m: 2:37.86	40.03
3. Vida Sofia, VELEZ	10	Ba-Leiria			2:38.20	424
50m: 37.89 37.89	100m: 1:17.94	40.05	150m: 1:59.10	41.16	200m: 2:38.20	39.10
4. Leonor Mota, ALVES	11	Nautico Marinha Grande			2:38.45	422
50m: 36.89 36.89	100m: 1:16.75	39.86	150m: 1:57.70	40.95	200m: 2:38.45	40.75
5. Carlota Sa, SANTOS	11	Nucleo de Pombal			2:42.41	392
50m: 37.30 37.30	100m: 1:17.75	40.45	150m: 2:00.91	43.16	200m: 2:42.41	41.50
6. Matilde Santos, VIEIRA	10	Nautico Marinha Grande			2:44.72	376
50m: 39.29 39.29	100m: 1:20.75	41.46	150m: 2:03.26	42.51	200m: 2:44.72	41.46



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Prova 32, Femin., 200m Costas, Juvenis Femininos (A+B)

Lugar			Ano					Tempo final	Pts
7.	Cristiana Henriques, ALMEIDA		11	Benedita				2:49.71	344
	50m:	41.40 41.40	100m:	1:24.84	43.44	150m:	2:07.94 43.10	200m:	2:49.71 41.77
8.	Matilde Filipa, AMADO		10	Nautico Marinha Grande				2:52.02	330
	50m:	41.04 41.04	100m:	1:24.63	43.59	150m:	2:08.51 43.88	200m:	2:52.02 43.51
9.	Mariana Sousa, OLIVEIRA		10	Alcobaca				2:54.61	316
	50m:	40.71 40.71	100m:	1:24.94	44.23	150m:	2:10.72 45.78	200m:	2:54.61 43.89
10.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense				2:56.15	307
	50m:	41.26 41.26	100m:	1:25.83	44.57	150m:	2:12.20 46.37	200m:	2:56.15 43.95
11.	Matilde Pinto, ANTUNES		11	Naval de Peniche				2:59.66	290
	50m:	41.49 41.49	100m:	1:27.22	45.73	150m:	2:14.16 46.94	200m:	2:59.66 45.50
12.	Isabela Lourenco, COSTA		11	Benedita				2:59.78	289
	50m:	43.06 43.06	100m:	1:28.79	45.73	150m:	2:14.87 46.08	200m:	2:59.78 44.91
13.	Beatriz Morgado, SILVA		11	Benedita				3:07.08	256
	50m:	46.58 46.58	100m:	1:34.39	47.81	150m:	2:21.39 47.00	200m:	3:07.08 45.69
14.	Matilde Vitorino, FERREIRA		11	Naval de Peniche				3:09.28	248
	50m:	44.99 44.99	100m:	1:33.45	48.46	150m:	2:23.07 49.62	200m:	3:09.28 46.21
DNS	Madalena Gracio, PEDROSO		10	Nautico Marinha Grande					

Prova 32  
16/03/2025

Femin., 200m Costas

Infantil A  
Resultados

Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac INF A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06/06/2015

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Luna Francisco, PEREIRA		12	Nucleo de Pombal				2:44.48	378
	50m:	38.27 38.27	100m:	1:20.25	41.98	150m:	2:03.15 42.90	200m:	2:44.48 41.33
2.	Beatriz Julio, CORREIA		12	CNLeiria - VOID				2:50.05	342
	50m:	40.89 40.89	100m:	1:25.41	44.52	150m:	2:08.45 43.04	200m:	2:50.05 41.60
3.	Safira Pedro, FONSECA		12	Vieirense				2:50.80	337
	50m:	40.42 40.42	100m:	1:24.22	43.80	150m:	2:08.18 43.96	200m:	2:50.80 42.62
4.	Carolina Matos, CORREIA		12	Nucleo de Pombal				2:59.35	291
	50m:	43.62 43.62	100m:	1:29.25	45.63	150m:	2:15.40 46.15	200m:	2:59.35 43.95
5.	Jessica Garcia, FERREIRA		12	Óbidos				3:02.80	275
	50m:	44.13 44.13	100m:	1:30.27	46.14	150m:	2:17.69 47.42	200m:	3:02.80 45.11
6.	Constanca Santos, COUTINHO		12	Naval da Nazaré				3:04.00	270
	50m:	43.82 43.82	100m:	1:30.07	46.25	150m:	2:18.47 48.40	200m:	3:04.00 45.53
7.	Valeria, MORITS		12	Nautico Marinha Grande				3:18.23	216
	50m:	47.04 47.04	100m:	1:37.24	50.20	150m:	2:27.99 50.75	200m:	3:18.23 50.24



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Prova 32, Femin., 200m Costas, Infantil A

Lugar	Ano	Tempo final	Pts
8. Mariana Duarte, ANTUNES	12 Alcobaca	3:20.18	209
50m: 48.42 48.42	100m: 1:39.31 50.89	150m: 2:30.35 51.04	200m: 3:20.18 49.83

Prova 32  
16/03/2025

Femin., 200m Costas

Infantil B  
Resultados

Rec Nac Open	2:04.39	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	07/12/2023
Rec Nac INF B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26/03/2017

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Emma Henriques, SOUTO	13 Óbidos	3:04.53	267
50m: 42.89 42.89	100m: 1:29.80 46.91	150m: 2:18.01 48.21	200m: 3:04.53 46.52
2. Avron Dawn, SANTOS	13 Vieiraense	3:09.35	247
50m: 44.20 44.20	100m: 1:33.51 49.31	150m: 2:23.68 50.17	200m: 3:09.35 45.67
3. Ana Sofia, SILVA	13 Naval de Peniche	3:17.55	218
50m: 47.21 47.21	100m: 1:38.23 51.02	150m: 2:29.72 51.49	200m: 3:17.55 47.83
4. Mafalda Amado, QUARESMA	13 Pimpos/Cimai	3:18.41	215
50m: 48.89 48.89	100m: 1:39.49 50.60	150m: 2:30.66 51.17	200m: 3:18.41 47.75
5. Sara Machado, JANUARIO	13 Alcobaca	3:20.63	208
50m: 47.67 47.67	100m: 1:39.21 51.54	150m: 2:30.58 51.37	200m: 3:20.63 50.05
6. Carminho Jose, LOPES	13 Benedita	3:25.71	193
50m: 51.67 51.67	100m: 1:46.04 54.37	150m: 2:36.52 50.48	200m: 3:25.71 49.19
7. Eva Vieira, SILVA	13 Nucleo de Pombal	3:33.73	172
50m: 50.39 50.39	100m: 1:45.83 55.44	150m: 2:39.24 53.41	200m: 3:33.73 54.49
8. Catarina Franco, RODRIGUES	13 Naval de Peniche	3:35.06	169
50m: 51.46 51.46	100m: 1:46.92 55.46	150m: 2:42.19 55.27	200m: 3:35.06 52.87
9. Constanca Teopisto, CARVALHO	13 Alcobaca	3:36.47	165
50m: 52.36 52.36	100m: 1:46.80 54.44	150m: 2:42.84 56.04	200m: 3:36.47 53.63
10. Catarina Faustino, DIAS	13 Naval de Peniche	3:39.15	159
50m: 52.38 52.38	100m: 1:48.54 56.16	150m: 2:46.26 57.72	200m: 3:39.15 52.89
DSQ Elisa Rodrigues, SIMOES	13 Benedita		
<i>A nadadora aos 175 metros, não realizou a viragem, logo após terminar o movimento contínuo da braçada.</i>			
DNS Erica Maria, FORTUNATO	13 Ba-Leiria		
EXH Cristiana Sofia, DUARTE	07 Académica de Coimbra	2:31.89	480
50m: 34.47 34.47	100m: 1:12.07 37.60	150m: 1:52.00 39.93	200m: 2:31.89 39.89