



Campeonato Interdistrital de Infantis PC - ANDL/ ANC/ ANCNP
Leiria, 8 - 9/3/2025

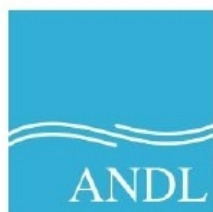
Prova 1 Femin., 400m Livres Infantil A Femininos
08/03/2025 - 9:30 Resultados

Recordes Nacionais 25m Open 4:04.57 Francisca Soares, MARTINS POR Otopeni (ROU) 10/12/2023
Recordes Nacionais 25m INF A 4:25.30 Alexandra Maria, SILVA FCP Porto 19/07/1980

TAC INF A FEM : 6:08.70

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, LOBO	12 Condeixa Aqua Clube	4:58.65	464
50m: 34.54 34.54	150m: 1:50.92 38.24	250m: 3:07.78 38.38	350m: 4:23.29 37.42
100m: 1:12.68 38.14	200m: 2:29.40 38.48	300m: 3:45.87 38.09	400m: 4:58.65 35.36
2. Maria Luisa, NOGUEIRA	12 Academica de Coimbra	5:02.06	449
50m: 33.96 33.96	150m: 1:49.98 38.40	250m: 3:07.83 38.93	350m: 4:25.12 38.50
100m: 1:11.58 37.62	200m: 2:28.90 38.92	300m: 3:46.62 38.79	400m: 5:02.06 36.94
3. Constanca Sousa, FONTINHA	12 O Crasto	5:02.45	447
50m: 35.09 35.09	150m: 1:52.54 39.20	250m: 3:09.71 38.41	350m: 4:25.70 38.17
100m: 1:13.34 38.25	200m: 2:31.30 38.76	300m: 3:47.53 37.82	400m: 5:02.45 36.75
4. Leonor Simoes, SOUSA	12 Náutico Académico de Coimbra	5:08.01	423
50m: 34.32 34.32	150m: 1:52.34 39.45	250m: 3:11.32 39.42	350m: 4:30.44 39.66
100m: 1:12.89 38.57	200m: 2:31.90 39.56	300m: 3:50.78 39.46	400m: 5:08.01 37.57
5. Leonor Ribeiro, FERREIRA	12 Columbofila Cantanhedense	5:13.15	402
50m: 34.63 34.63	150m: 1:51.88 39.03	250m: 3:11.23 40.03	350m: 4:32.59 40.93
100m: 1:12.85 38.22	200m: 2:31.20 39.32	300m: 3:51.66 40.43	400m: 5:13.15 40.56
6. Luna Francisco, PEREIRA	12 Nucleo de Pombal	5:19.10	380
50m: 35.79 35.79	150m: 1:57.28 41.67	250m: 3:19.78 41.41	350m: 4:40.35 40.21
100m: 1:15.61 39.82	200m: 2:38.37 41.09	300m: 4:00.14 40.36	400m: 5:19.10 38.75
7. Laura Krempel, VARELA	12 Pimpoes/Cimai	5:22.23	369
50m: 35.56 35.56	150m: 1:54.67 39.95	250m: 3:17.95 41.54	350m: 4:42.38 41.59
100m: 1:14.72 39.16	200m: 2:36.41 41.74	300m: 4:00.79 42.84	400m: 5:22.23 39.85
8. Mafalda Varela, BERNARDINO	12 Alcobaca	5:23.67	364
50m: 36.54 36.54	150m: 1:59.56 42.19	250m: 3:22.25 41.71	350m: 4:44.00 40.58
100m: 1:17.37 40.83	200m: 2:40.54 40.98	300m: 4:03.42 41.17	400m: 5:23.67 39.67
9. Emiliana Arruda, SARAIVA	12 Vieiraense	5:26.91	354
50m: 36.38 36.38	150m: 1:59.31 42.07	250m: 3:23.38 41.79	350m: 4:47.53 41.72
100m: 1:17.24 40.86	200m: 2:41.59 42.28	300m: 4:05.81 42.43	400m: 5:26.91 39.38
10. Margarida Paiva, CORREIA	12 Miranda do Corvo	5:28.51	349
50m: 36.15 36.15	150m: 1:59.00 41.57	250m: 3:22.51 41.98	350m: 4:46.67 42.08
100m: 1:17.43 41.28	200m: 2:40.53 41.53	300m: 4:04.59 42.08	400m: 5:28.51 41.84
11. Ines Pinto, MARTINS	12 Pimpoes/Cimai	5:29.12	347
50m: 37.33 37.33	150m: 2:00.20 42.07	250m: 3:25.11 42.43	350m: 4:48.85 41.00
100m: 1:18.13 40.80	200m: 2:42.68 42.48	300m: 4:07.85 42.74	400m: 5:29.12 40.27
12. Beatriz Julio, CORREIA	12 CNLeiria - VOID	5:31.48	339
50m: 36.14 36.14	150m: 2:00.47 42.91	250m: 3:24.92 42.06	350m: 4:50.80 43.32
100m: 1:17.56 41.42	200m: 2:42.86 42.39	300m: 4:07.48 42.56	400m: 5:31.48 40.68

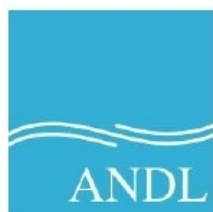


Câmara Municipal de Leiria

Campeonato Interdistrital de Infantis PC - ANDL/ ANC/ ANCNP
Leiria, 8 - 9/3/2025

Prova 1, Femin., 400m Livres, Infantil A Femininos

Lugar					Ano					Tempo final	Pts	
13.	Alice Silva, SENNA				12	Condeixa Aqua Clube				5:34.42	330	
	50m:	38.84	38.84	150m:	2:02.60	42.38	250m:	3:28.88	42.98	350m:	4:54.32	42.85
	100m:	1:20.22	41.38	200m:	2:45.90	43.30	300m:	4:11.47	42.59	400m:	5:34.42	40.10
14.	Julia Pinto, PINHEIRO				12	Pimpoes/Cimai				5:35.26	328	
	50m:	36.69	36.69	150m:	2:00.45	42.30	250m:	3:25.20	42.81	350m:	4:52.81	43.71
	100m:	1:18.15	41.46	200m:	2:42.39	41.94	300m:	4:09.10	43.90	400m:	5:35.26	42.45
15.	Safira Pedro, FONSECA				12	Vieirense				5:37.28	322	
	50m:	37.35	37.35	150m:	2:02.69	43.32	250m:	3:30.17	43.98	350m:	4:55.87	42.51
	100m:	1:19.37	42.02	200m:	2:46.19	43.50	300m:	4:13.36	43.19	400m:	5:37.28	41.41
16.	Benedita Nunes, FELIX				12	Pimpoes/Cimai				5:39.24	316	
	50m:	37.45	37.45	150m:	2:04.30	44.01	250m:	3:31.92	43.88	350m:	4:59.86	43.95
	100m:	1:20.29	42.84	200m:	2:48.04	43.74	300m:	4:15.91	43.99	400m:	5:39.24	39.38
17.	Leonor Martins, SILVA				12	Sporting Clube Sao Joao Ver				5:44.33	303	
	50m:	37.30	37.30	150m:	2:01.92	43.55	250m:	3:29.91	44.67	350m:	5:00.15	45.17
	100m:	1:18.37	41.07	200m:	2:45.24	43.32	300m:	4:14.98	45.07	400m:	5:44.33	44.18
18.	Barbara Serrano, LOMBA				12	Ba-Leiria				5:45.29	300	
	50m:	36.80	36.80	150m:	1:59.63	42.48	250m:	3:29.97	45.55	350m:	5:01.51	46.17
	100m:	1:17.15	40.35	200m:	2:44.42	44.79	300m:	4:15.34	45.37	400m:	5:45.29	43.78
19.	Emilia Matilde, GADANHA				12	Náutico Académico de Coimbra				5:49.16	290	
	50m:	38.64	38.64	150m:	2:05.64	43.84	250m:	3:35.30	44.78	350m:	5:05.63	45.10
	100m:	1:21.80	43.16	200m:	2:50.52	44.88	300m:	4:20.53	45.23	400m:	5:49.16	43.53
20.	Carminho Traquina, ANDRE				12	Alcobaca				5:50.26	287	
	50m:	38.77	38.77	150m:	2:10.10	46.04	250m:	3:40.04	44.48	350m:	5:10.23	44.32
	100m:	1:24.06	45.29	200m:	2:55.56	45.46	300m:	4:25.91	45.87	400m:	5:50.26	40.03
21.	Madalena Ramos, FRAGA				12	Desportivo de Estarreja				5:51.50	284	
	50m:	39.71	39.71	150m:	2:09.17	44.90	250m:	3:39.23	44.44	350m:	5:08.59	44.38
	100m:	1:24.27	44.56	200m:	2:54.79	45.62	300m:	4:24.21	44.98	400m:	5:51.50	42.91
22.	Maria Leonor, ASSUNCAO				12	Pimpoes/Cimai				5:52.62	282	
	50m:	40.83	40.83	150m:	2:10.44	45.28	250m:	3:40.73	45.07	350m:	5:10.04	44.60
	100m:	1:25.16	44.33	200m:	2:55.66	45.22	300m:	4:25.44	44.71	400m:	5:52.62	42.58
23.	Yaroslava, TABUNSCHYK				12	CNLeiria - VOID				5:53.13	281	
	50m:	37.41	37.41	150m:	2:03.87	44.21	250m:	3:34.85	45.48	350m:	5:07.60	46.83
	100m:	1:19.66	42.25	200m:	2:49.37	45.50	300m:	4:20.77	45.92	400m:	5:53.13	45.53
24.	Patricia Pinho, SANTOS				12	Associação Estamos Juntos				5:57.43	270	
	50m:	41.03	41.03	150m:	2:11.54	45.50	250m:	3:43.28	45.81	350m:	5:14.76	45.62
	100m:	1:26.04	45.01	200m:	2:57.47	45.93	300m:	4:29.14	45.86	400m:	5:57.43	42.67
25.	Rita Alexandra, JORDAO				12	Uniao Juncalense				5:58.06	269	
	50m:	38.93	38.93	150m:	2:10.02	46.60	250m:	3:42.54	46.42	350m:	5:14.17	45.64
	100m:	1:23.42	44.49	200m:	2:56.12	46.10	300m:	4:28.53	45.99	400m:	5:58.06	43.89
26.	Beatriz Pires, SOARES				12	Miranda do Corvo				6:02.37	260	
	50m:	39.76	39.76	150m:	2:10.56	45.60	250m:	3:43.88	46.63	350m:	5:17.30	47.11
	100m:	1:24.96	45.20	200m:	2:57.25	46.69	300m:	4:30.19	46.31	400m:	6:02.37	45.07



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Leiria, 8 - 9/3/2025

Prova 1, Femin., 400m Livres, Infantil A Femininos

Lugar	Ano		Tempo final						Pts
27. Daniela Carvalho, FERREIRA	12	Nucleo de Pombal	6:04.58						255
50m: 39.60 39.60	150m: 2:12.21	47.18	250m: 3:45.65	46.76	350m: 5:20.21	47.37			
100m: 1:25.03 45.43	200m: 2:58.89	46.68	300m: 4:32.84	47.19	400m: 6:04.58	44.37			
28. Valeria, MORITS	12	Nautico Marinha Grande	6:06.40						251
50m: 39.92 39.92	150m: 2:12.98	46.99	250m: 3:46.61	46.86	350m: 5:20.37	47.11			
100m: 1:25.99 46.07	200m: 2:59.75	46.77	300m: 4:33.26	46.65	400m: 6:06.40	46.03			
29. Iara Maria, CAMACHO	12	Pimpoes/Cimai	6:08.70						246
50m: 41.74 41.74	150m: 2:13.67	45.71	250m: 3:48.29	47.43	350m: 5:21.94	46.52			
100m: 1:27.96 46.22	200m: 3:00.86	47.19	300m: 4:35.42	47.13	400m: 6:08.70	46.76			

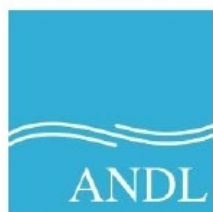
Prova 1 Femin., 400m Livres Infantil B Femininos Resultados

Recordes Nacionais 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

TAC INF B FEM : 6:30.10

Pontos: AQUA 2024

Lugar	Ano		Tempo final						Pts
1. Maria Luisa, CASTILLO	13	Nautico Marinha Grande	5:28.23						349
50m: 36.54 36.54	150m: 1:58.78	41.73	250m: 3:23.45	42.41	350m: 4:48.36	42.61			
100m: 1:17.05 40.51	200m: 2:41.04	42.26	300m: 4:05.75	42.30	400m: 5:28.23	39.87			
2. Matilde Goncalves, SILVA	13	Condeixa Aqua Clube	5:31.12						340
50m: 37.49 37.49	150m: 2:01.62	42.39	250m: 3:26.78	42.53	350m: 4:50.73	41.71			
100m: 1:19.23 41.74	200m: 2:44.25	42.63	300m: 4:09.02	42.24	400m: 5:31.12	40.39			
3. Alicia Ferreira, OLIVEIRA	13	Ba-Leiria	5:32.04						338
50m: 39.49 39.49	150m: 2:03.69	42.93	250m: 3:27.97	41.86	350m: 4:52.87	42.69			
100m: 1:20.76 41.27	200m: 2:46.11	42.42	300m: 4:10.18	42.21	400m: 5:32.04	39.17			
4. Maria Joao, OLIVEIRA	13	Alcobaça	5:41.33						311
50m: 38.13 38.13	150m: 2:03.08	43.50	250m: 3:30.48	43.95	350m: 4:59.41	44.30			
100m: 1:19.58 41.45	200m: 2:46.53	43.45	300m: 4:15.11	44.63	400m: 5:41.33	41.92			
5. Maria Joao, BERNARDO	13	Algés e Águeda XXI	5:41.40						310
50m: 40.14 40.14	150m: 2:06.09	43.50	250m: 3:31.65	42.98	350m: 4:59.27	44.36			
100m: 1:22.59 42.45	200m: 2:48.67	42.58	300m: 4:14.91	43.26	400m: 5:41.40	42.13			
6. Leticia Melo, LOPES	13	Algés e Águeda XXI	5:51.69						284
50m: 37.35 37.35	150m: 2:05.20	44.77	250m: 3:35.61	45.62	350m: 5:06.94	46.01			
100m: 1:20.43 43.08	200m: 2:49.99	44.79	300m: 4:20.93	45.32	400m: 5:51.69	44.75			
7. Lara Sofia, MARCELINO	13	Vieirense	5:54.15						278
50m: 40.11 40.11	150m: 2:11.08	45.97	250m: 3:42.14	45.24	350m: 5:11.45	44.19			
100m: 1:25.11 45.00	200m: 2:56.90	45.82	300m: 4:27.26	45.12	400m: 5:54.15	42.70			
8. Leonor Pinto, ROSARIO	13	Nautico Marinha Grande	5:57.01						271
50m: 36.77 36.77	150m: 2:08.83	46.56	250m: 3:41.81	46.41	350m: 5:13.66	45.43			
100m: 1:22.27 45.50	200m: 2:55.40	46.57	300m: 4:28.23	46.42	400m: 5:57.01	43.35			



Campeonato Interdistrital de Infantis PC - ANDL/ ANC/ ANCNP
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Prova 1, Femin., 400m Livres, Infantil B Femininos

Lugar			Ano					Tempo final	Pts
9.	Matilde Alves, ANTONINHO		13	Clube Desportivo Feirense				5:58.20	269
	50m:	38.70 38.70	150m:	2:08.02	45.21	250m:	3:39.68 45.62	350m:	5:12.87 46.87
	100m:	1:22.81 44.11	200m:	2:54.06	46.04	300m:	4:26.00 46.32	400m:	5:58.20 45.33
10.	Maria Mar, JESUS		13	Columbofila Cantanhedense				6:03.41	257
	50m:	39.52 39.52	150m:	2:11.81	46.67	250m:	3:45.75 46.82	350m:	5:18.86 46.33
	100m:	1:25.14 45.62	200m:	2:58.93	47.12	300m:	4:32.53 46.78	400m:	6:03.41 44.55
11.	Constanca Sabenca, SILVA		13	Sporting de Espinho				6:07.12	250
	50m:	41.32 41.32	150m:	2:14.90	47.24	250m:	3:49.10 47.43	350m:	5:23.83 47.23
	100m:	1:27.66 46.34	200m:	3:01.67	46.77	300m:	4:36.60 47.50	400m:	6:07.12 43.29
12.	Leonor Matias, ROSA		13	Louzan Natacao/EFAPEL				6:07.86	248
	50m:	42.54 42.54	150m:	2:13.35	45.53	250m:	3:47.05 46.55	350m:	5:22.91 47.95
	100m:	1:27.82 45.28	200m:	3:00.50	47.15	300m:	4:34.96 47.91	400m:	6:07.86 44.95
13.	Maria Leal, ALVES		13	Alcobaca				6:09.15	245
	50m:	38.69 38.69	150m:	2:13.07	48.31	250m:	3:48.62 48.33	350m:	5:24.61 47.91
	100m:	1:24.76 46.07	200m:	3:00.29	47.22	300m:	4:36.70 48.08	400m:	6:09.15 44.54
14.	Diana Orioli, PACHECO		13	Clube Desportivo Feirense				6:11.32	241
	50m:	40.33 40.33	150m:	2:12.57	46.81	250m:	3:48.51 48.35	350m:	5:24.90 48.33
	100m:	1:25.76 45.43	200m:	3:00.16	47.59	300m:	4:36.57 48.06	400m:	6:11.32 46.42
15.	Laura Silva, MARTINS		13	Ba-Leiria				6:12.46	239
	50m:	44.99 44.99	150m:	2:22.54	47.61	250m:	3:57.46 48.39	350m:	5:29.91 46.12
	100m:	1:34.93 49.94	200m:	3:09.07	46.53	300m:	4:43.79 46.33	400m:	6:12.46 42.55
16.	Camila Andrea, FERREIRA		13	Desportivo de Estarreja				6:21.88	222
	50m:	41.99 41.99	150m:	2:21.38	49.84	250m:	3:59.58 49.45	350m:	5:35.75 47.30
	100m:	1:31.54 49.55	200m:	3:10.13	48.75	300m:	4:48.45 48.87	400m:	6:21.88 46.13
17.	Emma Henriques, SOUTO		13	�bidos				6:22.99	220
	50m:	40.77 40.77	150m:	2:16.02	48.93	250m:	3:54.93 49.78	350m:	5:35.30 49.75
	100m:	1:27.09 46.32	200m:	3:05.15	49.13	300m:	4:45.55 50.62	400m:	6:22.99 47.69
18.	Maria Rita, PEREIRA		13	Desportivo de Estarreja				6:25.38	216
	50m:	43.43 43.43	150m:	2:20.96	49.78	250m:	3:59.52 49.41	350m:	5:38.09 49.10
	100m:	1:31.18 47.75	200m:	3:10.11	49.15	300m:	4:48.99 49.47	400m:	6:25.38 47.29
19.	Mafalda Amado, QUARESMA		13	Pimpoes/Cimai				6:26.62	214
	50m:	44.20 44.20	150m:	2:21.99	49.28	250m:	4:00.76 49.40	350m:	5:39.34 49.30
	100m:	1:32.71 48.51	200m:	3:11.36	49.37	300m:	4:50.04 49.28	400m:	6:26.62 47.28