



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 1, 2, e 3 Março 2024

Prova 22 Femin., 400m Livres Infantil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Inf B	4:50.13	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2015

: 6:49.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia	13		Torres Novas	5:32.62		336	
	50m: 37.26	150m: 2:01.70	250m: 3:26.89	350m: 4:51.94				
	100m: 1:19.06	200m: 2:44.46	300m: 4:09.71	400m: 5:32.62				
2.	Joana Ines Antunes	13		CPFZ - Natacao	6:07.75		248	
	50m: 41.10	150m: 2:14.66	250m: 3:48.64	350m: 5:22.06				
	100m: 1:26.95	200m: 3:01.97	300m: 4:35.27	400m: 6:07.75				
3.	Leonor Chambel Santos	13		Nautico Abrantes	6:19.89		225	
	50m: 46.43	150m: 2:22.28	250m: 3:57.19	350m: 5:33.16				
	100m: 1:34.86	200m: 3:09.71	300m: 4:45.08	400m: 6:19.89				
4.	Eva Sousa Alfaiate	13		Torres Novas	6:41.60		191	
	50m: 45.87	150m: 2:26.31	250m: 4:09.38	350m: 5:53.38				
	100m: 1:34.94	200m: 3:17.83	300m: 5:01.04	400m: 6:41.60				
5.	Mariana Ferreira Silva	13		Torres Novas	6:48.61		181	
	50m: 48.29	150m: 2:32.35	250m: 4:17.37	350m: 5:56.43				
	100m: 1:39.63	200m: 3:25.17	300m: 5:08.93	400m: 6:48.61				
DNS	Valentina Rodrigues Feijao	13		Nautico Salvaterra Magos				

Prova 22 Femin., 400m Livres Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Inf A	4:39.54	Mafalda Sofia Rosa	CNRM	Tomar	20/03/2016

: 6:33.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	5:02.00		449	
	50m: 34.60	150m: 1:51.52	250m: 3:08.53	350m: 4:25.18				
	100m: 1:12.67	200m: 2:30.38	300m: 3:46.93	400m: 5:02.00				
2.	Rita Gomes Valentim	12		Torres Novas	5:04.52		438	
	50m: 35.38	150m: 1:54.94	250m: 3:11.42	350m: 4:28.13				
	100m: 1:15.49	200m: 2:34.04	300m: 3:50.46	400m: 5:04.52				
3.	Rita Balsa Alves	12		BUZIOS-Coruche	5:16.42		390	
	50m: 37.11	150m: 1:57.81	250m: 3:19.48	350m: 4:38.77				
	100m: 1:16.98	200m: 2:38.92	300m: 3:59.53	400m: 5:16.42				
4.	Alicia Lopes Deep	12		BUZIOS-Coruche	5:23.84		364	
	50m: 36.28	150m: 1:58.01	250m: 3:22.23	350m: 4:44.77				
	100m: 1:16.51	200m: 2:40.63	300m: 4:03.43	400m: 5:23.84				
5.	Marta Costa Soares	12		Uniao Samorense	5:24.58		361	
	50m: 36.48	150m: 1:56.96	250m: 3:19.78	350m: 4:43.44				
	100m: 1:16.29	200m: 2:38.62	300m: 4:01.41	400m: 5:24.58				
6.	Margarida Madeira Pires	12		Rio Maior	5:27.95		350	
	50m: 38.32	150m: 2:01.77	250m: 3:25.52	350m: 4:48.15				
	100m: 1:19.88	200m: 2:43.77	300m: 4:07.35	400m: 5:27.95				
7.	Maria Pais Santos	12		BUZIOS-Coruche	5:35.64		327	
	50m: 38.56	150m: 2:03.10	250m: 3:27.32	350m: 4:53.13				
	100m: 1:20.43	200m: 2:45.38	300m: 4:10.36	400m: 5:35.64				
8.	Juliana Antunes Monteiro	12		Gualdim Pais	5:52.03		283	
	50m: 39.29	150m: 2:09.43	250m: 3:39.47	350m: 5:11.20				
	100m: 1:24.39	200m: 2:55.19	300m: 4:25.40	400m: 5:52.03				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 1, 2, e 3 Março 2024

Prova 22, Femin., 400m Livres, Infantil A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Ana Leonor Lopes	12		Rio Maior	5:56.02		274	
	50m: 39.85	150m: 2:11.35	250m: 3:43.12	350m: 5:14.80				
	100m: 1:25.63	200m: 2:57.39	300m: 4:29.44	400m: 5:56.02				
10.	Ana Marisa Simples FTL	12		Uniao Samorensense	6:49.01		180	
	50m: 45.27	150m: 2:27.35	250m: 4:14.28	350m: 5:59.98				
	100m: 1:35.21	200m: 3:20.44	300m: 5:06.86	400m: 6:49.01				

Prova 22 Femin., 400m Livres Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv B	4:33.98	Ana Rita Boavista	CNLA	Guimar�es	10/03/2002
: 6:19.00					

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11		BUZIOS-Coruche	4:46.80		524	
	50m: 32.84	150m: 1:45.16	250m: 2:59.01	350m: 4:12.06				
	100m: 1:08.35	200m: 2:22.11	300m: 3:35.50	400m: 4:46.80				
2.	Margarida Pinho Formigo	11		Torres Novas	5:05.86		432	
	50m: 35.55	150m: 1:55.05	250m: 3:12.34	350m: 4:28.64				
	100m: 1:15.11	200m: 2:34.20	300m: 3:50.95	400m: 5:05.86				
3.	Beatriz Agostinho Duque	11		20Km de Almeirim	5:44.91		301	
	50m: 40.65	150m: 2:09.45	250m: 3:37.78	350m: 5:04.80				
	100m: 1:24.83	200m: 2:53.52	300m: 4:22.41	400m: 5:44.91				

Prova 22 Femin., 400m Livres Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv A	4:26.26	Mafalda Sofia Rosa	CNRM	Tomar	19/11/2017
: 6:07.00					

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreireiro Martins	10		BUZIOS-Coruche	4:40.62		559	
	50m: 32.19	150m: 1:42.39	250m: 2:54.83	350m: 4:06.69				
	100m: 1:06.74	200m: 2:18.27	300m: 3:30.72	400m: 4:40.62				
2.	Maria Leonor Lopes	10		Torres Novas	4:56.61		474	
	50m: 34.00	150m: 1:49.29	250m: 3:05.58	350m: 4:20.96				
	100m: 1:11.49	200m: 2:27.46	300m: 3:43.05	400m: 4:56.61				
3.	Lara Paixao Silva	10		Rio Maior	4:59.32		461	
	50m: 33.83	150m: 1:50.40	250m: 3:07.35	350m: 4:24.15				
	100m: 1:11.71	200m: 2:29.59	300m: 3:45.74	400m: 4:59.32				



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Coruche, 1, 2, e 3 Março 2024

Prova 22, Femin., 400m Livres

Prova 22	Femin., 400m Livres					Junior
08/03/2025						Resultados
Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022	
Recorde Distrital ANDS 18 +	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023	
Recorde Distrital ANDS 17	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019	
Recorde Distrital ANDS Jun16	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019	
Jun/Sen: 5:42.00						

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08		Torres Novas	4:34.80		596	
	50m: 31.52 150m: 1:40.84 250m: 2:51.41 350m: 4:01.71							
	100m: 1:05.83 200m: 2:16.09 300m: 3:26.61 400m: 4:34.80							
2.	Maria Madalena Monteiro	08		Gualdim Pais	4:56.44		475	
	50m: 33.28 150m: 1:49.08 250m: 3:05.43 350m: 4:21.14							
	100m: 1:10.97 200m: 2:27.64 300m: 3:43.08 400m: 4:56.44							
3.	Mariana Mauricio Coelho	07		BUZIOS-Coruche	5:05.66		433	
	50m: 34.82 150m: 1:52.34 250m: 3:10.58 350m: 4:28.59							
	100m: 1:13.17 200m: 2:31.43 300m: 3:49.67 400m: 5:05.66							
4.	Leonor Margarida Mateus	09		BUZIOS-Coruche	5:12.01		407	
	50m: 35.29 150m: 1:53.78 250m: 3:14.16 350m: 4:33.93							
	100m: 1:13.90 200m: 2:34.05 300m: 3:53.81 400m: 5:12.01							
5.	Diana Goncalves Oliveira	07		Viver Santarem	5:17.24		387	
	50m: 35.39 150m: 1:53.75 250m: 3:14.55 350m: 4:36.81							
	100m: 1:14.00 200m: 2:33.84 300m: 3:55.60 400m: 5:17.24							
6.	Vera Almeida Rosa	09		Nautico Abrantes	5:35.39		328	
	50m: 37.21 150m: 2:02.16 250m: 3:28.85 350m: 4:55.41							
	100m: 1:18.98 200m: 2:45.43 300m: 4:11.75 400m: 5:35.39							
7.	Carolina Santos Carrilho	08		CLAC-Entroncamento	5:39.24		316	
	50m: 37.51 150m: 2:01.49 250m: 3:27.95 350m: 4:56.12							
	100m: 1:18.89 200m: 2:43.77 300m: 4:11.93 400m: 5:39.24							
8.	Catarina Isabel Galvao	09		BUZIOS-Coruche	5:52.53		282	
	<i>FTL</i>							
	50m: 39.95 150m: 2:09.14 250m: 3:38.36 350m: 5:08.74							
	100m: 1:23.97 200m: 2:54.08 300m: 4:23.49 400m: 5:52.53							
9.	Carolina Cupertino Marchante	09		CLAC-Entroncamento	5:53.91		279	
	<i>FTL</i>							
	50m: 39.84 150m: 2:09.08 250m: 3:40.60 350m: 5:11.66							
	100m: 1:23.57 200m: 2:54.67 300m: 4:26.33 400m: 5:53.91							

Prova 22	Femin., 400m Livres					Senior
08/03/2025						Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS 18 +	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023

Jun/Sen: 5:42.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Isabel Carlota	05		BUZIOS-Coruche	4:55.08		481	
	50m: 32.07 150m: 1:44.81 250m: 3:00.58 350m: 4:17.33							
	100m: 1:07.70 200m: 2:22.59 300m: 3:38.77 400m: 4:55.08							
2.	Joana Teixeira Dias	97		CLAC-Entroncamento	5:32.27		337	
	50m: 38.55 150m: 2:00.51 250m: 3:24.44 350m: 4:50.32							
	100m: 1:19.64 200m: 2:42.32 300m: 4:07.46 400m: 5:32.27							