



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

Prova 42 Femin., 400m Estilos Infantil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Inf B	5:41.97	Beatriz Grave Reis	CNRM	Sines	07/04/2017

: 7:40.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Amelia Torres	13		Viver Santarem	6:15.44		328	
	50m: 41.48	150m: 2:17.46	250m: 3:56.86	350m: 5:34.77				
	100m: 1:28.84	200m: 3:03.59	300m: 4:51.04	400m: 6:15.44				
2.	Laura Conde Correia	13		Torres Novas	6:28.25		296	
	50m: 44.95	150m: 2:28.29	250m: 4:10.83	350m: 5:47.71				
	100m: 1:39.20	200m: 3:17.47	300m: 5:03.99	400m: 6:28.25				
3.	Maria Rita Godinho	13		Torres Novas	7:23.50		199	
	50m: 53.42	150m: 2:53.08	250m: 4:47.39	350m: 6:35.52				
	100m: 1:54.82	200m: 3:49.57	300m: 5:44.59	400m: 7:23.50				
4.	Barbara Godinho Simoes	13		CPFZ - Natacao	7:26.37		195	
	50m: 49.70	150m: 2:41.55	250m: 4:41.48	350m: 6:39.51				
	100m: 1:47.35	200m: 3:35.34	300m: 5:49.62	400m: 7:26.37				
5.	Mafalda Ines Martinho	13		CLAC-Entroncamento	7:41.73		176	
	<i>FTL</i>							
	50m: 56.05	150m: 3:00.64	250m: 4:58.68	350m: 6:52.53				
	100m: 2:02.16	200m: 3:57.96	300m: 6:00.35	400m: 7:41.73				

Prova 42 Femin., 400m Estilos Infantil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Inf A	5:21.39	Mariana Veloso Vitoria	CNAB	Coruche	25/02/2011

: 7:06.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	5:40.10		441	
	50m: 35.73	150m: 2:03.40	250m: 3:34.25	350m: 5:02.58				
	100m: 1:19.74	200m: 2:45.90	300m: 4:23.56	400m: 5:40.10				
2.	Alicia Lopes Deep	12		BUZIOS-Coruche	6:16.49		325	
	50m: 42.79	150m: 2:24.56	250m: 4:04.08	350m: 5:36.63				
	100m: 1:36.48	200m: 3:12.68	300m: 4:55.68	400m: 6:16.49				
3.	Matilde Abelho Vaz	12		CLAC-Entroncamento	6:48.93		253	
	50m: 49.04	150m: 2:38.94	250m: 4:25.26	350m: 6:05.72				
	100m: 1:46.45	200m: 3:31.08	300m: 5:18.48	400m: 6:48.93				



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

Prova 42, Femin., 400m Estilos

Prova 42 Femin., 400m Estilos Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Juv B	5:16.20	Catia Jordan Agostinho	CNRM	Abrantes	22/11/2015

: 7:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	5:31.41		476	
	50m: 35.15 150m: 2:01.01 250m: 3:28.98 350m: 4:53.61						
	100m: 1:17.75 200m: 2:42.54 300m: 4:15.12 400m: 5:31.41						
2.	Mariana Freitas Mota	11	Torres Novas	6:03.04		362	
	50m: 43.08 150m: 2:18.90 250m: 3:52.71 350m: 5:23.12						
	100m: 1:32.22 200m: 3:03.84 300m: 4:41.63 400m: 6:03.04						
3.	Rita Lino Ferreira	11	BUZIOS-Coruche	6:10.21		342	
	50m: 40.76 150m: 2:17.92 250m: 3:56.39 350m: 5:30.10						
	100m: 1:27.88 200m: 3:06.41 300m: 4:47.70 400m: 6:10.21						

Prova 42 Femin., 400m Estilos Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Juv A	5:12.61	C�tia Jordan Agostinho	CNRM	Guarda	02/12/2016

: 6:45.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreiro Martins	10	BUZIOS-Coruche	5:24.54		507	
	50m: 35.09 150m: 1:57.03 250m: 3:26.53 350m: 4:50.54						
	100m: 1:15.47 200m: 2:38.67 300m: 4:14.50 400m: 5:24.54						

Prova 42 Femin., 400m Estilos Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS 18 +	5:06.03	Carolina Silverio Carpinteiro	CNTEJO	Santar�m	08/03/2020
Recorde Distrital ANDS Jun16	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021

Jun/Sen: 6:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Maria Fragoso	07	Viver Santarem	5:45.96		419	
	50m: 35.43 150m: 2:05.85 250m: 3:39.33 350m: 5:07.30						
	100m: 1:18.17 200m: 2:52.93 300m: 4:26.43 400m: 5:45.96						
2.	Carolina Santos Carrilho	08	CLAC-Entroncamento	6:25.09		304	
	50m: 41.25 150m: 2:21.06 250m: 4:04.39 350m: 5:41.99						
	100m: 1:30.85 200m: 3:10.16 300m: 4:59.00 400m: 6:25.09						
3.	Daniela Santos Carrilho	08	CLAC-Entroncamento	6:30.44		291	
	50m: 41.56 150m: 2:23.54 250m: 4:05.96 350m: 5:45.19						
	100m: 1:33.29 200m: 3:13.87 300m: 4:58.90 400m: 6:30.44						
4.	Catarina Isabel Galvao	09	BUZIOS-Coruche	6:36.54		278	
	<i>FTL</i>						
	50m: 40.03 150m: 2:21.38 250m: 4:10.46 350m: 5:53.86						
	100m: 1:27.62 200m: 3:14.36 300m: 5:08.07 400m: 6:36.54						
doente	Maria Madalena Monteiro	08	Gualdim Pais				