



Torneio de Fundo Infantis e Juvenis  
Caldas da Rainha, 3 - 4/5/2025

Prova 1

Femin., 400m Estilos

Juvenil A

03/05/2025 - 15:45

Resultados

Pontos: AQUA 2024

| Lugar                                                                                             | Ano                       | Tempo final         | Pts                 |
|---------------------------------------------------------------------------------------------------|---------------------------|---------------------|---------------------|
| 1. Diana Isabel, ALVES                                                                            | 10 Pimpoes/Cimai          | 5:32.54             | 472                 |
| 50m: 34.04 34.04                                                                                  | 150m: 1:56.82 41.87       | 250m: 3:27.91 49.56 | 350m: 4:57.02 38.32 |
| 100m: 1:14.95 40.91                                                                               | 200m: 2:38.35 41.53       | 300m: 4:18.70 50.79 | 400m: 5:32.54 35.52 |
| 2. Matilde Santos, VIEIRA                                                                         | 10 Nautico Marinha Grande | 5:32.75             | 471                 |
| 50m: 35.44 35.44                                                                                  | 150m: 2:00.73 44.83       | 250m: 3:30.95 47.24 | 350m: 4:57.56 37.40 |
| 100m: 1:15.90 40.46                                                                               | 200m: 2:43.71 42.98       | 300m: 4:20.16 49.21 | 400m: 5:32.75 35.19 |
| 3. Laura Samora, GONCALVES                                                                        | 10 CNLeiria - VOID        | 5:45.74             | 420                 |
| 50m: 36.60 36.60                                                                                  | 150m: 2:04.74 45.72       | 250m: 3:37.51 49.76 | 350m: 5:08.00 39.62 |
| 100m: 1:19.02 42.42                                                                               | 200m: 2:47.75 43.01       | 300m: 4:28.38 50.87 | 400m: 5:45.74 37.74 |
| 4. Debora Silva, INACIO                                                                           | 10 Pimpoes/Cimai          | 5:49.95             | 405                 |
| 50m: 36.56 36.56                                                                                  | 150m: 2:06.95 44.59       | 250m: 3:39.37 50.76 | 350m: 5:12.43 38.61 |
| 100m: 1:22.36 45.80                                                                               | 200m: 2:48.61 41.66       | 300m: 4:33.82 54.45 | 400m: 5:49.95 37.52 |
| 5. Leonor Pereira, SILVA                                                                          | 10 Óbidos                 | 5:50.59             | 402                 |
| 50m: 35.94 35.94                                                                                  | 150m: 2:10.34 47.28       | 250m: 3:42.20 47.08 | 350m: 5:12.70 42.78 |
| 100m: 1:23.06 47.12                                                                               | 200m: 2:55.12 44.78       | 300m: 4:29.92 47.72 | 400m: 5:50.59 37.89 |
| 6. Alice Lucas, COSTA                                                                             | 10 Uniao Juncalense       | 6:49.19             | 253                 |
| 50m: 41.38 41.38                                                                                  | 150m: 2:24.79 52.78       | 250m: 4:14.25 58.80 | 350m: 6:02.09 48.53 |
| 100m: 1:32.01 50.63                                                                               | 200m: 3:15.45 50.66       | 300m: 5:13.56 59.31 | 400m: 6:49.19 47.10 |
| 7. Anastasia, STURZA                                                                              | 10 Uniao Juncalense       | 7:18.28             | 206                 |
| 50m: 42.88 42.88                                                                                  | 150m: 2:39.87 1:01.64     | 250m: 4:37.91 58.89 | 350m: 6:28.22 50.65 |
| 100m: 1:38.23 55.35                                                                               | 200m: 3:39.02 59.15       | 300m: 5:37.57 59.66 | 400m: 7:18.28 50.06 |
| DSQ Elisa Henriques, SOUTO                                                                        | 10 Óbidos                 |                     |                     |
| A Atleta na viragem dos 200 metros perdeu a posição dorsal antes de terminar o percurso de costas |                           |                     |                     |
| DNS Matilde Filipa, AMADO                                                                         | 10 Nautico Marinha Grande |                     |                     |
| DNS Laura Helena, AMORIM                                                                          | 10 Nautico Marinha Grande |                     |                     |
| DNS Madalena Gracio, PEDROSO                                                                      | 10 Nautico Marinha Grande |                     |                     |

Prova 1

Femin., 400m Estilos

Juvenil B

03/05/2025 - 15:45

Resultados

Pontos: AQUA 2024

| Lugar                           | Ano                 | Tempo final         | Pts                 |
|---------------------------------|---------------------|---------------------|---------------------|
| 1. Francisca Moreira, FELICIANO | 11 Alcobaca         | 5:14.92             | 555                 |
| 50m: 32.65 32.65                | 150m: 1:51.29 40.59 | 250m: 3:16.47 44.92 | 350m: 4:39.27 37.24 |
| 100m: 1:10.70 38.05             | 200m: 2:31.55 40.26 | 300m: 4:02.03 45.56 | 400m: 5:14.92 35.65 |
| 2. Maria Joao, VALA             | 11 Pimpoes/Cimai    | 5:28.88             | 488                 |
| 50m: 34.56 34.56                | 150m: 1:56.03 41.25 | 250m: 3:24.62 48.57 | 350m: 4:51.96 38.62 |
| 100m: 1:14.78 40.22             | 200m: 2:36.05 40.02 | 300m: 4:13.34 48.72 | 400m: 5:28.88 36.92 |
| 3. Carlota Sa, SANTOS           | 11 Nucleo de Pombal | 5:40.25             | 440                 |
| 50m: 35.54 35.54                | 150m: 2:00.96 44.34 | 250m: 3:33.25 50.72 | 350m: 5:03.46 39.47 |
| 100m: 1:16.62 41.08             | 200m: 2:42.53 41.57 | 300m: 4:23.99 50.74 | 400m: 5:40.25 36.79 |



Torneio de Fundo Infantis e Juvenis  
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Prova 1, Femin., 400m Estilos, Juvenil B

| Lugar                                                          | Ano           |                        |               |         | Tempo final   |  |  |  | Pts   |
|----------------------------------------------------------------|---------------|------------------------|---------------|---------|---------------|--|--|--|-------|
| 4. Cristiana Henriques, ALMEIDA                                | 11            | Benedita               |               |         | 5:53.87       |  |  |  | 391   |
| 50m: 37.34 37.34                                               | 150m: 2:06.11 | 44.46                  | 250m: 3:41.17 | 50.19   | 350m: 5:12.95 |  |  |  | 41.10 |
| 100m: 1:21.65 44.31                                            | 200m: 2:50.98 | 44.87                  | 300m: 4:31.85 | 50.68   | 400m: 5:53.87 |  |  |  | 40.92 |
| 5. Anastasiya, PRYMACHENKO                                     | 11            | Nucleo de Pombal       |               |         | 5:54.47       |  |  |  | 389   |
| 50m: 35.86 35.86                                               | 150m: 2:04.30 | 46.72                  | 250m: 3:41.34 | 52.64   | 350m: 5:14.60 |  |  |  | 40.93 |
| 100m: 1:17.58 41.72                                            | 200m: 2:48.70 | 44.40                  | 300m: 4:33.67 | 52.33   | 400m: 5:54.47 |  |  |  | 39.87 |
| 6. Isabela Lourenco, COSTA                                     | 11            | Benedita               |               |         | 5:59.69       |  |  |  | 373   |
| 50m: 39.12 39.12                                               | 150m: 2:11.57 | 46.76                  | 250m: 3:48.07 | 52.26   | 350m: 5:21.08 |  |  |  | 40.11 |
| 100m: 1:24.81 45.69                                            | 200m: 2:55.81 | 44.24                  | 300m: 4:40.97 | 52.90   | 400m: 5:59.69 |  |  |  | 38.61 |
| 7. Beatriz Marques, GASPAR                                     | 11            | Nautico Marinha Grande |               |         | 6:02.70       |  |  |  | 363   |
| 50m: 38.29 38.29                                               | 150m: 2:15.15 | 49.75                  | 250m: 3:50.99 | 46.13   | 350m: 5:23.38 |  |  |  | 42.79 |
| 100m: 1:25.40 47.11                                            | 200m: 3:04.86 | 49.71                  | 300m: 4:40.59 | 49.60   | 400m: 6:02.70 |  |  |  | 39.32 |
| 8. Maria Santos, FONSECA                                       | 11            | CNLeiria - VOID        |               |         | 6:06.70       |  |  |  | 352   |
| 50m: 41.26 41.26                                               | 150m: 2:17.73 | 47.25                  | 250m: 3:51.20 | 48.19   | 350m: 5:24.18 |  |  |  | 43.76 |
| 100m: 1:30.48 49.22                                            | 200m: 3:03.01 | 45.28                  | 300m: 4:40.42 | 49.22   | 400m: 6:06.70 |  |  |  | 42.52 |
| 9. Margarida Soares, MAIA                                      | 11            | Nautico Marinha Grande |               |         | 6:11.54       |  |  |  | 338   |
| 50m: 42.41 42.41                                               | 150m: 2:24.23 | 50.03                  | 250m: 4:02.13 | 50.48   | 350m: 5:33.46 |  |  |  | 39.80 |
| 100m: 1:34.20 51.79                                            | 200m: 3:11.65 | 47.42                  | 300m: 4:53.66 | 51.53   | 400m: 6:11.54 |  |  |  | 38.08 |
| 10. Isabela Maria, CARREIRA                                    | 11            | Uniao Juncalense       |               |         | 6:31.10       |  |  |  | 290   |
| 50m: 41.33 41.33                                               | 150m: 2:22.18 | 49.21                  | 250m: 4:06.39 | 56.00   | 350m: 5:45.84 |  |  |  | 45.37 |
| 100m: 1:32.97 51.64                                            | 200m: 3:10.39 | 48.21                  | 300m: 5:00.47 | 54.08   | 400m: 6:31.10 |  |  |  | 45.26 |
| 11. Kelly Simao, COSTA                                         | 11            | Óbidos                 |               |         | 6:33.36       |  |  |  | 285   |
| 50m: 44.10 44.10                                               | 150m: 2:27.26 | 51.08                  | 250m: 4:09.41 | 52.76   | 350m: 5:49.25 |  |  |  | 46.27 |
| 100m: 1:36.18 52.08                                            | 200m: 3:16.65 | 49.39                  | 300m: 5:02.98 | 53.57   | 400m: 6:33.36 |  |  |  | 44.11 |
| 12. Margarida Lopes, RODRIGUES                                 | 11            | Uniao Juncalense       |               |         | 6:35.84       |  |  |  | 279   |
| 50m: 40.00 40.00                                               | 150m: 2:18.52 | 49.73                  | 250m: 4:05.92 | 59.15   | 350m: 5:51.61 |  |  |  | 45.20 |
| 100m: 1:28.79 48.79                                            | 200m: 3:06.77 | 48.25                  | 300m: 5:06.41 | 1:00.49 | 400m: 6:35.84 |  |  |  | 44.23 |
| 13. Beatriz Morgado, SILVA                                     | 11            | Benedita               |               |         | 6:40.60       |  |  |  | 270   |
| 50m: 48.81 48.81                                               | 150m: 2:33.95 | 49.44                  | 250m: 4:16.85 | 55.66   | 350m: 5:58.13 |  |  |  | 46.05 |
| 100m: 1:44.51 55.70                                            | 200m: 3:21.19 | 47.24                  | 300m: 5:12.08 | 55.23   | 400m: 6:40.60 |  |  |  | 42.47 |
| 14. Erica Felix, RODRIGUES                                     | 11            | Uniao Juncalense       |               |         | 6:44.26       |  |  |  | 262   |
| 50m: 43.67 43.67                                               | 150m: 2:30.62 | 53.95                  | 250m: 4:19.97 | 57.38   | 350m: 6:02.80 |  |  |  | 45.23 |
| 100m: 1:36.67 53.00                                            | 200m: 3:22.59 | 51.97                  | 300m: 5:17.57 | 57.60   | 400m: 6:44.26 |  |  |  | 41.46 |
| 15. Diana Morais, CARLOS                                       | 11            | Pimpoes/Cimai          |               |         | 6:46.41       |  |  |  | 258   |
| 50m: 39.88 39.88                                               | 150m: 2:21.83 | 51.22                  | 250m: 4:05.94 | 55.72   | 350m: 5:56.51 |  |  |  | 50.77 |
| 100m: 1:30.61 50.73                                            | 200m: 3:10.22 | 48.39                  | 300m: 5:05.74 | 59.80   | 400m: 6:46.41 |  |  |  | 49.90 |
| DSQ Leonor Mota, ALVES                                         | 11            | Nautico Marinha Grande |               |         |               |  |  |  |       |
| A Atleta na viragem dos 275 apenas tocou com uma mão na parede |               |                        |               |         |               |  |  |  |       |



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Prova 1, Femin., 400m Estilos

Prova 1

03/05/2025 - 15:45

Pontos: AQUA 2024

Femin., 400m Estilos

Infantil A

Resultados

| Lugar                                                                               | Ano                 | Tempo final | Pts |
|-------------------------------------------------------------------------------------|---------------------|-------------|-----|
| 1. Laura Krempel, VARELA                                                            | 12 Pimpoes/Cimai    | 5:56.32     | 383 |
| 50m: 36.64 36.64 150m: 2:05.93 45.07 250m: 3:41.48 51.71 350m: 5:15.61 42.30        |                     |             |     |
| 100m: 1:20.86 44.22 200m: 2:49.77 43.84 300m: 4:33.31 51.83 400m: 5:56.32 40.71     |                     |             |     |
| 2. Ines Pinto, MARTINS                                                              | 12 Pimpoes/Cimai    | 5:58.95     | 375 |
| 50m: 38.53 38.53 150m: 2:08.32 43.83 250m: 3:44.86 51.42 350m: 5:18.32 41.01        |                     |             |     |
| 100m: 1:24.49 45.96 200m: 2:53.44 45.12 300m: 4:37.31 52.45 400m: 5:58.95 40.63     |                     |             |     |
| 3. Julia Pinto, PINHEIRO                                                            | 12 Pimpoes/Cimai    | 6:05.66     | 355 |
| 50m: 39.56 39.56 150m: 2:14.21 46.71 250m: 3:51.23 51.23 350m: 5:25.32 42.73        |                     |             |     |
| 100m: 1:27.50 47.94 200m: 3:00.00 45.79 300m: 4:42.59 51.36 400m: 6:05.66 40.34     |                     |             |     |
| 4. Luna Francisco, PEREIRA                                                          | 12 Nucleo de Pombal | 6:05.99     | 354 |
| 50m: 39.43 39.43 150m: 2:11.47 44.39 250m: 3:50.61 54.65 350m: 5:27.34 41.89        |                     |             |     |
| 100m: 1:27.08 47.65 200m: 2:55.96 44.49 300m: 4:45.45 54.84 400m: 6:05.99 38.65     |                     |             |     |
| 5. Beatriz Julio, CORREIA                                                           | 12 CNLeiria - VOID  | 6:15.02     | 329 |
| 50m: 40.82 40.82 150m: 2:18.74 49.33 250m: 3:56.96 51.26 350m: 5:32.50 43.89        |                     |             |     |
| 100m: 1:29.41 48.59 200m: 3:05.70 46.96 300m: 4:48.61 51.65 400m: 6:15.02 42.52     |                     |             |     |
| 6. Constanca Santos, COUTINHO                                                       | 12 Naval da Nazaré  | 6:40.04     | 271 |
| 50m: 40.33 40.33 150m: 2:23.67 51.10 250m: 4:10.98 57.25 350m: 5:57.99 47.67        |                     |             |     |
| 100m: 1:32.57 52.24 200m: 3:13.73 50.06 300m: 5:10.32 59.34 400m: 6:40.04 42.05     |                     |             |     |
| 7. Yaroslava, TABUNSHYK                                                             | 12 CNLeiria - VOID  | 6:42.69     | 265 |
| 50m: 44.14 44.14 150m: 2:30.19 53.39 250m: 4:18.21 55.37 350m: 5:58.77 45.38        |                     |             |     |
| 100m: 1:36.80 52.66 200m: 3:22.84 52.65 300m: 5:13.39 55.18 400m: 6:42.69 43.92     |                     |             |     |
| 8. Iara Maria, CAMACHO                                                              | 12 Pimpoes/Cimai    | 6:45.25     | 260 |
| 50m: 41.75 41.75 150m: 2:23.11 50.37 250m: 4:13.45 1:00.23 350m: 6:00.31 46.19      |                     |             |     |
| 100m: 1:32.74 50.99 200m: 3:13.22 50.11 300m: 5:14.12 1:00.67 400m: 6:45.25 44.94   |                     |             |     |
| 9. Rita Alexandra, JORDAO                                                           | 12 Uniao Juncalense | 6:52.16     | 247 |
| 50m: 45.58 45.58 150m: 2:37.51 53.35 250m: 4:25.22 55.90 350m: 6:08.87 46.56        |                     |             |     |
| 100m: 1:44.16 58.58 200m: 3:29.32 51.81 300m: 5:22.31 57.09 400m: 6:52.16 43.29     |                     |             |     |
| 10. Jessica Garcia, FERREIRA                                                        | 12 Óbidos           | 7:04.04     | 227 |
| 50m: 49.77 49.77 150m: 2:41.11 49.72 250m: 4:29.48 59.11 350m: 6:17.13 47.01        |                     |             |     |
| 100m: 1:51.39 1:01.62 200m: 3:30.37 49.26 300m: 5:30.12 1:00.64 400m: 7:04.04 46.91 |                     |             |     |
| DSQ Mafalda Varela, BERNARDINO                                                      | 12 Alcobaca         |             |     |
| A Atleta na viragem dos 75 metros apenas tocou com uma mão na parede                |                     |             |     |
| DSQ Benedita Nunes, FELIX                                                           | 12 Pimpoes/Cimai    |             |     |
| A Atleta na viragem dos 250 metros fez toque alternado com as mãos na parede        |                     |             |     |



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Prova 1, Femin., 400m Estilos

Prova 1

03/05/2025 - 15:45

Pontos: AQUA 2024

Femin., 400m Estilos

Infantil B

Resultados

| Lugar                           | Ano                                                           | Tempo final | Pts |
|---------------------------------|---------------------------------------------------------------|-------------|-----|
| 1. Maria Luisa, CASTILLO        | 13 Nautico Marinha Grande                                     | 6:19.53     | 317 |
| 50m: 40.99 40.99                | 150m: 2:20.98 50.01 250m: 4:01.96 52.74 350m: 5:39.64 42.35   |             |     |
| 100m: 1:30.97 49.98             | 200m: 3:09.22 48.24 300m: 4:57.29 55.33 400m: 6:19.53 39.89   |             |     |
| 2. Maria Joao, OLIVEIRA         | 13 Alcobaca                                                   | 6:21.47     | 312 |
| 50m: 43.35 43.35                | 150m: 2:23.42 46.21 250m: 4:01.17 53.78 350m: 5:38.91 42.88   |             |     |
| 100m: 1:37.21 53.86             | 200m: 3:07.39 43.97 300m: 4:56.03 54.86 400m: 6:21.47 42.56   |             |     |
| 3. Leonor Pinto, ROSARIO        | 13 Nautico Marinha Grande                                     | 6:23.73     | 307 |
| 50m: 41.09 41.09                | 150m: 2:25.08 52.61 250m: 4:07.72 52.17 350m: 5:44.43 43.80   |             |     |
| 100m: 1:32.47 51.38             | 200m: 3:15.55 50.47 300m: 5:00.63 52.91 400m: 6:23.73 39.30   |             |     |
| 4. Maria Leal, ALVES            | 13 Alcobaca                                                   | 6:24.94     | 304 |
| 50m: 41.04 41.04                | 150m: 2:23.81 50.18 250m: 4:06.07 54.00 350m: 5:44.14 43.93   |             |     |
| 100m: 1:33.63 52.59             | 200m: 3:12.07 48.26 300m: 5:00.21 54.14 400m: 6:24.94 40.80   |             |     |
| 5. Emma Henriques, SOUTO        | 13 Óbidos                                                     | 7:02.71     | 229 |
| 50m: 48.17 48.17                | 150m: 2:36.85 49.23 250m: 4:27.96 1:01.20 350m: 6:16.17 47.72 |             |     |
| 100m: 1:47.62 59.45             | 200m: 3:26.76 49.91 300m: 5:28.45 1:00.49 400m: 7:02.71 46.54 |             |     |
| 6. Victoria Cerqueira, SOBREIRO | 13 Pimpoes/Cimai                                              | 7:02.91     | 229 |
| 50m: 47.76 47.76                | 150m: 2:40.06 54.18 250m: 4:30.89 58.27 350m: 6:17.53 48.67   |             |     |
| 100m: 1:45.88 58.12             | 200m: 3:32.62 52.56 300m: 5:28.86 57.97 400m: 7:02.91 45.38   |             |     |
| 7. Carminho Jose, LOPES         | 13 Benedita                                                   | 7:02.94     | 229 |
| 50m: 47.66 47.66                | 150m: 2:43.49 55.53 250m: 4:30.65 55.22 350m: 6:16.40 48.99   |             |     |
| 100m: 1:47.96 1:00.30           | 200m: 3:35.43 51.94 300m: 5:27.41 56.76 400m: 7:02.94 46.54   |             |     |
| 8. Francisca Vieira, SILVA      | 13 Nucleo de Pombal                                           | 7:03.11     | 229 |
| 50m: 50.81 50.81                | 150m: 2:46.47 54.34 250m: 4:33.29 54.46 350m: 6:16.40 48.01   |             |     |
| 100m: 1:52.13 1:01.32           | 200m: 3:38.83 52.36 300m: 5:28.39 55.10 400m: 7:03.11 46.71   |             |     |
| 9. Elisa Rodrigues, SIMOES      | 13 Benedita                                                   | 7:12.55     | 214 |
| 50m: 50.71 50.71                | 150m: 2:45.57 53.87 250m: 4:36.97 59.27 350m: 6:25.92 48.60   |             |     |
| 100m: 1:51.70 1:00.99           | 200m: 3:37.70 52.13 300m: 5:37.32 1:00.35 400m: 7:12.55 46.63 |             |     |
| 10. Mafalda Amado, QUARESMA     | 13 Pimpoes/Cimai                                              | 7:22.79     | 199 |
| 50m: 48.28 48.28                | 150m: 2:43.26 54.89 250m: 4:38.92 1:01.33 350m: 6:32.26 51.29 |             |     |
| 100m: 1:48.37 1:00.09           | 200m: 3:37.59 54.33 300m: 5:40.97 1:02.05 400m: 7:22.79 50.53 |             |     |
| 11. Mariana Santos, VALENTIM    | 13 Pimpoes/Cimai                                              | 7:28.41     | 192 |
| 50m: 47.73 47.73                | 150m: 2:47.95 56.69 250m: 4:41.57 57.77 350m: 6:35.75 54.07   |             |     |
| 100m: 1:51.26 1:03.53           | 200m: 3:43.80 55.85 300m: 5:41.68 1:00.11 400m: 7:28.41 52.66 |             |     |