

Torneio Regional de Fundo e Nadador Completo
Odemira, 10/5/2025

Prova 3	Femin., 400m Estilos	12 - 15 anos
10/05/2025 - 10:15		Resultados

Rec Regional Open	4:55.96	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Rec Regional 15	5:28.55	Nicoleta LASCU	CNLA	Sines	12/11/2016
Rec Regional 14	5:29.14	Ana Reis SOUSA	CNLA	Setubal	04/12/2015
Rec Regional 13	5:49.79	Ines Bicho FADISTA	AMINATA	Sto Antonio Cavaleiros	15/03/2013
Rec Regional 12	6:06.33	Carolina Pastor ESCADA	AMINATA	Sto Antonio Cavaleiros	16/03/2012

Pontos: AOQA 2024

Lugar	Nome			Idade	Clube					Tempo final	Pontos	
12 anos												
1.	Lara Amorim PEREIRA			12	Litoral Alentejano					6:22.18	311	
	50m:	42.86	42.86	150m:	2:20.72	48.15	250m:	4:01.83	54.57	350m:	5:41.38	43.12
	100m:	1:32.57	49.71	200m:	3:07.26	46.54	300m:	4:58.26	56.43	400m:	6:22.18	40.80
2.	Alice Cardoso SILVA			12	Litoral Alentejano					7:11.37	216	
	50m:	46.69	46.69	150m:	2:40.13	55.91	250m:	4:33.81	59.02	350m:	6:22.99	48.85
	100m:	1:44.22	57.53	200m:	3:34.79	54.66	300m:	5:34.14	1:00.33	400m:	7:11.37	48.38
3.	Maria Vitoria HRYNIV			12	GSC Grândola Sports Club					7:43.84	173	
	50m:	48.29	48.29	150m:	2:50.87	58.51	250m:	4:49.35	1:01.81	350m:	6:51.70	55.93
	100m:	1:52.36	1:04.07	200m:	3:47.54	56.67	300m:	5:55.77	1:06.42	400m:	7:43.84	52.14
4.	Renata Nunes NOBRE			12	Ndco					8:28.46	132	
	50m:	1:02.27	1:02.27	150m:	3:11.53	58.51	250m:			350m:	7:38.71	52.37
	100m:	2:13.02	1:10.75	200m:	4:09.12	57.59	300m:	6:46.34		400m:	8:28.46	49.75

DSQ Sara Araujo SILVA 12 Ndco
615 - Não efectuou movimento continuo e imediato na viragem aos 175 - SW 6.4

DSQ Alice Fortunato CORREIA 12 GSC Grândola Sports Club
615 - Não efectuou movimento continuo e imediato na viragem aos 125 - SW 6.4

DSQ Alice Estrela GUERRINHA 12 Litoral Alentejano
615 - Não efectuou movimento continuo e imediato na viragem aos 175 - SW 6.4

13 anos

1.	Mariana Isabel BENTO	13	Aminata							6:15.20	328
	50m: 42.65 42.65	150m: 2:19.80	49.36	250m: 3:59.27	53.14	350m: 5:35.26	42.96				
	100m: 1:30.44 47.79	200m: 3:06.13	46.33	300m: 4:52.30	53.03	400m: 6:15.20	39.94				
2.	Maria Brito PALMA	13	Zona Azul							6:27.68	297
	50m: 42.93 42.93	150m: 2:20.82	47.92	250m: 4:04.78	57.12	350m: 5:45.88	43.47				
	100m: 1:32.90 49.97	200m: 3:07.66	46.84	300m: 5:02.41	57.63	400m: 6:27.68	41.80				
3.	Mafalda Costa NUNES	13	GSC Grândola Sports Club							6:29.83	293
	50m: 43.65 43.65	150m: 2:26.55	49.57	250m: 4:10.44	55.37	350m: 5:48.29	42.74				
	100m: 1:36.98 53.33	200m: 3:15.07	48.52	300m: 5:05.55	55.11	400m: 6:29.83	41.54				
4.	Lara Sofia GONCALVES	13	Litoral Alentejano							6:39.64	272
	50m: 40.33 40.33	150m: 2:29.54	56.41	250m: 4:13.11	53.11	350m: 5:56.57	48.66				
	100m: 1:33.13 52.80	200m: 3:20.00	50.46	300m: 5:07.91	54.80	400m: 6:39.64	43.07				
5.	Carolina Paixao CENICO	13	Acmn							6:41.39	268
	50m: 44.17 44.17	150m: 2:31.66	54.13	250m: 4:19.00	54.82	350m: 6:00.79	44.74				
	100m: 1:37.53 53.36	200m: 3:24.18	52.52	300m: 5:16.05	57.05	400m: 6:41.39	40.60				
6.	Ines Borges COSTA	13	Ndco							6:44.94	261
	50m: 47.03 47.03	150m: 2:33.67	50.05	250m: 4:17.82	55.03	350m: 6:03.06	48.23				
	100m: 1:43.62 56.59	200m: 3:22.79	49.12	300m: 5:14.83	57.01	400m: 6:44.94	41.88				
7.	Madalena Santos MACHADO	13	Ndco							6:46.15	259
	50m: 45.04 45.04	150m: 2:34.61	49.33	250m: 4:17.71	54.83	350m: 6:02.26	46.05				
	100m: 1:45.28 1:00.24	200m: 3:22.88	48.27	300m: 5:16.21	58.50	400m: 6:46.15	43.89				
8.	Sofia MEDEIRO HORTA	13	Zona Azul							6:48.31	255
	50m: 46.64 46.64	150m: 2:33.64	48.36	250m: 4:20.07	58.11	350m: 6:05.21	46.68				
	100m: 1:45.28 58.64	200m: 3:21.96	48.32	300m: 5:18.53	58.46	400m: 6:48.31	43.10				

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Prova 3, Femin., 400m Estilos, 13 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
9.	Filipa Serrao ROSARIO	13	Litoral Alentejano	6:55.77	241
	50m: 49.86 49.86	150m: 2:38.21	51.78 250m: 4:27.06 57.90	350m: 6:10.57	46.26
	100m: 1:46.43 56.57	200m: 3:29.16	50.95 300m: 5:24.31 57.25	400m: 6:55.77	45.20
10.	Ariana Nunes BATISTA	13	GSC Grândola Sports Club	7:05.02	226
	50m: 53.58 53.58	150m: 2:45.63	49.84 250m: 4:36.30 1:00.91	350m: 6:20.44	45.65
	100m: 1:55.79 1:02.21	200m: 3:35.39	49.76 300m: 5:34.79 58.49	400m: 7:05.02	44.58
11.	Ines Oliveira GOMES	13	Ndco	7:06.93	223
	50m: 45.29 45.29	150m: 2:32.76	50.31 250m: 4:26.50 1:03.04	350m: 6:17.97	47.95
	100m: 1:42.45 57.16	200m: 3:23.46	50.70 300m: 5:30.02 1:03.52	400m: 7:06.93	48.96
12.	Daniela Varela SILVA	13	Acmn	7:07.10	222
	50m: 50.45 50.45	150m: 2:41.94	51.88 250m: 4:34.66 1:01.36	350m: 6:24.75	47.75
	100m: 1:50.06 59.61	200m: 3:33.30	51.36 300m: 5:37.00 1:02.34	400m: 7:07.10	42.35
13.	Valentina Guerrero NAVA	13	Litoral Alentejano	7:08.13	221
	50m: 44.38 44.38	150m: 2:37.18	58.37 250m: 4:29.70 58.01	350m: 6:20.81	52.75
	100m: 1:38.81 54.43	200m: 3:31.69	54.51 300m: 5:28.06 58.36	400m: 7:08.13	47.32
14.	Catia Mendes FIDALGO	13	GSC Grândola Sports Club	7:26.05	195
	50m: 52.12 52.12	150m: 2:49.73	56.42 250m: 4:49.57 1:05.23	350m: 6:41.87	47.63
	100m: 1:53.31 1:01.19	200m: 3:44.34	54.61 300m: 5:54.24 1:04.67	400m: 7:26.05	44.18
15.	Teresa Filipe BANHA	13	Acmn	7:32.94	186
	50m: 53.09 53.09	150m: 2:58.20	1:03.47 250m: 4:58.54 57.14	350m: 6:46.29	47.01
	100m: 1:54.73 1:01.64	200m: 4:01.40	1:03.20 300m: 5:59.28 1:00.74	400m: 7:32.94	46.65
16.	Diana Domingos SANTOS	13	GSC Grândola Sports Club	7:36.46	182
	50m: 52.62 52.62	150m: 2:59.55	59.14 250m: 4:52.21 56.99	350m: 6:46.54	52.76
	100m: 2:00.41 1:07.79	200m: 3:55.22	55.67 300m: 5:53.78 1:01.57	400m: 7:36.46	49.92
17.	Carolina Ferreira GUIMARAES	13	GSC Grândola Sports Club	7:56.40	160
	50m: 53.62 53.62	150m: 3:02.10	1:03.27 250m: 5:08.05 1:04.59	350m: 7:06.89	55.11
	100m: 1:58.83 1:05.21	200m: 4:03.46	1:01.36 300m: 6:11.78 1:03.73	400m: 7:56.40	49.51

14 anos

1.	Teresa Ribeiro ROCHA	14	Aminata	6:10.32	341
	50m: 39.53 39.53	150m: 2:12.92	47.95 250m: 3:53.15 53.34	350m:	
	100m: 1:24.97 45.44	200m: 2:59.81	46.89 300m: 4:46.70 53.55	400m: 6:10.32	
2.	Margarida Maria BEATO	14	GSC Grândola Sports Club	6:33.93	284
	50m: 42.01 42.01	150m: 2:29.27	52.97 250m: 4:15.00 52.20	350m: 5:52.06	43.51
	100m: 1:36.30 54.29	200m: 3:22.80	53.53 300m: 5:08.55 53.55	400m: 6:33.93	41.87
3.	Alice Raquel DIAS	14	Grupo Desportivo Mora	6:45.61	260
	50m: 46.41 46.41	150m: 2:28.90	47.85 250m: 4:15.89 59.39	350m: 6:02.45	46.09
	100m: 1:41.05 54.64	200m: 3:16.50	47.60 300m: 5:16.36 1:00.47	400m: 6:45.61	43.16
4.	Camila Filipa CUSTODIO	14	GSC Grândola Sports Club	6:52.95	246
	50m: 42.25 42.25	150m: 2:29.56	55.91 250m: 4:21.31 56.93	350m: 6:07.01	46.12
	100m: 1:33.65 51.40	200m: 3:24.38	54.82 300m: 5:20.89 59.58	400m: 6:52.95	45.94
5.	Madalena Isabel MARQUES	14	Acmn	6:54.62	243
	50m: 43.22 43.22	150m: 2:28.98	54.03 250m: 4:20.91 1:01.11	350m: 6:09.76	47.88
	100m: 1:34.95 51.73	200m: 3:19.80	50.82 300m: 5:21.88 1:00.97	400m: 6:54.62	44.86

15 anos

1.	Leonor Duarte GONCALVES	15	Ndco	6:06.44	352
	50m: 38.95 38.95	150m: 2:12.71	46.76 250m: 3:50.30 51.59	350m: 5:25.69	41.91
	100m: 1:25.95 47.00	200m: 2:58.71	46.00 300m: 4:43.78 53.48	400m: 6:06.44	40.75
2.	Rita Bernardino POMBO	15	Litoral Alentejano	6:20.09	316
	50m: 39.11 39.11	150m: 2:15.72	50.59 250m: 3:57.14 54.18	350m: 5:37.23	44.02
	100m: 1:25.13 46.02	200m: 3:02.96	47.24 300m: 4:53.21 56.07	400m: 6:20.09	42.86

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Prova 3, Femin., 400m Estilos, 15 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
3.	Sofia Espada PASSECHNIKOFF	15	GSC Grândola Sports Club	6:22.69	309
	50m: 39.20 39.20 150m: 2:17.19 50.85 250m: 4:05.65 58.87 350m: 5:44.68 40.93				
	100m: 1:26.34 47.14 200m: 3:06.78 49.59 300m: 5:03.75 58.10 400m: 6:22.69 38.01				
4.	Rita Isabel OLIVEIRA	15	Estremoz	6:45.58	260
	50m: 38.75 38.75 150m: 2:18.44 52.76 250m: 4:08.47 58.50 350m: 5:58.67 49.66				
	100m: 1:25.68 46.93 200m: 3:09.97 51.53 300m: 5:09.01 1:00.54 400m: 6:45.58 46.91				