



Prova de Preparação de Categorias  
Pombal, 18 - 19/10/2025

Prova 18  
19/10/2025 - 12:05

Femin., 200m Livres

Infantil B  
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Maria Luisa, CASTILLO	13 Nautico Marinha Grande	<b>2:32.83</b>	376
50m: 35.58 35.58 100m: 1:14.48 38.90 150m: 1:54.58 40.10 200m: 2:32.83 38.25			
2. Maria Joao, OLIVEIRA	13 Alcobaca	<b>2:49.00</b>	278
50m: 38.24 38.24 100m: 1:22.01 43.77 150m: 2:06.41 44.40 200m: 2:49.00 42.59			
3. Maria Leal, ALVES	13 Alcobaca	<b>2:49.57</b>	275
50m: 39.08 39.08 100m: 1:22.66 43.58 150m: 2:08.17 45.51 200m: 2:49.57 41.40			
4. Catarina Franco, RODRIGUES	13 Naval de Peniche	<b>2:52.17</b>	263
50m: 39.68 39.68 100m: 1:23.62 43.94 150m: 2:08.80 45.18 200m: 2:52.17 43.37			
5. Avron Dawn, SANTOS	13 Vieiraense	<b>2:54.50</b>	252
50m: 41.50 41.50 100m: 1:27.32 45.82 150m: 2:12.07 44.75 200m: 2:54.50 42.43			
6. Matilde Mamede, CECILIO	13 Naval de Peniche	<b>2:54.76</b>	251
50m: 40.23 40.23 100m: 1:25.34 45.11 150m: 2:11.38 46.04 200m: 2:54.76 43.38			
7. Mafalda Amado, QUARESMA	13 Pimpoes/Cimai	<b>2:58.28</b>	236
50m: 42.09 42.09 100m: 1:27.15 45.06 150m: 2:14.10 46.95 200m: 2:58.28 44.18			
8. Sara Machado, JANUARIO	13 Alcobaca	<b>3:02.28</b>	221
50m: 40.24 40.24 100m: 1:26.37 46.13 150m: 2:15.28 48.91 200m: 3:02.28 47.00			
9. Ines Barreto, CALDEIREIRO	13 Vieiraense	<b>3:04.44</b>	213
50m: 41.43 41.43 100m: 1:29.89 48.46 150m: 2:18.00 48.11 200m: 3:04.44 46.44			
10. Catarina Faustino, DIAS	13 Naval de Peniche	<b>3:20.11</b>	167
50m: 44.28 44.28 100m: 1:36.88 52.60 150m: 2:29.40 52.52 200m: 3:20.11 50.71			
11. Joana Andre, MAIA	13 Uniao Juncalense	<b>3:27.26</b>	150
50m: 44.81 44.81 100m: 1:37.78 52.97 150m: 2:33.68 55.90 200m: 3:27.26 53.58			

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Lugar	Ano	Tempo final	Pts
1. Emiliana Arruda, SARAIVA	12 Vieiraense	<b>2:29.13</b>	404
50m: 34.23 34.23 100m: 1:12.91 38.68 150m: 1:52.30 39.39 200m: 2:29.13 36.83			
2. Laura Krempel, VARELA	12 Pimpoes/Cimai	<b>2:29.26</b>	403
50m: 36.24 36.24 100m: 1:15.12 38.88 150m: 1:53.04 37.92 200m: 2:29.26 36.22			
3. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	<b>2:30.41</b>	394
50m: 36.73 36.73 100m: 1:14.95 38.22 150m: 1:52.98 38.03 200m: 2:30.41 37.43			
4. Mafalda Varela, BERNARDINO	12 Alcobaca	<b>2:30.51</b>	393
50m: 33.98 33.98 100m: 1:12.29 38.31 150m: 1:51.87 39.58 200m: 2:30.51 38.64			
5. Barbara Serrano, LOMBA	12 BA Leiria/ SK Coffee	<b>2:40.01</b>	327
50m: 37.41 37.41 100m: 1:17.81 40.40 150m: 1:59.70 41.89 200m: 2:40.01 40.31			
6. Carminho Traquina, ANDRE	12 Alcobaca	<b>2:43.03</b>	309
50m: 38.04 38.04 100m: 1:21.05 43.01 150m: 2:02.62 41.57 200m: 2:43.03 40.41			
7. Guiomar Dionisio, CARREIRA	12 Pimpoes/Cimai	<b>2:47.55</b>	285
50m: 39.35 39.35 100m: 1:21.91 42.56 150m: 2:05.29 43.38 200m: 2:47.55 42.26			
8. Ana Francisca, QUERIDO	12 Pimpoes/Cimai	<b>3:00.12</b>	229
50m: 40.97 40.97 100m: 1:26.83 45.86 150m: 2:14.13 47.30 200m: 3:00.12 45.99			



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Juvenil B  
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Leonor Mota, ALVES	11 Nautico Marinha Grande	<b>2:21.00</b>	478
50m: 33.26 33.26 100m: 1:09.97 36.71 150m: 1:46.07 36.10 200m: 2:21.00 34.93			
2. Francisca Moreira, FELICIANO	11 Alcobaca	<b>2:21.41</b>	474
50m: 32.39 32.39 100m: 1:08.65 36.26 150m: 1:45.55 36.90 200m: 2:21.41 35.86			
3. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	<b>2:21.64</b>	472
50m: 32.36 32.36 100m: 1:08.48 36.12 150m: 1:45.79 37.31 200m: 2:21.64 35.85			
4. Carlota Sa, SANTOS	11 Nucleo de Pombal	<b>2:25.86</b>	432
50m: 33.79 33.79 100m: 1:09.95 36.16 150m: 1:47.92 37.97 200m: 2:25.86 37.94			
5. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	<b>2:32.23</b>	380
50m: 35.18 35.18 100m: 1:13.76 38.58 150m: 1:54.29 40.53 200m: 2:32.23 37.94			
6. Margarida Soares, MAIA	11 Nautico Marinha Grande	<b>2:34.18</b>	366
50m: 35.95 35.95 100m: 1:15.44 39.49 150m: 1:55.50 40.06 200m: 2:34.18 38.68			
7. Erica Felix, RODRIGUES	11 Uniao Juncalense	<b>2:37.35</b>	344
50m: 36.17 36.17 100m: 1:15.49 39.32 150m: 1:56.40 40.91 200m: 2:37.35 40.95			
8. Beatriz Morgado, SILVA	11 Benedita	<b>2:42.44</b>	313
50m: 38.76 38.76 100m: 1:20.41 41.65 150m: 2:02.97 42.56 200m: 2:42.44 39.47			
9. Carlota Maria, CATARINO	11 Benedita	<b>2:50.19</b>	272
50m: 38.82 38.82 100m: 1:22.74 43.92 150m: 2:07.99 45.25 200m: 2:50.19 42.20			
10. Matilde Vitorino, FERREIRA	11 Naval de Peniche	<b>2:52.46</b>	261
50m: 39.09 39.09 100m: 1:23.53 44.44 150m: 2:09.49 45.96 200m: 2:52.46 42.97			
11. Maria Lopes, ESPERANCA	11 Uniao Juncalense	<b>3:09.67</b>	196
50m: 41.37 41.37 100m: 1:30.10 48.73 150m: 2:21.77 51.67 200m: 3:09.67 47.90			

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Femin., 200m Livres

Juvenil A  
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	<b>2:19.40</b>	495
50m: 32.26 32.26 100m: 1:07.60 35.34 150m: 1:43.82 36.22 200m: 2:19.40 35.58			
2. Alice Lucas, COSTA	10 Uniao Juncalense	<b>2:53.42</b>	257
50m: 40.07 40.07 100m: 1:25.09 45.02 150m: 2:10.09 45.00 200m: 2:53.42 43.33			

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Junior  
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	<b>2:12.05</b>	582
50m: 29.88 29.88 100m: 1:03.29 33.41 150m: 1:37.79 34.50 200m: 2:12.05 34.26			
2. Constanca Baptista, TOMAS	09 Alcobaca	<b>2:15.74</b>	536
50m: 31.25 31.25 100m: 1:05.67 34.42 150m: 1:41.35 35.68 200m: 2:15.74 34.39			
3. Zofie, PACHECO	09 Naval de Peniche	<b>2:25.28</b>	437
50m: 32.92 32.92 100m: 1:10.60 37.68 150m: 1:48.88 38.28 200m: 2:25.28 36.40			



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Prova 18, Femin., 200m Livres, Junior

Lugar			Ano						Tempo final	Pts
4.	Matilde Andre, LUIS		08	Alcobaca					<b>2:25.69</b>	434
	50m:	33.63 33.63	100m:	1:09.78 36.15	150m:	1:47.79 38.01	200m:	2:25.69	37.90	
5.	Rita Rocha, SILVA		08	Alcobaca					<b>2:26.08</b>	430
	50m:	33.80 33.80	100m:	1:10.45 36.65	150m:	1:48.16 37.71	200m:	2:26.08	37.92	

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Senior  
Resultados

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Lugar			Ano						Tempo final	Pts
1.	Ana Claudia, FERREIRA		90	Alcobaca					<b>2:21.00</b>	478
	50m:	32.49 32.49	100m:	1:08.06 35.57	150m:	1:44.52 36.46	200m:	2:21.00	36.48	
2.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal					<b>2:36.79</b>	348
	50m:	33.86 33.86	100m:	1:12.84 38.98	150m:	1:54.68 41.84	200m:	2:36.79	42.11	