



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

Prova 20
19/10/2025 - 12:40

Femin., 200m Estilos

Infantil B
Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|--|-----|---|--------------|
| 1. Alicia Ferreira, OLIVEIRA 50m: 36.45 36.45 100m: 1:21.50 | 13 | BA Leiria/ SK Coffee 45.05 150m: 2:13.99 52.49 200m: 2:52.71 | 349 38.72 |
| 2. Francisca Vieira, SILVA 50m: 43.37 43.37 100m: 1:29.79 | 13 | Nucleo de Pombal 46.42 150m: 2:21.00 51.21 200m: 3:03.24 | 292 42.24 |
| 3. Lara Sofia, MARCELINO 50m: 41.79 41.79 100m: 1:28.87 | 13 | Vieirense 47.08 150m: 2:24.43 55.56 200m: 3:06.08 | 279 41.65 |
| 4. Laura Silva, MARTINS 50m: 38.79 38.79 100m: 1:26.92 | 13 | BA Leiria/ SK Coffee 48.13 150m: 2:29.16 1:02.24 200m: 3:09.84 | 263 40.68 |
| 5. Violeta Neves, SILVA 50m: 42.59 42.59 100m: 1:34.04 | 13 | Nucleo de Pombal 51.45 150m: 2:28.74 54.70 200m: 3:11.01 | 258 42.27 |
| 6. Nuria Rocha, BOTAS 50m: 49.55 49.55 100m: 1:41.41 | 13 | Vieirense 51.86 150m: 2:37.72 56.31 200m: 3:21.29 | 220 43.57 |
| 7. Eduarda Antunes, BUGALHAO 50m: 46.72 46.72 100m: 1:40.06 | 13 | BA Leiria/ SK Coffee 53.34 150m: 2:43.09 1:03.03 200m: 3:31.66 | 189 48.57 |
| 8. Erica Maria, FORTUNATO 50m: 52.02 52.02 100m: 1:44.28 | 13 | BA Leiria/ SK Coffee 52.26 150m: 2:47.24 1:02.96 200m: 3:33.45 | 185 46.21 |
| 9. Luiza Fernandes, SILVA 50m: 50.27 50.27 100m: 1:48.41 | 13 | Uniao Juncalense 58.14 150m: 2:52.38 1:03.97 200m: 3:44.90 | 158 52.52 |

Prova 20
19/10/2025 - 12:40

Femin., 200m Estilos

Infantil A
Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|--|-----|---|--------------|
| 1. Ines Pinto, MARTINS 50m: 36.17 36.17 100m: 1:18.23 | 12 | Pimpoes/Cimai 42.06 150m: 2:05.54 47.31 200m: 2:42.90 | 416 37.36 |
| 2. Luna Francisco, PEREIRA 50m: 38.66 38.66 100m: 1:21.01 | 12 | Nucleo de Pombal 42.35 150m: 2:12.47 51.46 200m: 2:51.69 | 355 39.22 |
| 3. Beatriz Julio, CORREIA 50m: 37.45 37.45 100m: 1:21.46 | 12 | CNLeiria - VOID 44.01 150m: 2:12.51 51.05 200m: 2:53.90 | 342 41.39 |
| 4. Benedita Nunes, FELIX 50m: 38.71 38.71 100m: 1:25.79 | 12 | Pimpoes/Cimai 47.08 150m: 2:16.82 51.03 200m: 2:57.12 | 323 40.30 |
| 5. Yaroslava, TABUNSCHYK 50m: 41.64 41.64 100m: 1:30.05 | 12 | CNLeiria - VOID 48.41 150m: 2:22.77 52.72 200m: 3:06.54 | 277 43.77 |
| 6. Maria Leonor, FERREIRA 50m: 46.38 46.38 100m: 1:36.34 | 12 | Óbidos 49.96 150m: 2:28.90 52.56 200m: 3:12.09 | 253 43.19 |
| 7. Jessica Garcia, FERREIRA 50m: 45.84 45.84 100m: 1:33.87 | 12 | Óbidos 48.03 150m: 2:29.73 55.86 200m: 3:13.78 | 247 44.05 |
| 8. Rita Francisco, SIMOES 50m: 44.73 44.73 100m: 1:38.16 | 12 | Vieirense 53.43 150m: 2:30.74 52.58 200m: 3:14.24 | 245 43.50 |
| 9. Rita Alexandra, JORDAO 50m: 42.84 42.84 100m: 1:33.66 | 12 | Uniao Juncalense 50.82 150m: 2:31.86 58.20 200m: 3:16.93 | 235 45.07 |
| 10. Daniela Carvalho, FERREIRA 50m: 44.65 44.65 100m: 1:35.51 | 12 | Nucleo de Pombal 50.86 150m: 2:32.43 56.92 200m: 3:17.38 | 233 44.95 |



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

Prova 20, Femin., 200m Estilos, Infantil A

| Lugar | Ano | Tempo final | Pts |
|--|-------------------------|-------------|-----|
| DSQ Barbara Serrano, LOMBA <i>A atleta na viragem dos 150 metros apenas tocou com uma mão na parede</i> | 12 BA Leiria/ SK Coffee | | |
| DSQ Maria Ines, GOMES <i>A atleta efetuou pernadas alternadas durante o percurso de mariposa</i> | 12 Nucleo de Pombal | | |

Prova 20
19/10/2025 - 12:40

Femin., 200m Estilos

Juvenil B
Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|---|---------------------------|----------------|-----|
| 1. Leonor Mota, ALVES 50m: 33.21 33.21 100m: 1:14.21 41.00 150m: 2:01.85 47.64 200m: 2:38.98 37.13 | 11 Nautico Marinha Grande | 2:38.98 | 447 |
| 2. Beatriz Marques, GASPAS 50m: 38.77 38.77 100m: 1:26.92 48.15 150m: 2:11.46 44.54 200m: 2:51.21 39.75 | 11 Nautico Marinha Grande | 2:51.21 | 358 |
| 3. Isabela Maria, CARREIRA 50m: 40.25 40.25 100m: 1:26.28 46.03 150m: 2:16.85 50.57 200m: 2:58.68 41.83 | 11 Uniao Juncalense | 2:58.68 | 315 |
| 4. Margarida Soares, MAIA 50m: 42.68 42.68 100m: 1:31.64 48.96 150m: 2:21.22 49.58 200m: 3:00.32 39.10 | 11 Nautico Marinha Grande | 3:00.32 | 306 |
| 5. Erica Felix, RODRIGUES 50m: 38.47 38.47 100m: 1:24.99 46.52 150m: 2:20.08 55.09 200m: 3:00.99 40.91 | 11 Uniao Juncalense | 3:00.99 | 303 |
| 6. Margarida Lopes, RODRIGUES 50m: 39.28 39.28 100m: 1:25.89 46.61 150m: 2:23.30 57.41 200m: 3:05.59 42.29 | 11 Uniao Juncalense | 3:05.59 | 281 |
| 7. Kelly Simao, COSTA 50m: 42.60 42.60 100m: 1:30.39 47.79 150m: 2:23.75 53.36 200m: 3:09.04 45.29 | 11 Óbidos | 3:09.04 | 266 |
| 8. Yara Nunes, MARCELINO 50m: 40.71 40.71 100m: 1:30.09 49.38 150m: 2:32.29 1:02.20 200m: 3:17.25 44.96 | 11 Nucleo de Pombal | 3:17.25 | 234 |
| 9. Maria Lopes, ESPERANCA 50m: 50.35 50.35 100m: 1:43.82 53.47 150m: 2:46.94 1:03.12 200m: 3:35.65 48.71 | 11 Uniao Juncalense | 3:35.65 | 179 |

Prova 20
19/10/2025 - 12:40

Femin., 200m Estilos

Juvenil A
Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|---|---------------------------|----------------|-----|
| 1. Vida Sofia, VELEZ 50m: 35.04 35.04 100m: 1:14.70 39.66 150m: 2:02.50 47.80 200m: 2:37.15 34.65 | 10 BA Leiria/ SK Coffee | 2:37.15 | 463 |
| 2. Matilde Santos, VIEIRA 50m: 34.11 34.11 100m: 1:15.83 41.72 150m: 2:02.92 47.09 200m: 2:38.91 35.99 | 10 BA Leiria/ SK Coffee | 2:38.91 | 448 |
| 3. Diana Isabel, ALVES 50m: 34.70 34.70 100m: 1:14.48 39.78 150m: 2:03.04 48.56 200m: 2:38.94 35.90 | 10 Pimpoes/Cimai | 2:38.94 | 448 |
| 4. Madalena Gracio, PEDROSO 50m: 33.57 33.57 100m: 1:13.41 39.84 150m: 2:04.95 51.54 200m: 2:40.08 35.13 | 10 Nautico Marinha Grande | 2:40.08 | 438 |
| 5. Leonor Pereira, SILVA 50m: 35.88 35.88 100m: 1:18.95 43.07 150m: 2:04.00 45.05 200m: 2:44.03 40.03 | 10 Óbidos | 2:44.03 | 407 |
| 6. Maria Carolina, ALVES 50m: 35.47 35.47 100m: 1:17.28 41.81 150m: 2:07.30 50.02 200m: 2:46.15 38.85 | 10 BA Leiria/ SK Coffee | 2:46.15 | 392 |
| 7. Constanca Rolim, PEDRO 50m: 36.45 36.45 100m: 1:19.04 42.59 150m: 2:09.15 50.11 200m: 2:46.99 37.84 | 10 BA Leiria/ SK Coffee | 2:46.99 | 386 |



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

Prova 20, Femin., 200m Estilos, Juvenil A

| Lugar | Ano | Tempo final | Pts |
|-------------------------|---------------------|---------------------|---------------------|
| 8. Debora Silva, INACIO | 10 Pimpoes/Cimai | 2:48.39 | 376 |
| 50m: 35.95 35.95 | 100m: 1:17.91 41.96 | 150m: 2:10.78 52.87 | 200m: 2:48.39 37.61 |

Prova 20
19/10/2025 - 12:40

Femin., 200m Estilos

Junior
Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|-----------------------------|---------------------------|---------------------|---------------------|
| 1. Luana Ferreira, CRAVEIRO | 09 Nautico Marinha Grande | 2:30.96 | 523 |
| 50m: 33.23 33.23 | 100m: 1:13.06 39.83 | 150m: 1:56.76 43.70 | 200m: 2:30.96 34.20 |
| 2. Francisca Ramos, NUNES | 09 Naval de Peniche | 2:38.92 | 448 |
| 50m: 34.45 34.45 | 100m: 1:15.34 40.89 | 150m: 2:02.44 47.10 | 200m: 2:38.92 36.48 |
| 3. Zofie, PACHECO | 09 Naval de Peniche | 2:52.03 | 353 |
| 50m: 37.42 37.42 | 100m: 1:22.98 45.56 | 150m: 2:14.27 51.29 | 200m: 2:52.03 37.76 |
| 4. Diana Rita, FONSECA | 08 Vieiraense | 2:56.24 | 328 |
| 50m: 38.85 38.85 | 100m: 1:23.53 44.68 | 150m: 2:14.95 51.42 | 200m: 2:56.24 41.29 |
| 5. Matilde Monteiro, NEVES | 08 Nucleo de Pombal | 2:57.94 | 319 |
| 50m: 40.04 40.04 | 100m: 1:25.63 45.59 | 150m: 2:16.98 51.35 | 200m: 2:57.94 40.96 |
| DNS Ana Margarida, MARQUES | 09 BA Leiria/ SK Coffee | | |