



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

Prova 3
18/10/2025 - 16:02

Femin., 200m Costas

Infantil B
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Maria Joao, OLIVEIRA	13 Alcobaca	2:58.13	290
50m: 42.61 42.61 100m: 1:28.32 45.71 150m: 2:13.93 45.61 200m: 2:58.13 44.20			
2. Sofia Guilherme, CABREIRA	13 Óbidos	2:59.60	283
50m: 42.24 42.24 100m: 1:28.26 46.02 150m: 2:15.79 47.53 200m: 2:59.60 43.81			
3. Avron Dawn, SANTOS	13 Vieiraense	3:04.29	262
50m: 43.37 43.37 100m: 1:30.12 46.75 150m: 2:19.33 49.21 200m: 3:04.29 44.96			
4. Carminho Jose, LOPES	13 Benedita	3:04.67	261
50m: 44.30 44.30 100m: 1:30.99 46.69 150m: 2:18.10 47.11 200m: 3:04.67 46.57			
5. Elisa Rodrigues, SIMOES	13 Benedita	3:07.40	249
50m: 44.43 44.43 100m: 1:31.63 47.20 150m: 2:20.29 48.66 200m: 3:07.40 47.11			
6. Sara Machado, JANUARIO	13 Alcobaca	3:19.89	205
50m: 47.75 47.75 100m: 1:38.33 50.58 150m: 2:30.29 51.96 200m: 3:19.89 49.60			
7. Eva Vieira, SILVA	13 Nucleo de Pombal	3:24.48	192
50m: 47.36 47.36 100m: 1:39.08 51.72 150m: 2:32.87 53.79 200m: 3:24.48 51.61			
8. Catarina Faustino, DIAS	13 Naval de Peniche	3:31.91	172
50m: 49.17 49.17 100m: 1:43.56 54.39 150m: 2:37.36 53.80 200m: 3:31.91 54.55			
9. Joana Andre, MAIA	13 Uniao Juncalense	3:55.70	125
50m: 52.88 52.88 100m: 1:51.48 58.60 150m: 2:54.08 1:02.60 200m: 3:55.70 1:01.62			

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Infantil A
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Luna Francisco, PEREIRA	12 Nucleo de Pombal	2:41.11	393
50m: 37.11 37.11 100m: 1:18.21 41.10 150m: 2:00.19 41.98 200m: 2:41.11 40.92			
2. Mafalda Varela, BERNARDINO	12 Alcobaca	2:45.76	361
50m: 38.95 38.95 100m: 1:20.72 41.77 150m: 1:25.83 5.11 200m: 2:45.76 1:19.93			
3. Laura Krempel, VARELA	12 Pimpoes/Cimai	2:47.83	347
50m: 38.68 38.68 100m: 1:21.11 42.43 150m: 2:04.87 43.76 200m: 2:47.83 42.96			
4. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	2:48.74	342
50m: 40.66 40.66 100m: 1:23.27 42.61 150m: 2:06.34 43.07 200m: 2:48.74 42.40			
5. Safira Pedro, FONSECA	12 Vieiraense	2:49.04	340
50m: 39.54 39.54 100m: 1:22.25 42.71 150m: 2:07.04 44.79 200m: 2:49.04 42.00			
6. Constanca Santos, COUTINHO	12 Naval da Nazaré	2:57.78	292
50m: 40.53 40.53 100m: 1:25.55 45.02 150m: 2:13.62 48.07 200m: 2:57.78 44.16			
7. Carolina Matos, CORREIA	12 Nucleo de Pombal	2:59.54	284
50m: 42.82 42.82 100m: 1:27.82 45.00 150m: 2:14.30 46.48 200m: 2:59.54 45.24			
8. Barbara Serrano, LOMBA	12 BA Leiria/ SK Coffee	3:03.16	267
50m: 43.08 43.08 100m: 1:28.04 44.96 150m: 2:16.90 48.86 200m: 3:03.16 46.26			
9. Guiomar Dionisio, CARREIRA	12 Pimpoes/Cimai	3:03.35	266
50m: 44.67 44.67 100m: 1:30.31 45.64 150m: 2:17.54 47.23 200m: 3:03.35 45.81			
10. Jessica Garcia, FERREIRA	12 Óbidos	3:04.60	261
50m: 42.63 42.63 100m: 1:29.85 47.22 150m: 2:17.84 47.99 200m: 3:04.60 46.76			



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Lugar	Ano	Tempo final	Pts
11. Rita Alexandra, JORDAO	12 Uniao Juncalense	3:12.80	229
50m: 44.96 44.96	100m: 1:33.75 48.79	150m: 2:23.46 49.71	200m: 3:12.80 49.34

Prova 3
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Femin., 200m Costas

Juvenil B
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Maria Joao, VALA	11 Pimpoes/Cimai	2:32.98	459
50m: 35.99 35.99	100m: 1:14.29 38.30	150m: 1:54.31 40.02	200m: 2:32.98 38.67
2. Francisca Moreira, FELICIANO	11 Alcobaca	2:33.07	458
50m: 35.95 35.95	100m: 1:14.70 38.75	150m: 1:53.94 39.24	200m: 2:33.07 39.13
3. Leonor Mota, ALVES	11 Nautico Marinha Grande	2:37.94	417
50m: 36.83 36.83	100m: 1:16.61 39.78	150m: 1:57.40 40.79	200m: 2:37.94 40.54
4. Cristiana Henriques, ALMEIDA	11 Benedita	2:48.02	346
50m: 39.30 39.30	100m: 1:22.37 43.07	150m: 2:05.68 43.31	200m: 2:48.02 42.34
5. Isabela Lourenco, COSTA	11 Benedita	2:53.20	316
50m: 42.40 42.40	100m: 1:26.80 44.40	150m: 2:10.60 43.80	200m: 2:53.20 42.60
6. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	2:54.16	311
50m: 41.85 41.85	100m: 1:25.63 43.78	150m: 2:10.20 44.57	200m: 2:54.16 43.96
7. Beatriz Marques, GASPAS	11 Nautico Marinha Grande	2:54.26	310
50m: 41.33 41.33	100m: 1:26.32 44.99	150m: 2:10.68 44.36	200m: 2:54.26 43.58
8. Matilde Pinto, ANTUNES	11 Naval de Peniche	2:56.70	298
50m: 41.46 41.46	100m: 1:26.09 44.63	150m: 2:12.08 45.99	200m: 2:56.70 44.62
9. Beatriz Morgado, SILVA	11 Benedita	2:57.27	295
50m: 43.01 43.01	100m: 1:28.20 45.19	150m: 2:13.70 45.50	200m: 2:57.27 43.57
10. Diana Morais, CARLOS	11 Pimpoes/Cimai	3:00.19	281
50m: 41.88 41.88	100m: 1:27.23 45.35	150m: 2:14.38 47.15	200m: 3:00.19 45.81
DSQ Margarida Soares, MAIA	11 Nautico Marinha Grande		
<i>O atleta perdeu a posição dorsal dos 125 para os 150 metros</i>			

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Femin., 200m Costas

Juvenil A
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	2:28.83	498
50m: 35.34 35.34	100m: 1:12.29 36.95	150m: 1:50.62 38.33	200m: 2:28.83 38.21



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Junior
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09	2:35.68	435
50m: 36.20 36.20 100m: 1:16.01 39.81 150m: 1:56.05 40.04 200m: 2:35.68 39.63			
2. Francisca Ramos, NUNES	09	2:37.79	418
50m: 36.56 36.56 100m: 1:16.52 39.96 150m: 1:57.98 41.46 200m: 2:37.79 39.81			
3. Constanca Baptista, TOMAS	09	2:42.55	382
50m: 37.99 37.99 100m: 1:18.67 40.68 150m: 2:00.97 42.30 200m: 2:42.55 41.58			
4. Ana Margarida, MARQUES	09	2:44.02	372
50m: 39.01 39.01 100m: 1:20.12 41.11 150m: 2:02.51 42.39 200m: 2:44.02 41.51			
5. Anjali, RAICAR	09	3:06.46	253
50m: 42.04 42.04 100m: 1:28.75 46.71 150m: 2:17.84 49.09 200m: 3:06.46 48.62			