

Prova 7
18/10/2025 - 17:18

Femin., 400m Livres

Infantil B
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Maria Luisa, CASTILLO	13 Nautico Marinha Grande	5:04.57	432
50m: 33.74 33.74	150m: 1:50.40 38.90	250m: 3:08.79 39.34	350m: 4:27.28 38.93
100m: 1:11.50 37.76	200m: 2:29.45 39.05	300m: 3:48.35 39.56	400m: 5:04.57 37.29
2. Leonor Pinto, ROSARIO	13 Nautico Marinha Grande	5:21.09	368
50m: 36.37 36.37	150m: 1:58.46 41.12	250m: 3:21.59 41.49	350m: 4:43.22 40.10
100m: 1:17.34 40.97	200m: 2:40.10 41.64	300m: 4:03.12 41.53	400m: 5:21.09 37.87
3. Alicia Ferreira, OLIVEIRA	13 BA Leiria/ SK Coffee	5:21.77	366
50m: 37.45 37.45	150m: 1:59.30 41.15	250m: 3:20.56 40.41	350m: 4:42.91 41.14
100m: 1:18.15 40.70	200m: 2:40.15 40.85	300m: 4:01.77 41.21	400m: 5:21.77 38.86
4. Lara Sofia, MARCELINO	13 Vieiraense	5:46.45	293
50m: 38.85 38.85	150m: 2:07.00 45.62	250m: 3:35.16 44.50	350m: 5:03.41 44.00
100m: 1:21.38 42.53	200m: 2:50.66 43.66	300m: 4:19.41 44.25	400m: 5:46.45 43.04
5. Elisa Rodrigues, SIMOES	13 Benedita	5:53.86	275
50m: 40.00 40.00	150m: 2:08.32 43.92	250m: 3:38.91 45.32	350m: 5:08.98 43.90
100m: 1:24.40 44.40	200m: 2:53.59 45.27	300m: 4:25.08 46.17	400m: 5:53.86 44.88
6. Laura Silva, MARTINS	13 BA Leiria/ SK Coffee	5:58.26	265
50m: 41.40 41.40	150m: 2:13.10 45.49	250m: 3:43.72 45.41	350m: 5:16.70 46.61
100m: 1:27.61 46.21	200m: 2:58.31 45.21	300m: 4:30.09 46.37	400m: 5:58.26 41.56
7. Carminho Jose, LOPES	13 Benedita	6:03.89	253
50m: 40.47 40.47	150m: 2:12.28 46.64	250m: 3:44.89 46.65	350m: 5:18.09 48.06
100m: 1:25.64 45.17	200m: 2:58.24 45.96	300m: 4:30.03 45.14	400m: 6:03.89 45.80
8. Mafalda Amado, QUARESMA	13 Pimpoes/Cimai	6:16.00	229
50m: 43.90 43.90	150m: 2:19.77 47.72	250m: 3:55.59 47.79	350m: 5:29.86 47.44
100m: 1:32.05 48.15	200m: 3:07.80 48.03	300m: 4:42.42 46.83	400m: 6:16.00 46.14
9. Erica Maria, FORTUNATO	13 BA Leiria/ SK Coffee	6:32.61	201
50m: 43.65 43.65	150m: 2:23.98 50.36	250m: 4:04.83 50.62	350m: 5:45.88 49.84
100m: 1:33.62 49.97	200m: 3:14.21 50.23	300m: 4:56.04 51.21	400m: 6:32.61 46.73
10. Eduarda Antunes, BUGALHAO	13 BA Leiria/ SK Coffee	6:52.74	173
50m: 46.65 46.65	150m: 2:29.40 51.69	250m: 4:16.00 53.56	350m: 6:03.32 52.83
100m: 1:37.71 51.06	200m: 3:22.44 53.04	300m: 5:10.49 54.49	400m: 6:52.74 49.42

Prova 7
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Femin., 400m Livres

Infantil A
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Luna Francisco, PEREIRA	12 Nucleo de Pombal	5:14.63	391
50m: 34.90 34.90	150m: 1:54.51 40.30	250m: 3:15.52 40.46	350m: 4:35.78 40.01
100m: 1:14.21 39.31	200m: 2:35.06 40.55	300m: 3:55.77 40.25	400m: 5:14.63 38.85
2. Ines Pinto, MARTINS	12 Pimpoes/Cimai	5:16.45	385
50m: 36.06 36.06	150m: 1:55.39 39.29	250m: 3:15.76 41.13	350m: 4:37.48 40.09
100m: 1:16.10 40.04	200m: 2:34.63 39.24	300m: 3:57.39 41.63	400m: 5:16.45 38.97
3. Beatriz Julio, CORREIA	12 CNLeiria - VOID	5:26.82	349
50m: 34.92 34.92	150m: 1:56.88 42.05	250m: 3:20.92 41.90	350m: 4:45.91 42.66
100m: 1:14.83 39.91	200m: 2:39.02 42.14	300m: 4:03.25 42.33	400m: 5:26.82 40.91
4. Yaroslava, TABUNSHYK	12 CNLeiria - VOID	5:35.66	322
50m: 37.41 37.41	150m: 2:01.04 42.54	250m: 3:26.66 42.90	350m: 4:52.11 42.32
100m: 1:18.50 41.09	200m: 2:43.76 42.72	300m: 4:09.79 43.13	400m: 5:35.66 43.55



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

Prova 7, Femin., 400m Livres, Infantil A

Lugar			Ano						Tempo final	Pts
5.	Barbara Serrano, LOMBA		12	BA Leiria/ SK Coffee				5:47.74	290	
	50m:	37.64 37.64	150m:	2:48.43 1:28.88	400m:	5:47.74 43.15				
	100m:	1:19.55 41.91	350m:	5:04.59 2:16.16						
6.	Guiomar Dionisio, CARREIRA		12	Pimpoes/Cimai				5:49.95	284	
	50m:	40.81 40.81	150m:	2:11.88 45.14	250m:	3:40.63 44.13	350m:	5:08.44 42.93		
	100m:	1:26.74 45.93	200m:	2:56.50 44.62	300m:	4:25.51 44.88	400m:	5:49.95 41.51		
7.	Rita Alexandra, JORDAO		12	Uniao Juncalense				5:59.48	262	
	50m:	40.38 40.38	150m:	2:11.60 46.16	250m:	3:43.32 45.46	350m:	5:15.55 45.83		
	100m:	1:25.44 45.06	200m:	2:57.86 46.26	300m:	4:29.72 46.40	400m:	5:59.48 43.93		

Prova 7
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Femin., 400m Livres

Juvenil B
Resultados

Pontos: AQUA 2025

Lugar			Ano						Tempo final	Pts
1.	Leonor Mota, ALVES		11	Nautico Marinha Grande				4:50.06	500	
	50m:	33.43 33.43	150m:	1:47.12 1:10.48	250m:	3:00.91 36.80	350m:	4:14.91 36.86		
	100m:	36.64 3.21	200m:	2:24.11 36.99	300m:	3:38.05 37.14	400m:	4:50.06 35.15		
2.	Carolina Silva, CASTANHEIRA		11	CNLeiria - VOID				5:02.42	441	
	50m:	34.69 34.69	150m:	1:49.35 37.49	250m:	3:05.86 38.57	350m:	4:23.66 38.84		
	100m:	1:11.86 37.17	200m:	2:27.29 37.94	300m:	3:44.82 38.96	400m:	5:02.42 38.76		
3.	Carlota Sa, SANTOS		11	Nucleo de Pombal				5:05.76	427	
	50m:	33.74 33.74	150m:	1:48.10 37.93	250m:	3:06.70 39.50	350m:	4:26.33 40.09		
	100m:	1:10.17 36.43	200m:	2:27.20 39.10	300m:	3:46.24 39.54	400m:	5:05.76 39.43		
4.	Margarida Soares, MAIA		11	Nautico Marinha Grande				5:11.31	404	
	50m:	35.12 35.12	150m:	1:54.21 39.67	250m:	3:14.58 40.61	350m:	4:33.69 39.25		
	100m:	1:14.54 39.42	200m:	2:33.97 39.76	300m:	3:54.44 39.86	400m:	5:11.31 37.62		
5.	Beatriz Marques, GASPAR		11	Nautico Marinha Grande				5:11.43	404	
	50m:	35.35 35.35	150m:	1:54.67 39.63	250m:	3:15.02 40.15	350m:	4:34.61 39.28		
	100m:	1:15.04 39.69	200m:	2:34.87 40.20	300m:	3:55.33 40.31	400m:	5:11.43 36.82		
6.	Isabela Lourenco, COSTA		11	Benedita				5:12.49	400	
	50m:	36.57 36.57	150m:	1:56.46 40.20	250m:	3:16.34 39.87	350m:	4:35.61 39.43		
	100m:	1:16.26 39.69	200m:	2:36.47 40.01	300m:	3:56.18 39.84	400m:	5:12.49 36.88		
7.	Cristiana Henriques, ALMEIDA		11	Benedita				5:13.38	396	
	50m:	36.55 36.55	150m:	1:56.67 40.42	250m:	3:16.79 39.67	350m:	4:35.72 39.36		
	100m:	1:16.25 39.70	200m:	2:37.12 40.45	300m:	3:56.36 39.57	400m:	5:13.38 37.66		
8.	Maria Santos, FONSECA		11	CNLeiria - VOID				5:25.90	352	
	50m:	35.97 35.97	150m:	1:57.72 41.93	250m:	3:20.75 41.62	350m:	4:45.03 42.19		
	100m:	1:15.79 39.82	200m:	2:39.13 41.41	300m:	4:02.84 42.09	400m:	5:25.90 40.87		
9.	Kelly Simao, COSTA		11	Óbidos				6:07.34	246	
	50m:	40.75 40.75	150m:	2:13.09 46.90	250m:	3:45.13 45.84	350m:	5:20.94 47.65		
	100m:	1:26.19 45.44	200m:	2:59.29 46.20	300m:	4:33.29 48.16	400m:	6:07.34 46.40		



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

Prova 7, Femin., 400m Livres

Prova 7
18/10/2025 - 17:18

Femin., 400m Livres

Juvenil A
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO	10	4:50.86	496
50m: 32.68 32.68 150m: 1:45.34 36.58 250m: 2:59.13 36.92 350m: 4:13.85 37.39			
100m: 1:08.76 36.08 200m: 2:22.21 36.87 300m: 3:36.46 37.33 400m: 4:50.86 37.01			
2. Laura Samora, GONCALVES	10	4:55.03	475
50m: 34.32 34.32 150m: 1:48.83 37.44 250m: 3:04.29 37.77 350m: 4:18.80 37.47			
100m: 1:11.39 37.07 200m: 2:26.52 37.69 300m: 3:41.33 37.04 400m: 4:55.03 36.23			
3. Matilde Santos, VIEIRA	10	4:57.85	461
50m: 34.07 34.07 150m: 1:48.66 37.35 250m: 3:04.61 38.40 350m: 4:20.47 38.01			
100m: 1:11.31 37.24 200m: 2:26.21 37.55 300m: 3:42.46 37.85 400m: 4:57.85 37.38			
4. Maria Carolina, ALVES	10	5:02.64	440
50m: 34.09 34.09 150m: 1:48.10 37.26 250m: 3:05.12 38.62 350m: 4:23.53 39.41			
100m: 1:10.84 36.75 200m: 2:26.50 38.40 300m: 3:44.12 39.00 400m: 5:02.64 39.11			
5. Vida Sofia, VELEZ	10	5:06.07	425
50m: 33.22 33.22 150m: 1:48.54 38.82 250m: 3:06.01 39.14 350m: 4:26.76 40.05			
100m: 1:09.72 36.50 200m: 2:26.87 38.33 300m: 3:46.71 40.70 400m: 5:06.07 39.31			
6. Rafaela Santos, AFONSO	10	5:06.11	425
50m: 34.07 34.07 150m: 1:50.79 38.88 250m: 3:10.83 39.51 400m: 5:06.11 1:16.28			
100m: 1:11.91 37.84 200m: 2:31.32 40.53 300m: 3:49.83 39.00			
7. Constanca Rolim, PEDRO	10	5:06.50	423
50m: 33.76 33.76 150m: 1:49.48 38.24 250m: 3:07.85 39.59 350m: 4:27.82 39.96			
100m: 1:11.24 37.48 200m: 2:28.26 38.78 300m: 3:47.86 40.01 400m: 5:06.50 38.68			
8. Sofia Roma, BRIZIDA	10	5:09.36	412
50m: 32.28 32.28 150m: 1:47.30 38.17 250m: 3:08.00 41.10 350m: 4:31.09 41.44			
100m: 1:09.13 36.85 200m: 2:26.90 39.60 300m: 3:49.65 41.65 400m: 5:09.36 38.27			

Prova 7
18/10/2025 - 17:18

Femin., 400m Livres

Junior
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09	4:35.47	583
50m: 31.39 31.39 150m: 1:39.16 33.95 250m: 2:49.29 34.67 350m: 4:00.65 35.65			
100m: 1:05.21 33.82 200m: 2:14.62 35.46 300m: 3:25.00 35.71 400m: 4:35.47 34.82			
2. Beatriz Belo, CLARA	09	4:56.60	467
50m: 32.40 32.40 150m: 1:46.34 37.57 250m: 3:03.09 38.76 350m: 4:19.76 38.13			
100m: 1:08.77 36.37 200m: 2:24.33 37.99 300m: 3:41.63 38.54 400m: 4:56.60 36.84			
3. Zofie, PACHECO	09	5:11.03	405
50m: 33.35 33.35 150m: 1:49.83 39.06 250m: 3:09.83 39.92 350m: 4:30.91 40.63			
100m: 1:10.77 37.42 200m: 2:29.91 40.08 300m: 3:50.28 40.45 400m: 5:11.03 40.12			
4. Ana Margarida, MARQUES	09	5:20.67	370
50m: 36.02 36.02 150m: 1:57.01 1:11.06 250m: 3:18.06 40.02 350m: 4:40.43 40.54			
100m: 45.95 9.93 200m: 2:38.04 41.03 300m: 3:59.89 41.83 400m: 5:20.67 40.24			
5. Marta Cabete, GOMES	08	5:21.09	368
50m: 37.17 37.17 150m: 1:57.08 40.13 250m: 3:18.69 40.87 350m: 4:42.09 42.37			
100m: 1:16.95 39.78 200m: 2:37.82 40.74 300m: 3:59.72 41.03 400m: 5:21.09 39.00			
6. Matilde Monteiro, NEVES	08	5:40.39	309
50m: 37.50 37.50 150m: 2:02.21 43.13 250m: 3:30.42 44.13 350m: 4:58.40 44.07			
100m: 1:19.08 41.58 200m: 2:46.29 44.08 300m: 4:14.33 43.91 400m: 5:40.39 41.99			