



2º Torregri de Cadetes
Pombal, 28 - 29/3/2026

Prova 22
29/03/2026 - 9:36

Femin., 200m Livres

Cadetes C
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Matilde Cruz, MOURA	17 CNLeiria - VOID	3:26.87	151
50m: 42.16 42.16 100m: 1:36.09 53.93 150m: 2:32.06 55.97 200m: 3:26.87 54.81			
DNS Helena Nogueira, SOARES	17 CNLeiria - VOID		

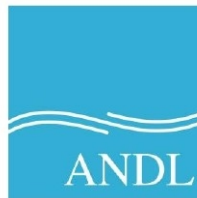
Prova 22
29/03/2026 - 9:36

Femin., 200m Livres

Cadetes B
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Sofia Pereira, FERREIRA	15 CNLeiria - VOID	3:10.47	194
50m: 42.75 42.75 100m: 1:31.93 49.18 150m: 2:22.00 50.07 200m: 3:10.47 48.47			
2. Leonor Lourenco, SUBTIL	15 Benedita	3:11.23	191
50m: 44.42 44.42 100m: 1:35.34 50.92 150m: 2:26.31 50.97 200m: 3:11.23 44.92			
3. Maria Constanca, FERNANDES	15 Nucleo de Pombal	3:11.44	191
50m: 44.41 44.41 100m: 1:33.69 49.28 150m: 2:24.84 51.15 200m: 3:11.44 46.60			
4. Filipa Pereira, ASCENSO	15 Ba Leiria / Sk Coffee	3:12.42	188
50m: 42.27 42.27 100m: 1:32.59 50.32 150m: 2:23.61 51.02 200m: 3:12.42 48.81			
5. Sofia Rosa, FERREIRA	15 Naval de Peniche	3:13.74	184
50m: 43.99 43.99 100m: 1:34.52 50.53 150m: 2:26.87 52.35 200m: 3:13.74 46.87			
6. Sofia, MIKHAILOVA	15 Ba Leiria / Sk Coffee	3:17.02	175
50m: 42.13 42.13 100m: 1:32.41 50.28 150m: 2:24.06 51.65 200m: 3:17.02 52.96			
7. Enia Gois, MENDES	15 Ba Leiria / Sk Coffee	3:17.03	175
50m: 41.40 41.40 100m: 1:33.75 52.35 150m: 2:27.33 53.58 200m: 3:17.03 49.70			
8. Daniela Santos, JORGE	15 Ba Leiria / Sk Coffee	3:17.62	173
50m: 44.05 44.05 100m: 1:36.12 52.07 150m: 2:28.79 52.67 200m: 3:17.62 48.83			
9. Carolina Mineiro, SANTOS	15 CNLeiria - VOID	3:18.06	172
50m: 44.20 44.20 100m: 1:37.45 53.25 150m: 2:30.13 52.68 200m: 3:18.06 47.93			
10. Margarida Antunes, GOMES	15 Nucleo de Pombal	3:18.12	172
50m: 42.84 42.84 100m: 1:34.67 51.83 150m: 2:28.24 53.57 200m: 3:18.12 49.88			
11. Sarah Valentina, PAJARERO	15 Ba Leiria / Sk Coffee	3:18.28	172
50m: 47.33 47.33 100m: 1:39.53 52.20 150m: 2:33.93 54.40 200m: 3:18.28 44.35			
12. Laura Afonso, CASALINHO	15 Ba Leiria / Sk Coffee	3:24.39	157
50m: 47.03 47.03 100m: 1:40.59 53.56 150m: 2:34.81 54.22 200m: 3:24.39 49.58			
13. Ariana Santos, CUSTODIO	15 CNLeiria - VOID	3:25.03	155
50m: 45.50 45.50 100m: 1:39.49 53.99 150m: 2:33.58 54.09 200m: 3:25.03 51.45			
14. Amora Santos, FERREIRA	15 Benedita	3:26.59	152
50m: 46.89 46.89 100m: 1:39.39 52.50 150m: 2:35.99 56.60 200m: 3:26.59 50.60			
15. Camila Maria, CATARINO	15 Benedita	3:40.87	124
50m: 52.68 52.68 100m: 1:50.69 58.01 150m: 2:50.44 59.75 200m: 3:40.87 50.43			
16. Melissa Ferreira, JESUS	16 Naval de Peniche	3:45.52	117
50m: 50.59 50.59 100m: 1:47.46 56.87 150m: 2:47.99 1:00.53 200m: 3:45.52 57.53			
17. Luisa Santos, REIS	16 CNLeiria - VOID	3:49.06	111
50m: 52.21 52.21 100m: 1:50.17 57.96 150m: 2:49.62 59.45 200m: 3:49.06 59.44			



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Prova 22, Femin., 200m Livres, Cadetes B

Lugar	Ano	Tempo final	Pts
18. Diana Junqueira, QUINTAS	15 Nucleo de Pombal	3:50.94	108
50m: 52.05 52.05 100m: 1:54.44 1:02.39 150m: 2:53.69 59.25 200m: 3:50.94 57.25			
19. Maria Heloisa, SANTOS	16 CNLeiria - VOID	4:25.99	71
50m: 56.03 56.03 100m: 2:04.95 1:08.92 150m: 3:16.60 1:11.65 200m: 4:25.99 1:09.39			
20. Francisca Pinto, CIPRIANO	16 CNLeiria - VOID	4:38.78	61
50m: 57.34 57.34 100m: 2:09.03 1:11.69 150m: 3:25.81 1:16.78 200m: 4:38.78 1:12.97			

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29/03/2026 - 9:36

Femin., 200m Livres

Cadetes A
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Matilde Pereira, SILVA	14 Benedita	3:10.87	193
50m: 44.84 44.84 100m: 1:35.44 50.60 150m: 2:27.09 51.65 200m: 3:10.87 43.78			
2. Nadine Sofia, CESARIO	14 Benedita	3:17.96	173
50m: 44.72 44.72 100m: 1:36.06 51.34 150m: 2:29.04 52.98 200m: 3:17.96 48.92			
3. Leonor Roxo, RAMALHO	14 Benedita	3:39.00	127
50m: 48.93 48.93 100m: 1:45.82 56.89 150m: 2:46.43 1:00.61 200m: 3:39.00 52.57			
4. Patricia Cristina, MARIANO	14 Alcobaca	3:55.44	102
50m: 49.81 49.81 100m: 1:50.84 1:01.03 150m: 2:53.91 1:03.07 200m: 3:55.44 1:01.53			
DNS Maia Simone, CARAPINHA	14 CNLeiria - VOID		