



Campeonato Inter-Distrital de Infantis
Entroncamento, 31/1 - 1/2/2026

Prova 10
31/01/2026 - 16:00

Femin., 400m Livres

Infantil
Resultados

Rec Nac 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
Rec Nac 25m Inf A	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15/05/2004
Rec Nac 25m Inf B	4:25.30	Alexandra Maria Silva	FCP	Porto	19/07/1980

INFANTIL A Inf A: 6:18.00 / INFANTIL B Inf B: 6:58.00

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
Infantil A									
1.	Rita Balsa Alves	F	213504	12	BUZIOS-Coruche	5:06.23	425		
	50m: 35.40		150m: 1:52.36		39.04	250m: 3:11.21	39.56	350m: 4:28.88	38.62
	100m: 1:13.32		200m: 2:31.65		39.29	300m: 3:50.26	39.05	400m: 5:06.23	37.35
2.	Rita Gomes Valentim	F	212796	12	Torres Novas	5:07.97	417	40.10	
	50m: 34.26		150m: 1:51.92		39.18	250m: 3:10.82	39.51	350m: 4:30.28	40.10
	100m: 1:12.74		200m: 2:31.31		39.39	300m: 3:50.18	39.36	400m: 5:07.97	37.69
3.	Margarida Madeira Pires	F	218976	12	Rio Maior	5:20.72	370	40.84	
	50m: 36.95		150m: 1:58.17		41.04	250m: 3:19.77	40.65	350m: 4:41.62	40.84
	100m: 1:17.13		200m: 2:39.12		40.95	300m: 4:00.78	41.01	400m: 5:20.72	39.10
4.	Ines Borges Costa	F	217859	12	Desportivo de Odemira	5:22.09	365	41.86	
	50m: 36.20		150m: 1:56.04		41.17	250m: 3:20.09	42.34	350m: 4:43.40	41.86
	100m: 1:14.87		200m: 2:37.75		41.71	300m: 4:01.54	41.45	400m: 5:22.09	38.69
5.	Madalena Santos Machado	F	220029	12	Desportivo de Odemira	5:26.99	349	41.86	
	50m: 36.89		150m: 1:58.39		41.56	250m: 3:22.68	42.09	350m: 4:46.35	41.86
	100m: 1:16.83		200m: 2:40.59		42.20	300m: 4:04.49	41.81	400m: 5:26.99	40.64
6.	Diana Marques Maquilao	F	214134	12	Nautico Salvaterra Magos	5:35.59	322	43.61	
	50m: 38.35		150m: 2:03.62		43.59	250m: 3:30.40	43.87	350m: 4:56.92	43.61
	100m: 1:20.03		200m: 2:46.53		42.91	300m: 4:13.31	42.91	400m: 5:35.59	38.67
7.	Maria Francisca Pinheiro	F	222111	12	Nautico Abrantes	5:37.39	317	44.84	
	50m: 36.68		150m: 2:00.92		42.61	250m: 3:28.57	43.91	350m: 4:57.03	44.84
	100m: 1:18.31		200m: 2:44.66		43.74	300m: 4:12.19	43.62	400m: 5:37.39	40.36
8.	Daniela Varela Silva	F	217150	12	Atletico Montemor	5:38.80	313	44.40	
	50m: 36.59		150m: 2:02.67		43.71	250m: 3:31.23	44.24	350m: 5:00.68	44.40
	100m: 1:18.96		200m: 2:46.99		44.32	300m: 4:16.28	45.05	400m: 5:38.80	38.12
9.	Sofia Medeiro Horta	F	216032	12	Zona Azul	5:38.90	313	44.05	
	50m: 36.64		150m: 2:01.90		43.40	250m: 3:29.42	43.94	350m: 4:57.31	44.05
	100m: 1:18.50		200m: 2:45.48		43.58	300m: 4:13.26	43.84	400m: 5:38.90	41.59
10.	Ana Leonor Lopes	F	220236	12	Rio Maior	5:41.75	305	42.73	
	50m: 38.12		150m: 2:05.17		43.54	250m: 3:33.69	43.82	350m: 5:00.66	42.73
	100m: 1:21.63		200m: 2:49.87		44.70	300m: 4:17.93	44.24	400m: 5:41.75	41.09
11.	Maria Beatriz Mestre	F	210855	12	Electrico Futebol Clube	5:48.42	288	45.25	
	50m: 37.89		150m: 2:04.65		43.88	250m: 3:34.24	45.03	350m: 5:05.13	45.25
	100m: 1:20.77		200m: 2:49.21		44.56	300m: 4:19.88	45.64	400m: 5:48.42	43.29
12.	Joana Verissimo Tavares	F	217624	12	CLAC-Entroncamento	5:54.46	274	45.92	
	50m: 38.50		150m: 2:07.42		45.05	250m: 3:38.52	45.24	350m: 5:10.21	45.92
	100m: 1:22.37		200m: 2:53.28		45.86	300m: 4:24.29	45.77	400m: 5:54.46	44.25
13.	Alice Maria Nunes	F	211599	12	Atletico Montemor	5:55.58	271	46.77	
	50m: 38.20		150m: 2:06.50		44.82	250m: 3:38.74	46.71	350m: 5:11.48	46.77
	100m: 1:21.68		200m: 2:52.03		45.53	300m: 4:24.71	45.97	400m: 5:55.58	44.10
14.	Ines Santos Pina	F	217623	12	CLAC-Entroncamento	5:58.30	265	45.19	
	50m: 40.96		150m: 2:11.85		46.50	250m: 3:43.16	45.53	350m: 5:15.04	45.19
	100m: 1:25.35		200m: 2:57.63		45.78	300m: 4:29.85	46.69	400m: 5:58.30	43.26
15.	Catia Mendes Fidalgo	F	217852	12	Grandola Sports	6:03.40	254	45.10	
	50m: 42.50		150m: 2:16.02		47.37	250m: 3:49.40	46.52	350m: 5:20.80	45.10
	100m: 1:28.65		200m: 3:02.88		46.86	300m: 4:35.70	46.30	400m: 6:03.40	42.60
16.	Ariana Nunes Batista	F	217209	12	Grandola Sports	6:03.83	253	45.89	
	50m: 40.67		150m: 2:14.05		47.39	250m: 3:47.39	46.23	350m: 5:20.20	45.89
	100m: 1:26.66		200m: 3:01.16		47.11	300m: 4:34.31	46.92	400m: 6:03.83	43.63
17.	Teresa Filipe Banha	F	220352	12	Atletico Montemor	6:06.75	247	46.85	
	50m: 40.24		150m: 2:11.93		46.67	250m: 3:48.01	48.21	350m: 5:22.66	46.85
	100m: 1:25.26		200m: 2:59.80		47.87	300m: 4:35.81	47.80	400m: 6:06.75	44.09
18.	Laura Gomes Mestre	F	215804	12	Aljustrelense	6:08.25	244	47.63	
	50m: 38.98		150m: 2:10.05		46.72	250m: 3:45.12	47.54	350m: 5:19.95	47.63
	100m: 1:23.33		200m: 2:57.58		47.53	300m: 4:32.32	47.20	400m: 6:08.25	48.30
19.	Carolina Campos Silva FL	F	217529	12	Natacao da Guarda	6:24.83	214	49.73	
	50m: 43.67		150m: 2:20.48		48.85	250m: 3:59.33	48.78	350m: 5:38.77	49.73
	100m: 1:31.63		200m: 3:10.55		50.07	300m: 4:49.04	49.71	400m: 6:24.83	46.06
20.	Lara Alberto Januario FL	F	226393	12	Viver Santarem	6:26.43	211	50.06	
	50m: 40.14		150m: 2:15.73		49.42	250m: 3:58.56	50.90	350m: 5:39.47	50.06
	100m: 1:26.31		200m: 3:07.66		51.93	300m: 4:49.41	50.85	400m: 6:26.43	46.96



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Prova 10, Femin., 400m Livres

Infantil B

1.	Maria Amelia Torres		F	216411	13	Viver Santarem					5:13.72	395
	50m:	36.69		150m:	1:56.05	40.03	250m:	3:15.25	38.82	350m:	4:35.91	40.36
	100m:	1:16.02	39.33	200m:	2:36.43	40.38	300m:	3:55.55	40.30	400m:	5:13.72	37.81
2.	Laura Conde Correia		F	215517	13	Torres Novas					5:22.38	364
	50m:	37.07	37.07	150m:	1:58.27	40.98	250m:	3:21.58	41.80	350m:	4:43.12	40.61
	100m:	1:17.29	40.22	200m:	2:39.78	41.51	300m:	4:02.51	40.93	400m:	5:22.38	39.26
3.	Rita Vidigal Caldeira		F	217406	13	Elvense					5:50.26	284
	50m:	38.32	38.32	150m:	2:05.93	44.45	250m:	3:36.03	44.92	350m:	5:07.13	45.48
	100m:	1:21.48	43.16	200m:	2:51.11	45.18	300m:	4:21.65	45.62	400m:	5:50.26	43.13
4.	Sara Araujo Silva		F	217861	13	Desportivo de Odemira					5:53.71	275
	50m:	40.56	40.56	150m:	2:08.58	44.67	250m:	3:38.73	45.22	350m:	5:09.89	45.65
	100m:	1:23.91	43.35	200m:	2:53.51	44.93	300m:	4:24.24	45.51	400m:	5:53.71	43.82
5.	Maria Leonor Mafra		F	225722	13	Portalegre					5:55.94	270
	50m:	40.79	40.79	150m:	2:12.17	46.35	250m:	3:42.96	45.23	350m:	5:14.61	45.87
	100m:	1:25.82	45.03	200m:	2:57.73	45.56	300m:	4:28.74	45.78	400m:	5:55.94	41.33
6.	Carolina Neves Mestre		F	215933	13	Aljustrelense					5:57.82	266
	50m:	40.74	40.74	150m:	2:12.08	45.56	250m:	3:43.38	45.58	350m:	5:16.44	45.71
	100m:	1:26.52	45.78	200m:	2:57.80	45.72	300m:	4:30.73	47.35	400m:	5:57.82	41.38
7.	Leonor Chambel Santos		F	214860	13	Nautico Abrantes					6:03.20	254
	50m:	39.84	39.84	150m:	2:11.13	45.74	250m:	3:44.45	47.23	350m:	5:19.22	47.16
	100m:	1:25.39	45.55	200m:	2:57.22	46.09	300m:	4:32.06	47.61	400m:	6:03.20	43.98
8.	Iara Goncalves Rodrigues		F	217602	13	Elvense					6:08.25	244
	50m:	41.59	41.59	150m:	2:13.75	46.77	250m:	3:48.88	47.87	350m:	5:23.24	46.55
	100m:	1:26.98	45.39	200m:	3:01.01	47.26	300m:	4:36.69	47.81	400m:	6:08.25	45.01
9.	Alice Cardoso Silva		F	218505	13	Litoral Alentejano					6:10.12	240
	50m:	42.57	42.57	150m:	2:15.11	46.79	250m:	3:50.63	48.16	350m:	5:25.01	47.07
	100m:	1:28.32	45.75	200m:	3:02.47	47.36	300m:	4:37.94	47.31	400m:	6:10.12	45.11
10.	Maria Leonor Santos		F	225210	13	Litoral Alentejano					6:10.91	239
	50m:	42.06	42.06	150m:	2:15.35	47.22	250m:	3:50.48	47.53	350m:	5:26.46	47.63
	100m:	1:28.13	46.07	200m:	3:02.95	47.60	300m:	4:38.83	48.35	400m:	6:10.91	44.45
11.	Ana Vieru		F	220015	13	Litoral Alentejano					6:11.29	238
	50m:	41.03	41.03	150m:	2:14.76	47.77	250m:	3:50.94	48.05	350m:	5:26.61	48.26
	100m:	1:26.99	45.96	200m:	3:02.89	48.13	300m:	4:38.35	47.41	400m:	6:11.29	44.68
12.	Alice Fortunato Correia		F	221443	13	Grandola Sports					6:12.37	236
	50m:	44.30	44.30	150m:	2:19.62	47.69	250m:	3:53.58	46.24	350m:	5:26.76	46.75
	100m:	1:31.93	47.63	200m:	3:07.34	47.72	300m:	4:40.01	46.43	400m:	6:12.37	45.61
13.	Daniela Dias Rodrigues		F	217531	13	Natacao da Guarda					6:12.64	235
	50m:	40.84	40.84	150m:	2:13.29	46.56	250m:	3:51.20	48.81	350m:	5:27.74	48.14
	100m:	1:26.73	45.89	200m:	3:02.39	49.10	300m:	4:39.60	48.40	400m:	6:12.64	44.90
14.	Carolina Marques Ribeiro		F	225344	13	Rio Maior					6:14.32	232
	50m:	41.15	41.15	150m:	2:17.45	48.19	250m:	3:52.26	46.79	350m:	5:28.12	47.61
	100m:	1:29.26	48.11	200m:	3:05.47	48.02	300m:	4:40.51	48.25	400m:	6:14.32	46.20
15.	Ines Batista Passadinhas		F	219243	13	Portalegre					6:15.44	230
	50m:	41.89	41.89	150m:	2:15.43	47.70	250m:	3:52.75	48.61	350m:	5:30.72	49.19
	100m:	1:27.73	45.84	200m:	3:04.14	48.71	300m:	4:41.53	48.78	400m:	6:15.44	44.72
16.	Constanca Mendao Silva		F	220232	13	Rio Maior					6:20.45	221
	50m:	41.80	41.80	150m:	2:19.32	49.34	250m:	3:58.42	50.19	350m:	5:35.57	48.74
	100m:	1:29.98	48.18	200m:	3:08.23	48.91	300m:	4:46.83	48.41	400m:	6:20.45	44.88
17.	Ines Ferreira Bravo		F	225078	13	Aminata					6:21.96	219
	50m:	43.97	43.97	150m:	2:20.60	48.65	250m:	3:58.43	49.10	350m:	5:35.88	47.99
	100m:	1:31.95	47.98	200m:	3:09.33	48.73	300m:	4:47.89	49.46	400m:	6:21.96	46.08
18.	Maria Leonor Calcao		F	217153	13	Atletico Montemor					6:34.62	198
	50m:	41.97	41.97	150m:	2:19.73	50.07	250m:	4:03.57	52.00	350m:	5:46.28	51.49
	100m:	1:29.66	47.69	200m:	3:11.57	51.84	300m:	4:54.79	51.22	400m:	6:34.62	48.34
19.	Renata Nunes Nobre		F	217863	13	Desportivo de Odemira					6:42.77	186
	50m:	47.28	47.28	150m:	2:32.13	52.76	250m:	4:16.37	51.61	350m:	5:56.47	49.96
	100m:	1:39.37	52.09	200m:	3:24.76	52.63	300m:	5:06.51	50.14	400m:	6:42.77	46.30