



Campeonato Distrital de Verão de Categorias
Caldas da Rainha, 20 - 21/6/2026

Prova 22	Femin., 400m Livres				Infantil B
21/06/2026 - 9:27					Resultados
Rec Dist INF B	4:37.93	Filipa, RUIVO	SANDL		10/04/2010
Rec Dist 13 +	4:16.64	Filipa, RUIVO	ADBA		23/11/2014
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac INF B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Maria Luisa, CASTILLO	13	Nautico Marinha Grande	5:12.15	401		
50m: 34.98	150m: 39.51	250m: 40.38	350m: 39.63			
100m: 38.80	200m: 40.43	300m: 39.85	400m: 38.57			
2. Alicia Ferreira, OLIVEIRA	13	Ba Leiria / Sk Coffee	5:16.96	383		
50m: 30.90	150m: 36.16	250m: 40.31	350m: 40.68			
100m: 46.27	200m: 44.43	300m: 41.18	400m: 37.03			
3. Elisa Rodrigues, SIMOES	13	Benedita	5:28.51	344		
50m: 38.95	150m: 42.30	250m: 41.27	350m: 41.60			
100m: 41.66	200m: 41.69	300m: 41.51	400m: 39.53			
4. Lara Sofia, MARCELINO	13	Vieirense	5:33.77	328		
50m: 35.36	150m: 43.64	250m: 42.61	350m: 42.19			
100m: 42.84	200m: 43.35	300m: 43.23	400m: 40.55			
5. Ines Mestre, SANTOS	13	CNLeiria - VOID	5:45.01	297		
50m: 38.41	150m: 44.42	250m: 43.79	350m: 44.01			
100m: 44.06	200m: 44.99	300m: 45.87	400m: 39.46			
6. Laura Silva, MARTINS	13	Ba Leiria / Sk Coffee	5:50.49	283		
50m: 37.35	150m: 43.12	250m: 45.33	350m: 45.31			
100m: 43.11	200m: 44.20	300m: 48.05	400m: 44.02			
7. Erica Maria, FORTUNATO	13	Ba Leiria / Sk Coffee	6:13.02	235		
50m: 41.64	150m: 48.04	250m: 48.56	350m: 47.49			
100m: 46.81	200m: 48.09	300m: 48.14	400m: 44.25			
8. Elisa Gil, SERRA	13	Alpha Infiniti Athlete	6:54.14	171		
50m: 44.48	150m: 53.78	250m: 53.87	350m: 52.20			
100m: 52.10	200m: 53.68	300m: 53.07	400m: 50.96			

Prova 22	Femin., 400m Livres				Infantil A
21/06/2026 - 9:27					Resultados
Rec Dist INF A	4:31.03	Filipa, RUIVO	DNMG		20/11/2010
Rec Dist 13 +	4:16.64	Filipa, RUIVO	ADBA		23/11/2014
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac INF A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alandra	15/05/2004

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Luna Francisco, PEREIRA	12	Nucleo de Pombal	4:57.77	462		
50m: 33.45	150m: 37.55	250m: 37.71	350m: 37.35			
100m: 37.15	200m: 38.57	300m: 38.78	400m: 37.21			
2. Ines Pinto, MARTINS	12	Pimpoes/Cimai	5:03.37	437		
50m: 34.31	150m: 38.52	250m: 39.17	350m: 39.28			
100m: 37.23	200m: 38.69	300m: 38.51	400m: 37.66			
3. Beatriz Julio, CORREIA	12	CNLeiria - VOID	5:12.51	399		
50m: 34.20	150m: 39.53	250m: 40.64	350m: 40.33			
100m: 39.35	200m: 39.69	300m: 40.21	400m: 38.56			
4. Julia Pinto, PINHEIRO	12	Pimpoes/Cimai	5:15.90	387		
50m: 36.14	150m: 39.56	250m: 40.58	350m: 40.85			
100m: 38.28	200m: 40.22	300m: 40.99	400m: 39.28			
5. Laura Krempel, VARELA	12	Pimpoes/Cimai	5:19.05	375		
50m: 36.21	150m: 41.08	250m: 40.60	350m: 41.10			
100m: 39.62	200m: 40.75	300m: 41.34	400m: 38.35			



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Prova 22, Femin., 400m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
6. Barbara Serrano, LOMBA	12 Ba Leiria / Sk Coffee	5:22.67	363
50m: 35.18 150m: 40.06 250m: 41.62 350m: 42.36	100m: 39.05 200m: 40.92 300m: 42.63 400m: 40.85		
7. Guiomar Dionisio, CARREIRA	12 Pimpoes/Cimai	5:25.24	354
50m: 39.62 150m: 42.30 250m: 25.85 350m: 49.98	100m: 37.56 200m: 48.39 300m: 42.28 400m: 39.26		
8. Yaroslava, TABUNSCHYK	12 CNLeiria - VOID	5:27.22	348
50m: 36.26 150m: 40.74 250m: 42.34 350m: 42.30	100m: 40.65 200m: 41.63 300m: 42.47 400m: 40.83		
9. Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai	5:32.74	331
50m: 37.76 150m: 42.35 250m: 41.34 350m: 43.13	100m: 42.28 200m: 41.62 300m: 42.15 400m: 42.11		
10. Maria Ines, GOMES	12 Nucleo de Pombal	5:43.83	300
50m: 39.54 150m: 43.91 250m: 43.90 350m: 43.91	100m: 43.07 200m: 44.32 300m: 43.64 400m: 41.54		
DNS Carminho Traquina, ANDRE	12 Alcobaca		

Prova 22

Femin., 400m Livres

Juvenil A+B

21/06/2026 - 9:27

Resultados

Rec Dist JUV A	4:23.15	Inês, HENRIQUES	PIMP/ Cima	07/05/2016
Rec Dist JUV B	4:21.69	Filipa, RUIVO	DNMG	03/12/2011
Rec Dist 13 +	4:16.64	Filipa, RUIVO	ADBA	23/11/2014
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR Otopeni (ROU)	10/12/2023
Rec Nac JUV A	4:13.53	Ana Reis, SOUSA	CNLA Porto	09/12/2017
Rec Nac JUV B	4:18.39	Ana Claudia, SANTOS	SFUAP Cantanhede	20/12/2004

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Laura Samora, GONCALVES	10 CNLeiria - VOID	4:53.14	484
50m: 33.95 150m: 37.00 250m: 37.53 350m: 37.47	100m: 37.02 200m: 37.21 300m: 37.44 400m: 35.52		
2. Maria Carolina, ALVES	10 Ba Leiria / Sk Coffee	4:57.67	462
50m: 33.31 150m: 37.68 250m: 38.13 350m: 38.49	100m: 37.00 200m: 37.43 300m: 38.50 400m: 37.13		
3. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	4:58.97	456
50m: 32.26 150m: 37.69 250m: 38.92 350m: 38.78	100m: 36.21 200m: 38.68 300m: 39.02 400m: 37.41		
4. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:07.53	419
50m: 35.07 150m: 38.33 250m: 39.23 350m: 39.92	100m: 37.46 200m: 38.40 300m: 39.51 400m: 39.61		
5. Margarida Soares, MAIA	11 Nautico Marinha Grande	5:18.38	378
50m: 35.16 150m: 39.44 250m: 40.72 350m: 40.96	100m: 39.23 200m: 41.11 300m: 41.02 400m: 40.74		
6. Sara Nunes, HORTA	11 CNLeiria - VOID	5:49.93	284
50m: 39.73 150m: 44.51 250m: 45.62 350m: 44.42	100m: 43.65 200m: 44.64 300m: 45.42 400m: 41.94		
7. Maria Lopes, ESPERANCA	11 Uniao Juncalense	6:39.05	192
50m: 41.29 150m: 49.36 250m: 51.44 350m: 58.85	100m: 49.57 200m: 50.13 300m: 49.35 400m: 49.06		
DNS Mariana Silva, CONCEICAO	11 Uniao Juncalense		
DNS Maria Leonor, OLIVEIRA	11 CNLeiria - VOID		



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Prova 22, Femin., 400m Livres

Prova 22	Femin., 400m Livres				Junior
21/06/2026 - 9:27					Resultados
Rec Dist 18	4:16.64	Filipa, RUIVO	ADBA		23/11/2014
Rec Dist 17	4:16.74	Inês, HENRIQUES	PIMP/ Cima		22/04/2017
Rec Dist 13 +	4:16.64	Filipa, RUIVO	ADBA		23/11/2014
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Francisca Ramos, NUNES	09	Naval de Peniche		4:42.08	543	
50m: 31.76	150m: 35.32	250m: 35.97	350m: 36.12			
100m: 35.46	200m: 36.24	300m: 36.34	400m: 34.87			
2. Teresa Maria, LOPES	09	Benedita		4:52.67	486	
50m: 34.32	150m: 36.11	250m: 37.66	350m: 36.96			
100m: 36.58	200m: 38.48	300m: 36.91	400m: 35.65			
DNS Matilde Monteiro, NEVES	08	Nucleo de Pombal				

Prova 22	Femin., 400m Livres				Senior
21/06/2026 - 9:27					Resultados
Rec Dist SEN	4:18.70	Victoria, KAMINSKAYA	PIMP/ Cima		08/11/2014
Rec Dist 13 +	4:16.64	Filipa, RUIVO	ADBA		23/11/2014
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Margarida Correia, MADEIRA	06	Nautico Marinha Grande		4:53.90	480	
50m: 32.35	150m: 35.75	250m: 37.53	350m: 38.76			
100m: 35.87	200m: 37.46	300m: 38.11	400m: 38.07			
2. Joana Antunes, ERVILHA	81	CNLeiria - VOID		6:09.54	241	
50m: 40.65	150m: 47.04	250m: 47.80	350m: 47.19			
100m: 45.03	200m: 47.73	300m: 47.73	400m: 46.37			