

Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

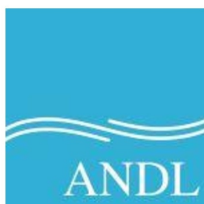
1 - Jornada única - Sessão da manhã

26/01/2025 - 9:30

Prova 1				Misto, 4 x 100m Estilos				Infantil (F+M)	
26/01/2025 - 9:30								Resultados	
Pontos: AQUA 2024									
Lugar						Tempo final	Pts	Cód Excepção	
1. SIRP/ Cimai INF				Pimpoes/Cimai		5:19.25	287		
Ines Pinto, MARTINS	12	38.88	1:20.11	Laura Krempel, VARELA	12	35.85	1:19.92		
Tomas Alves, ROCHA	11	44.57	1:33.54	Vasco Sousa, LEMOS	11	31.33	1:05.68		
2. SIRP/ Cimai INF				Pimpoes/Cimai		5:51.59	215		
Roberto Bento, CANAS	12	40.51	1:21.39	Martim Piedade, SANTOS	12	35.00	1:21.76		
Mariana Santos, VALENTIM	13	48.52	1:44.07	Victoria Cerqueira, SOBREIRO	13	39.34	1:24.37		
3. BA - Leiria INF				Ba-Leiria		6:22.03	167		
Mihail, ONCIU	12	47.32	1:43.00	Alicia Ferreira, OLIVEIRA	13	43.89	1:36.21		
Goncalo Nunes, MORAIS	12	48.90	1:41.72	Laura Silva, MARTINS	13	38.82	1:21.10		

Prova 1				Misto, 4 x 100m Estilos				Juvenil (F+M)	
26/01/2025 - 9:30								Resultados	
Pontos: AQUA 2024									
Lugar						Tempo final	Pts	Cód Excepção	
1. SIRP/ Cimai JUV				Pimpoes/Cimai		4:26.20	496		
Diana Isabel, ALVES	10	33.10	1:08.38	Santiago Agostinho, PARREIRA	09	28.32	1:00.32		
Hugo Miguel, SANTOS	09	33.65	1:12.82	Debora Silva, INACIO	10	30.08	1:04.68		
2. URDJ JUV				Uniao Juncalense		5:16.84	294		
Alexandre Afonso, SANTOS	09	36.56	1:13.63	Gabriel Santiago, FERREIRA	09	34.08	1:15.37		
Isabela Maria, CARREIRA	11	42.81	1:32.63	Margarida Lopes, RODRIGUES	11	35.39	1:15.21		

Prova 1				Todos, 4 x 100m Estilos				Extra Competição	
26/01/2025 - 9:30								Resultados	
Pontos: AQUA 2024									
Lugar						Tempo final	Pts	Cód Excepção	
DNS NDAP FEM EX				Nucleo de Pombal					
EXH NDAP FEM EX				Nucleo de Pombal		5:13.00	305		
Carlota Sa, SANTOS	11	36.97	1:15.90	Dalila Leal, BERNARDINO	06	34.08	1:16.58		
Anastasiya, PRYMACHENKO	11	41.29	1:28.07	Matilde Monteiro, NEVES	08	34.36	1:12.45		
EXH NDAP MASC EX				Nucleo de Pombal		5:24.92	272		
Afonso Matos, CORREIA	09	34.28	1:12.85	Afonso Nunes, MARCELINO	08	34.38	1:14.18		
Santiago Neves, SILVA	10	38.02	1:22.82	Gabriel Cadete, RODRIGUES	11	44.49	1:35.07		
EXH NDAP INF FEM EX				Nucleo de Pombal		6:04.09	193		
Luna Francisco, PEREIRA	12	37.88	1:18.95	Maria Ines, GOMES	12	43.54	1:37.47		
Daniela Carvalho, FERREIRA	12	48.83	1:44.89	Carolina Matos, CORREIA	12	40.14	1:22.78		

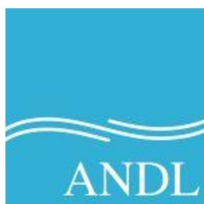


Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 2			Femin., 50m Costas		Infantil Fem	
26/01/2025 - 9:49					Resultados	
Pontos: AQUA 2024						
Lugar	Ano		Tempo final	Pts	Cód Excepção	
1. Julia Pinto, PINHEIRO	12	Pimpoes/Cimai	37.75	299		
2. Benedita Nunes, FELIX	12	Pimpoes/Cimai	37.97	294		
3. Iara Maria, CAMACHO	12	Pimpoes/Cimai	40.75	237		
4. Jessica Garcia, FERREIRA	12	Óbidos	42.40	211		
5. Ines Frias, OLIVEIRA	12	Sanjoanense/FEPSA	43.43	196		
6. Sofia Guilherme, CABREIRA	13	Óbidos	44.07	188		
7. Maria Antonia, VAZAO	12	Uniao Juncalense	45.28	173		
8. Maria Simao, COSTA	13	Pimpoes/Cimai	50.54	124		
9. Mariia, BULBA	12	Pimpoes/Cimai	52.52	111		
10. Leonor Ramalho, NOVO	13	Naval da Nazaré	56.03	91		
DNS Eva Vieira, SILVA	13	Nucleo de Pombal				
DNS Maria Leonor, ASSUNCAO	12	Pimpoes/Cimai				

Prova 2			Femin., 50m Costas		Juvenil Fem
26/01/2025 - 9:49			Resultados		
Pontos: AQUA 2024					
Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Carolina Silva, CASTANHEIRA	11	CNLeiria - VOID	35.07	373	
2. Elisa Henriques, SOUTO	10	Óbidos	35.17	370	
3. Maria Carolina, ALVES	10	Ba-Leiria	36.00	345	
4. Constanca Rolim, PEDRO	10	Ba-Leiria	37.90	295	
5. Margarida Lopes, RODRIGUES	11	Uniao Juncalense	38.31	286	
6. Alice Lucas, COSTA	10	Uniao Juncalense	40.28	246	
7. Kelly Simao, COSTA	11	Óbidos	41.06	232	
8. Matilde Pinto, ANTUNES	11	Naval de Peniche	41.96	217	
9. Matilde Vitorino, FERREIRA	11	Naval de Peniche	42.78	205	
10. Yara Silva, INES	11	Ba-Leiria	42.87	204	
11. Anastasia, STURZA	10	Uniao Juncalense	44.03	188	
12. Maria Lopes, ESPERANCA	11	Uniao Juncalense	47.85	146	

Prova 2			Femin., 50m Costas		Junior Fem
26/01/2025 - 9:49					Resultados
Pontos: AQUA 2024					
Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Ana Margarida, MARQUES	09	Ba-Leiria	34.16	403	
2. Maria Rita, ROSARIO	08	Sanjoanense/FEPSA	35.82	350	
3. Constanca Carvalho, PIEDADE	08	Uniao Juncalense	37.06	316	
4. Maria Margarida, OLIVEIRA	09	Ba-Leiria	37.98	293	
5. Maria Teresa, OLIVEIRA	09	Ba-Leiria	39.44	262	
Catarina Tagarroso, LOBO	07	Uniao Juncalense	39.44	262	
7. Iris Santos, CANECO	09	Naval da Nazaré	46.94	155	
8. Ivanna Gomes, VINNIKOV	08	Uniao Juncalense	48.75	138	
9. Maria Francisca, SANTOS	09	Uniao Juncalense	56.25	90	

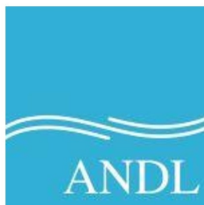


Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 3		Masc., 50m Livres		Infantil (A+B) Masc	
26/01/2025 - 9:55				Resultados	
Pontos: AQUA 2024					
Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Joao Santos, ALMEIDA	11	Ba-Leiria	27.50	393	
2. Francisco Costa, VALENTIM	11	Óbidos	31.13	271	
3. Dinis Morgado, FERREIRA	11	Ba-Leiria	31.42	264	
4. Bruno Garcia, MILITAO	11	Óbidos	32.47	239	
5. Eduardo Martim, CARMO	11	Óbidos	33.06	226	
6. Santiago Tomas, PAULO	12	Óbidos	33.28	222	
7. Thomas Torres, O`BYRNE	11	Uniao Juncalense	34.81	194	
8. Gabriel Marques, CARREIRA	11	Uniao Juncalense	37.05	161	
9. Diogo Demirel, FERREIRA	11	Ba-Leiria	37.15	159	
10. Dmytro, BULBA	11	Pimpoes/Cimai	40.78	120	
11. Luis Gustavo, PINTO	12	Uniao Juncalense	40.85	120	
12. Gabriel Cadete, RODRIGUES	11	Nucleo de Pombal	40.93	119	
13. Rodrigo Jose, NEVES	12	Nucleo de Pombal	42.45	107	
14. Valerii, STRIELKOV	12	Uniao Juncalense	50.05	65	
DNS Andrey, POGOMIY	11	Ba-Leiria			

Prova 3		Masc., 50m Livres		Juvenil (A+B) Masc	
26/01/2025 - 9:55				Resultados	
Pontos: AQUA 2024					
Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Tomas Pascoal, FERREIRA	09	Ba-Leiria	25.31	505	
2. Luis Pedro, VALERIO	09	Ba-Leiria	27.31	402	
3. Pedro Blanc, CAPINHA	09	Óbidos	27.86	378	
4. Pedro Souza, SILVA	10	Pimpoes/Cimai	28.92	338	
5. Afonso Matos, CORREIA	09	Nucleo de Pombal	29.04	334	
6. Alexandre Afonso, SANTOS	09	Uniao Juncalense	29.74	311	
7. Santiago Neves, SILVA	10	Nucleo de Pombal	29.97	304	
8. Lucas Santos, SILVA	10	Uniao Juncalense	41.69	113	
DNS Henrique Martins, JOAQUIM	09	CNLeiria - VOID			

Prova 3		Masc., 50m Livres		Junior Masc	
26/01/2025 - 9:55				Resultados	
Pontos: AQUA 2024					
Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Rodrigo Rocha, RESENDE	08	Sanjoanense/FEPSA	28.84	341	
2. Tiago Daniel, POVOA	08	Uniao Juncalense	31.18	270	
3. Afonso Nunes, MARCELINO	08	Nucleo de Pombal	31.35	265	
4. Dinis Lourenco, COSTA	07	Benedita	37.17	159	



Prova 3, Masc., 50m Livres

Masc., 50m Livres

Pontos: AOQA 2024

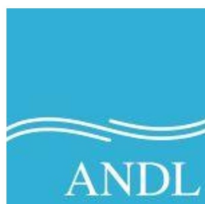
Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Alexandre Quiterio, ANASTACIO	01	Benedita	27.00	416	
2. David Santiago, CORDEIRO	06	Naval de Peniche	27.57	390	

Femin.. 400m Livres

Infantil Fem
Resultados

Pontos: AOUA 2024

Lugar	Ano						Tempo final	Pts	Cód Excepção
1. Luna Francisco, PEREIRA	12	Nucleo de Pombal				5:32.44	336		
50m: 37.15 37.15	150m: 2:01.65	42.78	250m: 3:26.66	42.61	350m: 4:51.55	42.39			
100m: 1:18.87 41.72	200m: 2:44.05	42.40	300m: 4:09.16	42.50	400m: 5:32.44	40.89			
2. Rita Alexandra, JORDAO	12	Uniao Juncalense				5:58.56	268		
50m: 42.31 42.31	150m: 2:15.16	47.25	250m: 3:47.31	46.15	350m: 5:17.73	44.60			
100m: 1:27.91 45.60	200m: 3:01.16	46.00	300m: 4:33.13	45.82	400m: 5:58.56	40.83			
3. Alicia Ferreira, OLIVEIRA	13	Ba-Leiria				5:59.04	267		
50m: 40.65 40.65	150m: 2:11.63	46.03	250m: 3:41.48	44.70	350m: 5:06.05	40.77			
100m: 1:25.60 44.95	200m: 2:56.78	45.15	300m: 4:25.28	43.80	400m: 5:59.04	52.99			
4. Daniela Carvalho, FERREIRA	12	Nucleo de Pombal				6:01.65	261		
50m: 41.72 41.72	150m: 2:11.47	45.53	250m: 3:44.44	46.54	350m: 5:17.94	46.94			
100m: 1:25.94 44.22	200m: 2:57.90	46.43	300m: 4:31.00	46.56	400m: 6:01.65	43.71			
5. Barbara Serrano, LOMBA	12	Ba-Leiria				6:05.78	252		
50m: 39.42 39.42	150m: 2:12.59	48.20	250m: 3:48.09	47.70	350m: 5:21.74	46.96			
100m: 1:24.39 44.97	200m: 3:00.39	47.80	300m: 4:34.78	46.69	400m: 6:05.78	44.04			
6. Carolina Matos, CORREIA	12	Nucleo de Pombal				6:11.66	241		
50m: 43.76 43.76	150m: 2:17.65	47.56	250m: 3:53.91	48.25	350m: 5:28.34	47.36			
100m: 1:30.09 46.33	200m: 3:05.66	48.01	300m: 4:40.98	47.07	400m: 6:11.66	43.32			
7. Laura Silva, MARTINS	13	Ba-Leiria				6:18.03	229		
50m: 41.35 41.35	150m: 2:18.42	49.50	250m: 3:57.85	49.54	350m: 5:34.60	48.22			
100m: 1:28.92 47.57	200m: 3:08.31	49.89	300m: 4:46.38	48.53	400m: 6:18.03	43.43			
8. Maria Ines, GOMES	12	Nucleo de Pombal				6:18.24	228		
50m: 42.33 42.33	150m: 2:20.07	49.46	250m: 3:58.59	49.52	350m: 5:33.62	47.53			
100m: 1:30.61 48.28	200m: 3:09.07	49.00	300m: 4:46.09	47.50	400m: 6:18.24	44.62			
9. Mafalda Amado, QUARESMA	13	Pimpoes/Cimai				6:29.88	208		
50m: 45.98 45.98	150m: 2:26.98	51.20	250m: 4:05.13	48.87	350m: 5:43.31	48.47			
100m: 1:35.78 49.80	200m: 3:16.26	49.28	300m: 4:54.84	49.71	400m: 6:29.88	46.57			
10. Violeta Neves, SILVA	13	Nucleo de Pombal				6:33.56	202		
50m: 45.56 45.56	150m: 2:25.97	50.94	250m: 4:06.50	50.07	350m: 5:47.01	49.64			
100m: 1:35.03 49.47	200m: 3:16.43	50.46	300m: 4:57.37	50.87	400m: 6:33.56	46.55			
11. Guiomar Dionisio, CARREIRA	12	Pimpoes/Cimai				6:39.12	194		
50m: 39.87 39.87	150m: 2:20.97	50.85	250m: 4:04.87	51.65	350m: 5:48.90	52.07			
100m: 1:30.12 50.25	200m: 3:13.22	52.25	300m: 4:56.83	51.96	400m: 6:39.12	50.22			
12. Catarina Franco, RODRIGUES	13	Naval de Peniche				6:41.95	190		
50m: 44.04 44.04	150m: 2:24.05	51.12	250m: 4:09.41	52.85	350m: 5:53.71	52.13			
100m: 1:32.93 48.89	200m: 3:16.56	52.51	300m: 5:01.58	52.17	400m: 6:41.95	48.24			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 4, Femin., 400m Livres, Infantil Fem

Lugar	Ano								Tempo final	Pts	Cód Excepção
13. Ana Sofia, SILVA	13 Naval de Peniche								6:54.59	173	
50m: 44.78 44.78	150m: 2:28.59 52.92	250m: 4:16.53 54.07	350m: 6:04.67 54.68								
100m: 1:35.67 50.89	200m: 3:22.46 53.87	300m: 5:09.99 53.46	400m: 6:54.59 49.92								
14. Eduarda Antunes, BUGALHAO	13 Ba-Leiria								7:33.13	133	
50m: 51.23 51.23	150m: 2:46.19 58.32	250m: 4:41.59 57.97	350m: 6:37.76 57.63								
100m: 1:47.87 56.64	200m: 3:43.62 57.43	300m: 5:40.13 58.54	400m: 7:33.13 55.37								
DNS Francisca Vieira, SILVA	13 Nucleo de Pombal										

Prova 4

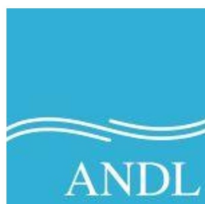
26/01/2025 - 9:59

Femin., 400m Livres

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar				Ano				Tempo final	Pts	Cód Excepção	
1. Vida Sofia, VELEZ				10	Ba-Leiria			4:55.09	481		
50m:	33.67	33.67	150m:	1:47.90	37.55	250m:	3:02.17	37.13	350m:	4:18.18	38.01
100m:	1:10.35	36.68	200m:	2:25.04	37.14	300m:	3:40.17	38.00	400m:	4:55.09	36.91
2. Bianca Balbino, MENDES				10	Naval de Peniche			4:56.42	475		
50m:	32.87	32.87	150m:	1:45.87	37.13	250m:	3:01.49	38.14	350m:	4:18.25	38.38
100m:	1:08.74	35.87	200m:	2:23.35	37.48	300m:	3:39.87	38.38	400m:	4:56.42	38.17
3. Maria Joao, VALA				11	Pimpoes/Cimai			4:56.65	474		
50m:	33.40	33.40	150m:	1:47.61	37.43	250m:	3:02.53	37.85	350m:	4:19.25	38.75
100m:	1:10.18	36.78	200m:	2:24.68	37.07	300m:	3:40.50	37.97	400m:	4:56.65	37.40
4. Barbara Balbino, MENDES				10	Naval de Peniche			5:02.05	449		
50m:	34.00	34.00	150m:	1:48.47	37.68	250m:	3:05.33	38.36	350m:	4:23.47	39.35
100m:	1:10.79	36.79	200m:	2:26.97	38.50	300m:	3:44.12	38.79	400m:	5:02.05	38.58
5. Carlota Sa, SANTOS				11	Nucleo de Pombal			5:06.41	430		
50m:	35.23	35.23	150m:	1:50.73	38.39	250m:	3:08.41	39.00	350m:	4:27.34	39.93
100m:	1:12.34	37.11	200m:	2:29.41	38.68	300m:	3:47.41	39.00	400m:	5:06.41	39.07
6. Leonor Pereira, SILVA				10	Óbidos			5:13.04	403		
50m:	35.04	35.04	150m:	1:55.18	40.65	250m:	3:16.71	40.40	350m:	4:37.96	40.43
100m:	1:14.53	39.49	200m:	2:36.31	41.13	300m:	3:57.53	40.82	400m:	5:13.04	35.08
7. Yara Nunes, MARCELINO				11	Nucleo de Pombal			5:57.68	270		
50m:	41.86	41.86	150m:	2:13.28	45.59	250m:	3:45.43	45.90	350m:	5:16.00	45.10
100m:	1:27.69	45.83	200m:	2:59.53	46.25	300m:	4:30.90	45.47	400m:	5:57.68	41.68
8. Erica Felix, RODRIGUES				11	Uniao Juncalense			5:58.38	268		
50m:	40.05	40.05	150m:	2:10.87	45.49	250m:	3:42.63	46.00	350m:	5:15.16	46.89
100m:	1:25.38	45.33	200m:	2:56.63	45.76	300m:	4:28.27	45.64	400m:	5:58.38	43.22
9. Matilde Vitorino, FERREIRA				11	Naval de Peniche			6:00.03	265		
50m:	41.05	41.05	150m:	2:12.23	45.73	250m:	3:44.68	46.90	350m:	5:17.09	46.06
100m:	1:26.50	45.45	200m:	2:57.78	45.55	300m:	4:31.03	46.35	400m:	6:00.03	42.94
10. Diana Morais, CARLOS				11	Pimpoes/Cimai			6:28.18	211		
50m:	41.40	41.40	150m:	2:21.02	50.27	250m:	4:01.76	50.58	350m:	5:40.47	48.82
100m:	1:30.75	49.35	200m:	3:11.18	50.16	300m:	4:51.65	49.89	400m:	6:28.18	47.71



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 4, Femin., 400m Livres

Prova 4
26/01/2025 - 9:59
Femin., 400m Livres
Junior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts	Cód Excepção
1. Francisca Ramos, NUNES	09	Naval de Peniche			4:48.87	513	
50m: 32.91 32.91	150m: 1:45.38 36.72	250m: 2:59.09 36.71	350m: 4:12.81 36.90				
100m: 1:08.66 35.75	200m: 2:22.38 37.00	300m: 3:35.91 36.82	400m: 4:48.87 36.06				
2. Teresa Maria, LOPES	09	Benedita			5:00.09	457	
50m: 33.24 33.24	150m: 1:47.50 37.61	250m: 3:04.18 38.47	350m: 4:21.87 38.85				
100m: 1:09.89 36.65	200m: 2:25.71 38.21	300m: 3:43.02 38.84	400m: 5:00.09 38.22				
3. Matilde Monteiro, NEVES	08	Nucleo de Pombal			5:29.88	344	
50m: 37.38 37.38	150m: 2:00.70 42.52	250m: 3:25.13 42.18	350m: 4:49.59 42.03				
100m: 1:18.18 40.80	200m: 2:42.95 42.25	300m: 4:07.56 42.43	400m: 5:29.88 40.29				

Prova 4
26/01/2025 - 9:59
Femin., 400m Livres
Senior Fem
Resultados

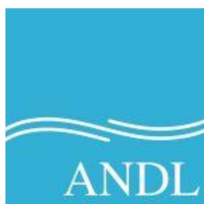
Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts	Cód Excepção
1. Dalila Leal, BERNARDINO	06	Nucleo de Pombal			5:14.14	399	
50m: 33.78 33.78	150m: 1:51.50 39.92	250m: 3:13.00 41.14	350m: 4:34.75 40.82				
100m: 1:11.58 37.80	200m: 2:31.86 40.36	300m: 3:53.93 40.93	400m: 5:14.14 39.39				

Prova 5
26/01/2025 - 10:27
Masc., 100m Mariposa
Infantil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts	Cód Excepção
1. Joao Santos, ALMEIDA	11	Ba-Leiria			1:12.19	289	
50m: 33.84 33.84	100m: 1:12.19 38.35						
2. Gabriel Sousa, GOMES	12	Óbidos			1:27.52	162	
50m: 41.34 41.34	100m: 1:27.52 46.18						
3. Dinis Morgado, FERREIRA	11	Ba-Leiria			1:28.62	156	
50m: 39.84 39.84	100m: 1:28.62 48.78						
4. Joao Pedro, CRUZ	11	Naval de Peniche			1:34.52	129	
50m: 43.40 43.40	100m: 1:34.52 51.12						
5. Goncalo Nunes, MORAIS	12	Ba-Leiria			1:46.28	90	
50m: 49.17 49.17	100m: 1:46.28 57.11						
6. Tiago Caixinha, SENICA	12	Ba-Leiria			2:05.16	55	
50m: 56.40 56.40	100m: 2:05.16 1:08.76						



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 5, Masc., 100m Mariposa

Prova 5
26/01/2025 - 10:27
Masc., 100m Mariposa
Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Pedro Blanc, CAPINHA	09 Óbidos	1:06.66	368	
50m: 30.91 30.91	100m: 1:06.66 35.75			
2. Tomas Marques, FRANCISCO	10 CNLeiria - VOID	1:06.76	366	
50m: 31.81 31.81	100m: 1:06.76 34.95			
3. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	1:16.48	243	
50m: 34.84 34.84	100m: 1:16.48 41.64			

Prova 5
26/01/2025 - 10:27
Masc., 100m Mariposa
Junior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Jose Januario, MARQUES	07 Pimpoes/Cimai	1:04.17	412	
50m: 29.64 29.64	100m: 1:04.17 34.53			
2. Afonso Nunes, MARCELINO	08 Nucleo de Pombal	1:15.37	254	
50m: 35.26 35.26	100m: 1:15.37 40.11			

Prova 5
26/01/2025 - 10:27
Masc., 100m Mariposa
Senior Masc
Resultados

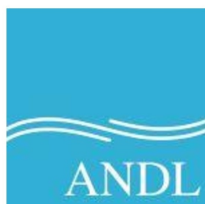
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Ricardo Lima, CAMPOS	06 Sanjoanense/FEPSA	1:03.96	416	
50m: 29.64 29.64	100m: 1:03.96 34.32			
2. Rafael, SANTOS	06 Uniao Juncalense	1:12.56	285	
50m: 32.54 32.54	100m: 1:12.56 40.02			

Prova 6
26/01/2025 - 10:31
Femin., 200m Mariposa
Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Laura Samora, GONCALVES	10 CNLeiria - VOID	2:45.93	374	
50m: 36.75 36.75	100m: 1:18.28 41.53	150m: 2:01.68 43.40	200m: 2:45.93 44.25	
2. Maria Joao, VALA	11 Pimpoes/Cimai	2:51.78	337	
50m: 37.06 37.06	100m: 1:21.21 44.15	150m: 2:07.68 46.47	200m: 2:51.78 44.10	
3. Cristiana Henriques, ALMEIDA	11 Benedita	3:00.23	292	
50m: 38.71 38.71	100m: 1:24.39 45.68	150m: 2:11.84 47.45	200m: 3:00.23 48.39	
4. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	3:00.34	291	
50m: 38.66 38.66	100m: 1:24.41 45.75	150m: 2:12.56 48.15	200m: 3:00.34 47.78	
DNS Isabela Lourenco, COSTA	11 Benedita			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 6, Femin., 200m Mariposa

Prova 6
26/01/2025 - 10:31

Femin., 200m Mariposa

Junior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Marta Cabete, GOMES	08 CNLeiria - VOID	3:12.75	238	
50m: 41.40 41.40	100m: 1:28.32 46.92	150m: 2:19.61 51.29	200m: 3:12.75 53.14	

Prova 7
26/01/2025 - 10:35

Masc., 200m Costas

Infantil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Francisco Costa, VALENTIM	11 Óbidos	2:37.06	304	
50m: 37.60 37.60	100m: 1:17.45 39.85	150m: 1:58.10 40.65	200m: 2:37.06 38.96	
2. Joao Santos, ALMEIDA	11 Ba-Leiria	2:43.78	268	
50m: 38.40 38.40	100m: 1:20.61 42.21	150m: 2:02.68 42.07	200m: 2:43.78 41.10	
3. Martim Piedade, SANTOS	12 Pimpoes/Cimai	2:49.67	241	
50m: 39.93 39.93	100m: 1:25.51 45.58	150m: 2:06.81 41.30	200m: 2:49.67 42.86	
4. Sebastian, PACHECO	12 Naval de Peniche	2:51.36	234	
50m: 39.81 39.81	100m: 1:23.72 43.91	150m: 2:08.38 44.66	200m: 2:51.36 42.98	
5. Roberto Bento, CANAS	12 Pimpoes/Cimai	2:52.19	230	
50m: 41.22 41.22	100m: 1:25.19 43.97	150m: 2:09.75 44.56	200m: 2:52.19 42.44	
6. Tomas Alves, ROCHA	11 Pimpoes/Cimai	3:02.46	194	
50m: 44.53 44.53	100m: 1:32.18 47.65	150m: 2:18.81 46.63	200m: 3:02.46 43.65	
7. Joao Maria, TEMPERO	12 Pimpoes/Cimai	3:07.85	177	
50m: 46.10 46.10	100m: 1:34.13 48.03	150m: 2:22.10 47.97	200m: 3:07.85 45.75	
8. Mihail, ONCIU	12 Ba-Leiria	3:38.56	112	
50m: 46.71 46.71	100m: 1:46.05 59.34	150m: 2:44.60 58.55	200m: 3:38.56 53.96	
DNS Afonso Mourao, MIRANDA	12 Ba-Leiria			
DNS Andrey, POGOMIY	11 Ba-Leiria			
DNS Eduardo Manuel, FERREIRA	12 Nucleo de Pombal			

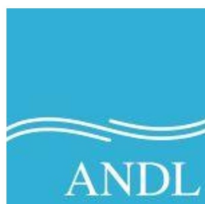
Prova 7
26/01/2025 - 10:35

Masc., 200m Costas

Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Tomas Pascoal, FERREIRA	09 Ba-Leiria	2:16.44	464	
50m: 30.72 30.72	100m: 1:05.22 34.50	150m: 1:40.97 35.75	200m: 2:16.44 35.47	
2. Rafael Costa, BASTOS	10 Sanjoanense/FEPSA	2:22.28	409	
50m: 31.86 31.86	100m: 1:07.39 35.53	150m: 1:44.56 37.17	200m: 2:22.28 37.72	
3. Santiago Marques, GOMES	09 Ba-Leiria	2:25.56	382	
50m: 34.64 34.64	100m: 1:11.78 37.14	150m: 1:44.14 32.36	200m: 2:25.56 41.42	
4. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	2:30.32	346	
50m: 35.21 35.21	100m: 1:13.24 38.03	150m: 1:52.07 38.83	200m: 2:30.32 38.25	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 7, Masc., 200m Costas, Juvenil (A+B) Masc

Lugar	Ano	Tempo final	Pts	Cód Excepção
5. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	2:40.63	284	
50m: 35.80 35.80 100m: 1:16.16 40.36 150m: 1:58.34 42.18 200m: 2:40.63 42.29				
6. Afonso Matos, CORREIA	09 Nucleo de Pombal	2:41.40	280	
50m: 37.72 37.72 100m: 1:19.22 41.50 150m: 1:59.83 40.61 200m: 2:41.40 41.57				
7. Alexandre Afonso, SANTOS	09 Uniao Juncalense	2:45.89	258	
50m: 38.21 38.21 100m: 1:19.25 41.04 150m: 2:02.96 43.71 200m: 2:45.89 42.93				
8. Francisco Antonio, SIMOES	10 Ba-Leiria	2:49.50	242	
50m: 40.36 40.36 100m: 1:23.36 43.00 150m: 2:06.36 43.00 200m: 2:49.50 43.14				
DNS David Xavier, ALMEIDA	10 Ba-Leiria			

Prova 7 Masc., 200m Costas Junior Masc
26/01/2025 - 10:35 Resultados

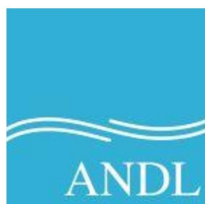
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Lucas Silva, SANTOS	07 Pimpoes/Cimai	2:22.68	405	
50m: 33.00 33.00 100m: 1:08.86 35.86 150m: 1:45.03 36.17 200m: 2:22.68 37.65				
2. Bernardo Nunes, DOMINGUEZ	07 Ba-Leiria	2:30.04	348	
50m: 34.17 34.17 100m: 1:11.26 37.09 150m: 1:50.34 39.08 200m: 2:30.04 39.70				
3. Diogo Coelho, JORDAO	08 Uniao Juncalense	2:31.05	341	
50m: 34.89 34.89 100m: 1:13.06 38.17 150m: 1:52.33 39.27 200m: 2:31.05 38.72				

Prova 8 Femin., 100m Costas Infantil Fem
26/01/2025 - 10:48 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Luna Francisco, PEREIRA	12 Nucleo de Pombal	1:19.61	327	
50m: 38.82 38.82 100m: 1:19.61 40.79				
2. Constanca Santos, COUTINHO	12 Naval da Nazaré	1:25.46	264	
50m: 40.28 40.28 100m: 1:25.46 45.18				
3. Emma Henriques, SOUTO	13 Óbidos	1:28.65	237	
50m: 42.75 42.75 100m: 1:28.65 45.90				
4. Jessica Garcia, FERREIRA	12 Óbidos	1:29.57	230	
50m: 44.05 44.05 100m: 1:29.57 45.52				
5. Alicia Ferreira, OLIVEIRA	13 Ba-Leiria	1:30.73	221	
50m: 45.98 45.98 100m: 1:30.73 44.75				
6. Carolina Matos, CORREIA	12 Nucleo de Pombal	1:33.16	204	
50m: 44.91 44.91 100m: 1:33.16 48.25				
7. Violeta Neves, SILVA	13 Nucleo de Pombal	1:34.51	195	
50m: 48.44 48.44 100m: 1:34.51 46.07				
8. Sofia Guilherme, CABREIRA	13 Óbidos	1:35.78	188	
50m: 47.31 47.31 100m: 1:35.78 48.47				
9. Ana Francisca, QUERIDO	12 Pimpoes/Cimai	1:35.96	187	
50m: 44.24 44.24 100m: 1:35.96 51.72				



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 8, Femin., 100m Costas, Infantil Fem

Lugar	Ano	Tempo final	Pts	Cód Excepção
10. Daniela Carvalho, FERREIRA 50m: 47.60 47.60	12 Nucleo de Pombal 100m: 1:36.52 48.92	1:36.52	183	
11. Laura Silva, MARTINS 50m: 47.99 47.99	13 Ba-Leiria 100m: 1:37.26 49.27	1:37.26	179	
12. Ana Sofia, SILVA 50m: 48.24 48.24	13 Naval de Peniche 100m: 1:40.34 52.10	1:40.34	163	
13. Maria Ines, GOMES 50m: 49.26 49.26	12 Nucleo de Pombal 100m: 1:43.43 54.17	1:43.43	149	
14. Catarina Franco, RODRIGUES 50m: 51.75 51.75	13 Naval de Peniche 100m: 1:45.56 53.81	1:45.56	140	
15. Catarina Faustino, DIAS 50m: 53.20 53.20	13 Naval de Peniche 100m: 1:48.56 55.36	1:48.56	129	
16. Iris Lopes, FRANCO 50m: 53.35 53.35	13 Naval da Nazaré 100m: 1:53.60 1:00.25	1:53.60	112	
DNS Eva Vieira, SILVA	13 Nucleo de Pombal			
DNS Francisca Vieira, SILVA	13 Nucleo de Pombal			

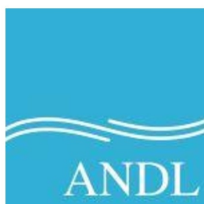
Prova 8
26/01/2025 - 10:48

Femin., 100m Costas

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Carolina Silva, CASTANHEIRA 50m: 37.00 37.00	11 CNLeiria - VOID 100m: 1:15.06 38.06	1:15.06	391	
2. Vida Sofia, VELEZ 50m: 38.04 38.04	10 Ba-Leiria 100m: 1:16.78 38.74	1:16.78	365	
3. Carlota Sa, SANTOS 50m: 38.03 38.03	11 Nucleo de Pombal 100m: 1:17.93 39.90	1:17.93	349	
4. Maria Carolina, ALVES 50m: 38.20 38.20	10 Ba-Leiria 100m: 1:18.27 40.07	1:18.27	344	
5. Margarida Lopes, RODRIGUES 50m: 39.97 39.97	11 Uniao Juncalense 100m: 1:22.74 42.77	1:22.74	291	
6. Constanca Rolim, PEDRO 50m: 41.33 41.33	10 Ba-Leiria 100m: 1:24.56 43.23	1:24.56	273	
7. Matilde Pinto, ANTUNES 50m: 43.31 43.31	11 Naval de Peniche 100m: 1:28.85 45.54	1:28.85	235	
8. Beatriz Morgado, SILVA 50m: 45.37 45.37	11 Benedita 100m: 1:30.68 45.31	1:30.68	221	
9. Yara Silva, INES 50m: 45.37 45.37	11 Ba-Leiria 100m: 1:31.80 46.43	1:31.80	213	
10. Matilde Vitorino, FERREIRA 50m: 46.77 46.77	11 Naval de Peniche 100m: 1:33.92 47.15	1:33.92	199	
11. Carlota Maria, CATARINO 50m: 44.97 44.97	11 Benedita 100m: 1:34.22 49.25	1:34.22	197	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 8, Femin., 100m Costas

Prova 8
26/01/2025 - 10:48

Femin., 100m Costas

Junior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Maria Rita, ROSARIO	08 Sanjoanense/FEPSA	1:15.91	378	
50m: 36.34 36.34	100m: 1:15.91 39.57			
2. Ana Margarida, MARQUES	09 Ba-Leiria	1:16.63	367	
50m: 37.42 37.42	100m: 1:16.63 39.21			
3. Constanca Carvalho, PIEDADE	08 Uniao Juncalense	1:19.66	327	
50m: 39.06 39.06	100m: 1:19.66 40.60			
4. Maria Margarida, OLIVEIRA	09 Ba-Leiria	1:22.21	297	
50m: 40.92 40.92	100m: 1:22.21 41.29			
5. Maria Teresa, OLIVEIRA	09 Ba-Leiria	1:23.20	287	
50m: 40.45 40.45	100m: 1:23.20 42.75			
6. Matilde Monteiro, NEVES	08 Nucleo de Pombal	1:26.13	258	
50m: 41.91 41.91	100m: 1:26.13 44.22			

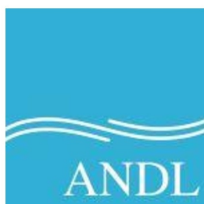
Prova 9
26/01/2025 - 11:01

Masc., 100m Bruços

Infantil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Simao Pedro, MARQUES	11 Uniao Juncalense	1:31.94	217	
50m: 42.94 42.94	100m: 1:31.94 49.00			
2. Guilherme Melo, ELIAS	11 Naval da Nazaré	1:34.87	197	
3. Rafael Teixeira, MARTINS	11 Naval de Peniche	1:36.48	188	
50m: 45.28 45.28	100m: 1:36.48 51.20			
4. Bruno Garcia, MILITAO	11 Óbidos	1:39.28	172	
50m: 47.03 47.03	100m: 1:39.28 52.25			
5. Diogo Demirel, FERREIRA	11 Ba-Leiria	1:44.65	147	
50m: 49.15 49.15	100m: 1:44.65 55.50			
6. Duarte Mota, GASPAR	12 Ba-Leiria	1:45.08	145	
50m: 51.41 51.41	100m: 1:45.08 53.67			
DNS Ruben Jose, FERREIRA	12 Ba-Leiria			
DNS Egor, MIKHAILOV	12 Ba-Leiria			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 9, Masc., 100m Bruços

Prova 9
26/01/2025 - 11:01
Masc., 100m Bruços
Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Tomas Pascoal, FERREIRA 50m: 34.94 34.94	09 Ba-Leiria 100m: 1:12.66 37.72	1:12.66	440	
2. Luis Pedro, VALERIO 50m: 41.64 41.64	09 Ba-Leiria 100m: 1:27.17 45.53	1:27.17	255	
3. Santiago Neves, SILVA 50m: 40.31 40.31	10 Nucleo de Pombal 100m: 1:27.69 47.38	1:27.69	250	

Prova 9
26/01/2025 - 11:01
Masc., 100m Bruços
Junior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Rodrigo Santos, COUTINHO 50m: 35.27 35.27	08 Pimpoes/Cimai 100m: 1:16.25 40.98	1:16.25	381	
2. Tiago Daniel, POVOA 50m: 41.84 41.84	08 Uniao Juncalense 100m: 1:30.81 48.97	1:30.81	225	

Prova 9
26/01/2025 - 11:01
Masc., 100m Bruços
Senior Masc
Resultados

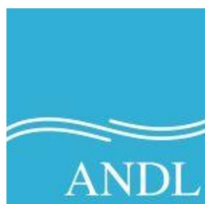
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Alexandre Quiterio, ANASTACIO 50m: 33.18 33.18	01 Benedita 100m: 1:09.68 36.50	1:09.68	499	

Prova 10
26/01/2025 - 11:05
Femin., 200m Bruços
Infantil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Beatriz Julio, CORREIA 50m: 47.45 47.45	12 CNLeiria - VOID 100m: 1:38.50 51.05 150m: 2:30.33 51.83	3:21.59	297	
2. Maria Leonor, FERREIRA 50m: 48.06 48.06	12 Óbidos 100m: 1:42.53 54.47 150m: 2:37.46 54.93	3:32.31	254	
3. Carminho Jose, LOPES 50m: 49.53 49.53	13 Benedita 100m: 1:44.89 55.36 150m: 2:41.21 56.32	3:36.81	239	
4. Mariana Santos, VALENTIM 50m: 50.09 50.09	13 Pimpoes/Cimai 100m: 1:46.33 56.24 150m: 2:43.90 57.57	3:40.40	227	
5. Constanca Santos, COUTINHO 50m: 50.40 50.40	12 Naval da Nazaré 100m: 1:46.09 55.69 150m: 2:45.04 58.95	3:43.32	218	
6. Alicia Ferreira, OLIVEIRA 50m: 53.47 53.47	13 Ba-Leiria 100m: 1:32.12 38.65 150m: 2:50.83 1:18.71	3:46.22	210	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

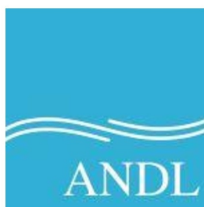
Prova 10, Femin., 200m Bruços, Infantil Fem

Lugar	Ano	Tempo final	Pts	Cód Excepção
7. Victoria Cerqueira, SOBREIRO 50m: 53.28 53.28 100m: 1:52.64 59.36 150m: 2:54.50 1:01.86	13 Pimpoes/Cimai	3:55.12	187	200m: 3:55.12 1:00.62
8. Eduarda Antunes, BUGALHAO 50m: 58.03 58.03 100m: 1:58.88 1:00.85 150m: 2:58.78 59.90	13 Ba-Leiria	3:58.63	179	200m: 3:58.63 59.85
9. Ana Sofia, SILVA 50m: 54.39 54.39 100m: 1:56.07 1:01.68 150m: 2:58.39 1:02.32	13 Naval de Peniche	4:00.09	176	200m: 4:00.09 1:01.70
10. Laura Silva, MARTINS 50m: 55.56 55.56 100m: 1:58.11 1:02.55 150m: 3:01.14 1:03.03	13 Ba-Leiria	4:03.75	168	200m: 4:03.75 1:02.61
DSQ Barbara Serrano, LOMBA	12 Ba-Leiria			
<i>A atleta efetuou várias braçadas, durante o primeiro percurso subaquático.</i>				

Prova 10 Femin., 200m Bruços Juvenil Fem
26/01/2025 - 11:05 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Leonor Pereira, SILVA 50m: 43.05 43.05 100m: 1:30.84 47.79 150m: 2:18.44 47.60	10 Óbidos	3:03.47	394	200m: 3:03.47 45.03
2. Maria Santos, FONSECA 50m: 41.71 41.71 100m: 1:28.31 46.60 150m: 2:16.64 48.33	11 CNLeiria - VOID	3:04.38	388	200m: 3:04.38 47.74
3. Vida Sofia, VELEZ 50m: 43.09 43.09 100m: 1:30.59 47.50 150m: 2:18.27 47.68	10 Ba-Leiria	3:04.87	385	200m: 3:04.87 46.60
4. Rafaela Santos, AFONSO 50m: 41.84 41.84 100m: 1:29.08 47.24 150m: 2:17.37 48.29	10 Naval de Peniche	3:04.92	385	200m: 3:04.92 47.55
5. Cristiana Henriques, ALMEIDA 50m: 43.11 43.11 100m: 1:32.03 48.92 150m: 2:20.69 48.66	11 Benedita	3:07.47	369	200m: 3:07.47 46.78
6. Mariana Santos, AFONSO 50m: 42.49 42.49 100m: 1:30.74 48.25 150m: 2:19.92 49.18	10 Naval de Peniche	3:07.92	367	200m: 3:07.92 48.00
7. Maria Carolina, ALVES 50m: 43.34 43.34 100m: 1:31.59 48.25 150m: 2:20.09 48.50	10 Ba-Leiria	3:08.28	365	200m: 3:08.28 48.19
8. Diana Isabel, ALVES 50m: 42.19 42.19 100m: 1:30.51 48.32 150m: 2:20.09 49.58	10 Pimpoes/Cimai	3:09.59	357	200m: 3:09.59 49.50
9. Anastasiya, PRYMACHENKO 50m: 43.66 43.66 100m: 1:32.84 49.18 150m: 2:23.26 50.42	11 Nucleo de Pombal	3:13.44	336	200m: 3:13.44 50.18
10. Constanca Rolim, PEDRO 50m: 49.34 49.34 100m: 1:41.91 52.57 150m: 2:32.59 50.68	10 Ba-Leiria	3:22.59	293	200m: 3:22.59 50.00
11. Kelly Simao, COSTA 50m: 47.74 47.74 100m: 1:40.24 52.50 150m: 2:34.21 53.97	11 Óbidos	3:28.14	270	200m: 3:28.14 53.93
12. Beatriz Morgado, SILVA 50m: 53.33 53.33 100m: 1:51.34 58.01 150m: 2:48.54 57.20	11 Benedita	3:44.02	216	200m: 3:44.02 55.48
DNS Isabela Lourenco, COSTA	11 Benedita			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

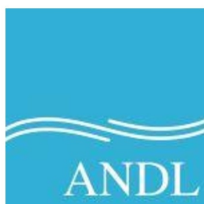
Prova 10, Femin., 200m Bruços

Prova 10	Femin., 200m Bruços	Junior Fem
26/01/2025 - 11:05		Resultados
Pontos: AQUA 2024		

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Zofie, PACHECO	09 Naval de Peniche	3:09.53	357	
50m: 41.31 41.31	100m: 1:28.55 47.24	200m: 3:09.53	50.90	
150m: 2:18.63	50.08			
2. Catarina Tagaroso, LOBO	07 Uniao Juncalense	3:18.59	311	
50m: 45.87 45.87	100m: 1:36.68 50.81	200m: 3:18.59	51.29	
150m: 2:27.30	50.62			
3. Ana Margarida, MARQUES	09 Ba-Leiria	3:21.20	299	
50m: 47.60 47.60	100m: 1:40.77 53.17	200m: 3:21.20	47.89	
150m: 2:33.31	52.54			
4. Bruna Matos, FIALHO	08 Uniao Juncalense	3:22.09	295	
50m: 44.19 44.19	100m: 1:35.56 51.37	200m: 3:22.09	53.43	
150m: 2:28.66	53.10			

Prova 11	Masc., 200m Livres	Infantil (A+B) Masc
26/01/2025 - 11:23		Resultados
Pontos: AQUA 2024		

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Martim Duarte, ROQUE	11 CNLeiria - VOID	2:16.89	382	
50m: 31.81 31.81	100m: 1:07.39 35.58	200m: 2:16.89	34.47	
150m: 1:42.42	35.03			
2. Joao Santos, ALMEIDA	11 Ba-Leiria	2:19.23	363	
50m: 31.95 31.95	100m: 1:07.78 35.83	200m: 2:19.23	35.47	
150m: 1:43.76	35.98			
3. Guilherme Melo, ELIAS	11 Naval da Nazaré	2:31.57	281	
50m: 34.59 34.59	100m: 1:13.78 39.19	200m: 2:31.57	38.04	
150m: 1:53.53	39.75			
4. Martin, SHEVCHUK	11 CNLeiria - VOID	2:32.13	278	
50m: 34.41 34.41	100m: 1:13.98 39.57	200m: 2:32.13	38.04	
150m: 1:54.09	40.11			
5. Dinis Morgado, FERREIRA	11 Ba-Leiria	2:36.87	254	
50m: 35.44 35.44	100m: 1:16.41 40.97	200m: 2:36.87	38.53	
150m: 1:58.34	41.93			
6. Rafael Teixeira, MARTINS	11 Naval de Peniche	2:41.18	234	
50m: 36.78 36.78	100m: 1:18.28 41.50	200m: 2:41.18	40.00	
150m: 2:01.18	42.90			
7. Joao Pedro, CRUZ	11 Naval de Peniche	2:47.59	208	
50m: 39.39 39.39	100m: 1:22.78 43.39	200m: 2:47.59	41.10	
150m: 2:06.49	43.71			
8. Joao Maria, TEMPERO	12 Pimpoes/Cimai	2:49.21	202	
50m: 42.24 42.24	100m: 1:24.84 42.60	200m: 2:49.21	41.23	
150m: 2:07.98	43.14			
9. Diogo Demirel, FERREIRA	11 Ba-Leiria	3:06.19	152	
50m: 41.83 41.83	100m: 1:31.06 49.23	200m: 3:06.19	46.86	
150m: 2:19.33	48.27			
10. Mihail, ONCIU	12 Ba-Leiria	3:06.74	150	
50m: 42.31 42.31	100m: 1:30.92 48.61	200m: 3:06.74	46.64	
150m: 2:20.10	49.18			
11. Goncalo Nunes, MORAIS	12 Ba-Leiria	3:06.95	150	
50m: 44.43 44.43	100m: 1:34.03 49.60	200m: 3:06.95	43.25	
150m: 2:23.70	49.67			
12. Gabriel Cadete, RODRIGUES	11 Nucleo de Pombal	3:15.38	131	
50m: 45.03 45.03	100m: 1:34.84 49.81	200m: 3:15.38	48.79	
150m: 2:26.59	51.75			
13. Rodrigo Jose, NEVES	12 Nucleo de Pombal	3:21.45	120	
50m: 45.55 45.55	100m: 1:38.71 53.16	200m: 3:21.45	47.38	
150m: 2:34.07	55.36			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

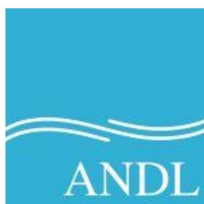
Prova 11, Masc., 200m Livres, Infantil (A+B) Masc

Lugar	Ano	Tempo final	Pts	Cód Excepção
14. Duarte Mota, GASPAR	12 Ba-Leiria	3:23.28	116	
50m: 47.21 47.21 100m: 1:40.96 53.75 150m: 2:33.75 52.79 200m: 3:23.28 49.53				
15. Tiago Caixinha, SENICA	12 Ba-Leiria	3:29.34	106	
50m: 47.42 47.42 100m: 1:42.67 55.25 150m: 2:37.78 55.11 200m: 3:29.34 51.56				
DSQ Rodrigo Freire, JOAQUIM <i>Falsa Partida (SW 4.4)</i>	11 CNLeiria - VOID			
DNS Ruben Jose, FERREIRA	12 Ba-Leiria			
DNS Egor, MIKHAILOV	12 Ba-Leiria			
DNS Afonso Mourao, MIRANDA	12 Ba-Leiria			
DNS Andrey, POGOMIY	11 Ba-Leiria			
DNS Eduardo Manuel, FERREIRA	12 Nucleo de Pombal			

Prova 11 Masc., 200m Livres Juvenil (A+B) Masc
26/01/2025 - 11:23 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. David Ferrador, PEREIRA	09 CNLeiria - VOID	2:05.25	499	
50m: 27.28 27.28 100m: 59.47 32.19 150m: 1:32.61 33.14 200m: 2:05.25 32.64				
2. Rafael Costa, BASTOS	10 Sanjoanense/FEPSA	2:06.91	480	
50m: 28.23 28.23 100m: 1:00.37 32.14 150m: 1:33.56 33.19 200m: 2:06.91 33.35				
3. Santiago Marques, GOMES	09 Ba-Leiria	2:13.15	415	
50m: 31.28 31.28 100m: 1:06.42 35.14 150m: 1:40.84 34.42 200m: 2:13.15 32.31				
4. Rodrigo Cruz, COSTA	09 Sanjoanense/FEPSA	2:17.14	380	
50m: 31.43 31.43 100m: 1:06.43 35.00 150m: 1:42.18 35.75 200m: 2:17.14 34.96				
5. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	2:18.45	369	
50m: 32.54 32.54 100m: 1:08.13 35.59 150m: 1:44.12 35.99 200m: 2:18.45 34.33				
6. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	2:19.95	357	
50m: 33.34 33.34 100m: 1:08.66 35.32 150m: 1:44.23 35.57 200m: 2:19.95 35.72				
7. Tomas Marques, FRANCISCO	10 CNLeiria - VOID	2:22.48	339	
50m: 33.73 33.73 100m: 1:10.36 36.63 150m: 1:48.23 37.87 200m: 2:22.48 34.25				
8. Luis Pedro, VALERIO	09 Ba-Leiria	2:22.53	338	
50m: 33.23 33.23 100m: 1:10.21 36.98 150m: 1:47.71 37.50 200m: 2:22.53 34.82				
9. Afonso Matos, CORREIA	09 Nucleo de Pombal	2:22.81	336	
50m: 32.14 32.14 100m: 1:09.29 37.15 150m: 1:47.15 37.86 200m: 2:22.81 35.66				
10. Francisco Antonio, SIMOES	10 Ba-Leiria	2:30.21	289	
50m: 36.78 36.78 100m: 1:16.28 39.50 150m: 1:54.46 38.18 200m: 2:30.21 35.75				
DNS David Xavier, ALMEIDA	10 Ba-Leiria			
DNS Santiago Neves, SILVA	10 Nucleo de Pombal			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 11, Masc., 200m Livres

Prova 11
26/01/2025 - 11:23

Masc., 200m Livres

Junior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Bernardo Nunes, DOMINGUEZ	07 Ba-Leiria	2:12.76	419	
50m: 30.09 30.09	100m: 1:03.51 33.42	150m: 1:37.91 34.40	200m: 2:12.76 34.85	
2. Afonso Nunes, MARCELINO	08 Nucleo de Pombal	2:32.44	276	
50m: 35.13 35.13	100m: 1:14.98 39.85	150m: 1:55.91 40.93	200m: 2:32.44 36.53	
3. Dinis Lourenco, COSTA	07 Benedita	2:54.33	185	
50m: 39.79 39.79	100m: 1:23.75 43.96	150m: 2:09.69 45.94	200m: 2:54.33 44.64	

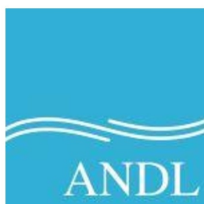
Prova 12
26/01/2025 - 11:41

Femin., 100m Livres

Infantil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Luna Francisco, PEREIRA	12 Nucleo de Pombal	1:12.72	329	
50m: 34.90 34.90	100m: 1:12.72 37.82			
2. Alicia Ferreira, OLIVEIRA	13 Ba-Leiria	1:17.18	275	
50m: 38.06 38.06	100m: 1:17.18 39.12			
3. Barbara Serrano, LOMBA	12 Ba-Leiria	1:20.18	246	
50m: 39.04 39.04	100m: 1:20.18 41.14			
4. Daniela Carvalho, FERREIRA	12 Nucleo de Pombal	1:20.39	244	
50m: 39.18 39.18	100m: 1:20.39 41.21			
5. Yaroslava, TABUNSKY	12 CNLeiria - VOID	1:20.56	242	
50m: 38.75 38.75	100m: 1:20.56 41.81			
6. Emma Henriques, SOUTO	13 Óbidos	1:22.70	224	
50m: 39.85 39.85	100m: 1:22.70 42.85			
7. Carolina Matos, CORREIA	12 Nucleo de Pombal	1:22.71	224	
50m: 40.28 40.28	100m: 1:22.71 42.43			
8. Maria Ines, GOMES	12 Nucleo de Pombal	1:24.41	210	
50m: 40.37 40.37	100m: 1:24.41 44.04			
9. Laura Silva, MARTINS	13 Ba-Leiria	1:24.79	208	
50m: 41.33 41.33	100m: 1:24.79 43.46			
10. Violeta Neves, SILVA	13 Nucleo de Pombal	1:26.72	194	
50m: 42.93 42.93	100m: 1:26.72 43.79			
11. Jessica Garcia, FERREIRA	12 Óbidos	1:26.96	192	
50m: 40.16 40.16	100m: 1:26.96 46.80			
12. Ines Frias, OLIVEIRA	12 Sanjoanense/FEPSA	1:29.22	178	
50m: 40.82 40.82	100m: 1:29.22 48.40			
13. Catarina Franco, RODRIGUES	13 Naval de Peniche	1:29.28	178	
50m: 43.40 43.40	100m: 1:29.28 45.88			
14. Iris Lopes, FRANCO	13 Naval da Nazaré	1:38.25	133	
50m: 45.12 45.12	100m: 1:38.25 53.13			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 12, Femin., 100m Livres, Infantil Fem

Lugar	Ano	Tempo final	Pts	Cód Excepção
15. Eduarda Antunes, BUGALHAO	13 Ba-Leiria	1:42.06	119	
50m: 49.39 49.39	100m: 1:42.06 52.67			
16. Catarina Faustino, DIAS	13 Naval de Peniche	1:43.31	115	
50m: 49.81 49.81	100m: 1:43.31 53.50			
17. Leonor Ramalho, NOVO	13 Naval da Nazaré	1:54.78	83	
50m: 51.96 51.96	100m: 1:54.78 1:02.82			
DNS Eva Vieira, SILVA	13 Nucleo de Pombal			
DNS Francisca Vieira, SILVA	13 Nucleo de Pombal			

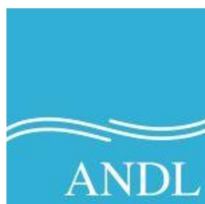
Prova 12
26/01/2025 - 11:41

Femin., 100m Livres

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Barbara Balbino, MENDES	10 Naval de Peniche	1:04.92	463	
50m: 31.03 31.03	100m: 1:04.92 33.89			
2. Bianca Balbino, MENDES	10 Naval de Peniche	1:06.90	423	
50m: 32.16 32.16	100m: 1:06.90 34.74			
3. Elisa Henriques, SOUTO	10 Óbidos	1:08.03	403	
50m: 32.46 32.46	100m: 1:08.03 35.57			
4. Carlota Sa, SANTOS	11 Nucleo de Pombal	1:09.71	374	
50m: 34.06 34.06	100m: 1:09.71 35.65			
5. Leonor Silva, MARTINS	10 Óbidos	1:09.91	371	
50m: 34.23 34.23	100m: 1:09.91 35.68			
6. Rafaela Santos, AFONSO	10 Naval de Peniche	1:10.53	361	
50m: 33.72 33.72	100m: 1:10.53 36.81			
7. Mariana Santos, AFONSO	10 Naval de Peniche	1:11.09	353	
50m: 34.13 34.13	100m: 1:11.09 36.96			
8. Isabela Maria, CARREIRA	11 Uniao Juncalense	1:15.72	292	
50m: 36.19 36.19	100m: 1:15.72 39.53			
9. Yara Silva, INES	11 Ba-Leiria	1:16.92	278	
50m: 37.21 37.21	100m: 1:16.92 39.71			
10. Yara Nunes, MARCELINO	11 Nucleo de Pombal	1:20.39	244	
50m: 38.12 38.12	100m: 1:20.39 42.27			
11. Matilde Pinto, ANTUNES	11 Naval de Peniche	1:20.90	239	
50m: 39.00 39.00	100m: 1:20.90 41.90			
12. Carlota Maria, CATARINO	11 Benedita	1:21.65	233	
50m: 39.61 39.61	100m: 1:21.65 42.04			
13. Anastasia, STURZA	10 Uniao Juncalense	1:21.72	232	
50m: 38.91 38.91	100m: 1:21.72 42.81			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 12, Femin., 100m Livres

Prova 12
26/01/2025 - 11:41

Femin., 100m Livres

Junior Fem Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Francisca Ramos, NUNES	09 Naval de Peniche	1:03.51	495	
50m: 30.44 30.44	100m: 1:03.51 33.07			
2. Teresa Maria, LOPES	09 Benedita	1:05.61	449	
50m: 32.03 32.03	100m: 1:05.61 33.58			
3. Zofie, PACHECO	09 Naval de Peniche	1:08.94	387	
50m: 32.25 32.25	100m: 1:08.94 36.69			
4. Maria Teresa, OLIVEIRA	09 Ba-Leiria	1:11.18	351	
50m: 34.67 34.67	100m: 1:11.18 36.51			
5. Maria Margarida, OLIVEIRA	09 Ba-Leiria	1:12.09	338	
50m: 35.03 35.03	100m: 1:12.09 37.06			
6. Matilde Santos, COUTINHO	07 Naval da Nazaré	1:13.33	321	
50m: 34.15 34.15	100m: 1:13.33 39.18			
7. Matilde Monteiro, NEVES	08 Nucleo de Pombal	1:14.60	305	
50m: 35.49 35.49	100m: 1:14.60 39.11			
8. Iris Santos, CANECO	09 Naval da Nazaré	1:25.97	199	
50m: 40.47 40.47	100m: 1:25.97 45.50			
9. Ivanna Gomes, VINNIKOV	08 Uniao Juncalense	1:27.41	189	
50m: 41.79 41.79	100m: 1:27.41 45.62			

Prova 12
26/01/2025 - 11:41

Femin., 100m Livres

Senior Fem Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	1:10.75	358	
50m: 33.25 33.25	100m: 1:10.75 37.50			

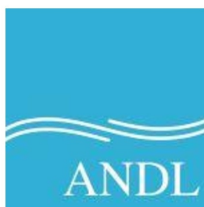
Prova 13
26/01/2025 - 11:53

Masc., 50m Bruços

Infantil (A+B) Masc Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Martim Cruz, MOURA	11 CNLeiria - VOID	35.76	339	
2. Martim Piedade, SANTOS	12 Pimpoes/Cimai	40.54	233	
3. Tomas Alves, ROCHA	11 Pimpoes/Cimai	42.12	207	
4. Roberto Bento, CANAS	12 Pimpoes/Cimai	42.31	205	
5. Santiago Tomas, PAULO	12 Óbidos	48.13	139	
6. Joao Maria, TEMPERO	12 Pimpoes/Cimai	49.78	125	
7. Gabriel Marques, CARREIRA	11 Uniao Juncalense	55.21	92	
8. Luis Gustavo, PINTO	12 Uniao Juncalense	1:00.67	69	
DSQ Dmytro, BULBA	11 Pimpoes/Cimai			
Falsa partida (SW 4.4)				



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 13, Masc., 50m Bruços, Infantil (A+B) Masc

Lugar	Ano	Tempo final	Pts	Cód Excepção
DSQ Thomas Torres, O'BYRNE	11			
Uniao Juncalense <i>O atleta efetuou várias pernadas de mariposa, durante o percurso subaquático.</i>				

Prova 13
26/01/2025 - 11:53

Masc., 50m Bruços

Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Tomas Pascoal, FERREIRA	09	34.06	393	
2. Pedro Souza, SILVA	10	39.11	259	
3. Lucas Santos, SILVA	10	58.14	79	

Prova 13
26/01/2025 - 11:53

Masc., 50m Bruços

Junior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Rodrigo Santos, COUTINHO	08	34.49	378	
2. Rodrigo Rocha, RESENDE	08	37.29	299	
3. Tiago Daniel, POVOA	08	39.78	246	

Prova 13
26/01/2025 - 11:53

Masc., 50m Bruços

Senior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Alexandre Quiterio, ANASTACIO	01	31.97	475	
2. David Santiago, CORDEIRO	06	36.46	320	

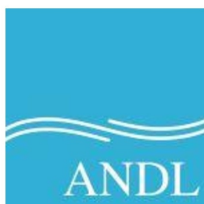
Prova 14
26/01/2025 - 11:57

Femin., 50m Mariposa

Infantil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Laura Krempel, VARELA	12	34.53	351	
2. Julia Pinto, PINHEIRO	12	36.46	298	
3. Ines Pinto, MARTINS	12	36.87	289	
4. Benedita Nunes, FELIX	12	37.91	265	
5. Guiomar Dionisio, CARREIRA	12	39.87	228	
6. Iara Maria, CAMACHO	12	41.43	203	
7. Ana Francisca, QUERIDO	12	42.13	193	
8. Rita Alexandra, JORDAO	12	44.28	166	
9. Mafalda Amado, QUARESMA	13	46.71	142	
10. Mariana Santos, VALENTIM	13	48.17	129	
11. Mariia, BULBA	12	51.80	104	
12. Maria Antonia, VAZAO	12	52.39	100	
13. Maria Simao, COSTA	13	53.51	94	
DNS Maria Leonor, ASSUNCAO	12			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 14, Femin., 50m Mariposa

Prova 14
26/01/2025 - 11:57

Femin., 50m Mariposa

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Laura Samora, GONCALVES	10	CNLeiria - VOID	34.10	365	
2. Anastasiya, PRYMACHENKO	11	Nucleo de Pombal	34.60	349	
3. Maria Carolina, ALVES	10	Ba-Leiria	35.15	333	
4. Leonor Pereira, SILVA	10	Óbidos	35.18	332	
5. Leonor Silva, MARTINS	10	Óbidos	35.44	325	
6. Vida Sofia, VELEZ	10	Ba-Leiria	35.84	314	
7. Constanca Rolim, PEDRO	10	Ba-Leiria	38.63	251	
8. Erica Felix, RODRIGUES	11	Uniao Juncalense	39.73	231	
9. Alice Lucas, COSTA	10	Uniao Juncalense	41.15	207	
10. Yara Nunes, MARCELINO	11	Nucleo de Pombal	41.64	200	
11. Diana Morais, CARLOS	11	Pimpoes/Cimai	43.01	182	
12. Anastasia, STURZA	10	Uniao Juncalense	43.84	171	
13. Yara Silva, INES	11	Ba-Leiria	44.52	164	

Prova 14
26/01/2025 - 11:57

Femin., 50m Mariposa

Junior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Mafalda Costa, BASTOS	07	Sanjoanense/FEPSA	32.13	436	
2. Marta Oliveira, SILVA	09	Sanjoanense/FEPSA	33.72	377	
3. Marta Cabete, GOMES	08	CNLeiria - VOID	33.88	372	
4. Ana Margarida, MARQUES	09	Ba-Leiria	34.36	357	
5. Constanca Carvalho, PIEDADE	08	Uniao Juncalense	35.17	333	
6. Maria Teresa, OLIVEIRA	09	Ba-Leiria	35.73	317	
7. Catarina Tagaroso, LOBO	07	Uniao Juncalense	36.40	300	
8. Matilde Santos, COUTINHO	07	Naval da Nazaré	36.89	288	
9. Bruna Matos, FIALHO	08	Uniao Juncalense	38.53	253	
DNS Maria Margarida, OLIVEIRA	09	Ba-Leiria			

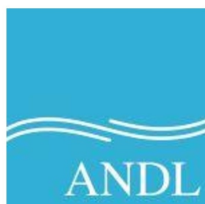
Prova 14
26/01/2025 - 11:57

Femin., 50m Mariposa

Senior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Dalila Leal, BERNARDINO	06	Nucleo de Pombal	34.70	346	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 15
26/01/2025 - 12:03

Masc., 200m Estilos

Infantil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Francisco Costa, VALENTIM	11 Óbidos	2:46.33	286	
50m: 37.50 37.50	100m: 1:18.72 41.22	150m: 2:08.40 49.68	200m: 2:46.33 37.93	
2. Simao Pedro, MARQUES	11 Uniao Juncalense	2:56.78	238	
50m: 37.69 37.69	100m: 1:23.47 45.78	150m: 2:14.21 50.74	200m: 2:56.78 42.57	
3. Dinis Morgado, FERREIRA	11 Ba-Leiria	3:00.16	225	
50m: 39.84 39.84	100m: 1:27.18 47.34	150m: 2:20.18 53.00	200m: 3:00.16 39.98	
4. Sebastian, PACHECO	12 Naval de Peniche	3:04.56	209	
50m: 42.68 42.68	100m: 1:29.50 46.82	150m: 2:26.39 56.89	200m: 3:04.56 38.17	
5. Gabriel Sousa, GOMES	12 Óbidos	3:05.75	205	
50m: 40.47 40.47	100m: 1:28.65 48.18	150m: 2:23.62 54.97	200m: 3:05.75 42.13	
6. Bruno Garcia, MILITAO	11 Óbidos	3:07.65	199	
50m: 43.08 43.08	100m: 1:29.72 46.64	150m: 2:26.12 56.40	200m: 3:07.65 41.53	
7. Eduardo Martim, CARMO	11 Óbidos	3:12.03	186	
50m: 40.63 40.63	100m: 1:30.31 49.68	150m: 2:26.80 56.49	200m: 3:12.03 45.23	
8. Joao Pedro, CRUZ	11 Naval de Peniche	3:15.31	176	
50m: 45.99 45.99	100m: 1:34.42 48.43	150m: 2:33.46 59.04	200m: 3:15.31 41.85	
9. Goncalo Nunes, MORAIS	12 Ba-Leiria	3:19.20	166	
50m: 49.03 49.03	100m: 1:41.48 52.45	150m: 2:35.41 53.93	200m: 3:19.20 43.79	
10. Diogo Demirel, FERREIRA	11 Ba-Leiria	3:35.78	131	
50m: 55.78 55.78	100m: 1:52.50 56.72	150m: 2:47.50 55.00	200m: 3:35.78 48.28	
11. Mihail, ONCIU	12 Ba-Leiria	3:45.45	114	
50m: 51.74 51.74	100m: 1:49.18 57.44	150m: 2:55.80 1:06.62	200m: 3:45.45 49.65	
12. Tiago Caixinha, SENICA	12 Ba-Leiria	3:49.85	108	
50m: 57.85 57.85	100m: 1:54.35 56.50	150m: 2:58.42 1:04.07	200m: 3:49.85 51.43	
13. Duarte Mota, GASPAR	12 Ba-Leiria	3:54.34	102	
50m: 1:00.41 1:00.41	100m: 2:00.31 59.90	150m: 3:00.91 1:00.60	200m: 3:54.34 53.43	
DNS Ruben Jose, FERREIRA	12 Ba-Leiria			
DNS Egor, MIKHAILOV	12 Ba-Leiria			
DNS Afonso Mourao, MIRANDA	12 Ba-Leiria			
DNS Andrey, POGOMIY	11 Ba-Leiria			
DNS Eduardo Manuel, FERREIRA	12 Nucleo de Pombal			

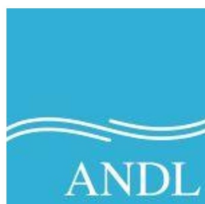
Prova 15
26/01/2025 - 12:03

Masc., 200m Estilos

Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Manuel Leite, AGUIAR	09 Sanjoanense/FEPSA	2:24.49	436	
50m: 30.77 30.77	100m: 1:08.03 37.26	150m: 1:50.70 42.67	200m: 2:24.49 33.79	
2. Santiago Marques, GOMES	09 Ba-Leiria	2:28.03	406	
50m: 32.40 32.40	100m: 1:11.08 38.68	150m: 1:55.34 44.26	200m: 2:28.03 32.69	
3. Rodrigo Cruz, COSTA	09 Sanjoanense/FEPSA	2:33.45	364	
50m: 33.20 33.20	100m: 1:13.53 40.33	150m: 1:56.80 43.27	200m: 2:33.45 36.65	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 15, Masc., 200m Estilos, Juvenil (A+B) Masc

Lugar	Ano	Tempo final	Pts	Cód Excepção
4. Luis Pedro, VALERIO	09 Ba-Leiria	2:37.34	338	
50m: 32.66 32.66	100m: 1:13.66 41.00	150m: 2:02.16 48.50	200m: 2:37.34 35.18	
5. Francisco Antonio, SIMOES	10 Ba-Leiria	2:45.64	289	
50m: 38.31 38.31	100m: 1:22.81 44.50	150m: 2:09.17 46.36	200m: 2:45.64 36.47	
DNS David Xavier, ALMEIDA	10 Ba-Leiria			

Prova 15
26/01/2025 - 12:03
Pontos: AQUA 2024

Masc., 200m Estilos

Junior Masc Resultados

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:13.93	548	
50m: 28.36 28.36	100m: 1:01.89 33.53	150m: 1:42.31 40.42	200m: 2:13.93 31.62	
2. Diogo Coelho, JORDAO	08 Uniao Juncalense	2:28.53	402	
50m: 31.08 31.08	100m: 1:10.40 39.32	150m: 1:53.86 43.46	200m: 2:28.53 34.67	
3. Bernardo Nunes, DOMINGUEZ	07 Ba-Leiria	2:30.34	387	
50m: 32.31 32.31	100m: 1:12.46 40.15	150m: 1:54.55 42.09	200m: 2:30.34 35.79	

Prova 15
26/01/2025 - 12:03
Pontos: AQUA 2024

Masc., 200m Estilos

Senior Masc Resultados

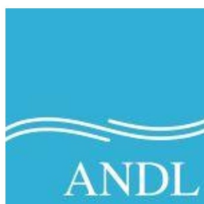
Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Ricardo Lima, CAMPOS	06 Sanjoanense/FEPSA	2:19.86	481	
50m: 30.13 30.13	100m: 1:07.63 37.50	150m: 1:47.34 39.71	200m: 2:19.86 32.52	

Prova 16
26/01/2025 - 12:19
Pontos: AQUA 2024

Femin., 400m Estilos

Infantil Fem Resultados

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Laura Krempel, VARELA	12 Pimpoes/Cimai	5:57.74	379	
50m: 38.56 38.56	150m: 2:10.34 46.31	250m: 3:45.96 51.47	350m: 5:18.14 41.22	
100m: 1:24.03 45.47	200m: 2:54.49 44.15	300m: 4:36.92 50.96	400m: 5:57.74 39.60	
2. Ines Pinto, MARTINS	12 Pimpoes/Cimai	6:01.36	367	
50m: 39.77 39.77	150m: 2:12.48 45.67	250m: 3:48.28 49.87	350m: 5:21.51 42.18	
100m: 1:26.81 47.04	200m: 2:58.41 45.93	300m: 4:39.33 51.05	400m: 6:01.36 39.85	
3. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	6:14.04	331	
50m: 41.31 41.31	150m: 2:18.31 46.63	250m: 3:55.39 51.71	350m: 5:32.50 43.04	
100m: 1:31.68 50.37	200m: 3:03.68 45.37	300m: 4:49.46 54.07	400m: 6:14.04 41.54	
4. Benedita Nunes, FELIX	12 Pimpoes/Cimai	6:36.22	279	
50m: 44.55 44.55	150m: 2:29.72 50.82	250m: 4:14.79 55.60	350m: 5:54.87 43.82	
100m: 1:38.90 54.35	200m: 3:19.19 49.47	300m: 5:11.05 56.26	400m: 6:36.22 41.35	
5. Iara Maria, CAMACHO	12 Pimpoes/Cimai	7:01.75	231	
50m: 44.47 44.47	150m: 2:31.75 53.97	250m: 4:25.25 1:00.89	350m: 6:16.08 48.80	
100m: 1:37.78 53.31	200m: 3:24.36 52.61	300m: 5:27.28 1:02.03	400m: 7:01.75 45.67	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 16, Femin., 400m Estilos, Infantil Fem

Lugar	Ano	Tempo final	Pts	Cód Excepção
6. Elisa Rodrigues, SIMOES	13 Benedita	7:23.60	198	
50m: 48.85 48.85	150m: 2:48.03 56.78	250m: 4:42.10 58.61	350m: 6:34.45 50.09	
100m: 1:51.25 1:02.40	200m: 3:43.49 55.46	300m: 5:44.36 1:02.26	400m: 7:23.60 49.15	
7. Carminho Jose, LOPES	13 Benedita	7:25.92	195	
50m: 46.55 46.55	150m: 2:44.71 54.07	250m: 4:44.78 57.97	350m: 6:35.81 51.50	
100m: 1:50.64 1:04.09	200m: 3:46.81 1:02.10	300m: 5:44.31 59.53	400m: 7:25.92 50.11	
DNS Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai			

Prova 16 Femin., 400m Estilos Juvenil Fem
26/01/2025 - 12:19 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Cristiana Henriques, ALMEIDA	11 Benedita	5:51.97	398	
50m: 38.72 38.72	150m: 2:08.83 44.11	250m: 3:42.62 49.00	350m: 5:12.15 39.93	
100m: 1:24.72 46.00	200m: 2:53.62 44.79	300m: 4:32.22 49.60	400m: 5:51.97 39.82	
DNS Isabela Lourenco, COSTA	11 Benedita			

Prova 17 Misto, 4 x 50m Livres Infantil (F+M)
26/01/2025 - 12:35 Resultados

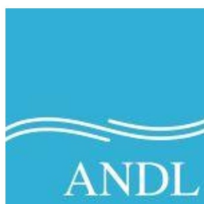
Pontos: AQUA 2024

Lugar	Tempo final	Pts	Cód Excepção
1. BA - Leiria INF	2:46.55	144	
Duarte Mota, GASPAR 12	43.40		45.49
Alicia Ferreira, OLIVEIRA 13	34.19		43.47
Eduarda Antunes, BUGALHAO 13			
Tiago Caixinha, SENICA 12			

Prova 17 Misto, 4 x 50m Livres Juvenil (F+M)
26/01/2025 - 12:35 Resultados

Pontos: AQUA 2024

Lugar	Tempo final	Pts	Cód Excepção
1. SIRP/ Cimai JUV	1:51.16	484	
Hugo Miguel, SANTOS 09	27.66		29.32
Santiago Agostinho, PARREIRA 09	24.68		29.50
Debora Silva, INACIO 10			
Diana Isabel, ALVES 10			
EXH URDJ EX	2:00.66	379	
Erica Felix, RODRIGUES 11	36.69		31.35
Rafael, SANTOS 06	26.47		26.15
Catarina Tagarroso, LOBO 07			
Samuel Jorge, BELO 98			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 18
26/01/2025 - 12:49

Masc., 1500m Livres

Infantil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts	Cód Excepção
1. Martim Duarte, ROQUE	11	CNLeiria - VOID	19:10.37	398		
50m: 32.71 32.71	450m: 5:36.68 38.25	850m: 10:42.30 37.14	1250m: 15:54.64 39.05			
100m: 1:09.59 36.88	500m: 6:14.68 38.00	900m: 11:20.17 37.87	1300m: 16:34.62 39.98			
150m: 1:47.25 37.66	550m: 6:53.12 38.44	950m: 11:59.59 39.42	1350m: 17:14.34 39.72			
200m: 2:24.72 37.47	600m: 7:31.81 38.69	1000m: 12:38.65 39.06	1400m: 17:54.14 39.80			
250m: 3:02.76 38.04	650m: 8:09.74 37.93	1050m: 13:17.81 39.16	1450m: 18:33.30 39.16			
300m: 3:41.18 38.42	700m: 8:48.60 38.86	1100m: 13:57.06 39.25	1500m: 19:10.37 37.07			
350m: 4:19.65 38.47	750m: 9:26.73 38.13	1150m: 14:36.67 39.61				
400m: 4:58.43 38.78	800m: 10:05.16 38.43	1200m: 15:15.59 38.92				
2. Martim Cruz, MOURA	11	CNLeiria - VOID	20:10.13	342		
50m: 34.23 34.23	450m: 5:54.59 40.46	850m: 11:21.52 40.93	1250m: 16:49.09 41.32			
100m: 1:13.45 39.22	500m: 6:35.90 41.31	900m: 12:01.65 40.13	1300m: 17:29.87 40.78			
150m: 1:53.05 39.60	550m: 7:16.34 40.44	950m: 12:42.27 40.62	1350m: 18:11.03 41.16			
200m: 2:32.63 39.58	600m: 7:57.73 41.39	1000m: 13:23.38 41.11	1400m: 18:52.34 41.31			
250m: 3:12.48 39.85	650m: 8:38.55 40.82	1050m: 14:04.52 41.14	1450m: 19:32.55 40.21			
300m: 3:52.38 39.90	700m: 9:19.45 40.90	1100m: 14:45.45 40.93	1500m: 20:10.13 37.58			
350m: 4:33.16 40.78	750m: 9:59.70 40.25	1150m: 15:26.77 41.32				
400m: 5:14.13 40.97	800m: 10:40.59 40.89	1200m: 16:07.77 41.00				
3. Martin, SHEVCHUK	11	CNLeiria - VOID	20:28.44	327		
50m: 35.69 35.69	450m: 6:01.73 40.79	850m: 11:29.16 41.25	1250m: 17:05.66 42.22			
100m: 1:15.63 39.94	500m: 6:42.02 40.29	900m: 12:10.91 41.75	1300m: 17:46.91 41.25			
150m: 1:56.91 41.28	550m: 7:23.91 41.89	950m: 12:52.26 41.35	1350m: 18:28.41 41.50			
200m: 2:36.84 39.93	600m: 8:05.16 41.25	1000m: 13:34.48 42.22	1400m: 19:11.06 42.65			
250m: 3:17.81 40.97	650m: 8:45.23 40.07	1050m: 14:16.23 41.75	1450m: 19:51.63 40.57			
300m: 3:58.34 40.53	700m: 9:25.66 40.43	1100m: 14:58.31 42.08	1500m: 20:28.44 36.81			
350m: 4:40.41 42.07	750m: 10:06.48 40.82	1150m: 15:40.56 42.25				
400m: 5:20.94 40.53	800m: 10:47.91 41.43	1200m: 16:23.44 42.88				
4. Vasco Sousa, LEMOS	11	Pimpoes/Cimai	20:31.81	324		
50m: 35.67 35.67	400m: 5:19.76 40.80	750m: 10:10.35 42.11	1150m: 15:46.07 1:23.65			
100m: 1:14.71 39.04	450m: 6:01.01 41.25	800m: 10:52.45 42.10	1200m: 16:28.05 41.98			
150m: 1:55.53 40.82	500m: 6:41.92 40.91	850m: 11:34.55 42.10	1250m: 17:10.31 42.26			
200m: 2:36.07 40.54	550m: 7:23.07 41.15	900m: 12:17.17 42.62	1300m: 17:51.81 41.50			
250m: 3:16.03 39.96	600m: 8:04.21 41.14	950m: 12:58.81 41.64	1350m: 18:34.39 42.58			
300m: 3:57.31 41.28	650m: 8:45.96 41.75	1000m: 13:40.31 41.50	1400m: 19:15.01 40.62			
350m: 4:38.96 41.65	700m: 9:28.24 42.28	1050m: 14:22.42 42.11	1500m: 20:31.81 1:16.80			

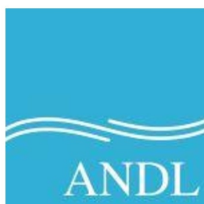
Prova 18
26/01/2025 - 12:49

Masc., 1500m Livres

Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts	Cód Excepção
1. David Ferrador, PEREIRA	09	CNLeiria - VOID	18:20.88	455		
50m: 30.59 30.59	450m: 5:18.31 36.53	850m: 10:15.63 38.25	1250m: 15:16.78 37.40			
100m: 1:05.88 35.29	500m: 5:55.06 36.75	900m: 10:53.63 38.00	1300m: 15:54.31 37.53			
150m: 1:41.63 35.75	550m: 6:31.40 36.34	950m: 11:31.13 37.50	1350m: 16:31.45 37.14			
200m: 2:16.95 35.32	600m: 7:06.63 35.23	1000m: 12:08.88 37.75	1400m: 17:08.91 37.46			
250m: 2:52.88 35.93	650m: 7:45.63 39.00	1050m: 12:46.41 37.53	1450m: 17:45.59 36.68			
300m: 3:24.13 31.25	700m: 8:22.78 37.15	1100m: 13:24.20 37.79	1500m: 18:20.88 35.29			
350m: 4:05.48 41.35	750m: 9:00.09 37.31	1150m: 14:01.95 37.75				
400m: 4:41.78 36.30	800m: 9:37.38 37.29	1200m: 14:39.38 37.43				



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 18, Masc., 1500m Livres, Juvenil (A+B) Masc

Lugar				Ano						Tempo final	Pts	Cód Excepção
2.	Guilherme Rodrigues, CABRAL			10	Pimpoes/Cimai			19:21.80			387	
	50m:	35.36	35.36	450m:	5:47.41	39.61	850m:	11:01.40	38.50	1250m:	16:11.54	38.10
	100m:	1:12.74	37.38	500m:	6:26.96	39.55	900m:	11:40.56	39.16	1300m:	16:50.90	39.36
	150m:	1:51.28	38.54	550m:	7:06.78	39.82	950m:	12:19.45	38.89	1350m:	17:29.21	38.31
	200m:	2:29.78	38.50	600m:	7:46.77	39.99	1000m:	12:58.95	39.50	1400m:	18:07.67	38.46
	250m:	3:08.77	38.99	650m:	8:25.63	38.86	1050m:	13:37.81	38.86	1450m:	18:47.09	39.42
	300m:	3:47.57	38.80	700m:	9:03.96	38.33	1100m:	14:16.50	38.69	1500m:	19:21.80	34.71
	350m:	4:27.88	40.31	750m:	9:43.43	39.47	1150m:	14:54.43	37.93			
	400m:	5:07.80	39.92	800m:	10:22.90	39.47	1200m:	15:33.44	39.01			
3.	Pedro Souza, SILVA			10	Pimpoes/Cimai			19:38.87			370	
	50m:	36.10	36.10	450m:	5:51.20	38.46	850m:	11:06.70	39.43	1250m:	16:23.42	39.36
	100m:	1:14.31	38.21	500m:	6:30.99	39.79	900m:	11:46.45	39.75	1300m:	17:04.03	40.61
	150m:	1:53.52	39.21	550m:	7:11.10	40.11	950m:	12:25.42	38.97	1350m:	17:43.56	39.53
	200m:	2:32.35	38.83	600m:	7:50.25	39.15	1000m:	13:05.25	39.83	1400m:	18:22.25	38.69
	250m:	3:11.67	39.32	650m:	8:29.31	39.06	1050m:	13:44.81	39.56	1450m:	19:02.60	40.35
	300m:	3:51.50	39.83	700m:	9:08.56	39.25	1100m:	14:23.70	38.89	1500m:	19:38.87	36.27
	350m:	4:31.77	40.27	750m:	9:47.56	39.00	1150m:	15:04.10	40.40			
	400m:	5:12.74	40.97	800m:	10:27.27	39.71	1200m:	15:44.06	39.96			

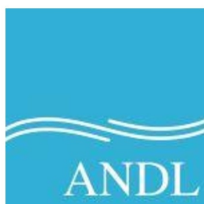
Prova 18
26/01/2025 - 12:49

Masc., 1500m Livres

Junior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano						Tempo final		Pts	Cód Excepção	
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai						18:22.96		452		
50m:	30.74	30.74	450m:	5:26.42	37.14	850m:	10:22.81	37.03	1250m:	15:22.49	37.75
100m:	1:06.57	35.83	500m:	6:03.81	37.39	900m:	11:00.14	37.33	1300m:	16:00.07	37.58
150m:	1:43.59	37.02	550m:	6:40.98	37.17	950m:	11:37.42	37.28	1350m:	16:36.14	36.07
200m:	2:20.74	37.15	600m:	7:18.21	37.23	1000m:	12:14.81	37.39	1400m:	17:12.31	36.17
250m:	2:57.71	36.97	650m:	7:55.17	36.96	1050m:	12:52.21	37.40	1450m:	17:48.24	35.93
300m:	3:35.07	37.36	700m:	8:32.07	36.90	1100m:	13:29.49	37.28	1500m:	18:22.96	34.72
350m:	4:12.14	37.07	750m:	9:08.59	36.52	1150m:	14:06.81	37.32			
400m:	4:49.28	37.14	800m:	9:45.78	37.19	1200m:	14:44.74	37.93			
2. Jose Januario, MARQUES	07 Pimpoes/Cimai						18:42.47		429		
50m:	32.00	32.00	450m:	5:27.12	37.40	850m:	10:30.90	38.50	1250m:	15:36.22	38.17
100m:	1:07.47	35.47	500m:	6:04.33	37.21	900m:	11:09.37	38.47	1300m:	16:14.12	37.90
150m:	1:44.00	36.53	550m:	6:41.75	37.42	950m:	11:47.72	38.35	1350m:	16:51.33	37.21
200m:	2:20.69	36.69	600m:	7:19.40	37.65	1000m:	12:25.94	38.22	1400m:	17:29.19	37.86
250m:	2:57.72	37.03	650m:	7:57.44	38.04	1050m:	13:04.15	38.21	1450m:	18:06.62	37.43
300m:	3:34.97	37.25	700m:	8:35.22	37.78	1100m:	13:42.22	38.07	1500m:	18:42.47	35.85
350m:	4:12.22	37.25	750m:	9:13.83	38.61	1150m:	14:20.12	37.90			
400m:	4:49.72	37.50	800m:	9:52.40	38.57	1200m:	14:58.05	37.93			
3. Lucas Silva, SANTOS	07 Pimpoes/Cimai						20:56.44		306		
50m:	34.69	34.69	450m:	6:01.22	41.35	850m:	11:37.53	42.37	1250m:	17:21.12	43.82
100m:	1:13.44	38.75	500m:	6:42.59	41.37	900m:	12:20.12	42.59	1300m:	18:04.47	43.35
150m:	1:53.47	40.03	550m:	7:24.79	42.20	950m:	13:02.76	42.64	1350m:	18:48.19	43.72
200m:	2:34.30	40.83	600m:	8:06.16	41.37	1000m:	13:45.24	42.48	1400m:	19:32.09	43.90
250m:	3:15.37	41.07	650m:	8:48.34	42.18	1050m:	14:28.15	42.91	1450m:	20:14.87	42.78
300m:	3:56.72	41.35	700m:	9:30.12	41.78	1100m:	15:11.87	43.72	1500m:	20:56.44	41.57
350m:	4:37.79	41.07	750m:	10:12.32	42.20	1150m:	15:54.41	42.54			
400m:	5:19.87	42.08	800m:	10:55.16	42.84	1200m:	16:37.30	42.89			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

2 - Jornada única - Sessão da tarde

26/01/2025 - 15:45

Prova 19 Misto, 4 x 100m Livres Infantil (F+M)
26/01/2025 - 15:45 Resultados

Pontos: AQUA 2024

Lugar					Tempo final	Pts	Cód Excepção
1.	SIRP/ Cimai INF		Pimpoes/Cimai		4:39.47	332	
	Vasco Sousa, LEMOS	11	31.50	1:05.50	11	35.78	1:12.82
	Laura Krempel, VARELA	12	34.08	1:11.12	12	32.81	1:10.03
2.	DNMG INF		Nautico Marinha Grande		4:46.30	309	
	Maria Luisa, CASTILLO	13	34.66	1:12.72	12	35.97	1:15.47
	Leonor Pinto, ROSARIO	13	34.83	1:14.40	12	29.78	1:03.71
3.	SIRP/ Cimai INF		Pimpoes/Cimai		5:13.49	235	
	Martim Piedade, SANTOS	12	30.70	1:04.45	12	38.22	1:18.86
	Victoria Cerqueira, SOBREIRO	13	39.40	1:24.00	13	41.61	1:26.18

Prova 19 Misto, 4 x 100m Livres Juvenil (F+M)
26/01/2025 - 15:45 Resultados

Pontos: AQUA 2024

Lugar					Tempo final	Pts	Cód Excepção
1.	SIRP/ Cimai JUV		Pimpoes/Cimai		4:01.95	512	
	Hugo Miguel, SANTOS	09	28.74	1:00.84	10	30.85	1:05.00
	Santiago Agostinho, PARREIRA	09	25.51	52.83	10	30.68	1:03.28

Prova 19 Misto, 4 x 100m Livres Junior (F+M)
26/01/2025 - 15:45 Resultados

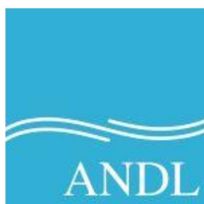
Pontos: AQUA 2024

Lugar					Tempo final	Pts	Cód Excepção
1.	URDJ JUN		Uniao Juncalense		4:38.69	335	
	Constanca Carvalho, PIEDADE	08	35.56	1:14.02	08	35.87	1:15.68
	Tiago Daniel, POVOA	08	31.96	1:09.74	08	28.15	59.25
EXH	CNNZ EX		Naval da Nazaré		4:45.90	310	
	Guilherme Melo, ELIAS	11	32.93	1:09.03	12	38.19	1:21.61
	Matilde Santos, COUTINHO	07	34.37	1:14.22	09	29.12	1:01.04

Prova 20 Masc., 50m Costas Infantil (A+B) Masc
26/01/2025 - 15:57 Resultados

Pontos: AQUA 2024

Lugar	Ano			Tempo final	Pts	Cód Excepção
1.	Pedro Pereira, OLIVEIRA	11	Nautico Marinha Grande	32.64	310	
2.	Vidar Albert, JUNG	11	Nautico Marinha Grande	33.28	293	
3.	Vasco Sousa, LEMOS	11	Pimpoes/Cimai	34.67	259	
4.	Roberto Bento, CANAS	12	Pimpoes/Cimai	38.33	191	
5.	Bruno Garcia, MILITAO	11	Óbidos	39.47	175	
6.	Joao Pedro, BELO	12	Nautico Marinha Grande	42.93	136	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 20, Masc., 50m Costas, Infantil (A+B) Masc

Lugar	Ano		Tempo final	Pts	Cód Excepção
7. Thomas Torres, O'BYRNE	11	Uniao Juncalense	43.83	128	
8. Guilherme Lopes, SIMOES	12	Nucleo de Ansião	44.68	121	
9. Salvador Rodrigues, FERREIRA	11	Nucleo de Ansião	44.87	119	
10. Dmytro, BULBA	11	Pimpoes/Cimai	46.75	105	
11. Luis Gustavo, PINTO	12	Uniao Juncalense	47.03	103	
12. Simao Santana, MARTINS	12	Nucleo de Ansião	50.56	83	
13. Artem, STRIELKOV	11	Uniao Juncalense	55.65	62	

Prova 20
26/01/2025 - 15:57
Pontos: AQUA 2024

Masc., 50m Costas

Juvenil (A+B) Masc
Resultados

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Pedro Blanc, CAPINHA	09	Óbidos	33.53	286	
2. Pedro Souza, SILVA	10	Pimpoes/Cimai	34.19	270	
3. Vladyslav, BABUSHKIN	09	Nautico Marinha Grande	37.25	209	

Prova 20
26/01/2025 - 15:57
Pontos: AQUA 2024

Masc., 50m Costas

Junior Masc
Resultados

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Jose Januario, MARQUES	07	Pimpoes/Cimai	30.35	386	
2. Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	30.41	384	
3. Tiago Daniel, POVOA	08	Uniao Juncalense	37.91	198	

Prova 20
26/01/2025 - 15:57
Pontos: AQUA 2024

Masc., 50m Costas

Senior Masc
Resultados

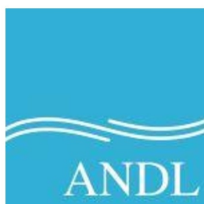
Lugar	Ano		Tempo final	Pts	Cód Excepção
1. David Santiago, CORDEIRO	06	Naval de Peniche	35.18	248	

Prova 21
26/01/2025 - 16:02
Pontos: AQUA 2024

Femin., 50m Livres

Infantil Fem
Resultados

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Leonor Pinto, ROSARIO	13	Nautico Marinha Grande	34.06	305	
2. Maria Luisa, CASTILLO	13	Nautico Marinha Grande	34.45	294	
3. Valeria, MORITS	12	Nautico Marinha Grande	36.44	249	
4. Lara Sofia, MARCELINO	13	Vieirense	36.59	246	
5. Yaroslava, TABUNSCHYK	12	CNLeiria - VOID	37.13	235	
6. Ines Barreto, CALDEIREIRO	13	Vieirense	38.90	204	
7. Carolina Coutinho, FREIRE	13	Nucleo de Ansião	40.94	175	
8. Bruna Lopes, SIMOES	12	Nucleo de Ansião	42.78	153	
9. Maria Simao, COSTA	13	Pimpoes/Cimai	45.88	124	
10. Mariia, BULBA	12	Pimpoes/Cimai	46.49	119	
11. Leonor Ramalho, NOVO	13	Naval da Nazaré	48.37	106	
DNS Camila Correia, LUCAS	13	Nucleo de Ansião			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 21, Femin., 50m Livres

Prova 21
26/01/2025 - 16:02

Femin., 50m Livres

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Matilde Santos, VIEIRA	10	Nautico Marinha Grande	29.89	451	
2. Leonor Mota, ALVES	11	Nautico Marinha Grande	30.47	426	
3. Barbara Balbino, MENDES	10	Naval de Peniche	30.50	424	
4. Elisa Henriques, SOUTO	10	Óbidos	30.63	419	
5. Madalena Gracio, PEDROSO	10	Nautico Marinha Grande	30.74	415	
6. Laura Helena, AMORIM	10	Nautico Marinha Grande	31.45	387	
7. Leonor Silva, MARTINS	10	Óbidos	31.62	381	
8. Beatriz Marques, GASPAR	11	Nautico Marinha Grande	31.75	376	
9. Rafaela Santos, AFONSO	10	Naval de Peniche	31.92	370	
10. Mariana Santos, AFONSO	10	Naval de Peniche	32.03	366	
11. Margarida Soares, MAIA	11	Nautico Marinha Grande	32.81	341	
12. Margarida Lopes, RODRIGUES	11	Uniao Juncalense	33.07	333	
13. Maria Santos, FONSECA	11	CNLeiria - VOID	33.50	320	
14. Isabela Maria, CARREIRA	11	Uniao Juncalense	34.44	295	
15. Alice Lucas, COSTA	10	Uniao Juncalense	34.75	287	
16. Kelly Simao, COSTA	11	Óbidos	35.63	266	
17. Erica Felix, RODRIGUES	11	Uniao Juncalense	36.81	241	
18. Maria Lopes, ESPERANCA	11	Uniao Juncalense	39.19	200	
19. Ines Alexandra, SANTOS	11	Nucleo de Ansião	43.70	144	
DNS Matilde Filipa, AMADO	10	Nautico Marinha Grande			

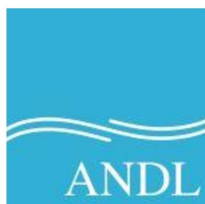
Prova 21
26/01/2025 - 16:02

Femin., 50m Livres

Junior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	29.30	479	
2. Francisca Ramos, NUNES	09	Naval de Peniche	29.41	473	
3. Zofie, PACHECO	09	Naval de Peniche	30.19	438	
4. Diana Rita, FONSECA	08	Vieirense	31.09	401	
5. Bruna Matos, FIALHO	08	Uniao Juncalense	33.37	324	
6. Ana Carolina, RODRIGUES	09	Nucleo de Ansião	38.31	214	
7. Ivanna Gomes, VINNIKOV	08	Uniao Juncalense	40.53	181	
8. Maria Francisca, SANTOS	09	Uniao Juncalense	46.28	121	
DNS Carolina Ferreira, FONSECA	07	Vieirense			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 22
26/01/2025 - 16:10

Masc., 400m Livres

Infantil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Vasco Silvestre, ROCHA	12 Nautico Marinha Grande	5:13.92	309	
50m: 34.24 34.24	150m: 1:53.07 39.93	250m: 3:16.17 42.08	350m: 4:35.78 38.97	
100m: 1:13.14 38.90	200m: 2:34.09 41.02	300m: 3:56.81 40.64	400m: 5:13.92 38.14	
2. Rodrigo Nicolau, RITA	11 Veiense	5:21.34	288	
50m: 35.67 35.67	150m: 1:56.19 40.88	250m: 3:19.50 41.60	350m: 4:41.45 41.33	
100m: 1:15.31 39.64	200m: 2:37.90 41.71	300m: 4:00.12 40.62	400m: 5:21.34 39.89	
3. Diego Rodrigues, MENDES	11 Nautico Marinha Grande	5:29.12	268	
50m: 36.22 36.22	150m: 1:59.12 44.90	250m: 3:23.69 42.19	350m: 4:47.73 42.11	
100m: 1:14.22 38.00	200m: 2:41.50 42.38	300m: 4:05.62 41.93	400m: 5:29.12 41.39	
4. Sebastian, PACHECO	12 Naval de Peniche	5:31.12	263	
50m: 36.69 36.69	150m: 2:00.12 41.75	250m: 3:25.25 42.70	350m: 4:50.97 43.18	
100m: 1:18.37 41.68	200m: 2:42.55 42.43	300m: 4:07.79 42.54	400m: 5:31.12 40.15	
5. Tomas Barata, ALVES	12 Nautico Marinha Grande	5:35.87	252	
50m: 38.02 38.02	150m: 2:03.66 43.60	250m: 3:30.41 44.00	350m: 4:57.38 43.62	
100m: 1:20.06 42.04	200m: 2:46.41 42.75	300m: 4:13.76 43.35	400m: 5:35.87 38.49	
6. Rodrigo Freire, JOAQUIM	11 CNLeiria - VOID	5:37.86	247	
50m: 38.50 38.50	150m: 2:04.96 44.07	250m: 3:33.04 44.48	350m: 4:58.46 42.53	
100m: 1:20.89 42.39	200m: 2:48.56 43.60	300m: 4:15.93 42.89	400m: 5:37.86 39.40	
7. Rafael Teixeira, MARTINS	11 Naval de Peniche	5:45.50	231	
50m: 40.00 40.00	150m: 2:09.40 45.40	250m: 3:38.03 43.70	350m: 5:04.47 41.39	
100m: 1:24.00 44.00	200m: 2:54.33 44.93	300m: 4:23.08 45.05	400m: 5:45.50 41.03	
8. Joao Pedro, CRUZ	11 Naval de Peniche	5:48.88	225	
50m: 39.88 39.88	150m: 2:07.70 43.92	250m: 3:37.31 45.00	350m: 5:06.31 43.78	
100m: 1:23.78 43.90	200m: 2:52.31 44.61	300m: 4:22.53 45.22	400m: 5:48.88 42.57	

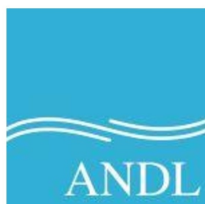
Prova 22
26/01/2025 - 16:10

Masc., 400m Livres

Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Paulo, KOT	09 Nautico Marinha Grande	4:13.41	587	
50m: 29.17 29.17	150m: 1:32.02 31.90	250m: 2:36.76 32.46	350m: 3:41.69 32.47	
100m: 1:00.12 30.95	200m: 2:04.30 32.28	300m: 3:09.22 32.46	400m: 4:13.41 31.72	
2. Guilherme Meireles, MARRAZES	09 Nautico Marinha Grande	4:17.78	558	
50m: 28.96 28.96	150m: 1:32.81 32.78	250m: 2:39.53 33.64	350m: 3:46.14 33.03	
100m: 1:00.03 31.07	200m: 2:05.89 33.08	300m: 3:13.11 33.58	400m: 4:17.78 31.64	
3. David Ferrador, PEREIRA	09 CNLeiria - VOID	4:29.85	486	
50m: 29.99 29.99	150m: 1:37.92 34.47	250m: 2:47.70 34.85	350m: 3:57.36 34.59	
100m: 1:03.45 33.46	200m: 2:12.85 34.93	300m: 3:22.77 35.07	400m: 4:29.85 32.49	
4. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	4:34.01	464	
50m: 30.20 30.20	150m: 1:38.57 34.15	250m: 2:48.65 35.27	350m: 3:59.34 35.52	
100m: 1:04.42 34.22	200m: 2:13.38 34.81	300m: 3:23.82 35.17	400m: 4:34.01 34.67	
5. Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	4:34.63	461	
50m: 30.38 30.38	150m: 1:38.45 34.61	250m: 2:50.20 35.86	350m: 4:01.16 35.12	
100m: 1:03.84 33.46	200m: 2:14.34 35.89	300m: 3:26.04 35.84	400m: 4:34.63 33.47	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 22, Masc., 400m Livres, Juvenil (A+B) Masc

Lugar	Ano	Tempo final	Pts	Cód Excepção
6. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	4:35.59	456	
50m: 30.56 30.56	150m: 1:39.41 35.00	250m: 2:50.91 35.78	350m: 4:01.69 35.00	
100m: 1:04.41 33.85	200m: 2:15.13 35.72	300m: 3:26.69 35.78	400m: 4:35.59 33.90	
7. Afonso Ferreira, REIS	10 Nautico Marinha Grande	4:36.66	451	
50m: 31.02 31.02	150m: 1:40.22 35.03	250m: 2:49.87 34.43	350m: 4:01.09 35.72	
100m: 1:05.19 34.17	200m: 2:15.44 35.22	300m: 3:25.37 35.50	400m: 4:36.66 35.57	
8. Rodrigo Cruz, COSTA	09 Sanjoanense/FEPSA	4:40.97	431	
50m: 30.98 30.98	150m: 1:41.23 35.60	250m: 2:53.36 35.73	350m: 4:05.40 36.27	
100m: 1:05.63 34.65	200m: 2:17.63 36.40	300m: 3:29.13 35.77	400m: 4:40.97 35.57	
9. Joao Piteira, GAIOLAS	10 Nautico Marinha Grande	4:41.67	427	
50m: 30.76 30.76	150m: 1:40.75 35.19	250m: 2:52.56 35.86	350m: 4:06.31 36.63	
100m: 1:05.56 34.80	200m: 2:16.70 35.95	300m: 3:29.68 37.12	400m: 4:41.67 35.36	
10. Xinyang, CHENG	09 Nautico Marinha Grande	4:44.53	415	
50m: 30.81 30.81	150m: 1:40.46 35.15	250m: 2:52.81 36.28	350m: 4:07.24 37.53	
100m: 1:05.31 34.50	200m: 2:16.53 36.07	300m: 3:29.71 36.90	400m: 4:44.53 37.29	
11. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	4:48.50	398	
50m: 31.97 31.97	150m: 1:42.72 36.00	250m: 2:56.97 37.15	350m: 4:12.32 37.71	
100m: 1:06.72 34.75	200m: 2:19.82 37.10	300m: 3:34.61 37.64	400m: 4:48.50 36.18	
12. Maksym, TYSHCHUK	09 Nautico Marinha Grande	4:59.30	356	
50m: 32.16 32.16	150m: 1:46.34 37.58	250m: 3:02.75 38.13	350m: 4:21.02 39.27	
100m: 1:08.76 36.60	200m: 2:24.62 38.28	300m: 3:41.75 39.00	400m: 4:59.30 38.28	
13. Lucas Costa, JESUS	10 Nautico Marinha Grande	5:00.12	353	
50m: 32.47 32.47	150m: 1:48.05 38.75	250m: 3:05.62 38.90	350m: 4:22.75 38.35	
100m: 1:09.30 36.83	200m: 2:26.72 38.67	300m: 3:44.40 38.78	400m: 5:00.12 37.37	
14. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	5:02.99	343	
50m: 34.31 34.31	150m: 1:50.46 38.50	250m: 3:07.57 38.65	350m: 4:25.07 39.08	
100m: 1:11.96 37.65	200m: 2:28.92 38.46	300m: 3:45.99 38.42	400m: 5:02.99 37.92	
15. Simao Sousa, JESUS	10 Nautico Marinha Grande	5:07.09	330	
50m: 33.87 33.87	150m: 1:50.62 39.28	250m: 3:09.59 39.62	350m: 4:29.62 39.71	
100m: 1:11.34 37.47	200m: 2:29.97 39.35	300m: 3:49.91 40.32	400m: 5:07.09 37.47	

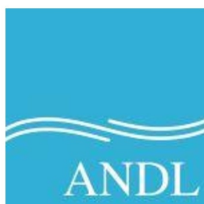
Prova 22
26/01/2025 - 16:10

Masc., 400m Livres

Junior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Santiago Boica, SOUSA	08 Viegrense	4:30.75	481	
50m: 29.40 29.40	150m: 1:37.50 35.28	250m: 2:47.83 34.75	350m: 3:58.05 34.83	
100m: 1:02.22 32.82	200m: 2:13.08 35.58	300m: 3:23.22 35.39	400m: 4:30.75 32.70	
2. Daniel Gomes, SANTOS	08 Nautico Marinha Grande	4:33.92	465	
50m: 30.63 30.63	150m: 1:37.74 33.97	250m: 2:47.60 35.15	350m: 3:59.10 36.00	
100m: 1:03.77 33.14	200m: 2:12.45 34.71	300m: 3:23.10 35.50	400m: 4:33.92 34.82	
3. Diogo Coelho, JORDAO	08 Uniao Juncalense	4:52.91	380	
50m: 31.36 31.36	150m: 1:45.18 37.70	250m: 3:01.87 38.39	350m: 4:17.04 37.12	
100m: 1:07.48 36.12	200m: 2:23.48 38.30	300m: 3:39.92 38.05	400m: 4:52.91 35.87	
4. Diogo Barata, ALVES	08 Nautico Marinha Grande	5:10.84	318	
50m: 33.49 33.49	150m: 1:51.31 39.47	250m: 3:10.44 39.55	350m: 4:31.09 39.93	
100m: 1:11.84 38.35	200m: 2:30.89 39.58	300m: 3:51.16 40.72	400m: 5:10.84 39.75	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 22, Masc., 400m Livres

Prova 22
26/01/2025 - 16:10

Masc., 400m Livres

Senior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. David Ferreira, RELVAS	03 Nautico Marinha Grande	4:14.08	582	
50m: 28.75 28.75	150m: 1:31.72 32.25	250m: 2:37.55 32.97	350m: 3:42.65 32.75	
100m: 59.47 30.72	200m: 2:04.58 32.86	300m: 3:09.90 32.35	400m: 4:14.08 31.43	
2. Miguel Vicente, SILVA	02 Nautico Marinha Grande	4:16.76	564	
50m: 28.06 28.06	150m: 1:32.16 32.29	250m: 2:37.94 32.78	350m: 3:43.83 32.81	
100m: 59.87 31.81	200m: 2:05.16 33.00	300m: 3:11.02 33.08	400m: 4:16.76 32.93	

Prova 23
26/01/2025 - 16:33

Femin., 100m Mariposa

Infantil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Emiliania Arruda, SARAIVA	12 Viegrense	1:23.01	276	
50m: 37.89 37.89	100m: 1:23.01 45.12			
2. Carminho Jose, LOPES	13 Benedita	1:47.97	125	
50m: 46.36 46.36	100m: 1:47.97 1:01.61			
3. Elisa Rodrigues, SIMOES	13 Benedita	1:54.70	104	
50m: 50.74 50.74	100m: 1:54.70 1:03.96			
4. Nuria Rocha, BOTAS	13 Viegrense	1:58.97	93	
50m: 55.75 55.75	100m: 1:58.97 1:03.22			
DSQ Mafalda Amado, QUARESMA	13 Pimpoes/Cimai			
Falsa partida (SW 4.4)				
DNS Valeria, MORITS	12 Nautico Marinha Grande			

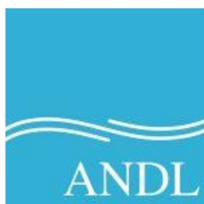
Prova 23
26/01/2025 - 16:33

Femin., 100m Mariposa

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Laura Samora, GONCALVES	10 CNLeiria - VOID	1:16.34	354	
50m: 35.25 35.25	100m: 1:16.34 41.09			
2. Leonor Silva, MARTINS	10 Óbidos	1:26.22	246	
50m: 37.81 37.81	100m: 1:26.22 48.41			
3. Erica Felix, RODRIGUES	11 Uniao Juncalense	1:34.31	188	
50m: 42.66 42.66	100m: 1:34.31 51.65			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 23, Femin., 100m Mariposa

Prova 23
26/01/2025 - 16:33
Femin., 100m Mariposa
Junior Fem Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Mafalda Costa, BASTOS	07 Sanjoanense/FEPSA	1:13.71	394	
50m: 35.07 35.07	100m: 1:13.71 38.64			
2. Teresa Maria, LOPES	09 Benedita	1:14.68	379	
50m: 35.11 35.11	100m: 1:14.68 39.57			
3. Marta Oliveira, SILVA	09 Sanjoanense/FEPSA	1:15.38	368	
50m: 34.28 34.28	100m: 1:15.38 41.10			
4. Maria Rita, ROSARIO	08 Sanjoanense/FEPSA	1:16.69	350	
50m: 34.72 34.72	100m: 1:16.69 41.97			
5. Marta Cabete, GOMES	08 CNLeiria - VOID	1:19.31	316	
50m: 35.31 35.31	100m: 1:19.31 44.00			

Prova 23
26/01/2025 - 16:33
Femin., 100m Mariposa
Senior Fem Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Bruna Andreia, SIMOES	01 Vieiraense	1:09.05	479	
50m: 31.81 31.81	100m: 1:09.05 37.24			

Prova 24
26/01/2025 - 16:38
Masc., 200m Mariposa
Infantil (A+B) Masc Resultados

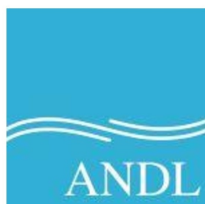
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Rodrigo Nicolau, RITA	11 Vieiraense	3:17.09	159	
50m: 39.23 39.23	100m: 1:29.19 49.96	150m: 2:23.07 53.88	200m: 3:17.09 54.02	

Prova 24
26/01/2025 - 16:38
Masc., 200m Mariposa
Juvenil (A+B) Masc Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Tomas Marques, FRANCISCO	10 CNLeiria - VOID	2:28.19	374	
50m: 34.26 34.26	100m: 1:11.76 37.50	150m: 1:50.12 38.36	200m: 2:28.19 38.07	
2. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	2:37.50	312	
50m: 34.05 34.05	100m: 1:14.33 40.28	150m: 1:55.25 40.92	200m: 2:37.50 42.25	
3. Lucas Ferreira, GASPAR	10 Vieiraense	2:49.35	251	
50m: 34.10 34.10	100m: 1:15.17 41.07	150m: 2:00.60 45.43	200m: 2:49.35 48.75	
4. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	2:51.19	243	
50m: 36.34 36.34	100m: 1:19.66 43.32	150m: 2:04.79 45.13	200m: 2:51.19 46.40	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 24, Masc., 200m Mariposa

Prova 24 Masc., 200m Mariposa Junior Masc
26/01/2025 - 16:38 Resultados

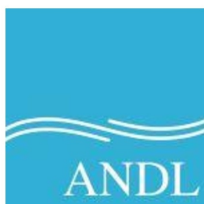
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:21.61	429	
50m: 30.33 30.33	100m: 1:06.20 35.87	150m: 1:42.98 36.78	200m: 2:21.61 38.63	

Prova 25 Femin., 200m Costas Infantil Fem
26/01/2025 - 16:42 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Safira Pedro, FONSECA	12 Vieiraense	2:49.41	346	
50m: 40.70 40.70	100m: 1:24.91 44.21	150m: 2:08.09 43.18	200m: 2:49.41 41.32	
2. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	2:53.96	319	
50m: 41.94 41.94	100m: 1:26.34 44.40	150m: 2:10.44 44.10	200m: 2:53.96 43.52	
3. Benedita Nunes, FELIX	12 Pimpoes/Cimai	2:59.02	293	
50m: 42.38 42.38	100m: 1:27.76 45.38	150m: 2:14.81 47.05	200m: 2:59.02 44.21	
4. Jessica Garcia, FERREIRA	12 Óbidos	3:12.10	237	
50m: 44.95 44.95	100m: 1:34.17 49.22	150m: 2:24.49 50.32	200m: 3:12.10 47.61	
5. Rita Alexandra, JORDAO	12 Uniao Juncalense	3:14.41	228	
50m: 46.02 46.02	100m: 1:35.36 49.34	150m: 2:25.51 50.15	200m: 3:14.41 48.90	
6. Guiomar Dionisio, CARREIRA	12 Pimpoes/Cimai	3:20.23	209	
50m: 44.84 44.84	100m: 1:35.59 50.75	150m: 2:29.38 53.79	200m: 3:20.23 50.85	
7. Avron Dawn, SANTOS	13 Vieiraense	3:22.91	201	
50m: 46.91 46.91	100m: 1:40.38 53.47	150m: 2:34.45 54.07	200m: 3:22.91 48.46	
8. Mariana Santos, VALENTIM	13 Pimpoes/Cimai	3:26.04	192	
50m: 46.89 46.89	100m: 1:39.85 52.96	150m: 2:34.64 54.79	200m: 3:26.04 51.40	
9. Ana Francisca, QUERIDO	12 Pimpoes/Cimai	3:28.19	186	
50m: 46.05 46.05	100m: 1:37.87 51.82	150m: 2:31.44 53.57	200m: 3:28.19 56.75	
10. Elisa Rodrigues, SIMOES	13 Benedita	3:28.87	184	
50m: 49.74 49.74	100m: 1:43.20 53.46	150m: 2:37.77 54.57	200m: 3:28.87 51.10	
11. Ana Sofia, SILVA	13 Naval de Peniche	3:32.41	175	
50m: 50.41 50.41	100m: 1:45.66 55.25	150m: 2:41.76 56.10	200m: 3:32.41 50.65	
12. Catarina Franco, RODRIGUES	13 Naval de Peniche	3:39.74	158	
50m: 51.55 51.55	100m: 1:48.60 57.05	150m: 2:45.43 56.83	200m: 3:39.74 54.31	
DSQ Catarina Faustino, DIAS	13 Naval de Peniche			
A atleta efetuou duas braçadas de crol, antes da viragem dos 100 metros.				
DNS Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 25, Femin., 200m Costas

Prova 25
26/01/2025 - 16:42

Femin., 200m Costas

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Madalena Gracio, PEDROSO 50m: 35.72 35.72	10 Nautico Marinha Grande 100m: 1:14.38 38.66 150m: 1:53.70 39.32	2:33.31 200m: 2:33.31	466 39.61	
2. Carolina Silva, CASTANHEIRA 50m: 36.25 36.25	11 CNLeiria - VOID 100m: 1:16.06 39.81 150m: 1:56.18 40.12	2:34.90 200m: 2:34.90	452 38.72	
3. Cristiana Henriques, ALMEIDA 50m: 41.56 41.56	11 Benedita 100m: 1:25.17 43.61 150m: 2:09.52 44.35	2:53.54 200m: 2:53.54	321 44.02	
4. Margarida Lopes, RODRIGUES 50m: 41.76 41.76	11 Uniao Juncalense 100m: 1:26.51 44.75 150m: 2:12.91 46.40	2:58.73 200m: 2:58.73	294 45.82	
5. Matilde Pinto, ANTUNES 50m: 53.93 53.93	11 Naval de Peniche 100m: 1:31.28 37.35 150m: 2:19.58 48.30	3:05.97 200m: 3:05.97	261 46.39	
6. Beatriz Morgado, SILVA 50m: 46.10 46.10	11 Benedita 100m: 1:33.67 47.57 150m: 2:21.51 47.84	3:08.37 200m: 3:08.37	251 46.86	
7. Alice Lucas, COSTA 50m: 44.74 44.74	10 Uniao Juncalense 100m: 1:33.81 49.07 150m: 2:23.74 49.93	3:11.59 200m: 3:11.59	239 47.85	
8. Matilde Vitorino, FERREIRA 50m: 46.96 46.96	11 Naval de Peniche 100m: 1:37.07 50.11 150m: 2:27.39 50.32	3:14.67 200m: 3:14.67	228 47.28	
9. Diana Morais, CARLOS 50m: 45.80 45.80	11 Pimpoes/Cimai 100m: 1:34.44 48.64 150m: 2:23.36 48.92	3:18.16 200m: 3:18.16	216 54.80	
10. Carlota Maria, CATARINO 50m: 45.85 45.85	11 Benedita 100m: 1:36.87 51.02 150m: 2:28.22 51.35	3:19.30 200m: 3:19.30	212 51.08	
DNS Isabela Lourenco, COSTA	11 Benedita			

Prova 25
26/01/2025 - 16:42

Femin., 200m Costas

Junior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Constanca Carvalho, PIEDADE 50m: 40.57 40.57	08 Uniao Juncalense 100m: 1:23.46 42.89 150m: 2:07.81 44.35	2:50.96 200m: 2:50.96	336 43.15	

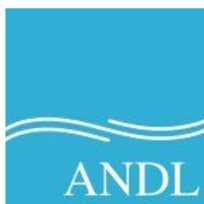
Prova 26
26/01/2025 - 17:00

Masc., 100m Costas

Infantil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Pedro Pereira, OLIVEIRA 50m: 34.02 34.02	11 Nautico Marinha Grande 100m: 1:09.55 35.53	1:09.55	335	
2. Vidar Albert, JUNG 50m: 34.81 34.81	11 Nautico Marinha Grande 100m: 1:11.89 37.08	1:11.89	303	
3. Francisco Costa, VALENTIM 50m: 37.03 37.03	11 Óbidos 100m: 1:15.09 38.06	1:15.09	266	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 26, Masc., 100m Costas, Infantil (A+B) Masc

Lugar	Ano		Tempo final	Pts	Cód Excepção
4. Diego Rodrigues, MENDES	11	Nautico Marinha Grande	1:20.16	219	
50m: 38.15 38.15	100m: 1:20.16 42.01				
5. Simao Pedro, MARQUES	11	Uniao Juncalense	1:24.05	190	
50m: 41.66 41.66	100m: 1:24.05 42.39				
6. Sebastian, PACHECO	12	Naval de Peniche	1:25.62	179	
50m: 41.16 41.16	100m: 1:25.62 44.46				
7. Joao Pedro, BELO	12	Nautico Marinha Grande	1:29.28	158	
50m: 44.14 44.14	100m: 1:29.28 45.14				
8. Gabriel Marques, CARREIRA	11	Uniao Juncalense	1:30.35	153	
50m: 43.85 43.85	100m: 1:30.35 46.50				
9. Eduardo Martim, CARMO	11	Óbidos	1:32.47	142	
50m: 43.76 43.76	100m: 1:32.47 48.71				
10. Gabriel Sousa, GOMES	12	Óbidos	1:33.94	136	
50m: 45.94 45.94	100m: 1:33.94 48.00				
11. Guilherme Lopes, SIMOES	12	Nucleo de Ansião	1:35.55	129	
50m: 45.13 45.13	100m: 1:35.55 50.42				
12. Santiago Tomas, PAULO	12	Óbidos	1:36.52	125	
50m: 46.26 46.26	100m: 1:36.52 50.26				
13. Salvador Rodrigues, FERREIRA	11	Nucleo de Ansião	1:40.66	110	
50m: 50.38 50.38	100m: 1:40.66 50.28				

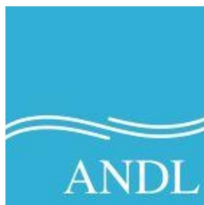
Prova 26
26/01/2025 - 17:00

Masc., 100m Costas

Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Guilherme Meireles, MARRAZES	09	Nautico Marinha Grande	1:05.31	405	
50m: 31.99 31.99	100m: 1:05.31 33.32				
2. Xinyang, CHENG	09	Nautico Marinha Grande	1:05.84	395	
50m: 31.51 31.51	100m: 1:05.84 34.33				
3. Tomas Manuel, PALMEIRO	10	Nautico Marinha Grande	1:06.26	388	
50m: 32.19 32.19	100m: 1:06.26 34.07				
4. Rafael Costa, BASTOS	10	Sanjoanense/FEPSA	1:06.59	382	
50m: 32.09 32.09	100m: 1:06.59 34.50				
5. Lucas Costa, JESUS	10	Nautico Marinha Grande	1:09.92	330	
50m: 34.19 34.19	100m: 1:09.92 35.73				
6. Alexandre Afonso, SANTOS	09	Uniao Juncalense	1:12.00	302	
50m: 34.36 34.36	100m: 1:12.00 37.64				
7. Pedro Blanc, CAPINHA	09	Óbidos	1:13.31	286	
50m: 35.14 35.14	100m: 1:13.31 38.17				
8. Francisco Lourenco, CUSTODIO	09	Naval da Nazaré	1:14.09	277	
50m: 35.39 35.39	100m: 1:14.09 38.70				



Prova 26, Masc., 100m Costas

Masc., 100m Costas

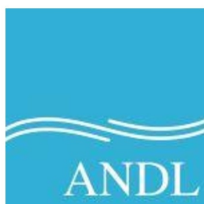
Pontos: AOQA 2024

Lugar	Ano						Tempo final	Pts	Cód Excepção
1. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai						1:06.76	379	
50m: 33.03 33.03	100m:	1:06.76	33.73						
2. Dinis Lourenco, COSTA	07 Benedita						1:30.19	153	
50m: 43.94 43.94	100m:	1:30.19	46.25						

Femin., 100m Bruços

Pontos: AQUA 2024

Lugar	Ano					Tempo final	Pts	Cód Excepção
1. Leonor Pinto, ROSARIO	13	Nautico Marinha Grande			1:35.55	277		
50m: 44.55 44.55	100m: 1:35.55	51.00						
2. Emiliana Arruda, SARAIVA	12	Vieirense			1:36.64	268		
50m: 46.57 46.57	100m: 1:36.64	50.07						
3. Rita Francisco, SIMOES	12	Vieirense			1:39.76	244		
50m: 47.64 47.64	100m: 1:39.76	52.12						
4. Maria Leonor, FERREIRA	12	Óbidos			1:41.38	232		
50m: 48.67 48.67	100m: 1:41.38	52.71						
5. Ines Frias, OLIVEIRA	12	Sanjoanense/FEPSA			1:44.32	213		
50m: 48.63 48.63	100m: 1:44.32	55.69						
6. Sofia Guilherme, CABREIRA	13	Óbidos			1:47.21	196		
50m: 52.67 52.67	100m: 1:47.21	54.54						
7. Emma Henriques, SOUTO	13	Óbidos			1:47.84	193		
50m: 51.84 51.84	100m: 1:47.84	56.00						
8. Carolina Coutinho, FREIRE	13	Nucleo de Ansião			1:50.08	181		
50m: 52.05 52.05	100m: 1:50.08	58.03						
9. Ana Sofia, SILVA	13	Naval de Peniche			1:54.76	160		
50m: 53.61 53.61	100m: 1:54.76	1:01.15						
10. Nuria Rocha, BOTAS	13	Vieirense			2:00.57	138		
50m: 58.71 58.71	100m: 2:00.57	1:01.86						
11. Catarina Faustino, DIAS	13	Naval de Peniche			2:11.03	107		
50m: 1:02.25 1:02.25	100m: 2:11.03	1:08.78						
DSQ Iris Lopes, FRANCO	13	Naval da Nazaré						
A atleta tocou com as mãos alternadas na parede, na viragem aos 50 metros.								
DNS Camila Correia, LUCAS	13	Nucleo de Ansião						



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 27, Femin., 100m Bruços

Prova 27
26/01/2025 - 17:08
Femin., 100m Bruços
Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Leonor Pereira, SILVA 50m: 40.05 40.05	10 Óbidos 100m: 1:23.76 43.71	1:23.76	412	
2. Elisa Henriques, SOUTO 50m: 41.09 41.09	10 Óbidos 100m: 1:26.87 45.78	1:26.87	369	
3. Maria Santos, FONSECA 50m: 41.56 41.56	11 CNLeiria - VOID 100m: 1:28.31 46.75	1:28.31	352	
4. Debora Silva, INACIO 50m: 43.14 43.14	10 Pimpoes/Cimai 100m: 1:31.09 47.95	1:31.09	320	
5. Isabela Maria, CARREIRA 50m: 42.56 42.56	11 Uniao Juncalense 100m: 1:31.32 48.76	1:31.32	318	
6. Kelly Simao, COSTA 50m: 47.75 47.75	11 Óbidos 100m: 1:39.25 51.50	1:39.25	248	
7. Matilde Vitorino, FERREIRA 50m: 50.90 50.90	11 Naval de Peniche 100m: 1:44.95 54.05	1:44.95	209	
8. Ines Alexandra, SANTOS 50m: 55.03 55.03	11 Nucleo de Ansião 100m: 1:59.25 1:04.22	1:59.25	143	

Prova 27
26/01/2025 - 17:08
Femin., 100m Bruços
Junior Fem
Resultados

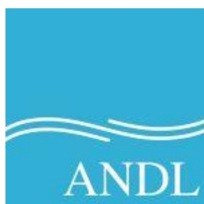
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Zofie, PACHECO 50m: 41.83 41.83	09 Naval de Peniche 100m: 1:28.78 46.95	1:28.78	346	
2. Matilde Santos, COUTINHO 50m: 45.85 45.85	07 Naval da Nazaré 100m: 1:37.10 51.25	1:37.10	264	
3. Ana Carolina, RODRIGUES 50m: 49.15 49.15	09 Nucleo de Ansião 100m: 1:47.97 58.82	1:47.97	192	

Prova 28
26/01/2025 - 17:16
Masc., 200m Bruços
Infantil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Martim Cruz, MOURA 50m: 41.55 41.55	11 CNLeiria - VOID 100m: 1:27.97 46.42 150m: 2:13.84 45.87	2:57.94	307	
2. Guilherme Melo, ELIAS 50m: 45.03 45.03	11 Naval da Nazaré 100m: 1:36.73 51.70 150m: 2:29.63 52.90	3:21.45	212	
3. Rafael Teixeira, MARTINS 50m: 49.00 49.00	11 Naval de Peniche 100m: 1:44.72 55.72 150m: 2:39.72 55.00	3:34.25	176	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 28, Masc., 200m Bruços

Prova 28
26/01/2025 - 17:16

Masc., 200m Bruços

Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Afonso Ferreira, REIS	10 Nautico Marinha Grande	2:36.96	448	
50m: 35.21 35.21	100m: 1:15.39 40.18	150m: 1:56.78 41.39	200m: 2:36.96 40.18	
2. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	2:42.31	405	
50m: 36.09 36.09	100m: 1:17.42 41.33	150m: 2:00.28 42.86	200m: 2:42.31 42.03	
3. Lucas Ferreira, GASPAR	10 Vieiraense	2:50.11	352	
50m: 38.43 38.43	100m: 1:21.28 42.85	150m: 2:05.71 44.43	200m: 2:50.11 44.40	
4. Rodrigo Cruz, COSTA	09 Sanjoanense/FEPSA	2:52.00	340	
50m: 39.50 39.50	100m: 1:23.25 43.75	150m: 2:07.22 43.97	200m: 2:52.00 44.78	
5. Simao Sousa, JESUS	10 Nautico Marinha Grande	2:57.50	310	
50m: 37.81 37.81	100m: 1:22.43 44.62	150m: 2:09.89 47.46	200m: 2:57.50 47.61	
6. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	2:59.00	302	
50m: 41.53 41.53	100m: 1:27.09 45.56	150m: 2:13.25 46.16	200m: 2:59.00 45.75	

Prova 28
26/01/2025 - 17:16

Masc., 200m Bruços

Junior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Diogo Coelho, JORDAO	08 Uniao Juncalense	2:46.66	374	
50m: 37.39 37.39	100m: 1:20.26 42.87	150m: 2:03.39 43.13	200m: 2:46.66 43.27	
2. Santiago Boica, SOUSA	08 Vieiraense	2:58.30	306	
50m: 40.05 40.05	100m: 1:26.62 46.57	150m: 2:12.72 46.10	200m: 2:58.30 45.58	
3. Lucas Silva, SANTOS	07 Pimpoes/Cimai	2:58.38	305	
50m: 40.13 40.13	100m: 1:25.59 45.46	150m: 2:11.68 46.09	200m: 2:58.38 46.70	

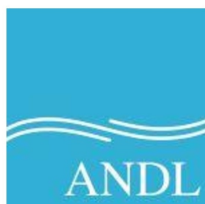
Prova 28
26/01/2025 - 17:16

Masc., 200m Bruços

Senior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Alexandre Quiterio, ANASTACIO	01 Benedita	2:32.89	485	
50m: 34.64 34.64	100m: 1:13.99 39.35	150m: 1:53.42 39.43	200m: 2:32.89 39.47	
2. Ricardo Lima, CAMPOS	06 Sanjoanense/FEPSA	2:33.34	481	
50m: 35.07 35.07	100m: 1:14.34 39.27	150m: 1:54.05 39.71	200m: 2:33.34 39.29	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 29
26/01/2025 - 17:24

Femin., 200m Livres

Infantil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Maria Luisa, CASTILLO 50m: 37.46 37.46	13 Nautico Marinha Grande 100m: 1:18.67 41.21 150m: 2:00.96 42.29	2:40.46 200m: 2:40.46	324 39.50	
2. Safira Pedro, FONSECA 50m: 39.51 39.51	12 Vieiraense 100m: 1:23.09 43.58 150m: 2:06.69 43.60	2:48.79 200m: 2:48.79	279 42.10	
3. Lara Sofia, MARCELINO 50m: 41.48 41.48	13 Vieiraense 100m: 1:28.76 47.28 150m: 2:14.86 46.10	2:55.74 200m: 2:55.74	247 40.88	
4. Iara Maria, CAMACHO 50m: 42.15 42.15	12 Pimpoes/Cimai 100m: 1:27.25 45.10 150m: 2:13.65 46.40	2:57.11 200m: 2:57.11	241 43.46	
5. Valeria, MORITS 50m: 41.52 41.52	12 Nautico Marinha Grande 100m: 1:27.27 45.75 150m: 2:15.65 48.38	3:00.80 200m: 3:00.80	227 45.15	
6. Constanca Santos, COUTINHO 50m: 41.93 41.93	12 Naval da Nazaré 100m: 1:29.37 47.44 150m: 2:18.59 49.22	3:03.56 200m: 3:03.56	217 44.97	
7. Guiomar Dionisio, CARREIRA 50m: 42.74 42.74	12 Pimpoes/Cimai 100m: 1:32.40 49.66 150m: 2:21.29 48.89	3:10.09 200m: 3:10.09	195 48.80	
8. Victoria Cerqueira, SOBREIRO 50m: 44.81 44.81	13 Pimpoes/Cimai 100m: 1:34.66 49.85 150m: 2:23.81 49.15	3:11.69 200m: 3:11.69	190 47.88	
9. Ines Barreto, CALDEIREIRO 50m: 43.73 43.73	13 Vieiraense 100m: 1:34.89 51.16 150m: 2:26.89 52.00	3:13.19 200m: 3:13.19	186 46.30	
10. Carminho Jose, LOPES 50m: 43.96 43.96	13 Benedita 100m: 1:36.11 52.15 150m: 2:28.64 52.53	3:13.46 200m: 3:13.46	185 44.82	
11. Catarina Franco, RODRIGUES 50m: 45.05 45.05	13 Naval de Peniche 100m: 1:34.72 49.67 150m: 2:25.22 50.50	3:15.44 200m: 3:15.44	179 50.22	
12. Mariana Santos, VALENTIM 50m: 43.94 43.94	13 Pimpoes/Cimai 100m: 1:36.15 52.21 150m: 2:29.62 53.47	3:20.12 200m: 3:20.12	167 50.50	
13. Maria Antonia, VAZAO 50m: 44.52 44.52	12 Uniao Juncalense 100m: 1:35.93 51.41 150m: 2:30.45 54.52	3:24.62 200m: 3:24.62	156 54.17	
14. Catarina Faustino, DIAS 50m: 49.82 49.82	13 Naval de Peniche 100m: 1:50.00 1:00.18 150m: 2:48.82 58.82	3:46.00 200m: 3:46.00	116 57.18	
DSQ Elisa Rodrigues, SIMOES Falsa partida (SW 4.4)	13 Benedita			

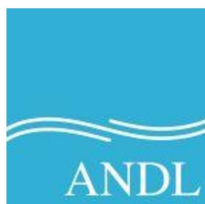
Prova 29
26/01/2025 - 17:24

Femin., 200m Livres

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Matilde Santos, VIEIRA 50m: 32.96 32.96	10 Nautico Marinha Grande 100m: 1:09.09 36.13 150m: 1:45.47 36.38	2:20.59 200m: 2:20.59	483 35.12	
2. Bianca Balbino, MENDES 50m: 32.99 32.99	10 Naval de Peniche 100m: 1:08.81 35.82 150m: 1:45.21 36.40	2:20.84 200m: 2:20.84	480 35.63	
3. Maria Joao, VALA 50m: 33.41 33.41	11 Pimpoes/Cimai 100m: 1:09.84 36.43 150m: 1:46.48 36.64	2:22.09 200m: 2:22.09	467 35.61	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 29, Femin., 200m Livres, Juvenil Fem

Lugar	Ano	Tempo final	Pts	Cód Excepção
4. Laura Helena, AMORIM 50m: 32.94 32.94	10 Nautico Marinha Grande 100m: 1:08.94 36.00 150m: 1:45.94 37.00	2:22.26 200m: 2:22.26	466 36.32	
5. Barbara Balbino, MENDES 50m: 33.55 33.55	10 Naval de Peniche 100m: 1:09.59 36.04 150m: 1:46.92 37.33	2:23.84 200m: 2:23.84	451 36.92	
6. Leonor Mota, ALVES 50m: 34.28 34.28	11 Nautico Marinha Grande 100m: 1:11.61 37.33 150m: 1:48.53 36.92	2:24.68 200m: 2:24.68	443 36.15	
7. Madalena Gracio, PEDROSO 50m: 33.75 33.75	10 Nautico Marinha Grande 100m: 1:11.00 37.25 150m: 1:48.47 37.47	2:24.75 200m: 2:24.75	442 36.28	
8. Laura Samora, GONCALVES 50m: 34.16 34.16	10 CNLeiria - VOID 100m: 1:12.09 37.93 150m: 1:50.44 38.35	2:27.05 200m: 2:27.05	422 36.61	
9. Rafaela Santos, AFONSO 50m: 34.41 34.41	10 Naval de Peniche 100m: 1:12.38 37.97 150m: 1:52.06 39.68	2:30.95 200m: 2:30.95	390 38.89	
10. Beatriz Marques, GASPAS 50m: 35.85 35.85	11 Nautico Marinha Grande 100m: 1:15.89 40.04 150m: 1:55.21 39.32	2:32.09 200m: 2:32.09	381 36.88	
11. Cristiana Henriques, ALMEIDA 50m: 35.12 35.12	11 Benedita 100m: 1:13.44 38.32 150m: 1:53.44 40.00	2:33.02 200m: 2:33.02	374 39.58	
12. Margarida Soares, MAIA 50m: 36.31 36.31	11 Nautico Marinha Grande 100m: 1:15.80 39.49 150m: 1:55.98 40.18	2:34.31 200m: 2:34.31	365 38.33	
13. Mariana Santos, AFONSO 50m: 36.09 36.09	10 Naval de Peniche 100m: 1:16.45 40.36 150m: 1:56.48 40.03	2:35.73 200m: 2:35.73	355 39.25	
14. Beatriz Morgado, SILVA 50m: 44.17 44.17	11 Benedita 100m: 1:29.36 45.19 150m: 2:13.85 44.49	2:54.81 200m: 2:54.81	251 40.96	
15. Matilde Pinto, ANTUNES 50m: 40.00 40.00	11 Naval de Peniche 100m: 1:26.25 46.25 150m: 2:14.11 47.86	2:59.18 200m: 2:59.18	233 45.07	
16. Carlota Maria, CATARINO 50m: 42.12 42.12	11 Benedita 100m: 1:27.87 45.75 150m: 2:15.90 48.03	3:00.62 200m: 3:00.62	227 44.72	
17. Diana Morais, CARLOS 50m: 42.69 42.69	11 Pimpoes/Cimai 100m: 1:30.44 47.75 150m: 2:19.12 48.68	3:04.47 200m: 3:04.47	213 45.35	
DNS Isabela Lourenco, COSTA	11 Benedita			
DNS Matilde Filipa, AMADO	10 Nautico Marinha Grande			

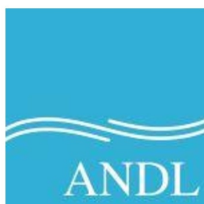
Prova 29
26/01/2025 - 17:24

Femin., 200m Livres

Junior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Luana Ferreira, CRAVEIRO 50m: 30.00 30.00	09 Nautico Marinha Grande 100m: 1:03.28 33.28 150m: 1:38.25 34.97	2:14.07 200m: 2:14.07	556 35.82	
2. Francisca Ramos, NUNES 50m: 31.72 31.72	09 Naval de Peniche 100m: 1:08.07 36.35 150m: 1:46.15 38.08	2:22.93 200m: 2:22.93	459 36.78	
3. Teresa Maria, LOPES 50m: 33.44 33.44	09 Benedita 100m: 1:09.55 36.11 150m: 1:46.94 37.39	2:23.64 200m: 2:23.64	452 36.70	
4. Matilde Santos, COUTINHO 50m: 36.19 36.19	07 Naval da Nazaré 100m: 1:17.76 41.57 150m: 2:00.51 42.75	2:43.46 200m: 2:43.46	307 42.95	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 29, Femin., 200m Livres, Junior Fem

Lugar	Ano	Tempo final	Pts	Cód Excepção
5. Iris Santos, CANECO	09 Naval da Nazaré	3:10.71	193	
50m: 44.26 44.26	100m: 1:32.60 48.34	150m: 2:23.08 50.48	200m: 3:10.71 47.63	

Prova 30

Masc., 100m Livres

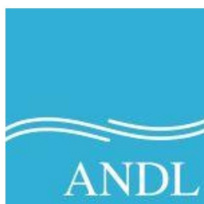
Infantil (A+B) Masc

26/01/2025 - 17:42

Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Vasco Silvestre, ROCHA	12 Nautico Marinha Grande	1:03.11	358	
50m: 30.28 30.28	100m: 1:03.11 32.83			
2. Francisco Costa, VALENTIM	11 Óbidos	1:08.84	276	
50m: 32.80 32.80	100m: 1:08.84 36.04			
3. Rodrigo Nicolau, RITA	11 Vieiraense	1:12.05	241	
50m: 34.59 34.59	100m: 1:12.05 37.46			
4. Rafael Teixeira, MARTINS	11 Naval de Peniche	1:13.16	230	
50m: 35.56 35.56	100m: 1:13.16 37.60			
5. Sebastian, PACHECO	12 Naval de Peniche	1:13.28	229	
50m: 35.03 35.03	100m: 1:13.28 38.25			
6. Bruno Garcia, MILITAO	11 Óbidos	1:14.15	221	
50m: 35.50 35.50	100m: 1:14.15 38.65			
7. Simao Pedro, MARQUES	11 Uniao Juncalense	1:15.74	207	
50m: 36.72 36.72	100m: 1:15.74 39.02			
8. Eduardo Martim, CARMO	11 Óbidos	1:16.34	202	
50m: 36.34 36.34	100m: 1:16.34 40.00			
9. Tomas Barata, ALVES	12 Nautico Marinha Grande	1:18.43	186	
50m: 37.29 37.29	100m: 1:18.43 41.14			
10. Joao Pedro, BELO	12 Nautico Marinha Grande	1:21.47	166	
50m: 39.40 39.40	100m: 1:21.47 42.07			
11. Guilherme Lopes, SIMOES	12 Nucleo de Ansião	1:21.70	165	
50m: 38.41 38.41	100m: 1:21.70 43.29			
12. Joao Pedro, CRUZ	11 Naval de Peniche	1:21.72	165	
50m: 39.65 39.65	100m: 1:21.72 42.07			
13. Santiago Tomas, PAULO	12 Óbidos	1:22.06	163	
50m: 39.51 39.51	100m: 1:22.06 42.55			
14. Gabriel Sousa, GOMES	12 Óbidos	1:22.81	158	
50m: 40.56 40.56	100m: 1:22.81 42.25			
15. Salvador Rodrigues, FERREIRA	11 Nucleo de Ansião	1:26.46	139	
50m: 40.85 40.85	100m: 1:26.46 45.61			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 30, Masc., 100m Livres

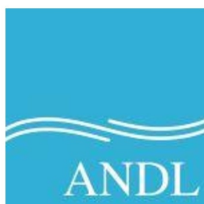
Prova 30
26/01/2025 - 17:42

Masc., 100m Livres

Juvenil (A+B) Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Guilherme Meireles, MARRAZES	09	Nautico Marinha Grande	56.84	490	
50m: 27.70 27.70	100m: 56.84 29.14				
2. Paulo, KOT	09	Nautico Marinha Grande	57.43	475	
50m: 28.15 28.15	100m: 57.43 29.28				
3. Martim Alexandre, MESQUITA	09	Nautico Marinha Grande	57.44	475	
50m: 27.69 27.69	100m: 57.44 29.75				
4. Rafael Costa, BASTOS	10	Sanjoanense/FEPSA	58.24	456	
50m: 27.71 27.71	100m: 58.24 30.53				
5. Xinyang, CHENG	09	Nautico Marinha Grande	58.45	451	
50m: 27.80 27.80	100m: 58.45 30.65				
6. David Ferrador, PEREIRA	09	CNLeiria - VOID	59.13	436	
50m: 28.19 28.19	100m: 59.13 30.94				
7. Manuel Leite, AGUIAR	09	Sanjoanense/FEPSA	59.47	428	
50m: 28.76 28.76	100m: 59.47 30.71				
8. Tomas Manuel, PALMEIRO	10	Nautico Marinha Grande	1:00.20	413	
50m: 28.95 28.95	100m: 1:00.20 31.25				
9. Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	1:00.50	407	
50m: 29.00 29.00	100m: 1:00.50 31.50				
10. Pedro Fonseca, OLIVEIRA	09	Nautico Marinha Grande	1:00.65	404	
50m: 28.67 28.67	100m: 1:00.65 31.98				
11. Joao Piteira, GAIOLAS	10	Nautico Marinha Grande	1:01.76	382	
50m: 29.83 29.83	100m: 1:01.76 31.93				
12. Francisco Lourenco, CUSTODIO	09	Naval da Nazaré	1:01.87	380	
50m: 29.87 29.87	100m: 1:01.87 32.00				
13. Pedro Blanc, CAPINHA	09	Óbidos	1:03.99	344	
50m: 30.24 30.24	100m: 1:03.99 33.75				
14. Maksym, TYSHCHUK	09	Nautico Marinha Grande	1:06.81	302	
50m: 31.34 31.34	100m: 1:06.81 35.47				
15. Alexandre Afonso, SANTOS	09	Uniao Juncalense	1:07.46	293	
50m: 32.34 32.34	100m: 1:07.46 35.12				



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 30, Masc., 100m Livres

Prova 30
26/01/2025 - 17:42
Masc., 100m Livres
Junior Masc
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Santiago Boica, SOUSA 50m: 27.81 27.81 100m: 58.46 30.65	08 Vieiraense	58.46	451	
2. Daniel Gomes, SANTOS 50m: 28.31 28.31 100m: 59.46 31.15	08 Nautico Marinha Grande	59.46	428	
3. Rodrigo Rocha, RESENDE 50m: 30.30 30.30 100m: 1:02.97 32.67	08 Sanjoanense/FEPSA	1:02.97	361	
4. Diogo Barata, ALVES 50m: 31.22 31.22 100m: 1:06.44 35.22	08 Nautico Marinha Grande	1:06.44	307	
5. Dinis Lourenco, COSTA 50m: 38.34 38.34 100m: 1:22.30 43.96	07 Benedita	1:22.30	161	

Prova 30
26/01/2025 - 17:42
Masc., 100m Livres
Senior Masc
Resultados

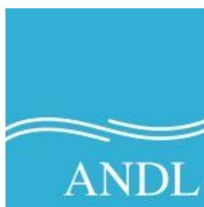
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. David Ferreira, RELVAS 50m: 26.53 26.53 100m: 55.31 28.78	03 Nautico Marinha Grande	55.31	532	
2. Alexandre Quiterio, ANASTACIO 50m: 29.52 29.52 100m: 1:00.31 30.79	01 Benedita	1:00.31	410	
3. Rafael, SANTOS 50m: 29.53 29.53 100m: 1:00.99 31.46	06 Uniao Juncalense	1:00.99	397	

Prova 31
26/01/2025 - 17:50
Femin., 50m Bruços
Infantil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Guiomar Dionisio, CARREIRA	12 Pimpoes/Cimai	45.91	235	
2. Rita Francisco, SIMOES	12 Vieiraense	48.18	204	
3. Yaroslava, TABUNSCHYK	12 CNLeiria - VOID	49.16	192	
4. Avron Dawn, SANTOS	13 Vieiraense	49.97	182	
5. Carolina Coutinho, FREIRE	13 Nucleo de Ansião	51.31	169	
6. Mafalda Amado, QUARESMA	13 Pimpoes/Cimai	53.15	152	
7. Bruna Lopes, SIMOES	12 Nucleo de Ansião	53.70	147	
8. Victoria Cerqueira, SOBREIRO	13 Pimpoes/Cimai	53.99	145	
9. Iara Maria, CAMACHO	12 Pimpoes/Cimai	56.34	127	
10. Mariia, BULBA	12 Pimpoes/Cimai	1:00.87	101	
11. Maria Simao, COSTA	13 Pimpoes/Cimai	1:07.56	74	
12. Leonor Ramalho, NOVO	13 Naval da Nazaré	1:12.12	60	
DNS Camila Correia, LUCAS	13 Nucleo de Ansião			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 31, Femin., 50m Bruços

Prova 31
26/01/2025 - 17:50

Femin., 50m Bruços

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Rafaela Santos, AFONSO	10	Naval de Peniche	37.90	419	
2. Leonor Pereira, SILVA	10	Óbidos	38.97	385	
3. Elisa Henriques, SOUTO	10	Óbidos	39.29	376	
4. Maria Joao, VALA	11	Pimpoes/Cimai	40.66	339	
5. Mariana Santos, AFONSO	10	Naval de Peniche	40.94	332	
6. Isabela Maria, CARREIRA	11	Uniao Juncalense	42.03	307	
7. Margarida Soares, MAIA	11	Nautico Marinha Grande	42.07	306	
8. Kelly Simao, COSTA	11	Óbidos	46.77	223	
9. Alice Lucas, COSTA	10	Uniao Juncalense	47.37	214	
10. Diana Morais, CARLOS	11	Pimpoes/Cimai	49.63	186	
11. Maria Lopes, ESPERANCA	11	Uniao Juncalense	52.94	153	
12. Ines Alexandra, SANTOS	11	Nucleo de Ansião	54.78	138	

Prova 31
26/01/2025 - 17:50

Femin., 50m Bruços

Junior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Camila Silva, CHAMUSCO	08	Pimpoes/Cimai	37.24	442	
2. Maria Rita, ROSARIO	08	Sanjoanense/FEPSA	39.18	379	
3. Zofie, PACHECO	09	Naval de Peniche	40.47	344	
4. Bruna Matos, FIALHO	08	Uniao Juncalense	41.20	326	
5. Ana Carolina, RODRIGUES	09	Nucleo de Ansião	47.57	212	
6. Iris Santos, CANECO	09	Naval da Nazaré	50.94	172	
7. Maria Francisca, SANTOS	09	Uniao Juncalense	54.80	138	
DNS Carolina Ferreira, FONSECA	07	Vieirense			

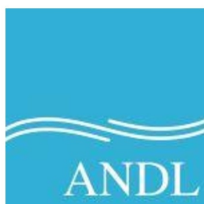
Prova 31
26/01/2025 - 17:50

Femin., 50m Bruços

Senior Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Bruna Andreia, SIMOES	01	Vieirense	39.28	376	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 32	Masc., 50m Mariposa				Infantil (A+B) Masc
26/01/2025 - 17:57					Resultados
Rec Nac Open	22.69	Diogo Matos, RIBEIRO	SLB	Tomar	15/12/2024
Rec Nac 14	27.68	tempo limite,			01/01/1800
Rec Nac 13	28.73	tempo limite,			01/01/1800

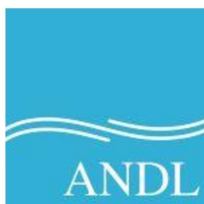
Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Martim Duarte, ROQUE	11	CNLeiria - VOID	34.16	258	
2. Diego Rodrigues, MENDES	11	Nautico Marinha Grande	36.80	206	
3. Martin, SHEVCHUK	11	CNLeiria - VOID	36.94	204	
4. Tomas Barata, ALVES	12	Nautico Marinha Grande	38.37	182	
5. Rodrigo Freire, JOAQUIM	11	CNLeiria - VOID	38.71	177	
6. Joao Pedro, BELO	12	Nautico Marinha Grande	42.72	131	
7. Salvador Rodrigues, FERREIRA	11	Nucleo de Ansião	44.00	120	
8. Guilherme Lopes, SIMOES	12	Nucleo de Ansião	45.18	111	
9. Gabriel Marques, CARREIRA	11	Uniao Juncalense	45.99	105	
10. Dmytro, BULBA	11	Pimpoes/Cimai	46.46	102	
11. Simao Santana, MARTINS	12	Nucleo de Ansião	58.18	52	

Prova 32	Masc., 50m Mariposa				Juvenil (A+B) Masc
26/01/2025 - 17:57					Resultados
Rec Nac Open	22.69	Diogo Matos, RIBEIRO	SLB	Tomar	15/12/2024
Rec Nac 16	25.01	Duarte Santos, FERREIRA	FCP	Porto	20/07/2024
Rec Nac 15	26.10	Rodrigo Ferreira, PEREIRA	GDNFAMA	Felgueiras	17/07/2021

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Rodolfo Junior, ALECRIM <i>Rec. Nacional</i>	10	CNLeiria - VOID	25.96	588	
2. Paulo, KOT	09	Nautico Marinha Grande	28.41	448	
3. Martim Alexandre, MESQUITA	09	Nautico Marinha Grande	28.68	436	
4. Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	29.94	383	
5. Tomas Marques, FRANCISCO	10	CNLeiria - VOID	30.06	378	
6. Guilherme Rodrigues, CABRAL	10	Pimpoes/Cimai	30.55	360	
7. Joao Piteira, GAIOLAS	10	Nautico Marinha Grande	30.62	358	
8. Afonso Ferreira, REIS	10	Nautico Marinha Grande	30.75	353	
9. Lucas Ferreira, GASPAR	10	Vieirense	31.42	331	
10. Simao Sousa, JESUS	10	Nautico Marinha Grande	31.44	331	
11. Pedro Fonseca, OLIVEIRA	09	Nautico Marinha Grande	31.68	323	
12. Pedro Souza, SILVA	10	Pimpoes/Cimai	31.99	314	
13. Gabriel Santiago, FERREIRA	09	Uniao Juncalense	32.40	302	
14. Lucas Costa, JESUS	10	Nautico Marinha Grande	32.81	291	
15. Maksym, TYSHCHUK	09	Nautico Marinha Grande	32.83	290	
16. Kaua Schuquel, BOFF	10	Vieirense	1:28.00	15	A,3,5,12+



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 32, Masc., 50m Mariposa

Prova 32 Masc., 50m Mariposa Junior Masc
26/01/2025 - 17:57 Resultados

Rec Nac Open	22.69	Diogo Matos, RIBEIRO	SLB	Tomar	15/12/2024
Rec Nac 18	23.82	Diogo Matos, RIBEIRO	SLB	Leiria	26/11/2021
Rec Nac 17	24.49	Diogo Matos, RIBEIRO	CUC	Coimbra	23/12/2020

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Mikhael, ONUTSKYY	08	Pimpoes/Cimai	27.40	500	
2. Lucas Silva, SANTOS	07	Pimpoes/Cimai	27.74	482	
3. Jose Januario, MARQUES	07	Pimpoes/Cimai	29.31	408	
4. Daniel Gomes, SANTOS	08	Nautico Marinha Grande	29.77	389	
5. Diogo Barata, ALVES	08	Nautico Marinha Grande	31.36	333	

Prova 32 Masc., 50m Mariposa Senior Masc
26/01/2025 - 17:57 Resultados

Rec Nac Open	22.69	Diogo Matos, RIBEIRO	SLB	Tomar	15/12/2024
Rec Nac SEN	22.69	Diogo Matos, RIBEIRO	SLB	Tomar	15/12/2024

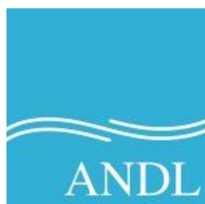
Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Miguel Vicente, SILVA	02	Nautico Marinha Grande	25.63	611	
2. David Ferreira, RELVAS	03	Nautico Marinha Grande	27.62	488	
3. Rafael, SANTOS	06	Uniao Juncalense	29.64	395	

Prova 33 Femin., 200m Estilos Infantil Fem
26/01/2025 - 18:03 Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	Cód Excepção
1. Emiliana Arruda, SARAIVA	12	Vieirense	2:57.28	324	
50m: 36.97 36.97	100m: 1:25.50 48.53	150m: 2:19.75 54.25	200m: 2:57.28	37.53	
2. Beatriz Julio, CORREIA	12	CNLeiria - VOID	2:58.41	318	
50m: 39.76 39.76	100m: 1:25.49 45.73	150m: 2:17.17 51.68	200m: 2:58.41	41.24	
3. Maria Luisa, CASTILLO	13	Nautico Marinha Grande	3:04.20	289	
50m: 41.26 41.26	100m: 1:30.06 48.80	150m: 2:23.36 53.30	200m: 3:04.20	40.84	
4. Safira Pedro, FONSECA	12	Vieirense	3:10.03	263	
50m: 41.54 41.54	100m: 1:28.47 46.93	150m: 2:28.47 1:00.00	200m: 3:10.03	41.56	
5. Leonor Pinto, ROSARIO	13	Nautico Marinha Grande	3:15.71	241	
50m: 43.06 43.06	100m: 1:35.00 51.94	150m: 2:30.45 55.45	200m: 3:15.71	45.26	
6. Rita Alexandra, JORDAO	12	Uniao Juncalense	3:18.28	232	
50m: 46.89 46.89	100m: 1:39.00 52.11	150m: 2:35.06 56.06	200m: 3:18.28	43.22	
7. Valeria, MORITS	12	Nautico Marinha Grande	3:19.42	228	
50m: 40.68 40.68	100m: 1:31.74 51.06	150m: 2:34.45 1:02.71	200m: 3:19.42	44.97	
8. Lara Sofia, MARCELINO	13	Vieirense	3:19.49	227	
50m: 45.85 45.85	100m: 1:35.48 49.63	150m: 2:35.87 1:00.39	200m: 3:19.49	43.62	
9. Rita Francisco, SIMOES	12	Vieirense	3:22.00	219	
50m: 45.97 45.97	100m: 1:39.40 53.43	150m: 2:39.87 1:00.47	200m: 3:22.00	42.13	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 33, Femin., 200m Estilos, Infantil Fem

Lugar	Ano	Tempo final	Pts	Cód Excepção
10. Emma Henriques, SOUTO	13 Óbidos	3:24.81	210	
50m: 48.09 48.09	100m: 1:36.96 48.87	150m: 2:37.78 1:00.82	200m: 3:24.81	47.03
11. Sofia Guilherme, CABREIRA	13 Óbidos	3:28.31	200	
50m: 50.81 50.81	100m: 1:43.84 53.03	150m: 2:42.39 58.55	200m: 3:28.31	45.92
12. Maria Leonor, FERREIRA	12 Óbidos	3:28.75	198	
50m: 50.69 50.69	100m: 1:43.08 52.39	150m: 2:39.75 56.67	200m: 3:28.75	49.00
13. Avron Dawn, SANTOS	13 Vieiraense	3:28.81	198	
50m: 52.00 52.00	100m: 1:43.46 51.46	150m: 2:44.28 1:00.82	200m: 3:28.81	44.53
14. Jessica Garcia, FERREIRA	12 Óbidos	3:32.09	189	
50m: 49.25 49.25	200m: 3:32.09 2:42.84			
15. Ana Francisca, QUERIDO	12 Pimpoes/Cimai	3:34.23	184	
50m: 46.46 46.46	100m: 1:40.56 54.10	150m: 2:44.28 1:03.72	200m: 3:34.23	49.95
16. Ines Barreto, CALDEIREIRO	13 Vieiraense	3:45.53	157	
50m: 55.67 55.67	100m: 1:52.21 56.54	150m: 2:57.99 1:05.78	200m: 3:45.53	47.54
17. Nuria Rocha, BOTAS	13 Vieiraense	3:45.92	156	
50m: 56.72 56.72	100m: 1:53.99 57.27	150m: 2:57.62 1:03.63	200m: 3:45.92	48.30

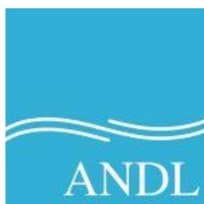
Prova 33
26/01/2025 - 18:03

Femin., 200m Estilos

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	2:39.52	445	
50m: 34.60 34.60	100m: 1:16.35 41.75	150m: 2:04.10 47.75	200m: 2:39.52	35.42
2. Leonor Mota, ALVES	11 Nautico Marinha Grande	2:43.36	415	
50m: 34.88 34.88	100m: 1:17.45 42.57	150m: 2:05.63 48.18	200m: 2:43.36	37.73
3. Laura Helena, AMORIM	10 Nautico Marinha Grande	2:43.43	414	
50m: 36.78 36.78	100m: 1:19.08 42.30	150m: 2:07.11 48.03	200m: 2:43.43	36.32
4. Barbara Balbino, MENDES	10 Naval de Peniche	2:47.74	383	
50m: 35.89 35.89	100m: 1:14.45 38.56	150m: 2:11.81 57.36	200m: 2:47.74	35.93
5. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	2:52.70	351	
50m: 37.25 37.25	100m: 1:25.78 48.53	150m: 2:11.64 45.86	200m: 2:52.70	41.06
6. Leonor Silva, MARTINS	10 Óbidos	3:09.20	267	
50m: 39.73 39.73	100m: 1:30.13 50.40	150m: 2:27.98 57.85	200m: 3:09.20	41.22
7. Carlota Maria, CATARINO	11 Benedita	3:23.96	213	
50m: 45.81 45.81	100m: 1:37.60 51.79	150m: 2:37.31 59.71	200m: 3:23.96	46.65
8. Beatriz Morgado, SILVA	11 Benedita	3:25.47	208	
50m: 53.56 53.56	100m: 1:43.64 50.08	150m: 2:42.23 58.59	200m: 3:25.47	43.24
9. Anastasia, STURZA	10 Uniao Juncalense	3:30.09	195	
50m: 42.63 42.63	100m: 1:37.56 54.93	150m: 2:38.70 1:01.14	200m: 3:30.09	51.39
DNS Matilde Filipa, AMADO	10 Nautico Marinha Grande			



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 33, Femin., 200m Estilos

Prova 33
26/01/2025 - 18:03
Femin., 200m Estilos
Junior Fem Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	2:34.31	492	
50m: 33.91 33.91	100m: 1:14.87 40.96	150m: 1:58.41 43.54	200m: 2:34.31 35.90	
2. Francisca Ramos, NUNES	09 Naval de Peniche	2:43.26	415	
50m: 36.19 36.19	100m: 1:19.91 43.72	150m: 2:07.76 47.85	200m: 2:43.26 35.50	
3. Teresa Maria, LOPES	09 Benedita	2:46.94	388	
50m: 35.96 35.96	100m: 1:19.91 43.95	150m: 2:08.80 48.89	200m: 2:46.94 38.14	
4. Diana Rita, FONSECA	08 Vieiraense	2:52.07	355	
50m: 36.28 36.28	100m: 1:19.81 43.53	150m: 2:11.96 52.15	200m: 2:52.07 40.11	
5. Catarina Tagaroso, LOBO	07 Uniao Juncalense	2:56.56	328	
50m: 37.75 37.75	100m: 1:23.78 46.03	150m: 2:15.43 51.65	200m: 2:56.56 41.13	

Prova 33
26/01/2025 - 18:03
Femin., 200m Estilos
Senior Fem Resultados

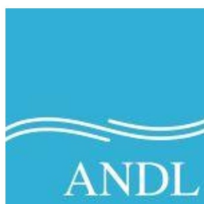
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	2:39.25	448	
50m: 35.50 35.50	100m: 1:19.15 43.65	150m: 2:02.15 43.00	200m: 2:39.25 37.10	

Prova 34
26/01/2025 - 18:23
Masc., 400m Estilos
Infantil (A+B) Masc Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Vidar Albert, JUNG	11 Nautico Marinha Grande	5:25.85	374	
50m: 32.82 32.82	150m: 1:53.90 41.75	250m: 3:23.68 48.46	350m: 4:50.50 37.75	
100m: 1:12.15 39.33	200m: 2:35.22 41.32	300m: 4:12.75 49.07	400m: 5:25.85 35.35	
2. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	5:55.85	287	
50m: 38.74 38.74	150m: 2:10.21 43.79	250m: 3:46.45 52.68	350m: 5:17.74 39.07	
100m: 1:26.42 47.68	200m: 2:53.77 43.56	300m: 4:38.67 52.22	400m: 5:55.85 38.11	
3. Martim Piedade, SANTOS	12 Pimpoes/Cimai	6:22.13	232	
50m: 41.23 41.23	150m: 2:23.38 49.65	250m: 4:07.91 57.00	350m: 5:45.34 40.71	
100m: 1:33.73 52.50	200m: 3:10.91 47.53	300m: 5:04.63 56.72	400m: 6:22.13 36.79	
4. Roberto Bento, CANAS	12 Pimpoes/Cimai	6:27.81	221	
50m: 46.01 46.01	150m: 2:31.95 47.73	250m: 4:09.06 51.26	350m: 5:45.29 44.80	
100m: 1:44.22 58.21	200m: 3:17.80 45.85	300m: 5:00.49 51.43	400m: 6:27.81 42.52	
5. Tomas Alves, ROCHA	11 Pimpoes/Cimai	6:40.05	202	
50m: 47.77 47.77	150m: 2:36.70 52.14	250m: 4:18.84 51.97	350m: 5:59.52 47.21	
100m: 1:44.56 56.79	200m: 3:26.87 50.17	300m: 5:12.31 53.47	400m: 6:40.05 40.53	
6. Joao Maria, TEMPERO	12 Pimpoes/Cimai	6:47.41	191	
50m: 46.45 46.45	150m: 2:32.70 53.39	250m: 4:21.28 57.97	350m: 6:05.59 46.11	
100m: 1:39.31 52.86	200m: 3:23.31 50.61	300m: 5:19.48 58.20	400m: 6:47.41 41.82	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 34, Masc., 400m Estilos, Infantil (A+B) Masc

Lugar	Ano	Tempo final	Pts	Cód Excepção
DSQ Pedro Pereira, OLIVEIRA	11 Nautico Marinha Grande			
<i>O atleta tocou com uma mão na parede, nas viragens aos 250 e 300 metros.</i>				

Prova 34 Masc., 400m Estilos Juvenil (A+B) Masc
26/01/2025 - 18:23 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Manuel Leite, AGUIAR	09 Sanjoanense/FEPSA	5:17.02	406	
50m: 33.48 33.48	150m: 1:53.23 41.10	250m: 3:18.59 45.65	350m: 4:41.41 36.26	
100m: 1:12.13 38.65	200m: 2:32.94 39.71	300m: 4:05.15 46.56	400m: 5:17.02 35.61	

Prova 34 Masc., 400m Estilos Junior Masc
26/01/2025 - 18:23 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	4:51.51	522	
50m: 29.60 29.60	150m: 1:44.02 38.39	250m: 3:04.20 43.28	350m: 4:20.09 33.65	
100m: 1:05.63 36.03	200m: 2:20.92 36.90	300m: 3:46.44 42.24	400m: 4:51.51 31.42	
2. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	5:10.34	433	
50m: 31.44 31.44	150m: 1:49.30 40.68	250m: 3:15.55 46.11	350m: 4:37.22 34.46	
100m: 1:08.62 37.18	200m: 2:29.44 40.14	300m: 4:02.76 47.21	400m: 5:10.34 33.12	

Prova 35 Misto, 4 x 50m Estilos Infantil (F+M)
26/01/2025 - 18:37 Resultados

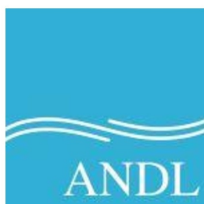
Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. URDJ INF	Uniao Juncalense	2:45.11	191	
Gabriel Marques, CARREIRA	11 42.61	Simao Pedro, MARQUES	11 34.99	
Rita Alexandra, JORDAO	12 48.25	Maria Antonia, VAZAO	12 39.26	

Prova 35 Misto, 4 x 50m Estilos Juvenil (F+M)
26/01/2025 - 18:37 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. SIRP/ Cimai JUV	Pimpoes/Cimai	2:04.18	449	
Diana Isabel, ALVES	10 32.59	Santiago Agostinho, PARREIRA	09 27.46	
Hugo Miguel, SANTOS	09 33.97	Debora Silva, INACIO	10 30.16	
EXH DNMG INF MASC EX	Nautico Marinha Grande	2:17.90	328	
Diego Rodrigues, MENDES	11 38.07	Vasco Silvestre, ROCHA	12 30.22	
Vidar Albert, JUNG	11 39.86	Pedro Pereira, OLIVEIRA	11 29.75	



Prova de Preparação de Categorias 2025
Benedita, 26/1/2025

Prova 36
26/01/2025 - 18:51

Femin., 800m Livres

Infantil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Laura Krempel, VARELA	12 Pimpoes/Cimai	10:57.08	383	
50m: 35.61 35.61	250m: 3:18.83 41.30	450m: 6:06.16 42.23	650m: 8:54.53 41.81	
100m: 1:15.75 40.14	300m: 4:00.58 41.75	500m: 6:48.36 42.20	700m: 9:36.68 42.15	
150m: 1:56.75 41.00	350m: 4:41.72 41.14	550m: 7:30.72 42.36	750m: 10:18.83 42.15	
200m: 2:37.53 40.78	400m: 5:23.93 42.21	600m: 8:12.72 42.00	800m: 10:57.08 38.25	
2. Ines Pinto, MARTINS	12 Pimpoes/Cimai	10:57.95	382	
50m: 36.09 36.09	250m: 3:19.70 41.28	450m: 6:01.92 36.58	650m: 8:55.27 40.93	
100m: 1:16.02 39.93	300m: 4:01.24 41.54	500m: 6:50.17 48.25	700m: 9:37.67 42.40	
150m: 1:57.81 41.79	350m: 4:42.87 41.63	550m: 7:31.81 41.64	750m: 10:18.52 40.85	
200m: 2:38.42 40.61	400m: 5:25.34 42.47	600m: 8:14.34 42.53	800m: 10:57.95 39.43	
3. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	11:15.38	353	
50m: 38.13 38.13	250m: 3:27.03 42.40	450m: 6:18.45 43.32	650m: 9:08.95 42.10	
100m: 1:19.95 41.82	300m: 4:09.60 42.57	500m: 7:00.35 41.90	700m: 9:51.03 42.08	
150m: 2:01.85 41.90	350m: 4:52.38 42.78	550m: 7:44.06 43.71	750m: 10:34.13 43.10	
200m: 2:44.63 42.78	400m: 5:35.13 42.75	600m: 8:26.85 42.79	800m: 11:15.38 41.25	
4. Benedita Nunes, FELIX	12 Pimpoes/Cimai	12:06.44	283	
50m: 40.62 40.62	250m: 3:42.66 45.94	450m: 6:48.51 46.49	650m: 9:55.09 47.04	
100m: 1:25.09 44.47	300m: 4:28.65 45.99	500m: 7:35.09 46.58	700m: 10:40.69 45.60	
150m: 2:10.79 45.70	350m: 5:15.44 46.79	550m: 8:21.84 46.75	750m: 11:26.34 45.65	
200m: 2:56.72 45.93	400m: 6:02.02 46.58	600m: 9:08.05 46.21	800m: 12:06.44 40.10	
DNS Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai			

Prova 36
26/01/2025 - 18:51

Femin., 800m Livres

Juvenil Fem
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Bianca Balbino, MENDES	10 Naval de Peniche	9:59.22	505	
50m: 33.65 33.65	250m: 3:02.50 37.82	450m: 5:35.15 38.25	650m: 8:07.50 38.25	
100m: 1:09.86 36.21	300m: 3:40.50 38.00	500m: 6:13.28 38.13	700m: 8:45.33 37.83	
150m: 1:47.20 37.34	350m: 4:18.74 38.24	550m: 6:51.20 37.92	750m: 9:22.83 37.50	
200m: 2:24.68 37.48	400m: 4:56.90 38.16	600m: 7:29.25 38.05	800m: 9:59.22 36.39	