

Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

1 - 1ª Jornada - 1ª Sessão (Provas n.º 1 à n.º 9)

07/11/2020 - 9:00

Prova 1 Femin., 1500m Livres Senior Resultados  
07/11/2020 - 9:00

Recorde Distrital Absoluto	16:54.59	Filipa Vilas, RUIVO	Porto	01/12/2014
Recorde Distrital SEN	16:54.59	Filipa Vilas, RUIVO	Porto	01/12/2014

Pontos: FINA 2020

Lugar	Ano		Tempo final		Pts
1. Ines Apolinario, SOARES	03	Pimpoes/Cimai	<b>19:52.64</b>		456
50m:	33.97	33.97	450m:	5:45.46	40.01
100m:	1:10.69	36.72	500m:	6:25.72	40.26
150m:	1:48.89	38.20	550m:	7:05.24	39.52
200m:	2:27.75	38.86	600m:	7:45.93	40.69
250m:	3:06.57	38.82	650m:	8:26.69	40.76
300m:	3:45.94	39.37	700m:	9:07.72	41.03
350m:	4:25.47	39.53	750m:	9:48.20	40.48
400m:	5:05.45	39.98	800m:	10:28.62	40.42
			850m:	11:08.77	40.15
			900m:	11:49.48	40.71
			950m:	12:30.18	40.70
			1000m:	13:10.84	40.66
			1050m:	13:52.20	41.36
			1100m:	14:33.21	41.01
			1150m:	15:13.25	40.04
			1200m:	15:54.33	41.08
			1250m:	16:34.06	39.73
			1300m:	17:14.31	40.25
			1350m:	17:54.15	39.84
			1400m:	18:34.59	40.44
			1450m:	19:13.63	39.04
			1500m:	19:52.64	39.01

Prova 1 Femin., 1500m Livres Junior Resultados  
07/11/2020 - 9:00

Recorde Distrital Absoluto	16:54.59	Filipa Vilas, RUIVO	Porto	01/12/2014
Recorde Distrital JUN	16:59.74	Filipa Vilas, RUIVO	Felgueiras	01/12/2013

Pontos: FINA 2020

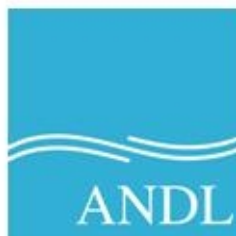
Lugar	Ano		Tempo final		Pts
1. Joana Silva, ALVES	05	Benedita	<b>18:18.87</b>		583
50m:	32.19	32.19	450m:	5:23.72	36.79
100m:	1:07.55	35.36	500m:	6:00.78	37.06
150m:	1:43.39	35.84	550m:	6:37.01	36.23
200m:	2:19.76	36.37	600m:	7:13.76	36.75
250m:	2:56.24	36.48	650m:	7:50.66	36.90
300m:	3:32.95	36.71	700m:	8:27.64	36.98
350m:	4:10.01	37.06	750m:	9:04.53	36.89
400m:	4:46.93	36.92	800m:	9:41.56	37.03
			850m:	10:18.49	36.93
			900m:	10:55.51	37.02
			950m:	11:32.50	36.99
			1000m:	12:09.73	37.23
			1050m:	12:45.98	36.25
			1100m:	13:22.97	36.99
			1150m:	14:00.60	37.63
			1200m:	14:37.99	37.39
			1250m:	15:15.08	37.09
			1300m:	15:52.35	37.27
			1350m:	16:29.65	37.30
			1400m:	17:07.06	37.41
			1450m:	17:43.52	36.46
			1500m:	18:18.87	35.35

Prova 1 Femin., 1500m Livres Juvenil A Resultados  
07/11/2020 - 9:00

Recorde Distrital Absoluto	16:54.59	Filipa Vilas, RUIVO	Porto	01/12/2014
Recorde Distrital JUV A	18:19.76	Inês Jacinto, HENRIQUES	Leiria	01/10/2017

Pontos: FINA 2020

Lugar	Ano		Tempo final		Pts
1. Leonor Verissimo, FARIA	06	Nucleo de Pombal	<b>18:47.06</b>		540
50m:	32.89	32.89	450m:	5:28.88	37.35
100m:	1:08.77	35.88	500m:	6:06.25	37.37
150m:	1:45.63	36.86	550m:	6:43.63	37.38
200m:	2:22.55	36.92	600m:	7:21.11	37.48
250m:	2:59.70	37.15	650m:	7:58.31	37.20
300m:	3:36.69	36.99	700m:	8:35.65	37.34
350m:	4:13.99	37.30	750m:	9:12.98	37.33
400m:	4:51.53	37.54	800m:	9:50.83	37.85
			850m:	10:28.44	37.61
			900m:	11:06.45	38.01
			950m:	11:43.92	37.47
			1000m:	12:22.11	38.19
			1050m:	13:01.95	39.84
			1100m:	13:41.87	39.92
			1150m:	14:21.34	39.47
			1200m:	15:00.55	39.21
			1250m:	15:38.38	37.83
			1300m:	16:16.66	38.28
			1350m:	16:54.85	38.19
			1400m:	17:32.78	37.93
			1450m:	18:10.67	37.89
			1500m:	18:47.06	36.39



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Junior  
07/11/2020 Resultados

Recorde Distrital Absoluto	15:11.25	Guilherme Filipe, PINA	Porto	13/12/2015
Recorde Distrital JUN	15:11.25	Guilherme Filipe, PINA	Porto	13/12/2015

Pontos: FINA 2020

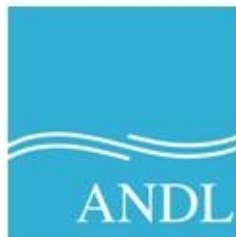
Lugar			Ano			Tempo final	Pts				
1.	Daniel, TSYKAL		04	Alcobaca		<b>17:18.52</b>	544				
	50m:	29.32	450m:	5:04.82	35.14	850m:	9:44.57	35.26	1250m:	14:23.23	35.05
	100m:	1:02.38	500m:	5:39.78	34.96	900m:	10:19.21	34.64	1300m:	14:58.45	35.22
	150m:	1:36.44	550m:	6:15.08	35.30	950m:	10:54.20	34.99	1350m:	15:33.12	34.67
	200m:	2:10.60	600m:	6:50.03	34.95	1000m:	11:28.82	34.62	1400m:	16:08.14	35.02
	250m:	2:45.34	650m:	7:24.57	34.54	1050m:	12:03.67	34.85	1450m:	16:42.81	34.67
	300m:	3:20.43	700m:	7:59.55	34.98	1100m:	12:38.39	34.72	1500m:	17:18.52	35.71
	350m:	3:54.86	750m:	8:34.51	34.96	1150m:	13:12.98	34.59			
	400m:	4:29.68	800m:	9:09.31	34.80	1200m:	13:48.18	35.20			

Prova 2 Masc., 1500m Livres Juvenil B  
07/11/2020 Resultados

Recorde Distrital Absoluto	15:11.25	Guilherme Filipe, PINA	Porto	13/12/2015
Recorde Distrital JUV B	16:17.27	André Vilas, RUIVO	Leiria	14/12/2014

Pontos: FINA 2020

Lugar			Ano			Tempo final	Pts				
1.	Cristiano Nogueira, FERREIRA		06	Nucleo de Pombal		<b>20:26.61</b>	330				
	50m:	35.21	450m:	6:03.35	41.51	850m:	11:30.36	41.17	1250m:	17:01.95	41.15
	100m:	1:14.62	500m:	6:43.71	40.36	900m:	12:12.56	42.20	1300m:	17:43.75	41.80
	150m:	1:55.53	550m:	7:24.91	41.20	950m:	12:53.84	41.28	1350m:	18:25.08	41.33
	200m:	2:36.22	600m:	8:05.83	40.92	1000m:	13:36.54	42.70	1400m:	19:06.15	41.07
	250m:	3:17.20	650m:	8:47.46	41.63	1050m:	14:17.67	41.13	1450m:	19:46.16	40.01
	300m:	3:58.46	700m:	9:28.13	40.67	1100m:	14:58.80	41.13	1500m:	20:26.61	40.45
	350m:	4:40.38	750m:	10:08.80	40.67	1150m:	15:39.40	40.60			
	400m:	5:21.84	800m:	10:49.19	40.39	1200m:	16:20.80	41.40			
EXH	Joao Pedro, TORRES		05	Porto		<b>18:10.88</b>	469				
	50m:	31.05	450m:	5:17.15	36.12	850m:	10:11.37	35.99	1250m:	15:06.97	37.31
	100m:	1:05.11	500m:	5:53.56	36.41	900m:	10:48.10	36.73	1300m:	15:44.27	37.30
	150m:	1:39.90	550m:	6:30.77	37.21	950m:	11:24.97	36.87	1350m:	16:20.97	36.70
	200m:	2:14.80	600m:	7:07.35	36.58	1000m:	12:01.52	36.55	1400m:	16:57.86	36.89
	250m:	2:50.30	650m:	7:44.20	36.85	1050m:	12:38.75	37.23	1450m:	17:34.48	36.62
	300m:	3:26.68	700m:	8:21.37	37.17	1100m:	13:14.17	35.42	1500m:	18:10.88	36.40
	350m:	4:03.73	750m:	8:58.15	36.78	1150m:	13:51.62	37.45			
	400m:	4:41.03	800m:	9:35.38	37.23	1200m:	14:29.66	38.04			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 3		Femin., 50m Costas		Senior
07/11/2020 - 9:20				Resultados
Recorde Distrital Absoluto	29.58	Andreia Filipa, ANJOS	Leiria	01/12/2009
Recorde Distrital SEN	29.58	Andreia Filipa, ANJOS	Leiria	01/12/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Ana Rui, GOMES	03 Naval da Nazaré	<b>34.13</b>	425
2. Adriana Martins, NOIVO	03 Naval de Peniche	<b>37.35</b>	324

Prova 3		Femin., 50m Costas		Junior
07/11/2020 - 9:20				Resultados
Recorde Distrital Absoluto	29.58	Andreia Filipa, ANJOS	Leiria	01/12/2009
Recorde Distrital JUN	30.60	Maria Lopes, AMADO	Leiria	15/12/2019

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA	05 Ba-Leiria	<b>31.28</b>	552
2. Margarida Violante, VIANA	04 Ba-Leiria	<b>33.76</b>	439
3. Iara Filipa, DIAS	05 Naval de Peniche	<b>34.60</b>	408
4. Beatriz Silva, CONCEICAO	05 Benedita	<b>41.99</b>	228

Prova 3		Femin., 50m Costas		Juvenil A
07/11/2020 - 9:20				Resultados
Recorde Distrital Absoluto	29.58	Andreia Filipa, ANJOS	Leiria	01/12/2009
Recorde Distrital JUV A	30.42	Maria Lopes, AMADO	S. Ant. Cavaleiros	09/12/2018

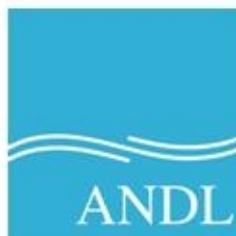
Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Filipa Paiva, DINIS	06 Ba-Leiria	<b>31.98</b>	517

Prova 4		Masc., 50m Costas		Senior
07/11/2020				Resultados
Recorde Distrital Absoluto	25.90	Viktor, KOT	Porto	09/12/2017
Recorde Distrital SEN	25.90	Viktor, KOT	Porto	09/12/2017

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Diogo Vicente, SILVA	98 Nautico Marinha Grande	<b>30.01</b>	405
2. Afonso Varelas, SILVA	01 Nautico Marinha Grande	<b>31.53</b>	349



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 4, Masc., 50m Costas

Prova 4 Masc., 50m Costas Junior  
07/11/2020 Resultados

Recorde Distrital Absoluto	25.90	Viktor, KOT	Porto	09/12/2017
Recorde Distrital JUN	26.72	Viktor, KOT	Porto	11/12/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Ricardo Morais, FARIA	04 Ba-Leiria	<b>28.93</b>	453
2. Paulo Sergio, FERREIRA	03 Naval da Nazaré	<b>30.68</b>	379
3. Lucas Pipiraite, CARDOSO	04 Naval da Nazaré	<b>31.42</b>	353
DNS Ricardo Pedrosa, SOARES	04 Vieiraense		

Prova 4 Masc., 50m Costas Juvenil A  
07/11/2020 Resultados

Recorde Distrital Absoluto	25.90	Viktor, KOT	Porto	09/12/2017
Recorde Distrital JUV A	27.40	Ricardo Lopes, SILVA	S. Ant. Cavaleiros	09/12/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Duarte Matias, ROSA	05 Alcobaca	<b>38.03</b>	199

Prova 4 Masc., 50m Costas Juvenil B  
07/11/2020 Resultados

Recorde Distrital Absoluto	25.90	Viktor, KOT	Porto	09/12/2017
Recorde Distrital JUV B	27.75	Ricardo Lopes, SILVA	Leiria	03/12/2017

Pontos: FINA 2020

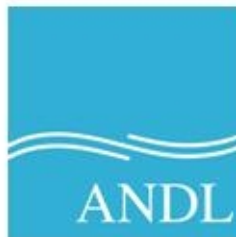
Lugar	Ano	Tempo final	Pts
1. Micael Dmitrievich, DENISOV	06 Ba-Leiria	<b>28.81</b>	458
2. Tiago Gabriel, PADRE	06 Naval da Nazaré	<b>36.40</b>	227
3. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	<b>40.96</b>	159
DNS David Parreiras, PEREIRA	06 Ba-Leiria		
EXH Eduardo Costa, SILVA	05 Porto	<b>31.60</b>	347
EXH Miguel Teixeira, LAFUENTE	05 Porto	<b>32.32</b>	324
EXH Bruno Silva, LOUREIRO	06 Porto	<b>32.74</b>	312

Prova 5 Femin., 200m Mariposa Senior  
07/11/2020 - 10:00 Resultados

Recorde Distrital Absoluto	2:10.12	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital SEN	2:12.25	Victoria, KAMINSKAYA	Vila Real de Santo António	01/11/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts			
1. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	<b>2:18.88</b>	638			
50m: 31.16 31.16	100m: 1:06.81	35.65	150m: 1:42.46	35.65	200m: 2:18.88	36.42



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 5, Femin., 200m Mariposa

Prova 5 Femin., 200m Mariposa Juvenil A  
07/11/2020 - 10:00 Resultados

Recorde Distrital Absoluto	2:10.12	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital JUV A	2:20.70	Giovanna Vaz, VARGAS	Nazaré	01/05/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 Nautico Marinha Grande	<b>2:30.40</b>	502
50m: 32.10 32.10 100m: 1:09.10 37.00 150m: 1:48.46 39.36 200m: 2:30.40 41.94			
2. Maria Francisca, FROIS	06 Ba-Leiria	<b>2:37.77</b>	435
50m: 32.78 32.78 100m: 1:12.39 39.61 150m: 1:55.68 43.29 200m: 2:37.77 42.09			
3. Ana Francisca, SILVA	06 Alcobaca	<b>2:38.19</b>	432
50m: 34.38 34.38 100m: 1:14.06 39.68 150m: 1:56.15 42.09 200m: 2:38.19 42.04			
4. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	<b>2:38.78</b>	427
50m: 34.52 34.52 100m: 1:14.44 39.92 150m: 1:57.05 42.61 200m: 2:38.78 41.73			
5. Constanca Arinto, TRINDADE	06 Alcobaca	<b>2:49.89</b>	348
50m: 37.58 37.58 100m: 1:20.32 42.74 150m: 2:05.07 44.75 200m: 2:49.89 44.82			
6. Leonor Caetano, MOREIRA	06 Vieiraense	<b>2:54.73</b>	320
50m: 37.91 37.91 100m: 1:22.21 44.30 150m: 2:07.75 45.54 200m: 2:54.73 46.98			
DSQ Filipa Mendes, SIMOES	06 Ba-Leiria		
<i>A atleta engasgou-se e desistiu aos 50 metros.</i>			

Prova 5 Femin., 200m Mariposa Juvenil B  
07/11/2020 - 10:00 Resultados

Recorde Distrital Absoluto	2:10.12	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital JUV B	2:21.00	Giovanna Vaz, VARGAS	Nazaré	01/05/2014

Pontos: FINA 2020

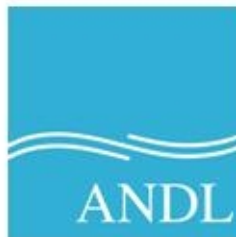
Lugar	Ano	Tempo final	Pts
1. Beatriz Anjo, FERREIRA	07 Nautico Marinha Grande	<b>2:43.01</b>	395
50m: 34.85 34.85 100m: 1:16.06 41.21 150m: 1:59.27 43.21 200m: 2:43.01 43.74			

Prova 6 Masc., 200m Mariposa Senior  
07/11/2020 Resultados

Recorde Distrital Absoluto	2:02.02	Miguel Monteiro, DIOGO	Leiria	18/06/2011
Recorde Distrital SEN	2:04.37	Miguel Monteiro, DIOGO	Mealhada	16/12/2012

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Nuno Goncalo, SANTOS	96 Ba-Leiria	<b>2:10.27</b>	573
50m: 28.17 28.17 100m: 1:00.23 32.06 150m: 1:34.38 34.15 200m: 2:10.27 35.89			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 6, Masc., 200m Mariposa

Prova 6 Masc., 200m Mariposa Junior  
07/11/2020 Resultados

Recorde Distrital Absoluto	2:02.02	Miguel Monteiro, DIOGO	Leiria	18/06/2011
Recorde Distrital JUN	2:02.02	Miguel Monteiro, DIOGO	Leiria	18/06/2011

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. David, MARTYN	03 Benedita	<b>2:10.76</b>	567
50m: 29.29 29.29 100m: 1:02.89 33.60 150m: 1:36.92 34.03 200m: 2:10.76 33.84			
2. David Ferreira, RELVAS	03 Nautico Marinha Grande	<b>2:13.78</b>	529
50m: 29.34 29.34 100m: 1:02.67 33.33 150m: 1:37.28 34.61 200m: 2:13.78 36.50			
3. Joao Jose, SILVA	03 Ba-Leiria	<b>2:19.89</b>	463
50m: 30.77 30.77 100m: 1:06.06 35.29 150m: 1:42.02 35.96 200m: 2:19.89 37.87			
4. Nuno Marques, SILVA	04 Ba-Leiria	<b>2:22.66</b>	436
50m: 30.60 30.60 100m: 1:06.45 35.85 150m: 1:43.81 37.36 200m: 2:22.66 38.85			
5. Daniel Jose, FERNANDES	04 Alcobaca	<b>2:38.99</b>	315
50m: 33.37 33.37 100m: 1:13.36 39.99 150m: 1:56.54 43.18 200m: 2:38.99 42.45			

Prova 6 Masc., 200m Mariposa Juvenil A  
07/11/2020 Resultados

Recorde Distrital Absoluto	2:02.02	Miguel Monteiro, DIOGO	Leiria	18/06/2011
Recorde Distrital JUV A	2:03.38	Diogo Parrilha, SILVA	Alcobaça	13/06/2009

Pontos: FINA 2020

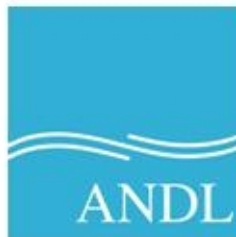
Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	<b>2:16.60</b>	497
50m: 30.52 30.52 100m: 1:05.01 34.49 150m: 1:40.79 35.78 200m: 2:16.60 35.81			
2. Jose Francisco, OLIVEIRA	05 Ba-Leiria	<b>2:30.13</b>	374
50m: 32.99 32.99 100m: 1:10.09 37.10 150m: 1:50.05 39.96 200m: 2:30.13 40.08			
3. Tomas Portugal, SILVEIRA	05 Alcobaca	<b>2:42.38</b>	296
50m: 33.48 33.48 100m: 1:13.51 40.03 150m: 1:57.04 43.53 200m: 2:42.38 45.34			

Prova 6 Masc., 200m Mariposa Juvenil B  
07/11/2020 Resultados

Recorde Distrital Absoluto	2:02.02	Miguel Monteiro, DIOGO	Leiria	18/06/2011
Recorde Distrital JUV B	2:11.50	André Vilas, RUIVO	Leiria	01/02/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Gabriel Zimas, JACINTO	06 Ba-Leiria	<b>2:28.76</b>	385
50m: 31.99 31.99 100m: 1:10.09 38.10 150m: 1:49.88 39.79 200m: 2:28.76 38.88			
2. Daniel, STARYNSKY	06 Benedita	<b>2:30.35</b>	373
50m: 32.20 32.20 100m: 1:09.35 37.15 150m: 1:49.44 40.09 200m: 2:30.35 40.91			
3. Andre Pedro, FERREIRA	06 Nucleo de Pombal	<b>2:55.47</b>	234
50m: 35.22 35.22 100m: 1:17.99 42.77 150m: 2:05.78 47.79 200m: 2:55.47 49.69			
EXH Andre Lima, MAGALHAES	05 Porto	<b>2:25.19</b>	414
50m: 32.69 32.69 100m: 1:10.39 37.70 150m: 1:47.79 37.40 200m: 2:25.19 37.40			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 6, Masc., 200m Mariposa

Lugar	Ano	Tempo final	Pts
EXH Gustavo Gomes, RAMOS	06 Porto	<b>2:25.78</b>	409
50m: 31.24 31.24	100m: 1:06.97 35.73	150m: 1:44.84 37.87	200m: 2:25.78 40.94
EXH Joao Carlos, GUERRA	05 Porto	<b>2:28.46</b>	387
50m: 31.64 31.64	100m: 1:08.01 36.37	150m: 1:47.79 39.78	200m: 2:28.46 40.67
EXH Vasco Monteiro, CASTRO	06 Porto	<b>2:35.08</b>	340
50m: 32.23 32.23	100m: 1:11.11 38.88	150m: 1:52.97 41.86	200m: 2:35.08 42.11

Prova 7

Femin., 100m Livres

Senior

07/11/2020 - 10:20

Resultados

Recorde Distrital Absoluto	57.32	Victoria, KAMINSKAYA	Mealhada	01/12/2012
Recorde Distrital SEN	57.32	Victoria, KAMINSKAYA	Mealhada	01/12/2012

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Ines Filipa, JACINTO	03 Ba-Leiria	<b>1:01.87</b>	535
50m: 29.75 29.75	100m: 1:01.87 32.12		
2. Sara Santos, LOPES	03 Ba-Leiria	<b>1:03.98</b>	484
50m: 30.59 30.59	100m: 1:03.98 33.39		
3. Lara Roque, COTRIM	03 Pimpoes/Cimai	<b>1:08.78</b>	389
50m: 32.64 32.64	100m: 1:08.78 36.14		

Prova 7

Femin., 100m Livres

Junior

07/11/2020 - 10:20

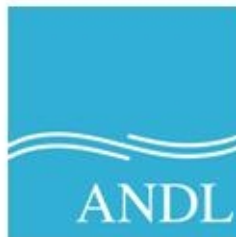
Resultados

Recorde Distrital Absoluto	57.32	Victoria, KAMINSKAYA	Mealhada	01/12/2012
Recorde Distrital JUN	59.13	Maria Lopes, AMADO	Leiria	14/12/2019

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Maria Francisca, ALVES	04 Ba-Leiria	<b>1:01.97</b>	533
50m: 29.94 29.94	100m: 1:01.97 32.03		
2. Bruna Silva, MOITEIRO	04 Nautico Marinha Grande	<b>1:02.18</b>	527
50m: 30.09 30.09	100m: 1:02.18 32.09		
3. Rita Mendes, SIMOES	04 Ba-Leiria	<b>1:02.83</b>	511
50m: 29.97 29.97	100m: 1:02.83 32.86		
4. Maria Silva, CARVALHO	05 Pimpoes/Cimai	<b>1:04.16</b>	480
50m: 31.14 31.14	100m: 1:04.16 33.02		
5. Beatriz Sofia, AMARO	04 Nautico Marinha Grande	<b>1:08.54</b>	394
50m: 32.37 32.37	100m: 1:08.54 36.17		





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 7, Femin., 100m Livres

Prova 7  
07/11/2020 - 10:20

Femin., 100m Livres

Juvenil A  
Resultados

Recorde Distrital Absoluto	57.32	Victoria, KAMINSKAYA	Mealhada	01/12/2012
Recorde Distrital JUV A	59.46	Sara Francisco, CRUZ	Caldas da Rainha	01/05/2008

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Filipa Roma, BRIZIDA	06 Ba-Leiria	<b>1:03.39</b>	498
50m: 30.31 30.31 100m: 1:03.39	33.08		
2. Ines Mira, PINO	06 Pimpoes/Cimai	<b>1:04.78</b>	466
50m: 31.58 31.58 100m: 1:04.78	33.20		
3. Margarida Marques, ARROJA	06 Pimpoes/Cimai	<b>1:07.05</b>	420
50m: 31.96 31.96 100m: 1:07.05	35.09		
4. Sofia Simao, CUNHA	06 Pimpoes/Cimai	<b>1:08.42</b>	396
50m: 33.05 33.05 100m: 1:08.42	35.37		
5. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	<b>1:08.46</b>	395
50m: 33.03 33.03 100m: 1:08.46	35.43		
6. Mariana Magalhaes, FERNANDES	06 Vieiraense	<b>1:10.91</b>	355
50m: 33.41 33.41 100m: 1:10.91	37.50		
7. Matilde Fernandes, BARQUINHA	06 Nautico Marinha Grande	<b>1:11.17</b>	351
50m: 34.18 34.18 100m: 1:11.17	36.99		
8. Maria Ines, ESTEVES	06 Naval da Nazaré	<b>1:11.72</b>	343
50m: 35.04 35.04 100m: 1:11.72	36.68		
9. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	<b>1:12.83</b>	328
50m: 35.39 35.39 100m: 1:12.83	37.44		

Prova 7  
07/11/2020 - 10:20

Femin., 100m Livres

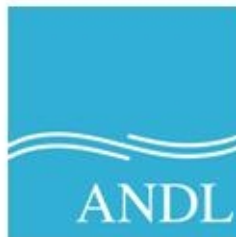
Juvenil B  
Resultados

Recorde Distrital Absoluto	57.32	Victoria, KAMINSKAYA	Mealhada	01/12/2012
Recorde Distrital JUV B	59.95	Inês Jacinto, HENRIQUES	Abrantes	01/04/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Vanessa Liliana, ALMEIDA	07 Ba-Leiria	<b>1:06.35</b>	434
50m: 31.80 31.80 100m: 1:06.35	34.55		
2. Laura Roque, SIMAO	07 Nautico Marinha Grande	<b>1:08.53</b>	394
50m: 33.53 33.53 100m: 1:08.53	35.00		
3. Fabiana Simoes, COELHO	07 Ba-Leiria	<b>1:12.22</b>	336
50m: 34.42 34.42 100m: 1:12.22	37.80		
4. Carolina Ferreira, FONSECA	07 Vieiraense	<b>1:13.62</b>	317
50m: 35.04 35.04 100m: 1:13.62	38.58		
5. Ana Margarida, MOTA	07 Nucleo de Ansião	<b>1:13.88</b>	314
50m: 35.99 35.99 100m: 1:13.88	37.89		
6. Ines Sofia, PIMENTA	07 Alcobaca	<b>1:22.79</b>	223
50m: 40.12 40.12 100m: 1:22.79	42.67		
DNS Joana Maria, MARTINS	07 Alcobaca		





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 8 Masc., 100m Livres Senior  
07/11/2020 Resultados

Recorde Distrital Absoluto	49.51	César Fernando, FARIA	Santo António dos Cavaleiros	19/12/2009
Recorde Distrital SEN	49.51	César Fernando, FARIA	Santo António dos Cavaleiros	19/12/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Miguel Vicente, SILVA	02 Nautico Marinha Grande	<b>54.28</b>	567
50m: 25.92 25.92	100m: 54.28 28.36		

Prova 8 Masc., 100m Livres Junior  
07/11/2020 Resultados

Recorde Distrital Absoluto	49.51	César Fernando, FARIA	Santo António dos Cavaleiros	19/12/2009
Recorde Distrital JUN	50.79	Miguel Monteiro, DIOGO	Leiria	18/06/2011

Pontos: FINA 2020

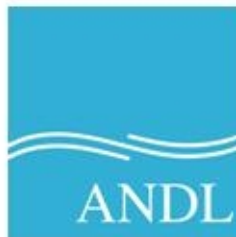
Lugar	Ano	Tempo final	Pts
1. Rodrigo Miguel, REIS	04 Ba-Leiria	<b>52.26</b>	635
50m: 24.76 24.76	100m: 52.26 27.50		
2. Ricardo Lopes, SILVA	03 Nautico Marinha Grande	<b>52.74</b>	618
50m: 25.34 25.34	100m: 52.74 27.40		
3. Vitor Belo, CLARA	04 Ba-Leiria	<b>54.51</b>	560
50m: 26.29 26.29	100m: 54.51 28.22		
4. Afonso Filipe, COSTA	03 Naval da Nazaré	<b>54.99</b>	545
50m: 26.11 26.11	100m: 54.99 28.88		
5. Joao Gabriel, ANICETO	04 Ba-Leiria	<b>56.14</b>	512
50m: 27.20 27.20	100m: 56.14 28.94		
6. Vasco Peixoto, OLIVEIRA	04 Alcobaca	<b>59.44</b>	432
50m: 28.16 28.16	100m: 59.44 31.28		
7. David Almeida, GAMEIRO	03 Nucleo de Pombal	<b>59.57</b>	429
50m: 28.86 28.86	100m: 59.57 30.71		
8. Rui Miguel, FREIRE	03 Nucleo de Ansião	<b>1:01.16</b>	396
50m: 29.28 29.28	100m: 1:01.16 31.88		

Prova 8 Masc., 100m Livres Juvenil A  
07/11/2020 Resultados

Recorde Distrital Absoluto	49.51	César Fernando, FARIA	Santo António dos Cavaleiros	19/12/2009
Recorde Distrital JUV A	52.69	Rodrigo Miguel, REIS	Sines	08/11/2019

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA	05 Nautico Marinha Grande	<b>55.71</b>	524
50m: 27.11 27.11	100m: 55.71 28.60		
2. Afonso Manuel, ASCENSO	05 Nautico Marinha Grande	<b>59.24</b>	436
50m: 28.21 28.21	100m: 59.24 31.03		
3. Tiago Serradas, FRANCISCO	05 Nautico Marinha Grande	<b>1:00.17</b>	416
50m: 28.98 28.98	100m: 1:00.17 31.19		
4. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	<b>1:02.01</b>	380
50m: 29.82 29.82	100m: 1:02.01 32.19		



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 8, Masc., 100m Livres, Juvenil A

Lugar	Ano	Tempo final	Pts
5. Diogo Miguel, ROSETE 50m: 30.91 30.91 100m: 1:05.10 34.19	05 Nautico Marinha Grande	<b>1:05.10</b>	328
6. Marco Ferreira, SILVA 50m: 34.83 34.83 100m: 1:14.24 39.41	05 Vieirense	<b>1:14.24</b>	221
WDR Dylan Marques, FELIX	05 Pimpoes/Cimai		

Prova 8 Masc., 100m Livres Juvenil B  
07/11/2020 Resultados

Recorde Distrital Absoluto	49.51	César Fernando, FARIA	Santo António dos Cavaleiros	19/12/2009
Recorde Distrital JUV B	53.40	Ricardo Lopes, SILVA	Caldas da Rainha	14/04/2018

Pontos: FINA 2020

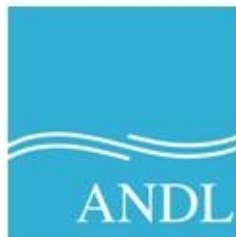
Lugar	Ano	Tempo final	Pts
1. Gil Santos, LEMOS 50m: 27.50 27.50 100m: 57.82 30.32	06 Pimpoes/Cimai	<b>57.82</b>	469
2. Pedro Marques, SILVA 50m: 28.77 28.77 100m: 59.79 31.02	06 Ba-Leiria	<b>59.79</b>	424
3. Luca Valentino, TONA 50m: 29.71 29.71 100m: 1:01.70 31.99	06 Pimpoes/Cimai	<b>1:01.70</b>	386
4. Miguel Valerio, SILVA 50m: 29.81 29.81 100m: 1:02.58 32.77	06 Nautico Marinha Grande	<b>1:02.58</b>	370
5. Vasco Pedro, BRANCO 50m: 30.23 30.23 100m: 1:04.20 33.97	06 Naval da Nazaré	<b>1:04.20</b>	342
6. Edgar Francisco, SIMOES 50m: 31.21 31.21 100m: 1:05.25 34.04	06 Vieirense	<b>1:05.25</b>	326
7. Eduardo Caetano, MONTEZ 50m: 31.21 31.21 100m: 1:06.04 34.83	06 Benedita	<b>1:06.04</b>	315
8. Rafael Costa, JESUS 50m: 33.12 33.12 100m: 1:08.97 35.85	06 Nautico Marinha Grande	<b>1:08.97</b>	276

Prova 9 Femin., 200m Estilos Senior  
07/11/2020 - 10:45 Resultados

Recorde Distrital Absoluto	2:12.75	Victoria, KAMINSKAYA	Porto	01/12/2014
Recorde Distrital SEN	2:12.75	Victoria, KAMINSKAYA	Porto	01/12/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES 50m: 30.88 30.88 100m: 1:08.01 37.13 150m: 1:51.14 43.13 200m: 2:27.17 36.03	03 Ba-Leiria	<b>2:27.17</b>	567
2. Ana Claudia, FERREIRA 50m: 32.29 32.29 100m: 1:15.76 43.47 150m: 2:01.73 45.97 200m: 2:39.35 37.62	90 Alcobaca	<b>2:39.35</b>	447



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Junior  
07/11/2020 - 10:45 Resultados

Recorde Distrital Absoluto	2:12.75	Victoria, KAMINSKAYA	Porto	01/12/2014
Recorde Distrital JUN	2:16.62	Victoria, KAMINSKAYA	USTER	01/01/2012

Pontos: FINA 2020

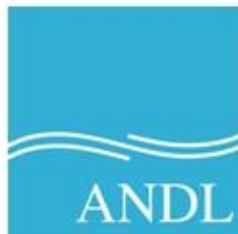
Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO	04 Nautico Marinha Grande	<b>2:29.06</b>	546
50m: 31.53 31.53 100m: 1:08.04 36.51 150m: 1:53.20 45.16 200m: 2:29.06 35.86			
2. Joana Rosa, FERREIRA	05 Naval de Peniche	<b>2:36.69</b>	470
50m: 33.43 33.43 100m: 1:15.66 42.23 150m: 2:00.38 44.72 200m: 2:36.69 36.31			
3. Juliana Branco, REIS	05 Alcobaca	<b>2:38.46</b>	454
50m: 33.27 33.27 100m: 1:15.12 41.85 150m: 2:00.36 45.24 200m: 2:38.46 38.10			

Prova 9 Femin., 200m Estilos Juvenil A  
07/11/2020 - 10:45 Resultados

Recorde Distrital Absoluto	2:12.75	Victoria, KAMINSKAYA	Porto	01/12/2014
Recorde Distrital JUV A	2:22.96	Victoria, KAMINSKAYA	Caldas da Rainha	01/05/2010

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Maria Madalena, ALVES	06 Ba-Leiria	<b>2:34.82</b>	487
50m: 32.67 32.67 100m: 1:12.66 39.99 150m: 1:58.70 46.04 200m: 2:34.82 36.12			
2. Catarina Machado, BELO	06 Benedita	<b>2:35.14</b>	484
50m: 33.27 33.27 100m: 1:14.01 40.74 150m: 1:59.06 45.05 200m: 2:35.14 36.08			
3. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	<b>2:38.50</b>	454
50m: 36.37 36.37 100m: 1:18.44 42.07 150m: 2:01.84 43.40 200m: 2:38.50 36.66			
4. Jessica Mendes, SANTOS	06 Nautico Marinha Grande	<b>2:42.97</b>	418
50m: 35.64 35.64 100m: 1:17.05 41.41 150m: 2:04.27 47.22 200m: 2:42.97 38.70			
5. Maria Joao, ASCENSO	06 Nautico Marinha Grande	<b>2:45.03</b>	402
50m: 33.08 33.08 100m: 1:13.42 40.34 150m: 2:07.31 53.89 200m: 2:45.03 37.72			
6. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	<b>2:53.18</b>	348
50m: 39.03 39.03 100m: 1:23.91 44.88 150m: 2:14.09 50.18 200m: 2:53.18 39.09			
7. Mafalda Caetano, LOURENCO	06 Vieiraense	<b>2:56.54</b>	328
50m: 38.53 38.53 100m: 1:23.45 44.92 150m: 2:13.14 49.69 200m: 2:56.54 43.40			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

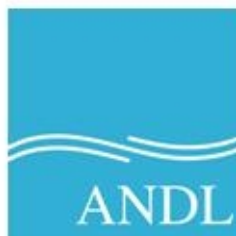
Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Juvenil B  
07/11/2020 - 10:45 Resultados

Recorde Distrital Absoluto	2:12.75	Victoria, KAMINSKAYA	Porto	01/12/2014
Recorde Distrital JUV B	2:23.81	Inês Rocha, SILVA	Abrantes	01/04/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, ESTEVES	07 Nautico Marinha Grande	<b>2:48.85</b>	375
50m: 37.11 37.11 100m: 1:22.24 45.13 150m: 2:08.68 46.44 200m: 2:48.85 40.17			
2. Rita Violante, ROMAO	07 Alcobaca	<b>2:50.25</b>	366
50m: 35.42 35.42 100m: 1:20.19 44.77 150m: 2:10.18 49.99 200m: 2:50.25 40.07			
3. Matilde Violante, VIANA	07 Ba-Leiria	<b>2:53.94</b>	343
50m: 37.35 37.35 100m: 1:20.50 43.15 150m: 2:14.73 54.23 200m: 2:53.94 39.21			
4. Eduarda Costa, SILVA	07 Ba-Leiria	<b>3:04.15</b>	289
50m: 41.82 41.82 100m: 1:29.28 47.46 150m: 2:23.21 53.93 200m: 3:04.15 40.94			
5. Matilde Santos, COUTINHO	07 Naval da Nazaré	<b>3:18.27</b>	232
50m: 42.78 42.78 100m: 1:32.10 49.32 150m: 2:30.05 57.95 200m: 3:18.27 48.22			
6. Catarina Tagaroso, LOBO	07 Uniao Juncalense	<b>3:23.54</b>	214
50m: 49.32 49.32 100m: 1:40.65 51.33 150m: 2:37.01 56.36 200m: 3:23.54 46.53			
DSQ Leonor Vendima, COELHO	07 Uniao Juncalense		
<i>A atleta perdeu a posição dorsal, durante o percurso de Costas.</i>			
EXH Francisca Martins, GOMES	07 Porto	<b>2:54.09</b>	342
50m: 39.57 39.57 100m: 1:26.64 47.07 150m: 2:15.08 48.44 200m: 2:54.09 39.01			
EXH Ines Rebelo, SOUSA	07 Porto	<b>2:57.23</b>	325
50m: 41.28 41.28 100m: 1:26.17 44.89 150m: 2:16.51 50.34 200m: 2:57.23 40.72			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

6 - 1ª Jornada - 2ª Sessão (Provas n.º 10 à n.º 17)

07/11/2020 - 15:30

Prova 10 Masc., 100m Mariposa Senior Resultados  
07/11/2020 - 15:30

Recorde Distrital Absoluto	55.83	Diogo Parrilha, SILVA	Ponte de Sôr	12/12/2009
Recorde Distrital SEN	55.99	Viktor, KOT	S. Ant. Cavaleiros	09/12/2018

Pontos: FINA 2020

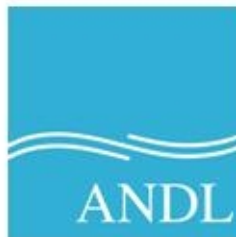
Lugar			Ano			Tempo final	Pts
1.	Nuno Goncalo, SANTOS		96	Ba-Leiria		<b>58.48</b>	555
	50m: 27.23 27.23	100m: 58.48		31.25			
2.	Miguel Vicente, SILVA		02	Nautico Marinha Grande		<b>59.71</b>	522
	50m: 27.86 27.86	100m: 59.71		31.85			
3.	Diogo Vicente, SILVA		98	Nautico Marinha Grande		<b>1:03.71</b>	429
	50m: 29.65 29.65	100m: 1:03.71		34.06			
4.	Miguel Goncalves, JARDIM		00	Nucleo de Pombal		<b>1:07.09</b>	368
	50m: 31.57 31.57	100m: 1:07.09		35.52			

Prova 10 Masc., 100m Mariposa Junior Resultados  
07/11/2020 - 15:30

Recorde Distrital Absoluto	55.83	Diogo Parrilha, SILVA	Ponte de Sôr	12/12/2009
Recorde Distrital JUN	55.83	Diogo parrilha, SILVA	Ponte de Sôr	12/12/2009

Pontos: FINA 2020

Lugar			Ano			Tempo final	Pts
1.	David, MARTYN		03	Benedita		<b>59.06</b>	539
	50m: 28.04 28.04	100m: 59.06		31.02			
2.	Joao Jose, SILVA		03	Ba-Leiria		<b>1:00.43</b>	503
	50m: 28.57 28.57	100m: 1:00.43		31.86			
3.	Ricardo Morais, FARIA		04	Ba-Leiria		<b>1:01.22</b>	484
	50m: 28.94 28.94	100m: 1:01.22		32.28			
4.	Paulo Sergio, FERREIRA		03	Naval da Nazaré		<b>1:04.56</b>	413
	50m: 30.10 30.10	100m: 1:04.56		34.46			
5.	Daniel Jose, FERNANDES		04	Alcobaca		<b>1:11.66</b>	302
	50m: 33.45 33.45	100m: 1:11.66		38.21			
6.	Jorge, GRABOVSKI		04	Nautico Marinha Grande		<b>1:12.00</b>	297
	50m: 32.29 32.29	100m: 1:12.00		39.71			
7.	Arsenio, ZEMLIANKO		03	Nucleo de Pombal		<b>1:13.04</b>	285
	50m: 32.42 32.42	100m: 1:13.04		40.62			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 10, Masc., 100m Mariposa

Prova 10 Masc., 100m Mariposa Juvenil A  
07/11/2020 - 15:30 Resultados

Recorde Distrital Absoluto	55.83	Diogo Parrilha, SILVA	Ponte de Sôr	12/12/2009
Recorde Distrital JUV A	56.74	Rodrigo Miguel, REIS	Sines	07/11/2019

Pontos: FINA 2020

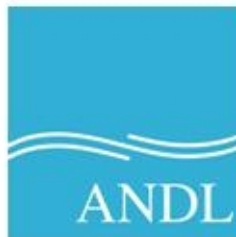
Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA 50m: 29.11 29.11 100m: 1:01.61 32.50	05 Nautico Marinha Grande	<b>1:01.61</b>	475
2. Jose Francisco, OLIVEIRA 50m: 31.18 31.18 100m: 1:06.33 35.15	05 Ba-Leiria	<b>1:06.33</b>	380
3. Tomas Portugal, SILVEIRA 50m: 33.91 33.91 100m: 1:12.81 38.90	05 Alcobaca	<b>1:12.81</b>	287

Prova 10 Masc., 100m Mariposa Juvenil B  
07/11/2020 - 15:30 Resultados

Recorde Distrital Absoluto	55.83	Diogo Parrilha, SILVA	Ponte de Sôr	12/12/2009
Recorde Distrital JUV B	59.27	Rodrigo Miguel, REIS	Caldas da Rainha	04/05/2019

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Gabriel Zimas, JACINTO 50m: 31.56 31.56 100m: 1:07.22 35.66	06 Ba-Leiria	<b>1:07.22</b>	365
2. Daniel, STARYNSKY 50m: 32.85 32.85 100m: 1:09.61 36.76	06 Benedita	<b>1:09.61</b>	329
3. Edgar Francisco, SIMOES 50m: 33.81 33.81 100m: 1:12.09 38.28	06 Vieiraense	<b>1:12.09</b>	296
4. Rafael Costa, JESUS 50m: 33.07 33.07 100m: 1:13.00 39.93	06 Nautico Marinha Grande	<b>1:13.00</b>	285
5. Vasco Pedro, BRANCO 50m: 33.35 33.35 100m: 1:13.13 39.78	06 Naval da Nazaré	<b>1:13.13</b>	284
6. Andre Pedro, FERREIRA 50m: 35.66 35.66 100m: 1:18.85 43.19	06 Nucleo de Pombal	<b>1:18.85</b>	226
EXH Gustavo Gomes, RAMOS 50m: 30.06 30.06 100m: 1:03.90 33.84	06 Porto	<b>1:03.90</b>	425
EXH Joao Carlos, GUERRA 50m: 30.31 30.31 100m: 1:05.24 34.93	05 Porto	<b>1:05.24</b>	400



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 11	Femin., 100m Mariposa			Senior
07/11/2020				Resultados
Recorde Distrital Absoluto	59.65	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital SEN	1:02.02	Victoria, KAMINSKAYA	Porto	01/12/2012

Pontos: FINA 2020

Lugar			Ano			Tempo final	Pts
1.	Sara Santos, LOPES		03	Ba-Leiria		<b>1:07.85</b>	521
	50m: 31.53 31.53	100m: 1:07.85		36.32			
2.	Ana Cláudia, FERREIRA		90	Alcobaca		<b>1:08.23</b>	512
	50m: 32.27 32.27	100m: 1:08.23		35.96			
3.	Ines Apolinario, SOARES		03	Pimpoes/Cimai		<b>1:08.70</b>	502
	50m: 32.22 32.22	100m: 1:08.70		36.48			
4.	Ana Rui, GOMES		03	Naval da Nazaré		<b>1:15.61</b>	376
	50m: 34.06 34.06	100m: 1:15.61		41.55			
5.	Lara Roque, COTRIM		03	Pimpoes/Cimai		<b>1:18.03</b>	342
	50m: 35.71 35.71	100m: 1:18.03		42.32			

Prova 11	Femin., 100m Mariposa			Junior
07/11/2020				Resultados
Recorde Distrital Absoluto	59.65	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital JUN	59.65	Sara Francisco, CRUZ	Leiria	01/12/2009

Pontos: FINA 2020

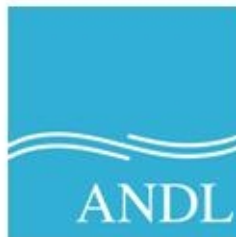
Lugar			Ano			Tempo final	Pts
1.	Carlota Macedo, LAGOA		05	Ba-Leiria		<b>1:09.46</b>	485
	50m: 31.39 31.39	100m: 1:09.46		38.07			
2.	Maria Silva, CARVALHO		05	Pimpoes/Cimai		<b>1:12.69</b>	424
	50m: 33.26 33.26	100m: 1:12.69		39.43			
3.	Rita Mendes, SIMOES		04	Ba-Leiria		<b>1:13.48</b>	410
	50m: 33.73 33.73	100m: 1:13.48		39.75			
4.	Iara Filipa, DIAS		05	Naval de Peniche		<b>1:17.58</b>	348
	50m: 34.30 34.30	100m: 1:17.58		43.28			
5.	Ines Miguel, SILVA		04	Nautico Marinha Grande		<b>1:18.30</b>	339
	50m: 35.73 35.73	100m: 1:18.30		42.57			

Prova 11	Femin., 100m Mariposa			Juvenil A
07/11/2020				Resultados
Recorde Distrital Absoluto	59.65	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital JUV A	1:03.60	Sara Francisco, CRUZ	Caldas da Rainha	01/07/2008

Pontos: FINA 2020

Lugar			Ano			Tempo final	Pts
1.	Ana Francisca, SILVA		06	Alcobaca		<b>1:10.26</b>	469
	50m: 33.43 33.43	100m: 1:10.26		36.83			
2.	Maria Joao, ASCENSO		06	Nautico Marinha Grande		<b>1:10.83</b>	458
	50m: 32.95 32.95	100m: 1:10.83		37.88			
3.	Filipa Paiva, DINIS		06	Ba-Leiria		<b>1:11.75</b>	440
	50m: 33.11 33.11	100m: 1:11.75		38.64			





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 11, Femin., 100m Mariposa, Juvenil A

Lugar	Ano	Tempo final	Pts
4. Filipa Mendes, SIMOES 50m: 33.73 33.73 100m: 1:12.67 38.94	06 Ba-Leiria	<b>1:12.67</b>	424
5. Dalila Leal, BERNARDINO 50m: 33.56 33.56 100m: 1:12.82 39.26	06 Nucleo de Pombal	<b>1:12.82</b>	421
6. Ines Mira, PINO 50m: 35.12 35.12 100m: 1:15.23 40.11	06 Pimpoes/Cimai	<b>1:15.23</b>	382
7. Leonor Caetano, MOREIRA 50m: 35.98 35.98 100m: 1:17.19 41.21	06 Vieirense	<b>1:17.19</b>	354
8. Jessica Mendes, SANTOS 50m: 36.46 36.46 100m: 1:17.37 40.91	06 Nautico Marinha Grande	<b>1:17.37</b>	351
9. Beatriz Luz, MARTINS 50m: 37.23 37.23 100m: 1:22.50 45.27	06 Pimpoes/Cimai	<b>1:22.50</b>	290
10. Maria Ines, ESTEVES 50m: 39.02 39.02 100m: 1:25.41 46.39	06 Naval da Nazaré	<b>1:25.41</b>	261

Prova 11 Femin., 100m Mariposa Juvenil B  
07/11/2020 Resultados

Recorde Distrital Absoluto	59.65	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital JUV B	1:06.98	Sara Francisco, CRUZ	Estoril	01/06/2007

Pontos: FINA 2020

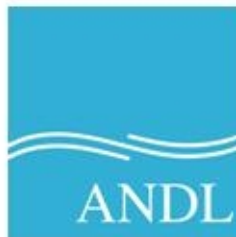
Lugar	Ano	Tempo final	Pts
1. Beatriz Anjo, FERREIRA 50m: 35.48 35.48 100m: 1:15.87 40.39	07 Nautico Marinha Grande	<b>1:15.87</b>	372
2. Rita Violante, ROMAO 50m: 35.94 35.94 100m: 1:19.62 43.68	07 Alcobaca	<b>1:19.62</b>	322
3. Carolina Ferreira, FONSECA 50m: 39.36 39.36 100m: 1:25.94 46.58	07 Vieirense	<b>1:25.94</b>	256
4. Matilde Santos, COUTINHO 50m: 42.52 42.52 100m: 1:35.12 52.60	07 Naval da Nazaré	<b>1:35.12</b>	189

Prova 12 Masc., 50m Bruços Senior  
07/11/2020 - 15:50 Resultados

Recorde Distrital Absoluto	29.36	Filipe Miguel, GOMES	Torres Novas	15/02/2020
Recorde Distrital SEN	29.36	Filipe Miguel, GOMES	Torres Novas	15/02/2020

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Manuel Maria, FROIS	02 Ba-Leiria	<b>33.09</b>	444
2. Afonso Varelhas, SILVA	01 Nautico Marinha Grande	<b>33.61</b>	424
DNS Jose Antonio, LAMANDE	96 Vieirense		



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 12, Masc., 50m Bruços

Prova 12 Masc., 50m Bruços Junior  
07/11/2020 - 15:50 Resultados

Recorde Distrital Absoluto	29.36	Filipe Miguel, GOMES	Torres Novas	15/02/2020
Recorde Distrital JUN	29.37	Diogo Parrilha, SILVA	Guarda	12/12/2010

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Joao Gabriel, ANICETO	04 Ba-Leiria	<b>32.53</b>	467
2. Vasco Peixoto, OLIVEIRA	04 Alcobaca	<b>34.06</b>	407

Prova 12 Masc., 50m Bruços Juvenil A  
07/11/2020 - 15:50 Resultados

Recorde Distrital Absoluto	29.36	Filipe Miguel, GOMES	Torres Novas	15/02/2020
Recorde Distrital JUV A	30.50	Diogo Parrilha, SILVA	Alcobaca	13/06/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Diogo Miguel, ROSETE	05 Nautico Marinha Grande	<b>37.36</b>	308
2. Duarte Matias, ROSA	05 Alcobaca	<b>40.72</b>	238

Prova 12 Masc., 50m Bruços Juvenil B  
07/11/2020 - 15:50 Resultados

Recorde Distrital Absoluto	29.36	Filipe Miguel, GOMES	Torres Novas	15/02/2020
Recorde Distrital JUV B	32.07	Pedro Domingues, DUARTE	Nazaré	10/04/2016

Pontos: FINA 2020

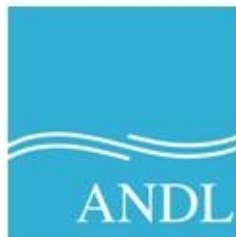
Lugar	Ano	Tempo final	Pts
1. Micael Dmitrievich, DENISOV	06 Ba-Leiria	<b>34.02</b>	408
2. Dinis Amado, FERREIRA	06 Ba-Leiria	<b>37.60</b>	302
3. Tiago Gabriel, PADRE	06 Naval da Nazaré	<b>40.24</b>	247
4. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	<b>43.95</b>	189

Prova 13 Femin., 50m Bruços Senior  
07/11/2020 Resultados

Recorde Distrital Absoluto	32.84	Ana Ferreira, COSTA	Porto	10/12/2017
Recorde Distrital SEN	32.94	Victoria, KAMINSKAYA	Mealhada	01/12/2012

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES	03 Ba-Leiria	<b>35.14</b>	536
2. Adriana Martins, NOIVO	03 Naval de Peniche	<b>42.67</b>	299



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 13, Femin., 50m Bruços

Prova 13 Femin., 50m Bruços Junior  
07/11/2020 Resultados

Recorde Distrital Absoluto	32.84	Ana Ferreira, COSTA	Porto	10/12/2017
Recorde Distrital JUN	32.84	Ana Ferreira, COSTA	Porto	10/12/2017

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Maria Francisca, ALVES	04 Ba-Leiria	<b>36.71</b>	470
2. Beatriz Silva, CONCEICAO	05 Benedita	<b>40.53</b>	349

Prova 13 Femin., 50m Bruços Juvenil A  
07/11/2020 Resultados

Recorde Distrital Absoluto	32.84	Ana Ferreira, COSTA	Porto	10/12/2017
Recorde Distrital JUV A	34.65	Luana Pinto, DOMINGUES	Caldas da Rainha	15/04/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Filipa Roma, BRIZIDA	06 Ba-Leiria	<b>35.94</b>	501
2. Catarina Machado, BELO	06 Benedita	<b>36.11</b>	494
3. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	<b>37.35</b>	447
4. Mafalda Caetano, LOURENCO	06 Vieirense	<b>40.69</b>	345
5. Matilde Fernandes, BARQUINHA	06 Nautico Marinha Grande	<b>41.54</b>	324

Prova 13 Femin., 50m Bruços Juvenil B  
07/11/2020 Resultados

Recorde Distrital Absoluto	32.84	Ana Ferreira, COSTA	Porto	10/12/2017
Recorde Distrital JUV B	35.46	Luana Pinto, DOMINGUES	Leiria	01/06/2017

Pontos: FINA 2020

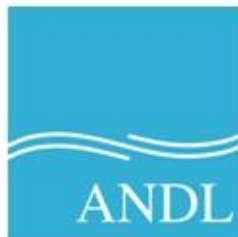
Lugar	Ano	Tempo final	Pts
1. Ines Sofia, PIMENTA	07 Alcobaca	<b>51.23</b>	173
DNS Joana Maria, MARTINS	07 Alcobaca		
EXH Francisca Martins, GOMES	07 Porto	<b>40.08</b>	361

Prova 14 Masc., 200m Estilos Senior  
07/11/2020 - 16:30 Resultados

Recorde Distrital Absoluto	2:05.28	Diogo Parrilha, SILVA	Porto	04/12/2010
Recorde Distrital SEN	2:05.68	Diogo Parrilha, SILVA	Silves	03/12/2011

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Filipe Miguel, GOMES	97 Ba-Leiria	<b>2:08.69</b>	618
50m: 27.81 27.81 100m: 1:01.40 33.59 150m: 1:38.03 36.63 200m: 2:08.69 30.66			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 14, Masc., 200m Estilos

Prova 14 Masc., 200m Estilos Junior  
07/11/2020 - 16:30 Resultados

Recorde Distrital Absoluto	2:05.28	Diogo Parrilha, SILVA	Porto	04/12/2010
Recorde Distrital JUN	2:05.28	Diogo parrilha, SILVA	Porto	04/12/2010

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. David Ferreira, RELVAS	03 Nautico Marinha Grande	<b>2:14.52</b>	541
50m: 28.24 28.24 100m: 1:02.95 34.71 150m: 1:41.22 38.27 200m: 2:14.52 33.30			
2. Daniel, TSYKAL	04 Alcobaca	<b>2:16.73</b>	515
50m: 30.05 30.05 100m: 1:06.32 36.27 150m: 1:44.19 37.87 200m: 2:16.73 32.54			
3. Lucas Pipiraite, CARDOSO	04 Naval da Nazaré	<b>2:33.63</b>	363
50m: 31.48 31.48 100m: 1:08.16 36.68 150m: 1:58.28 50.12 200m: 2:33.63 35.35			
DNS Ricardo Pedrosa, SOARES	04 Vieiraense		

Prova 14 Masc., 200m Estilos Juvenil A  
07/11/2020 - 16:30 Resultados

Recorde Distrital Absoluto	2:05.28	Diogo Parrilha, SILVA	Porto	04/12/2010
Recorde Distrital JUV A	2:08.27	Diogo Parrilha, SILVA	Nazaré	17/05/2009

Pontos: FINA 2020

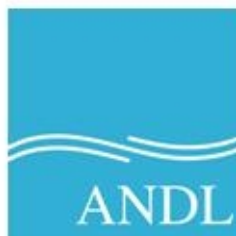
Lugar	Ano	Tempo final	Pts
1. Tiago Serradas, FRANCISCO	05 Nautico Marinha Grande	<b>2:26.39</b>	420
50m: 31.40 31.40 100m: 1:08.04 36.64 150m: 1:52.28 44.24 200m: 2:26.39 34.11			
2. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	<b>2:29.22</b>	396
50m: 35.06 35.06 100m: 1:12.85 37.79 150m: 1:55.32 42.47 200m: 2:29.22 33.90			
WDR Dylan Marques, FELIX	05 Pimpoes/Cimai		

Prova 14 Masc., 200m Estilos Juvenil B  
07/11/2020 - 16:30 Resultados

Recorde Distrital Absoluto	2:05.28	Diogo Parrilha, SILVA	Porto	04/12/2010
Recorde Distrital JUV B	2:10.67	André Vilas, RUIVO	Caldas da Rainha	09/05/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Pedro Marques, SILVA	06 Ba-Leiria	<b>2:28.48</b>	402
50m: 35.05 35.05 100m: 1:12.45 37.40 150m: 1:55.57 43.12 200m: 2:28.48 32.91			
2. Manuel Faveiro, JESUS	06 Nucleo de Ansião	<b>2:37.67</b>	336
50m: 32.62 32.62 100m: 1:11.46 38.84 150m: 1:59.00 47.54 200m: 2:37.67 38.67			
3. Miguel Valerio, SILVA	06 Nautico Marinha Grande	<b>2:39.32</b>	325
50m: 33.65 33.65 100m: 1:15.55 41.90 150m: 2:01.89 46.34 200m: 2:39.32 37.43			
4. David Parreiras, PEREIRA	06 Ba-Leiria	<b>2:40.58</b>	318
50m: 34.71 34.71 100m: 1:15.69 40.98 150m: 2:02.76 47.07 200m: 2:40.58 37.82			
EXH Vasco Monteiro, CASTRO	06 Porto	<b>2:24.56</b>	436
50m: 31.71 31.71 100m: 1:07.68 35.97 150m: 1:50.70 43.02 200m: 2:24.56 33.86			
EXH Andre Lima, MAGALHAES	05 Porto	<b>2:27.13</b>	413
50m: 31.81 31.81 100m: 1:10.80 38.99 150m: 1:54.23 43.43 200m: 2:27.13 32.90			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 14, Masc., 200m Estilos

Lugar	Ano	Tempo final	Pts
EXH Miguel Teixeira, LAFUENTE	05 Porto	<b>2:28.39</b>	403
50m: 33.39 33.39	100m: 1:12.06 38.67	150m: 1:54.98 42.92	200m: 2:28.39 33.41

Prova 15 Femin., 400m Estilos Juvenil A  
07/11/2020 Resultados

Recorde Distrital Absoluto	4:39.03	Victoria, KAMINSKAYA	Porto	01/12/2014
Recorde Distrital JUV A	4:58.17	Filipa Vilas, RUIVO	Silves	01/12/2011

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 Nautico Marinha Grande	<b>5:07.19</b>	598
50m: 31.03 31.03	150m: 1:45.89 39.13	250m: 3:09.52 44.63	350m: 4:31.84 36.51
100m: 1:06.76 35.73	200m: 2:24.89 39.00	300m: 3:55.33 45.81	400m: 5:07.19 35.35

Prova 15 Femin., 400m Estilos Juvenil B  
07/11/2020 Resultados

Recorde Distrital Absoluto	4:39.03	Victoria, KAMINSKAYA	Porto	01/12/2014
Recorde Distrital JUV B	5:02.87	Filipa Vilas, RUIVO	Óbidos	01/12/2010

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Eduarda Costa, SILVA	07 Ba-Leiria	<b>6:27.73</b>	297
50m: 43.99 43.99	150m: 3:14.57 1:38.79	300m: 5:02.38 54.20	400m: 6:27.73 41.58
100m: 1:35.78 51.79	200m: 4:08.18 53.61	350m: 5:46.15 43.77	

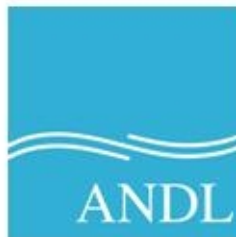
EXH Ines Rebelo, SOUSA	07 Porto	<b>6:05.02</b>	356
50m: 40.62 40.62	150m: 2:14.45 46.36	250m: 3:49.91 50.24	350m: 5:22.88 41.65
100m: 1:28.09 47.47	200m: 2:59.67 45.22	300m: 4:41.23 51.32	400m: 6:05.02 42.14

Prova 16 Masc., 200m Livres Junior  
07/11/2020 - 16:50 Resultados

Recorde Distrital Absoluto	1:46.89	César Fernando, FARIA	Santo António dos Cavaleiros	19/12/2009
Recorde Distrital JUN	1:51.89	Miguel Monteiro, DIOGO	Leiria	18/06/2011

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Vitor Belo, CLARA	04 Ba-Leiria	<b>1:55.73</b>	633
50m: 27.40 27.40	100m: 56.49 29.09	150m: 1:26.33 29.84	200m: 1:55.73 29.40
2. Rodrigo Miguel, REIS	04 Ba-Leiria	<b>1:56.45</b>	621
50m: 26.47 26.47	100m: 55.69 29.22	150m: 1:25.91 30.22	200m: 1:56.45 30.54
3. Ricardo Lopes, SILVA	03 Nautico Marinha Grande	<b>1:59.98</b>	568
50m: 27.17 27.17	100m: 56.91 29.74	150m: 1:28.63 31.72	200m: 1:59.98 31.35
4. Nuno Marques, SILVA	04 Ba-Leiria	<b>2:00.21</b>	564
50m: 27.87 27.87	100m: 58.58 30.71	150m: 1:29.30 30.72	200m: 2:00.21 30.91
5. Afonso Filipe, COSTA	03 Naval da Nazaré	<b>2:04.77</b>	505
50m: 27.90 27.90	100m: 58.93 31.03	150m: 1:30.94 32.01	200m: 2:04.77 33.83



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 16, Masc., 200m Livres, Junior

Lugar	Ano	Tempo final	Pts
6. David Almeida, GAMEIRO	03 Nucleo de Pombal	<b>2:08.89</b>	458
50m: 30.54 30.54	100m: 1:02.91 32.37	150m: 1:36.58 33.67	200m: 2:08.89 32.31

Prova 16 Masc., 200m Livres Juvenil A  
07/11/2020 - 16:50 Resultados

Recorde Distrital Absoluto	1:46.89	César Fernando, FARIA	Santo António dos Cavaleiros	19/12/2009
Recorde Distrital JUV A	1:54.77	Rodrigo Miguel, REIS	Sines	07/11/2019

Pontos: FINA 2020

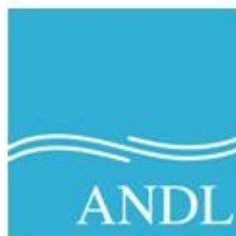
Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA	05 Nautico Marinha Grande	<b>2:00.15</b>	565
50m: 28.37 28.37	100m: 58.72 30.35	150m: 1:29.65 30.93	200m: 2:00.15 30.50
2. Afonso Manuel, ASCENSO	05 Nautico Marinha Grande	<b>2:08.55</b>	461
50m: 29.25 29.25	100m: 1:01.20 31.95	150m: 1:35.24 34.04	200m: 2:08.55 33.31

Prova 16 Masc., 200m Livres Juvenil B  
07/11/2020 - 16:50 Resultados

Recorde Distrital Absoluto	1:46.89	César Fernando, FARIA	Santo António dos Cavaleiros	19/12/2009
Recorde Distrital JUV B	1:56.62	Ricardo Lopes, SILVA	Caldas da Rainha	07/07/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Gil Santos, LEMOS	06 Pimpoes/Cimai	<b>2:09.31</b>	453
50m: 28.86 28.86	100m: 1:01.28 32.42	150m: 1:35.33 34.05	200m: 2:09.31 33.98
2. Luca Valentino, TONA	06 Pimpoes/Cimai	<b>2:16.10</b>	389
50m: 30.16 30.16	100m: 1:05.16 35.00	150m: 1:41.03 35.87	200m: 2:16.10 35.07
3. Eduardo Caetano, MONTEZ	06 Benedita	<b>2:27.41</b>	306
50m: 33.48 33.48	100m: 1:10.80 37.32	150m: 1:49.09 38.29	200m: 2:27.41 38.32
4. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	<b>2:29.47</b>	293
50m: 34.17 34.17	100m: 1:12.72 38.55	150m: 1:51.73 39.01	200m: 2:29.47 37.74
5. David Santiago, CORDEIRO	06 Naval de Peniche	<b>2:34.95</b>	263
50m: 33.98 33.98	100m: 1:12.64 38.66	150m: 1:53.54 40.90	200m: 2:34.95 41.41
EXH Joao Pedro, TORRES	05 Porto	<b>2:06.83</b>	480
50m: 29.01 29.01	100m: 1:00.70 31.69	150m: 1:33.99 33.29	200m: 2:06.83 32.84
EXH Bruno Silva, LOUREIRO	06 Porto	<b>2:08.72</b>	460
50m: 29.25 29.25	100m: 1:02.04 32.79	150m: 1:35.65 33.61	200m: 2:08.72 33.07
EXH Eduardo Costa, SILVA	05 Porto	<b>2:11.89</b>	427
50m: 30.22 30.22	100m: 1:03.63 33.41	150m: 1:37.94 34.31	200m: 2:11.89 33.95



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 17	Femin., 400m Livres			Senior
07/11/2020				Resultados
Recorde Distrital Absoluto	4:16.64	Filipa Vilas, RUIVO	Caldas da Rainha	01/11/2014
Recorde Distrital SEN	4:16.64	Filipa Vilas, RUIVO	Caldas da Rainha	01/11/2014

Pontos: FINA 2020

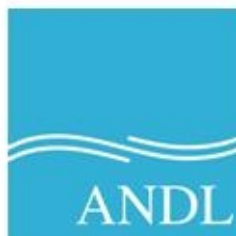
Lugar			Ano					Tempo final	Pts
1.	Giovanna Vaz, VARGAS		00	Nautico Marinha Grande				<b>4:34.06</b>	621
	50m:	31.26 31.26	150m:	1:40.01	34.55	250m:	2:49.56 34.84	350m:	3:59.46 35.11
	100m:	1:05.46 34.20	200m:	2:14.72	34.71	300m:	3:24.35 34.79	400m:	4:34.06 34.60
2.	Ines Filipa, JACINTO		03	Ba-Leiria				<b>4:49.36</b>	528
	50m:	32.52 32.52	150m:	1:44.19	35.95	250m:	2:57.53 36.75	350m:	4:12.17 37.04
	100m:	1:08.24 35.72	200m:	2:20.78	36.59	300m:	3:35.13 37.60	400m:	4:49.36 37.19

Prova 17	Femin., 400m Livres			Junior
07/11/2020				Resultados
Recorde Distrital Absoluto	4:16.64	Filipa Vilas, RUIVO	Caldas da Rainha	01/11/2014
Recorde Distrital JUN	4:16.74	Inês Jacinto, HENRIQUES	Felgueiras	01/04/2017

Pontos: FINA 2020

Lugar			Ano					Tempo final	Pts
1.	Maria Lopes, AMADO		04	Nautico Marinha Grande				<b>4:32.85</b>	630
	50m:	31.17 31.17	150m:	1:40.01	34.72	250m:	2:48.88 34.19	350m:	3:58.24 34.97
	100m:	1:05.29 34.12	200m:	2:14.69	34.68	300m:	3:23.27 34.39	400m:	4:32.85 34.61
2.	Margarida Violante, VIANA		04	Ba-Leiria				<b>4:35.50</b>	612
	50m:	32.07 32.07	150m:	1:40.91	34.66	250m:	2:51.07 35.01	350m:	4:01.09 35.04
	100m:	1:06.25 34.18	200m:	2:16.06	35.15	300m:	3:26.05 34.98	400m:	4:35.50 34.41
3.	Joana Silva, ALVES		05	Benedita				<b>4:38.64</b>	591
	50m:	31.88 31.88	150m:	1:41.53	35.13	250m:	2:52.50 35.60	350m:	4:03.59 35.56
	100m:	1:06.40 34.52	200m:	2:16.90	35.37	300m:	3:28.03 35.53	400m:	4:38.64 35.05
4.	Juliana Branco, REIS		05	Alcobaca				<b>4:47.17</b>	540
	50m:	32.15 32.15	150m:	1:44.07	36.53	250m:	2:57.58 36.78	350m:	4:11.47 36.65
	100m:	1:07.54 35.39	200m:	2:20.80	36.73	300m:	3:34.82 37.24	400m:	4:47.17 35.70
5.	Bruna Silva, MOITEIRO		04	Nautico Marinha Grande				<b>4:53.82</b>	504
	50m:	33.47 33.47	150m:	1:47.23	37.44	250m:	3:02.70 37.55	350m:	4:17.75 37.28
	100m:	1:09.79 36.32	200m:	2:25.15	37.92	300m:	3:40.47 37.77	400m:	4:53.82 36.07
6.	Joana Rosa, FERREIRA		05	Naval de Peniche				<b>4:57.62</b>	485
	50m:	33.39 33.39	150m:	1:48.05	37.34	250m:	3:04.06 38.14	350m:	4:20.49 38.00
	100m:	1:10.71 37.32	200m:	2:25.92	37.87	300m:	3:42.49 38.43	400m:	4:57.62 37.13





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 17, Femin., 400m Livres

Prova 17 Femin., 400m Livres Juvenil A  
07/11/2020 Resultados

Recorde Distrital Absoluto	4:16.64	Filipa Vilas, RUIVO	Caldas da Rainha	01/11/2014
Recorde Distrital JUV A	4:21.69	Filipa Vilas, RUIVO	Silves	01/12/2011

Pontos: FINA 2020

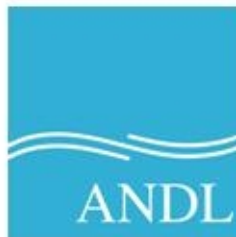
Lugar	Ano	Tempo final	Pts
1. Leonor Verissimo, FARIA	06 Nucleo de Pombal	<b>4:40.55</b>	579
50m: 32.03 32.03 150m: 1:41.48 35.29 250m: 2:53.55 36.28 350m: 4:05.71 36.09			
100m: 1:06.19 34.16 200m: 2:17.27 35.79 300m: 3:29.62 36.07 400m: 4:40.55 34.84			
2. Maria Francisca, FROIS	06 Ba-Leiria	<b>4:44.25</b>	557
50m: 32.28 32.28 150m: 1:44.25 36.49 250m: 2:56.03 35.31 350m: 4:08.54 36.21			
100m: 1:07.76 35.48 200m: 2:20.72 36.47 300m: 3:32.33 36.30 400m: 4:44.25 35.71			
3. Maria Madalena, ALVES	06 Ba-Leiria	<b>4:48.80</b>	531
50m: 32.39 32.39 150m: 1:43.85 36.41 250m: 2:57.58 36.86 350m: 4:12.50 37.53			
100m: 1:07.44 35.05 200m: 2:20.72 36.87 300m: 3:34.97 37.39 400m: 4:48.80 36.30			
4. Constanca Arinto, TRINDADE	06 Alcobaca	<b>4:59.85</b>	474
50m: 35.20 35.20 150m: 1:50.33 37.92 250m: 3:06.26 37.91 350m: 4:22.37 38.14			
100m: 1:12.41 37.21 200m: 2:28.35 38.02 300m: 3:44.23 37.97 400m: 4:59.85 37.48			
5. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	<b>5:08.28</b>	436
50m: 34.50 34.50 150m: 1:50.71 38.47 250m: 3:09.69 39.87 350m: 4:29.32 39.84			
100m: 1:12.24 37.74 200m: 2:29.82 39.11 300m: 3:49.48 39.79 400m: 5:08.28 38.96			
6. Sofia Simao, CUNHA	06 Pimpoes/Cimai	<b>5:10.83</b>	426
50m: 33.94 33.94 150m: 1:50.19 38.86 250m: 3:09.43 39.80 350m: 4:30.37 40.61			
100m: 1:11.33 37.39 200m: 2:29.63 39.44 300m: 3:49.76 40.33 400m: 5:10.83 40.46			
7. Margarida Marques, ARROJA	06 Pimpoes/Cimai	<b>5:19.01</b>	394
50m: 35.80 35.80 150m: 1:54.82 39.37 250m: 3:16.45 41.17 350m: 4:38.74 41.29			
100m: 1:15.45 39.65 200m: 2:35.28 40.46 300m: 3:57.45 41.00 400m: 5:19.01 40.27			
8. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	<b>5:30.94</b>	353
50m: 36.94 36.94 150m: 1:59.15 41.35 250m: 3:25.00 43.18 350m: 4:50.18 43.17			
100m: 1:17.80 40.86 200m: 2:41.82 42.67 300m: 4:07.01 42.01 400m: 5:30.94 40.76			
9. Mariana Magalhaes, FERNANDES	06 Vиейense	<b>5:37.49</b>	332
50m: 35.85 35.85 150m: 1:58.17 41.99 250m: 3:24.80 43.92 350m: 4:53.38 44.28			
100m: 1:16.18 40.33 200m: 2:40.88 42.71 300m: 4:09.10 44.30 400m: 5:37.49 44.11			

Prova 17 Femin., 400m Livres Juvenil B  
07/11/2020 Resultados

Recorde Distrital Absoluto	4:16.64	Filipa Vilas, RUIVO	Caldas da Rainha	01/11/2014
Recorde Distrital JUV B	4:31.03	Filipa Vilas, RUIVO	Leiria	01/11/2010

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Laura Roque, SIMAO	07 Nautico Marinha Grande	<b>5:02.01</b>	464
50m: 34.42 34.42 150m: 1:48.13 37.49 250m: 3:05.12 38.81 350m: 4:22.44 38.36			
100m: 1:10.64 36.22 200m: 2:26.31 38.18 300m: 3:44.08 38.96 400m: 5:02.01 39.57			
2. Vanessa Liliana, ALMEIDA	07 Ba-Leiria	<b>5:05.49</b>	448
50m: 34.01 34.01 150m: 1:50.64 39.21 250m: 3:08.51 39.05 350m: 4:26.35 38.77			
100m: 1:11.43 37.42 200m: 2:29.46 38.82 300m: 3:47.58 39.07 400m: 5:05.49 39.14			
3. Maria Leonor, ESTEVES	07 Nautico Marinha Grande	<b>5:15.61</b>	407
50m: 35.01 35.01 150m: 1:52.21 39.18 250m: 3:12.65 40.50 350m: 4:34.94 41.06			
100m: 1:13.03 38.02 200m: 2:32.15 39.94 300m: 3:53.88 41.23 400m: 5:15.61 40.67			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 17, Femin., 400m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
4. Matilde Violante, VIANA	07 Ba-Leiria	<b>5:16.10</b>	405
50m: 35.59 35.59	150m: 1:55.11 40.38	250m: 3:15.48 40.25	350m: 4:36.48 40.49
100m: 1:14.73 39.14	200m: 2:35.23 40.12	300m: 3:55.99 40.51	400m: 5:16.10 39.62
5. Fabiana Simoes, COELHO	07 Ba-Leiria	<b>5:39.72</b>	326
50m: 37.27 37.27	150m: 2:02.10 43.56	250m: 3:29.59 43.48	350m: 4:57.93 44.60
100m: 1:18.54 41.27	200m: 2:46.11 44.01	300m: 4:13.33 43.74	400m: 5:39.72 41.79
6. Leonor Vendima, COELHO	07 Uniao Juncalense	<b>5:43.05</b>	317
50m: 38.03 38.03	150m: 2:03.93 44.09	250m: 3:31.61 43.95	350m: 5:00.04 44.65
100m: 1:19.84 41.81	200m: 2:47.66 43.73	300m: 4:15.39 43.78	400m: 5:43.05 43.01
7. Catarina Tagaroso, LOBO	07 Uniao Juncalense	<b>6:24.19</b>	225
50m: 42.80 42.80	150m: 2:19.18 48.88	250m: 3:58.41 49.83	350m: 5:38.64 50.09
100m: 1:30.30 47.50	200m: 3:08.58 49.40	300m: 4:48.55 50.14	400m: 6:24.19 45.55

7 - 2ª Jornada - 1ª Sessão (Provas n.º 18 à n.º 27)

08/11/2020 - 9:00

Prova 18 Femin., 200m Livres Senior Resultados

Recorde Distrital Absoluto	2:03.00	Inês Jacinto, HENRIQUES	Leiria	02/12/2017
Recorde Distrital SEN	2:03.00	Inês Jacinto, HENRIQUES	Leiria	02/12/2017

Pontos: FINA 2020

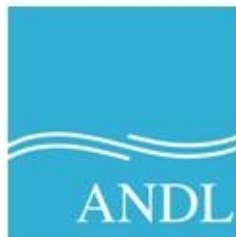
Lugar	Ano	Tempo final	Pts
1. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	<b>2:10.16</b>	610
50m: 30.19 30.19	100m: 1:03.40 33.21	150m: 1:36.92 33.52	200m: 2:10.16 33.24
2. Ines Filipa, JACINTO	03 Ba-Leiria	<b>2:12.67</b>	576
50m: 30.34 30.34	100m: 1:03.68 33.34	150m: 1:37.86 34.18	200m: 2:12.67 34.81

Prova 18 Femin., 200m Livres Junior Resultados

Recorde Distrital Absoluto	2:03.00	Inês Jacinto, HENRIQUES	Leiria	02/12/2017
Recorde Distrital JUN	2:04.38	Inês Jacinto, HENRIQUES	Felgueiras	01/04/2017

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO	04 Nautico Marinha Grande	<b>2:12.04</b>	584
50m: 30.40 30.40	100m: 1:03.36 32.96	150m: 1:37.49 34.13	200m: 2:12.04 34.55
2. Joana Silva, ALVES	05 Benedita	<b>2:15.44</b>	542
50m: 31.69 31.69	100m: 1:05.84 34.15	150m: 1:40.89 35.05	200m: 2:15.44 34.55
3. Bruna Silva, MOITEIRO	04 Nautico Marinha Grande	<b>2:16.25</b>	532
50m: 31.33 31.33	100m: 1:05.67 34.34	150m: 1:40.77 35.10	200m: 2:16.25 35.48
4. Maria Francisca, ALVES	04 Ba-Leiria	<b>2:16.55</b>	528
50m: 31.71 31.71	100m: 1:05.93 34.22	150m: 1:41.19 35.26	200m: 2:16.55 35.36
5. Rita Mendes, SIMOES	04 Ba-Leiria	<b>2:18.16</b>	510
50m: 31.43 31.43	100m: 1:06.12 34.69	150m: 1:41.98 35.86	200m: 2:18.16 36.18
6. Maria Silva, CARVALHO	05 Pimpoes/Cimai	<b>2:23.37</b>	456
50m: 32.87 32.87	100m: 1:08.32 35.45	150m: 1:45.37 37.05	200m: 2:23.37 38.00



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 18, Femin., 200m Livres

Prova 18 Femin., 200m Livres Juvenil A  
08/11/2020 - 9:00 Resultados

Recorde Distrital Absoluto	2:03.00	Inês Jacinto, HENRIQUES	Leiria	02/12/2017
Recorde Distrital JUV A	2:07.06	Filipa Vilas, RUIVO	Mealhada	01/12/2011

Pontos: FINA 2020

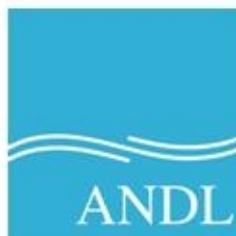
Lugar	Ano	Tempo final	Pts
1. Leonor Verissimo, FARIA	06 Nucleo de Pombal	<b>2:15.83</b>	537
50m: 32.17 32.17 100m: 1:06.41 34.24 150m: 1:41.51 35.10 200m: 2:15.83 34.32			
2. Maria Francisca, FROIS	06 Ba-Leiria	<b>2:16.12</b>	533
50m: 30.85 30.85 100m: 1:05.79 34.94 150m: 1:41.53 35.74 200m: 2:16.12 34.59			
3. Maria Madalena, ALVES	06 Ba-Leiria	<b>2:16.17</b>	533
50m: 31.37 31.37 100m: 1:05.92 34.55 150m: 1:41.55 35.63 200m: 2:16.17 34.62			
4. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	<b>2:22.03</b>	470
50m: 32.21 32.21 100m: 1:07.62 35.41 150m: 1:44.80 37.18 200m: 2:22.03 37.23			
5. Constanca Arinto, TRINDADE	06 Alcobaca	<b>2:27.92</b>	416
50m: 34.48 34.48 100m: 1:11.78 37.30 150m: 1:50.28 38.50 200m: 2:27.92 37.64			
6. Sofia Simao, CUNHA	06 Pimpoes/Cimai	<b>2:28.14</b>	414
50m: 33.40 33.40 100m: 1:10.29 36.89 150m: 1:49.10 38.81 200m: 2:28.14 39.04			
7. Margarida Marques, ARROJA	06 Pimpoes/Cimai	<b>2:29.08</b>	406
50m: 34.34 34.34 100m: 1:12.01 37.67 150m: 1:50.91 38.90 200m: 2:29.08 38.17			
8. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	<b>2:32.88</b>	376
50m: 34.27 34.27 100m: 1:14.12 39.85 150m: 1:55.23 41.11 200m: 2:32.88 37.65			
9. Leonor Caetano, MOREIRA	06 Vieiraense	<b>2:34.88</b>	362
50m: 34.40 34.40 100m: 1:13.15 38.75 150m: 1:54.50 41.35 200m: 2:34.88 40.38			

Prova 18 Femin., 200m Livres Juvenil B  
08/11/2020 - 9:00 Resultados

Recorde Distrital Absoluto	2:03.00	Inês Jacinto, HENRIQUES	Leiria	02/12/2017
Recorde Distrital JUV B	2:10.36	Maria Lopes, AMADO	Caldas da Rainha	07/07/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Laura Roque, SIMAO	07 Nautico Marinha Grande	<b>2:24.82</b>	443
50m: 33.75 33.75 100m: 1:10.15 36.40 150m: 1:48.37 38.22 200m: 2:24.82 36.45			
2. Carolina Ferreira, FONSECA	07 Vieiraense	<b>2:42.95</b>	311
50m: 36.58 36.58 100m: 1:17.33 40.75 150m: 2:00.68 43.35 200m: 2:42.95 42.27			
3. Ines Sofia, PIMENTA	07 Alcobaca	<b>2:55.07</b>	250
50m: 41.51 41.51 100m: 1:26.17 44.66 150m: 2:10.95 44.78 200m: 2:55.07 44.12			
EXH Francisca Martins, GOMES	07 Porto	<b>2:31.81</b>	384
50m: 33.53 33.53 100m: 1:13.42 39.89 150m: 1:54.66 41.24 200m: 2:31.81 37.15			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 19, Masc., 400m Livres

Prova 19 Masc., 400m Livres Junior  
08/11/2020 Resultados

Recorde Distrital Absoluto	3:50.00	César Fernando, FARIA	Istambul	10/12/2009
Recorde Distrital JUN	3:52.28	Guilherme Filipe, PINA	Porto	12/12/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Vitor Belo, CLARA	04 Ba-Leiria	<b>4:11.41</b>	601
50m: 28.09 28.09	150m: 1:30.48 31.42	250m: 2:34.27 31.80	350m: 3:40.40 33.02
100m: 59.06 30.97	200m: 2:02.47 31.99	300m: 3:07.38 33.11	400m: 4:11.41 31.01
2. Afonso Filipe, COSTA	03 Naval da Nazaré	<b>4:29.25</b>	489
50m: 29.79 29.79	150m: 1:37.12 33.80	250m: 2:43.22 32.89	350m: 3:53.73 35.89
100m: 1:03.32 33.53	200m: 2:10.33 33.21	300m: 3:17.84 34.62	400m: 4:29.25 35.52

Prova 19 Masc., 400m Livres Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	3:50.00	César Fernando, FARIA	Istambul	10/12/2009
Recorde Distrital JUV A	4:05.38	Tomás Gomes, OLIVEIRA	Leiria	13/12/2014

Pontos: FINA 2020

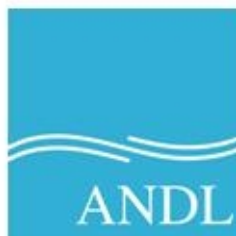
Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	<b>4:11.41</b>	601
50m: 28.76 28.76	150m: 1:32.37 32.03	250m: 2:37.09 32.57	350m: 3:41.27 31.74
100m: 1:00.34 31.58	200m: 2:04.52 32.15	300m: 3:09.53 32.44	400m: 4:11.41 30.14
2. Jose Francisco, OLIVEIRA	05 Ba-Leiria	<b>4:26.85</b>	503
50m: 30.61 30.61	150m: 1:37.54 33.79	250m: 2:45.81 34.19	350m: 3:54.34 33.99
100m: 1:03.75 33.14	200m: 2:11.62 34.08	300m: 3:20.35 34.54	400m: 4:26.85 32.51
3. Tiago Serradas, FRANCISCO	05 Nautico Marinha Grande	<b>4:34.03</b>	464
50m: 30.17 30.17	150m: 1:38.48 34.68	250m: 2:48.12 34.95	350m: 3:59.12 35.33
100m: 1:03.80 33.63	200m: 2:13.17 34.69	300m: 3:23.79 35.67	400m: 4:34.03 34.91

Prova 19 Masc., 400m Livres Juvenil B  
08/11/2020 Resultados

Recorde Distrital Absoluto	3:50.00	César Fernando, FARIA	Istambul	10/12/2009
Recorde Distrital JUV B	4:05.75	Tomás Gomes, OLIVEIRA	Nazaré	25/05/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Pedro Marques, SILVA	06 Ba-Leiria	<b>4:37.53</b>	447
50m: 31.39 31.39	150m: 1:40.60 35.06	250m: 2:52.52 36.06	350m: 4:03.46 35.26
100m: 1:05.54 34.15	200m: 2:16.46 35.86	300m: 3:28.20 35.68	400m: 4:37.53 34.07
2. Gil Santos, LEMOS	06 Pimpoes/Cimai	<b>4:44.71</b>	414
50m: 30.98 30.98	150m: 1:42.39 36.30	250m: 2:54.31 36.09	350m: 4:08.04 37.20
100m: 1:06.09 35.11	200m: 2:18.22 35.83	300m: 3:30.84 36.53	400m: 4:44.71 36.67
3. Gabriel Zimas, JACINTO	06 Ba-Leiria	<b>4:45.69</b>	410
50m: 30.72 30.72	150m: 1:41.29 36.18	250m: 2:55.59 37.10	350m: 4:10.31 37.23
100m: 1:05.11 34.39	200m: 2:18.49 37.20	300m: 3:33.08 37.49	400m: 4:45.69 35.38
4. Daniel, STARYNSKY	06 Benedita	<b>4:47.35</b>	403
50m: 31.48 31.48	150m: 1:41.10 35.60	250m: 2:55.42 37.29	350m: 4:11.22 38.07
100m: 1:05.50 34.02	200m: 2:18.13 37.03	300m: 3:33.15 37.73	400m: 4:47.35 36.13



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 19, Masc., 400m Livres, Juvenil B

Lugar	Ano				Tempo final				Pts
5. Luca Valentino, TONA	06	Pimpoes/Cimai			<b>4:47.79</b>				401
50m: 30.99 30.99	150m: 1:42.39	36.81	250m: 2:56.50	37.61	350m: 4:11.90	38.20	400m: 4:47.79	35.89	
100m: 1:05.58 34.59	200m: 2:18.89	36.50	300m: 3:33.70	37.20					
6. Edgar Francisco, SIMOES	06	Vieirense			<b>5:03.98</b>				340
50m: 32.53 32.53	150m: 1:48.87	39.50	250m: 3:08.20	39.26	350m: 4:27.09	39.13	400m: 5:03.98	36.89	
100m: 1:09.37 36.84	200m: 2:28.94	40.07	300m: 3:47.96	39.76					
7. Andre Pedro, FERREIRA	06	Nucleo de Pombal			<b>5:05.92</b>				333
50m: 33.64 33.64	150m: 1:50.51	39.24	250m: 3:08.51	39.42	350m: 4:27.24	39.45	400m: 5:05.92	38.68	
100m: 1:11.27 37.63	200m: 2:29.09	38.58	300m: 3:47.79	39.28					
8. Vasco Pedro, BRANCO	06	Naval da Nazaré			<b>5:09.44</b>				322
50m: 34.27 34.27	150m: 1:52.72	39.93	250m: 3:12.45	39.74	350m: 4:32.23	39.87	400m: 5:09.44	37.21	
100m: 1:12.79 38.52	200m: 2:32.71	39.99	300m: 3:52.36	39.91					
EXH Joao Pedro, TORRES	05	Porto			<b>4:33.04</b>				469
50m: 30.23 30.23	150m: 1:37.50	34.73	250m: 2:48.20	35.32	350m: 3:59.12	36.02	400m: 4:33.04	33.92	
100m: 1:02.77 32.54	200m: 2:12.88	35.38	300m: 3:23.10	34.90					
EXH Bruno Silva, LOUREIRO	06	Porto			<b>4:34.01</b>				464
50m: 31.20 31.20	150m: 1:39.30	34.97	250m: 2:49.20	34.98	350m: 3:59.91	35.25	400m: 4:34.01	34.10	
100m: 1:04.33 33.13	200m: 2:14.22	34.92	300m: 3:24.66	35.46					
EXH Gustavo Gomes, RAMOS	06	Porto			<b>4:35.18</b>				458
50m: 30.87 30.87	150m: 1:38.94	34.32	250m: 2:48.90	35.48	350m: 4:00.01	35.12	400m: 4:35.18	35.17	
100m: 1:04.62 33.75	200m: 2:13.42	34.48	300m: 3:24.89	35.99					

Prova 20  
08/11/2020 - 9:30

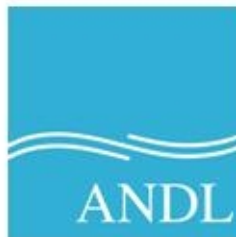
Femin., 50m Mariposa

Senior  
Resultados

Recorde Distrital Absoluto	27.32	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital SEN	27.94	Victoria, KAMINSKAYA	Porto	01/12/2012

Pontos: FINA 2020

Lugar	Ano	Tempo final		Pts
1. Sara Santos, LOPES	03	<b>30.51</b>		510
2. Luana Pinto, DOMINGUES	03	<b>30.66</b>		502
3. Ana Claudia, FERREIRA	90	<b>31.33</b>		471
4. Ines Apolinario, SOARES	03	<b>31.37</b>		469
5. Ana Rui, GOMES	03	<b>33.40</b>		388
6. Adriana Martins, NOIVO	03	<b>35.05</b>		336



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 20, Femin., 50m Mariposa

Prova 20 Femin., 50m Mariposa Junior  
08/11/2020 - 9:30 Resultados

Recorde Distrital Absoluto	27.32	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital JUN	27.32	Sara Francisco, CRUZ	Leiria	01/12/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Beatriz Sofia, AMARO	04 Nautico Marinha Grande	<b>34.80</b>	343

Prova 20 Femin., 50m Mariposa Juvenil A  
08/11/2020 - 9:30 Resultados

Recorde Distrital Absoluto	27.32	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital JUV A	28.79	Sara Francisco, CRUZ	Caldas da Rainha	01/07/2008

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Maria Ines, ESTEVES	06 Naval da Nazaré	<b>36.66</b>	294

Prova 20 Femin., 50m Mariposa Juvenil B  
08/11/2020 - 9:30 Resultados

Recorde Distrital Absoluto	27.32	Sara Francisco, CRUZ	Leiria	01/12/2009
Recorde Distrital JUV B	30.96	Sara Francisco, CRUZ	Torres Novas	01/02/2007

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Beatriz Anjo, FERREIRA	07 Nautico Marinha Grande	<b>34.06</b>	366
2. Matilde Santos, COUTINHO	07 Naval da Nazaré	<b>42.28</b>	191

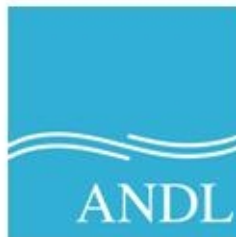
Prova 21 Masc., 50m Mariposa Senior  
08/11/2020 Resultados

Recorde Distrital Absoluto	25.59	Bernardo Santos, CLEMENTE	Porto	13/12/2015
Recorde Distrital SEN	25.68	Ivo Mónico, ALMEIDA	Leiria	05/12/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Nuno Goncalo, SANTOS	96 Ba-Leiria	<b>26.30</b>	565
2. Afonso Varelas, SILVA	01 Nautico Marinha Grande	<b>29.42</b>	404
3. Manuel Maria, FROIS	02 Ba-Leiria	<b>30.00</b>	381
4. Miguel Goncalves, JARDIM	00 Nucleo de Pombal	<b>30.37</b>	367





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 21, Masc., 50m Mariposa

Prova 21 Masc., 50m Mariposa Junior  
08/11/2020 Resultados

Recorde Distrital Absoluto	25.59	Bernardo Santos, CLEMENTE	Porto	13/12/2015
Recorde Distrital JUN	25.59	Bernardo Santos, CLEMENTE	Porto	13/12/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Rodrigo Miguel, REIS	04 Ba-Leiria	<b>25.60</b>	613
2. David, MARTYN	03 Benedita	<b>27.04</b>	520
3. Ricardo Lopes, SILVA	03 Nautico Marinha Grande	<b>27.11</b>	516
4. Joao Jose, SILVA	03 Ba-Leiria	<b>28.20</b>	458
5. Arsenio, ZEMLIANKO	03 Nucleo de Pombal	<b>31.44</b>	331

Prova 21 Masc., 50m Mariposa Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	25.59	Bernardo Santos, CLEMENTE	Porto	13/12/2015
Recorde Distrital JUV A	26.26	Rodrigo Miguel, REIS	Caldas da Rainha	23/11/2019

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA	05 Nautico Marinha Grande	<b>28.36</b>	451
2. Duarte Matias, ROSA	05 Alcobaca	<b>35.91</b>	222

Prova 21 Masc., 50m Mariposa Juvenil B  
08/11/2020 Resultados

Recorde Distrital Absoluto	25.59	Bernardo Santos, CLEMENTE	Porto	13/12/2015
Recorde Distrital JUV B	27.38	Bernardo Santos, CLEMENTE	Nazaré	16/06/2013

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Micael Dmitrievich, DENISOV	06 Ba-Leiria	<b>27.42</b>	499
2. Miguel Valerio, SILVA	06 Nautico Marinha Grande	<b>31.07</b>	343
3. Rafael Costa, JESUS	06 Nautico Marinha Grande	<b>32.69</b>	294
4. Eduardo Caetano, MONTEZ	06 Benedita	<b>32.95</b>	287

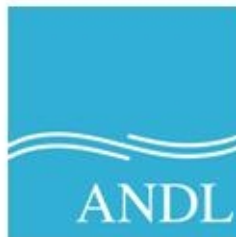
Prova 22 Femin., 200m Bruços Junior  
08/11/2020 - 10:10 Resultados

Recorde Distrital Absoluto	2:26.74	Victoria, KAMINSKAYA	Uster	01/01/2013
Recorde Distrital JUN	2:26.77	Victoria, KAMINSKAYA	USTER	01/01/2012

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 Naval de Peniche	<b>2:53.76</b>	464
50m: 39.68 39.68 100m: 1:23.61 43.93 150m: 2:08.68 45.07 200m: 2:53.76 45.08			
2. Beatriz Silva, CONCEICAO	05 Benedita	<b>3:10.94</b>	350
50m: 42.62 42.62 100m: 1:31.28 48.66 150m: 2:20.81 49.53 200m: 3:10.94 50.13			





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 22, Femin., 200m Bruços

Prova 22 Femin., 200m Bruços Juvenil A  
08/11/2020 - 10:10 Resultados

Recorde Distrital Absoluto	2:26.74	Victoria, KAMINSKAYA	Uster	01/01/2013
Recorde Distrital JUV A	2:39.22	Filipa Vilas, RUIVO	Silves	01/12/2011

Pontos: FINA 2020

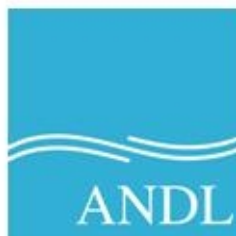
Lugar	Ano	Tempo final	Pts
1. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	<b>2:50.53</b>	491
50m: 38.98 38.98 100m: 1:22.61 43.63 150m: 2:06.76 44.15 200m: 2:50.53 43.77			
Catarina Machado, BELO	06 Benedita	<b>2:50.53</b>	491
50m: 39.69 39.69 100m: 1:23.98 44.29 150m: 2:08.32 44.34 200m: 2:50.53 42.21			
3. Filipa Roma, BRIZIDA	06 Ba-Leiria	<b>2:50.87</b>	488
50m: 38.87 38.87 100m: 1:23.12 44.25 150m: 2:07.79 44.67 200m: 2:50.87 43.08			
4. Mafalda Caetano, LOURENCO	06 Vieiraense	<b>3:10.70</b>	351
50m: 43.66 43.66 100m: 1:31.92 48.26 150m: 2:20.63 48.71 200m: 3:10.70 50.07			
5. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	<b>3:15.93</b>	323
50m: 43.76 43.76 100m: 1:33.40 49.64 150m: 2:24.95 51.55 200m: 3:15.93 50.98			

Prova 22 Femin., 200m Bruços Juvenil B  
08/11/2020 - 10:10 Resultados

Recorde Distrital Absoluto	2:26.74	Victoria, KAMINSKAYA	Uster	01/01/2013
Recorde Distrital JUV B	2:38.10	Inês Rocha, SILVA	Nazaré	01/05/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Vanessa Liliana, ALMEIDA	07 Ba-Leiria	<b>2:54.53</b>	458
50m: 39.33 39.33 100m: 1:23.62 44.29 150m: 2:09.07 45.45 200m: 2:54.53 45.46			
2. Maria Leonor, ESTEVES	07 Nautico Marinha Grande	<b>3:08.18</b>	365
50m: 42.13 42.13 100m: 1:29.74 47.61 150m: 2:18.32 48.58 200m: 3:08.18 49.86			
3. Fabiana Simoes, COELHO	07 Ba-Leiria	<b>3:23.34</b>	289
50m: 45.72 45.72 100m: 1:37.71 51.99 150m: 2:30.53 52.82 200m: 3:23.34 52.81			
4. Catarina Tagaroso, LOBO	07 Uniao Juncalense	<b>3:37.47</b>	236
50m: 49.34 49.34 100m: 1:43.72 54.38 150m: 2:41.07 57.35 200m: 3:37.47 56.40			
EXH Ines Rebelo, SOUSA	07 Porto	<b>3:09.22</b>	359
50m: 43.24 43.24 100m: 1:31.41 48.17 150m: 2:20.00 48.59 200m: 3:09.22 49.22			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 23 Masc., 200m Bruços Senior  
08/11/2020 Resultados

Recorde Distrital Absoluto	2:16.64	António Fernandes, CARRIÇO	Vila Real de Santo António	08/11/2015
Recorde Distrital SEN	2:19.32	Filipe Miguel, GOMES	V.R. Santo António	03/11/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Filipe Miguel, GOMES	97 Ba-Leiria	<b>2:22.44</b>	600
50m: 32.91 32.91	100m: 1:09.17 36.26	150m: 1:45.78 36.61	200m: 2:22.44 36.66

Prova 23 Masc., 200m Bruços Junior  
08/11/2020 Resultados

Recorde Distrital Absoluto	2:16.64	António Fernandes, CARRIÇO	Vila Real de Santo António	08/11/2015
Recorde Distrital JUN	2:16.64	António Fernandes, CARRIÇO	Vila Real de Santo António	08/11/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Nuno Marques, SILVA	04 Ba-Leiria	<b>2:23.67</b>	585
50m: 33.44 33.44	100m: 1:09.81 36.37	150m: 1:46.38 36.57	200m: 2:23.67 37.29
2. Daniel, TSYKAL	04 Alcobaca	<b>2:27.02</b>	545
50m: 32.90 32.90	100m: 1:10.37 37.47	150m: 1:48.72 38.35	200m: 2:27.02 38.30
3. Joao Gabriel, ANICETO	04 Ba-Leiria	<b>2:33.55</b>	479
50m: 34.20 34.20	100m: 1:13.22 39.02	150m: 1:52.87 39.65	200m: 2:33.55 40.68

Prova 23 Masc., 200m Bruços Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	2:16.64	António Fernandes, CARRIÇO	Vila Real de Santo António	08/11/2015
Recorde Distrital JUV A	2:24.89	António Fernandes, CARRIÇO	Alcobaça	25/01/2014

Pontos: FINA 2020

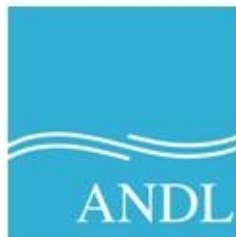
Lugar	Ano	Tempo final	Pts
1. Afonso Manuel, ASCENSO	05 Nautico Marinha Grande	<b>2:43.13</b>	399
50m: 37.20 37.20	100m: 1:18.73 41.53	150m: 2:01.56 42.83	200m: 2:43.13 41.57
2. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	<b>2:50.48</b>	350
50m: 38.81 38.81	100m: 1:22.52 43.71	150m: 2:06.73 44.21	200m: 2:50.48 43.75

Prova 23 Masc., 200m Bruços Juvenil B  
08/11/2020 Resultados

Recorde Distrital Absoluto	2:16.64	António Fernandes, CARRIÇO	Vila Real de Santo António	08/11/2015
Recorde Distrital JUV B	2:26.47	Pedro Domingues, DUARTE	Caldas da Rainha	09/04/2016

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. David Santiago, CORDEIRO	06 Naval de Peniche	<b>3:13.18</b>	240
50m: 40.74 40.74	100m: 1:29.51 48.77	150m: 2:20.68 51.17	200m: 3:13.18 52.50
2. Tiago Gabriel, PADRE	06 Naval da Nazaré	<b>3:22.86</b>	207
50m: 42.61 42.61	100m: 1:35.26 52.65	150m: 2:30.76 55.50	200m: 3:22.86 52.10
3. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	<b>3:26.77</b>	196
50m: 46.07 46.07	100m: 1:39.02 52.95	150m: 2:33.27 54.25	200m: 3:26.77 53.50
EXH Miguel Teixeira, LAFUENTE	05 Porto	<b>2:35.43</b>	462
50m: 34.60 34.60	100m: 1:13.78 39.18	150m: 1:54.45 40.67	200m: 2:35.43 40.98



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 24	Femin., 200m Costas			Senior
08/11/2020 - 10:40				Resultados
Recorde Distrital Absoluto	2:17.91	Vitoria, KAMINSKAYA	Silves	01/12/2011
Recorde Distrital SEN	2:18.33	Andreia Filipa, ANJOS	Santo António dos Cavaleiros	01/12/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Lara Roque, COTRIM	03 Pimpoes/Cimai	<b>2:36.23</b>	444
50m: 36.02 36.02	100m: 1:15.08 39.06	150m: 1:55.53 40.45	200m: 2:36.23 40.70

Prova 24	Femin., 200m Costas			Junior
08/11/2020 - 10:40				Resultados
Recorde Distrital Absoluto	2:17.91	Vitoria, KAMINSKAYA	Silves	01/12/2011
Recorde Distrital JUN	2:17.91	Victoria, KAMINSKAYA	Silves	01/12/2011

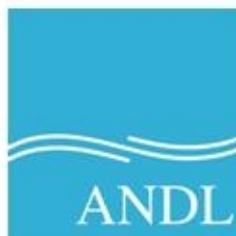
Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA	05 Ba-Leiria	<b>2:26.83</b>	535
50m: 34.18 34.18	100m: 1:10.76 36.58	150m: 1:48.20 37.44	200m: 2:26.83 38.63
2. Margarida Violante, VIANA	04 Ba-Leiria	<b>2:32.31</b>	479
50m: 35.79 35.79	100m: 1:13.94 38.15	150m: 1:53.44 39.50	200m: 2:32.31 38.87
3. Juliana Branco, REIS	05 Alcobaca	<b>2:38.06</b>	429
50m: 37.32 37.32	100m: 1:17.42 40.10	150m: 1:58.69 41.27	200m: 2:38.06 39.37
4. Iara Filipa, DIAS	05 Naval de Peniche	<b>2:39.48</b>	417
50m: 36.86 36.86	100m: 1:16.92 40.06	150m: 1:58.48 41.56	200m: 2:39.48 41.00

Prova 24	Femin., 200m Costas			Juvenil A
08/11/2020 - 10:40				Resultados
Recorde Distrital Absoluto	2:17.91	Vitoria, KAMINSKAYA	Silves	01/12/2011
Recorde Distrital JUV A	2:20.28	Maria Lopes, AMADO	tomar	16/12/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 Nautico Marinha Grande	<b>2:25.35</b>	551
50m: 33.81 33.81	100m: 1:10.40 36.59	150m: 1:47.60 37.20	200m: 2:25.35 37.75
2. Filipa Paiva, DINIS	06 Ba-Leiria	<b>2:29.99</b>	502
50m: 34.89 34.89	100m: 1:12.28 37.39	150m: 1:51.22 38.94	200m: 2:29.99 38.77
3. Ana Francisca, SILVA	06 Alcobaca	<b>2:31.03</b>	492
50m: 35.98 35.98	100m: 1:14.20 38.22	150m: 1:52.11 37.91	200m: 2:31.03 38.92
4. Filipa Mendes, SIMOES	06 Ba-Leiria	<b>2:33.46</b>	468
50m: 36.70 36.70	100m: 1:15.37 38.67	150m: 1:54.00 38.63	200m: 2:33.46 39.46
5. Jessica Mendes, SANTOS	06 Nautico Marinha Grande	<b>2:39.34</b>	418
50m: 37.61 37.61	100m: 1:17.31 39.70	150m: 1:58.48 41.17	200m: 2:39.34 40.86
6. Ines Mira, PINO	06 Pimpoes/Cimai	<b>2:43.96</b>	384
50m: 38.57 38.57	100m: 1:19.40 40.83	150m: 2:01.79 42.39	200m: 2:43.96 42.17
7. Matilde Fernandes, BARQUINHA	06 Nautico Marinha Grande	<b>2:47.49</b>	360
50m: 39.42 39.42	100m: 1:21.05 41.63	150m: 2:04.60 43.55	200m: 2:47.49 42.89
8. Mariana Magalhaes, FERNANDES	06 Viegense	<b>2:53.73</b>	323
50m: 39.76 39.76	100m: 1:23.39 43.63	150m: 2:09.82 46.43	200m: 2:53.73 43.91



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 24, Femin., 200m Costas, Juvenil A

Lugar	Ano	Tempo final	Pts
9. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	<b>2:56.90</b>	306
50m: 41.20 41.20 100m: 1:25.45 44.25 150m: 2:11.78 46.33 200m: 2:56.90 45.12			

Prova 24 Femin., 200m Costas Juvenil B  
08/11/2020 - 10:40 Resultados

Recorde Distrital Absoluto	2:17.91	Vitoria, KAMINSKAYA	Silves	01/12/2011
Recorde Distrital JUV B	2:20.56	Maria Lopes, AMADO	Tomar	25/02/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Matilde Violante, VIANA	07 Ba-Leiria	<b>2:44.08</b>	383
50m: 38.59 38.59 100m: 1:19.87 41.28 150m: 2:04.55 44.68 200m: 2:44.08 39.53			
2. Rita Violante, ROMAO	07 Alcobaca	<b>2:48.47</b>	354
50m: 41.27 41.27 100m: 1:23.89 42.62 150m: 2:07.63 43.74 200m: 2:48.47 40.84			
3. Eduarda Costa, SILVA	07 Ba-Leiria	<b>3:05.58</b>	265
50m: 43.44 43.44 100m: 1:30.10 46.66 150m: 2:18.13 48.03 200m: 3:05.58 47.45			
4. Leonor Vendima, COELHO	07 Uniao Juncalense	<b>3:18.64</b>	216
50m: 47.76 47.76 100m: 1:38.37 50.61 150m: 2:28.61 50.24 200m: 3:18.64 50.03			
DNS Joana Maria, MARTINS	07 Alcobaca		

Prova 25 Masc., 200m Costas Senior  
08/11/2020 Resultados

Recorde Distrital Absoluto	1:59.47	Viktor, KOT	Felgueiras	21/12/2018
Recorde Distrital SEN	1:59.47	Viktor, KOT	Felgueiras	21/12/2018

Pontos: FINA 2020

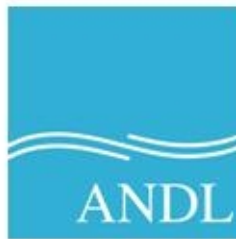
Lugar	Ano	Tempo final	Pts
1. Diogo Vicente, SILVA	98 Nautico Marinha Grande	<b>2:18.72</b>	441
50m: 31.72 31.72 100m: 1:06.44 34.72 150m: 1:42.23 35.79 200m: 2:18.72 36.49			

Prova 25 Masc., 200m Costas Junior  
08/11/2020 Resultados

Recorde Distrital Absoluto	1:59.47	Viktor, KOT	Felgueiras	21/12/2018
Recorde Distrital JUN	2:03.78	Francisco Rogério, SANTOS	Porto	13/12/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Ricardo Morais, FARIA	04 Ba-Leiria	<b>2:12.57</b>	505
50m: 30.60 30.60 100m: 1:04.07 33.47 150m: 1:38.22 34.15 200m: 2:12.57 34.35			
2. Paulo Sergio, FERREIRA	03 Naval da Nazaré	<b>2:22.98</b>	403
50m: 33.65 33.65 100m: 1:09.52 35.87 150m: 1:47.09 37.57 200m: 2:22.98 35.89			
3. Lucas Pipiraite, CARDOSO	04 Naval da Nazaré	<b>2:25.73</b>	380
50m: 33.44 33.44 100m: 1:09.38 35.94 150m: 1:47.56 38.18 200m: 2:25.73 38.17			
4. David Almeida, GAMEIRO	03 Nucleo de Pombal	<b>2:28.94</b>	356
50m: 35.36 35.36 100m: 1:12.46 37.10 150m: 1:50.67 38.21 200m: 2:28.94 38.27			
5. Jorge, GRABOVSKI	04 Nautico Marinha Grande	<b>2:30.74</b>	344
50m: 34.58 34.58 100m: 1:12.57 37.99 150m: 1:52.67 40.10 200m: 2:30.74 38.07			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 25, Masc., 200m Costas, Junior

Lugar	Ano	Tempo final	Pts
6. Daniel Jose, FERNANDES	04 Alcobaca	<b>2:36.38</b>	308
50m: 36.42 36.42 100m: 1:16.33 39.91 150m: 1:56.38 40.05 200m: 2:36.38 40.00			
DNS Ricardo Pedrosa, SOARES	04 Vieiraense		

Prova 25 Masc., 200m Costas Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	1:59.47	Viktor, KOT	Felgueiras	21/12/2018
Recorde Distrital JUV A	2:06.04	Ricardo Lopes, SILVA	Tomar	15/12/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Tomas Portugal, SILVEIRA	05 Alcobaca	<b>2:30.70</b>	344
50m: 35.44 35.44 100m: 1:13.20 37.76 150m: 1:52.26 39.06 200m: 2:30.70 38.44			

Prova 25 Masc., 200m Costas Juvenil B  
08/11/2020 Resultados

Recorde Distrital Absoluto	1:59.47	Viktor, KOT	Felgueiras	21/12/2018
Recorde Distrital JUV B	2:07.85	Ricardo Lopes, SILVA	Leiria	03/12/2017

Pontos: FINA 2020

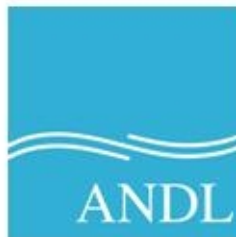
Lugar	Ano	Tempo final	Pts
1. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	<b>2:39.38</b>	291
50m: 38.35 38.35 100m: 1:18.25 39.90 150m: 1:59.52 41.27 200m: 2:39.38 39.86			
2. David Parreiras, PEREIRA	06 Ba-Leiria	<b>2:40.88</b>	283
50m: 37.11 37.11 100m: 1:17.17 40.06 150m: 2:00.20 43.03 200m: 2:40.88 40.68			
EXH Vasco Monteiro, CASTRO	06 Porto	<b>2:21.86</b>	412
50m: 33.09 33.09 100m: 1:08.91 35.82 150m: 1:45.51 36.60 200m: 2:21.86 36.35			
EXH Eduardo Costa, SILVA	05 Porto	<b>2:23.78</b>	396
50m: 33.69 33.69 100m: 1:10.15 36.46 150m: 1:47.62 37.47 200m: 2:23.78 36.16			

Prova 26 Femin., 100m Estilos Junior  
08/11/2020 - 11:00 Resultados

Recorde Distrital Absoluto	1:02.09	Victoria, KAMINSKAYA	Porto	01/12/2014
Recorde Distrital JUN	1:05.04	Victoria, KAMINSKAYA	Silves	01/12/2011

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Ines Miguel, SILVA	04 Nautico Marinha Grande	<b>1:23.58</b>	309
50m: 39.00 39.00 100m: 1:23.58 44.58			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 26, Femin., 100m Estilos

Prova 26 Femin., 100m Estilos Juvenil A  
08/11/2020 - 11:00 Resultados

Recorde Distrital Absoluto	1:02.09	Victoria, KAMINSKAYA	Porto	01/12/2014
Recorde Distrital JUV A	1:09.45	Carlota Macedo, LAGOA	Caldas da Rainha	23/11/2019

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Maria Joao, ASCENSO	06 Nautico Marinha Grande	<b>1:16.43</b>	404
50m: 34.24 34.24	100m: 1:16.43 42.19		

Prova 27 Masc., 100m Estilos Senior  
08/11/2020 Resultados

Recorde Distrital Absoluto	58.99	César Fernando, FARIA	Alcobaça	22/11/2009
Recorde Distrital SEN	58.99	César Fernando, FARIA	Alcobaça	22/11/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Miguel Vicente, SILVA	02 Nautico Marinha Grande	<b>1:00.79</b>	565
50m: 27.98 27.98	100m: 1:00.79 32.81		

Prova 27 Masc., 100m Estilos Junior  
08/11/2020 Resultados

Recorde Distrital Absoluto	58.99	César Fernando, FARIA	Alcobaça	22/11/2009
Recorde Distrital JUN	59.75	João Miguel, SANTANA	Porto	10/12/2017

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. David Ferreira, RELVAS	03 Nautico Marinha Grande	<b>1:00.72</b>	567
50m: 28.23 28.23	100m: 1:00.72 32.49		

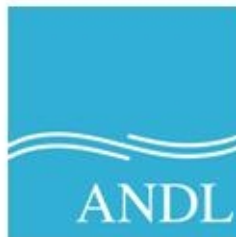
Prova 27 Masc., 100m Estilos Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	58.99	César Fernando, FARIA	Alcobaça	22/11/2009
Recorde Distrital JUV A	1:00.77	Rodrigo Miguel, REIS	Torres Novas	15/02/2020

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Diogo Miguel, ROSETE	05 Nautico Marinha Grande	<b>1:15.73</b>	292
50m: 35.73 35.73	100m: 1:15.73 40.00		
2. Marco Ferreira, SILVA	05 Veiense	<b>1:28.67</b>	182
50m: 40.55 40.55	100m: 1:28.67 48.12		
EXH Andre Lima, MAGALHAES	05 Porto	<b>1:08.76</b>	390
50m: 31.51 31.51	100m: 1:08.76 37.25		
EXH Joao Carlos, GUERRA	05 Porto	<b>1:10.47</b>	362
50m: 32.45 32.45	100m: 1:10.47 38.02		





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 28, Femin., 800m Livres

8 - 2ª Jornada - 2ª Sessão (Provas n.º 28 à n.º 36)

08/11/2020 - 15:30

Prova 28 Femin., 800m Livres Junior  
08/11/2020 - 15:30 Resultados

Recorde Distrital Absoluto	8:49.88	Inês Jacinto, HENRIQUES	Felgueiras	01/04/2017
Recorde Distrital JUN	8:49.88	Inês Jacinto, HENRIQUES	Felgueiras	01/04/2017

Pontos: FINA 2020

Lugar	Ano		Tempo final		Pts
<b>1. Margarida Violante, VIANA</b>	<b>04</b>	<b>Ba-Leiria</b>	<b>9:19.75</b>	<b>627</b>	
50m: 32.90 32.90	250m: 2:54.34 35.16	450m: 5:14.91 34.97	650m: 7:35.34 35.25		
100m: 1:08.21 35.31	300m: 3:29.15 34.81	500m: 5:49.77 34.86	700m: 8:10.52 35.18		
150m: 1:43.72 35.51	350m: 4:04.54 35.39	550m: 6:24.85 35.08	750m: 8:45.92 35.40		
200m: 2:19.18 35.46	400m: 4:39.94 35.40	600m: 7:00.09 35.24	800m: 9:19.75 33.83		
<b>2. Maria Lopes, AMADO</b>	<b>04</b>	<b>Nautico Marinha Grande</b>	<b>9:21.20</b>	<b>623</b>	
50m: 31.40 31.40	250m: 2:52.65 35.35	450m: 5:13.13 35.01	650m: 7:34.48 35.70		
100m: 1:06.41 35.01	300m: 3:27.89 35.24	500m: 5:48.15 35.02	700m: 8:10.22 35.74		
150m: 1:41.84 35.43	350m: 4:02.99 35.10	550m: 6:23.28 35.13	750m: 8:46.33 36.11		
200m: 2:17.30 35.46	400m: 4:38.12 35.13	600m: 6:58.78 35.50	800m: 9:21.20 34.87		
<b>3. Joana Silva, ALVES</b>	<b>05</b>	<b>Benedita</b>	<b>9:27.11</b>	<b>603</b>	
50m: 32.51 32.51	250m: 2:54.19 35.41	450m: 5:16.47 35.65	650m: 7:40.67 35.98		
100m: 1:07.83 35.32	300m: 3:29.57 35.38	500m: 5:52.52 36.05	700m: 8:16.96 36.29		
150m: 1:43.22 35.39	350m: 4:05.01 35.44	550m: 6:28.56 36.04	750m: 8:52.48 35.52		
200m: 2:18.78 35.56	400m: 4:40.82 35.81	600m: 7:04.69 36.13	800m: 9:27.11 34.63		

Prova 28 Femin., 800m Livres Juvenil A  
08/11/2020 - 15:30 Resultados

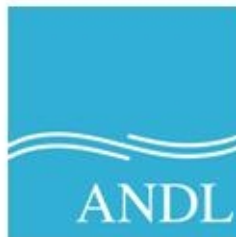
Recorde Distrital Absoluto	8:49.88	Inês Jacinto, HENRIQUES	Felgueiras	01/04/2017
Recorde Distrital JUV A	9:03.22	Filipa Vilas, RUIVO	Silves	01/12/2011

Pontos: FINA 2020

Lugar	Ano		Tempo final		Pts
<b>1. Leonor Verissimo, FARIA</b>	<b>06</b>	<b>Nucleo de Pombal</b>	<b>9:30.99</b>	<b>591</b>	
50m: 32.45 32.45	250m: 2:54.06 35.64	450m: 5:18.62 36.47	650m: 7:43.61 36.35		
100m: 1:07.55 35.10	300m: 3:29.84 35.78	500m: 5:54.86 36.24	700m: 8:20.18 36.57		
150m: 1:42.95 35.40	350m: 4:06.08 36.24	550m: 6:31.11 36.25	750m: 8:56.49 36.31		
200m: 2:18.42 35.47	400m: 4:42.15 36.07	600m: 7:07.26 36.15	800m: 9:30.99 34.50		
<b>2. Maria Francisca, FROIS</b>	<b>06</b>	<b>Ba-Leiria</b>	<b>9:50.87</b>	<b>533</b>	
50m: 33.05 33.05	250m: 2:58.64 36.83	450m: 5:27.90 37.15	650m: 7:58.97 38.73		
100m: 1:09.03 35.98	300m: 3:35.71 37.07	500m: 6:04.66 36.76	700m: 8:37.44 38.47		
150m: 1:45.17 36.14	350m: 4:12.90 37.19	550m: 6:42.24 37.58	750m: 9:13.81 36.37		
200m: 2:21.81 36.64	400m: 4:50.75 37.85	600m: 7:20.24 38.00	800m: 9:50.87 37.06		
<b>3. Filipa Paiva, DINIS</b>	<b>06</b>	<b>Ba-Leiria</b>	<b>9:56.91</b>	<b>517</b>	
50m: 33.34 33.34	250m: 3:00.67 37.13	450m: 5:33.54 37.70	650m: 8:04.77 37.64		
100m: 1:09.23 35.89	300m: 3:38.95 38.28	500m: 6:11.64 38.10	700m: 8:42.28 37.51		
150m: 1:46.57 37.34	350m: 4:17.28 38.33	550m: 6:49.44 37.80	750m: 9:18.89 36.61		
200m: 2:23.54 36.97	400m: 4:55.84 38.56	600m: 7:27.13 37.69	800m: 9:56.91 38.02		
<b>4. Filipa Mendes, SIMOES</b>	<b>06</b>	<b>Ba-Leiria</b>	<b>10:12.35</b>	<b>479</b>	
50m: 34.49 34.49	250m: 3:08.08 38.79	450m: 5:43.07 38.33	650m: 8:18.19 38.73		
100m: 1:12.12 37.63	300m: 3:46.84 38.76	500m: 6:21.48 38.41	700m: 8:57.19 39.00		
150m: 1:50.64 38.52	350m: 4:25.76 38.92	550m: 7:00.40 38.92	750m: 9:35.48 38.29		
200m: 2:29.29 38.65	400m: 5:04.74 38.98	600m: 7:39.46 39.06	800m: 10:12.35 36.87		

DNS Sofia Simao, CUNHA 06 Pimpoes/Cimai





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 28, Femin., 800m Livres

Prova 28 Femin., 800m Livres Juvenil B  
08/11/2020 - 15:30 Resultados

Recorde Distrital Absoluto	8:49.88	Inês Jacinto, HENRIQUES	Felgueiras	01/04/2017
Recorde Distrital JUV B	9:11.83	Filipa Vilas, RUIVO	Óbidos	01/12/2010

Pontos: FINA 2020

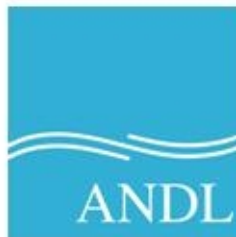
Lugar			Ano					Tempo final	Pts
1.	Laura Roque, SIMAO		07	Nautico Marinha Grande				<b>10:22.00</b>	457
	50m:	34.40 34.40	250m:	3:09.84	39.68	450m:	5:49.20 39.69	650m:	8:27.58 39.85
	100m:	1:11.65 37.25	300m:	3:50.04	40.20	500m:	6:28.84 39.64	700m:	9:07.12 39.54
	150m:	1:50.71 39.06	350m:	4:29.48	39.44	550m:	7:08.42 39.58	750m:	9:45.76 38.64
	200m:	2:30.16 39.45	400m:	5:09.51	40.03	600m:	7:47.73 39.31	800m:	10:22.00 36.24
2.	Vanessa Liliana, ALMEIDA		07	Ba-Leiria				<b>10:29.87</b>	440
	50m:	35.40 35.40	250m:	3:13.50	40.00	450m:	5:52.94 39.81	650m:	8:32.50 40.28
	100m:	1:14.58 39.18	300m:	3:53.60	40.10	500m:	6:32.67 39.73	700m:	9:12.88 40.38
	150m:	1:53.81 39.23	350m:	4:33.33	39.73	550m:	7:13.00 40.33	750m:	9:51.87 38.99
	200m:	2:33.50 39.69	400m:	5:13.13	39.80	600m:	7:52.22 39.22	800m:	10:29.87 38.00
3.	Matilde Violante, VIANA		07	Ba-Leiria				<b>10:38.51</b>	423
	50m:	35.76 35.76	250m:	3:15.37	39.68	450m:	5:56.28 40.53	650m:	8:38.77 40.17
	100m:	1:15.35 39.59	300m:	3:55.37	40.00	500m:	6:37.36 41.08	700m:	9:19.69 40.92
	150m:	1:55.25 39.90	350m:	4:35.50	40.13	550m:	7:17.83 40.47	750m:	10:00.09 40.40
	200m:	2:35.69 40.44	400m:	5:15.75	40.25	600m:	7:58.60 40.77	800m:	10:38.51 38.42
EXH	Francisca Martins, GOMES		07	Porto				<b>10:52.10</b>	397
	50m:	36.23 36.23	250m:	3:15.29	40.20	450m:	6:00.93 42.24	650m:	8:48.56 41.21
	100m:	1:15.26 39.03	300m:	3:56.10	40.81	500m:	6:42.87 41.94	700m:	9:30.69 42.13
	150m:	1:54.71 39.45	350m:	4:37.07	40.97	550m:	7:25.61 42.74	750m:	10:12.45 41.76
	200m:	2:35.09 40.38	400m:	5:18.69	41.62	600m:	8:07.35 41.74	800m:	10:52.10 39.65
EXH	Ines Rebelo, SOUSA		07	Porto				<b>11:13.57</b>	360
	50m:	37.51 37.51	250m:	3:27.43	43.07	450m:	6:18.09 42.72	650m:	9:08.82 41.87
	100m:	1:19.09 41.58	300m:	4:10.01	42.58	500m:	7:00.61 42.52	700m:	9:51.23 42.41
	150m:	2:01.25 42.16	350m:	4:52.53	42.52	550m:	7:43.12 42.51	750m:	10:33.31 42.08
	200m:	2:44.36 43.11	400m:	5:35.37	42.84	600m:	8:26.95 43.83	800m:	11:13.57 40.26

Prova 29 Masc., 800m Livres Junior  
08/11/2020 Resultados

Recorde Distrital Absoluto	7:56.76	Guilherme Filipe, PINA	Porto	11/12/2015
Recorde Distrital JUN	7:56.76	Guilherme Filipe, PINA	Porto	11/12/2015

Pontos: FINA 2020

Lugar			Ano					Tempo final	Pts
1.	Vitor Belo, CLARA		04	Ba-Leiria				<b>8:32.24</b>	648
	50m:	28.84 28.84	250m:	2:35.72	31.82	450m:	4:45.05 32.54	650m:	6:55.36 32.38
	100m:	59.98 31.14	300m:	3:07.66	31.94	500m:	5:17.72 32.67	700m:	7:28.05 32.69
	150m:	1:31.83 31.85	350m:	3:40.02	32.36	550m:	5:50.39 32.67	750m:	8:00.24 32.19
	200m:	2:03.90 32.07	400m:	4:12.51	32.49	600m:	6:22.98 32.59	800m:	8:32.24 32.00



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 29, Masc., 800m Livres

Prova 29 Masc., 800m Livres Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	7:56.76	Guilherme Filipe, PINA	Porto	11/12/2015
Recorde Distrital JUV A	8:27.18	Miguel Monteiro, DIOGO	Nazaré	16/05/2009

Pontos: FINA 2020

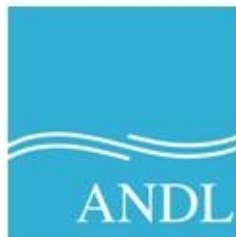
Lugar	Ano		Tempo final								Pts	
<b>1. Tomas Amor, SARREIRA</b>	<b>05</b>	<b>Nautico Marinha Grande</b>	<b>8:43.88</b>								<b>606</b>	
50m: 29.58 29.58	250m: 2:42.44	33.15	450m: 4:55.94	33.07	650m: 7:06.02	32.73	700m: 7:39.20	33.18	750m: 8:12.41	33.21	800m: 8:43.88	31.47
100m: 1:02.36 32.78	300m: 3:15.65	33.21	500m: 5:28.72	32.78	700m: 7:39.20	33.18	750m: 8:12.41	33.21	800m: 8:43.88	31.47		
150m: 1:35.44 33.08	350m: 3:49.30	33.65	550m: 6:00.80	32.08	750m: 8:12.41	33.21	800m: 8:43.88	31.47				
200m: 2:09.29 33.85	400m: 4:22.87	33.57	600m: 6:33.29	32.49	800m: 8:43.88	31.47						
<b>2. Jose Francisco, OLIVEIRA</b>	<b>05</b>	<b>Ba-Leiria</b>	<b>9:02.89</b>								<b>544</b>	
50m: 31.42 31.42	250m: 2:48.21	34.38	450m: 5:04.88	33.70	650m: 7:22.26	34.54	700m: 7:56.63	34.37	750m: 8:29.82	33.19	800m: 9:02.89	33.07
100m: 1:05.10 33.68	300m: 3:22.45	34.24	500m: 5:39.02	34.14	700m: 7:56.63	34.37	750m: 8:29.82	33.19	800m: 9:02.89	33.07		
150m: 1:39.44 34.34	350m: 3:56.65	34.20	550m: 6:13.30	34.28	750m: 8:29.82	33.19	800m: 9:02.89	33.07				
200m: 2:13.83 34.39	400m: 4:31.18	34.53	600m: 6:47.72	34.42	800m: 9:02.89	33.07						

Prova 29 Masc., 800m Livres Juvenil B  
08/11/2020 Resultados

Recorde Distrital Absoluto	7:56.76	Guilherme Filipe, PINA	Porto	11/12/2015
Recorde Distrital JUV B	8:34.35	André Vilas, RUIVO	Ponte da Barca	07/12/2014

Pontos: FINA 2020

Lugar	Ano		Tempo final								Pts	
<b>1. Daniel, STARYNSKY</b>	<b>06</b>	<b>Benedita</b>	<b>9:52.25</b>								<b>419</b>	
50m: 31.90 31.90	250m: 2:58.76	37.36	450m: 5:30.64	38.09	650m: 8:00.80	36.83	700m: 8:38.49	37.69	750m: 9:15.61	37.12	800m: 9:52.25	36.64
100m: 1:07.20 35.30	300m: 3:36.49	37.73	500m: 6:08.38	37.74	700m: 8:38.49	37.69	750m: 9:15.61	37.12	800m: 9:52.25	36.64		
150m: 1:43.95 36.75	350m: 4:14.57	38.08	550m: 6:45.56	37.18	750m: 9:15.61	37.12	800m: 9:52.25	36.64				
200m: 2:21.40 37.45	400m: 4:52.55	37.98	600m: 7:23.97	38.41	800m: 9:52.25	36.64						
<b>2. Edgar Francisco, SIMOES</b>	<b>06</b>	<b>Vieirense</b>	<b>10:26.15</b>								<b>355</b>	
50m: 32.93 32.93	300m: 3:48.01	40.68	500m: 6:29.38	40.40	700m: 9:09.01	38.91	750m: 9:47.09	38.08	800m: 10:26.15	39.06		
100m: 1:09.90 36.97	350m: 4:27.91	39.90	550m: 7:10.93	41.55	750m: 9:47.09	38.08	800m: 10:26.15	39.06				
200m: 2:27.76 1:17.86	400m: 5:08.62	40.71	600m: 7:51.51	40.58	800m: 10:26.15	39.06						
250m: 3:07.33 39.57	450m: 5:48.98	40.36	650m: 8:30.10	38.59								
<b>EXH Joao Pedro, TORRES</b>	<b>05</b>	<b>Porto</b>	<b>9:19.81</b>								<b>496</b>	
50m: 31.42 31.42	250m: 2:48.05	34.76	450m: 5:09.47	35.39	650m: 7:34.23	35.77	700m: 8:10.45	36.22	750m: 8:45.85	35.40	800m: 9:19.81	33.96
100m: 1:05.07 33.65	300m: 3:22.96	34.91	500m: 5:45.62	36.15	700m: 8:10.45	36.22	750m: 8:45.85	35.40	800m: 9:19.81	33.96		
150m: 1:38.99 33.92	350m: 3:57.73	34.77	550m: 6:21.87	36.25	750m: 8:45.85	35.40	800m: 9:19.81	33.96				
200m: 2:13.29 34.30	400m: 4:34.08	36.35	600m: 6:58.46	36.59	800m: 9:19.81	33.96						
<b>EXH Bruno Silva, LOUREIRO</b>	<b>06</b>	<b>Porto</b>	<b>9:25.39</b>								<b>482</b>	
50m: 32.38 32.38	250m: 2:55.86	36.74	450m: 5:18.46	36.27	650m: 7:40.94	35.17	700m: 8:16.49	35.55	750m: 8:51.97	35.48	800m: 9:25.39	33.42
100m: 1:06.93 34.55	300m: 3:31.99	36.13	500m: 5:53.39	34.93	700m: 8:16.49	35.55	750m: 8:51.97	35.48	800m: 9:25.39	33.42		
150m: 1:43.26 36.33	350m: 4:07.15	35.16	550m: 6:29.96	36.57	750m: 8:51.97	35.48	800m: 9:25.39	33.42				
200m: 2:19.12 35.86	400m: 4:42.19	35.04	600m: 7:05.77	35.81	800m: 9:25.39	33.42						
<b>EXH Joao Carlos, GUERRA</b>	<b>05</b>	<b>Porto</b>	<b>9:42.55</b>								<b>441</b>	
50m: 31.09 31.09	250m: 2:52.95	36.39	450m: 5:20.67	37.32	650m: 7:53.48	37.65	700m: 8:30.61	37.13	750m: 9:07.01	36.40	800m: 9:42.55	35.54
100m: 1:05.31 34.22	300m: 3:29.70	36.75	500m: 5:59.28	38.61	700m: 8:30.61	37.13	750m: 9:07.01	36.40	800m: 9:42.55	35.54		
150m: 1:40.42 35.11	350m: 4:06.46	36.76	550m: 6:37.53	38.25	750m: 9:07.01	36.40	800m: 9:42.55	35.54				
200m: 2:16.56 36.14	400m: 4:43.35	36.89	600m: 7:15.83	38.30	800m: 9:42.55	35.54						



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 30	Femin., 100m Costas			Senior
08/11/2020 - 16:15				Resultados
Recorde Distrital Absoluto	1:03.11	Andreia Filipa, ANJOS	Santo António dos Cavaleiros	01/12/2009
Recorde Distrital SEN	1:03.11	Andreia Filipa, ANJOS	Santo António dos Cavaleiros	01/12/2009

Pontos: FINA 2020

Lugar			Ano			Tempo final	Pts
1.	Ines Apolinario, SOARES		03	Pimpoes/Cimai		<b>1:09.69</b>	488
	50m: 33.57 33.57	100m: 1:09.69		36.12			
2.	Lara Roque, COTRIM		03	Pimpoes/Cimai		<b>1:13.03</b>	424
	50m: 35.24 35.24	100m: 1:13.03		37.79			
3.	Ana Rui, GOMES		03	Naval da Nazaré		<b>1:15.36</b>	386
	50m: 35.57 35.57	100m: 1:15.36		39.79			

Prova 30	Femin., 100m Costas			Junior
08/11/2020 - 16:15				Resultados
Recorde Distrital Absoluto	1:03.11	Andreia Filipa, ANJOS	Santo António dos Cavaleiros	01/12/2009
Recorde Distrital JUN	1:04.17	Maria Lopes, AMADO	Felgueiras	22/12/2019

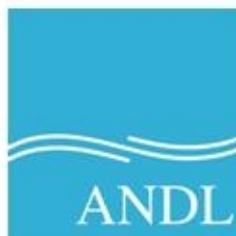
Pontos: FINA 2020

Lugar			Ano			Tempo final	Pts
1.	Carlota Macedo, LAGOA		05	Ba-Leiria		<b>1:08.33</b>	518
	50m: 33.23 33.23	100m: 1:08.33		35.10			
2.	Iara Filipa, DIAS		05	Naval de Peniche		<b>1:13.59</b>	414
	50m: 35.27 35.27	100m: 1:13.59		38.32			
3.	Ines Miguel, SILVA		04	Nautico Marinha Grande		<b>1:19.65</b>	327
	50m: 39.25 39.25	100m: 1:19.65		40.40			

Prova 30	Femin., 100m Costas			Juvenil A
08/11/2020 - 16:15				Resultados
Recorde Distrital Absoluto	1:03.11	Andreia Filipa, ANJOS	Santo António dos Cavaleiros	01/12/2009
Recorde Distrital JUV A	1:04.56	Maria Lopes, AMADO	S. Ant. Cavaleiros	08/12/2018

Pontos: FINA 2020

Lugar			Ano			Tempo final	Pts
1.	Ana Francisca, SILVA		06	Alcobaca		<b>1:12.31</b>	437
	50m: 35.17 35.17	100m: 1:12.31		37.14			
2.	Ines Mira, PINO		06	Pimpoes/Cimai		<b>1:14.78</b>	395
	50m: 36.89 36.89	100m: 1:14.78		37.89			
3.	Jessica Mendes, SANTOS		06	Nautico Marinha Grande		<b>1:15.45</b>	385
	50m: 36.83 36.83	100m: 1:15.45		38.62			
4.	Matilde Fernandes, BARQUINHA		06	Nautico Marinha Grande		<b>1:15.77</b>	380
	50m: 37.07 37.07	100m: 1:15.77		38.70			
5.	Leonor Caetano, MOREIRA		06	Vieirense		<b>1:18.80</b>	337
	50m: 38.41 38.41	100m: 1:18.80		40.39			
6.	Mariana Magalhaes, FERNANDES		06	Vieirense		<b>1:19.78</b>	325
	50m: 38.22 38.22	100m: 1:19.78		41.56			
7.	Maria Ines, ESTEVES		06	Naval da Nazaré		<b>1:21.89</b>	301
	50m: 40.06 40.06	100m: 1:21.89		41.83			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 30, Femin., 100m Costas

Prova 30 Femin., 100m Costas Juvenil B  
08/11/2020 - 16:15 Resultados

Recorde Distrital Absoluto	1:03.11	Andreia Filipa, ANJOS	Santo António dos Cavaleiros	01/12/2009
Recorde Distrital JUV B	1:04.49	Maria Lopes, AMADO	Abrantes	27/01/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Beatriz Anjo, FERREIRA 50m: 39.05 39.05 100m: 1:19.41 40.36	07 Nautico Marinha Grande	<b>1:19.41</b>	330
2. Ana Margarida, MOTA 50m: 41.75 41.75 100m: 1:25.46 43.71	07 Nucleo de Ansião	<b>1:25.46</b>	264
3. Eduarda Costa, SILVA 50m: 42.70 42.70 100m: 1:25.79 43.09	07 Ba-Leiria	<b>1:25.79</b>	261
4. Diana Filipa, SANTOS 50m: 44.17 44.17 100m: 1:29.00 44.83	07 Nucleo de Ansião	<b>1:29.00</b>	234
5. Catarina Tagaroso, LOBO 50m: 46.07 46.07 100m: 1:34.35 48.28	07 Uniao Juncalense	<b>1:34.35</b>	196
6. Ines Sofia, PIMENTA 50m: 47.26 47.26 100m: 1:35.56 48.30	07 Alcobaca	<b>1:35.56</b>	189
DNS Joana Maria, MARTINS	07 Alcobaca		

Prova 31 Masc., 100m Costas Senior  
08/11/2020 Resultados

Recorde Distrital Absoluto	55.12	Viktor, KOT	Felgueiras	23/12/2018
Recorde Distrital SEN	55.12	Viktor, KOT	Felgueiras	23/12/2018

Pontos: FINA 2020

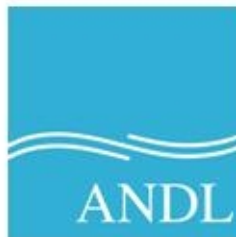
Lugar	Ano	Tempo final	Pts
1. Diogo Vicente, SILVA 50m: 31.11 31.11 100m: 1:04.05 32.94	98 Nautico Marinha Grande	<b>1:04.05</b>	444

Prova 31 Masc., 100m Costas Junior  
08/11/2020 Resultados

Recorde Distrital Absoluto	55.12	Viktor, KOT	Felgueiras	23/12/2018
Recorde Distrital JUN	56.54	Francisco Rogério, SANTOS	Porto	12/12/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. David Ferreira, RELVAS 50m: 29.63 29.63 100m: 1:00.77 31.14	03 Nautico Marinha Grande	<b>1:00.77</b>	520
2. Ricardo Morais, FARIA 50m: 29.93 29.93 100m: 1:02.05 32.12	04 Ba-Leiria	<b>1:02.05</b>	488
3. Lucas Pipiraite, CARDOSO 50m: 31.80 31.80 100m: 1:05.65 33.85	04 Naval da Nazaré	<b>1:05.65</b>	412
4. Paulo Sergio, FERREIRA 50m: 32.54 32.54 100m: 1:06.33 33.79	03 Naval da Nazaré	<b>1:06.33</b>	400
5. David Almeida, GAMEIRO 50m: 33.54 33.54 100m: 1:08.33 34.79	03 Nucleo de Pombal	<b>1:08.33</b>	366



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 31, Masc., 100m Costas, Junior

Lugar	Ano	Tempo final	Pts
6. Daniel Jose, FERNANDES	04 Alcobaca	<b>1:13.21</b>	297
50m: 35.67 35.67	100m: 1:13.21 37.54		
DNS Ricardo Pedrosa, SOARES	04 Vieiraense		

Prova 31 Masc., 100m Costas Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	55.12	Viktor, KOT	Felgueiras	23/12/2018
Recorde Distrital JUV A	57.95	Ricardo Lopes, SILVA	S. Ant. Cavaleiros	08/12/2018

Pontos: FINA 2020

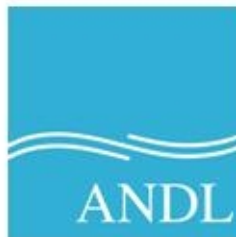
Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA	05 Nautico Marinha Grande	<b>1:01.94</b>	491
50m: 31.07 31.07	100m: 1:01.94 30.87		
2. Tiago Serradas, FRANCISCO	05 Nautico Marinha Grande	<b>1:08.30</b>	366
50m: 32.70 32.70	100m: 1:08.30 35.60		
3. Tomas Portugal, SILVEIRA	05 Alcobaca	<b>1:12.51</b>	306
50m: 35.44 35.44	100m: 1:12.51 37.07		

Prova 31 Masc., 100m Costas Juvenil B  
08/11/2020 Resultados

Recorde Distrital Absoluto	55.12	Viktor, KOT	Felgueiras	23/12/2018
Recorde Distrital JUV B	59.19	Ricardo Lopes, SILVA	Caldas da Rainha	02/12/2017

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Gil Santos, LEMOS	06 Pimpoes/Cimai	<b>1:06.89</b>	390
50m: 32.56 32.56	100m: 1:06.89 34.33		
2. Manuel Faveiro, JESUS	06 Nucleo de Ansião	<b>1:10.62</b>	331
50m: 34.23 34.23	100m: 1:10.62 36.39		
3. Vasco Pedro, BRANCO	06 Naval da Nazaré	<b>1:13.74</b>	291
50m: 35.45 35.45	100m: 1:13.74 38.29		
4. David Parreiras, PEREIRA	06 Ba-Leiria	<b>1:15.14</b>	275
50m: 36.35 36.35	100m: 1:15.14 38.79		
5. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	<b>1:15.50</b>	271
50m: 36.84 36.84	100m: 1:15.50 38.66		



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 32	Femin., 50m Livres			Senior
08/11/2020 - 17:00				Resultados
Recorde Distrital Absoluto	26.79	Sara Francisco, CRUZ	Leiria	01/06/2011
Recorde Distrital SEN	26.79	Sara Francisco, CRUZ	Leiria	01/06/2011

Pontos: FINA 2020

Lugar	Ano		Tempo final	Pts
1. Ines Filipa, JACINTO	03	Ba-Leiria	<b>28.88</b>	500
2. Sara Santos, LOPES	03	Ba-Leiria	<b>29.29</b>	479
3. Ana Cláudia, FERREIRA	90	Alcobaca	<b>30.12</b>	441
4. Adriana Martins, NOIVO	03	Naval de Peniche	<b>31.58</b>	382

Prova 32	Femin., 50m Livres			Junior
08/11/2020 - 17:00				Resultados
Recorde Distrital Absoluto	26.79	Sara Francisco, CRUZ	Leiria	01/06/2011
Recorde Distrital JUN	26.95	Sara Francisco, CRUZ	Nazaré	01/05/2009

Pontos: FINA 2020

Lugar	Ano		Tempo final	Pts
1. Rita Mendes, SIMOES	04	Ba-Leiria	<b>29.08</b>	490
Bruna Silva, MOITEIRO	04	Nautico Marinha Grande	<b>29.08</b>	490
3. Maria Silva, CARVALHO	05	Pimpoes/Cimai	<b>29.99</b>	446

Prova 32	Femin., 50m Livres			Juvenil A
08/11/2020 - 17:00				Resultados
Recorde Distrital Absoluto	26.79	Sara Francisco, CRUZ	Leiria	01/06/2011
Recorde Distrital JUV A	27.75	Sara Francisco, CRUZ	Caldas da Rainha	01/05/2008

Pontos: FINA 2020

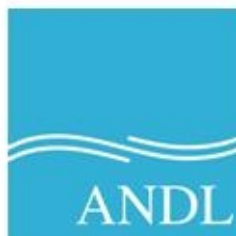
Lugar	Ano		Tempo final	Pts
1. Dalila Leal, BERNARDINO	06	Nucleo de Pombal	<b>30.40</b>	429
2. Maria Joao, ASCENSO	06	Nautico Marinha Grande	<b>30.76</b>	414

Prova 33	Masc., 50m Livres			Senior
08/11/2020				Resultados
Recorde Distrital Absoluto	22.92	César Fernando, FARIA	Leiria	04/12/2009
Recorde Distrital SEN	22.92	César Fernando, FARIA	Leiria	04/12/2009

Pontos: FINA 2020

Lugar	Ano		Tempo final	Pts
1. Miguel Vicente, SILVA	02	Nautico Marinha Grande	<b>24.15</b>	588
2. Filipe Miguel, GOMES	97	Ba-Leiria	<b>24.25</b>	581
3. Nuno Goncalo, SANTOS	96	Ba-Leiria	<b>24.31</b>	577
4. Manuel Maria, FROIS	02	Ba-Leiria	<b>27.08</b>	417





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 33, Masc., 50m Livres

Prova 33 Masc., 50m Livres Junior  
08/11/2020 Resultados

Recorde Distrital Absoluto	22.92	César Fernando, FARIA	Leiria	04/12/2009
Recorde Distrital JUN	23.74	Bernardo Santos, CLEMENTE	Porto	19/12/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Rodrigo Miguel, REIS	04 Ba-Leiria	<b>24.25</b>	581
2. Ricardo Lopes, SILVA	03 Nautico Marinha Grande	<b>24.46</b>	566
3. Afonso Filipe, COSTA	03 Naval da Nazaré	<b>25.29</b>	512
4. David, MARTYN	03 Benedita	<b>25.83</b>	481
5. Joao Jose, SILVA	03 Ba-Leiria	<b>27.24</b>	410
6. Jorge, GRABOVSKI	04 Nautico Marinha Grande	<b>29.07</b>	337
7. Arsenio, ZEMLIANKO	03 Nucleo de Pombal	<b>29.75</b>	314

Prova 33 Masc., 50m Livres Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	22.92	César Fernando, FARIA	Leiria	04/12/2009
Recorde Distrital JUV A	24.45	Rodrigo Reis, REIS	Abrantes	25/01/2020

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Duarte Matias, ROSA	05 Alcobaca	<b>32.01</b>	252
2. Marco Ferreira, SILVA	05 Vieiraense	<b>32.64</b>	238

Prova 33 Masc., 50m Livres Juvenil B  
08/11/2020 Resultados

Recorde Distrital Absoluto	22.92	César Fernando, FARIA	Leiria	04/12/2009
Recorde Distrital JUV B	24.66	Daniel Ribeiro, SOUSA	Caldas da Rainha	17/10/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Micael Dmitrievich, DENISOV	06 Ba-Leiria	<b>24.99</b>	531
2. Miguel Valerio, SILVA	06 Nautico Marinha Grande	<b>27.55</b>	396
3. Eduardo Caetano, MONTEZ	06 Benedita	<b>29.13</b>	335
4. Andre Pedro, FERREIRA	06 Nucleo de Pombal	<b>30.49</b>	292

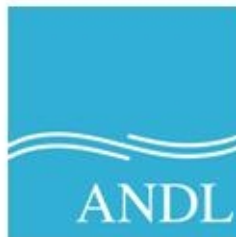
Prova 34 Femin., 100m Bruços Senior  
08/11/2020 - 17:15 Resultados

Recorde Distrital Absoluto	1:09.70	Vitoria, KAMINSKAYA	Mealhada	01/12/2012
Recorde Distrital SEN	1:09.70	Victoria, KAMINSKAYA	Mealhada	01/12/2012

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES	03 Ba-Leiria	<b>1:15.83</b>	556
50m: 35.65 35.65 100m: 1:15.83 40.18			
2. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	<b>1:16.52</b>	541
50m: 36.48 36.48 100m: 1:16.52 40.04			





Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 34, Femin., 100m Bruços

Prova 34 Femin., 100m Bruços Junior  
08/11/2020 - 17:15 Resultados

Recorde Distrital Absoluto	1:09.70	Vitoria, KAMINSKAYA	Mealhada	01/12/2012
Recorde Distrital JUN	1:11.39	Victoria, KAMINSKAYA	Uster	01/01/2012

Pontos: FINA 2020

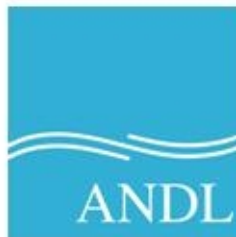
Lugar	Ano	Tempo final	Pts
1. Juliana Branco, REIS	05 Alcobaca	<b>1:20.62</b>	462
50m: 38.04 38.04	100m: 1:20.62 42.58		
2. Maria Francisca, ALVES	04 Ba-Leiria	<b>1:21.03</b>	455
50m: 38.53 38.53	100m: 1:21.03 42.50		
3. Joana Rosa, FERREIRA	05 Naval de Peniche	<b>1:21.74</b>	444
50m: 38.96 38.96	100m: 1:21.74 42.78		
4. Beatriz Silva, CONCEICAO	05 Benedita	<b>1:27.87</b>	357
50m: 41.67 41.67	100m: 1:27.87 46.20		

Prova 34 Femin., 100m Bruços Juvenil A  
08/11/2020 - 17:15 Resultados

Recorde Distrital Absoluto	1:09.70	Vitoria, KAMINSKAYA	Mealhada	01/12/2012
Recorde Distrital JUV A	1:12.92	Luana Pinto, DOMINGUES	Caldas da Rainha	14/04/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Filipa Roma, BRIZIDA	06 Ba-Leiria	<b>1:18.70</b>	497
50m: 36.85 36.85	100m: 1:18.70 41.85		
2. Ariana Bento, CARAPINHA	06 Nautico Marinha Grande	<b>1:18.86</b>	494
50m: 37.50 37.50	100m: 1:18.86 41.36		
3. Catarina Machado, BELO	06 Benedita	<b>1:19.09</b>	490
50m: 36.66 36.66	100m: 1:19.09 42.43		
4. Maria Madalena, ALVES	06 Ba-Leiria	<b>1:19.98</b>	473
50m: 37.75 37.75	100m: 1:19.98 42.23		
5. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	<b>1:20.47</b>	465
50m: 37.69 37.69	100m: 1:20.47 42.78		
6. Mafalda Caetano, LOURENCO	06 Vieirense	<b>1:29.51</b>	338
50m: 42.48 42.48	100m: 1:29.51 47.03		
7. Constanca Arinto, TRINDADE	06 Alcobaca	<b>1:31.28</b>	318
50m: 43.94 43.94	100m: 1:31.28 47.34		
8. Margarida Marques, ARROJA	06 Pimpoes/Cimai	<b>1:31.50</b>	316
50m: 43.62 43.62	100m: 1:31.50 47.88		
9. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	<b>1:33.27</b>	298
50m: 43.70 43.70	100m: 1:33.27 49.57		
10. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	<b>1:36.57</b>	269
50m: 45.38 45.38	100m: 1:36.57 51.19		



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 34, Femin., 100m Bruços

Prova 34  
08/11/2020 - 17:15

Femin., 100m Bruços

Juvenil B  
Resultados

Recorde Distrital Absoluto	1:09.70	Vitoria, KAMINSKAYA	Mealhada	01/12/2012
Recorde Distrital JUV B	1:15.12	Inês Rocha, SILVA	Nazaré	01/05/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, ESTEVES	07 Nautico Marinha Grande	<b>1:26.75</b>	371
50m: 40.81 40.81 100m: 1:26.75 45.94			
2. Fabiana Simoes, COELHO	07 Ba-Leiria	<b>1:32.97</b>	301
50m: 43.94 43.94 100m: 1:32.97 49.03			
3. Rita Violante, ROMAO	07 Alcobaca	<b>1:33.16</b>	299
50m: 43.89 43.89 100m: 1:33.16 49.27			
4. Leonor Vendima, COELHO	07 Uniao Juncalense	<b>1:35.47</b>	278
50m: 45.34 45.34 100m: 1:35.47 50.13			
5. Carolina Ferreira, FONSECA	07 Vieiraense	<b>1:36.58</b>	269
50m: 45.48 45.48 100m: 1:36.58 51.10			
6. Rafaela Valente, RODRIGUES	07 Nucleo de Ansião	<b>1:37.60</b>	260
50m: 46.42 46.42 100m: 1:37.60 51.18			
7. Matilde Santos, COUTINHO	07 Naval da Nazaré	<b>1:41.12</b>	234
50m: 46.36 46.36 100m: 1:41.12 54.76			
8. Beatriz Simoes, MACHADO	07 Nucleo de Ansião	<b>1:49.21</b>	186
50m: 50.15 50.15 100m: 1:49.21 59.06			

Prova 35  
08/11/2020

Masc., 100m Bruços

Senior  
Resultados

Recorde Distrital Absoluto	1:03.14	Diogo Parrilha, SILVA	Mealhada	17/12/2011
Recorde Distrital SEN	1:03.14	Diogo Parrilha, SILVA	Mealhada	17/12/2011

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Miguel Goncalves, JARDIM	00 Nucleo de Pombal	<b>1:20.90</b>	324
50m: 38.51 38.51 100m: 1:20.90 42.39			
DNS Jose Antonio, LAMANDE	96 Vieiraense		

Prova 35  
08/11/2020

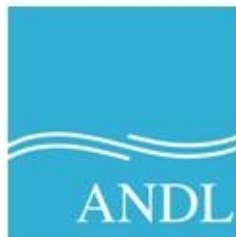
Masc., 100m Bruços

Junior  
Resultados

Recorde Distrital Absoluto	1:03.14	Diogo Parrilha, SILVA	Mealhada	17/12/2011
Recorde Distrital JUN	1:03.51	António Fernandes, CARRIÇO	Porto	12/12/2015

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Daniel, TSYKAL	04 Alcobaca	<b>1:08.35</b>	538
50m: 32.75 32.75 100m: 1:08.35 35.60			
2. Joao Gabriel, ANICETO	04 Ba-Leiria	<b>1:08.91</b>	525
50m: 32.77 32.77 100m: 1:08.91 36.14			
3. Rui Miguel, FREIRE	03 Nucleo de Ansião	<b>1:18.40</b>	356
50m: 36.47 36.47 100m: 1:18.40 41.93			



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
Leiria, 7 - 8/11/2020

Prova 35, Masc., 100m Bruços

Prova 35 Masc., 100m Bruços Juvenil A  
08/11/2020 Resultados

Recorde Distrital Absoluto	1:03.14	Diogo Parrilha, SILVA	Mealhada	17/12/2011
Recorde Distrital JUV A	1:05.04	Diogo Parrilha, SILVA	Alcobaça	13/06/2009

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Afonso Manuel, ASCENSO	05 Nautico Marinha Grande	<b>1:14.45</b>	416
50m: 35.46 35.46	100m: 1:14.45 38.99		
2. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	<b>1:18.72</b>	352
50m: 37.78 37.78	100m: 1:18.72 40.94		
3. Diogo Miguel, ROSETE	05 Nautico Marinha Grande	<b>1:20.65</b>	327
50m: 38.46 38.46	100m: 1:20.65 42.19		

Prova 35 Masc., 100m Bruços Juvenil B  
08/11/2020 Resultados

Recorde Distrital Absoluto	1:03.14	Diogo Parrilha, SILVA	Mealhada	17/12/2011
Recorde Distrital JUV B	1:07.50	Pedro Domingues, DUARTE	Caldas da Rainha	09/04/2016

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Dinis Amado, FERREIRA	06 Ba-Leiria	<b>1:22.51</b>	306
50m: 39.10 39.10	100m: 1:22.51 43.41		
2. Rafael Costa, JESUS	06 Nautico Marinha Grande	<b>1:24.49</b>	285
50m: 39.48 39.48	100m: 1:24.49 45.01		
3. David Santiago, CORDEIRO	06 Naval de Peniche	<b>1:27.22</b>	259
50m: 40.31 40.31	100m: 1:27.22 46.91		
4. Tiago Gabriel, PADRE	06 Naval da Nazaré	<b>1:30.42</b>	232
50m: 42.28 42.28	100m: 1:30.42 48.14		
5. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	<b>1:37.24</b>	187
50m: 44.85 44.85	100m: 1:37.24 52.39		
EXH Eduardo Costa, SILVA	05 Porto	<b>1:16.50</b>	384
50m: 36.76 36.76	100m: 1:16.50 39.74		

Prova 36 Masc., 400m Estilos Junior  
08/11/2020 - 17:30 Resultados

Recorde Distrital Absoluto	4:30.20	Diogo Parrilha, SILVA	Guarda	10/12/2010
Recorde Distrital JUN	4:30.20	Diogo Parrilha, SILVA	Santo António dos Cavaleiros	10/12/2010

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Nuno Marques, SILVA	04 Ba-Leiria	<b>4:41.30</b>	581
50m: 29.59 29.59	150m: 1:40.18 36.37	250m: 2:54.98 38.95	350m: 4:08.32 33.80
100m: 1:03.81 34.22	200m: 2:16.03 35.85	300m: 3:34.52 39.54	400m: 4:41.30 32.98



Campeonato Distrital PC - JUV/ JUN/ SENIORES  
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Prova 36, Masc., 400m Estilos

Prova 36 Masc., 400m Estilos Juvenil B  
08/11/2020 - 17:30 Resultados

Recorde Distrital Absoluto	4:30.20	Diogo Parrilha, SILVA	Guarda	10/12/2010
Recorde Distrital JUV B	4:37.10	André Vilas, RUIVO	Leiria	12/12/2014

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Pedro Marques, SILVA	06 Ba-Leiria	<b>5:18.31</b>	401
50m: 33.79 33.79	150m: 1:55.11 40.05	250m: 3:18.61 44.38	350m: 4:41.84 36.97
100m: 1:15.06 41.27	200m: 2:34.23 39.12	300m: 4:04.87 46.26	400m: 5:18.31 36.47
2. Gabriel Zimas, JACINTO	06 Ba-Leiria	<b>5:25.97</b>	373
50m: 32.48 32.48	150m: 1:52.71 41.99	250m: 3:23.46 50.12	350m: 4:50.57 37.18
100m: 1:10.72 38.24	200m: 2:33.34 40.63	300m: 4:13.39 49.93	400m: 5:25.97 35.40
3. Luca Valentino, TONA	06 Pimpoes/Cimai	<b>5:29.08</b>	363
50m: 32.43 32.43	150m: 1:54.97 42.75	250m: 3:24.92 48.54	350m: 4:53.28 38.06
100m: 1:12.22 39.79	200m: 2:36.38 41.41	300m: 4:15.22 50.30	400m: 5:29.08 35.80
EXH Miguel Teixeira, LAFUENTE	05 Porto	<b>5:01.22</b>	473
50m: 33.32 33.32	150m: 1:51.01 39.36	250m: 3:10.81 41.29	350m: 4:28.42 35.29
100m: 1:11.65 38.33	200m: 2:29.52 38.51	300m: 3:53.13 42.32	400m: 5:01.22 32.80
EXH Vasco Monteiro, CASTRO	06 Porto	<b>5:05.18</b>	455
50m: 31.69 31.69	150m: 1:48.54 37.61	250m: 3:09.98 44.47	350m: 4:30.44 34.97
100m: 1:10.93 39.24	200m: 2:25.51 36.97	300m: 3:55.47 45.49	400m: 5:05.18 34.74
EXH Andre Lima, MAGALHAES	05 Porto	<b>5:06.49</b>	449
50m: 31.53 31.53	150m: 1:48.88 40.07	250m: 3:12.78 44.45	350m: 4:32.33 35.02
100m: 1:08.81 37.28	200m: 2:28.33 39.45	300m: 3:57.31 44.53	400m: 5:06.49 34.16
EXH Gustavo Gomes, RAMOS	06 Porto	<b>5:09.10</b>	438
50m: 30.59 30.59	150m: 1:45.31 39.08	250m: 3:11.75 47.63	350m: 4:34.52 35.12
100m: 1:06.23 35.64	200m: 2:24.12 38.81	300m: 3:59.40 47.65	400m: 5:09.10 34.58