

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

1 - 1ª Jornada - Sessão única (tarde)

22/10/2022 - 15:00

Prova 1 Femin., 400m Livres Senior
22/10/2022 - 15:00 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 Naval de Peniche	4:35.02	615
50m: 31.15 31.15	150m: 1:39.27 34.22	250m: 2:49.09 35.00	350m: 4:00.46 35.93
100m: 1:05.05 33.90	200m: 2:14.09 34.82	300m: 3:24.53 35.44	400m: 4:35.02 34.56
2. Joana Silva, ALVES	05 Benedita	4:48.03	535
50m: 33.46 33.46	150m: 1:46.59 36.49	250m: 2:59.74 36.42	350m: 4:12.31 36.17
100m: 1:10.10 36.64	200m: 2:23.32 36.73	300m: 3:36.14 36.40	400m: 4:48.03 35.72
3. Beatriz Silva, CONCEICAO	05 Benedita	5:21.46	385
50m: 34.91 34.91	150m: 1:55.74 40.57	250m: 3:17.88 41.39	350m: 4:41.92 42.22
100m: 1:15.17 40.26	200m: 2:36.49 40.75	300m: 3:59.70 41.82	400m: 5:21.46 39.54

Prova 1 Femin., 400m Livres Junior
22/10/2022 - 15:00 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonor Verissimo, FARIA	06 Nucleo de Pombal	4:40.51	579
50m: 31.93 31.93	150m: 1:42.42 35.61	250m: 2:53.68 35.59	350m: 4:05.40 35.95
100m: 1:06.81 34.88	200m: 2:18.09 35.67	300m: 3:29.45 35.77	400m: 4:40.51 35.11
2. Maria Francisca, FROIS	06 CNLeiria	4:47.61	538
50m: 31.39 31.39	150m: 1:41.54 36.00	250m: 2:55.96 37.51	350m: 4:11.81 38.05
100m: 1:05.54 34.15	200m: 2:18.45 36.91	300m: 3:33.76 37.80	400m: 4:47.61 35.80
3. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	4:50.53	521
50m: 32.53 32.53	150m: 1:45.16 36.73	250m: 2:59.21 36.80	350m: 4:13.86 37.13
100m: 1:08.43 35.90	200m: 2:22.41 37.25	300m: 3:36.73 37.52	400m: 4:50.53 36.67
4. Matilde Violante, VIANA	07 CNLeiria	4:51.81	515
50m: 32.66 32.66	150m: 1:45.59 37.06	250m: 2:59.92 37.24	350m: 4:14.60 37.20
100m: 1:08.53 35.87	200m: 2:22.68 37.09	300m: 3:37.40 37.48	400m: 4:51.81 37.21
5. Ines Mira, PINO	06 Pimpoes/Cimai	4:53.56	505
50m: 33.20 33.20	150m: 1:46.70 37.16	250m: 3:01.50 37.51	350m: 4:17.31 38.05
100m: 1:09.54 36.34	200m: 2:23.99 37.29	300m: 3:39.26 37.76	400m: 4:53.56 36.25
6. Ariana Bento, CARAPINHA	06 BA/Leiria	4:54.83	499
50m: 31.64 31.64	150m: 1:43.10 36.26	250m: 2:57.93 37.84	350m: 4:15.85 39.25
100m: 1:06.84 35.20	200m: 2:20.09 36.99	300m: 3:36.60 38.67	400m: 4:54.83 38.98
7. Maria Madalena, ALVES	06 BA/Leiria	4:56.39	491
50m: 32.28 32.28	150m: 1:44.45 36.30	250m: 3:00.50 38.51	350m: 4:18.65 39.12
100m: 1:08.15 35.87	200m: 2:21.99 37.54	300m: 3:39.53 39.03	400m: 4:56.39 37.74
8. Vanessa Liliana, ALMEIDA	07 CNLeiria	4:56.66	490
50m: 33.53 33.53	150m: 1:48.18 37.64	250m: 3:03.81 37.83	350m: 4:19.17 37.58
100m: 1:10.54 37.01	200m: 2:25.98 37.80	300m: 3:41.59 37.78	400m: 4:56.66 37.49
9. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	5:00.53	471
50m: 33.57 33.57	150m: 1:48.64 37.86	250m: 3:05.60 38.58	350m: 4:23.47 38.49
100m: 1:10.78 37.21	200m: 2:27.02 38.38	300m: 3:44.98 39.38	400m: 5:00.53 37.06

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 1, Femin., 400m Livres, Junior

Lugar	Ano		Tempo final		Pts
10.	Beatriz Luz, MARTINS	06	Pimpoes/Cimai	5:02.20	463
	50m: 33.59 33.59	150m: 1:49.12	38.21 250m: 3:06.69	39.09 350m: 4:24.43	39.07
	100m: 1:10.91 37.32	200m: 2:27.60	38.48 300m: 3:45.36	38.67 400m: 5:02.20	37.77
11.	Leonor Vendima, COELHO	07	Uniao Juncalense	5:26.04	369
	50m: 36.17 36.17	150m: 1:57.56	40.92 250m: 3:21.24	42.07 350m: 4:45.71	42.65
	100m: 1:16.64 40.47	200m: 2:39.17	41.61 300m: 4:03.06	41.82 400m: 5:26.04	40.33
12.	Ana Luisa, RENDEIRO	06	Nucleo de Pombal	5:26.20	368
	50m: 36.10 36.10	150m: 1:57.77	41.51 250m: 3:21.95	42.17 350m: 4:45.95	44.80
	100m: 1:16.26 40.16	200m: 2:39.78	42.01 300m: 4:01.15	39.20 400m: 5:26.20	40.25
13.	Leonor Caetano, MOREIRA	06	Vieirense	5:34.64	341
	50m: 34.94 34.94	150m: 1:54.87	40.98 250m: 3:21.32	43.40 350m: 4:49.93	44.47
	100m: 1:13.89 38.95	200m: 2:37.92	43.05 300m: 4:05.46	44.14 400m: 5:34.64	44.71
14.	Catarina Tagaroso, LOBO	07	Uniao Juncalense	5:47.47	305
	50m: 38.15 38.15	150m: 2:05.82	44.45 250m: 3:34.93	45.01 350m: 5:04.91	44.88
	100m: 1:21.37 43.22	200m: 2:49.92	44.10 300m: 4:20.03	45.10 400m: 5:47.47	42.56
15.	Matilde Santos, COUTINHO	07	Naval da Nazaré	5:49.43	300
	50m: 38.51 38.51	150m: 2:06.53	44.62 250m: 3:36.34	44.72 350m: 5:06.31	44.98
	100m: 1:21.91 43.40	200m: 2:51.62	45.09 300m: 4:21.33	44.99 400m: 5:49.43	43.12
16.	Flavia Mendes, DOMINGUES	06	Nucleo de Pombal	5:53.92	288
	50m: 37.31 37.31	150m: 2:06.26	44.98 250m: 3:36.73	45.59 350m: 5:09.05	46.09
	100m: 1:21.28 43.97	200m: 2:51.14	44.88 300m: 4:22.96	46.23 400m: 5:53.92	44.87
17.	Maria Ines, ESTEVES	06	Naval da Nazaré	6:10.48	251
	50m: 40.69 40.69	150m: 2:15.27	48.15 250m: 3:49.90	46.95 350m: 5:25.05	47.21
	100m: 1:27.12 46.43	200m: 3:02.95	47.68 300m: 4:37.84	47.94 400m: 6:10.48	45.43
18.	Ana Margarida, MOTA	07	Nucleo de Ansião	6:13.34	245
	50m: 39.15 39.15	150m: 2:07.98	44.89 250m: 3:43.52	49.09 350m: 5:25.40	51.63
	100m: 1:23.09 43.94	200m: 2:54.43	46.45 300m: 4:33.77	50.25 400m: 6:13.34	47.94
19.	Rafaela Valente, RODRIGUES	07	Nucleo de Ansião	6:20.79	231
	50m: 40.53 40.53	150m: 2:13.84	47.88 250m: 3:52.03	49.64 350m: 5:32.14	50.79
	100m: 1:25.96 45.43	200m: 3:02.39	48.55 300m: 4:41.35	49.32 400m: 6:20.79	48.65
20.	Luana Goncalves, RODRIGUES	07	Nucleo de Ansião	6:20.85	231
	50m: 42.59 42.59	150m: 2:18.15	48.39 250m: 3:56.87	50.09 350m: 5:34.49	48.35
	100m: 1:29.76 47.17	200m: 3:06.78	48.63 300m: 4:46.14	49.27 400m: 6:20.85	46.36
21.	Beatriz Simoes, MACHADO	07	Nucleo de Ansião	6:24.87	224
	50m: 40.78 40.78	150m: 2:15.21	48.46 250m: 3:55.09	50.08 350m: 5:36.09	50.48
	100m: 1:26.75 45.97	200m: 3:05.01	49.80 300m: 4:45.61	50.52 400m: 6:24.87	48.78
22.	Diana Filipa, SANTOS	07	Nucleo de Ansião	6:24.92	224
	50m: 40.30 40.30	150m: 2:18.56	50.30 250m: 3:58.38	50.39 350m: 5:39.21	50.16
	100m: 1:28.26 47.96	200m: 3:07.99	49.43 300m: 4:49.05	50.67 400m: 6:24.92	45.71
23.	Maria Matos, COSTA	07	Nucleo de Ansião	7:06.76	164
	50m: 47.40 47.40	150m: 2:31.01	53.71 250m: 4:21.59	55.64 350m: 6:14.45	56.42
	100m: 1:37.30 49.90	200m: 3:25.95	54.94 300m: 5:18.03	56.44 400m: 7:06.76	52.31

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 1, Femin., 400m Livres

Prova 1 Femin., 400m Livres Juvenil A
22/10/2022 - 15:00 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	5:31.83	350
50m: 37.89 37.89 150m: 2:01.21 41.37 250m: 3:26.20 42.57 350m: 4:51.34 41.94			
100m: 1:19.84 41.95 200m: 2:43.63 42.42 300m: 4:09.40 43.20 400m: 5:31.83 40.49			
2. Matilde Monteiro, NEVES	08 Nucleo de Pombal	5:43.55	315
50m: 39.03 39.03 150m: 2:07.46 44.66 250m: 3:35.00 43.46 350m: 5:02.09 43.08			
100m: 1:22.80 43.77 200m: 2:51.54 44.08 300m: 4:19.01 44.01 400m: 5:43.55 41.46			

Prova 1 Femin., 400m Livres Juvenil B
22/10/2022 - 15:00 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	4:53.24	507
50m: 31.79 31.79 150m: 1:45.38 37.79 250m: 3:00.90 37.50 350m: 4:16.69 38.04			
100m: 1:07.59 35.80 200m: 2:23.40 38.02 300m: 3:38.65 37.75 400m: 4:53.24 36.55			
2. Laura Brites, COSTA	09 Rio Maior	5:05.31	449
50m: 34.00 34.00 150m: 1:50.18 38.79 250m: 3:08.12 39.03 350m: 4:27.41 39.29			
100m: 1:11.39 37.39 200m: 2:29.09 38.91 300m: 3:48.12 40.00 400m: 5:05.31 37.90			
3. Joana Pereira, SANTOS	09 Rio Maior	5:05.49	448
50m: 34.48 34.48 150m: 1:50.46 38.72 250m: 3:08.56 39.07 350m: 4:27.03 39.47			
100m: 1:11.74 37.26 200m: 2:29.49 39.03 300m: 3:47.56 39.00 400m: 5:05.49 38.46			
4. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	5:10.65	426
50m: 34.39 34.39 150m: 1:51.94 39.59 250m: 3:10.48 38.95 350m: 4:30.59 39.95			
100m: 1:12.35 37.96 200m: 2:31.53 39.59 300m: 3:50.64 40.16 400m: 5:10.65 40.06			
5. Beatriz Belo, CLARA	09 CNLeiria	5:17.47	400
50m: 34.59 34.59 150m: 1:54.10 40.40 250m: 3:15.72 40.98 350m: 4:37.78 41.02			
100m: 1:13.70 39.11 200m: 2:34.74 40.64 300m: 3:56.76 41.04 400m: 5:17.47 39.69			
6. Teresa Maria, LOPES	09 Benedita	5:20.53	388
50m: 36.56 36.56 150m: 1:56.24 39.12 250m: 3:17.01 39.14 350m: 4:40.12 41.54			
100m: 1:17.12 40.56 200m: 2:37.87 41.63 300m: 3:58.58 41.57 400m: 5:20.53 40.41			
7. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	5:35.72	338
50m: 38.28 38.28 150m: 2:04.54 43.23 250m: 3:30.26 42.94 350m: 4:55.59 42.55			
100m: 1:21.31 43.03 200m: 2:47.32 42.78 300m: 4:13.04 42.78 400m: 5:35.72 40.13			
8. Ines Ferreira, CHELEU	09 BA/Leiria	5:36.67	335
50m: 37.90 37.90 150m: 2:03.60 43.18 250m: 3:31.56 44.09 350m: 4:56.69 42.10			
100m: 1:20.42 42.52 200m: 2:47.47 43.87 300m: 4:14.59 43.03 400m: 5:36.67 39.98			
9. Anjali, RAICAR	09 Naval de Peniche	5:50.23	297
50m: 37.68 37.68 150m: 2:05.15 44.62 250m: 3:35.43 45.05 350m: 5:06.17 45.86			
100m: 1:20.53 42.85 200m: 2:50.38 45.23 300m: 4:20.31 44.88 400m: 5:50.23 44.06			
10. Maria Teresa, OLIVEIRA	09 BA/Leiria	5:53.37	290
50m: 39.22 39.22 150m: 2:08.64 45.42 250m: 3:38.65 45.03 350m: 5:08.81 44.88			
100m: 1:23.22 44.00 200m: 2:53.62 44.98 300m: 4:23.93 45.28 400m: 5:53.37 44.56			
11. Ana Margarida, MARQUES	09 BA/Leiria	6:01.86	270
50m: 38.00 38.00 150m: 2:09.79 47.50 250m: 3:43.02 45.44 350m: 5:15.45 45.41			
100m: 1:22.29 44.29 200m: 2:57.58 47.79 300m: 4:30.04 47.02 400m: 6:01.86 46.41			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 1, Femin., 400m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
12. Sara Ines, SOUSA	09 BA/Leiria	6:03.70	266
50m: 38.95 38.95 150m: 2:08.81 45.54 250m: 3:45.65 48.41 350m: 5:19.02 46.00			
100m: 1:23.27 44.32 200m: 2:57.24 48.43 300m: 4:33.02 47.37 400m: 6:03.70 44.68			
13. Maria Margarida, OLIVEIRA	09 BA/Leiria	6:05.50	262
50m: 41.64 41.64 150m: 2:14.93 47.18 250m: 3:48.74 46.59 350m: 5:21.07 45.85			
100m: 1:27.75 46.11 200m: 3:02.15 47.22 300m: 4:35.22 46.48 400m: 6:05.50 44.43			

Prova 1
22/10/2022 - 15:00

Femin., 400m Livres

Infantil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	5:14.24	412
50m: 35.68 35.68 150m: 1:55.04 40.24 250m: 3:15.19 39.34 350m: 4:35.18 40.18			
100m: 1:14.80 39.12 200m: 2:35.85 40.81 300m: 3:55.00 39.81 400m: 5:14.24 39.06			
2. Laura Helena, AMORIM	10 Nautico Marinha Grande	5:14.62	411
50m: 34.37 34.37 150m: 1:51.73 39.23 250m: 3:12.18 40.33 350m: 4:34.10 41.35			
100m: 1:12.50 38.13 200m: 2:31.85 40.12 300m: 3:52.75 40.57 400m: 5:14.62 40.52			
3. Bianca Balbino, MENDES	10 Naval de Peniche	5:16.00	405
50m: 34.73 34.73 150m: 1:52.46 39.48 250m: 3:12.52 39.68 350m: 4:34.52 40.65			
100m: 1:12.98 38.25 200m: 2:32.84 40.38 300m: 3:53.87 41.35 400m: 5:16.00 41.48			
4. Barbara Balbino, MENDES	10 Naval de Peniche	5:21.86	383
50m: 34.47 34.47 150m: 1:52.18 39.39 250m: 3:13.57 41.04 350m: 4:39.13 42.98			
100m: 1:12.79 38.32 200m: 2:32.53 40.35 300m: 3:56.15 42.58 400m: 5:21.86 42.73			
5. Lara Paixao, SILVA	10 Rio Maior	5:29.04	359
50m: 37.90 37.90 150m: 2:00.81 41.35 250m: 3:24.87 42.33 350m: 4:49.53 42.41			
100m: 1:19.46 41.56 200m: 2:42.54 41.73 300m: 4:07.12 42.25 400m: 5:29.04 39.51			
6. Maria Carolina, ALVES	10 BA/Leiria	5:44.27	313
50m: 38.97 38.97 150m: 2:06.53 44.16 250m: 3:34.32 44.01 350m: 5:02.04 44.11			
100m: 1:22.37 43.40 200m: 2:50.31 43.78 300m: 4:17.93 43.61 400m: 5:44.27 42.23			
7. Diana Isabel, ALVES	10 Benedita	5:44.46	313
50m: 38.49 38.49 150m: 2:04.54 43.76 250m: 3:32.39 44.09 350m: 5:01.09 44.40			
100m: 1:20.78 42.29 200m: 2:48.30 43.76 300m: 4:16.69 44.30 400m: 5:44.46 43.37			
8. Laura Samora, GONCALVES	10 Nautico Marinha Grande	5:45.38	310
50m: 39.37 39.37 150m: 2:07.56 45.03 250m: 3:36.80 44.49 350m: 5:04.91 44.04			
100m: 1:22.53 43.16 200m: 2:52.31 44.75 300m: 4:20.87 44.07 400m: 5:45.38 40.47			
9. Vida Sofia, VELEZ	10 BA/Leiria	6:01.12	271
50m: 39.46 39.46 150m: 2:13.26 47.70 250m: 3:46.78 47.02 350m: 5:19.90 45.57			
100m: 1:25.56 46.10 200m: 2:59.76 46.50 300m: 4:34.33 47.55 400m: 6:01.12 41.22			
10. Sofia Roma, BRIZIDA	10 BA/Leiria	6:03.02	267
50m: 40.45 40.45 150m: 2:12.31 46.42 250m: 3:47.61 47.13 350m: 5:19.06 45.35			
100m: 1:25.89 45.44 200m: 3:00.48 48.17 300m: 4:33.71 46.10 400m: 6:03.02 43.96			
11. Matilde Evangelista, SILVA	10 Benedita	6:03.17	267
50m: 41.32 41.32 150m: 2:12.50 45.00 250m: 3:45.32 46.47 350m: 5:18.36 45.80			
100m: 1:27.50 46.18 200m: 2:58.85 46.35 300m: 4:32.56 47.24 400m: 6:03.17 44.81			
DNS Ana Beatriz, LOPES	10 Nucleo de Ansião		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 1, Femin., 400m Livres

Prova 1
22/10/2022 - 15:00

Femin., 400m Livres

Infantil B
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	5:38.59	329
50m: 38.39 38.39 150m: 2:04.87 44.17 250m: 3:32.78 43.65 350m: 4:59.43 43.50			
100m: 1:20.70 42.31 200m: 2:49.13 44.26 300m: 4:15.93 43.15 400m: 5:38.59 39.16			
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:53.42	289
50m: 38.12 38.12 150m: 2:06.89 45.24 250m: 3:37.12 44.90 350m: 5:08.99 46.27			
100m: 1:21.65 43.53 200m: 2:52.22 45.33 300m: 4:22.72 45.60 400m: 5:53.42 44.43			
3. Carolina Silva, CASTANHEIRA	11 CNLeiria	6:07.33	258
50m: 39.46 39.46 150m: 2:14.37 47.96 250m: 3:48.96 45.78 350m: 5:24.46 47.04			
100m: 1:26.41 46.95 200m: 3:03.18 48.81 300m: 4:37.42 48.46 400m: 6:07.33 42.87			
4. Maria Santos, FONSECA	11 CNLeiria	6:51.71	183
50m: 46.01 46.01 150m: 2:30.81 53.38 250m: 4:16.81 53.33 350m: 6:03.69 52.63			
100m: 1:37.43 51.42 200m: 3:23.48 52.67 300m: 5:11.06 54.25 400m: 6:51.71 48.02			
5. Madalena Coelho, FERREIRA	11 Uniao Juncalense	7:11.78	159
50m: 49.03 49.03 150m: 2:37.03 54.68 250m: 4:27.25 54.32 350m: 6:18.21 54.90			
100m: 1:42.35 53.32 200m: 3:32.93 55.90 300m: 5:23.31 56.06 400m: 7:11.78 53.57			
6. Mariana Silva, CONCEICAO	11 Benedita	7:48.86	124
50m: 49.65 49.65 150m: 2:52.34 1:02.60 250m: 4:53.70 1:02.02 350m: 6:53.93 59.15			
100m: 1:49.74 1:00.09 200m: 3:51.68 59.34 300m: 5:54.78 1:01.08 400m: 7:48.86 54.93			
DNS Francisca Caetano, LOURENCO	11 Benedita		
DNS Bianca Simoes, PIMENTA	11 Nucleo de Ansião		

Prova 2

22/10/2022 - 15:53

Masc., 400m Livres

Senior
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. David Ferreira, RELVAS	03 Nautico Marinha Grande	4:13.43	587
50m: 28.00 28.00 150m: 1:31.02 31.93 250m: 2:35.59 32.23 350m: 3:41.06 32.91			
100m: 59.09 31.09 200m: 2:03.36 32.34 300m: 3:08.15 32.56 400m: 4:13.43 32.37			
2. Miguel Vicente, SILVA	02 Nautico Marinha Grande	4:26.59	504
50m: 27.21 27.21 150m: 1:32.96 33.28 250m: 2:41.15 34.23 350m: 3:51.67 35.45			
100m: 59.68 32.47 200m: 2:06.92 33.96 300m: 3:16.22 35.07 400m: 4:26.59 34.92			
3. Micael Kovalchuk, SOLODYUK	03 Rio Maior	4:43.27	420
50m: 30.53 30.53 150m: 1:40.93 36.03 250m: 2:54.21 36.37 350m: 4:07.35 36.89			
100m: 1:04.90 34.37 200m: 2:17.84 36.91 300m: 3:30.46 36.25 400m: 4:43.27 35.92			
4. Carlos Miguel, SOTELO	91 Nucleo de Pombal	4:45.12	412
50m: 30.87 30.87 150m: 1:40.93 35.89 250m: 2:55.15 37.58 350m: 4:09.42 36.92			
100m: 1:05.04 34.17 200m: 2:17.57 36.64 300m: 3:32.50 37.35 400m: 4:45.12 35.70			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Junior
22/10/2022 - 15:53 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	4:11.21	603
50m: 27.86 27.86 150m: 1:31.40 32.12 250m: 2:35.12 31.59 350m: 3:39.33 32.15			
100m: 59.28 31.42 200m: 2:03.53 32.13 300m: 3:07.18 32.06 400m: 4:11.21 31.88			
2. Tiago Serradas, FRANCISCO	05 BA/Leiria	4:25.93	508
50m: 29.12 29.12 150m: 1:35.12 33.70 250m: 2:44.03 34.68 350m: 3:51.80 33.31			
100m: 1:01.42 32.30 200m: 2:09.35 34.23 300m: 3:18.49 34.46 400m: 4:25.93 34.13			
3. Jose Francisco, OLIVEIRA	05 BA/Leiria	4:26.58	504
50m: 30.54 30.54 150m: 1:38.06 34.01 250m: 2:47.09 34.06 350m: 3:55.03 33.97			
100m: 1:04.05 33.51 200m: 2:13.03 34.97 300m: 3:21.06 33.97 400m: 4:26.58 31.55			
4. Miguel Fernandes, OLIVEIRA	05 BA/Leiria	4:26.59	504
50m: 30.15 30.15 150m: 1:37.71 34.15 250m: 2:46.57 34.29 350m: 3:55.16 34.57			
100m: 1:03.56 33.41 200m: 2:12.28 34.57 300m: 3:20.59 34.02 400m: 4:26.59 31.43			
5. Jose Maria, TEMUDO	06 Rio Maior	4:28.59	493
50m: 30.28 30.28 150m: 1:37.97 34.14 250m: 2:46.61 34.37 350m: 3:56.20 34.97			
100m: 1:03.83 33.55 200m: 2:12.24 34.27 300m: 3:21.23 34.62 400m: 4:28.59 32.39			
6. Luca Valentino, TONA	06 Pimpoes/Cimai	4:33.08	469
50m: 29.64 29.64 150m: 1:37.42 34.56 250m: 2:47.40 35.12 350m: 3:58.30 35.65			
100m: 1:02.86 33.22 200m: 2:12.28 34.86 300m: 3:22.65 35.25 400m: 4:33.08 34.78			
7. Gil Santos, LEMOS	06 Pimpoes/Cimai	4:35.62	456
50m: 30.96 30.96 150m: 1:39.34 34.62 250m: 2:49.35 34.82 350m: 4:01.15 36.20			
100m: 1:04.72 33.76 200m: 2:14.53 35.19 300m: 3:24.95 35.60 400m: 4:35.62 34.47			
8. Afonso Manuel, ASCENSO	05 BA/Leiria	4:41.69	427
50m: 29.73 29.73 150m: 1:36.96 34.23 250m: 2:48.17 35.96 350m: 4:03.59 38.28			
100m: 1:02.73 33.00 200m: 2:12.21 35.25 300m: 3:25.31 37.14 400m: 4:41.69 38.10			
9. Edgar Francisco, SIMOES	06 Viegrense	4:43.35	420
50m: 31.72 31.72 150m: 1:43.06 36.01 250m: 2:56.55 36.40 350m: 4:09.96 36.68			
100m: 1:07.05 35.33 200m: 2:20.15 37.09 300m: 3:33.28 36.73 400m: 4:43.35 33.39			
10. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	4:45.17	412
50m: 31.01 31.01 150m: 1:40.65 35.70 250m: 2:54.91 37.37 350m: 4:09.89 37.52			
100m: 1:04.95 33.94 200m: 2:17.54 36.89 300m: 3:32.37 37.46 400m: 4:45.17 35.28			
11. Vasco Pedro, BRANCO	06 Naval da Nazaré	4:57.08	364
50m: 32.87 32.87 150m: 1:50.53 39.75 250m: 3:09.28 39.22 350m: 4:23.89 36.33			
100m: 1:10.78 37.91 200m: 2:30.06 39.53 300m: 3:47.56 38.28 400m: 4:57.08 33.19			
12. Rafael Costa, JESUS	06 Nautico Marinha Grande	5:03.78	341
50m: 31.64 31.64 150m: 1:46.73 38.70 250m: 3:06.57 40.28 350m: 4:27.65 40.62			
100m: 1:08.03 36.39 200m: 2:26.29 39.56 300m: 3:47.03 40.46 400m: 5:03.78 36.13			
13. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	5:05.71	334
50m: 32.85 32.85 150m: 1:48.38 38.20 250m: 3:07.09 39.22 350m: 4:26.80 39.99			
100m: 1:10.18 37.33 200m: 2:27.87 39.49 300m: 3:46.81 39.72 400m: 5:05.71 38.91			
14. Rafael, SANTOS	06 Uniao Juncalense	5:08.66	325
50m: 32.30 32.30 150m: 1:49.26 39.96 250m: 3:10.72 40.78 350m: 4:32.03 40.68			
100m: 1:09.30 37.00 200m: 2:29.94 40.68 300m: 3:51.35 40.63 400m: 5:08.66 36.63			
15. Manuel Faveiro, JESUS	06 Nucleo de Ansião	5:11.55	316
50m: 32.12 32.12 150m: 1:46.85 37.76 250m: 3:06.73 40.15 350m: 4:30.45 42.01			
100m: 1:09.09 36.97 200m: 2:26.58 39.73 300m: 3:48.44 41.71 400m: 5:11.55 41.10			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 2, Masc., 400m Livres, Junior

Lugar	Ano	Tempo final	Pts
16. Marco Ferreira, SILVA	05 Viarense	5:13.01	311
50m: 32.96 32.96 150m: 1:49.81 39.53 250m: 3:10.28 40.90 350m: 4:33.37 41.56			
100m: 1:10.28 37.32 200m: 2:29.38 39.57 300m: 3:51.81 41.53 400m: 5:13.01 39.64			
17. Goncalo Rodrigues, VINTEM	06 Nucleo de Ansião	5:29.20	268
50m: 33.69 33.69 150m: 1:55.09 41.58 250m: 3:21.19 43.32 350m: 4:49.01 43.65			
100m: 1:13.51 39.82 200m: 2:37.87 42.78 300m: 4:05.36 44.17 400m: 5:29.20 40.19			
18. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	5:30.09	265
50m: 34.79 34.79 200m: 2:42.36 43.88 300m: 4:09.36 43.45 400m: 5:30.09 38.88			
150m: 1:58.48 1:23.69 250m: 3:25.91 43.55 350m: 4:51.21 41.85			

Prova 2 Masc., 400m Livres Juvenil A Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisco Marques, SIMOES	07 CNLeiria	4:20.38	541
50m: 27.59 27.59 150m: 1:32.43 32.81 250m: 2:39.83 34.40 350m: 3:47.59 34.06			
100m: 59.62 32.03 200m: 2:05.43 33.00 300m: 3:13.53 33.70 400m: 4:20.38 32.79			
2. Goncalo Pereira, COLACO	07 CNLeiria	4:21.23	536
50m: 28.40 28.40 150m: 1:33.30 30.40 250m: 2:41.15 34.12 350m: 3:49.19 33.94			
100m: 1:02.90 34.50 200m: 2:07.03 33.73 300m: 3:15.25 34.10 400m: 4:21.23 32.04			
3. Francisco Xavier, RITA	07 Viarense	4:28.75	492
50m: 29.92 29.92 150m: 1:37.35 33.96 250m: 2:47.59 35.24 350m: 3:57.14 34.52			
100m: 1:03.39 33.47 200m: 2:12.35 35.00 300m: 3:22.62 35.03 400m: 4:28.75 31.61			
4. Jose Januario, MARQUES	07 Pimpoes/Cimai	4:32.27	473
50m: 30.52 30.52 150m: 1:38.50 34.39 250m: 2:47.93 34.69 350m: 3:58.35 35.39			
100m: 1:04.11 33.59 200m: 2:13.24 34.74 300m: 3:22.96 35.03 400m: 4:32.27 33.92			
5. Joao Moura, FRANCISCO	07 CNLeiria	4:33.30	468
50m: 29.50 29.50 150m: 1:38.31 34.92 250m: 2:49.20 34.97 350m: 3:59.70 35.25			
100m: 1:03.39 33.89 200m: 2:14.23 35.92 300m: 3:24.45 35.25 400m: 4:33.30 33.60			
6. Eugenio, MELNYK	07 Rio Maior	4:39.96	435
50m: 29.56 29.56 150m: 1:38.29 35.47 250m: 2:50.85 36.28 350m: 4:04.49 36.74			
100m: 1:02.82 33.26 200m: 2:14.57 36.28 300m: 3:27.75 36.90 400m: 4:39.96 35.47			
7. Mateus Marques, MACHADO	07 Benedita	5:21.98	286
50m: 36.16 36.16 150m: 1:56.26 40.50 250m: 3:19.28 41.39 350m: 4:42.15 41.63			
100m: 1:15.76 39.60 200m: 2:37.89 41.63 300m: 4:00.52 41.24 400m: 5:21.98 39.83			
8. Rodrigo Diniz, FIGUEIRA	07 Naval da Nazaré	5:50.62	221
50m: 37.78 37.78 150m: 2:03.14 42.80 250m: 3:36.38 46.20 350m: 5:06.87 45.01			
100m: 1:20.34 42.56 200m: 2:50.18 47.04 300m: 4:21.86 45.48 400m: 5:50.62 43.75			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Juvenil B
22/10/2022 - 15:53 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tome Nunes, TOME	08 CNLeiria	4:38.02	444
50m: 31.48 31.48	150m: 1:41.81 35.53	250m: 2:53.28 35.73	350m: 4:04.25 35.24
100m: 1:06.28 34.80	200m: 2:17.55 35.74	300m: 3:29.01 35.73	400m: 4:38.02 33.77
2. Santiago Boica, SOUSA	08 Viegense	4:47.82	401
50m: 32.21 32.21	150m: 1:45.73 36.92	250m: 3:00.13 36.98	350m: 4:13.07 36.74
100m: 1:08.81 36.60	200m: 2:23.15 37.42	300m: 3:36.33 36.20	400m: 4:47.82 34.75
3. Leonardo Gomes, SILVA	08 Rio Maior	4:55.21	371
50m: 32.37 32.37	150m: 1:46.72 37.38	250m: 3:02.34 38.17	350m: 4:17.88 38.21
100m: 1:09.34 36.97	200m: 2:24.17 37.45	300m: 3:39.67 37.33	400m: 4:55.21 37.33
4. Francisco Guilherme, FREIXIEIRO	08 Rio Maior	4:55.83	369
50m: 33.63 33.63	150m: 1:48.24 37.94	250m: 3:04.19 37.97	350m: 4:20.01 37.70
100m: 1:10.30 36.67	200m: 2:26.22 37.98	300m: 3:42.31 38.12	400m: 4:55.83 35.82
5. Daniel Gomes, SANTOS	08 Nautico Marinha Grande	4:56.74	365
50m: 33.04 33.04	150m: 1:47.21 37.58	250m: 3:03.89 38.00	350m: 4:20.39 37.98
100m: 1:09.63 36.59	200m: 2:25.89 38.68	300m: 3:42.41 38.52	400m: 4:56.74 36.35
6. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	5:07.14	330
50m: 34.77 34.77	150m: 1:53.87 39.64	250m: 3:13.51 39.50	350m: 4:30.85 38.31
100m: 1:14.23 39.46	200m: 2:34.01 40.14	300m: 3:52.54 39.03	400m: 5:07.14 36.29
7. Antonio Quiterio, ANASTACIO	08 Benedita	5:11.84	315
50m: 37.15 37.15	150m: 1:56.53 39.39	250m: 3:16.27 39.33	350m: 4:34.65 38.90
100m: 1:17.14 39.99	200m: 2:36.94 40.41	300m: 3:55.75 39.48	400m: 5:11.84 37.19
8. Martim Luis, GASPAR	08 Nautico Marinha Grande	5:12.96	311
50m: 36.00 36.00	150m: 1:54.87 39.56	250m: 3:13.62 39.77	350m: 4:34.12 39.77
100m: 1:15.31 39.31	200m: 2:33.85 38.98	300m: 3:54.35 40.73	400m: 5:12.96 38.84
9. Diogo Coelho, JORDAO	08 Uniao Juncalense	5:20.18	291
50m: 34.90 34.90	150m: 1:56.01 41.23	250m: 3:18.70 41.44	350m: 4:40.92 31.40
100m: 1:14.78 39.88	200m: 2:37.26 41.25	300m: 4:09.52 50.82	400m: 5:20.18 39.26
10. Diogo Barata, ALVES	08 Nautico Marinha Grande	5:40.62	241
50m: 36.05 36.05	150m: 2:00.78 43.30	250m: 3:28.78 43.13	350m: 4:56.62 43.86
100m: 1:17.48 41.43	200m: 2:45.65 44.87	300m: 4:12.76 43.98	400m: 5:40.62 44.00
11. Francisco Veloso, COELHO	08 Rio Maior	6:06.46	194
50m: 35.46 35.46	150m: 2:00.03 43.94	250m: 3:36.42 49.14	350m: 5:17.90 50.86
100m: 1:16.09 40.63	200m: 2:47.28 47.25	300m: 4:27.04 50.62	400m: 6:06.46 48.56
12. Tiago Daniel, POVOA	08 Uniao Juncalense	6:38.35	151
50m: 42.07 42.07	150m: 2:21.65 49.93	250m: 4:04.28 51.50	350m: 5:47.62 51.36
100m: 1:31.72 49.65	200m: 3:12.78 51.13	300m: 4:56.26 51.98	400m: 6:38.35 50.73

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 2, Masc., 400m Livres

Prova 2
22/10/2022 - 15:53

Masc., 400m Livres

Infantil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA	09 BA/Leiria	4:41.75	427
50m: 31.08 31.08 150m: 1:41.10 36.04 250m: 2:53.94 36.48 350m: 4:07.28 36.92			
100m: 1:05.06 33.98 200m: 2:17.46 36.36 300m: 3:30.36 36.42 400m: 4:41.75 34.47			
2. Guilherme Meireles, MARRAZES	09 Nautico Marinha Grande	4:51.28	386
50m: 31.99 31.99 150m: 1:46.23 37.49 250m: 3:02.10 37.84 350m: 4:16.92 37.39			
100m: 1:08.74 36.75 200m: 2:24.26 38.03 300m: 3:39.53 37.43 400m: 4:51.28 34.36			
3. Paulo, KOT	09 Nautico Marinha Grande	4:51.55	385
50m: 31.94 31.94 150m: 1:45.77 37.70 250m: 3:01.09 37.69 350m: 4:13.94 34.56			
100m: 1:08.07 36.13 200m: 2:23.40 37.63 300m: 3:39.38 38.29 400m: 4:51.55 37.61			
4. Xinyang, CHENG	09 Nautico Marinha Grande	4:53.45	378
50m: 32.36 32.36 150m: 1:46.20 37.50 250m: 3:01.73 37.86 350m: 4:17.81 38.32			
100m: 1:08.70 36.34 200m: 2:23.87 37.67 300m: 3:39.49 37.76 400m: 4:53.45 35.64			
5. Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	5:00.70	351
50m: 32.15 32.15 150m: 1:45.90 37.37 250m: 3:02.70 39.16 350m: 4:21.84 39.81			
100m: 1:08.53 36.38 200m: 2:23.54 37.64 300m: 3:42.03 39.33 400m: 5:00.70 38.86			
6. Henrique Martins, JOAQUIM	09 BA/Leiria	5:00.72	351
50m: 33.46 33.46 150m: 1:50.12 39.08 250m: 3:08.04 39.23 350m: 4:23.84 38.13			
100m: 1:11.04 37.58 200m: 2:28.81 38.69 300m: 3:45.71 37.67 400m: 5:00.72 36.88			
7. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	5:10.52	319
50m: 35.24 35.24 150m: 1:51.94 39.16 250m: 3:11.96 39.86 350m: 4:31.74 40.13			
100m: 1:12.78 37.54 200m: 2:32.10 40.16 300m: 3:51.61 39.65 400m: 5:10.52 38.78			
8. Santiago Marques, GOMES	09 BA/Leiria	5:18.43	296
50m: 35.58 35.58 150m: 1:57.21 41.31 250m: 3:19.68 41.20 350m: 4:40.50 39.49			
100m: 1:15.90 40.32 200m: 2:38.48 41.27 300m: 4:01.01 41.33 400m: 5:18.43 37.93			
9. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	5:22.83	284
50m: 35.96 35.96 150m: 1:56.81 41.13 250m: 3:21.15 41.87 350m: 4:44.43 41.11			
100m: 1:15.68 39.72 200m: 2:39.28 42.47 300m: 4:03.32 42.17 400m: 5:22.83 38.40			
10. Maksym, TYSHCHUK	09 Nautico Marinha Grande	5:25.47	277
50m: 35.25 35.25 150m: 1:55.06 40.57 250m: 3:17.48 41.07 350m: 4:44.32 43.56			
100m: 1:14.49 39.24 200m: 2:36.41 41.35 300m: 4:00.76 43.28 400m: 5:25.47 41.15			
11. Tomas Martins, ALBUQUERQUE	09 Óbidos	5:37.74	248
50m: 36.74 36.74 150m: 2:02.53 43.89 250m: 3:30.07 43.39 350m: 4:58.36 43.52			
100m: 1:18.64 41.90 200m: 2:46.68 44.15 300m: 4:14.84 44.77 400m: 5:37.74 39.38			
12. Pedro Morgado, COSTA	09 Rio Maior	6:14.08	182
50m: 38.12 38.12 150m: 2:11.93 48.56 250m: 3:49.45 49.02 350m: 5:28.08 48.83			
100m: 1:23.37 45.25 200m: 3:00.43 48.50 300m: 4:39.25 49.80 400m: 6:14.08 46.00			
DNS Dimas, PASICHNYUK	09 Rio Maior		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Infantil B
22/10/2022 - 15:53 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rodolfo Junior, ALECRIM	10 BA/Leiria	5:21.81	286
50m: 34.65 34.65 150m: 1:57.84 41.84 250m: 3:22.25 42.10 350m: 4:45.65 41.35			
100m: 1:16.00 41.35 200m: 2:40.15 42.31 300m: 4:04.30 42.05 400m: 5:21.81 36.16			
2. Daniel Filipe, JORGE	10 Rio Maior	5:22.48	285
50m: 35.15 35.15 200m: 2:36.23 1:21.81 300m: 3:58.42 41.03 400m: 5:22.48 41.73			
100m: 1:14.42 39.27 250m: 3:17.39 41.16 350m: 4:40.75 42.33			
3. David Xavier, ALMEIDA	10 BA/Leiria	5:34.43	255
50m: 36.06 36.06 150m: 2:01.07 43.79 250m: 3:28.93 44.56 350m: 4:53.44 41.38			
100m: 1:17.28 41.22 200m: 2:44.37 43.30 300m: 4:12.06 43.13 400m: 5:34.43 40.99			
4. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	5:35.37	253
50m: 37.24 37.24 150m: 2:02.09 43.08 250m: 3:28.93 43.39 350m: 4:54.12 42.34			
100m: 1:19.01 41.77 200m: 2:45.54 43.45 300m: 4:11.78 42.85 400m: 5:35.37 41.25			
5. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	5:44.21	234
50m: 35.39 35.39 150m: 2:00.95 43.39 250m: 3:30.29 44.63 350m: 5:01.06 46.25			
100m: 1:17.56 42.17 200m: 2:45.66 44.71 300m: 4:14.81 44.52 400m: 5:44.21 43.15			
6. Joao Piteira, GAIOLAS	10 Nautico Marinha Grande	5:44.81	233
50m: 38.46 38.46 150m: 2:06.29 43.97 250m: 3:34.52 43.53 350m: 5:02.40 42.85			
100m: 1:22.32 43.86 200m: 2:50.99 44.70 300m: 4:19.55 45.03 400m: 5:44.81 42.41			
7. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	5:45.94	230
50m: 37.25 37.25 150m: 2:05.49 45.28 250m: 3:36.17 44.83 350m: 5:03.59 43.53			
100m: 1:20.21 42.96 200m: 2:51.34 45.85 300m: 4:20.06 43.89 400m: 5:45.94 42.35			
8. Tomas Marques, FRANCISCO	10 CNLeiria	5:46.77	229
50m: 37.59 37.59 150m: 2:05.56 43.53 250m: 3:33.84 44.30 350m: 5:04.36 45.10			
100m: 1:22.03 44.44 200m: 2:49.54 43.98 300m: 4:19.26 45.42 400m: 5:46.77 42.41			
9. Simao Sousa, JESUS	10 Nautico Marinha Grande	5:53.09	217
50m: 37.33 37.33 150m: 2:06.64 45.26 250m: 3:38.81 46.73 350m: 5:11.18 45.80			
100m: 1:21.38 44.05 200m: 2:52.08 45.44 300m: 4:25.38 46.57 400m: 5:53.09 41.91			
10. Santiago Neves, SILVA	10 Nucleo de Pombal	6:14.02	182
50m: 39.16 39.16 150m: 2:14.56 48.83 250m: 3:52.87 49.03 350m: 5:29.99 48.28			
100m: 1:25.73 46.57 200m: 3:03.84 49.28 300m: 4:41.71 48.84 400m: 6:14.02 44.03			
11. Francisco Antonio, SIMOES	10 BA/Leiria	6:27.56	164
50m: 43.17 43.17 150m: 2:22.93 50.57 250m: 4:04.59 51.35 400m: 6:27.56 1:35.10			
100m: 1:32.36 49.19 200m: 3:13.24 50.31 300m: 4:52.46 47.87			
12. Luis Miguel, REIS	10 Rio Maior	6:37.65	152
50m: 45.60 45.60 200m: 3:22.46 1:44.92 350m: 5:51.96 49.19			
100m: 1:37.54 51.94 300m: 5:02.77 1:40.31 400m: 6:37.65 45.69			
DNS Dinis Lamas, SANTOS	10 BA/Leiria		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 3 Femin., 200m Costas Senior
22/10/2022 - 16:50 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 Naval de Peniche	2:34.87	452
50m: 35.44 35.44 100m: 1:14.72 39.28 150m: 1:55.15 40.43 200m: 2:34.87 39.72			
2. Luana Pinto, DOMINGUES	03 CNLeiria	2:37.50	430
50m: 37.15 37.15 100m: 1:16.96 39.81 150m: 1:57.12 40.16 200m: 2:37.50 40.38			
3. Carlota Macedo, LAGOA	05 CNLeiria	2:39.93	411
50m: 33.36 33.36 100m: 1:09.90 36.54 200m: 2:39.93 1:30.03			
4. Lara Roque, COTRIM	03 Pimpoes/Cimai	2:41.18	401
50m: 39.32 39.32 100m: 1:21.31 41.99 150m: 2:00.16 38.85 200m: 2:41.18 41.02			
5. Ana Claudia, FERREIRA	90 Alcobaca	2:54.42	317
100m: 1:25.46 1:25.46 150m: 2:09.77 44.31 200m: 2:54.42 44.65			

Prova 3 Femin., 200m Costas Junior
22/10/2022 - 16:50 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ana Francisca, SILVA	06 Alcobaca	2:33.57	464
50m: 36.59 36.59 100m: 1:15.84 39.25 150m: 1:54.99 39.15 200m: 2:33.57 38.58			
2. Ines Mira, PINO	06 Pimpoes/Cimai	2:37.12	433
50m: 38.05 38.05 100m: 1:18.03 39.98 150m: 1:58.41 40.38 200m: 2:37.12 38.71			
3. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	2:41.66	398
50m: 39.21 39.21 100m: 1:20.46 41.25 150m: 2:02.26 41.80 200m: 2:41.66 39.40			
4. Mariana Magalhaes, FERNANDES	06 Viegrense	2:48.93	349
50m: 38.25 38.25 100m: 1:21.41 43.16 150m: 2:05.28 43.87 200m: 2:48.93 43.65			

Prova 3 Femin., 200m Costas Juvenil A
22/10/2022 - 16:50 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Victoria Frogeri, PEREIRA	08 CNLeiria	2:34.96	452
50m: 36.49 36.49 100m: 1:16.10 39.61 150m: 1:56.09 39.99 200m: 2:34.96 38.87			
2. Rita Rocha, SILVA	08 Alcobaca	2:43.36	385
50m: 38.29 38.29 100m: 1:19.88 41.59 150m: 2:01.87 41.99 200m: 2:43.36 41.49			
3. Matilde Andre, LUIS	08 Alcobaca	2:50.46	339
50m: 42.10 42.10 100m: 1:25.74 43.64 150m: 2:08.70 42.96 200m: 2:50.46 41.76			
4. Diana Rita, FONSECA	08 Viegrense	2:52.85	325
50m: 40.07 40.07 100m: 1:23.57 43.50 150m: 2:08.73 45.16 200m: 2:52.85 44.12			
5. Alice Batista, AGOSTINHO	08 Rio Maior	2:58.18	297
50m: 42.40 42.40 100m: 1:27.76 45.36 150m: 2:12.94 45.18 200m: 2:58.18 45.24			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 3, Femin., 200m Costas

Prova 3 Femin., 200m Costas Juvenil B
22/10/2022 - 16:50 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Constanca Baptista, TOMAS	09 Alcobaca	2:47.70	356
50m: 38.31 38.31 100m: 1:21.74 43.43 150m: 2:05.08 43.34 200m: 2:47.70 42.62			
2. Mariana Santos, INACIO	09 Alcobaca	2:52.62	327
50m: 39.98 39.98 100m: 1:24.33 44.35 150m: 2:08.61 44.28 200m: 2:52.62 44.01			
3. Maria Teresa, OLIVEIRA	09 BA/Leiria	3:00.71	285
50m: 46.52 46.52 100m: 1:28.89 42.37 150m: 2:16.46 47.57 200m: 3:00.71 44.25			
4. Leonor Valerio, ADRIANO	09 Alcobaca	3:01.59	281
50m: 43.08 43.08 100m: 1:29.07 45.99 200m: 3:01.59 1:32.52			
5. Francisca Vieira, NUNES	09 Alcobaca	3:04.68	267
50m: 41.87 41.87 100m: 1:29.78 47.91 150m: 2:18.88 49.10 200m: 3:04.68 45.80			
6. Maria Margarida, OLIVEIRA	09 BA/Leiria	3:05.22	264
50m: 44.49 44.49 100m: 1:32.31 47.82 150m: 2:19.64 47.33 200m: 3:05.22 45.58			
7. Ana Margarida, MARQUES	09 BA/Leiria	3:05.80	262
50m: 43.73 43.73 100m: 1:31.50 47.77 150m: 2:20.08 48.58 200m: 3:05.80 45.72			
8. Ines Ferreira, CHELEU	09 BA/Leiria	3:08.70	250
50m: 43.18 43.18 100m: 1:30.54 47.36 150m: 2:20.34 49.80 200m: 3:08.70 48.36			
DNS Leonor Palma, JACOMO	09 Alcobaca		
DNS Mariana Sousa, MARQUES	09 Alcobaca		

Prova 3 Femin., 200m Costas Infantil A
22/10/2022 - 16:50 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonor Pereira, SILVA	10 Óbidos	3:08.82	249
50m: 43.56 43.56 100m: 1:32.22 48.66 150m: 2:21.74 49.52 200m: 3:08.82 47.08			
2. Sofia Roma, BRIZIDA	10 BA/Leiria	3:10.39	243
50m: 44.58 44.58 100m: 1:34.60 50.02 150m: 2:23.90 49.30 200m: 3:10.39 46.49			
3. Sofia Pinheiro, PACHECO	10 Óbidos	3:11.72	238
50m: 44.19 44.19 100m: 1:33.27 49.08 150m: 2:23.67 50.40 200m: 3:11.72 48.05			
4. Rafaela Santos, AFONSO	10 Naval de Peniche	3:14.22	229
50m: 43.87 43.87 100m: 1:34.37 50.50 150m: 2:25.28 50.91 200m: 3:14.22 48.94			
5. Mara Marcao, COTRIM	10 Óbidos	3:16.10	223
50m: 45.16 45.16 100m: 1:34.05 48.89 150m: 2:25.22 51.17 200m: 3:16.10 50.88			
6. Leonor Silva, MARTINS	10 Óbidos	3:16.82	220
50m: 45.01 45.01 100m: 1:36.38 51.37 150m: 2:28.83 52.45 200m: 3:16.82 47.99			
7. Mariana Santos, AFONSO	10 Naval de Peniche	3:17.22	219
50m: 45.66 45.66 100m: 1:36.60 50.94 150m: 2:28.34 51.74 200m: 3:17.22 48.88			
8. Luana Filipe, REIS	10 Alcobaca	3:17.46	218
50m: 47.79 47.79 100m: 1:39.71 51.92 150m: 2:29.71 50.00 200m: 3:17.46 47.75			
DNS Mariana Sousa, OLIVEIRA	10 Alcobaca		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 3, Femin., 200m Costas

Prova 3
22/10/2022 - 16:50

Femin., 200m Costas

Infantil B
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	3:20.32	209
50m: 47.08 47.08 100m: 1:39.06 51.98 150m: 2:30.41 51.35 200m: 3:20.32 49.91			
2. Gabriela Valverde, CANHA	11 Alcobaca	3:21.18	206
50m: 46.01 46.01 100m: 1:36.06 50.05 150m: 2:29.50 53.44 200m: 3:21.18 51.68			
3. Mariana Silva, CONCEICAO	11 Benedita	3:36.62	165
50m: 51.20 51.20 100m: 1:47.35 56.15 150m: 2:42.75 55.40 200m: 3:36.62 53.87			
4. Matilde Coelho, FERREIRA	11 Uniao Juncalense	3:38.02	162
50m: 51.45 51.45 100m: 1:48.46 57.01 150m: 2:44.73 56.27 200m: 3:38.02 53.29			
5. Mariana Sousa, MENDES	11 Alcobaca	3:38.62	161
100m: 1:49.04 1:49.04 150m: 2:45.99 56.95 200m: 3:38.62 52.63			
6. Madalena Coelho, FERREIRA	11 Uniao Juncalense	3:39.62	158
50m: 52.09 52.09 100m: 1:48.51 56.42 150m: 2:45.00 56.49 200m: 3:39.62 54.62			
7. Matilde Pinto, ANTUNES	11 Naval de Peniche	3:40.18	157
50m: 51.52 51.52 100m: 1:48.05 56.53 150m: 2:45.33 57.28 200m: 3:40.18 54.85			
8. Matilde Vitorino, FERREIRA	11 Naval de Peniche	4:06.03	112
50m: 53.17 53.17 100m: 1:58.28 1:05.11 150m: 3:02.25 1:03.97 200m: 4:06.03 1:03.78			

Prova 4

22/10/2022 - 17:15

Masc., 200m Costas

Senior
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Daniel, TSYKAL	04 Alcobaca	2:22.27	409
50m: 33.14 33.14 100m: 1:09.70 36.56 150m: 1:46.91 37.21 200m: 2:22.27 35.36			
2. Bruno Filipe, TABORDA	95 CNLeiria	2:26.90	371
50m: 33.22 33.22 100m: 1:09.61 36.39 150m: 1:47.89 38.28 200m: 2:26.90 39.01			
3. Miguel Angelo, SILVESTRE	97 Alcobaca	2:28.41	360
50m: 32.91 32.91 100m: 1:09.75 36.84 150m: 1:48.76 39.01 200m: 2:28.41 39.65			

Prova 4

22/10/2022 - 17:15

Masc., 200m Costas

Junior
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luca Valentino, TONA	06 Pimpoes/Cimai	2:25.62	381
50m: 34.11 34.11 100m: 1:12.07 37.96 150m: 1:50.63 38.56 200m: 2:25.62 34.99			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 4, Masc., 200m Costas

Prova 4
22/10/2022 - 17:15

Masc., 200m Costas

Juvenil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ	07 Alcobaca	2:12.35	508
50m: 30.53 30.53 100m: 1:03.73 33.20 150m: 1:38.40 34.67 200m: 2:12.35 33.95			
2. Francisco Jose, FRAGOSO	07 Veiense	2:23.70	397
50m: 32.84 32.84 100m: 1:08.78 35.94 150m: 1:46.52 37.74 200m: 2:23.70 37.18			
3. Jose Januario, MARQUES	07 Pimpoes/Cimai	2:26.21	377
50m: 34.65 34.65 100m: 1:11.81 37.16 150m: 1:49.66 37.85 200m: 2:26.21 36.55			
4. Martim Marques, GOMES	07 Rio Maior	2:30.53	345
50m: 34.59 34.59 100m: 1:11.93 37.34 150m: 1:50.96 39.03 200m: 2:30.53 39.57			
5. Bernardo Nunes, DOMINGUEZ	07 BA/Leiria	2:35.62	312
50m: 36.46 36.46 100m: 1:15.27 38.81 150m: 1:54.72 39.45 200m: 2:35.62 40.90			
6. Mateus Marques, MACHADO	07 Benedita	2:42.89	272
50m: 37.87 37.87 100m: 1:18.86 40.99 150m: 2:01.35 42.49 200m: 2:42.89 41.54			
7. Andre Filipe, FERNANDES	07 Alcobaca	3:46.46	101
50m: 51.62 51.62 100m: 1:50.08 58.46 150m: 2:48.72 58.64 200m: 3:46.46 57.74			

Prova 4
22/10/2022 - 17:15

Masc., 200m Costas

Juvenil B
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:21.54	415
50m: 33.81 33.81 100m: 1:10.31 36.50 150m: 1:46.53 36.22 200m: 2:21.54 35.01			
2. Tiago Santos, POMBO	08 Alcobaca	2:43.50	269
50m: 38.59 38.59 100m: 1:20.50 41.91 150m: 2:03.11 42.61 200m: 2:43.50 40.39			
3. Justin Daniel, BORGES	08 Óbidos	2:49.51	241
50m: 39.46 39.46 100m: 1:21.77 42.31 150m: 2:05.90 44.13 200m: 2:49.51 43.61			

Prova 4
22/10/2022 - 17:15

Masc., 200m Costas

Infantil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tiago Loureiro, DIAS	09 Alcobaca	2:37.03	304
50m: 37.73 37.73 100m: 1:17.65 39.92 150m: 1:58.07 40.42 200m: 2:37.03 38.96			
2. Rodrigo Oliveira, SANTOS	09 Alcobaca	2:46.28	256
50m: 39.05 39.05 100m: 1:21.31 42.26 150m: 2:04.97 43.66 200m: 2:46.28 41.31			
3. Andre Guilherme, CORDEIRO	09 Naval de Peniche	3:05.97	183
50m: 43.23 43.23 100m: 1:30.96 47.73 150m: 2:18.01 47.05 200m: 3:05.97 47.96			
4. Santiago Jose, PACHECO	09 Alcobaca	3:07.48	178
50m: 43.71 43.71 100m: 1:31.93 48.22 150m: 2:20.31 48.38 200m: 3:07.48 47.17			
5. Pedro Blanc, CAPINHA	09 Óbidos	3:21.59	143
50m: 48.68 48.68 100m: 1:39.56 50.88 150m: 2:30.81 51.25 200m: 3:21.59 50.78			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 4, Masc., 200m Costas

Prova 4 Masc., 200m Costas Infantil B
22/10/2022 - 17:15 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	2:32.31	333
50m: 34.03 34.03 100m: 1:11.94 37.91 150m: 1:52.14 40.20 200m: 2:32.31 40.17			
2. Lucas Ferreira, GASPAS	10 Veiense	2:56.53	214
50m: 41.88 41.88 100m: 1:30.23 48.35 150m: 2:10.84 40.61 200m: 2:56.53 45.69			
3. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	3:02.37	194
50m: 44.59 44.59 100m: 1:31.43 46.84 150m: 2:18.42 46.99 200m: 3:02.37 43.95			
4. Tomas Gomes, AFONSO	10 Óbidos	3:32.78	122
50m: 46.70 46.70 100m: 1:40.62 53.92 150m: 2:38.96 58.34 200m: 3:32.78 53.82			
5. Rafael Costa, ANTUNES	10 Naval de Peniche	4:02.94	82
50m: 59.05 59.05 100m: 2:01.37 1:02.32 150m: 3:04.48 1:03.11 200m: 4:02.94 58.46			

Prova 5 Femin., 200m Livres Senior
22/10/2022 - 17:27 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ana Claudia, FERREIRA	90 Alcobaca	2:19.86	490
50m: 32.33 32.33 100m: 1:07.73 35.40 150m: 1:43.55 35.82 200m: 2:19.86 36.31			
2. Joana Silva, ALVES	05 Benedita	2:23.63	453
50m: 32.93 32.93 100m: 1:09.18 36.25 150m: 1:46.22 37.04 200m: 2:23.63 37.41			
3. Beatriz Silva, CONCEICAO	05 Benedita	2:31.49	386
50m: 34.53 34.53 100m: 1:13.59 39.06 150m: 1:52.98 39.39 200m: 2:31.49 38.51			

Prova 5 Femin., 200m Livres Junior
22/10/2022 - 17:27 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 BA/Leiria	2:14.23	555
50m: 30.89 30.89 100m: 1:04.35 33.46 150m: 1:38.99 34.64 200m: 2:14.23 35.24			
2. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	2:20.03	488
50m: 32.80 32.80 100m: 1:08.08 35.28 150m: 1:44.24 36.16 200m: 2:20.03 35.79			
3. Ana Francisca, SILVA	06 Alcobaca	2:24.57	444
50m: 32.81 32.81 100m: 1:09.15 36.34 150m: 1:46.70 37.55 200m: 2:24.57 37.87			
4. Catarina Machado, BELO	06 Benedita	2:27.57	417
50m: 34.28 34.28 100m: 1:12.50 38.22 150m: 1:50.60 38.10 200m: 2:27.57 36.97			
5. Leonor Vendima, COELHO	07 Uniao Juncalense	2:33.49	371
50m: 35.61 35.61 100m: 1:14.69 39.08 150m: 1:54.53 39.84 200m: 2:33.49 38.96			
6. Carolina Ferreira, FONSECA	07 Veiense	2:34.60	363
50m: 34.21 34.21 100m: 1:13.10 38.89 150m: 1:53.98 40.88 200m: 2:34.60 40.62			
7. Leonor Caetano, MOREIRA	06 Veiense	2:36.91	347
50m: 35.31 35.31 100m: 1:14.51 39.20 150m: 1:55.68 41.17 200m: 2:36.91 41.23			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 5, Femin., 200m Livres, Junior

Lugar	Ano	Tempo final	Pts
8. Mafalda Caetano, LOURENCO	06 Vieirense	2:38.20	339
50m: 33.71 33.71 100m: 1:12.08 38.37 150m: 1:54.26 42.18 200m: 2:38.20 43.94			
9. Laura Calheiros, FRAZAO	07 Rio Maior	2:39.23	332
50m: 34.71 34.71 100m: 1:15.28 40.57 150m: 1:58.40 43.12 200m: 2:39.23 40.83			
10. Catarina Tagaroso, LOBO	07 Uniao Juncalense	2:45.04	298
50m: 37.18 37.18 100m: 1:19.04 41.86 150m: 2:03.51 44.47 200m: 2:45.04 41.53			
11. Ana Margarida, MOTA	07 Nucleo de Ansião	2:47.43	285
50m: 37.83 37.83 100m: 1:19.42 41.59 150m: 2:03.32 43.90 200m: 2:47.43 44.11			
12. Matilde Santos, COUTINHO	07 Naval da Nazaré	2:48.11	282
50m: 36.23 36.23 100m: 1:19.36 43.13 150m: 2:04.81 45.45 200m: 2:48.11 43.30			
13. Maria Ines, ESTEVES	06 Naval da Nazaré	2:51.47	266
50m: 35.81 35.81 100m: 1:18.50 42.69 150m: 2:05.37 46.87 200m: 2:51.47 46.10			
14. Rafaela Valente, RODRIGUES	07 Nucleo de Ansião	2:57.64	239
50m: 40.14 40.14 100m: 1:25.73 45.59 150m: 2:13.32 47.59 200m: 2:57.64 44.32			
15. Luana Goncalves, RODRIGUES	07 Nucleo de Ansião	2:58.53	235
50m: 40.87 40.87 100m: 1:26.54 45.67 150m: 2:13.78 47.24 200m: 2:58.53 44.75			
16. Diana Filipa, SANTOS	07 Nucleo de Ansião	3:03.45	217
50m: 40.02 40.02 100m: 1:26.91 46.89 150m: 2:16.14 49.23 200m: 3:03.45 47.31			
17. Beatriz Simoes, MACHADO	07 Nucleo de Ansião	3:05.04	211
50m: 40.61 40.61 100m: 1:26.81 46.20 150m: 2:16.92 50.11 200m: 3:05.04 48.12			
18. Maria Matos, COSTA	07 Nucleo de Ansião	3:17.81	173
50m: 43.45 43.45 100m: 1:33.00 49.55 150m: 2:26.03 53.03 200m: 3:17.81 51.78			

Prova 5
22/10/2022 - 17:27

Femin., 200m Livres

Juvenil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rita Rocha, SILVA	08 Alcobaca	2:28.81	407
50m: 34.81 34.81 100m: 1:12.57 37.76 150m: 1:50.77 38.20 200m: 2:28.81 38.04			
2. Matilde Andre, LUIS	08 Alcobaca	2:30.09	396
50m: 34.42 34.42 100m: 1:12.33 37.91 150m: 1:51.67 39.34 200m: 2:30.09 38.42			
3. Alice Batista, AGOSTINHO	08 Rio Maior	2:38.17	339
50m: 35.62 35.62 100m: 1:15.74 40.12 150m: 1:56.84 41.10 200m: 2:38.17 41.33			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 5, Femin., 200m Livres

Prova 5
22/10/2022 - 17:27

Femin., 200m Livres

Juvenil B
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	2:22.71	461
50m: 31.64 31.64 100m: 1:07.71 36.07 150m: 1:45.40 37.69 200m: 2:22.71 37.31			
2. Constanca Baptista, TOMAS	09 Alcobaca	2:25.20	438
50m: 33.56 33.56 100m: 1:11.07 37.51 150m: 1:49.31 38.24 200m: 2:25.20 35.89			
3. Joana Pereira, SANTOS	09 Rio Maior	2:25.54	435
100m: 1:10.56 1:10.56 150m: 1:48.81 38.25 200m: 2:25.54 36.73			
4. Laura Brites, COSTA	09 Rio Maior	2:28.08	413
50m: 33.40 33.40 100m: 1:10.74 37.34 150m: 1:49.85 39.11 200m: 2:28.08 38.23			
5. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	2:29.40	402
50m: 34.53 34.53 100m: 1:11.63 37.10 150m: 1:50.49 38.86 200m: 2:29.40 38.91			
6. Mariana Santos, INACIO	09 Alcobaca	2:34.43	364
50m: 35.06 35.06 100m: 1:14.18 39.12 150m: 1:54.37 40.19 200m: 2:34.43 40.06			
7. Anjali, RAICAR	09 Naval de Peniche	2:43.04	309
50m: 35.54 35.54 100m: 1:16.58 41.04 150m: 2:00.36 43.78 200m: 2:43.04 42.68			
8. Leonor Valerio, ADRIANO	09 Alcobaca	2:45.01	298
50m: 37.17 37.17 100m: 1:19.39 42.22 150m: 2:02.99 43.60 200m: 2:45.01 42.02			
9. Francisca Vieira, NUNES	09 Alcobaca	2:46.43	291
50m: 38.63 38.63 100m: 1:20.27 41.64 150m: 2:04.38 44.11 200m: 2:46.43 42.05			
10. Sara Ines, SOUSA	09 BA/Leiria	2:52.19	262
50m: 39.67 39.67 100m: 1:22.14 42.47 150m: 2:08.51 46.37 200m: 2:52.19 43.68			
11. Beatriz Rodrigues, FERREIRA	09 Rio Maior	3:44.03	119
50m: 45.96 45.96 100m: 1:43.05 57.09 150m: 2:43.64 1:00.59 200m: 3:44.03 1:00.39			
DNS Leonor Palma, JACOMO	09 Alcobaca		
DNS Mariana Sousa, MARQUES	09 Alcobaca		

Prova 5
22/10/2022 - 17:27

Femin., 200m Livres

Infantil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Barbara Balbino, MENDES	10 Naval de Peniche	2:27.53	418
50m: 33.92 33.92 150m: 1:49.79 1:15.87 200m: 2:27.53 37.74			
2. Bianca Balbino, MENDES	10 Naval de Peniche	2:28.69	408
50m: 33.78 33.78 100m: 1:11.19 37.41 150m: 1:50.17 38.98 200m: 2:28.69 38.52			
3. Lara Paixao, SILVA	10 Rio Maior	2:37.69	342
50m: 35.96 35.96 100m: 1:17.18 41.22 150m: 1:59.28 42.10 200m: 2:37.69 38.41			
4. Maria Carolina, ALVES	10 BA/Leiria	2:42.58	312
50m: 37.17 37.17 100m: 1:19.09 41.92 150m: 2:01.67 42.58 200m: 2:42.58 40.91			
5. Leonor Pereira, SILVA	10 Óbidos	2:43.93	304
50m: 38.43 38.43 100m: 1:20.41 41.98 150m: 2:03.60 43.19 200m: 2:43.93 40.33			
6. Laura Margarida, ASCENSO	10 Nautico Marinha Grande	2:52.16	263
50m: 37.30 37.30 100m: 1:20.79 43.49 150m: 2:06.93 46.14 200m: 2:52.16 45.23			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 5, Femin., 200m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
7. Rafaela Santos, AFONSO	10 Naval de Peniche	2:55.96	246
50m: 39.69 39.69 100m: 1:25.53 45.84 150m: 2:11.87 46.34 200m: 2:55.96 44.09			
8. Mara Marcao, COTRIM	10 Óbidos	2:57.03	241
50m: 38.75 38.75 100m: 1:23.32 44.57 150m: 2:11.65 48.33 200m: 2:57.03 45.38			
9. Luana Filipe, REIS	10 Alcobaca	2:58.50	236
50m: 42.27 42.27 100m: 1:28.65 46.38 150m: 2:14.53 45.88 200m: 2:58.50 43.97			
10. Vida Sofia, VELEZ	10 BA/Leiria	2:58.78	234
50m: 40.21 40.21 100m: 1:26.05 45.84 150m: 2:14.84 48.79 200m: 2:58.78 43.94			
11. Leonor Silva, MARTINS	10 Óbidos	2:59.08	233
50m: 38.81 38.81 100m: 1:25.56 46.75 150m: 2:13.82 48.26 200m: 2:59.08 45.26			
12. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	3:00.38	228
50m: 38.34 38.34 100m: 1:25.68 47.34 150m: 2:14.15 48.47 200m: 3:00.38 46.23			
13. Mariana Santos, AFONSO	10 Naval de Peniche	3:00.39	228
50m: 41.07 41.07 100m: 1:27.93 46.86 150m: 2:16.62 48.69 200m: 3:00.39 43.77			
14. Sofia Pinheiro, PACHECO	10 Óbidos	3:06.32	207
50m: 40.90 40.90 100m: 1:28.56 47.66 150m: 2:17.17 48.61 200m: 3:06.32 49.15			
15. Debora Sofia, SANTOS	10 Rio Maior	3:15.83	178
50m: 42.10 42.10 100m: 1:33.21 51.11 150m: 2:26.07 52.86 200m: 3:15.83 49.76			
16. Matilde Filipa, AMADO	10 Nautico Marinha Grande	3:20.18	167
50m: 42.84 42.84 100m: 1:35.58 52.74 150m: 2:29.40 53.82 200m: 3:20.18 50.78			
17. Beatriz Valente, CARVALHO	10 Óbidos	3:26.62	152
50m: 46.88 46.88 100m: 1:38.75 51.87 150m: 2:34.28 55.53 200m: 3:26.62 52.34			
18. Jakeline Amarchande, CARVALHO	10 Pimpoes/Cimai	4:03.38	93
50m: 49.79 49.79 100m: 1:52.66 1:02.87 150m: 2:59.34 1:06.68 200m: 4:03.38 1:04.04			
DNS Mariana Sousa, OLIVEIRA	10 Alcobaca		
DNS Ana Beatriz, LOPES	10 Nucleo de Ansião		

Prova 5
22/10/2022 - 17:27

Femin., 200m Livres

Infantil B
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	2:42.90	310
50m: 37.59 37.59 100m: 1:20.06 42.47 150m: 2:02.98 42.92 200m: 2:42.90 39.92			
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	2:46.93	288
50m: 36.31 36.31 100m: 1:19.18 42.87 150m: 2:04.10 44.92 200m: 2:46.93 42.83			
3. Leonor Mota, ALVES	11 Nautico Marinha Grande	2:49.21	277
50m: 37.03 37.03 100m: 1:18.96 41.93 150m: 2:04.87 45.91 200m: 2:49.21 44.34			
4. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	3:05.62	209
50m: 41.51 41.51 100m: 1:28.92 47.41 150m: 2:18.59 49.67 200m: 3:05.62 47.03			
5. Gabriela Valverde, CANHA	11 Alcobaca	3:05.90	208
50m: 41.87 41.87 100m: 1:29.45 47.58 150m: 2:19.40 49.95 200m: 3:05.90 46.50			
6. Maria Joao, VALA	11 Pimpoes/Cimai	3:07.32	204
50m: 42.58 42.58 100m: 1:31.07 48.49 150m: 2:20.53 49.46 200m: 3:07.32 46.79			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 5, Femin., 200m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
7. Francisca Moreira, FELICIANO	11 Alcobaca	3:07.66	203
50m: 41.85 41.85 100m: 1:30.87 49.02 150m: 2:20.82 49.95 200m: 3:07.66 46.84			
8. Isabela Maria, CARREIRA	11 Uniao Juncalense	3:16.16	177
50m: 40.77 40.77 100m: 1:30.72 49.95 150m: 2:23.90 53.18 200m: 3:16.16 52.26			
9. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	3:21.21	164
50m: 42.53 42.53 100m: 1:34.86 52.33 150m: 2:29.62 54.76 200m: 3:21.21 51.59			
10. Mariana Sousa, MENDES	11 Alcobaca	3:23.52	159
50m: 46.15 46.15 100m: 1:39.61 53.46 150m: 2:35.68 56.07 200m: 3:23.52 47.84			
11. Erica Felix, RODRIGUES	11 Uniao Juncalense	3:34.97	135
50m: 45.15 45.15 100m: 1:39.15 54.00 150m: 2:39.14 59.99 200m: 3:34.97 55.83			
12. Matilde Coelho, FERREIRA	11 Uniao Juncalense	3:35.24	134
50m: 47.27 47.27 100m: 1:43.85 56.58 150m: 2:42.66 58.81 200m: 3:35.24 52.58			
13. Matilde Pinto, ANTUNES	11 Naval de Peniche	3:55.15	103
50m: 52.25 52.25 100m: 1:53.31 1:01.06 150m: 2:55.29 1:01.98 200m: 3:55.15 59.86			
14. Matilde Vitorino, FERREIRA	11 Naval de Peniche	4:18.82	77
50m: 55.97 55.97 100m: 2:03.53 1:07.56 150m: 3:11.23 1:07.70 200m: 4:18.82 1:07.59			
DNS Bianca Simoes, PIMENTA	11 Nucleo de Ansião		

Prova 6
22/10/2022 - 18:02

Masc., 200m Livres

Senior
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. David Ferreira, RELVAS	03 Nautico Marinha Grande	1:58.29	592
50m: 26.84 26.84 100m: 56.31 29.47 150m: 1:27.12 30.81 200m: 1:58.29 31.17			
2. Miguel Vicente, SILVA	02 Nautico Marinha Grande	1:59.86	569
50m: 26.68 26.68 100m: 57.16 30.48 150m: 1:28.37 31.21 200m: 1:59.86 31.49			
3. Daniel, TSYKAL	04 Alcobaca	2:03.94	515
50m: 28.08 28.08 100m: 59.56 31.48 150m: 1:32.02 32.46 200m: 2:03.94 31.92			
4. Bruno Pinto, DOMINGUES	00 CNLeiria	2:08.38	463
50m: 29.11 29.11 100m: 1:01.69 32.58 150m: 1:34.82 33.13 200m: 2:08.38 33.56			
5. Francisco Xavier, TOMAS	00 Alcobaca	2:11.37	432
50m: 29.16 29.16 100m: 1:01.90 32.74 150m: 1:35.24 33.34 200m: 2:11.37 36.13			
6. Afonso Varelas, SILVA	01 Nautico Marinha Grande	2:11.87	427
50m: 29.53 29.53 100m: 1:02.47 32.94 150m: 1:36.98 34.51 200m: 2:11.87 34.89			
7. Sandro Emanuel, FRANCISCO	99 Viejense	2:13.40	413
50m: 29.85 29.85 100m: 1:03.46 33.61 150m: 1:38.24 34.78 200m: 2:13.40 35.16			
8. Diogo Vicente, SILVA	98 Nautico Marinha Grande	2:13.69	410
50m: 29.87 29.87 100m: 1:02.71 32.84 150m: 1:37.08 34.37 200m: 2:13.69 36.61			
9. Miguel Angelo, SILVESTRE	97 Alcobaca	2:14.46	403
50m: 30.07 30.07 100m: 1:03.62 33.55 150m: 1:38.69 35.07 200m: 2:14.46 35.77			
10. Manuel Maria, FROIS	02 CNLeiria	2:17.84	374
50m: 31.53 31.53 100m: 1:06.71 35.18 150m: 1:41.93 35.22 200m: 2:17.84 35.91			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 6, Masc., 200m Livres, Senior

Lugar	Ano	Tempo final	Pts
11. Ruben Daniel, LINHARES	97 Rio Maior	2:25.08	321
50m: 33.06 33.06 100m: 1:08.80 35.74 150m: 1:46.71 37.91 200m: 2:25.08 38.37			
12. Guilherme Silva, CASTANHEIRA	04 CNLeiria	2:58.65	172
50m: 25.15 25.15 100m: 1:30.08 1:04.93 150m: 2:13.53 43.45 200m: 2:58.65 45.12			

Prova 6 Masc., 200m Livres Junior Resultados
22/10/2022 - 18:02

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	2:00.71	557
50m: 27.76 27.76 100m: 58.77 31.01 150m: 1:30.04 31.27 200m: 2:00.71 30.67			
2. Miguel Fernandes, OLIVEIRA	05 BA/Leiria	2:03.08	526
50m: 28.60 28.60 100m: 59.90 31.30 150m: 1:32.36 32.46 200m: 2:03.08 30.72			
3. Micael Dmitrievich, DENISOV	06 CNLeiria	2:03.91	515
50m: 27.84 27.84 100m: 59.43 31.59 150m: 1:32.02 32.59 200m: 2:03.91 31.89			
4. Tiago Serradas, FRANCISCO	05 BA/Leiria	2:04.49	508
50m: 28.90 28.90 100m: 1:05.40 36.50 150m: 1:33.19 27.79 200m: 2:04.49 31.30			
5. Jose Francisco, OLIVEIRA	05 BA/Leiria	2:05.16	500
50m: 28.49 28.49 100m: 1:00.64 32.15 150m: 1:33.48 32.84 200m: 2:05.16 31.68			
6. Jose Maria, TEMUDO	06 Rio Maior	2:07.02	478
50m: 29.09 29.09 100m: 1:01.69 32.60 150m: 1:34.84 33.15 200m: 2:07.02 32.18			
7. Edgar Francisco, SIMOES	06 Veiense	2:14.49	403
50m: 30.13 30.13 100m: 1:04.62 34.49 150m: 1:40.17 35.55 200m: 2:14.49 34.32			
8. Manuel Faveiro, JESUS	06 Nucleo de Ansião	2:18.58	368
50m: 30.82 30.82 100m: 1:06.04 35.22 150m: 1:43.07 37.03 200m: 2:18.58 35.51			
9. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	2:21.06	349
50m: 30.67 30.67 150m: 1:42.75 1:12.08 200m: 2:21.06 38.31			
10. Rafael, SANTOS	06 Uniao Juncalense	2:23.30	333
50m: 31.80 31.80 100m: 1:08.39 36.59 150m: 1:46.30 37.91 200m: 2:23.30 37.00			
11. Rafael Costa, JESUS	06 Nautico Marinha Grande	2:23.48	332
50m: 31.28 31.28 100m: 1:08.32 37.04 150m: 1:47.45 39.13 200m: 2:23.48 36.03			
12. Marco Ferreira, SILVA	05 Veiense	2:23.95	328
50m: 30.96 30.96 100m: 1:07.43 36.47 150m: 1:46.49 39.06 200m: 2:23.95 37.46			
13. Goncalo Rodrigues, VINTEM	06 Nucleo de Ansião	2:27.90	303
50m: 30.68 30.68 100m: 1:07.03 36.35 150m: 1:47.17 40.14 200m: 2:27.90 40.73			
14. Bruno Belo, AGOSTINHO	05 Benedita	2:36.55	255
50m: 36.12 36.12 100m: 1:15.87 39.75 150m: 1:56.21 40.34 200m: 2:36.55 40.34			
15. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	2:38.42	246
50m: 35.09 35.09 100m: 1:15.39 40.30 150m: 1:58.35 42.96 200m: 2:38.42 40.07			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 6, Masc., 200m Livres

Prova 6 Masc., 200m Livres Juvenil A
22/10/2022 - 18:02 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ 50m: 27.82 27.82 100m: 59.05 31.23 150m: 1:30.09 31.04 200m: 1:59.87 29.78	07 Alcobaca	1:59.87	569
2. Francisco Xavier, RITA 50m: 28.88 28.88 100m: 1:00.44 31.56 150m: 1:32.81 32.37 200m: 2:04.37 31.56	07 Veiense	2:04.37	510
3. Afonso Dinis, ROQUE 50m: 28.37 28.37 100m: 59.82 31.45 150m: 1:32.80 32.98 200m: 2:05.63 32.83	07 CNLeiria	2:05.63	494
4. Eugenio, MELNYK 50m: 29.69 29.69 100m: 1:03.60 33.91 150m: 1:38.89 35.29 200m: 2:14.13 35.24	07 Rio Maior	2:14.13	406
5. Francisco Jose, FRAGOSO 50m: 30.44 30.44 100m: 1:05.28 34.84 150m: 1:41.61 36.33 200m: 2:15.93 34.32	07 Veiense	2:15.93	390
6. Adriano Afonso, STEVENS 50m: 37.09 37.09 100m: 1:19.72 42.63 150m: 2:03.86 44.14 200m: 2:43.00 39.14	07 BA/Leiria	2:43.00	226
7. Rodrigo Diniz, FIGUEIRA 50m: 35.86 35.86 100m: 1:17.78 41.92 150m: 2:02.25 44.47 200m: 2:44.97 42.72	07 Naval da Nazaré	2:44.97	218
8. Andre Filipe, FERNANDES 50m: 37.07 37.07 100m: 1:20.36 43.29 150m: 2:04.50 44.14 200m: 2:47.40 42.90	07 Alcobaca	2:47.40	209
DNS Alexandre, MORARI	07 Rio Maior		

Prova 6 Masc., 200m Livres Juvenil B
22/10/2022 - 18:02 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gabriel Mota, PATRICIO 50m: 29.55 29.55 100m: 1:01.45 31.90 150m: 1:35.37 33.92 200m: 2:09.59 34.22	08 Veiense	2:09.59	450
2. Daniel Gomes, SANTOS 50m: 32.57 32.57 100m: 1:08.86 36.29 150m: 1:45.87 37.01 200m: 2:21.85 35.98	08 Nautico Marinha Grande	2:21.85	343
3. Leonardo Gomes, SILVA 50m: 30.85 30.85 100m: 1:06.83 35.98 150m: 1:44.57 37.74 200m: 2:22.48 37.91	08 Rio Maior	2:22.48	339
4. Tiago Santos, POMBO 50m: 32.46 32.46 100m: 1:08.94 36.48 150m: 1:46.58 37.64 200m: 2:22.59 36.01	08 Alcobaca	2:22.59	338
5. Francisco Guilherme, FREIXIEIRO 50m: 33.26 33.26 100m: 1:09.71 36.45 150m: 1:47.01 37.30 200m: 2:23.05 36.04	08 Rio Maior	2:23.05	335
6. Martim Luis, GASPAR 50m: 33.28 33.28 100m: 1:10.44 37.16 150m: 1:48.95 38.51 200m: 2:26.15 37.20	08 Nautico Marinha Grande	2:26.15	314
7. Diogo Coelho, JORDAO 50m: 33.96 33.96 100m: 1:11.83 37.87 150m: 1:51.48 39.65 200m: 2:28.84 37.36	08 Uniao Juncalense	2:28.84	297
8. Justin Daniel, BORGES 50m: 33.55 33.55 100m: 1:12.74 39.19 150m: 1:54.36 41.62 200m: 2:35.39 41.03	08 Óbidos	2:35.39	261
9. Diogo Barata, ALVES 50m: 34.67 34.67 100m: 1:16.95 42.28 150m: 2:00.75 43.80 200m: 2:43.05 42.30	08 Nautico Marinha Grande	2:43.05	226

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 6, Masc., 200m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
10. Tiago Daniel, POVOA	08 Uniao Juncalense	3:02.81	160
50m: 39.80 39.80	100m: 1:28.04 48.24	150m: 2:17.86 49.82	200m: 3:02.81 44.95

Prova 6 Masc., 200m Livres Infantil A
22/10/2022 - 18:02 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA	09 BA/Leiria	2:13.22	415
50m: 30.75 30.75	100m: 1:05.33 34.58	150m: 1:40.39 35.06	200m: 2:13.22 32.83
2. Henrique Martins, JOAQUIM	09 BA/Leiria	2:19.08	364
50m: 32.21 32.21	100m: 1:08.07 35.86	150m: 1:45.37 37.30	200m: 2:19.08 33.71
3. Tiago Loureiro, DIAS	09 Alcobaca	2:22.41	339
50m: 32.93 32.93	100m: 1:09.18 36.25	150m: 1:46.98 37.80	200m: 2:22.41 35.43
4. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	2:26.65	311
50m: 34.76 34.76	100m: 1:13.37 38.61	150m: 1:51.68 38.31	200m: 2:26.65 34.97
5. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	2:30.09	290
50m: 33.68 33.68	100m: 1:11.02 37.34	150m: 1:50.61 39.59	200m: 2:30.09 39.48
6. Santiago Marques, GOMES	09 BA/Leiria	2:30.12	290
50m: 34.56 34.56	100m: 1:13.59 39.03	150m: 1:52.82 39.23	200m: 2:30.12 37.30
7. Rodrigo Oliveira, SANTOS	09 Alcobaca	2:38.80	245
50m: 35.25 35.25	100m: 1:16.08 40.83	150m: 1:58.37 42.29	200m: 2:38.80 40.43
8. Santiago Jose, PACHECO	09 Alcobaca	2:38.95	244
50m: 36.37 36.37	100m: 1:17.56 41.19	150m: 1:59.52 41.96	200m: 2:38.95 39.43
9. Tomas Martins, ALBUQUERQUE	09 Óbidos	2:41.81	231
50m: 35.48 35.48	100m: 1:17.18 41.70	150m: 2:00.38 43.20	200m: 2:41.81 41.43
10. Isaac Arruda, SARAIVA	09 Viegense	2:45.78	215
50m: 34.74 34.74	100m: 1:16.24 41.50	150m: 2:03.68 47.44	200m: 2:45.78 42.10
11. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	2:45.85	215
50m: 36.29 36.29	100m: 1:18.78 42.49	150m: 2:04.18 45.40	200m: 2:45.85 41.67
12. Andre Guilherme, CORDEIRO	09 Naval de Peniche	2:49.51	201
50m: 38.37 38.37	100m: 1:23.00 44.63	150m: 2:08.11 45.11	200m: 2:49.51 41.40
13. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	2:51.42	194
50m: 37.97 37.97	100m: 1:22.21 44.24	150m: 2:08.35 46.14	200m: 2:51.42 43.07
14. Pedro Blanc, CAPINHA	09 Óbidos	3:07.27	149
50m: 41.42 41.42	100m: 1:29.42 48.00	150m: 2:18.81 49.39	200m: 3:07.27 48.46
15. Rodrigo Feliciano, CASTANHEIRA	09 Pimpoes/Cimai	3:31.08	104
50m: 46.33 46.33	100m: 1:40.66 54.33	150m: 2:35.46 54.80	200m: 3:31.08 55.62
16. Joao Miguel, LIMA	09 Pimpoes/Cimai	3:32.04	102
50m: 50.11 50.11	100m: 1:46.29 56.18	150m: 2:41.72 55.43	200m: 3:32.04 50.32
DNS Dimas, PASICHNYUK	09 Rio Maior		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 6, Masc., 200m Livres

Prova 6 Masc., 200m Livres Infantil B
22/10/2022 - 18:02 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	2:24.04	328
50m: 32.80 32.80 100m: 1:08.62 35.82 150m: 1:46.08 37.46 200m: 2:24.04 37.96			
2. Rodolfo Junior, ALECRIM	10 BA/Leiria	2:27.36	306
50m: 33.18 33.18 100m: 1:12.56 39.38 150m: 1:51.98 39.42 200m: 2:27.36 35.38			
3. Daniel Filipe, JORGE	10 Rio Maior	2:30.78	286
50m: 34.12 34.12 100m: 1:12.59 38.47 150m: 1:52.27 39.68 200m: 2:30.78 38.51			
4. David Xavier, ALMEIDA	10 BA/Leiria	2:38.92	244
50m: 35.77 35.77 100m: 1:16.40 40.63 150m: 1:58.55 42.15 200m: 2:38.92 40.37			
5. Afonso Ferreira, REIS	10 Nautico Marinha Grande	2:47.12	210
50m: 36.86 36.86 100m: 1:20.56 43.70 150m: 2:07.03 46.47 200m: 2:47.12 40.09			
6. Tiago Frazao, BARRA	10 Rio Maior	2:50.12	199
50m: 36.31 36.31 100m: 1:20.05 43.74 150m: 2:06.23 46.18 200m: 2:50.12 43.89			
7. Lucas Costa, JESUS	10 Nautico Marinha Grande	2:50.78	196
50m: 36.56 36.56 100m: 1:19.89 43.33 150m: 2:02.61 42.72 200m: 2:50.78 48.17			
8. Santiago Neves, SILVA	10 Nucleo de Pombal	2:57.93	174
50m: 40.30 40.30 100m: 1:27.35 47.05 150m: 2:13.63 46.28 200m: 2:57.93 44.30			
9. Vasco Rodrigues, ALMEIDA	10 Nautico Marinha Grande	3:08.56	146
50m: 40.19 40.19 100m: 1:29.02 48.83 150m: 2:19.85 50.83 200m: 3:08.56 48.71			
10. Tomas Gomes, AFONSO	10 Óbidos	3:11.27	140
50m: 44.29 44.29 100m: 1:33.56 49.27 150m: 2:26.47 52.91 200m: 3:11.27 44.80			
11. Francisco Antonio, SIMOES	10 BA/Leiria	3:15.08	132
50m: 42.98 42.98 100m: 1:34.49 51.51 150m: 2:23.19 48.70 200m: 3:15.08 51.89			
12. Miguel Silva, OLIVEIRA	10 Pimpoes/Cimai	3:22.26	118
50m: 42.23 42.23 100m: 1:34.65 52.42 150m: 2:30.24 55.59 200m: 3:22.26 52.02			
13. Rafael Costa, ANTUNES	10 Naval de Peniche	4:35.87	46
50m: 1:04.21 1:04.21 100m: 2:16.40 1:12.19 150m: 3:26.53 1:10.13 200m: 4:35.87 1:09.34			
DNS David Branco, TROVAO	10 Alcobaca		
DNS Dinis Lamas, SANTOS	10 BA/Leiria		

Prova 7 Femin., 400m Estilos Junior
22/10/2022 - 18:34 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonor Verissimo, FARIA	06 Nucleo de Pombal	5:28.93	487
50m: 37.54 37.54 150m: 2:01.99 41.06 250m: 3:32.34 50.95 350m: 4:56.21 35.38 100m: 1:20.93 43.39 200m: 2:41.39 39.40 300m: 4:20.83 48.49 400m: 5:28.93 32.72			
2. Maria Madalena, ALVES	06 BA/Leiria	5:31.37	477
50m: 34.81 34.81 150m: 2:00.34 42.66 250m: 3:30.20 47.33 350m: 4:54.82 37.39 100m: 1:17.68 42.87 200m: 2:42.87 42.53 300m: 4:17.43 47.23 400m: 5:31.37 36.55			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 7, Femin., 400m Estilos, Junior

Lugar	Ano	Tempo final	Pts
3. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	5:54.39	390
50m: 35.71 35.71 150m: 2:05.78 47.80 250m: 3:43.96 52.20 350m: 5:16.23 40.08			
100m: 1:17.98 42.27 200m: 2:51.76 45.98 300m: 4:36.15 52.19 400m: 5:54.39 38.16			
4. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	6:24.74	304
50m: 44.99 44.99 150m: 2:27.10 48.27 250m: 4:08.16 53.66 350m: 5:43.96 42.26			
100m: 1:38.83 53.84 200m: 3:14.50 47.40 300m: 5:01.70 53.54 400m: 6:24.74 40.78			
5. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	6:37.66	276
50m: 44.01 44.01 150m: 2:26.78 48.82 250m: 4:11.71 57.11 350m: 5:53.45 45.74			
100m: 1:37.96 53.95 200m: 3:14.60 47.82 300m: 5:07.71 56.00 400m: 6:37.66 44.21			

Prova 7 Femin., 400m Estilos Juvenil A Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	6:16.81	324
50m: 40.60 40.60 150m: 2:19.65 49.41 250m: 3:57.81 49.91 350m: 5:34.17 44.31			
100m: 1:30.24 49.64 200m: 3:07.90 48.25 300m: 4:49.86 52.05 400m: 6:16.81 42.64			
2. Matilde Monteiro, NEVES	08 Nucleo de Pombal	6:25.28	303
50m: 42.72 42.72 150m: 2:21.66 48.80 250m: 4:03.25 53.96 350m: 5:43.53 44.63			
100m: 1:32.86 50.14 200m: 3:09.29 47.63 300m: 4:58.90 55.65 400m: 6:25.28 41.75			

Prova 7 Femin., 400m Estilos Juvenil B Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	6:07.62	349
50m: 41.11 41.11 150m: 2:14.82 45.90 250m: 3:53.06 52.44 350m: 5:27.30 42.13			
100m: 1:28.92 47.81 200m: 3:00.62 45.80 300m: 4:45.17 52.11 400m: 6:07.62 40.32			
2. Teresa Maria, LOPES	09 Benedita	6:10.87	340
50m: 38.97 38.97 150m: 2:15.01 48.39 250m: 3:54.28 51.68 350m: 5:29.46 42.78			
100m: 1:26.62 47.65 200m: 3:02.60 47.59 300m: 4:46.68 52.40 400m: 6:10.87 41.41			

Prova 7 Femin., 400m Estilos Infantil A Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Laura Helena, AMORIM	10 Nautico Marinha Grande	6:03.57	361
50m: 39.41 39.41 200m: 2:58.87 1:32.44 300m: 4:40.60 51.79 400m: 6:03.57 40.45			
100m: 1:26.43 47.02 250m: 3:48.81 49.94 350m: 5:23.12 42.52			
2. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	6:10.42	341
50m: 39.64 39.64 150m: 2:10.15 43.31 250m: 3:52.11 58.30 350m: 5:31.21 41.37			
100m: 1:26.84 47.20 200m: 2:53.81 43.66 300m: 4:49.84 57.73 400m: 6:10.42 39.21			
3. Diana Isabel, ALVES	10 Benedita	6:30.26	292
50m: 43.46 43.46 150m: 2:26.46 50.09 250m: 4:08.38 54.59 350m: 5:48.24 44.41			
100m: 1:36.37 52.91 200m: 3:13.79 47.33 300m: 5:03.83 55.45 400m: 6:30.26 42.02			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 7, Femin., 400m Estilos, Infantil A

Lugar	Ano	Tempo final	Pts
4. Laura Samora, GONCALVES	10 Nautico Marinha Grande	6:31.46	289
50m: 41.59 41.59	150m: 2:19.22 49.81	250m: 4:05.02 57.70	350m: 5:45.23 41.00
100m: 1:29.41 47.82	200m: 3:07.32 48.10	300m: 5:04.23 59.21	400m: 6:31.46 46.23
5. Debora Silva, INACIO	10 Pimpoes/Cimai	6:44.76	261
50m: 39.31 39.31	150m: 2:28.70 58.65	250m: 4:15.78 57.47	350m: 6:02.97 48.17
100m: 1:30.05 50.74	200m: 3:18.31 49.61	300m: 5:14.80 59.02	400m: 6:44.76 41.79
6. Matilde Evangelista, SILVA	10 Benedita	7:05.94	224
50m: 48.42 48.42	150m: 2:38.06 53.37	250m: 4:29.95 1:00.67	350m: 6:19.62 48.88
100m: 1:44.69 56.27	200m: 3:29.28 51.22	300m: 5:30.74 1:00.79	400m: 7:05.94 46.32
7. Mariana Sofia, ANTUNES	10 Pimpoes/Cimai	7:53.48	163
50m: 52.96 52.96	150m: 3:00.59 56.43	250m: 5:00.03 1:05.02	350m: 7:00.73 55.31
100m: 2:04.16 1:11.20	200m: 3:55.01 54.42	300m: 6:05.42 1:05.39	400m: 7:53.48 52.75

Prova 7 22/10/2022 - 18:34 Femin., 400m Estilos Infantil B Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mafalda Teles, SOUSA	11 Pimpoes/Cimai	7:05.34	225
50m: 46.69 46.69	150m: 2:38.61 54.42	250m: 4:30.71 58.55	350m: 6:20.84 50.00
100m: 1:44.19 57.50	200m: 3:32.16 53.55	300m: 5:30.84 1:00.13	400m: 7:05.34 44.50

Prova 8 22/10/2022 - 18:57 Masc., 400m Estilos Senior Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Carlos Miguel, SOTELO	91 Nucleo de Pombal	5:25.24	376
50m: 34.71 34.71	150m: 1:58.62 42.80	250m: 3:24.11 44.91	350m: 4:49.07 38.61
100m: 1:15.82 41.11	200m: 2:39.20 40.58	300m: 4:10.46 46.35	400m: 5:25.24 36.17
2. Joao Paulo, RIBEIRO	92 CNLeiria	5:29.15	363
50m: 32.65 32.65	150m: 1:54.45 43.52	250m: 3:22.63 45.83	350m: 4:50.29 40.73
100m: 1:10.93 38.28	200m: 2:36.80 42.35	300m: 4:09.56 46.93	400m: 5:29.15 38.86

Prova 8 22/10/2022 - 18:57 Masc., 400m Estilos Junior Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	5:24.81	377
50m: 35.90 35.90	150m: 1:58.18 39.90	250m: 3:24.74 48.13	350m: 4:50.06 36.23
100m: 1:18.28 42.38	200m: 2:36.61 38.43	300m: 4:13.83 49.09	400m: 5:24.81 34.75
2. Vasco Pedro, BRANCO	06 Naval da Nazaré	5:30.45	358
50m: 32.45 32.45	150m: 1:57.71 44.91	250m: 3:29.29 49.45	350m: 4:58.62 39.26
100m: 1:12.80 40.35	200m: 2:39.84 42.13	300m: 4:19.36 50.07	400m: 5:30.45 31.83

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 8, Masc., 400m Estilos

Prova 8 Masc., 400m Estilos Juvenil B
22/10/2022 - 18:57 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	5:11.24	429
50m: 33.40 33.40 150m: 1:50.27 40.23 250m: 3:14.20 45.89 350m: 4:37.06 36.89			
100m: 1:10.04 36.64 200m: 2:28.31 38.04 300m: 4:00.17 45.97 400m: 5:11.24 34.18			
2. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	5:49.06	304
50m: 36.03 36.03 150m: 2:04.60 45.92 250m: 3:40.84 51.67 350m: 5:11.71 38.95			
100m: 1:18.68 42.65 200m: 2:49.17 44.57 300m: 4:32.76 51.92 400m: 5:49.06 37.35			
3. Antonio Quiterio, ANASTACIO	08 Benedita	6:02.17	272
50m: 41.29 41.29 150m: 2:17.03 47.60 250m: 3:52.06 49.11 350m: 5:23.49 41.68			
100m: 1:29.43 48.14 200m: 3:02.95 45.92 300m: 4:41.81 49.75 400m: 6:02.17 38.68			

Prova 8 Masc., 400m Estilos Infantil A
22/10/2022 - 18:57 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Guilherme Meireles, MARRAZES	09 Nautico Marinha Grande	5:33.59	348
50m: 35.37 35.37 150m: 1:59.37 43.96 250m: 3:31.28 48.42 350m: 4:56.71 37.28			
100m: 1:15.41 40.04 200m: 2:42.86 43.49 300m: 4:19.43 48.15 400m: 5:33.59 36.88			
2. Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	5:39.11	331
50m: 34.76 34.76 150m: 2:01.27 45.28 250m: 3:33.87 48.71 350m: 5:03.06 39.09			
100m: 1:15.99 41.23 200m: 2:45.16 43.89 300m: 4:23.97 50.10 400m: 5:39.11 36.05			
3. Xinyang, CHENG	09 Nautico Marinha Grande	5:39.96	329
50m: 35.58 35.58 150m: 2:03.40 45.72 250m: 3:33.39 46.45 350m: 5:01.44 40.53			
100m: 1:17.68 42.10 200m: 2:46.94 43.54 300m: 4:20.91 47.52 400m: 5:39.96 38.52			
4. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	5:41.34	325
50m: 34.46 34.46 150m: 1:59.23 45.06 250m: 3:32.71 49.94 350m: 5:03.34 39.23			
100m: 1:14.17 39.71 200m: 2:42.77 43.54 300m: 4:24.11 51.40 400m: 5:41.34 38.00			
5. Paulo, KOT	09 Nautico Marinha Grande	5:43.94	318
50m: 35.87 35.87 150m: 2:02.59 42.88 250m: 3:36.11 51.39 350m: 5:06.77 39.35			
100m: 1:19.71 43.84 200m: 2:44.72 42.13 300m: 4:27.42 51.31 400m: 5:43.94 37.17			
6. Louis Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	6:07.38	261
50m: 38.56 38.56 150m: 2:13.32 48.86 250m: 3:52.26 53.59 350m: 5:27.48 42.45			
100m: 1:24.46 45.90 200m: 2:58.67 45.35 300m: 4:45.03 52.77 400m: 6:07.38 39.90			
7. Hugo Miguel, SANTOS	09 Pimpoes/Cimai	6:15.10	245
50m: 40.21 40.21 150m: 2:20.27 49.10 250m: 3:57.69 50.36 350m: 5:34.00 44.06			
100m: 1:31.17 50.96 200m: 3:07.33 47.06 300m: 4:49.94 52.25 400m: 6:15.10 41.10			
8. Maksym, TYSHCHUK	09 Nautico Marinha Grande	6:19.30	237
50m: 41.47 41.47 150m: 2:19.21 47.51 250m: 3:59.70 54.66 350m: 5:38.06 42.30			
100m: 1:31.70 50.23 200m: 3:05.04 45.83 300m: 4:55.76 56.06 400m: 6:19.30 41.24			
9. Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	6:24.11	228
50m: 57.65 57.65 150m: 2:10.89 46.26 250m: 3:56.54 1:00.52 350m: 5:39.58 43.73			
100m: 1:24.63 26.98 200m: 2:56.02 45.13 300m: 4:55.85 59.31 400m: 6:24.11 44.53			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 8, Masc., 400m Estilos

Prova 8 Masc., 400m Estilos Infantil B
22/10/2022 - 18:57 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	6:04.52	267
50m: 38.56 38.56 150m: 2:14.08 47.99 250m: 3:52.96 51.31 350m: 5:26.81 41.11			
100m: 1:26.09 47.53 200m: 3:01.65 47.57 300m: 4:45.70 52.74 400m: 6:04.52 37.71			
2. Guilherme Costa, REBELO	10 Pimpoes/Cimai	6:05.24	265
50m: 35.42 35.42 150m: 2:07.86 46.77 250m: 3:46.37 53.02 350m: 5:25.40 43.97			
100m: 1:21.09 45.67 200m: 2:53.35 45.49 300m: 4:41.43 55.06 400m: 6:05.24 39.84			
3. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	6:09.87	255
50m: 38.18 38.18 150m: 2:14.53 49.32 250m: 3:49.58 48.73 350m: 5:27.19 46.90			
100m: 1:25.21 47.03 200m: 3:00.85 46.32 300m: 4:40.29 50.71 400m: 6:09.87 42.68			
4. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	6:21.37	233
50m: 40.69 40.69 150m: 2:17.62 48.83 250m: 4:03.12 57.75 350m: 5:43.31 40.87			
100m: 1:28.79 48.10 200m: 3:05.37 47.75 300m: 5:02.44 59.32 400m: 6:21.37 38.06			
5. Simao Sousa, JESUS	10 Nautico Marinha Grande	6:22.49	231
50m: 40.25 40.25 150m: 2:21.08 49.77 250m: 4:03.15 52.19 350m: 5:39.56 43.10			
100m: 1:31.31 51.06 200m: 3:10.96 49.88 300m: 4:56.46 53.31 400m: 6:22.49 42.93			
6. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	6:32.86	213
50m: 40.92 40.92 150m: 2:21.09 49.80 250m: 4:07.39 58.45 350m: 5:50.65 45.78			
100m: 1:31.29 50.37 200m: 3:08.94 47.85 300m: 5:04.87 57.48 400m: 6:32.86 42.21			
DSQ Joao Piteira, GAIOLAS	10 Nautico Marinha Grande		
<i>Na viragem aos 50 metros, o atleta só tocou na parede com uma mão.</i>			

Prova 9 Femin., 4 x 100m Livres Junior
22/10/2022 - 19:17 Resultados

Pontos: FINA 2022

Lugar	Tempo final	Pts
1. IDV JUN	4:41.21	396
Mafalda Caetano, LOURENCC06 33.40 1:10.66 Leonor Caetano, MOREIRA 06 31.81 1:09.97		
Mariana Magalhaes, FERNANIO6S 31.86 1:10.24 Carolina Ferreira, FONSECA 07 32.68 1:10.34		
2. NDAP JUN	4:48.33	367
Leonor Verissimo, FARIA 06 31.31 1:03.65 Ana Luisa, RENDEIRO 06 35.41 1:14.89		
Dalila Leal, BERNARDINO 06 32.73 1:08.67 Flavia Mendes, DOMINGUES 06 38.75 1:21.12		

Prova 9 Femin., 4 x 100m Livres Juvenil B
22/10/2022 - 19:17 Resultados

Pontos: FINA 2022

Lugar	Tempo final	Pts
1. CNAL JUV B	4:54.83	343
Constanca Baptista, TOMAS 09 33.70 1:11.25 Mariana Santos, INACIO 09 33.33 1:10.44		
Francisca Vieira, NUNES 09 36.87 1:16.88 Leonor Valerio, ADRIANO 09 36.18 1:16.26		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 9, Femin., 4 x 100m Livres

Prova 9 Femin., 4 x 100m Livres Infantil A
22/10/2022 - 19:17 Resultados

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	DNMG INF A			Nautico Marinha Grande	5:02.18	319
	Madalena Gracio, PEDROSO	10	34.46	1:11.59	Laura Samora, GONCALVES	10 38.48 1:20.34
	Laura Margarida, ASCENSO	10	36.07	1:18.72	Laura Helena, AMORIM	10 34.34 1:11.53
2.	OC INF A			Óbidos	5:26.15	253
	Leonor Pereira, SILVA	10	38.29	1:19.90	Mara Marcao, COTRIM	10 1:24.13
	Sofia Pinheiro, PACHECO	10		1:24.72	Leonor Silva, MARTINS	10 1:17.40

Prova 9 Femin., 4 x 100m Livres Infantil B
22/10/2022 - 19:17 Resultados

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	URDJ INF B			Uniao Juncalense	6:15.60	166
	Isabela Maria, CARREIRA	11	39.96	1:27.18	Matilde Coelho, FERREIRA	11 1:43.87
	Madalena Coelho, FERREIRA	11		1:30.92	Margarida Lopes, RODRIGUE	11 1:33.63

Prova 9 Femin., 4 x 100m Livres CLASSIFICAÇÃO EXTRA
22/10/2022 - 19:17 Resultados

Pontos: FINA 2022

Lugar					Tempo final	Pts
DNS	CNL ABS EXTRA			CNLeiria		
EXH	SIRP ABS EXTRA			Pimpoes/Cimai	4:24.03	478
	Camila Silva, CHAMUSCO	08	34.53	1:12.96	Maria Silva, CARVALHO	05 30.16 1:03.82
	Ines Mira, PINO	06	29.57	1:01.28	Beatriz Luz, MARTINS	06 31.78 1:05.97
EXH	CNAL ABS EXTRA			Alcobaca	4:25.30	471
	Ana Claudia, FERREIRA	90	30.42	1:03.97	Rita Rocha, SILVA	08 32.52 1:08.48
	Matilde Andre, LUIS	08	33.09	1:08.49	Ana Francisca, SILVA	06 31.10 1:04.36
EXH	BA Leiria ABS			BA/Leiria	4:32.48	435
	Ines Ferreira, CHELEU	09		1:05.10	Maria Teresa, OLIVEIRA	09 1:13.52
	Maria Madalena, ALVES	06		1:10.18	Ariana Bento, CARAPINHA	06 1:03.68
EXH	CNL ABS EXTRA			CNLeiria	4:46.05	376
	Beatriz Belo, CLARA	09	32.93	1:09.15	Vanessa Liliana, ALMEIDA	07 31.25 1:05.17
	Maria Francisca, FROIS	06	29.50	1:02.78	Maria Santos, FONSECA	11 41.99 1:28.95
EXH	DNMG INF EXTRA			Nautico Marinha Grande	5:43.12	218
	Leonor Mota, ALVES	11	37.11	1:19.73	Matilde Filipa, AMADO	10 43.09 1:33.57
	Matilde Santos, VIEIRA	10	40.88	1:26.48	Beatriz Marques, GASPAR	11 39.75 1:23.34
EXH	SIRP INF EXTRA			Pimpoes/Cimai	5:44.30	215
	Debora Silva, INACIO	10	36.68	1:17.29	Maria Joao, VALA	11 43.17 1:30.94
	Mafalda Teles, SOUSA	11	39.08	1:19.91	Mariana Sofia, ANTUNES	10 44.42 1:36.16
EXH	CNAL INF EXTRA			Alcobaca	5:48.02	208
	Mariana Sousa, MENDES	11	41.71	1:30.64	Francisca Moreira, FELICIAN	11 40.78 1:27.57
	Gabriela Valverde, CANHA	11	41.03	1:25.85	Luana Filipe, REIS	10 40.83 1:23.96

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 10 Masc., 4 x 100m Livres Senior
22/10/2022 - 19:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	DNMG SEN			Nautico Marinha Grande		3:46.32	528
	Miguel Vicente, SILVA	02	24.92	53.06	David Ferreira, RELVAS	03 25.98	54.88
	Afonso Varelas, SILVA	01	27.32	59.52	Diogo Vicente, SILVA	98 27.50	58.86

Prova 10 Masc., 4 x 100m Livres Juvenil A
22/10/2022 - 19:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	CNL JUV A			CNLeiria		3:45.60	534
	Francisco Marques, SIMOES	07	27.06	56.28	Joao Moura, FRANCISCO	07 26.50	1:00.49
	Afonso Dinis, ROQUE	07	27.14	56.86	Goncalo Pereira, COLACO	07 23.18	51.97

Prova 10 Masc., 4 x 100m Livres Infantil A
22/10/2022 - 19:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	DNMG INF A			Nautico Marinha Grande		4:18.06	356
	Paulo, KOT	09	30.51	1:05.00	Xinyang, CHENG	09 31.47	1:05.15
	Guilherme Meireles, MARRAZO	09	30.43	1:04.65	Martim Alexandre, MESQUITA	09 29.69	1:03.26
2.	SIRP INF A			Pimpoes/Cimai		4:36.81	289
	Tomas Bento, ANFILOQUIO	09	30.10	1:12.13	Hugo Miquel, SANTOS	09	1:12.28
	Louis Ressejac-Duparc, SAN	09		1:08.98	Santiago Agostinho, PARREIRO	09	1:03.42

Prova 10 Masc., 4 x 100m Livres Infantil B
22/10/2022 - 19:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	SIRP INF B			Pimpoes/Cimai		5:07.82	210
	Gabriel Krempel, VARELA	10		1:14.06	Guilherme Costa, REBELO	10	1:09.35
	Guilherme Rodrigues, CABRAL	10		1:14.87	Miguel Silva, OLIVEIRA	10	1:29.54
2.	DNMG INF B			Nautico Marinha Grande		5:10.60	204
	Francisco Lourenco, PEDROS	10	34.88	1:13.49	Tomas Manuel, PALMEIRO	10 35.85	1:16.43
	Joao Piteira, GAIOLAS	10	37.85	1:19.98	Simao Sousa, JESUS	10 36.30	1:20.70
EXH	CNAL ABS EXTRA			Alcobaca		3:47.22	522
	Leonardo Jose, CRUZ	07		55.58	Miquel Angelo, SILVESTRE	97	58.83
	Daniel, TSYKAL	04		56.41	Francisco Xavier, TOMAS	00	56.40
EXH	IDV ABS EXTRA			Vieirense		3:51.55	493
	Gabriel Mota, PATRICIO	08	28.15	58.56	Sandro Emanuel, FRANCISCO	09 27.29	57.14
	Francisco Jose, FRAGOSO	07	28.22	59.31	Francisco Xavier, RITA	07 26.94	56.54
EXH	SIRP ABS EXTRA			Pimpoes/Cimai		3:52.05	490
	Mikhael, ONUTSKYY	08	29.28	1:00.37	Jose Januario, MARQUES	07	59.09
	Luca Valentino, TONA	06		56.85	Gil Santos, LEMOS	06	55.74

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 10, 4 x 100m Livres

Lugar						Tempo final	Pts
EXH	CNL ABS EXTRA			CNLeiria		3:52.78	486
	Tome Nunes, TOME	08	28.94	1:00.37	Bruno Pinto, DOMINGUES	00 26.75	56.53
	Joao Paulo, RIBEIRO	92	28.98	1:01.53	Micael Dmitrievich, DENISOV	06 25.62	54.35
EXH	BA/ Leiria ABS			BA/Leiria		3:57.44	458
	Bernardo Nunes, DOMINGUE	07	30.04	1:04.65	Tiago Serradas, FRANCISCO	05 28.08	59.80
	Jose Francisco, OLIVEIRA	05	27.69	58.13	Miguel Fernandes, OLIVEIRA	05 26.12	54.86
EXH	CNL ABS EXTRA			CNLeiria		4:08.41	399
	Tomas Marques, FRANCIS	10	38.09	1:19.40	Vitor Belo, CLARA	04 25.35	53.08
	Manuel Maria, FROIS	02	28.63	1:00.19	Guilherme Silva, CASTANHEI	04 25.92	55.74
EXH	BA/ Leiria INF EXTRA			BA/Leiria		4:18.69	354
	Henrique Martins, JOAQUIM	09	30.45	1:02.46	Rodolfo Junior, ALECRIM	10 30.57	1:04.47
	Santiago Marques, GOMES	09	32.15	1:08.50	Tomas Pascoal, FERREIRA	09 30.47	1:03.26
EXH	DNMG ABS EXTRA			Nautico Marinha Grande		4:28.15	318
	Daniel Gomes, SANTOS	08	29.91	1:03.05	Samuel Filipe, AMORIM	05 29.31	1:02.91
	Martim Luis, GASPAR	08	32.15	1:08.47	Diogo Barata, ALVES	08 34.27	1:13.72
EXH	CNNZ ABS EXTRA			Naval da Nazaré		4:28.83	315
	Francisco Lourenco, CUSTOD	09	32.56	1:08.42	Gabriel Lourenco, CUSTODI	06 32.41	1:08.85
	Rodrigo Diniz, FIGUEIRA	07	33.85	1:12.10	Vasco Pedro, BRANCO	06 28.22	59.46
EXH	URDJ ABS EXTRA			Uniao Juncalense		4:35.46	293
	Rafael, SANTOS	06	30.32	1:04.90	Diogo Coelho, JORDAO	08 32.16	1:07.93
	Rodrigo Cardoso, TOMAS	10	35.92	1:13.98	Gabriel Santiago, FERREIRA	09 32.83	1:08.65
EXH	CNAL INF EXTRA			Alcobaca		4:35.94	291
	Rodrigo Oliveira, SANTOS	09	32.88	1:10.45	Santiago Jose, PACHECO	09 34.96	1:13.98
	Antonio Antunes, JORGE	10	31.17	1:06.19	Tiago Loureiro, DIAS	09 31.13	1:05.32
EXH	DNMG INF EXTRA			Nautico Marinha Grande		5:04.71	216
	Maksym, TYSHCHUK	09	33.97	1:10.87	Pedro Fonseca, OLIVEIRA	09 34.52	1:15.84
	Afonso Ferreira, REIS	10	37.12	1:19.60	Vladyslav, BABUSHKIN	09 36.74	1:18.40
EXH	BA/ Leiria EXTRA			BA/Leiria		5:36.15	192
	David Xavier, ALMEIDA	10	34.41	1:11.66	Francisco Antonio, SIMOES	10 43.60	1:32.16
	Sofia Roma, BRIZIDA	10	39.80	1:23.50	Vida Sofia, VELEZ	10 40.87	1:28.83

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

2 - 2ª Jornada - Sessão única (Manhã)

23/10/2022 - 9:30

Prova 11 Masc., 4 x 100m Estilos Senior
23/10/2022 - 9:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	CNL SEN			CNLeiria		4:08.28	516
	Ricardo Morais, FARIA	04	30.10	1:03.80	Vitor Belo, CLARA	04	27.01
	Joao Gabriel, ANICETO	04	32.03	1:10.28	Guilherme Silva, CASTANHEI04	26.15	55.66
2.	DNMG SEN			Nautico Marinha Grande		4:09.81	506
	Diogo Vicente, SILVA	98	30.56	1:04.36	David Ferreira, RELVAS	03	57.90
	Afonso Varelas, SILVA	01	34.19	1:15.39	Miguel Vicente, SILVA	02	24.22
3.	CNL SEN			CNLeiria		4:23.65	431
	Bruno Filipe, TABORDA	95	31.31	1:05.68	Joao Miquel, SANTOS	81	28.83
	Bruno Pinto, DOMINGUES	00	32.19	1:08.38	Nuno Ricardo, ANTUNES	78	28.73

Prova 11 Masc., 4 x 100m Estilos Junior
23/10/2022 - 9:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	BA/ Leiria JUN			BA/Leiria		4:13.06	487
	Miguel Fernandes, OLIVEIRA	05	31.64	1:03.17	Jose Francisco, OLIVEIRA	05	1:01.99
	Afonso Manuel, ASCENSO	05		1:10.78	Tiago Serradas, FRANCISCO05		57.12

Prova 11 Masc., 4 x 100m Estilos Juvenil A
23/10/2022 - 9:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	CNL JUV A			CNLeiria		4:13.15	486
	Francisco Marques, SIMOES	07	30.83	1:06.53	Joao Moura, FRANCISCO	07	27.09
	Goncalo Pereira, COLACO	07	33.40	1:10.56	Afonso Dinis, ROQUE	07	26.55

Prova 11 Masc., 4 x 100m Estilos Infantil A
23/10/2022 - 9:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	DNMG INF A			Nautico Marinha Grande		4:42.32	351
	Paulo, KOT	09	34.62	1:10.70	Guilherme Meireles, MARRAZ09	31.67	1:09.03
	Xinyang, CHENG	09	37.61	1:19.96	Martim Alexandre, MESQUIT09	29.43	1:02.63
2.	SIRP INF A			Pimpoes/Cimai		5:04.31	280
	Santiago Agostinho, PARREI09	09	33.87	1:12.02	Louis Ressejac-Duparc, SAN09S	35.00	1:16.80
	Hugo Miguel, SANTOS	09	39.19	1:24.14	Tomas Bento, ANFILOQUIO	09	32.95

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 11, 4 x 100m Estilos

Prova 11 Masc., 4 x 100m Estilos Infantil B
23/10/2022 - 9:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	DNMG INF B			Nautico Marinha Grande		5:36.68	206
	Tomas Manuel, PALMEIRO	10	38.53	1:21.84	Joao Piteira, GAIOLAS	10	39.90 1:28.40
	Afonso Ferreira, REIS	10	43.13	1:35.11	Francisco Lourenco, PEDROS	10	33.85 1:11.33
2.	SIRP INF B			Pimpoes/Cimai		5:38.23	204
	Guilherme Costa, REBELO	10	35.85	1:15.99	Gabriel Krempel, VARELA	10	37.54 1:22.16
	Guilherme Rodrigues, CABRAL	10	42.33	1:29.69	Miguel Silva, OLIVEIRA	10	41.89 1:30.39
DSQ	BA/ Leiria INF B			BA/Leiria			
	<i>O 2º atleta só tocou com uma mão na parede, na chegada.</i>						
	Rodolfo Junior, ALECRIM	10	36.96	1:13.84	David Xavier, ALMEIDA	10	
	Dinis Lamas, SANTOS	10			Francisco Antonio, SIMOES	10	

Prova 11 Masc., 4 x 100m Estilos CLASSIFICAÇÃO EXTRA
23/10/2022 - 9:30 Resultados

Pontos: FINA 2022

Lugar						Tempo final	Pts
DSQ	CNAL INF EXTRA			Alcobaca			
	<i>Falsa rendição do 4º atleta.</i>						
	Rodrigo Oliveira, SANTOS	09	38.43	1:20.02	Tiago Loureiro, DIAS	09	
	Antonio Antunes, JORGE	10			Santiago Jose, PACHECO	09	
EXH	CNAL ABS EXTRA			Alcobaca		4:11.71	495
	Leonardo Jose, CRUZ	07	29.71	1:00.81	Miguel Angelo, SILVESTRE	97	1:04.19
	Daniel, TSYKAL	04		1:09.33	Francisco Xavier, TOMAS	00	57.38
EXH	SIRP ABS EXTRA			Pimpoes/Cimai		4:20.32	447
	Gil Santos, LEMOS	06	31.31	1:05.18	Luca Valentino, TONA	06	27.77 1:00.61
	Mikhael, ONUTSKYY	08	35.69	1:16.54	Jose Januario, MARQUES	07	27.93 57.99
EXH	IDV ABS EXTRA			Vieirense		4:27.45	412
	Francisco Jose, FRAGOSO	07	3:10.40	1:06.77	Sandro Emanuel, FRANCISCO	99	29.35 1:03.59
	Gabriel Mota, PATRICIO	08	34.57	1:16.07	Edgar Francisco, SIMOES	06	28.13 1:01.02
EXH	DNMG ABS EXTRA			Nautico Marinha Grande		4:53.95	311
	Martim Luis, GASPAR	08	34.08		Tomas Amor, SARREIRA	05	1:01.55
	Daniel Gomes, SANTOS	08			Diogo Barata, ALVES	08	1:17.01
EXH	BA/ Leiria INF A EXTRA			BA/Leiria		5:01.28	342
	Tomas Pascoal, FERREIRA	09	34.46	1:10.47	Henrique Martins, JOAQUIM	09	33.74 1:12.69
	Santiago Marques, GOMES	09	39.29	1:24.81	Maria Carolina, ALVES	10	34.07 1:13.31
EXH	DNMG INF EXTRA			Nautico Marinha Grande		5:35.24	209
	Pedro Fonseca, OLIVEIRA	09	37.78	1:19.84	Maksym, TYSHCHUK	09	39.03 1:27.37
	Simao Sousa, JESUS	10	41.78	1:31.09	Vladyslav, BABUSHKIN	09	36.32 1:16.94
EXH	OC INF EXTRA			Óbidos		6:21.34	142
	Tomas Gomes, AFONSO	10	45.83	1:34.90	Tiago Eurico, CORREIA	09	44.96 1:48.94
	Pedro Blanc, CAPINHA	09	49.19	1:45.80	Tomas Martins, ALBUQUERQUE	09	33.36 1:11.70

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 12, Femin., 4 x 100m Estilos

Prova 12 Femin., 4 x 100m Estilos Juvenil B Resultados
23/10/2022 - 9:51

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	CNAL JUV B			Alcobaca		5:34.64	302
	Leonor Valerio, ADRIANO	09	42.93	1:28.39	Constanca Baptista, TOMAS	09	35.35 1:19.97
	Francisca Vieira, NUNES	09	44.83	1:34.67	Mariana Santos, INACIO	09	33.57 1:11.61
2.	BA/ Leiria JUV B			BA/Leiria		5:38.15	292
	Maria Margarida, OLIVEIRA	09	39.83	1:23.37	Ana Margarida, MARQUES	09	39.00 1:29.76
	Maria Teresa, OLIVEIRA	09	41.04	1:29.47	Sara Ines, SOUSA	09	35.35 1:15.55

Prova 12 Femin., 4 x 100m Estilos Infantil A Resultados
23/10/2022 - 9:51

Pontos: FINA 2022

Lugar						Tempo final	Pts
1.	DNMG INF A			Nautico Marinha Grande		5:35.27	300
	Madalena Gracio, PEDROSO	10	38.12	1:19.12	Laura Samora, GONCALVES	10	39.69 1:27.11
	Laura Helena, AMORIM	10	41.69	1:29.85	Laura Margarida, ASCENSO	10	35.33 1:19.19
2.	OC INF A			Óbidos		6:09.38	224
	Sofia Pinheiro, PACHECO	10	43.54	1:30.53	Leonor Silva, MARTINS	10	42.75 1:40.05
	Leonor Pereira, SILVA	10	44.15	1:36.06	Mara Marcao, COTRIM	10	37.96 1:22.74
EXH	CNL ABS EXTRA			CNLeiria		4:43.81	495
	Beatriz Belo, CLARA	09	35.25	1:12.40	Carlota Macedo, LAGOA	05	31.78 1:10.84
	Vanessa Liliana, ALMEIDA	07	36.31	1:17.22	Victoria Frogeri, PEREIRA	08	29.32 1:03.35
EXH	CNAL ABS EXTRA			Alcobaca		4:49.46	466
	Ana Francisca, SILVA	06	34.71	1:11.70	Ana Claudia, FERREIRA	90	31.35 1:07.90
	Rita Rocha, SILVA	08	38.21	1:22.26	Matilde Andre, LUIS	08	32.32 1:07.60
EXH	DNMG ABS EXTRA			Nautico Marinha Grande		4:50.40	462
	Patricia Anjo, FERREIRA	09	37.27	1:17.19	Giovanna Vaz, VARGAS	00	30.56 1:06.22
	Luana Ferreira, CRAVEIRO	09	37.24	1:21.90	Margarida Correia, MADEIRA	06	30.81 1:05.09
EXH	SIRP JUN+SEN EXTRA			Pimpoes/Cimai		4:57.21	431
	Beatriz Luz, MARTINS	06	36.99	1:16.55	Maria Silva, CARVALHO	05	1:12.93
	Lara Roque, COTRIM	03		1:26.05	Ines Mira, PINO	06	1:01.68
EXH	IDV ABS EXTRA			Vieirense		5:14.76	362
	Diana Rita, FONSECA	08	37.96	1:19.21	Leonor Caetano, MOREIRA	06	34.52 1:17.74
	Mafalda Caetano, LOURENCCO	06	39.66	1:26.26	Mariana Magalhaes, FERNANIO	06S	32.25 1:11.55
EXH	CNL ABS EXTRA			CNLeiria		5:17.88	352
	Matilde Violante, VIANA	07	35.59	1:13.12	Maria Francisca, FROIS	06	31.96 1:12.67
	Luana Pinto, DOMINGUES	03	38.00	1:21.42	Maria Santos, FONSECA	11	42.54 1:30.67
EXH	DNMG INF EXTRA			Nautico Marinha Grande		6:16.36	212
	Matilde Filipa, AMADO	10	48.75	1:43.64	Leonor Mota, ALVES	11	40.18 1:34.31
	Beatriz Marques, GASPAR	11	44.94	1:37.20	Matilde Santos, VIEIRA	10	38.64 1:21.21
EXH	SIRP INF EXTRA			Pimpoes/Cimai		6:21.18	204
	Mafalda Teles, SOUSA	11	43.20	1:28.31	Debora Silva, INACIO	10	1:28.85
	Maria Joao, VALA	11		1:50.75	Mariana Sofia, ANTUNES	10	1:33.27
EXH	CNAL INF EXTRA			Alcobaca		6:35.77	182
	Francisca Moreira, FELICIAN	11	46.03	1:34.61	Gabriela Valverde, CANHA	11	45.28 1:42.93
	Luana Filipe, REIS	10	50.21	1:45.95	Mariana Sousa, MENDES	11	44.18 1:32.28

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 13 Masc., 200m Bruços Senior
23/10/2022 - 10:04 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bruno Pinto, DOMINGUES 50m: 34.60 34.60 100m: 1:13.64 39.04 150m: 1:54.67 41.03 200m: 2:36.48 41.81	00 CNLeiria	2:36.48	452
2. Daniel, TSYKAL 50m: 34.11 34.11 100m: 1:13.07 38.96 150m: 1:54.95 41.88 200m: 2:37.09 42.14	04 Alcobaca	2:37.09	447

Prova 13 Masc., 200m Bruços Junior
23/10/2022 - 10:04 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Afonso Manuel, ASCENSO 50m: 35.68 35.68 100m: 1:16.46 40.78 200m: 2:40.93 1:24.47	05 BA/Leiria	2:40.93	416
2. Tomas Amor, SARREIRA 50m: 37.12 37.12 100m: 1:20.59 43.47 150m: 2:04.66 44.07 200m: 2:47.06 42.40	05 Nautico Marinha Grande	2:47.06	372
3. Miguel Fernandes, OLIVEIRA 50m: 36.91 36.91 100m: 1:19.53 42.62 200m: 2:49.40 1:29.87	05 BA/Leiria	2:49.40	356
4. Luca Valentino, TONA 50m: 39.58 39.58 100m: 1:24.76 45.18 150m: 2:10.33 45.57 200m: 2:54.74 44.41	06 Pimpoes/Cimai	2:54.74	325
5. Samuel Filipe, AMORIM 50m: 39.68 39.68 100m: 1:24.09 44.41 150m: 2:10.30 46.21 200m: 2:55.46 45.16	05 Nautico Marinha Grande	2:55.46	321
6. Tiago Serradas, FRANCISCO 50m: 42.00 42.00 100m: 1:28.56 46.56 150m: 2:15.34 46.78 200m: 3:02.51 47.17	05 BA/Leiria	3:02.51	285
DSQ Jose Francisco, OLIVEIRA <i>O atleta efetuou pernada vertical durante o percurso.</i>	05 BA/Leiria		

Prova 13 Masc., 200m Bruços Juvenil A
23/10/2022 - 10:04 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ 50m: 33.79 33.79 100m: 1:11.15 37.36 150m: 1:50.18 39.03 200m: 2:29.43 39.25	07 Alcobaca	2:29.43	519
2. Bernardo Nunes, DOMINGUEZ 50m: 38.41 38.41 100m: 1:21.53 43.12 150m: 2:05.96 44.43 200m: 2:50.45 44.49	07 BA/Leiria	2:50.45	350
3. Andre Filipe, FERNANDES 50m: 49.59 49.59 100m: 1:51.27 1:01.68 150m: 2:52.89 1:01.62 200m: 3:51.62 58.73	07 Alcobaca	3:51.62	139
4. Adriano Afonso, STEVENS 50m: 50.84 50.84 100m: 1:51.59 1:00.75 200m: 3:57.66 2:06.07	07 BA/Leiria	3:57.66	129

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 13, Masc., 200m Bruços

Prova 13 Masc., 200m Bruços Juvenil B
23/10/2022 - 10:04 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gabriel Mota, PATRICIO	08 Vieiraense	2:49.84	354
50m: 37.33 37.33 100m: 1:19.53 42.20 200m: 2:49.84 1:30.31			
2. Santiago Boica, SOUSA	08 Vieiraense	3:03.43	281
50m: 41.02 41.02 100m: 1:27.39 46.37 150m: 2:15.67 48.28 200m: 3:03.43 47.76			
3. Tiago Santos, POMBO	08 Alcobaca	3:12.55	243
50m: 43.28 43.28 100m: 1:32.37 49.09 150m: 2:22.41 50.04 200m: 3:12.55 50.14			
4. Justin Daniel, BORGES	08 Óbidos	3:19.08	219
50m: 43.70 43.70 100m: 1:34.42 50.72 150m: 2:27.12 52.70 200m: 3:19.08 51.96			

Prova 13 Masc., 200m Bruços Infantil A
23/10/2022 - 10:04 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tiago Loureiro, DIAS	09 Alcobaca	2:56.74	314
50m: 40.06 40.06 100m: 1:24.76 44.70 150m: 2:10.93 46.17 200m: 2:56.74 45.81			
2. Tomas Pascoal, FERREIRA	09 BA/Leiria	3:02.50	285
50m: 41.52 41.52 100m: 1:27.95 46.43 150m: 2:15.72 47.77 200m: 3:02.50 46.78			
3. Santiago Marques, GOMES	09 BA/Leiria	3:02.67	284
50m: 41.47 41.47 100m: 1:28.33 46.86 150m: 2:16.18 47.85 200m: 3:02.67 46.49			
4. Henrique Martins, JOAQUIM	09 BA/Leiria	3:16.08	230
50m: 43.25 43.25 100m: 1:33.42 50.17 150m: 2:25.84 52.42 200m: 3:16.08 50.24			
5. Rodrigo Oliveira, SANTOS	09 Alcobaca	3:20.54	215
50m: 44.61 44.61 100m: 1:35.42 50.81 150m: 2:29.31 53.89 200m: 3:20.54 51.23			
6. Tomas Martins, ALBUQUERQUE	09 Óbidos	3:28.55	191
50m: 45.96 45.96 100m: 1:40.66 54.70 150m: 2:36.03 55.37 200m: 3:28.55 52.52			
7. Isaac Arruda, SARAIVA	09 Vieiraense	3:28.62	191
50m: 47.76 47.76 100m: 1:41.64 53.88 150m: 2:36.82 55.18 200m: 3:28.62 51.80			
8. Andre Guilherme, CORDEIRO	09 Naval de Peniche	3:30.62	185
50m: 45.16 45.16 100m: 1:38.84 53.68 200m: 3:30.62 1:51.78			
9. Tiago Eurico, CORREIA	09 Óbidos	3:32.34	181
50m: 49.18 49.18 100m: 1:44.53 55.35 150m: 2:39.54 55.01 200m: 3:32.34 52.80			
10. Santiago Jose, PACHECO	09 Alcobaca	3:38.99	165
50m: 49.57 49.57 100m: 1:46.12 56.55 150m: 2:42.24 56.12 200m: 3:38.99 56.75			
11. Pedro Blanc, CAPINHA	09 Óbidos	3:49.46	143
50m: 49.90 49.90 100m: 1:47.99 58.09 150m: 2:48.76 1:00.77 200m: 3:49.46 1:00.70			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 13, Masc., 200m Bruços

Prova 13 Masc., 200m Bruços Infantil B
23/10/2022 - 10:04 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	2:48.65	361
50m: 39.18 39.18 100m: 1:22.35 43.17 150m: 2:06.46 44.11 200m: 2:48.65 42.19			
2. Rodolfo Junior, ALECRIM	10 BA/Leiria	3:09.21	256
50m: 43.14 43.14 100m: 1:33.12 49.98 150m: 2:22.31 49.19 200m: 3:09.21 46.90			
3. David Xavier, ALMEIDA	10 BA/Leiria	3:21.15	213
50m: 45.03 45.03 100m: 1:36.65 51.62 150m: 2:31.47 54.82 200m: 3:21.15 49.68			
4. Lucas Ferreira, GASPAS	10 Vieiraense	3:29.43	188
50m: 47.91 47.91 100m: 1:42.28 54.37 150m: 2:37.48 55.20 200m: 3:29.43 51.95			
5. Francisco Antonio, SIMOES	10 BA/Leiria	3:35.64	173
50m: 49.31 49.31 100m: 1:44.12 54.81 150m: 2:39.69 55.57 200m: 3:35.64 55.95			
6. Dinis Lamas, SANTOS	10 BA/Leiria	3:46.31	149
50m: 49.59 49.59 100m: 1:45.85 56.26 150m: 2:46.36 1:00.51 200m: 3:46.31 59.95			
DSQ Tomas Gomes, AFONSO	10 Óbidos		
<i>Nas viragens aos 100 e 150 metros, o atleta só tocou com uma mão na parede.</i>			
DNS David Branco, TROVAO	10 Alcobaca		

Prova 14 Femin., 200m Bruços Senior
23/10/2022 - 10:25 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ana Claudia, FERREIRA	90 Alcobaca	3:04.54	387
50m: 42.41 42.41 100m: 1:29.21 46.80 150m: 2:16.90 47.69 200m: 3:04.54 47.64			

Prova 14 Femin., 200m Bruços Junior
23/10/2022 - 10:25 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 BA/Leiria	2:51.03	487
50m: 39.31 39.31 100m: 1:22.70 43.39 150m: 2:06.16 43.46 200m: 2:51.03 44.87			
2. Ana Francisca, SILVA	06 Alcobaca	3:09.06	360
50m: 42.43 42.43 100m: 1:30.55 48.12 150m: 2:19.47 48.92 200m: 3:09.06 49.59			
3. Mafalda Caetano, LOURENCO	06 Vieiraense	3:11.16	348
50m: 42.44 42.44 100m: 1:30.26 47.82 150m: 2:19.88 49.62 200m: 3:11.16 51.28			
4. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	3:16.53	321
50m: 43.46 43.46 100m: 1:34.08 50.62 150m: 2:26.02 51.94 200m: 3:16.53 50.51			
5. Carolina Ferreira, FONSECA	07 Vieiraense	3:20.14	303
50m: 44.40 44.40 100m: 1:36.74 52.34 150m: 2:28.30 51.56 200m: 3:20.14 51.84			
6. Mariana Magalhaes, FERNANDES	06 Vieiraense	3:23.18	290
50m: 46.55 46.55 100m: 1:39.09 52.54 150m: 2:32.80 53.71 200m: 3:23.18 50.38			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 14, Femin., 200m Bruços

Prova 14 Femin., 200m Bruços Juvenil A
23/10/2022 - 10:25 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rita Rocha, SILVA	08 Alcobaca	2:59.10	424
50m: 40.81 40.81 100m: 1:25.75 44.94 200m: 2:59.10 1:33.35			
2. Matilde Andre, LUIS	08 Alcobaca	3:17.63	315
50m: 45.43 45.43 100m: 1:35.63 50.20 150m: 2:27.11 51.48 200m: 3:17.63 50.52			
3. Diana Rita, FONSECA	08 Viegrense	3:21.46	298
50m: 45.28 45.28 100m: 1:35.79 50.51 200m: 3:21.46 1:45.67			

Prova 14 Femin., 200m Bruços Juvenil B
23/10/2022 - 10:25 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Constanca Baptista, TOMAS	09 Alcobaca	3:13.18	338
50m: 42.52 42.52 100m: 1:31.94 49.42 150m: 2:23.15 51.21 200m: 3:13.18 50.03			
2. Maria Margarida, OLIVEIRA	09 BA/Leiria	3:14.06	333
50m: 43.73 43.73 100m: 1:32.68 48.95 150m: 2:23.59 50.91 200m: 3:14.06 50.47			
3. Maria Teresa, OLIVEIRA	09 BA/Leiria	3:15.40	326
50m: 44.03 44.03 100m: 1:34.27 50.24 150m: 2:25.97 51.70 200m: 3:15.40 49.43			
4. Francisca Vieira, NUNES	09 Alcobaca	3:25.43	281
50m: 47.37 47.37 100m: 1:41.26 53.89 150m: 2:35.29 54.03 200m: 3:25.43 50.14			
5. Ines Ferreira, CHELEU	09 BA/Leiria	3:25.85	279
50m: 46.28 46.28 100m: 1:38.68 52.40 150m: 2:31.39 52.71 200m: 3:25.85 54.46			
6. Mariana Santos, INACIO	09 Alcobaca	3:33.01	252
50m: 47.29 47.29 100m: 1:41.47 54.18 150m: 2:38.28 56.81 200m: 3:33.01 54.73			
7. Leonor Valerio, ADRIANO	09 Alcobaca	3:35.40	243
50m: 48.52 48.52 100m: 1:43.23 54.71 150m: 2:39.62 56.39 200m: 3:35.40 55.78			
8. Sara Ines, SOUSA	09 BA/Leiria	3:38.99	232
50m: 49.59 49.59 100m: 1:45.62 56.03 150m: 2:43.31 57.69 200m: 3:38.99 55.68			
9. Ana Margarida, MARQUES	09 BA/Leiria	3:51.68	195
50m: 52.44 52.44 100m: 1:50.73 58.29 150m: 2:51.44 1:00.71 200m: 3:51.68 1:00.24			
DNS Leonor Palma, JACOMO	09 Alcobaca		
DNS Mariana Sousa, MARQUES	09 Alcobaca		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 14, Femin., 200m Bruços

Prova 14
23/10/2022 - 10:25

Femin., 200m Bruços

Infantil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Maria Carolina, ALVES 50m: 46.09 46.09 100m: 1:37.32 51.23 150m: 2:28.77 51.45 200m: 3:20.81 52.04	10 BA/Leiria	3:20.81	300
2. Vida Sofia, VELEZ 50m: 46.60 46.60 100m: 1:39.45 52.85 150m: 2:32.89 53.44 200m: 3:25.43 52.54	10 BA/Leiria	3:25.43	281
3. Leonor Pereira, SILVA 50m: 46.88 46.88 100m: 1:40.50 53.62 150m: 2:36.19 55.69 200m: 3:27.56 51.37	10 Óbidos	3:27.56	272
4. Luana Filipe, REIS 50m: 49.19 49.19 100m: 1:43.24 54.05 150m: 2:38.31 55.07 200m: 3:30.43 52.12	10 Alcobaca	3:30.43	261
5. Rafaela Santos, AFONSO 50m: 48.71 48.71 100m: 1:44.82 56.11 150m: 2:42.35 57.53 200m: 3:35.32 52.97	10 Naval de Peniche	3:35.32	244
6. Mariana Santos, AFONSO 50m: 49.81 49.81 100m: 1:46.04 56.23 200m: 3:36.25 1:50.21	10 Naval de Peniche	3:36.25	240
7. Sofia Roma, BRIZIDA 50m: 49.95 49.95 100m: 1:46.56 56.61 150m: 2:42.28 55.72 200m: 3:36.96 54.68	10 BA/Leiria	3:36.96	238
8. Leonor Silva, MARTINS 50m: 53.37 53.37 100m: 1:59.03 1:05.66 150m: 3:02.82 1:03.79 200m: 4:00.28 57.46	10 Óbidos	4:00.28	175
9. Sofia Pinheiro, PACHECO 50m: 54.53 54.53 100m: 1:57.41 1:02.88 150m: 3:01.10 1:03.69 200m: 4:02.98 1:01.88	10 Óbidos	4:02.98	169
10. Mariana Sofia, ANTUNES 50m: 59.74 59.74 100m: 2:06.13 1:06.39 150m: 3:10.30 1:04.17 200m: 4:12.59 1:02.29	10 Pimpoes/Cimai	4:12.59	151
DSQ Beatriz Valente, CARVALHO <i>Durante o percurso, a atleta colocou várias vezes as mãos na cabeça.</i>	10 Óbidos		
DNS Mariana Sousa, OLIVEIRA	10 Alcobaca		
DNS Mara Marcao, COTRIM	10 Óbidos		

Prova 14
23/10/2022 - 10:25

Femin., 200m Bruços

Infantil B
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO 50m: 50.07 50.07 100m: 1:47.32 57.25 150m: 2:45.48 58.16 200m: 3:41.87 56.39	11 Alcobaca	3:41.87	223
2. Mafalda Teles, SOUSA 50m: 52.30 52.30 100m: 1:51.51 59.21 200m: 3:47.80 1:56.29	11 Pimpoes/Cimai	3:47.80	206
3. Mariana Sousa, MENDES 50m: 56.40 56.40 100m: 2:01.77 1:05.37 150m: 3:07.86 1:06.09 200m: 4:11.15 1:03.29	11 Alcobaca	4:11.15	153
DSQ Gabriela Valverde, CANHA <i>Falsa partida.</i>	11 Alcobaca		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 15 Masc., 200m Mariposa Senior
23/10/2022 - 10:49 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joao Paulo, RIBEIRO	92 CNLeiria	2:35.50	337
50m: 32.94 32.94	100m: 1:11.49 38.55	150m: 1:52.39 40.90	200m: 2:35.50 43.11

Prova 15 Masc., 200m Mariposa Junior
23/10/2022 - 10:49 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	2:12.97	539
50m: 30.25 30.25	100m: 1:04.37 34.12	150m: 1:38.37 34.00	200m: 2:12.97 34.60
2. Edgar Francisco, SIMOES	06 Viegrense	2:28.68	385
50m: 32.06 32.06	100m: 1:09.39 37.33	150m: 1:48.51 39.12	200m: 2:28.68 40.17

Prova 15 Masc., 200m Mariposa Juvenil A
23/10/2022 - 10:49 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ	07 Alcobaca	2:18.94	472
50m: 31.24 31.24	100m: 1:05.94 34.70	200m: 2:18.94 1:13.00	
2. Goncalo Pereira, COLACO	07 CNLeiria	2:25.60	410
50m: 31.73 31.73	100m: 1:08.97 37.24	150m: 1:46.73 37.76	200m: 2:25.60 38.87
DSQ Andre Filipe, FERNANDES	07 Alcobaca		
<i>Durante o percurso, o atleta nem sempre retirou os braços para fora da água (SW8.2)</i>			

Prova 15 Masc., 200m Mariposa Juvenil B
23/10/2022 - 10:49 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tiago Santos, POMBO	08 Alcobaca	2:47.28	270
50m: 35.58 35.58	100m: 1:18.87 43.29	150m: 2:04.82 45.95	200m: 2:47.28 42.46
2. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:51.11	253
50m: 35.95 35.95	100m: 1:19.24 43.29	150m: 2:04.44 45.20	200m: 2:51.11 46.67

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 15, Masc., 200m Mariposa

Prova 15 Masc., 200m Mariposa Infantil A
23/10/2022 - 10:49 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	2:50.09	257
50m: 34.89 34.89 100m: 1:16.05 41.16 150m: 2:02.51 46.46 200m: 2:50.09 47.58			
2. Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	3:05.69	198
50m: 38.82 38.82 100m: 1:25.72 46.90 150m: 2:16.24 50.52 200m: 3:05.69 49.45			
3. Hugo Miguel, SANTOS	09 Pimpoes/Cimai	3:26.57	143
50m: 41.47 41.47 100m: 1:33.77 52.30 150m: 2:30.68 56.91 200m: 3:26.57 55.89			
DSQ Louis Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai		
<i>Na viragem aos 150 metros, o atleta só tocou com uma mão na parede.</i>			

Prova 15 Masc., 200m Mariposa Infantil B
23/10/2022 - 10:49 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	2:46.18	276
50m: 38.48 38.48 100m: 1:20.48 42.00 150m: 2:03.31 42.83 200m: 2:46.18 42.87			
2. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	3:03.60	204
50m: 40.67 40.67 100m: 1:28.96 48.29 150m: 2:17.54 48.58 200m: 3:03.60 46.06			
3. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	3:03.78	204
50m: 40.76 40.76 100m: 1:27.21 46.45 150m: 2:16.36 49.15 200m: 3:03.78 47.42			
4. Guilherme Costa, REBELO	10 Pimpoes/Cimai	3:03.91	203
50m: 37.15 37.15 100m: 1:23.68 46.53 150m: 2:14.15 50.47 200m: 3:03.91 49.76			

Prova 16 Femin., 200m Mariposa Senior
23/10/2022 - 10:58 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ana Claudia, FERREIRA	90 Alcobaca	2:32.74	480
50m: 34.09 34.09 100m: 1:12.03 37.94 200m: 2:32.74 1:20.71			

Prova 16 Femin., 200m Mariposa Junior
23/10/2022 - 10:58 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Maria Francisca, FROIS	06 CNLeiria	2:42.31	400
50m: 35.19 35.19 100m: 1:18.12 42.93 150m: 2:01.79 43.67 200m: 2:42.31 40.52			
2. Maria Madalena, ALVES	06 BA/Leiria	2:45.84	375
50m: 35.57 35.57 100m: 1:18.18 42.61 200m: 2:45.84 1:27.66			
3. Ana Francisca, SILVA	06 Alcobaca	2:46.17	372
50m: 36.34 36.34 100m: 1:19.20 42.86 200m: 2:46.17 1:26.97			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 16, Femin., 200m Mariposa

Prova 16 Femin., 200m Mariposa Juvenil A
23/10/2022 - 10:58 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Matilde Andre, LUIS	08 Alcobaca	2:58.12	302
50m: 38.83 38.83 100m: 1:24.63 45.80 150m: 2:11.37 46.74 200m: 2:58.12 46.75			
2. Rita Rocha, SILVA	08 Alcobaca	3:02.03	283
50m: 38.71 38.71 100m: 1:23.75 45.04 150m: 2:12.57 48.82 200m: 3:02.03 49.46			
3. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	3:18.12	220
50m: 41.87 41.87 100m: 1:32.15 50.28 150m: 2:25.31 53.16 200m: 3:18.12 52.81			

Prova 16 Femin., 200m Mariposa Juvenil B
23/10/2022 - 10:58 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Constanca Baptista, TOMAS	09 Alcobaca	2:57.40	306
50m: 36.84 36.84 100m: 1:22.53 45.69 150m: 2:09.52 46.99 200m: 2:57.40 47.88			
2. Mariana Santos, INACIO	09 Alcobaca	3:02.09	283
50m: 38.43 38.43 100m: 1:24.26 45.83 150m: 2:12.90 48.64 200m: 3:02.09 49.19			
3. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	3:04.84	270
50m: 41.03 41.03 100m: 1:28.77 47.74 150m: 2:17.01 48.24 200m: 3:04.84 47.83			
4. Francisca Vieira, NUNES	09 Alcobaca	3:15.81	227
50m: 42.03 42.03 100m: 1:32.08 50.05 150m: 2:25.56 53.48 200m: 3:15.81 50.25			
5. Leonor Valerio, ADRIANO	09 Alcobaca	3:23.39	203
50m: 43.79 43.79 100m: 1:36.08 52.29 150m: 2:30.89 54.81 200m: 3:23.39 52.50			
DNS Leonor Palma, JACOMO	09 Alcobaca		
DNS Mariana Sousa, MARQUES	09 Alcobaca		

Prova 16 Femin., 200m Mariposa Infantil A
23/10/2022 - 10:58 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Debora Silva, INACIO	10 Pimpoes/Cimai	3:30.40	183
50m: 42.46 42.46 100m: 1:34.46 52.00 150m: 2:31.79 57.33 200m: 3:30.40 58.61			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 17 Senior
23/10/2022 - 11:07 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. David Ferreira, RELVAS 50m: 28.29 28.29 100m: 1:02.30 34.01 150m: 1:41.27 38.97 200m: 2:11.23 29.96	03 Nautico Marinha Grande	2:11.23	583
2. Vitor Belo, CLARA 50m: 28.53 28.53 100m: 1:02.59 34.06 150m: 1:41.00 38.41 200m: 2:11.28 30.28	04 CNLeiria	2:11.28	582
3. Miguel Vicente, SILVA 50m: 28.01 28.01 100m: 1:02.81 34.80 150m: 1:44.21 41.40 200m: 2:16.91 32.70	02 Nautico Marinha Grande	2:16.91	513
4. Diogo Vicente, SILVA 50m: 30.02 30.02 100m: 1:06.03 36.01 150m: 1:48.10 42.07 200m: 2:24.95 36.85	98 Nautico Marinha Grande	2:24.95	432
5. Francisco Xavier, TOMAS 50m: 30.86 30.86 100m: 1:09.03 38.17 150m: 1:50.81 41.78 200m: 2:26.42 35.61	00 Alcobaca	2:26.42	419
6. Joao Miguel, SANTOS 50m: 30.54 30.54 100m: 1:11.32 40.78 150m: 1:56.09 44.77 200m: 2:30.45 34.36	81 CNLeiria	2:30.45	386
7. Miguel Angelo, SILVESTRE 50m: 29.99 29.99 100m: 1:08.36 38.37 150m: 1:57.06 48.70 200m: 2:31.90 34.84	97 Alcobaca	2:31.90	375
8. Bruno Filipe, TABORDA 50m: 30.43 30.43 100m: 1:08.73 38.30 150m: 1:54.17 45.44 200m: 2:32.29 38.12	95 CNLeiria	2:32.29	373
9. Afonso Varelas, SILVA 50m: 30.32 30.32 100m: 1:11.40 41.08 150m: 1:55.18 43.78 200m: 2:33.45 38.27	01 Nautico Marinha Grande	2:33.45	364
10. Manuel Maria, FROIS 50m: 31.99 31.99 100m: 1:15.50 43.51 150m: 1:58.51 43.01 200m: 2:42.65 44.14	02 CNLeiria	2:42.65	306
11. Nuno Ricardo, ANTUNES 50m: 34.14 34.14 100m: 1:19.49 45.35 150m: 2:10.12 50.63 200m: 2:51.67 41.55	78 CNLeiria	2:51.67	260

Prova 17 Junior
23/10/2022 - 11:07 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gil Santos, LEMOS 50m: 30.20 30.20 100m: 1:05.95 35.75 150m: 1:49.34 43.39 200m: 2:21.81 32.47	06 Pimpoes/Cimai	2:21.81	462
2. Jose Francisco, OLIVEIRA 50m: 30.01 30.01 100m: 1:07.58 37.57 150m: 1:51.58 44.00 200m: 2:23.64 32.06	05 BA/Leiria	2:23.64	444
3. Miguel Fernandes, OLIVEIRA 50m: 30.96 30.96 100m: 1:07.33 36.37 150m: 1:50.88 43.55 200m: 2:24.28 33.40	05 BA/Leiria	2:24.28	438
4. Tiago Serradas, FRANCISCO 50m: 30.87 30.87 100m: 1:07.18 36.31 150m: 1:53.59 46.41 200m: 2:25.81 32.22	05 BA/Leiria	2:25.81	425
5. Afonso Manuel, ASCENSO 50m: 30.98 30.98 100m: 1:11.71 40.73 150m: 1:51.56 39.85 200m: 2:26.87 35.31	05 BA/Leiria	2:26.87	415
6. Samuel Filipe, AMORIM 50m: 35.53 35.53 100m: 1:14.55 39.02 150m: 1:59.93 45.38 200m: 2:35.06 35.13	05 Nautico Marinha Grande	2:35.06	353
7. Marco Ferreira, SILVA 50m: 35.62 35.62 100m: 1:20.84 45.22 150m: 2:15.56 54.72 200m: 2:53.74 38.18	05 Viegrense	2:53.74	251

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 17, Masc., 200m Estilos

Prova 17 Masc., 200m Estilos Juvenil A
23/10/2022 - 11:07 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisco Marques, SIMOES	07 CNLeiria	2:19.07	489
50m: 30.40 30.40 100m: 1:06.38 35.98 150m: 1:46.94 40.56 200m: 2:19.07 32.13			
2. Joao Moura, FRANCISCO	07 CNLeiria	2:26.82	416
50m: 28.87 28.87 100m: 1:07.00 38.13 150m: 1:53.65 46.65 200m: 2:26.82 33.17			
3. Francisco Xavier, RITA	07 Vieiraense	2:26.92	415
50m: 29.90 29.90 100m: 1:07.62 37.72 150m: 1:53.67 46.05 200m: 2:26.92 33.25			
4. Jose Januario, MARQUES	07 Pimpoes/Cimai	2:27.83	407
50m: 31.43 31.43 100m: 1:08.86 37.43 150m: 1:54.19 45.33 200m: 2:27.83 33.64			
5. Francisco Jose, FRAGOSO	07 Vieiraense	2:31.91	375
50m: 31.61 31.61 100m: 1:08.18 36.57 150m: 1:56.12 47.94 200m: 2:31.91 35.79			
DSQ Afonso Dinis, ROQUE	07 CNLeiria		
<i>Durante o percurso de Bruços, o atleta efetuou pernadas verticais.</i>			

Prova 17 Masc., 200m Estilos Juvenil B
23/10/2022 - 11:07 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:29.41	395
50m: 32.34 32.34 100m: 1:09.98 37.64 150m: 1:55.40 45.42 200m: 2:29.41 34.01			
2. Gabriel Mota, PATRICIO	08 Vieiraense	2:31.15	381
50m: 32.15 32.15 100m: 1:11.26 39.11 150m: 1:54.98 43.72 200m: 2:31.15 36.17			
3. Tome Nunes, TOME	08 CNLeiria	2:32.88	368
50m: 30.97 30.97 100m: 1:10.97 40.00 150m: 1:58.90 47.93 200m: 2:32.88 33.98			
4. Daniel Gomes, SANTOS	08 Nautico Marinha Grande	2:44.87	294
50m: 35.21 35.21 100m: 1:18.04 42.83 150m: 2:07.59 49.55 200m: 2:44.87 37.28			
5. Martim Luis, GASPAS	08 Nautico Marinha Grande	2:46.48	285
50m: 38.29 38.29 100m: 1:19.53 41.24 150m: 2:08.79 49.26 200m: 2:46.48 37.69			
6. Justin Daniel, BORGES	08 Óbidos	2:53.03	254
50m: 36.06 36.06 100m: 1:21.56 45.50 150m: 2:12.50 50.94 200m: 2:53.03 40.53			
7. Diogo Barata, ALVES	08 Nautico Marinha Grande	3:03.93	211
50m: 40.04 40.04 100m: 1:31.07 51.03 150m: 2:21.42 50.35 200m: 3:03.93 42.51			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 17, Masc., 200m Estilos

Prova 17 Masc., 200m Estilos Infantil A
23/10/2022 - 11:07 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA	09 BA/Leiria	2:31.76	376
50m: 31.78 31.78 100m: 1:11.80 40.02 150m: 1:58.88 47.08 200m: 2:31.76 32.88			
2. Guilherme Meireles, MARRAZES	09 Nautico Marinha Grande	2:35.23	352
50m: 32.55 32.55 100m: 1:14.17 41.62 150m: 2:01.62 47.45 200m: 2:35.23 33.61			
3. Xinyang, CHENG	09 Nautico Marinha Grande	2:36.16	346
50m: 34.03 34.03 100m: 1:16.08 42.05 150m: 2:00.88 44.80 200m: 2:36.16 35.28			
4. Paulo, KOT	09 Nautico Marinha Grande	2:38.33	331
50m: 34.09 34.09 100m: 1:13.82 39.73 150m: 2:02.71 48.89 200m: 2:38.33 35.62			
5. Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	2:38.40	331
50m: 32.51 32.51 100m: 1:15.15 42.64 150m: 2:03.88 48.73 200m: 2:38.40 34.52			
6. Tiago Loureiro, DIAS	09 Alcobaca	2:39.19	326
50m: 36.18 36.18 100m: 1:17.13 40.95 150m: 2:02.27 45.14 200m: 2:39.19 36.92			
7. Henrique Martins, JOAQUIM	09 BA/Leiria	2:40.76	317
50m: 33.00 33.00 100m: 1:14.74 41.74 150m: 2:07.12 52.38 200m: 2:40.76 33.64			
8. Santiago Marques, GOMES	09 BA/Leiria	2:48.28	276
50m: 38.17 38.17 100m: 1:24.79 46.62 150m: 2:12.31 47.52 200m: 2:48.28 35.97			
9. Rodrigo Oliveira, SANTOS	09 Alcobaca	2:52.87	255
50m: 38.35 38.35 100m: 1:23.20 44.85 150m: 2:13.40 50.20 200m: 2:52.87 39.47			
10. Maksym, TYSHCHUK	09 Nautico Marinha Grande	2:56.09	241
50m: 38.93 38.93 100m: 1:24.23 45.30 150m: 2:17.37 53.14 200m: 2:56.09 38.72			
11. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	2:57.01	237
50m: 38.93 38.93 100m: 1:23.68 44.75 150m: 2:20.00 56.32 200m: 2:57.01 37.01			
12. Tomas Martins, ALBUQUERQUE	09 Óbidos	3:03.79	212
50m: 40.80 40.80 100m: 1:29.31 48.51 150m: 2:24.04 54.73 200m: 3:03.79 39.75			
13. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	3:04.08	211
50m: 38.78 38.78 100m: 1:25.06 46.28 150m: 2:21.94 56.88 200m: 3:04.08 42.14			
14. Andre Guilherme, CORDEIRO	09 Naval de Peniche	3:11.11	188
50m: 43.80 43.80 100m: 1:33.24 49.44 150m: 2:27.51 54.27 200m: 3:11.11 43.60			
15. Isaac Arruda, SARAIVA	09 Viegense	3:12.55	184
50m: 43.06 43.06 100m: 1:31.48 48.42 150m: 2:29.75 58.27 200m: 3:12.55 42.80			
16. Santiago Jose, PACHECO	09 Alcobaca	3:14.51	179
50m: 45.46 45.46 100m: 1:37.68 52.22 150m: 2:34.45 56.77 200m: 3:14.51 40.06			
17. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	3:18.73	167
50m: 48.89 48.89 100m: 1:39.72 50.83 150m: 2:36.03 56.31 200m: 3:18.73 42.70			
18. Pedro Blanc, CAPINHA	09 Óbidos	3:21.82	160
50m: 43.51 43.51 100m: 1:36.00 52.49 150m: 2:35.18 59.18 200m: 3:21.82 46.64			

DSQ Tiago Eurico, CORREIA 09 Óbidos
Aos 100 metros, o atleta não iniciou o percurso no estilo correto. Aos 150 metros, só tocou com uma mão na parede.

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 17, Masc., 200m Estilos

Prova 17
23/10/2022 - 11:07

Masc., 200m Estilos

Infantil B
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rodolfo Junior, ALECRIM	10 BA/Leiria	2:47.71	279
50m: 36.36 36.36 100m: 1:21.00 44.64 150m: 2:11.81 50.81 200m: 2:47.71 35.90			
2. David Xavier, ALMEIDA	10 BA/Leiria	2:52.86	255
50m: 38.06 38.06 100m: 1:24.03 45.97 150m: 2:15.91 51.88 200m: 2:52.86 36.95			
3. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	2:58.89	230
50m: 39.28 39.28 100m: 1:24.49 45.21 150m: 2:20.98 56.49 200m: 2:58.89 37.91			
4. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	3:04.07	211
50m: 39.56 39.56 100m: 1:26.18 46.62 150m: 2:23.08 56.90 200m: 3:04.07 40.99			
5. Lucas Ferreira, GASPAS	10 Viegense	3:05.40	206
50m: 42.12 42.12 100m: 1:30.52 48.40 150m: 2:25.85 55.33 200m: 3:05.40 39.55			
6. Tomas Marques, FRANCISCO	10 CNLeiria	3:08.77	195
50m: 41.64 41.64 100m: 1:29.85 48.21 150m: 2:28.51 58.66 200m: 3:08.77 40.26			
7. Lucas Costa, JESUS	10 Nautico Marinha Grande	3:09.26	194
50m: 40.26 40.26 100m: 1:29.28 49.02 150m: 2:27.55 58.27 200m: 3:09.26 41.71			
8. Afonso Ferreira, REIS	10 Nautico Marinha Grande	3:10.16	191
50m: 42.52 42.52 100m: 1:33.33 50.81 150m: 2:27.56 54.23 200m: 3:10.16 42.60			
9. Dinis Lamas, SANTOS	10 BA/Leiria	3:26.53	149
50m: 44.43 44.43 100m: 1:36.08 51.65 150m: 2:38.32 1:02.24 200m: 3:26.53 48.21			
10. Pedro Souza, SILVA	10 Pimpoes/Cimai	3:33.78	134
50m: 47.15 47.15 100m: 1:40.53 53.38 150m: 2:45.06 1:04.53 200m: 3:33.78 48.72			
DSQ Francisco Antonio, SIMOES	10 BA/Leiria		
<i>O atleta, após a viragem aos 100 metros, iniciou com o nado de Costas. Na viragem aos 150 metros, tocou na parede só com uma mão.</i>			
DSQ Joao Piteira, GAIOLAS	10 Nautico Marinha Grande		
<i>Na viragem aos 150 metros, o atleta só tocou com uma mão na parede.</i>			
DSQ Simao Sousa, JESUS	10 Nautico Marinha Grande		
<i>O atleta durante o percurso de bruços, realizou pernadas verticais.</i>			
DNS David Branco, TROVAO	10 Alcobaca		
DNS Vasco Rodrigues, ALMEIDA	10 Nautico Marinha Grande		

Prova 18

23/10/2022 - 11:40

Femin., 200m Estilos

Senior
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	2:28.96	547
50m: 30.97 30.97 100m: 1:09.43 38.46 150m: 1:53.23 43.80 200m: 2:28.96 35.73			
2. Joana Rosa, FERREIRA	05 Naval de Peniche	2:31.22	523
50m: 32.69 32.69 100m: 1:13.51 40.82 150m: 1:55.82 42.31 200m: 2:31.22 35.40			
3. Luana Pinto, DOMINGUES	03 CNLeiria	2:33.71	498
50m: 32.56 32.56 100m: 1:12.30 39.74 150m: 1:56.09 43.79 200m: 2:33.71 37.62			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 18, Femin., 200m Estilos, Senior

Lugar	Ano	Tempo final	Pts
4. Carlota Macedo, LAGOA	05 CNLeiria	2:39.71	444
50m: 33.26 33.26 100m: 1:14.13 40.87 150m: 2:00.02 45.89 200m: 2:39.71 39.69			
5. Maria Silva, CARVALHO	05 Pimpoes/Cimai	2:45.59	398
50m: 32.46 32.46 100m: 1:15.24 42.78 150m: 2:06.47 51.23 200m: 2:45.59 39.12			
6. Lara Roque, COTRIM	03 Pimpoes/Cimai	2:48.09	381
50m: 36.62 36.62 100m: 1:16.63 40.01 150m: 2:06.06 49.43 200m: 2:48.09 42.03			

Prova 18 Femin., 200m Estilos Junior Resultados
23/10/2022 - 11:40

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 BA/Leiria	2:27.93	559
50m: 31.74 31.74 100m: 1:08.54 36.80 150m: 1:52.90 44.36 200m: 2:27.93 35.03			
2. Vanessa Liliana, ALMEIDA	07 CNLeiria	2:35.82	478
50m: 34.83 34.83 100m: 1:16.88 42.05 150m: 2:00.26 43.38 200m: 2:35.82 35.56			
3. Maria Madalena, ALVES	06 BA/Leiria	2:38.00	458
50m: 34.90 34.90 100m: 1:16.38 41.48 150m: 2:02.91 46.53 200m: 2:38.00 35.09			
4. Matilde Violante, VIANA	07 CNLeiria	2:41.59	428
50m: 34.38 34.38 100m: 1:14.73 40.35 150m: 2:05.25 50.52 200m: 2:41.59 36.34			
5. Ines Mira, PINO	06 Pimpoes/Cimai	2:42.66	420
50m: 32.69 32.69 100m: 1:13.76 41.07 150m: 2:06.09 52.33 200m: 2:42.66 36.57			
6. Mafalda Caetano, LOURENCO	06 Veiense	2:55.31	335
50m: 37.13 37.13 100m: 1:21.34 44.21 150m: 2:12.15 50.81 200m: 2:55.31 43.16			
7. Mariana Magalhaes, FERNANDES	06 Veiense	2:55.39	335
50m: 39.40 39.40 100m: 1:24.16 44.76 150m: 2:16.05 51.89 200m: 2:55.39 39.34			

Prova 18 Femin., 200m Estilos Juvenil A Resultados
23/10/2022 - 11:40

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Victoria Frogeri, PEREIRA	08 CNLeiria	2:38.19	457
50m: 33.93 33.93 100m: 1:14.81 40.88 150m: 2:01.72 46.91 200m: 2:38.19 36.47			
2. Diana Rita, FONSECA	08 Veiense	2:57.41	324
50m: 39.31 39.31 100m: 1:24.34 45.03 150m: 2:17.27 52.93 200m: 2:57.41 40.14			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 18, Femin., 200m Estilos

Prova 18
23/10/2022 - 11:40

Femin., 200m Estilos

Juvenil B
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	2:39.24	448
50m: 35.84 35.84 100m: 1:18.14 42.30 150m: 2:03.30 45.16 200m: 2:39.24 35.94			
2. Beatriz Belo, CLARA	09 CNLeiria	2:44.08	409
50m: 33.78 33.78 100m: 1:16.10 42.32 150m: 2:07.66 51.56 200m: 2:44.08 36.42			
3. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	2:46.93	389
50m: 36.04 36.04 100m: 1:17.96 41.92 150m: 2:09.68 51.72 200m: 2:46.93 37.25			
4. Maria Teresa, OLIVEIRA	09 BA/Leiria	3:03.69	291
50m: 44.09 44.09 100m: 1:31.12 47.03 150m: 2:23.88 52.76 200m: 3:03.69 39.81			
5. Anjali, RAICAR	09 Naval de Peniche	3:04.16	289
50m: 40.12 40.12 100m: 1:29.12 49.00 150m: 2:23.73 54.61 200m: 3:04.16 40.43			
6. Ines Ferreira, CHELEU	09 BA/Leiria	3:05.43	283
50m: 42.57 42.57 100m: 1:32.37 49.80 150m: 2:25.38 53.01 200m: 3:05.43 40.05			
7. Maria Margarida, OLIVEIRA	09 BA/Leiria	3:05.77	282
50m: 41.37 41.37 100m: 1:31.13 49.76 150m: 2:21.84 50.71 200m: 3:05.77 43.93			
8. Sara Ines, SOUSA	09 BA/Leiria	3:10.04	263
50m: 39.04 39.04 100m: 1:30.71 51.67 150m: 2:27.39 56.68 200m: 3:10.04 42.65			
9. Ana Margarida, MARQUES	09 BA/Leiria	3:15.60	241
50m: 41.93 41.93 100m: 1:30.11 48.18 150m: 2:32.20 1:02.09 200m: 3:15.60 43.40			

Prova 18
23/10/2022 - 11:40

Femin., 200m Estilos

Infantil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Laura Helena, AMORIM	10 Nautico Marinha Grande	2:46.90	389
50m: 37.46 37.46 100m: 1:20.84 43.38 150m: 2:09.68 48.84 200m: 2:46.90 37.22			
2. Bianca Balbino, MENDES	10 Naval de Peniche	2:53.08	349
50m: 39.36 39.36 100m: 1:22.98 43.62 150m: 2:13.85 50.87 200m: 2:53.08 39.23			
3. Barbara Balbino, MENDES	10 Naval de Peniche	2:53.50	346
50m: 37.82 37.82 100m: 1:23.45 45.63 150m: 2:14.13 50.68 200m: 2:53.50 39.37			
4. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	2:55.74	333
50m: 38.62 38.62 100m: 1:20.06 41.44 150m: 2:16.87 56.81 200m: 2:55.74 38.87			
5. Maria Carolina, ALVES	10 BA/Leiria	3:03.53	292
50m: 41.28 41.28 100m: 1:28.51 47.23 150m: 2:23.37 54.86 200m: 3:03.53 40.16			
6. Laura Samora, GONCALVES	10 Nautico Marinha Grande	3:09.79	264
50m: 42.64 42.64 100m: 1:32.40 49.76 150m: 2:27.22 54.82 200m: 3:09.79 42.57			
7. Vida Sofia, VELEZ	10 BA/Leiria	3:12.19	254
50m: 44.77 44.77 100m: 1:34.44 49.67 150m: 2:28.15 53.71 200m: 3:12.19 44.04			
8. Leonor Pereira, SILVA	10 Óbidos	3:14.44	246
50m: 47.29 47.29 100m: 1:38.01 50.72 150m: 2:30.38 52.37 200m: 3:14.44 44.06			
9. Sofia Roma, BRIZIDA	10 BA/Leiria	3:15.58	241
50m: 47.55 47.55 100m: 1:35.03 47.48 150m: 2:32.16 57.13 200m: 3:15.58 43.42			

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 18, Femin., 200m Estilos, Infantil A

Lugar	Ano	Tempo final	Pts
10. Luana Filipe, REIS	10 Alcobaca	3:16.90	237
50m: 50.54 50.54 100m: 1:39.24 48.70 150m: 2:30.90 51.66 200m: 3:16.90 46.00			
11. Laura Margarida, ASCENSO	10 Nautico Marinha Grande	3:19.15	229
50m: 43.56 43.56 100m: 1:34.50 50.94 150m: 2:32.46 57.96 200m: 3:19.15 46.69			
12. Mara Marcao, COTRIM	10 Óbidos	3:19.57	227
50m: 44.67 44.67 100m: 1:36.90 52.23 150m: 2:32.72 55.82 200m: 3:19.57 46.85			
13. Mariana Santos, AFONSO	10 Naval de Peniche	3:22.68	217
50m: 49.29 49.29 100m: 1:41.95 52.66 150m: 2:38.34 56.39 200m: 3:22.68 44.34			
14. Rafaela Santos, AFONSO	10 Naval de Peniche	3:24.41	211
50m: 51.24 51.24 100m: 1:43.03 51.79 150m: 2:40.58 57.55 200m: 3:24.41 43.83			
15. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	3:25.42	208
50m: 47.59 47.59 100m: 1:43.71 56.12 150m: 2:39.00 55.29 200m: 3:25.42 46.42			
16. Leonor Silva, MARTINS	10 Óbidos	3:25.68	207
50m: 47.54 47.54 100m: 1:42.31 54.77 150m: 2:41.98 59.67 200m: 3:25.68 43.70			
17. Sofia Pinheiro, PACHECO	10 Óbidos	3:27.77	201
50m: 42.97 42.97 100m: 1:34.71 51.74 150m: 2:40.29 1:05.58 200m: 3:27.77 47.48			
18. Matilde Filipa, AMADO	10 Nautico Marinha Grande	3:39.37	171
50m: 49.91 49.91 100m: 1:48.71 58.80 150m: 2:49.42 1:00.71 200m: 3:39.37 49.95			
19. Beatriz Valente, CARVALHO	10 Óbidos	3:56.52	136
100m: 2:00.70 2:00.70 150m: 3:04.95 1:04.25 200m: 3:56.52 51.57			
DNS Mariana Sousa, OLIVEIRA	10 Alcobaca		

Prova 18 Femin., 200m Estilos Infantil B
23/10/2022 - 11:40 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	3:21.72	220
50m: 47.70 47.70 100m: 1:39.17 51.47 150m: 2:35.32 56.15 200m: 3:21.72 46.40			
2. Francisca Moreira, FELICIANO	11 Alcobaca	3:22.33	218
50m: 47.88 47.88 100m: 1:38.85 50.97 150m: 2:35.03 56.18 200m: 3:22.33 47.30			
3. Gabriela Valverde, CANHA	11 Alcobaca	3:27.97	201
50m: 49.22 49.22 100m: 1:41.94 52.72 150m: 2:40.76 58.82 200m: 3:27.97 47.21			
4. Maria Santos, FONSECA	11 CNLeiria	3:40.88	167
50m: 52.76 52.76 100m: 1:47.78 55.02 150m: 2:51.00 1:03.22 200m: 3:40.88 49.88			
5. Mariana Sousa, MENDES	11 Alcobaca	3:51.75	145
50m: 59.38 59.38 100m: 1:57.06 57.68 150m: 3:01.29 1:04.23 200m: 3:51.75 50.46			
DSQ Carolina Silva, CASTANHEIRA	11 CNLeiria		
<i>Falsa partida.</i>			
DSQ Maria Joao, VALA	11 Pimpoes/Cimai		
<i>Na viragem aos 100 metros, a atleta realizou várias pernadas de mariposa, no percurso subaquático.</i>			
DNS Leonor Mota, ALVES	11 Nautico Marinha Grande		

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 19, Masc., 1500m Livres

Prova 19 Masc., 1500m Livres Junior
23/10/2022 - 12:07 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luca Valentino, TONA	06 Pimpoes/Cimai	18:17.89	458
50m: 33.53 33.53	400m: 4:48.02 1:13.24	800m: 9:44.15 1:14.50	1200m:14:42.83 1:15.73
100m: 1:09.93 36.40	500m: 6:01.23 1:13.21	900m:10:58.21 1:14.06	1300m:15:56.26 1:13.43
200m: 2:22.89 1:12.96	600m: 7:15.41 1:14.18	1000m:12:12.14 1:13.93	1400m:17:08.40 1:12.14
300m: 3:34.78 1:11.89	700m: 8:29.65 1:14.24	1100m:13:27.10 1:14.96	1500m:18:17.89 1:09.49

Prova 19 Masc., 1500m Livres Juvenil A
23/10/2022 - 12:07 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Jose Januario, MARQUES	07 Pimpoes/Cimai	18:14.62	463
50m: 32.93 32.93	450m: 5:24.17 36.80	850m:10:19.42 37.05	1250m:15:15.64 37.35
100m: 1:09.03 36.10	500m: 6:00.91 36.74	900m:10:52.21 32.79	1300m:15:52.37 36.73
150m: 1:43.39 34.36	550m: 6:37.76 36.85	950m:11:33.21 41.00	1350m:16:28.62 36.25
200m: 2:22.30 38.91	600m: 7:14.54 36.78	1000m:12:10.40 37.19	1400m:17:04.96 36.34
250m: 2:58.27 35.97	650m: 7:51.66 37.12	1050m:12:47.09 36.69	1450m:17:40.65 35.69
300m: 3:34.40 36.13	700m: 8:28.14 36.48	1100m:13:24.04 36.95	1500m:18:14.62 33.97
350m: 4:11.01 36.61	750m: 9:05.29 37.15	1150m:14:01.05 37.01	
400m: 4:47.37 36.36	800m: 9:42.37 37.08	1200m:14:38.29 37.24	

Prova 19 Masc., 1500m Livres Juvenil B
23/10/2022 - 12:07 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	19:12.13	397
50m: 34.43 34.43	450m: 5:40.07 39.13	850m:10:51.87 39.38	1250m:16:04.54 38.68
100m: 1:11.90 37.47	500m: 6:19.30 39.23	900m:11:31.37 39.50	1300m:16:43.08 38.54
150m: 1:50.06 38.16	550m: 6:58.58 39.28	950m:12:10.41 39.04	1350m:17:21.66 38.58
200m: 2:28.31 38.25	600m: 7:37.96 39.38	1000m:12:49.54 39.13	1400m:17:59.18 37.52
250m: 3:06.03 37.72	650m: 8:16.44 38.48	1050m:13:28.42 38.88	1450m:18:36.63 37.45
300m: 3:44.28 38.25	700m: 8:55.31 38.87	1100m:14:08.03 39.61	1500m:19:12.13 35.50
350m: 4:22.52 38.24	750m: 9:34.09 38.78	1150m:14:47.15 39.12	
400m: 5:00.94 38.42	800m:10:12.49 38.40	1200m:15:25.86 38.71	
2. Santiago Boica, SOUSA	08 Vieiraense	19:22.00	387
50m: 33.31 33.31	450m: 5:43.83 40.19	850m:10:56.91 38.92	1250m:16:11.86 39.19
100m: 1:10.71 37.40	500m: 6:23.10 39.27	900m:11:36.03 39.12	1300m:16:50.15 38.29
150m: 1:49.40 38.69	550m: 7:02.13 39.03	950m:12:15.47 39.44	1350m:17:28.35 38.20
200m: 2:27.97 38.57	600m: 7:41.06 38.93	1000m:12:54.15 38.68	1400m:18:07.39 39.04
250m: 3:06.81 38.84	650m: 8:20.28 39.22	1050m:13:33.18 39.03	1450m:18:45.57 38.18
300m: 3:45.83 39.02	700m: 8:59.57 39.29	1100m:14:13.23 40.05	1500m:19:22.00 36.43
350m: 4:24.26 38.43	750m: 9:38.31 38.74	1150m:14:52.71 39.48	
400m: 5:03.64 39.38	800m:10:17.99 39.68	1200m:15:32.67 39.96	
3. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	21:01.40	302
50m: 38.11 38.11	400m: 5:37.93 1:25.06	800m:11:20.24 1:25.50	1200m:16:59.07 1:23.70
100m: 1:20.43 42.32	500m: 7:03.23 1:25.30	900m:12:46.11 1:25.87	1300m:18:23.19 1:24.12
200m: 2:46.51 1:26.08	600m: 8:28.75 1:25.52	1000m:14:10.40 1:24.29	1400m:19:45.44 1:22.25
300m: 4:12.87 1:26.36	700m: 9:54.74 1:25.99	1100m:15:35.37 1:24.97	1500m:21:01.40 1:15.96

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 20
23/10/2022 - 12:30

Femin., 800m Livres

Senior Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 Naval de Peniche	9:42.14	558
50m: 32.44 32.44	300m: 3:35.77 1:13.23	600m: 7:18.56 1:14.35	
100m: 1:08.99 36.55	400m: 4:49.90 1:14.13	700m: 8:31.46 1:12.90	
200m: 2:22.54 1:13.55	500m: 6:04.20 1:14.30	800m: 9:42.14 1:10.68	

Prova 20
23/10/2022 - 12:30

Femin., 800m Livres

Junior Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	10:27.08	446
50m: 35.58 35.58	300m: 3:52.71 1:19.06	600m: 7:52.62 1:20.25	
100m: 1:14.47 38.89	400m: 5:12.55 1:19.84	700m: 9:12.29 1:19.67	
200m: 2:33.65 1:19.18	500m: 6:32.37 1:19.82	800m:10:27.08 1:14.79	
2. Ines Mira, PINO	06 Pimpoes/Cimai	10:36.21	427
50m: 36.24 36.24	300m: 3:55.96 1:20.95	600m: 7:58.53 1:20.54	
100m: 1:15.30 39.06	400m: 5:17.61 1:21.65	700m: 9:18.40 1:19.87	
200m: 2:35.01 1:19.71	500m: 6:37.99 1:20.38	800m:10:36.21 1:17.81	
3. Leonor Caetano, MOREIRA	06 Vieiraense	11:20.62	349
50m: 37.24 37.24	300m: 4:07.80 1:24.68	600m: 8:28.44 1:27.82	
100m: 1:18.62 41.38	400m: 5:34.59 1:26.79	700m: 9:56.62 1:28.18	
200m: 2:43.12 1:24.50	500m: 7:00.62 1:26.03	800m:11:20.62 1:24.00	
4. Carolina Ferreira, FONSECA	07 Vieiraense	11:22.53	346
50m: 37.13 37.13	300m: 4:09.86 1:25.91	600m: 8:30.83 1:27.21	
100m: 1:18.59 41.46	400m: 5:36.57 1:26.71	700m: 9:58.13 1:27.30	
200m: 2:43.95 1:25.36	500m: 7:03.62 1:27.05	800m:11:22.53 1:24.40	

Prova 20
23/10/2022 - 12:30

Femin., 800m Livres

Juvenil A Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	11:31.31	333
50m: 39.84 39.84	300m: 4:18.18 1:28.06	600m: 8:42.40 1:27.78	
100m: 1:23.12 43.28	400m: 5:46.65 1:28.47	700m:10:09.25 1:26.85	
200m: 2:50.12 1:27.00	500m: 7:14.62 1:27.97	800m:11:31.31 1:22.06	

Prova 20
23/10/2022 - 12:30

Femin., 800m Livres

Juvenil B Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	11:40.26	320
50m: 39.98 39.98	300m: 4:21.81 1:29.01	600m: 8:46.57 1:28.46	
100m: 1:23.82 43.84	400m: 5:49.90 1:28.09	700m:10:15.81 1:29.24	
200m: 2:52.80 1:28.98	500m: 7:18.11 1:28.21	800m:11:40.26 1:24.45	
2. Anjali, RAICAR	09 Naval de Peniche	12:01.35	293
50m: 39.06 39.06	300m: 4:20.53 1:30.63	600m: 8:59.80 1:33.36	
100m: 1:22.29 43.23	400m: 5:53.06 1:32.53	700m:10:33.64 1:33.84	
200m: 2:49.90 1:27.61	500m: 7:26.44 1:33.38	800m:12:01.35 1:27.71	

Torneio de Abertura de Categorias
Caldas da Rainha, 22 - 23/10/2022

Prova 20, Femin., 800m Livres

Prova 20
23/10/2022 - 12:30

Femin., 800m Livres

Infantil A
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bianca Balbino, MENDES	10 Naval de Peniche	11:00.43	382
50m: 37.22 37.22	300m: 4:04.30 1:22.18	600m: 8:12.50 1:22.94	
100m: 1:18.15 40.93	400m: 5:26.35 1:22.05	700m: 9:36.81 1:24.31	
200m: 2:42.12 1:23.97	500m: 6:49.56 1:23.21	800m:11:00.43 1:23.62	
2. Barbara Balbino, MENDES	10 Naval de Peniche	11:07.34	370
50m: 39.19 39.19	300m: 4:06.47 1:22.63	600m: 8:19.08 1:25.36	
100m: 1:20.40 41.21	400m: 5:29.41 1:22.94	700m: 9:44.62 1:25.54	
200m: 2:43.84 1:23.44	500m: 6:53.72 1:24.31	800m:11:07.34 1:22.72	