

Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

1 - 1ª Jornada - Sessão da manhã

26/11/2022 - 9:00

Prova 1 Femin., 1500m Livres Senior Resultados
26/11/2022 - 9:00

Rec. Nac. Absoluto	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec. Nac. SEN	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019

Pontos: FINA 2022

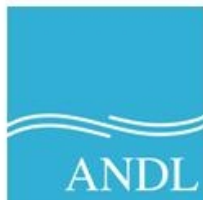
Lugar	Ano		Tempo final		Pts
1.	Joana Rosa, FERREIRA	05	Naval de Peniche	18:01.68	611
	50m: 32.51 32.51	450m: 5:20.66 36.05	850m:10:11.62 36.23	1250m:15:02.89 36.57	
	100m: 1:07.66 35.15	500m: 5:56.98 36.32	900m:10:48.08 36.46	1300m:15:39.17 36.28	
	150m: 1:43.36 35.70	550m: 6:33.38 36.40	950m:11:24.48 36.40	1350m:16:15.38 36.21	
	200m: 2:19.41 36.05	600m: 7:09.78 36.40	1000m:12:00.65 36.17	1400m:16:51.39 36.01	
	250m: 2:55.17 35.76	650m: 7:45.98 36.20	1050m:12:36.97 36.32	1450m:17:27.31 35.92	
	300m: 3:31.36 36.19	700m: 8:22.57 36.59	1100m:13:13.70 36.73	1500m:18:01.68 34.37	
	350m: 4:08.02 36.66	750m: 8:58.93 36.36	1150m:13:49.85 36.15		
	400m: 4:44.61 36.59	800m: 9:35.39 36.46	1200m:14:26.32 36.47		
2.	Joana Silva, ALVES	05	Benedita	18:31.18	563
	50m: 33.38 33.38	450m: 5:29.52 37.17	850m:10:27.19 37.27	1250m:15:26.47 37.60	
	100m: 1:09.87 36.49	500m: 6:06.80 37.28	900m:11:04.41 37.22	1300m:16:03.92 37.45	
	150m: 1:46.94 37.07	550m: 6:43.44 36.64	950m:11:41.83 37.42	1350m:16:41.04 37.12	
	200m: 2:24.07 37.13	600m: 7:20.51 37.07	1000m:12:19.23 37.40	1400m:17:18.02 36.98	
	250m: 3:01.23 37.16	650m: 7:57.83 37.32	1050m:12:56.46 37.23	1450m:17:55.02 37.00	
	300m: 3:38.18 36.95	700m: 8:35.03 37.20	1100m:13:34.06 37.60	1500m:18:31.18 36.16	
	350m: 4:15.29 37.11	750m: 9:12.50 37.47	1150m:14:11.29 37.23		
	400m: 4:52.35 37.06	800m: 9:49.92 37.42	1200m:14:48.87 37.58		

Prova 1 Femin., 1500m Livres Junior Resultados
26/11/2022 - 9:00

Rec. Nac. Absoluto	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec. Nac. 17	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11/12/2015
Rec. Nac. 16	16:44.26	Tamila Hryhorivna, HOLUB	SCB	Porto	19/12/2014

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
1.	Leonor Verissimo, FARIA	06	Nucleo de Pombal	18:08.34	600
	50m: 33.04 33.04	450m: 5:23.23 36.46	850m:10:14.61 36.37	1250m:15:08.21 36.77	
	100m: 1:08.97 35.93	500m: 5:59.80 36.57	900m:10:51.32 36.71	1300m:15:44.66 36.45	
	150m: 1:44.93 35.96	550m: 6:36.39 36.59	950m:11:28.15 36.83	1350m:16:20.93 36.27	
	200m: 2:20.99 36.06	600m: 7:12.86 36.47	1000m:12:04.99 36.84	1400m:16:57.14 36.21	
	250m: 2:57.64 36.65	650m: 7:49.20 36.34	1050m:12:41.52 36.53	1450m:17:33.13 35.99	
	300m: 3:34.21 36.57	700m: 8:25.44 36.24	1100m:13:18.16 36.64	1500m:18:08.34 35.21	
	350m: 4:10.67 36.46	750m: 9:01.91 36.47	1150m:13:54.69 36.53		
	400m: 4:46.77 36.10	800m: 9:38.24 36.33	1200m:14:31.44 36.75		
2.	Margarida Correia, MADEIRA	06	Nautico Marinha Grande	19:03.90	516
	50m: 33.29 33.29	450m: 5:40.08 38.86	850m:10:45.59 38.13	1250m:15:53.24 38.30	
	100m: 1:10.58 37.29	500m: 6:18.92 38.84	900m:11:23.92 38.33	1300m:16:31.90 38.66	
	150m: 1:48.14 37.56	550m: 6:57.02 38.10	950m:12:02.47 38.55	1350m:17:10.28 38.38	
	200m: 2:26.54 38.40	600m: 7:35.29 38.27	1000m:12:40.86 38.39	1400m:17:48.60 38.32	
	250m: 3:05.03 38.49	650m: 8:13.16 37.87	1050m:13:19.31 38.45	1450m:18:26.61 38.01	
	300m: 3:43.97 38.94	700m: 8:51.13 37.97	1100m:13:57.84 38.53	1500m:19:03.90 37.29	
	350m: 4:22.44 38.47	750m: 9:29.49 38.36	1150m:14:36.30 38.46		
	400m: 5:01.22 38.78	800m: 10:07.46 37.97	1200m:15:14.94 38.64		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 1, Femin., 1500m Livres, Junior

Lugar	Ano	Tempo final	Pts
3. Ines Mira, PINO	06 Pimpoes/Cimai	19:34.55	477
50m: 35.20 35.20	450m: 5:48.14 39.29	850m:11:05.08 39.38	1250m:16:21.66 39.45
100m: 1:13.23 38.03	500m: 6:27.87 39.73	900m:11:44.67 39.59	1300m:17:01.06 39.40
150m: 1:52.61 39.38	550m: 7:07.96 40.09	950m:12:24.51 39.84	1350m:17:40.60 39.54
200m: 2:31.49 38.88	600m: 7:47.54 39.58	1000m:13:04.83 40.32	1400m:18:19.97 39.37
250m: 3:10.59 39.10	650m: 8:27.31 39.77	1050m:13:44.25 39.42	1450m:18:58.65 38.68
300m: 3:49.86 39.27	700m: 9:06.69 39.38	1100m:14:23.79 39.54	1500m:19:34.55 35.90
350m: 4:29.20 39.34	750m: 9:46.59 39.90	1150m:15:02.93 39.14	
400m: 5:08.85 39.65	800m:10:25.70 39.11	1200m:15:42.21 39.28	
4. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	20:06.06	440
50m: 34.93 34.93	450m: 5:58.34 39.69	850m:11:24.53 40.15	1250m:16:48.66 39.44
100m: 1:14.16 39.23	500m: 6:40.15 41.81	900m:12:05.62 41.09	1300m:17:28.68 40.02
150m: 1:54.72 40.56	550m: 7:20.30 40.15	950m:12:46.96 41.34	1350m:18:09.86 41.18
200m: 2:35.39 40.67	600m: 8:01.55 41.25	1000m:13:27.08 40.12	1400m:18:50.63 40.77
250m: 3:15.94 40.55	650m: 8:42.40 40.85	1050m:14:07.36 40.28	1450m:19:28.98 38.35
300m: 3:56.55 40.61	700m: 9:23.60 41.20	1100m:14:47.68 40.32	1500m:20:06.06 37.08
350m: 4:36.85 40.30	750m:10:03.93 40.33	1150m:15:28.67 40.99	
400m: 5:18.65 41.80	800m:10:44.38 40.45	1200m:16:09.22 40.55	

Prova 1 Femin., 1500m Livres Juvenil A
26/11/2022 - 9:00 Resultados

Rec. Nac. Absoluto	15:55.19	Diana Marqarida, DURAES	SLB	Felgueiras	23/11/2019
Rec. Nac. JUV A	16:54.39	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	16/03/2014

Pontos: FINA 2022

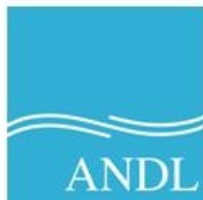
Lugar	Ano	Tempo final	Pts
1. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	22:01.37	335
50m: 38.42 38.42	450m: 6:26.24 44.18	850m:12:23.43 44.76	1250m:18:22.26 45.05
100m: 1:20.10 41.68	500m: 7:10.86 44.62	900m:13:08.02 44.59	1300m:19:06.83 44.57
150m: 2:03.28 43.18	550m: 7:54.99 44.13	950m:13:51.91 43.89	1350m:19:51.42 44.59
200m: 2:46.16 42.88	600m: 8:39.73 44.74	1000m:14:36.96 45.05	1400m:20:36.00 44.58
250m: 3:30.34 44.18	650m: 9:24.65 44.92	1050m:15:22.00 45.04	1450m:21:19.54 43.54
300m: 4:13.36 43.02	700m:10:08.98 44.33	1100m:16:06.92 44.92	1500m:22:01.37 41.83
350m: 4:57.66 44.30	750m:10:53.72 44.74	1150m:16:51.94 45.02	
400m: 5:42.06 44.40	800m:11:38.67 44.95	1200m:17:37.21 45.27	

Prova 1 Femin., 1500m Livres Juvenil B
26/11/2022 - 9:00 Resultados

Rec. Nac. Absoluto	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec. Nac. JUV B	17:17.43	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	30/06/2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisca Ramos, NUNES	09 Naval de Peniche	19:50.27	458
50m: 34.42 34.42	450m: 5:53.33 40.23	850m:11:15.68 40.88	1250m:16:36.97 40.25
100m: 1:12.74 38.32	500m: 6:33.27 39.94	900m:11:55.66 39.98	1300m:17:16.67 39.70
150m: 1:52.25 39.51	550m: 7:13.97 40.70	950m:12:35.70 40.04	1350m:17:55.58 38.91
200m: 2:33.19 40.94	600m: 7:54.10 40.13	1000m:13:16.18 40.48	1400m:18:34.25 38.67
250m: 3:13.68 40.49	650m: 8:34.35 40.25	1050m:13:56.50 40.32	1450m:19:13.48 39.23
300m: 3:53.09 39.41	700m: 9:14.52 40.17	1100m:14:36.16 39.66	1500m:19:50.27 36.79
350m: 4:32.93 39.84	750m: 9:54.02 39.50	1150m:15:16.27 40.11	
400m: 5:13.10 40.17	800m:10:34.80 40.78	1200m:15:56.72 40.45	



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 1, Femin., 1500m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
2. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	22:21.21	320
50m: 39.79 39.79	450m: 6:37.90 45.18	850m:12:40.31 45.52	1250m:18:40.51 45.10
100m: 1:23.44 43.65	500m: 7:23.58 45.68	900m:13:25.03 44.72	1300m:19:25.48 44.97
150m: 2:08.20 44.76	550m: 8:09.19 45.61	950m:14:09.90 44.87	1350m:20:10.94 45.46
200m: 2:52.23 44.03	600m: 8:54.46 45.27	1000m:14:53.98 44.08	1400m:20:55.68 44.74
250m: 3:37.44 45.21	650m: 9:40.32 45.86	1050m:15:39.33 45.35	1450m:21:39.00 43.32
300m: 4:22.66 45.22	700m: 10:24.98 44.66	1100m:16:24.16 44.83	1500m:22:21.21 42.21
350m: 5:07.45 44.79	750m:11:09.96 44.98	1150m:17:09.27 45.11	
400m: 5:52.72 45.27	800m:11:54.79 44.83	1200m:17:55.41 46.14	
DNS Laura Brites, COSTA	09 Rio Maior		
EXH Natacha Sofia, SILVA	02 Benfica	18:37.40	554
50m: 33.60 33.60	450m: 5:31.24 37.65	850m:10:31.47 37.65	1250m:15:32.57 37.87
100m: 1:09.98 36.38	500m: 6:09.12 37.88	900m:11:09.04 37.57	1300m:16:10.15 37.58
150m: 1:47.25 37.27	550m: 6:46.50 37.38	950m:11:47.08 38.04	1350m:16:47.51 37.36
200m: 2:23.94 36.69	600m: 7:23.87 37.37	1000m:12:24.87 37.79	1400m:17:25.45 37.94
250m: 3:01.13 37.19	650m: 8:01.32 37.45	1050m:13:02.19 37.32	1450m:18:02.52 37.07
300m: 3:38.71 37.58	700m: 8:38.70 37.38	1100m:13:39.66 37.47	1500m:18:37.40 34.88
350m: 4:16.03 37.32	750m: 9:16.27 37.57	1150m:14:17.17 37.51	
400m: 4:53.59 37.56	800m: 9:53.82 37.55	1200m:14:54.70 37.53	

Prova 2 Masc., 1500m Livres Senior Resultados

Rec. Nac. Absoluto	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec. Nac. SEN	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021

Pontos: FINA 2022

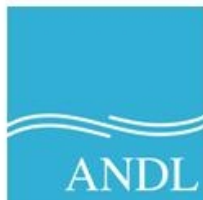
Lugar	Ano	Tempo final	Pts
1. Joao Paulo, RIBEIRO	92 CNLeiria	18:17.65	459
50m: 31.75 31.75	450m: 5:19.75 36.61	850m:10:17.39 37.35	1250m:15:14.07 36.75
100m: 1:07.05 35.30	500m: 5:56.40 36.65	900m:10:54.74 37.35	1300m:15:51.21 37.14
150m: 1:42.88 35.83	550m: 6:33.40 37.00	950m:11:31.73 36.99	1350m:16:28.31 37.10
200m: 2:18.67 35.79	600m: 7:10.51 37.11	1000m:12:08.58 36.85	1400m:17:04.89 36.58
250m: 2:54.53 35.86	650m: 7:47.52 37.01	1050m:12:45.43 36.85	1450m:17:41.41 36.52
300m: 3:30.60 36.07	700m: 8:24.73 37.21	1100m:13:22.37 36.94	1500m:18:17.65 36.24
350m: 4:06.88 36.28	750m: 9:02.43 37.70	1150m:13:59.60 37.23	
400m: 4:43.14 36.26	800m: 9:40.04 37.61	1200m:14:37.32 37.72	

Prova 2 Masc., 1500m Livres Junior Resultados

Rec. Nac. Absoluto	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec. Nac. 18	15:06.77	Filipe Miquel, SANTO	SLB	Funchal	26/03/2018
Rec. Nac. 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	16:05.25	675
50m: 28.10 28.10	450m: 4:45.29 32.28	850m: 9:05.03 31.99	1250m:13:24.30 32.50
100m: 59.46 31.36	500m: 5:18.07 32.78	900m: 9:37.89 32.86	1300m:13:57.44 33.14
150m: 1:31.45 31.99	550m: 5:50.65 32.58	950m:10:10.13 32.24	1350m:14:29.94 32.50
200m: 2:03.56 32.11	600m: 6:22.90 32.25	1000m:10:42.51 32.38	1400m:15:02.34 32.40
250m: 2:35.90 32.34	650m: 6:55.41 32.51	1050m:11:14.74 32.23	1450m:15:31.83 29.49
300m: 3:08.41 32.51	700m: 7:27.92 32.51	1100m:11:46.88 32.14	1500m:16:05.25 33.42
350m: 3:40.61 32.20	750m: 8:00.75 32.83	1150m:12:19.39 32.51	
400m: 4:13.01 32.40	800m: 8:33.04 32.29	1200m:12:51.80 32.41	



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 2, Masc., 1500m Livres, Junior

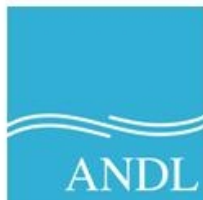
Lugar	Ano		Tempo final		Pts
2.	Edgar Francisco, SIMOES		06	Vieirense	18:37.24 435
	50m: 31.93 31.93	450m: 5:24.10 36.71	850m:10:27.52 37.56	1250m:15:31.31 37.82	
	100m: 1:07.19 35.26	500m: 6:01.82 37.72	900m:11:05.66 38.14	1300m:16:09.46 38.15	
	150m: 1:43.20 36.01	550m: 6:39.12 37.30	950m:11:43.84 38.18	1350m:16:47.14 37.68	
	200m: 2:19.72 36.52	600m: 7:17.63 38.51	1000m:12:21.83 37.99	1400m:17:24.25 37.11	
	250m: 2:56.31 36.59	650m: 7:55.46 37.83	1050m:12:59.65 37.82	1450m:18:01.59 37.34	
	300m: 3:32.77 36.46	700m: 8:33.89 38.43	1100m:13:37.50 37.85	1500m:18:37.24 35.65	
	350m: 4:10.25 37.48	750m: 9:11.97 38.08	1150m:14:14.64 37.14		
	400m: 4:47.39 37.14	800m: 9:49.96 37.99	1200m:14:53.49 38.85		
3.	Gabriel Lourenco, CUSTODIO		06	Naval da Nazaré	21:37.62 277
	50m: 35.06 35.06	450m: 6:20.24 43.60	850m:12:11.24 43.61	1250m:18:03.43 43.69	
	100m: 1:15.06 40.00	500m: 7:04.22 43.98	900m:12:55.72 44.48	1300m:18:46.70 43.27	
	150m: 1:57.54 42.48	550m: 7:47.01 42.79	950m:13:39.38 43.66	1350m:19:31.32 44.62	
	200m: 2:41.14 43.60	600m: 8:31.02 44.01	1000m:14:23.53 44.15	1400m:20:14.49 43.17	
	250m: 3:24.24 43.10	650m: 9:14.42 43.40	1050m:15:07.34 43.81	1450m:20:57.89 43.40	
	300m: 4:08.32 44.08	700m: 9:58.52 44.10	1100m:15:52.09 44.75	1500m:21:37.62 39.73	
	350m: 4:52.73 44.41	750m:10:43.83 45.31	1150m:16:36.16 44.07		
	400m: 5:36.64 43.91	800m:11:27.63 43.80	1200m:17:19.74 43.58		

Prova 2 Masc., 1500m Livres Juvenil A
26/11/2022 - 9:38 Resultados

Rec. Nac. Absoluto	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec. Nac. JUV A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
1.	Leonardo Jose, CRUZ		07	Alcobaca	16:45.04 598
	50m: 29.27 29.27	450m: 4:53.39 33.28	850m: 9:23.13 33.96	1250m:13:56.34 34.13	
	100m: 1:01.90 32.63	500m: 5:26.81 33.42	900m: 9:57.26 34.13	1300m:14:30.57 34.23	
	150m: 1:34.91 33.01	550m: 6:00.26 33.45	950m:10:31.54 34.28	1350m:15:04.69 34.12	
	200m: 2:07.72 32.81	600m: 6:33.73 33.47	1000m:11:05.66 34.12	1400m:15:38.60 33.91	
	250m: 2:40.62 32.90	650m: 7:07.27 33.54	1050m:11:39.35 33.69	1450m:16:12.64 34.04	
	300m: 3:13.63 33.01	700m: 7:41.31 34.04	1100m:12:14.41 35.06	1500m:16:45.04 32.40	
	350m: 3:47.00 33.37	750m: 8:15.02 33.71	1150m:12:48.19 33.78		
	400m: 4:20.11 33.11	800m: 8:49.17 34.15	1200m:13:22.21 34.02		
2.	Francisco Marques, SIMOES		07	CNLeiria	17:19.62 540
	50m: 29.08 29.08	450m: 5:02.29 35.42	850m: 9:44.29 35.00	1250m:14:25.80 35.42	
	100m: 1:01.88 32.80	500m: 5:37.61 35.32	900m:10:19.65 35.36	1300m:15:00.94 35.14	
	150m: 1:35.04 33.16	550m: 6:12.85 35.24	950m:10:54.53 34.88	1350m:15:36.38 35.44	
	200m: 2:08.91 33.87	600m: 6:48.27 35.42	1000m:11:29.83 35.30	1400m:16:11.74 35.36	
	250m: 2:42.91 34.00	650m: 7:23.48 35.21	1050m:12:05.12 35.29	1450m:16:46.86 35.12	
	300m: 3:17.44 34.53	700m: 7:58.76 35.28	1100m:12:40.34 35.22	1500m:17:19.62 32.76	
	350m: 3:52.22 34.78	750m: 8:34.03 35.27	1150m:13:15.32 34.98		
	400m: 4:26.87 34.65	800m: 9:09.29 35.26	1200m:13:50.38 35.06		
3.	Afonso Dinis, ROQUE		07	CNLeiria	17:43.84 504
	50m: 30.38 30.38	450m: 5:09.55 35.42	850m: 9:53.77 35.50	1250m:14:44.30 36.53	
	100m: 1:03.87 33.49	500m: 5:45.06 35.51	900m:10:29.86 36.09	1300m:15:19.93 35.63	
	150m: 1:38.28 34.41	550m: 6:20.35 35.29	950m:11:05.76 35.90	1350m:15:56.67 36.74	
	200m: 2:13.39 35.11	600m: 6:55.50 35.15	1000m:11:42.26 36.50	1400m:16:33.05 36.38	
	250m: 2:48.42 35.03	650m: 7:30.46 34.96	1050m:12:18.42 36.16	1450m:17:08.91 35.86	
	300m: 3:23.59 35.17	700m: 8:06.85 36.39	1100m:12:54.85 36.43	1500m:17:43.84 34.93	
	350m: 3:58.99 35.40	750m: 8:42.34 35.49	1150m:13:31.15 36.30		
	400m: 4:34.13 35.14	800m: 9:18.27 35.93	1200m:14:07.77 36.62		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 2, Masc., 1500m Livres, Juvenil A

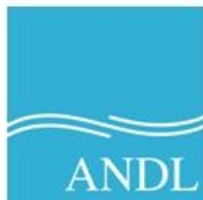
Lugar	Ano		Tempo final		Pts
4. Francisco Xavier, RITA	07	Vieirense	17:50.42	495	
50m:	30.74	30.74	450m:	5:19.25	36.35
100m:	1:05.47	34.73	500m:	5:56.11	36.86
150m:	1:41.19	35.72	550m:	6:32.87	36.76
200m:	2:17.43	36.24	600m:	7:08.82	35.95
250m:	2:53.69	36.26	650m:	7:45.50	36.68
300m:	3:29.61	35.92	700m:	8:22.05	36.55
350m:	4:06.25	36.64	750m:	8:58.45	36.40
400m:	4:42.90	36.65	800m:	9:34.75	36.30
			850m:	10:10.97	36.22
			900m:	10:47.68	36.71
			950m:	11:23.59	35.91
			1000m:	12:00.62	37.03
			1050m:	12:37.02	36.40
			1100m:	13:13.45	36.43
			1150m:	13:48.83	35.38
			1200m:	14:24.04	35.21
5. Andre Filipe, FERNANDES	07	Alcobaca	22:43.11	239	
50m:	36.08	36.08	450m:	6:33.04	46.67
100m:	1:18.10	42.02	500m:	7:19.09	46.05
150m:	2:01.93	43.83	550m:	8:06.57	47.48
200m:	2:45.55	43.62	600m:	8:52.19	45.62
250m:	3:30.09	44.54	650m:	9:37.71	45.52
300m:	4:15.84	45.75	700m:	10:25.19	47.48
350m:	5:01.38	45.54	750m:	11:11.29	46.10
400m:	5:46.37	44.99	800m:	11:59.36	48.07
			850m:	12:47.47	48.11
			900m:	13:34.27	46.80
			950m:	14:22.24	47.97
			1000m:	15:10.03	47.79
			1050m:	15:54.84	44.81
			1100m:	16:40.74	45.90
			1150m:	17:26.41	45.67
			1200m:	18:12.92	46.51

Prova 2 Masc., 1500m Livres Juvenil B
26/11/2022 - 9:38 Resultados

Rec. Nac. Absoluto	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec. Nac. JUV B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01/03/1998

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
1. Santiago Boica, SOUSA	08	Vieirense	18:15.87	461	
50m:	31.99	31.99	450m:	5:25.40	36.38
100m:	1:07.53	35.54	500m:	6:02.74	37.34
150m:	1:44.78	37.25	550m:	6:38.99	36.25
200m:	2:21.17	36.39	600m:	7:16.10	37.11
250m:	2:57.83	36.66	650m:	7:52.71	36.61
300m:	3:35.37	37.54	700m:	8:29.95	37.24
350m:	4:12.46	37.09	750m:	9:06.87	36.92
400m:	4:49.02	36.56	800m:	9:43.79	36.92
			850m:	10:21.13	37.34
			900m:	10:57.91	36.78
			950m:	11:34.23	36.32
			1000m:	12:11.13	36.90
			1050m:	12:47.74	36.61
			1100m:	13:23.91	36.17
			1150m:	14:00.81	36.90
			1200m:	14:37.79	36.98
2. Tome Nunes, TOME	08	CNLeiria	18:33.99	439	
50m:	32.44	32.44	450m:	5:31.50	37.96
100m:	1:08.46	36.02	500m:	6:09.53	38.03
150m:	1:45.09	36.63	550m:	6:47.48	37.95
200m:	2:22.79	37.70	600m:	7:24.68	37.20
250m:	2:59.82	37.03	650m:	8:02.19	37.51
300m:	3:37.67	37.85	700m:	8:39.63	37.44
350m:	4:15.57	37.90	750m:	9:17.30	37.67
400m:	4:53.54	37.97	800m:	9:54.60	37.30
			850m:	10:31.30	36.70
			900m:	11:08.31	37.01
			950m:	11:45.53	37.22
			1000m:	12:23.25	37.72
			1050m:	13:00.95	37.70
			1100m:	13:38.13	37.18
			1150m:	14:15.99	37.86
			1200m:	14:53.38	37.39
3. Gabriel Mota, PATRICIO	08	Vieirense	19:13.12	396	
50m:	32.25	32.25	450m:	5:41.99	39.17
100m:	1:08.83	36.58	500m:	6:22.28	40.29
150m:	1:47.15	38.32	550m:	7:00.91	38.63
200m:	2:25.93	38.78	600m:	7:40.16	39.25
250m:	3:05.20	39.27	650m:	8:20.37	40.21
300m:	3:44.72	39.52	700m:	8:58.26	37.89
350m:	4:23.65	38.93	750m:	9:37.44	39.18
400m:	5:02.82	39.17	800m:	10:16.26	38.82
			850m:	10:55.19	38.93
			900m:	11:33.84	38.65
			950m:	12:12.88	39.04
			1000m:	12:51.51	38.63
			1050m:	13:30.23	38.72
			1100m:	14:09.57	39.34
			1150m:	14:47.75	38.18
			1200m:	15:26.70	38.95



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 2, Masc., 1500m Livres

Lugar	Ano	Tempo final	Pts
EXH Antonio Pedro, MARTINS	05 CP Ferreira do Zêzere	18:09.03	470
50m: 33.41 33.41	450m: 5:25.59 36.50	850m:10:17.71 36.53	1250m:15:09.50 36.82
100m: 1:09.71 36.30	500m: 6:02.17 36.58	900m:10:54.09 36.38	1300m:15:45.90 36.40
150m: 1:46.46 36.75	550m: 6:38.65 36.48	950m:11:30.22 36.13	1350m:16:22.31 36.41
200m: 2:23.14 36.68	600m: 7:15.35 36.70	1000m:12:06.69 36.47	1400m:16:58.45 36.14
250m: 2:59.51 36.37	650m: 7:51.91 36.56	1050m:12:42.93 36.24	1450m:17:34.47 36.02
300m: 3:35.80 36.29	700m: 8:28.32 36.41	1100m:13:19.51 36.58	1500m:18:09.03 34.56
350m: 4:12.82 37.02	750m: 9:04.56 36.24	1150m:13:55.98 36.47	
400m: 4:49.09 36.27	800m: 9:41.18 36.62	1200m:14:32.68 36.70	

Prova 3 Femin., 50m Costas Senior Resultados

Rec. Nac. Absoluto	27.33	Rafaela Gomes, AZEVEDO	SAD	Albufeira	13/11/2021
Rec. Nac. SEN	27.33	Rafaela Gomes, AZEVEDO	SAD	Albufeira	13/11/2021

Pontos: FINA 2022

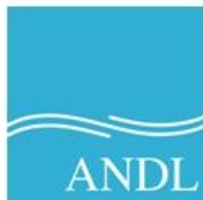
Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA	05 CNLeiria	32.02	491
2. Ines Apolinario, SOARES	03 Pimpoes/Cimai	32.78	458
3. Bruna Elisabete, PAULINO	97 Alcobaca	34.27	400
4. Beatriz Sofia, AMARO	04 Nautico Marinha Grande	35.07	374
DNS Nadia Sofia, SIMOES	83 CNLeiria		
DNS Margarida Violante, VIANA	04 CNLeiria		

Prova 3 Femin., 50m Costas Junior Resultados

Rec. Nac. Absoluto	27.33	Rafaela Gomes, AZEVEDO	SAD	Albufeira	13/11/2021
Rec. Nac. 17	28.22	Camila Rodrigues, REBELO	ALN	Felgueiras	21/12/2019
Rec. Nac. 16	28.42	Ines Camacho, FERNANDES	SCP	Porto	08/12/2012

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 Ba-Leiria	30.55	565
2. Ana Francisca, SILVA	06 Alcobaca	32.47	471
3. Matilde Violante, VIANA	07 CNLeiria	35.41	363
4. Maria Ines, ESTEVES	06 Naval da Nazaré	36.78	324
5. Leonor Caetano, MOREIRA	06 Vieiraense	36.79	324
6. Matilde Santos, COUTINHO	07 Naval da Nazaré	38.66	279
7. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	38.90	274
8. Carolina Ferreira, FONSECA	07 Vieiraense	39.76	256
9. Catarina Tagaroso, LOBO	07 Uniao Juncalense	41.14	231
10. Ana Margarida, MOTA	07 Nucleo de Ansião	41.58	224
11. Diana Filipa, SANTOS	07 Nucleo de Ansião	42.08	216
12. Luana Goncalves, RODRIGUES	07 Nucleo de Ansião	42.62	208
13. Rafaela Valente, RODRIGUES	07 Nucleo de Ansião	43.41	197
14. Beatriz Simoes, MACHADO	07 Nucleo de Ansião	44.18	187
15. Maria Matos, COSTA	07 Nucleo de Ansião	47.00	155
DNS Mariana Magalhaes, FERNANDES	06 Vieiraense		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 3, Femin., 50m Costas

Prova 3 Femin., 50m Costas Juvenil A
26/11/2022 - 10:20 Resultados

Rec. Nac. Absoluto 27.33 Rafaela Gomes, AZEVEDO SAD Albufeira 13/11/2021
Rec. Nac. JUV A 29.69 tempo limite,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Victoria Frogeri, PEREIRA	08 CNLeiria	32.80	457
2. Diana Rita, FONSECA	08 Vieiraense	35.87	349
DNS Lara Cardoso, MARTO	08 Nucleo de Pombal		

Prova 3 Femin., 50m Costas Juvenil B
26/11/2022 - 10:20 Resultados

Rec. Nac. Absoluto 27.33 Rafaela Gomes, AZEVEDO SAD Albufeira 13/11/2021
Rec. Nac. JUV B 30.50 tempo limite,

Pontos: FINA 2022

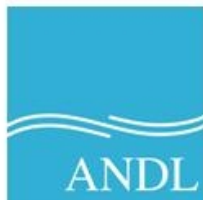
Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	35.90	348
2. Francisca Ramos, NUNES	09 Naval de Peniche	35.93	347
3. Elisa Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	38.26	288
4. Maria Margarida, OLIVEIRA	09 Ba-Leiria	38.76	277
5. Maria Teresa, OLIVEIRA	09 Ba-Leiria	38.91	273
6. Leonor Palma, JACOMO	09 Alcobaca	39.00	272
7. Sara Ines, SOUSA	09 Ba-Leiria	39.38	264
8. Ana Carolina, RODRIGUES	09 Nucleo de Ansião	45.39	172
DNS Leonor Valerio, ADRIANO	09 Alcobaca		
DNS Beatriz Belo, CLARA	09 CNLeiria		

Prova 3 Femin., 50m Costas Infantil A
26/11/2022 - 10:20 Resultados

Rec. Nac. Absoluto 27.33 Rafaela Gomes, AZEVEDO SAD Albufeira 13/11/2021
Rec. Nac. INF A 31.92 tempo limite,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Matilde Brandao, CARVALHO	10 Fluvial Portuense	33.56	426
2. Leonor Silva, MARTINS	10 Óbidos	41.23	230
3. Leonor Pereira, SILVA	10 Óbidos	42.06	216
4. Sofia Pinheiro, PACHECO	10 Óbidos	43.56	195
5. Mara Marcao, COTRIM	10 Óbidos	44.78	179
6. Ana Beatriz, LOPES	10 Nucleo de Ansião	46.55	159
7. Liliana Isabel, REGO	10 Fluvial Portuense	46.71	158
8. Beatriz Valente, CARVALHO	10 Óbidos	52.37	112



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 3, Femin., 50m Costas

Prova 3 Femin., 50m Costas Infantil B
26/11/2022 - 10:20 Resultados

Rec. Nac. Absoluto	27.33	Rafaela Gomes, AZEVEDO	SAD	Albufeira	13/11/2021
Rec. Nac. INF B	32.16	tempo limite,			

Pontos: FINA 2022

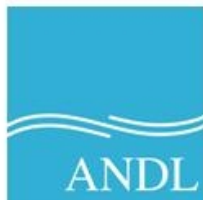
Lugar	Ano	Tempo final	Pts
1. Carolina Silva, CASTANHEIRA	11 CNLeiria	41.39	227
2. Isabela Maria, CARREIRA	11 Uniao Juncalense	43.93	190
3. Leiriia Silviovna, TONKIKH	11 CNLeiria	47.88	147
4. Matilde Coelho, FERREIRA	11 Uniao Juncalense	48.08	145
5. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	48.81	138
6. Madalena Coelho, FERREIRA	11 Uniao Juncalense	49.24	135
7. Erica Felix, RODRIGUES	11 Uniao Juncalense	51.13	120
EXH Sophie Maya, FERNANDES	06 Rio Maior	36.17	341
EXH Beatriz Ferreira, BATISTA	09 Povia Santa Iria	36.65	327

Prova 4 Masc., 50m Costas Senior
26/11/2022 - 10:32 Resultados

Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. SEN	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. SEN	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Vitor Belo, CLARA	04 CNLeiria	27.18	546
2. Miguel Vicente, SILVA	02 Nautico Marinha Grande	27.82	509
3. Bruno Filipe, TABORDA	95 CNLeiria	28.91	454
4. Joao Pedro, TARQUINIO	97 Benedita	28.92	453
5. Filipe Miguel, GOMES	97 CNLeiria	29.25	438
6. Francisco Xavier, TOMAS	00 Alcobaca	29.62	422
7. Ricardo Morais, FARIA	04 CNLeiria	29.79	414
8. Miguel Angelo, SILVESTRE	97 Alcobaca	31.34	356
9. Afonso Varelhas, SILVA	01 Nautico Marinha Grande	31.48	351
10. Joao Pedro, MENDES	95 CNLeiria	51.34	81



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 4, Masc., 50m Costas

Prova 4 Masc., 50m Costas Junior Resultados
26/11/2022 - 10:32

Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. 18	25.01	Alexis Manacas, SANTOS	SCP	Leiria	04/12/2009
Rec. Nac. 17	25.37	Gabriel Jose, LOPES	CDL	Coimbra	11/05/2014

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	31.65	346
2. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	32.27	326
3. Manuel Faveiro, JESUS	06 Nucleo de Ansião	32.89	308
4. Goncalo Rodrigues, VINTEM	06 Nucleo de Ansião	33.63	288
5. Rafael, SANTOS	06 Uniao Juncalense	35.87	237
6. Marco Ferreira, SILVA	05 Vieiraense	36.29	229
DNS Micael Dmitrievich, DENISOV	06 CNLeiria		
DNS Vasco Pedro, BRANCO	06 Naval da Nazaré		

Prova 4 Masc., 50m Costas Juvenil A Resultados
26/11/2022 - 10:32

Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. JUV A	26.26	tempo limite,			

Pontos: FINA 2022

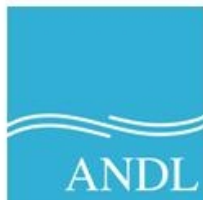
Lugar	Ano	Tempo final	Pts
1. Francisco Jose, FRAGOSO	07 Vieiraense	30.95	370
2. Bernardo Nunes, DOMINGUEZ	07 Ba-Leiria	31.58	348
3. Mateus Marques, MACHADO	07 Benedita	34.46	268
DNS Adriano Afonso, STEVENS	07 Ba-Leiria		

Prova 4 Masc., 50m Costas Juvenil B Resultados
26/11/2022 - 10:32

Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. JUV B	26.43	tempo limite,			

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	30.43	389
2. Martim Luis, GASPAS	08 Nautico Marinha Grande	34.57	265
3. Diogo Coelho, JORDAO	08 Uniao Juncalense	35.07	254
4. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	35.61	242
5. Frederico Costa, ANDRE	08 Nucleo de Ansião	37.28	211
6. Justin Daniel, BORGES	08 Óbidos	37.37	210
7. Tiago Daniel, POVOA	08 Uniao Juncalense	44.15	127
DSQ Diogo Barata, ALVES	08 Nautico Marinha Grande		
<i>O atleta perdeu a posição dorsal na chegada.</i>			
DNS Daniel Gomes, SANTOS	08 Nautico Marinha Grande		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 4, Masc., 50m Costas

Prova 4 Masc., 50m Costas Infantil A
26/11/2022 - 10:32 Resultados

Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. INF A	28.66	tempo limite,			

Pontos: FINA 2022

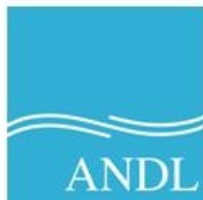
Lugar	Ano	Tempo final	Pts
1. Henrique Martins, JOAQUIM	09 Ba-Leiria	31.16	362
2. Tomas Pascoal, FERREIRA	09 Ba-Leiria	32.20	328
3. Matias Barros, REIS	09 Fluvial Portuense	33.06	303
4. Bernardo Silva, DEUS	09 Fluvial Portuense	35.04	254
5. Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	36.12	232
6. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	36.18	231
7. Jose Moutinho, VALENTE	09 Fluvial Portuense	36.93	217
8. Andre Bernardes, FERREIRA	09 Fluvial Portuense	37.27	211
9. Santiago Marques, GOMES	09 Ba-Leiria	37.29	211
10. Alexandre Lima, SANTOS	09 Fluvial Portuense	37.50	208
11. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	38.24	196
12. Luis Pedro, VALERIO	09 Ba-Leiria	38.85	187
13. Antonio Miguel, SANTOS	09 Fluvial Portuense	39.94	172
14. Tomas Martins, ALBUQUERQUE	09 Óbidos	40.10	170
15. Andre Guilherme, CORDEIRO	09 Naval de Peniche	41.05	158
16. Rubim Dinis, MENDES	09 Fluvial Portuense	41.65	151
17. Pedro Blanc, CAPINHA	09 Óbidos	42.86	139
18. Tiago Bouhaddoune, ARAGAO	09 Fluvial Portuense	43.30	135
19. Afonso Matos, CORREIA	09 Nucleo de Pombal	44.35	125
20. Alexandre Afonso, SANTOS	09 Uniao Juncalense	57.12	58

Prova 4 Masc., 50m Costas Infantil B
26/11/2022 - 10:32 Resultados

Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. Absoluto	23.35	Alexis Manacas, SANTOS	POR	Abu Dhabi (UAE)	18/12/2021
Rec. Nac. INF B	29.25	tempo limite,			

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rodolfo Junior, ALECRIM	10 Ba-Leiria	32.86	309
2. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	39.20	182
3. Dinis Lamas, SANTOS	10 Ba-Leiria	41.59	152
4. Tomas Gomes, AFONSO	10 Óbidos	42.98	138
5. Francisco Antonio, SIMOES	10 Ba-Leiria	46.18	111
DNS David Xavier, ALMEIDA	10 Ba-Leiria		
EXH Diogo Miguel, LUIS	06 Rio Maior	31.97	335
EXH Pedro Henrique, SANTOS	08 Povoia Santa Iria	32.63	315



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 5 Femin., 200m Mariposa Senior Resultados
26/11/2022 - 10:45

Rec. Nac. Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec. Nac. SEN	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bruna Andreia, SIMOES	01 Veiense	2:33.00	477
50m: 34.56 34.56 100m: 1:13.91 39.35 150m: 1:53.90 39.99 200m: 2:33.00 39.10			
2. Maria Silva, CARVALHO	05 Pimpoes/Cimai	2:43.28	393
50m: 35.51 35.51 100m: 1:16.17 40.66 150m: 1:59.22 43.05 200m: 2:43.28 44.06			

Prova 5 Femin., 200m Mariposa Junior Resultados
26/11/2022 - 10:45

Rec. Nac. Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec. Nac. 17	2:10.12	Sara Francisco, CRUZ	ADBA	Leiria	04/12/2009
Rec. Nac. 16	2:13.60	Ana Rita, FRANCISCO	POR	Gelsenkirchen (GER)	11/02/1996

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ana Francisca, SILVA	06 Alcobaca	2:32.72	480
50m: 34.30 34.30 100m: 1:13.20 38.90 150m: 1:53.77 40.57 200m: 2:32.72 38.95			
2. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	2:43.77	389
50m: 35.26 35.26 100m: 1:16.94 41.68 150m: 2:00.68 43.74 200m: 2:43.77 43.09			
3. Leonor Vendima, COELHO	07 Uniao Juncalense	3:17.94	220
50m: 40.04 40.04 100m: 1:29.74 49.70 150m: 2:24.35 54.61 200m: 3:17.94 53.59			

Prova 5 Femin., 200m Mariposa Juvenil A Resultados
26/11/2022 - 10:45

Rec. Nac. Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec. Nac. JUV A	2:17.51	Raquel Maria, FELGUEIRAS	SCB	Algés	05/03/1995

Pontos: FINA 2022

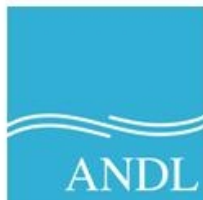
Lugar	Ano	Tempo final	Pts
1. Matilde Andre, LUIS	08 Alcobaca	2:48.59	357
50m: 35.96 35.96 100m: 1:16.80 40.84 150m: 2:01.79 44.99 200m: 2:48.59 46.80			

Prova 5 Femin., 200m Mariposa Juvenil B Resultados
26/11/2022 - 10:45

Rec. Nac. Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec. Nac. JUV B	2:18.29	Mariana Pacheco, CUNHA	CFP	Felgueiras	15/04/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Constanca Baptista, TOMAS	09 Alcobaca	2:49.48	351
50m: 35.76 35.76 100m: 1:19.07 43.31 150m: 2:04.99 45.92 200m: 2:49.48 44.49			
2. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	2:50.39	345
50m: 36.85 36.85 100m: 1:19.61 42.76 150m: 2:04.84 45.23 200m: 2:50.39 45.55			
3. Mariana Santos, INACIO	09 Alcobaca	3:03.74	275
50m: 37.57 37.57 100m: 1:23.10 45.53 150m: 2:13.29 50.19 200m: 3:03.74 50.45			



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Prova 5, Femin., 200m Mariposa

Prova 5 Femin., 200m Mariposa Infantil A
26/11/2022 - 10:45 Resultados

Rec. Nac. Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec. Nac. INF A	2:20.28	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Alexandra, SILVA	10 Povoasanta Iria	2:58.02	303
50m: 36.84 36.84	100m: 1:21.35 44.51	150m: 2:09.19 47.84	200m: 2:58.02 48.83
2. Bianca Balbino, MENDES	10 Naval de Peniche	3:05.77	266
50m: 39.43 39.43	100m: 1:26.05 46.62	150m: 2:15.61 49.56	200m: 3:05.77 50.16
3. Diana Isabel, ALVES	10 Benedita	3:20.49	212
50m: 41.04 41.04	100m: 1:30.91 49.87	150m: 2:26.15 55.24	200m: 3:20.49 54.34
4. Barbara Balbino, MENDES	10 Naval de Peniche	3:26.51	194
50m: 41.31 41.31	100m: 1:34.12 52.81	150m: 2:30.06 55.94	200m: 3:26.51 56.45
5. Mariana Sousa, OLIVEIRA	10 Alcobaca	3:46.50	147
50m: 45.35 45.35	100m: 1:45.99 1:00.64	150m: 2:46.83 1:00.84	200m: 3:46.50 59.67

Prova 5 Femin., 200m Mariposa Infantil B
26/11/2022 - 10:45 Resultados

Rec. Nac. Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec. Nac. INF B	2:31.64	Raquel Maria, FELGUEIRAS	SCB	Algés	09/05/1992

Pontos: FINA 2022

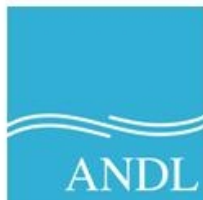
Lugar	Ano	Tempo final	Pts
1. Gabriela Valverde, CANHA	11 Alcobaca	3:49.19	142
50m: 47.86 47.86	100m: 1:47.36 59.50	150m: 2:49.50 1:02.14	200m: 3:49.19 59.69

Prova 6 Masc., 200m Mariposa Senior
26/11/2022 - 10:53 Resultados

Rec. Nac. Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009
Rec. Nac. SEN	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. David Ferreira, RELVAS	03 Nautico Marinha Grande	2:10.64	568
50m: 29.41 29.41	100m: 1:02.22 32.81	150m: 1:36.02 33.80	200m: 2:10.64 34.62
2. Nuno Goncalo, SANTOS	96 CNLeiria	2:12.70	542
50m: 29.61 29.61	100m: 1:02.96 33.35	150m: 1:37.19 34.23	200m: 2:12.70 35.51



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 6, Masc., 200m Mariposa

Prova 6 Masc., 200m Mariposa Junior Resultados
26/11/2022 - 10:53

Rec. Nac. Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istanbul (TUR)	12/12/2009
Rec. Nac. 18	1:58.64	Diogo Filipe, CARVALHO	CGA	Tomar	09/12/2005
Rec. Nac. 17	1:59.93	Diogo Filipe, CARVALHO	CGA	Mealhada	05/03/2005

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	2:09.03	590
50m: 29.66 29.66 100m: 1:03.10 33.44 150m: 1:36.06 32.96 200m: 2:09.03 32.97			
2. Luca Valentino, TONA	06 Pimpoes/Cimai	2:16.51	498
50m: 30.05 30.05 100m: 1:04.58 34.53 150m: 1:40.07 35.49 200m: 2:16.51 36.44			
3. Edgar Francisco, SIMOES	06 Vieiraense	2:23.67	427
50m: 31.07 31.07 100m: 1:07.17 36.10 150m: 1:44.86 37.69 200m: 2:23.67 38.81			
4. Afonso Manuel, ASCENSO	05 Ba-Leiria	2:28.55	386
50m: 31.29 31.29 100m: 1:05.91 34.62 150m: 1:44.26 38.35 200m: 2:28.55 44.29			

Prova 6 Masc., 200m Mariposa Juvenil A Resultados
26/11/2022 - 10:53

Rec. Nac. Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istanbul (TUR)	12/12/2009
Rec. Nac. JUV A	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcobaça	13/06/2009

Pontos: FINA 2022

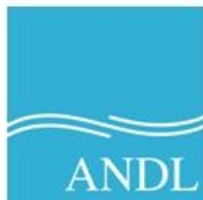
Lugar	Ano	Tempo final	Pts
1. Afonso Dinis, ROQUE	07 CNLeiria	2:21.06	451
50m: 30.28 30.28 100m: 1:06.19 35.91 150m: 1:43.51 37.32 200m: 2:21.06 37.55			
2. Francisco Xavier, RITA	07 Vieiraense	2:27.79	392
50m: 31.67 31.67 100m: 1:09.78 38.11 150m: 1:49.76 39.98 200m: 2:27.79 38.03			
3. Jose Januario, MARQUES	07 Pimpoes/Cimai	2:34.35	344
50m: 32.86 32.86 100m: 1:12.50 39.64 150m: 1:53.41 40.91 200m: 2:34.35 40.94			

Prova 6 Masc., 200m Mariposa Juvenil B Resultados
26/11/2022 - 10:53

Rec. Nac. Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istanbul (TUR)	12/12/2009
Rec. Nac. JUV B	2:06.17	Diogo Matos, RIBEIRO	CUC	Felgueiras	27/04/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:33.47	350
50m: 35.00 35.00 100m: 1:13.97 38.97 150m: 1:53.70 39.73 200m: 2:33.47 39.77			
2. Tiago Santos, POMBO	08 Alcobaca	2:35.32	338
50m: 33.59 33.59 100m: 1:12.62 39.03 150m: 1:53.93 41.31 200m: 2:35.32 41.39			
3. Gabriel Mota, PATRICIO	08 Vieiraense	2:42.50	295
50m: 33.45 33.45 100m: 1:14.81 41.36 150m: 1:59.48 44.67 200m: 2:42.50 43.02			
DNS Antonio Quiterio, ANASTACIO	08 Benedita		



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Prova 6, Masc., 200m Mariposa

Prova 6 Masc., 200m Mariposa Infantil A
26/11/2022 - 10:53 Resultados

Rec. Nac. Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009
Rec. Nac. INF A	2:12.42	Tomas Miguel, FREITAS	CDN	Funchal	11/07/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Louis Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	3:07.21	193
50m: 39.63 39.63 100m: 1:26.93 47.30 150m: 2:17.05 50.12 200m: 3:07.21 50.16			
2. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	3:07.29	193
50m: 40.30 40.30 100m: 1:27.42 47.12 150m: 2:17.28 49.86 200m: 3:07.29 50.01			
3. Rodrigo Oliveira, SANTOS	09 Alcobaca	3:27.88	141
50m: 45.16 45.16 100m: 1:38.87 53.71 150m: 2:34.59 55.72 200m: 3:27.88 53.29			
4. Santiago Jose, PACHECO	09 Alcobaca	3:39.81	119
50m: 45.31 45.31 100m: 1:42.72 57.41 150m: 2:41.51 58.79 200m: 3:39.81 58.30			

Prova 6 Masc., 200m Mariposa Infantil B
26/11/2022 - 10:53 Resultados

Rec. Nac. Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009
Rec. Nac. INF B	2:19.18	Andre Vilas, RUIVO	DNMG	Nazaré	01/06/2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	2:35.56	336
50m: 34.88 34.88 100m: 1:14.32 39.44 150m: 1:55.27 40.95 200m: 2:35.56 40.29			
2. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	3:18.81	161
50m: 44.78 44.78 100m: 1:37.91 53.13 150m: 2:31.77 53.86 200m: 3:18.81 47.04			
3. Lucas Ferreira, GASPAS	10 Vieiraense	3:27.47	142
50m: 42.70 42.70 100m: 1:35.01 52.31 150m: 2:30.96 55.95 200m: 3:27.47 56.51			
4. David Branco, TROVAO	10 Alcobaca	4:04.76	86
50m: 51.25 51.25 100m: 1:54.87 1:03.62 150m: 3:01.15 1:06.28 200m: 4:04.76 1:03.61			

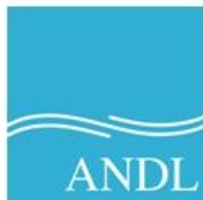
EXH Joao Peres, COSTA	04 Naval Praia da Vitoria	2:07.26	615
50m: 29.37 29.37 100m: 1:01.01 31.64 150m: 1:33.77 32.76 200m: 2:07.26 33.49			

Prova 7 Femin., 100m Livres Senior
26/11/2022 - 11:05 Resultados

Rec. Nac. Absoluto	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019
Rec. Nac. SEN	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ana Claudia, FERREIRA	90 Alcobaca	1:02.86	510
50m: 30.05 30.05 100m: 1:02.86 32.81			
2. Bruna Silva, MOITEIRO	04 Nautico Marinha Grande	1:05.76	446
50m: 31.44 31.44 100m: 1:05.76 34.32			
3. Beatriz Silva, CONCEICAO	05 Benedita	1:08.07	402
50m: 32.19 32.19 100m: 1:08.07 35.88			



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Prova 7, Femin., 100m Livres, Senior

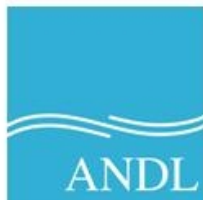
Lugar	Ano	Tempo final	Pts
4. Beatriz Sofia, AMARO	04 Nautico Marinha Grande	1:10.09	368
50m: 33.71 33.71	100m: 1:10.09 36.38		
5. Maria Leitao, CARVALHO	02 CNLeiria	1:10.34	364
50m: 33.60 33.60	100m: 1:10.34 36.74		
6. Patricia Sousa, PAULO	96 CNLeiria	1:14.25	309
50m: 34.36 34.36	100m: 1:14.25 39.89		
DNS Nadia Sofia, SIMOES	83 CNLeiria		
DNS Margarida Violante, VIANA	04 CNLeiria		

Prova 7 Femin., 100m Livres Junior Resultados

Rec. Nac. Absoluto	54.66	Ana Pinho, RODRIGUES	ADS	Felqueiras	20/12/2019
Rec. Nac. 17	55.54	Carolina Miranda, FERNANDESCGA		Leiria	28/11/2021
Rec. Nac. 16	56.72	Ana Reis, SOUSA	CNLA	Porto	08/12/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ines Mira, PINO	06 Pimpoes/Cimai	1:00.79	564
50m: 29.54 29.54	100m: 1:00.79 31.25		
2. Leonor Verissimo, FARIA	06 Nucleo de Pombal	1:01.63	542
50m: 30.33 30.33	100m: 1:01.63 31.30		
3. Vanessa Liliana, ALMEIDA	07 CNLeiria	1:04.36	475
50m: 30.65 30.65	100m: 1:04.36 33.71		
4. Catarina Machado, BELO	06 Benedita	1:06.79	425
50m: 31.06 31.06	100m: 1:06.79 35.73		
5. Leonor Caetano, MOREIRA	06 Vieiraense	1:06.89	423
50m: 31.59 31.59	100m: 1:06.89 35.30		
6. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	1:07.27	416
50m: 32.19 32.19	100m: 1:07.27 35.08		
7. Carolina Ferreira, FONSECA	07 Vieiraense	1:11.32	349
50m: 34.01 34.01	100m: 1:11.32 37.31		
8. Maria Ines, ESTEVES	06 Naval da Nazaré	1:12.15	337
50m: 34.29 34.29	100m: 1:12.15 37.86		
9. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	1:13.55	318
50m: 34.78 34.78	100m: 1:13.55 38.77		
10. Matilde Santos, COUTINHO	07 Naval da Nazaré	1:15.46	295
50m: 34.65 34.65	100m: 1:15.46 40.81		
11. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	1:16.19	286
50m: 35.67 35.67	100m: 1:16.19 40.52		
12. Ana Margarida, MOTA	07 Nucleo de Ansião	1:16.88	279
50m: 37.23 37.23	100m: 1:16.88 39.65		
13. Rafaela Valente, RODRIGUES	07 Nucleo de Ansião	1:19.42	253
50m: 37.92 37.92	100m: 1:19.42 41.50		
14. Luana Goncalves, RODRIGUES	07 Nucleo de Ansião	1:21.54	234
50m: 38.92 38.92	100m: 1:21.54 42.62		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 7, Femin., 100m Livres, Junior

Lugar	Ano	Tempo final	Pts
15. Diana Filipa, SANTOS 50m: 39.51 39.51 100m: 1:24.57 45.06	07 Nucleo de Ansião	1:24.57	209
16. Maria Matos, COSTA 50m: 41.20 41.20 100m: 1:26.83 45.63	07 Nucleo de Ansião	1:26.83	193
17. Beatriz Simoes, MACHADO 50m: 40.19 40.19 100m: 1:26.91 46.72	07 Nucleo de Ansião	1:26.91	193
DNS Mariana Magalhaes, FERNANDES	06 Veiense		

Prova 7 Femin., 100m Livres Juvenil A
26/11/2022 - 11:05 Resultados

Rec. Nac. Absoluto	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019
Rec. Nac. JUV A	56.18	Carolina Miranda, FERNANDESCGA		Mealhada	08/12/2019

Pontos: FINA 2022

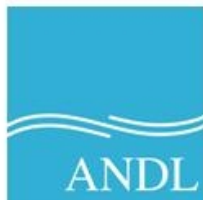
Lugar	Ano	Tempo final	Pts
1. Victoria Frogeri, PEREIRA 50m: 30.82 30.82 100m: 1:05.46 34.64	08 CNLeiria	1:05.46	452
2. Rita Rocha, SILVA 50m: 31.28 31.28 100m: 1:06.30 35.02	08 Alcobaca	1:06.30	435
3. Diana Rita, FONSECA 50m: 31.84 31.84 100m: 1:08.56 36.72	08 Veiense	1:08.56	393
4. Matilde Monteiro, NEVES 50m: 36.54 36.54 100m: 1:16.22 39.68	08 Nucleo de Pombal	1:16.22	286
DNS Lara Cardoso, MARTO	08 Nucleo de Pombal		

Prova 7 Femin., 100m Livres Juvenil B
26/11/2022 - 11:05 Resultados

Rec. Nac. Absoluto	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019
Rec. Nac. JUV B	57.65	Carolina Miranda, FERNANDESCGA		Estarreja	10/06/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mariana Sousa, MARQUES 50m: 32.27 32.27 100m: 1:07.51 35.24	09 Alcobaca	1:07.51	412
2. Ines Ferreira, CHELEU 50m: 33.05 33.05 100m: 1:09.55 36.50	09 Ba-Leiria	1:09.55	377
3. Anjali, RAICAR 50m: 33.04 33.04 100m: 1:10.43 37.39	09 Naval de Peniche	1:10.43	363
4. Zofie, PACHECO 50m: 33.32 33.32 100m: 1:12.08 38.76	09 Naval de Peniche	1:12.08	338
5. Mariana Santos, INACIO 50m: 34.50 34.50 100m: 1:13.02 38.52	09 Alcobaca	1:13.02	325
6. Francisca Vieira, NUNES 50m: 35.97 35.97 100m: 1:13.53 37.56	09 Alcobaca	1:13.53	319
7. Ana Margarida, MARQUES 50m: 34.49 34.49 100m: 1:13.55 39.06	09 Ba-Leiria	1:13.55	318



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 7, Femin., 100m Livres, Juvenil B

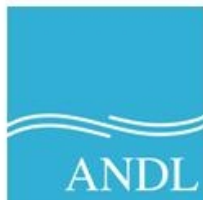
Lugar	Ano	Tempo final	Pts
8. Sara Ines, SOUSA 50m: 35.38 35.38 100m: 1:13.93 38.55	09 Ba-Leiria	1:13.93	314
9. Ana Carolina, RODRIGUES 50m: 42.03 42.03 100m: 1:28.38 46.35	09 Nucleo de Ansião	1:28.38	183
DNS Leonor Valerio, ADRIANO	09 Alcobaca		

Prova 7 Femin., 100m Livres Infantil A
26/11/2022 - 11:05 Resultados

Rec. Nac. Absoluto	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019
Rec. Nac. INF A	58.55	Carolina Miranda, FERNANDES	CGA	Felgueiras	11/03/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Matilde Brandao, CARVALHO 50m: 30.75 30.75 100m: 1:04.54 33.79	10 Fluvial Portuense	1:04.54	471
2. Maria Carolina, ALVES 50m: 34.76 34.76 100m: 1:13.06 38.30	10 Ba-Leiria	1:13.06	325
3. Maria Leticia, MELO 50m: 36.68 36.68 100m: 1:16.46 39.78	10 Fluvial Portuense	1:16.46	283
4. Vida Sofia, VELEZ 50m: 37.04 37.04 100m: 1:18.37 41.33	10 Ba-Leiria	1:18.37	263
5. Sofia Roma, BRIZIDA 50m: 38.07 38.07 100m: 1:19.25 41.18	10 Ba-Leiria	1:19.25	254
6. Mariana Santos, AFONSO 50m: 37.50 37.50 100m: 1:20.60 43.10	10 Naval de Peniche	1:20.60	242
7. Sofia Pinheiro, PACHECO 50m: 40.03 40.03 100m: 1:25.20 45.17	10 Óbidos	1:25.20	205
8. Ana Beatriz, LOPES 50m: 40.70 40.70 100m: 1:29.12 48.42	10 Nucleo de Ansião	1:29.12	179
9. Ana Catarina, MAGALHAES 50m: 42.91 42.91 100m: 1:30.73 47.82	10 Fluvial Portuense	1:30.73	169
10. Beatriz Valente, CARVALHO 50m: 45.74 45.74 100m: 1:33.51 47.77	10 Óbidos	1:33.51	155
11. Liliana Isabel, REGO 50m: 44.64 44.64 100m: 1:34.21 49.57	10 Fluvial Portuense	1:34.21	151
DSQ Matilde Evangelista, SILVA <i>Falsa partida.</i>	10 Benedita		
DSQ Rafaela Santos, AFONSO <i>Falsa partida.</i>	10 Naval de Peniche		
DNS Mariana Sofia, ANTUNES	10 Pimpoes/Cimai		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 7, Femin., 100m Livres

Prova 7 Femin., 100m Livres Infantil B
26/11/2022 - 11:05 Resultados

Rec. Nac. Absoluto	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019
Rec. Nac. INF B	1:00.13	Carolina Miranda, FERNANDES	CGA	Mealhada	08/04/2017

Pontos: FINA 2022

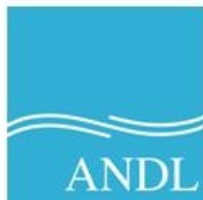
Lugar	Ano	Tempo final	Pts
1. Mafalda Teles, SOUSA	11 Pimpoes/Cimai	1:17.53	272
50m: 37.26 37.26	100m: 1:17.53 40.27		
2. Francisca Caetano, LOURENCO	11 Benedita	1:20.39	244
50m: 37.59 37.59	100m: 1:20.39 42.80		
3. Maria Santos, FONSECA	11 CNLeiria	1:24.02	213
50m: 40.88 40.88	100m: 1:24.02 43.14		
4. Maria Joao, VALA	11 Pimpoes/Cimai	1:27.27	190
50m: 42.03 42.03	100m: 1:27.27 45.24		
5. Mariana Silva, CONCEICAO	11 Benedita	1:34.85	148
50m: 43.67 43.67	100m: 1:34.85 51.18		
6. Leiriia Silviovna, TONKIKH	11 CNLeiria	1:35.23	146
50m: 43.40 43.40	100m: 1:35.23 51.83		
DNS Mariana Sousa, MENDES	11 Alcobaca		
EXH Alice Batista, AGOSTINHO	08 Rio Maior	1:08.33	397
50m: 32.48 32.48	100m: 1:08.33 35.85		
EXH Laura Calheiros, FRAZAO	07 Rio Maior	1:10.40	363
50m: 33.40 33.40	100m: 1:10.40 37.00		

Prova 8 Masc., 100m Livres Senior
26/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto	47.26	Miguel Duarte, NASCIMENTO	SLB	Coimbra	22/12/2020
Rec. Nac. SEN	47.26	Miguel Duarte, NASCIMENTO	SLB	Coimbra	22/12/2020

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Miguel Vicente, SILVA	02 Nautico Marinha Grande	52.81	612
50m: 25.07 25.07	100m: 52.81 27.74		
2. Daniel, TSYKAL	04 Alcobaca	55.04	540
50m: 26.37 26.37	100m: 55.04 28.67		
3. David Ferreira, RELVAS	03 Nautico Marinha Grande	55.22	535
50m: 26.64 26.64	100m: 55.22 28.58		
4. Bruno Pinto, DOMINGUES	00 CNLeiria	55.51	527
50m: 26.66 26.66	100m: 55.51 28.85		
5. Guilherme Silva, CASTANHEIRA	04 CNLeiria	55.74	520
50m: 26.26 26.26	100m: 55.74 29.48		
6. Sandro Emanuel, FRANCISCO	99 Viegrense	56.35	503
50m: 26.90 26.90	100m: 56.35 29.45		
7. Francisco Xavier, TOMAS	00 Alcobaca	56.99	487
50m: 26.72 26.72	100m: 56.99 30.27		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 8, Masc., 100m Livres, Senior

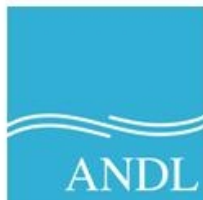
Lugar	Ano	Tempo final	Pts
8. Ricardo Morais, FARIA 50m: 27.48 27.48 100m: 57.95 30.47	04 CNLeiria	57.95	463
9. Joao Miguel, SANTOS 50m: 27.83 27.83 100m: 57.96 30.13	81 CNLeiria	57.96	463
10. Joao Pedro, TARQUINIO 50m: 28.33 28.33 100m: 58.18 29.85	97 Benedita	58.18	457
Bruno Filipe, TABORDA 50m: 28.78 28.78 100m: 58.18 29.40	95 CNLeiria	58.18	457
12. Miguel Angelo, SILVESTRE 50m: 28.88 28.88 100m: 59.67 30.79	97 Alcobaca	59.67	424
13. Manuel Maria, FROIS 50m: 28.92 28.92 100m: 1:00.20 31.28	02 CNLeiria	1:00.20	413
DNS Goncalo Manuel, REPOLHO	98 CNLeiria		

Prova 8 Masc., 100m Livres Junior Resultados
26/11/2022 - 11:25

Rec. Nac. Absoluto	47.26	Miguel Duarte, NASCIMENTO	SLB	Coimbra	22/12/2020
Rec. Nac. 18	48.32	Diogo Matos, RIBEIRO	SLB	Leiria	26/11/2021
Rec. Nac. 17	49.56	Diogo Matos, RIBEIRO	CUC	Coimbra	22/12/2020

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA 50m: 26.33 26.33 100m: 54.23 27.90	05 Ba-Leiria	54.23	565
2. Jose Francisco, OLIVEIRA 50m: 27.63 27.63 100m: 56.89 29.26	05 Ba-Leiria	56.89	489
3. Luca Valentino, TONA 50m: 27.85 27.85 100m: 57.94 30.09	06 Pimpoes/Cimai	57.94	463
4. Tiago Serradas, FRANCISCO 50m: 27.93 27.93 100m: 58.00 30.07	05 Ba-Leiria	58.00	462
5. Manuel Faveiro, JESUS 50m: 28.49 28.49 100m: 1:00.00 31.51	06 Nucleo de Ansião	1:00.00	417
6. Cristiano Nogueira, FERREIRA 50m: 29.53 29.53 100m: 1:01.14 31.61	06 Nucleo de Pombal	1:01.14	394
7. Marco Ferreira, SILVA 50m: 28.64 28.64 100m: 1:01.36 32.72	05 Vieiraense	1:01.36	390
8. Rafael, SANTOS 50m: 29.84 29.84 100m: 1:02.15 32.31	06 Uniao Juncalense	1:02.15	375
9. Bruno Belo, AGOSTINHO 50m: 31.22 31.22 100m: 1:03.75 32.53	05 Benedita	1:03.75	347
10. Samuel Filipe, AMORIM 50m: 30.09 30.09 100m: 1:04.26 34.17	05 Nautico Marinha Grande	1:04.26	339
11. Goncalo Rodrigues, VINTEM 50m: 30.65 30.65 100m: 1:05.78 35.13	06 Nucleo de Ansião	1:05.78	316
12. Gabriel Lourenco, CUSTODIO 50m: 33.21 33.21 100m: 1:09.75 36.54	06 Naval da Nazaré	1:09.75	265



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 8, Masc., 100m Livres, Junior

Lugar	Ano	Tempo final	Pts
DNS Micael Dmitrievich, DENISOV	06 CNLeiria		
DNS Vasco Pedro, BRANCO	06 Naval da Nazaré		

Prova 8 Masc., 100m Livres Juvenil A
26/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto	47.26	Miguel Duarte, NASCIMENTO	SLB	Coimbra	22/12/2020
Rec. Nac. JUV A	50.82	Tiago Andre, VENANCIO	CNS	Braga	23/03/2003

Pontos: FINA 2022

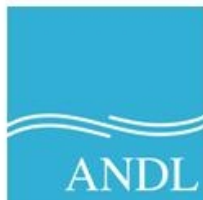
Lugar	Ano	Tempo final	Pts
1. Goncalo Pereira, COLACO	07 CNLeiria	54.33	562
50m: 26.22 26.22 100m: 54.33 28.11			
2. Leonardo Jose, CRUZ	07 Alcobaca	55.05	540
50m: 26.56 26.56 100m: 55.05 28.49			
3. Francisco Marques, SIMOES	07 CNLeiria	56.05	512
50m: 27.10 27.10 100m: 56.05 28.95			
4. Francisco Jose, FRAGOSO	07 Vieiraense	59.84	420
50m: 28.20 28.20 100m: 59.84 31.64			
5. Bernardo Nunes, DOMINGUEZ	07 Ba-Leiria	1:01.99	378
50m: 29.48 29.48 100m: 1:01.99 32.51			
6. Mateus Marques, MACHADO	07 Benedita	1:07.19	297
50m: 32.73 32.73 100m: 1:07.19 34.46			
7. Andre Filipe, FERNANDES	07 Alcobaca	1:13.69	225
50m: 34.75 34.75 100m: 1:13.69 38.94			
DNS Adriano Afonso, STEVENS	07 Ba-Leiria		

Prova 8 Masc., 100m Livres Juvenil B
26/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto	47.26	Miguel Duarte, NASCIMENTO	SLB	Coimbra	22/12/2020
Rec. Nac. JUV B	52.29	Diogo Matos, RIBEIRO	CUC	Coimbra	11/05/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Santiago Boica, SOUSA	08 Vieiraense	59.17	435
50m: 28.51 28.51 100m: 59.17 30.66			
2. Tiago Santos, POMBO	08 Alcobaca	1:04.48	336
50m: 31.19 31.19 100m: 1:04.48 33.29			
3. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	1:05.03	327
50m: 31.24 31.24 100m: 1:05.03 33.79			
4. Diogo Coelho, JORDAO	08 Uniao Juncalense	1:07.04	299
50m: 32.87 32.87 100m: 1:07.04 34.17			
5. Martim Luis, GASPAR	08 Nautico Marinha Grande	1:07.26	296
50m: 32.39 32.39 100m: 1:07.26 34.87			
6. Diogo Barata, ALVES	08 Nautico Marinha Grande	1:10.57	256
50m: 33.71 33.71 100m: 1:10.57 36.86			
7. Justin Daniel, BORGES	08 Óbidos	1:10.98	252
50m: 33.80 33.80 100m: 1:10.98 37.18			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

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

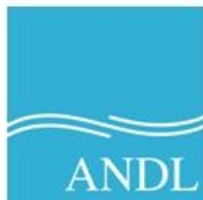
Lugar	Ano	Tempo final	Pts
8. Frederico Costa, ANDRE 50m: 34.70 34.70 100m: 1:14.04 39.34	08 Nucleo de Ansião	1:14.04	222
9. Tiago Mota, ESTEVES 50m: 38.08 38.08 100m: 1:19.88 41.80	08 Pimpoes/Cimai	1:19.88	176
10. Tiago Daniel, POVOA 50m: 38.35 38.35 100m: 1:22.14 43.79	08 Uniao Juncalense	1:22.14	162
DNS Antonio Quiterio, ANASTACIO	08 Benedita		
DNS Daniel Gomes, SANTOS	08 Nautico Marinha Grande		

Prova 8 Masc., 100m Livres Infantil A
26/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto	47.26	Miguel Duarte, NASCIMENTO	SLB	Coimbra	22/12/2020
Rec. Nac. INF A	54.35	Diogo Matos, RIBEIRO	CUC	S. António Cavaleiros	01/07/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA 50m: 29.41 29.41 100m: 59.94 30.53	09 Ba-Leiria	59.94	418
2. Henrique Martins, JOAQUIM 50m: 29.60 29.60 100m: 1:00.32 30.72	09 Ba-Leiria	1:00.32	410
3. Bernardo Silva, DEUS 50m: 29.76 29.76 100m: 1:01.79 32.03	09 Fluvial Portuense	1:01.79	382
4. Santiago Agostinho, PARREIRA 50m: 30.02 30.02 100m: 1:02.86 32.84	09 Pimpoes/Cimai	1:02.86	362
5. Alexandre Lima, SANTOS 50m: 31.05 31.05 100m: 1:04.72 33.67	09 Fluvial Portuense	1:04.72	332
6. Matias Barros, REIS 50m: 30.91 30.91 100m: 1:06.48 35.57	09 Fluvial Portuense	1:06.48	306
7. Antonio Miguel, SANTOS 50m: 32.64 32.64 100m: 1:06.77 34.13	09 Fluvial Portuense	1:06.77	302
8. Francisco Lourenco, CUSTODIO 50m: 32.54 32.54 100m: 1:06.85 34.31	09 Naval da Nazaré	1:06.85	301
9. Tomas Martins, ALBUQUERQUE 50m: 33.25 33.25 100m: 1:08.63 35.38	09 Óbidos	1:08.63	278
10. David Ferrador, PEREIRA 50m: 32.63 32.63 100m: 1:08.95 36.32	09 Nucleo de Pombal	1:08.95	275
11. Hugo Miguel, SANTOS 50m: 32.49 32.49 100m: 1:09.62 37.13	09 Pimpoes/Cimai	1:09.62	267
12. Metehan, BAYUR 50m: 33.32 33.32 100m: 1:09.84 36.52	09 Fluvial Portuense	1:09.84	264
13. Santiago Castanheira, MARTINS 50m: 33.45 33.45 100m: 1:09.87 36.42	09 Povia Santa Iria	1:09.87	264
14. Jose Moutinho, VALENTE 50m: 33.84 33.84 100m: 1:09.95 36.11	09 Fluvial Portuense	1:09.95	263



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

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

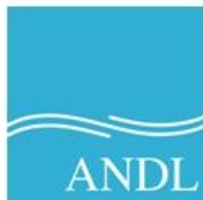
Lugar	Ano	Tempo final	Pts
15. Santiago Marques, GOMES 50m: 34.43 34.43 100m: 1:09.96 35.53	09 Ba-Leiria	1:09.96	263
16. Rodrigo Oliveira, SANTOS 50m: 33.76 33.76 100m: 1:10.16 36.40	09 Alcobaca	1:10.16	261
17. Guilherme Alexandre, MARQUES 50m: 34.96 34.96 100m: 1:11.51 36.55	09 Povia Santa Iria	1:11.51	246
18. Andre Bernardes, FERREIRA 50m: 35.41 35.41 100m: 1:13.55 38.14	09 Fluvial Portuense	1:13.55	226
19. Santiago Jose, PACHECO 50m: 35.64 35.64 100m: 1:13.96 38.32	09 Alcobaca	1:13.96	222
20. Rubim Dinis, MENDES 50m: 36.84 36.84 100m: 1:15.42 38.58	09 Fluvial Portuense	1:15.42	210
21. Isaac Arruda, SARAIVA 50m: 34.75 34.75 100m: 1:16.66 41.91	09 Vieiraense	1:16.66	200
22. Andre Guilherme, CORDEIRO 50m: 37.72 37.72 100m: 1:18.31 40.59	09 Naval de Peniche	1:18.31	187
23. Luis Pedro, VALERIO 50m: 36.66 36.66 100m: 1:18.85 42.19	09 Ba-Leiria	1:18.85	183
24. Pedro Blanc, CAPINHA 50m: 38.03 38.03 100m: 1:20.60 42.57	09 Óbidos	1:20.60	172
25. Tiago Bouhaddoune, ARAGAO 50m: 40.17 40.17 100m: 1:23.86 43.69	09 Fluvial Portuense	1:23.86	152
26. Afonso Matos, CORREIA 50m: 39.30 39.30 100m: 1:27.82 48.52	09 Nucleo de Pombal	1:27.82	133

Prova 8 Masc., 100m Livres Infantil B
26/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto	47.26	Miquel Duarte, NASCIMENTO	SLB	Coimbra	22/12/2020
Rec. Nac. INF B	57.40	Tiago Filipe, PEREIRA	DNMG	Caldas da Rainha	11/07/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rodolfo Junior, ALECRIM 50m: 30.52 30.52 100m: 1:03.11 32.59	10 Ba-Leiria	1:03.11	358
2. Antonio Antunes, JORGE 50m: 31.31 31.31 100m: 1:04.06 32.75	10 Alcobaca	1:04.06	342
3. Guilherme Costa, REBELO 50m: 31.70 31.70 100m: 1:06.28 34.58	10 Pimpoes/Cimai	1:06.28	309
4. Guilherme Rodrigues, CABRAL 50m: 35.11 35.11 100m: 1:12.89 37.78	10 Pimpoes/Cimai	1:12.89	232
5. Rodrigo Cardoso, TOMAS 50m: 36.45 36.45 100m: 1:13.28 36.83	10 Uniao Juncalense	1:13.28	229
6. Santiago Neves, SILVA 50m: 35.46 35.46 100m: 1:15.39 39.93	10 Nucleo de Pombal	1:15.39	210



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 8, Masc., 100m Livres, Infantil B

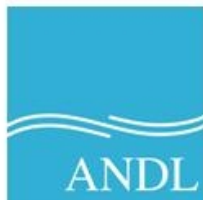
Lugar	Ano	Tempo final	Pts
7. Tomas Marques, FRANCISCO 50m: 37.12 37.12 100m: 1:17.36 40.24	10 CNLeiria	1:17.36	194
8. Simao Almeida, CARNIDE 50m: 36.38 36.38 100m: 1:19.19 42.81	10 Vieiraense	1:19.19	181
9. Dinis Lamas, SANTOS 50m: 37.36 37.36 100m: 1:20.12 42.76	10 Ba-Leiria	1:20.12	175
10. David Branco, TROVAO 50m: 37.67 37.67 100m: 1:20.56 42.89	10 Alcobaca	1:20.56	172
11. Tomas Gomes, AFONSO 50m: 39.34 39.34 100m: 1:20.87 41.53	10 Óbidos	1:20.87	170
12. Antonio Carreira, PLACIDO 50m: 40.49 40.49 100m: 1:27.70 47.21	10 Naval da Nazaré	1:27.70	133
DSQ Francisco Antonio, SIMOES <i>Falsa partida.</i>	10 Ba-Leiria		
DNS David Xavier, ALMEIDA	10 Ba-Leiria		
DNS Rafael Costa, ANTUNES	10 Naval de Peniche		
EXH Joao Peres, COSTA 50m: 25.30 25.30 100m: 52.79 27.49	04 Naval Praia da Vitoria	52.79	612
EXH Diogo Miguel, LUIS 50m: 27.62 27.62 100m: 57.60 29.98	06 Rio Maior	57.60	471
EXH Joao Almeida, NEVES 50m: 28.85 28.85 100m: 1:01.64 32.79	08 Povia Santa Iria	1:01.64	384
EXH Leonardo Gomes, SILVA 50m: 29.46 29.46 100m: 1:02.05 32.59	08 Rio Maior	1:02.05	377

Prova 9 Femin., 200m Estilos Senior
26/11/2022 - 11:50 Resultados

Rec. Nac. Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. SEN	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA 50m: 32.69 32.69 100m: 1:11.35 38.66 150m: 1:56.14 44.79 200m: 2:34.47 38.33	05 CNLeiria	2:34.47	490
2. Ana Claudia, FERREIRA 50m: 32.08 32.08 100m: 1:14.06 41.98 150m: 1:59.36 45.30 200m: 2:34.73 35.37	90 Alcobaca	2:34.73	488
3. Ines Apolinario, SOARES 50m: 34.80 34.80 100m: 1:15.00 40.20 150m: 2:00.87 45.87 200m: 2:37.72 36.85	03 Pimpoes/Cimai	2:37.72	461
4. Bruna Elisabete, PAULINO 50m: 34.51 34.51 100m: 1:16.10 41.59 150m: 2:08.08 51.98 200m: 2:48.85 40.77	97 Alcobaca	2:48.85	375



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Junior
26/11/2022 - 11:50 Resultados

Rec. Nac. Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. 17	2:15.10	Mariana Pacheco, CUNHA	CNCE	Felgueiras	10/04/2021
Rec. Nac. 16	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19/12/2009

Pontos: FINA 2022

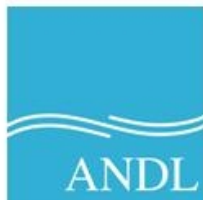
Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 Ba-Leiria	2:28.13	556
50m: 30.94 30.94 100m: 1:06.77 35.83 150m: 1:51.35 44.58 200m: 2:28.13 36.78			
2. Maria Francisca, FROIS	06 CNLeiria	2:30.53	530
50m: 31.94 31.94 100m: 1:12.33 40.39 150m: 1:55.68 43.35 200m: 2:30.53 34.85			
3. Vanessa Liliana, ALMEIDA	07 CNLeiria	2:32.25	512
50m: 34.08 34.08 100m: 1:14.72 40.64 150m: 1:57.19 42.47 200m: 2:32.25 35.06			
4. Maria Madalena, ALVES	06 Ba-Leiria	2:34.75	488
50m: 32.73 32.73 100m: 1:12.52 39.79 150m: 1:57.49 44.97 200m: 2:34.75 37.26			
5. Matilde Violante, VIANA	07 CNLeiria	2:42.73	419
50m: 34.36 34.36 100m: 1:15.56 41.20 150m: 2:06.05 50.49 200m: 2:42.73 36.68			
6. Catarina Machado, BELO	06 Benedita	2:44.03	410
50m: 35.04 35.04 100m: 1:18.74 43.70 150m: 2:05.00 46.26 200m: 2:44.03 39.03			
7. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	2:45.77	397
50m: 34.32 34.32 100m: 1:18.81 44.49 150m: 2:08.65 49.84 200m: 2:45.77 37.12			
8. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	2:46.96	388
50m: 35.53 35.53 100m: 1:18.32 42.79 150m: 2:09.23 50.91 200m: 2:46.96 37.73			
9. Leonor Vendima, COELHO	07 Uniao Juncalense	2:56.46	329
50m: 37.26 37.26 100m: 1:22.67 45.41 150m: 2:16.00 53.33 200m: 2:56.46 40.46			
10. Catarina Tagarroso, LOBO	07 Uniao Juncalense	3:14.53	245
50m: 44.22 44.22 100m: 1:33.31 49.09 150m: 2:31.08 57.77 200m: 3:14.53 43.45			

Prova 9 Femin., 200m Estilos Juvenil A
26/11/2022 - 11:50 Resultados

Rec. Nac. Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. JUV A	2:18.13	Mariana Pacheco, CUNHA	CFP	Felgueiras	27/04/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rita Rocha, SILVA	08 Alcobaca	2:37.81	460
50m: 35.51 35.51 100m: 1:16.33 40.82 150m: 2:00.44 44.11 200m: 2:37.81 37.37			
2. Matilde Andre, LUIS	08 Alcobaca	2:43.16	416
50m: 34.51 34.51 100m: 1:17.09 42.58 150m: 2:06.69 49.60 200m: 2:43.16 36.47			
3. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	2:57.71	322
50m: 40.34 40.34 100m: 1:27.25 46.91 150m: 2:16.55 49.30 200m: 2:57.71 41.16			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Juvenil B
26/11/2022 - 11:50 Resultados

Rec. Nac. Absoluto 2:12.08 Victoria, KAMINSKAYA POR Copenhagen (DEN) 16/12/2017
Rec. Nac. JUV B 2:19.79 Mariana Pacheco, CUNHA CFP Felgueiras 14/04/2018

Pontos: FINA 2022

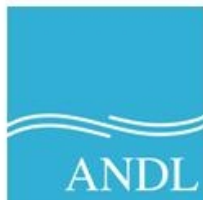
Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	2:41.56	429
50m: 35.24 35.24 100m: 1:17.53 42.29 150m: 2:04.05 46.52 200m: 2:41.56 37.51			
2. Leonor Palma, JACOMO	09 Alcobaca	2:45.69	397
50m: 36.40 36.40 100m: 1:19.77 43.37 150m: 2:07.18 47.41 200m: 2:45.69 38.51			
3. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	2:46.77	390
50m: 37.08 37.08 100m: 1:19.78 42.70 150m: 2:10.24 50.46 200m: 2:46.77 36.53			
4. Constanca Baptista, TOMAS	09 Alcobaca	2:47.95	381
50m: 36.30 36.30 100m: 1:20.43 44.13 150m: 2:10.53 50.10 200m: 2:47.95 37.42			
5. Maria Teresa, OLIVEIRA	09 Ba-Leiria	2:53.92	343
50m: 39.82 39.82 100m: 1:26.02 46.20 150m: 2:14.03 48.01 200m: 2:53.92 39.89			
6. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	2:55.76	333
50m: 39.24 39.24 100m: 1:22.97 43.73 150m: 2:16.02 53.05 200m: 2:55.76 39.74			
7. Maria Margarida, OLIVEIRA	09 Ba-Leiria	3:00.02	310
50m: 40.04 40.04 100m: 1:27.70 47.66 150m: 2:16.61 48.91 200m: 3:00.02 43.41			
8. Ines Ferreira, CHELEU	09 Ba-Leiria	3:02.01	300
50m: 40.44 40.44 100m: 1:29.18 48.74 150m: 2:22.34 53.16 200m: 3:02.01 39.67			
9. Zofie, PACHECO	09 Naval de Peniche	3:02.06	299
50m: 40.14 40.14 100m: 1:27.39 47.25 150m: 2:21.76 54.37 200m: 3:02.06 40.30			
10. Ana Margarida, MARQUES	09 Ba-Leiria	3:04.42	288
50m: 39.76 39.76 100m: 1:24.68 44.92 150m: 2:23.55 58.87 200m: 3:04.42 40.87			
DSQ Mariana Sousa, MARQUES	09 Alcobaca		
<i>Na viragem aos 125 metros, a atleta tocou na parede só com uma mão.</i>			
DNS Beatriz Belo, CLARA	09 CNLeiria		

Prova 9 Femin., 200m Estilos Infantil A
26/11/2022 - 11:50 Resultados

Rec. Nac. Absoluto 2:12.08 Victoria, KAMINSKAYA POR Copenhagen (DEN) 16/12/2017
Rec. Nac. INF A 2:21.36 Carolina Miranda, FERNANDES CGA Felgueiras 10/03/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bianca Balbino, MENDES	10 Naval de Peniche	2:48.40	378
50m: 38.99 38.99 100m: 1:22.57 43.58 150m: 2:11.06 48.49 200m: 2:48.40 37.34			
2. Barbara Balbino, MENDES	10 Naval de Peniche	2:53.10	348
50m: 38.39 38.39 100m: 1:22.80 44.41 150m: 2:14.42 51.62 200m: 2:53.10 38.68			
3. Maria Carolina, ALVES	10 Ba-Leiria	2:59.74	311
50m: 40.19 40.19 100m: 1:26.39 46.20 150m: 2:17.46 51.07 200m: 2:59.74 42.28			
4. Diana Isabel, ALVES	10 Benedita	3:00.91	305
50m: 39.41 39.41 100m: 1:25.32 45.91 150m: 2:20.18 54.86 200m: 3:00.91 40.73			
5. Debora Silva, INACIO	10 Pimpoes/Cimai	3:01.04	304
50m: 39.14 39.14 100m: 1:24.34 45.20 150m: 2:20.30 55.96 200m: 3:01.04 40.74			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 9, Femin., 200m Estilos, Infantil A

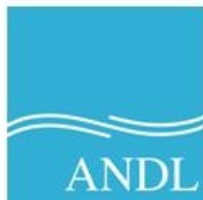
Lugar	Ano	Tempo final	Pts
6. Rafaela Sofia, SILVA	10 Pova Santa Iria	3:02.57	297
50m: 38.97 38.97 100m: 1:23.03 44.06 150m: 2:18.46 55.43 200m: 3:02.57 44.11			
7. Sofia Roma, BRIZIDA	10 Ba-Leiria	3:07.01	276
50m: 44.36 44.36 100m: 1:32.12 47.76 150m: 2:26.33 54.21 200m: 3:07.01 40.68			
8. Vida Sofia, VELEZ	10 Ba-Leiria	3:07.07	276
50m: 44.21 44.21 100m: 1:31.44 47.23 150m: 2:26.61 55.17 200m: 3:07.07 40.46			
9. Ana Filipa, SANTO	10 Pova Santa Iria	3:07.60	274
50m: 40.70 40.70 100m: 1:27.44 46.74 150m: 2:24.35 56.91 200m: 3:07.60 43.25			
10. Leonor Silva, MARTINS	10 Óbidos	3:08.46	270
50m: 42.32 42.32 100m: 1:32.57 50.25 150m: 2:28.54 55.97 200m: 3:08.46 39.92			
11. Leonor Pereira, SILVA	10 Óbidos	3:09.10	267
50m: 43.88 43.88 100m: 1:33.94 50.06 150m: 2:26.43 52.49 200m: 3:09.10 42.67			
12. Luana Filipe, REIS	10 Alcobaca	3:11.23	258
50m: 48.33 48.33 100m: 1:35.92 47.59 150m: 2:26.83 50.91 200m: 3:11.23 44.40			
13. Matilde Evangelista, SILVA	10 Benedita	3:12.66	253
50m: 45.92 45.92 100m: 1:35.05 49.13 150m: 2:30.82 55.77 200m: 3:12.66 41.84			
14. Maria Leticia, MELO	10 Fluvial Portuense	3:13.69	249
50m: 48.65 48.65 100m: 1:36.94 48.29 150m: 2:33.70 56.76 200m: 3:13.69 39.99			
15. Mara Marcao, COTRIM	10 Óbidos	3:27.30	203
50m: 46.45 46.45 100m: 1:39.82 53.37 150m: 2:37.31 57.49 200m: 3:27.30 49.99			
16. Mariana Sousa, OLIVEIRA	10 Alcobaca	3:31.94	190
50m: 49.05 49.05 100m: 1:41.71 52.66 150m: 2:45.08 1:03.37 200m: 3:31.94 46.86			
17. Ana Catarina, MAGALHAES	10 Fluvial Portuense	3:40.91	167
50m: 53.43 53.43 100m: 1:46.66 53.23 150m: 2:54.52 1:07.86 200m: 3:40.91 46.39			

Prova 9 Femin., 200m Estilos Infantil B
26/11/2022 - 11:50 Resultados

Rec. Nac. Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. INF B	2:28.04	Carolina Miranda, FERNANDES	CGA	Mealhada	08/04/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	3:04.10	290
50m: 41.18 41.18 100m: 1:29.27 48.09 150m: 2:23.52 54.25 200m: 3:04.10 40.58			
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	3:10.59	261
50m: 43.13 43.13 100m: 1:33.65 50.52 150m: 2:30.72 57.07 200m: 3:10.59 39.87			
3. Francisca Moreira, FELICIANO	11 Alcobaca	3:13.00	251
50m: 43.10 43.10 100m: 1:33.64 50.54 150m: 2:28.35 54.71 200m: 3:13.00 44.65			
4. Carolina Silva, CASTANHEIRA	11 CNLeiria	3:20.35	225
50m: 49.09 49.09 100m: 1:37.70 48.61 150m: 2:36.42 58.72 200m: 3:20.35 43.93			
5. Isabela Maria, CARREIRA	11 Uniao Juncalense	3:22.40	218
50m: 47.87 47.87 100m: 1:40.58 52.71 150m: 2:37.15 56.57 200m: 3:22.40 45.25			
6. Francisca Caetano, LOURENCO	11 Benedita	3:23.28	215
50m: 45.74 45.74 100m: 1:35.68 49.94 150m: 2:36.79 1:01.11 200m: 3:23.28 46.49			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 9, Femin., 200m Estilos, Infantil B

Lugar	Ano	Tempo final	Pts
7. Gabriela Valverde, CANHA	11 Alcobaca	3:23.41	215
50m: 45.17 45.17 100m: 1:36.95 51.78 150m: 2:35.77 58.82 200m: 3:23.41 47.64			
8. Daniela Pereira, FERNANDES	11 Povia Santa Iria	3:35.66	180
50m: 49.32 49.32 100m: 1:43.25 53.93 150m: 2:45.35 1:02.10 200m: 3:35.66 50.31			
9. Madalena Coelho, FERREIRA	11 Uniao Juncalense	3:45.45	157
50m: 55.40 55.40 100m: 1:53.70 58.30 150m: 2:55.55 1:01.85 200m: 3:45.45 49.90			
10. Matilde Coelho, FERREIRA	11 Uniao Juncalense	3:58.20	133
50m: 1:00.02 1:00.02 100m: 1:56.66 56.64 150m: 3:03.01 1:06.35 200m: 3:58.20 55.19			
DSQ Mariana Silva, CONCEICAO	11 Benedita		
<i>A atleta efetuou mais do que uma braçada na posição ventral, antes de iniciar a viragem aos 75 metros.</i>			
DSQ Erica Felix, RODRIGUES	11 Uniao Juncalense		
<i>Na viragem aos 75 metros, a atleta não efetuou o movimentop contínuo.</i>			
DSQ Margarida Lopes, RODRIGUES	11 Uniao Juncalense		
<i>Na viragem aos 125 metros, a atleta não tocou na parede com as duas mãos em simultâneo.</i>			
DNS Mariana Sousa, MENDES	11 Alcobaca		

Prova 10 Masc., 4 x 200m Livres Senior Resultados

Rec. Nac. Absoluto	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22/12/2018
Rec. Nac. SEN	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22/12/2018

Pontos: FINA 2022

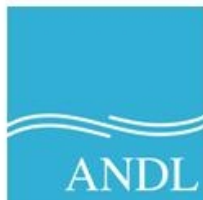
Lugar	Tempo final	Pts
1. CNL SEN	7:56.96	620
Vitor Belo, CLARA	04 26.44 55.24 1:24.65 1:54.83 1:54.83	
Filipe Miguel, GOMES	97 26.77 56.17 1:26.18 1:56.74 1:56.74	
Nuno Goncalo, SANTOS	96 26.82 56.67 1:27.91 1:59.57 1:59.57	
Bruno Pinto, DOMINGUES	00 28.01 59.10 1:32.47 2:05.82 2:05.82	

Prova 10 Masc., 4 x 200m Livres Junior Resultados

Rec. Nac. Absoluto	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22/12/2018
Rec. Nac. JUN	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras	22/12/2013

Pontos: FINA 2022

Lugar	Tempo final	Pts
1. BA JUN	8:32.98	498
Miguel Fernandes, OLIVEIRA	05 28.95 1:00.20 1:32.79 2:04.59 2:04.59	
Afonso Manuel, ASCENSO	05 29.79 1:02.82 1:36.55 2:10.15 2:10.15	
Tiaqo Serradas, FRANCISCO	05 29.19 1:01.92 1:36.09 2:09.61 2:09.61	
Jose Francisco, OLIVEIRA	05 30.24 1:03.39 1:36.48 2:08.63 2:08.63	



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 10, Masc., 4 x 200m Livres

Prova 10 Masc., 4 x 200m Livres Infantil A
26/11/2022 - 12:30 Resultados

Rec. Nac. Absoluto	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22/12/2018
Rec. Nac. INF A	8:18.74	Ass. Desp. Bairro dos Anjos /ADBAAR		Caldas da Rainha	08/07/2018
Rec. Nac. 13 - 14	8:18.74	Ass. Desp. Bairro dos Anjos /adbaCAR		Caldas da Rainha	08/07/2018

Pontos: FINA 2022

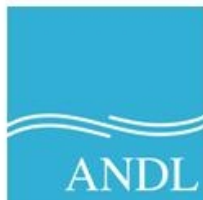
Lugar				Tempo final	Pts
1.	CFP INF A		Fluvial Portuense	9:34.46	355
	Bernardo Silva, DEUS	09	30.65 1:04.80 1:40.76 2:15.79	2:15.79	
	Antonio Miguel, SANTOS	09	32.98 1:10.50 1:49.33 2:25.87	2:25.87	
	Alexandre Lima, SANTOS	09	32.31 1:08.99 1:46.23 2:23.16	2:23.16	
	Matias Barros, REIS	09	32.83 1:12.48 1:52.15 2:29.64	2:29.64	
2.	BA INF A		Ba-Leiria	9:56.70	316
	Henrique Martins, JOAQUIM	09	30.30 1:04.22 1:39.80 2:14.46	2:14.46	
	Santiago Marques, GOMES	09	34.42 1:14.11 1:54.88 2:33.01	2:33.01	
	Luis Pedro, VALERIO	09	39.64 1:25.11 2:10.30 2:53.26	2:53.26	
	Tomas Pascoal, FERREIRA	09	30.99 1:07.06 1:42.90 2:15.97	2:15.97	
3.	SIRP INF A		Pimpoes/Cimai	10:05.38	303
	Tomas Bento, ANFILOQUIO	09	35.24 1:14.00 1:54.14 2:33.96	2:33.96	
	Santiago Agostinho, PARREIRA	09	32.45 1:08.45 1:45.96 2:22.31	2:22.31	
	Hugo Miquel, SANTOS	09	33.92 1:14.30 1:57.14 2:37.34	2:37.34	
	Louis Ressejac-Duparc, SANTOS	09	34.99 1:14.87 1:54.74 2:31.77	2:31.77	
4.	CFP INF A		Fluvial Portuense	10:36.12	261
	Andre Bernardes, FERREIRA	09	36.01 1:17.66 2:01.82 2:44.65	2:44.65	
	Rubim Dinis, MENDES	09	37.74 1:19.56 2:01.70 2:40.95	2:40.95	
	Metehan, BAYUR	09	35.09 1:15.36 1:56.89 2:37.28	2:37.28	
	Jose Moutinho, VALENTE	09	33.74 1:12.70 1:53.30 2:33.24	2:33.24	

Prova 10 Masc., 4 x 200m Livres Infantil B
26/11/2022 - 12:30 Resultados

Rec. Nac. Absoluto	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22/12/2018
Rec. Nac. 13 - 14	8:18.74	Ass. Desp. Bairro dos Anjos /adbaCAR		Caldas da Rainha	08/07/2018
Rec. Nac. INF B	8:56.37	Ass. Desp. Bairro dos Anjos /ADBAAR		Leiria	25/06/2017

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	SIRP INF B		Pimpoes/Cimai	11:10.71	223
	Guilherme Rodrigues, CABRAL	10	37.35 1:18.02 1:58.97 2:39.72	2:39.72	
	Guilherme Costa, REBELO	10	34.82 1:14.10 1:55.65 2:33.14	2:33.14	
	Miquel Silva, OLIVEIRA	10	41.61 1:31.05 2:22.99 3:15.11	3:15.11	
	Gabriel Krempel, VARELA	10	37.35 1:20.05 2:03.11 2:42.74	2:42.74	
DNS	BA INF B		Ba-Leiria		
EXH	CNL JUV EX		CNLeiria	8:13.46	560
	Tome Nunes, TOME	08	29.88 1:03.04 1:37.11 2:10.71	2:10.71	
	Goncalo Pereira, COLACO	07	26.86 57.04 1:28.38 1:58.73	1:58.73	
	Afonso Dinis, ROQUE	07	27.25 58.28 1:30.81 2:02.57	2:02.57	
	Francisco Marques, SIMOES	07	27.17 58.65 1:30.63 2:01.45	2:01.45	



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 11, Femin., 4 x 200m Livres

Prova 11 Femin., 4 x 200m Livres Juvenil B
26/11/2022 - 12:53 Resultados

Rec. Nac. Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Algés	24/11/2018
Rec. Nac. 14 - 15	8:48.75	Assoc Desp Cult Rec Bairro dAos	ADBA	Tomar	14/12/2018
Rec. Nac. JUV B	8:52.76	Sport Alges e Dafundo	SAD	Algés	04/06/2011

Pontos: FINA 2022

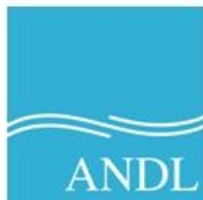
Lugar					Tempo final	Pts
1.	CNAL JUV B		Alcobaca		10:09.09	410
	Mariana Sousa, MARQUES	09	34.82	1:13.09	1:52.72	2:31.54
	Constanca Baptista, TOMAS	09	32.52	1:10.20	1:48.04	2:24.95
	Leonor Palma, JACOMO	09	35.58	1:13.44	1:53.40	2:33.28
	Mariana Santos, INACIO	09	36.09	1:16.97	1:58.56	2:39.32
2.	BA JUV B		Ba-Leiria		11:01.04	321
	Ines Ferreira, CHELEU	09	36.34	1:17.83	2:01.19	2:42.81
	Maria Margarida, OLIVEIRA	09	40.06	1:23.84	2:09.43	2:52.52
	Maria Teresa, OLIVEIRA	09	36.01	1:17.63	1:59.86	2:41.34
	Sara Ines, SOUSA	09	37.68	1:20.79	2:04.13	2:44.37

Prova 11 Femin., 4 x 200m Livres Infantil A
26/11/2022 - 12:53 Resultados

Rec. Nac. Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Algés	24/11/2018
Rec. Nac. INF A	9:05.75	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu	Viseu	11/03/2011
Rec. Nac. 12 - 13	9:05.75	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu	Viseu	11/03/2011

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	CNPE INF A		Naval de Peniche		10:37.60	358
	Rafaela Santos, AFONSO	10	37.55	1:21.38	2:06.99	2:49.97
	Bianca Balbino, MENDES	10	32.44	1:09.44	1:48.48	2:25.82
	Barbara Balbino, MENDES	10	32.75	1:09.87	1:49.25	2:28.29
	Mariana Santos, AFONSO	10	38.42	1:23.68	2:10.89	2:53.52
2.	CFP INF A		Fluvial Portuense		11:59.17	249
	Maria Leticia, MELO	10	38.04	1:19.69	2:02.79	2:43.49
	Liliana Isabel, REGO	10	45.60	1:40.95	2:39.61	3:35.96
	Ana Catarina, MAGALHAES	10	44.28	1:34.58	2:27.20	3:18.36
	Matilde Brandao, CARVALHO	10	30.87	1:06.92	1:44.16	2:21.36



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 11, Femin., 4 x 200m Livres

Prova 11	Femin., 4 x 200m Livres				EXTRA CLASSIFICAÇÃO
26/11/2022 - 12:53					Resultados
Rec. Nac. Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Algés	24/11/2018
Rec. Nac. SEN	8:09.45	Sport Alges e Dafundo	SAD	Porto	09/12/2017
Rec. Nac. JUN	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	22/12/2018
Rec. Nac. JUV A	8:48.75	Assoc Desp Cult Rec Bairro d'ADBAos	Tomar		14/12/2018
Rec. Nac. 14 - 15	8:48.75	Assoc Desp Cult Rec Bairro d'ADBAos	Tomar		14/12/2018
Rec. Nac. JUV B	8:52.76	Sport Alges e Dafundo	SAD	Algés	04/06/2011
Rec. Nac. INF A	9:05.75	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu		11/03/2011
Rec. Nac. 12 - 13	9:05.75	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu		11/03/2011
Rec. Nac. INF B	9:32.41	Grupo Desp. Natacao V. N. FaGDNVNF	Ponte da Barca		05/03/2010

Pontos: FINA 2022

Lugar					Tempo final	Pts
DNS SIRP INF	Pimpoes/Cimai					
EXH CNAL JUV EX	Alcobaca				9:49.94	452
Matilde Andre, LUIS	08	33.49	1:09.45	1:47.02	2:23.72	2:23.72
Rita Rocha, SILVA	08	34.83	1:12.40	1:50.23	2:28.36	2:28.36
Ana Claudia, FERREIRA	90	35.27	1:13.58	1:51.85	2:30.50	2:30.50
Ana Francisca, SILVA	06	36.01	1:15.54	1:51.92	2:27.36	2:27.36
EXH CNPE JUV + SEN EX	Naval de Peniche				9:58.42	433
Anjali, RAICAR	09	34.15	1:13.71	1:56.50	2:38.67	2:38.67
Francisca Ramos, NUNES	09	32.38	1:10.36	1:49.70	2:27.05	2:27.05
Joana Rosa, FERREIRA	05	29.75	1:03.49	1:37.87	2:11.53	2:11.53
Zofie, PACHECO	09	34.58	1:15.75	1:59.26	2:41.17	2:41.17

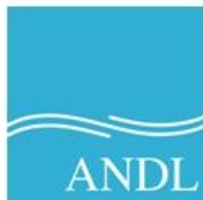
2 - 1ª Jornada - Sessão da tarde

26/11/2022 - 16:00

Prova 12	Masc., 4 x 50m Livres				Senior
26/11/2022 - 16:00					Resultados
Rec. Nac. Absoluto	1:28.96	Sport Lisboa e Benfica	SLB	Leiria	26/11/2021
Rec. Nac. SEN	1:28.96	Sport Lisboa e Benfica	SLB	Leiria	26/11/2021

Pontos: FINA 2022

Lugar					Tempo final	Pts
1. CNL SEN	CNLeiria				1:37.01	599
Vitor Belo, CLARA	04	24.39	Bruno Pinto, DOMINGUES	00	24.45	24.45
Filipe Miguel, GOMES	97	23.39	Guilherme Silva, CASTANHEIRO	04	24.78	24.78
2. DNMG SEN	Nautico Marinha Grande				1:41.79	518
Miguel Vicente, SILVA	02	23.67	Afonso Varelhas, SILVA	01	26.51	26.51
David Ferreira, RELVAS	03	24.89	Diogo Vicente, SILVA	98	26.72	26.72



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 12, Masc., 4 x 50m Livres

Prova 12 Masc., 4 x 50m Livres Infantil A
26/11/2022 - 16:00 Resultados

Rec. Nac. Absoluto	1:28.96	Sport Lisboa e Benfica	SLB	Leiria	26/11/2021
Rec. Nac. INF A	1:44.83				
Rec. Nac. 13 - 14	1:44.83				

Pontos: FINA 2022

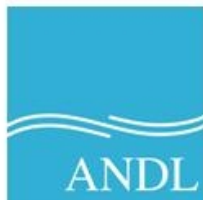
Lugar				Tempo final	Pts
1.	DNMG INF A		Nautico Marinha Grande	1:52.75	381
	Paulo, KOT	09	28.23 Guilherme Meireles, MARRAZO9;		28.20
	Xinyang, CHENG	09	28.74 Martim Alexandre, MESQUIT709		27.58
2.	SIRP INF A		Pimpoes/Cimai	2:00.24	314
	Santiago Agostinho, PARREIF09		29.25 Louis Ressejac-Duparc, SAN709S		30.42
	Hugo Miguel, SANTOS	09	30.12 Tomas Bento, ANFILOQUIO 09		30.45
3.	BA INF A		Ba-Leiria	2:00.74	310
	Santiago Marques, GOMES	09	30.98 Luis Pedro, VALERIO	09	34.90
	Henrique Martins, JOAQUIM	09	27.40 Tomas Pascoal, FERREIRA	09	27.46

Prova 12 Masc., 4 x 50m Livres Infantil B
26/11/2022 - 16:00 Resultados

Rec. Nac. Absoluto	1:28.96	Sport Lisboa e Benfica	SLB	Leiria	26/11/2021
Rec. Nac. 13 - 14	1:44.83				
Rec. Nac. INF B	1:57.13				

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	DNMG INF B		Nautico Marinha Grande	2:16.05	217
	Francisco Lourenco, PEDROS10		33.12 Simao Sousa, JESUS	10	35.39
	Joao Piteira, GAIOLAS	10	34.48 Tomas Manuel, PALMEIRO	10	33.06
2.	SIRP INF B		Pimpoes/Cimai	2:17.36	211
	Guilherme Costa, REBELO	10	30.24 Gabriel Krempel, VARELA	10	34.18
	Guilherme Rodrigues, CABR710		33.50 Miguel Silva, OLIVEIRA	10	39.44
DNS	BA INF B		Ba-Leiria		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 12, Masc., 4 x 50m Livres

Prova 12	Masc., 4 x 50m Livres				EXTRA CLASSIFICAÇÃO
26/11/2022 - 16:00					Resultados
Rec. Nac. Absoluto	1:28.96	Sport Lisboa e Benfica	SLB	Leiria	26/11/2021
Rec. Nac. SEN	1:28.96	Sport Lisboa e Benfica	SLB	Leiria	26/11/2021
Rec. Nac. JUN	1:35.32	Sport Lisboa e Benfica	SLB	Porto	08/12/2017
Rec. Nac. JUV A	1:38.97	Sport Lisboa e Benfica	SLB	Felgueiras	07/05/2022
Rec. Nac. 15 - 16	1:38.97	Sport Lisboa e Benfica	SLB	Felgueiras	07/05/2022
Rec. Nac. JUV B	1:42.30	Grupo Desp. Natacao V. N. FaGDNFAM	Felgueiras		17/07/2021
Rec. Nac. INF A	1:44.83				
Rec. Nac. 13 - 14	1:44.83				
Rec. Nac. INF B	1:57.13				

Pontos: FINA 2022

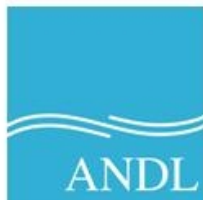
Lugar			Tempo final	Pts	
1. CNAL INF	Alcobaca		2:10.51	246	
Santiago Jose, PACHECO	09	33.77	Rodrigo Oliveira, SANTOS	09	31.49
David Branco, TROVAO	10	36.10	Antonio Antunes, JORGE	10	29.15
2. DNMG INF	Nautico Marinha Grande		2:12.91	233	
Maksym, TYSHCHUK	09	31.35	Afonso Ferreira, REIS	10	35.18
Vladyslav, BABUSHKIN	09	34.09	Pedro Fonseca, OLIVEIRA	09	32.29
EXH CNL JUV EX	CNLeiria		1:44.36	481	
Afonso Dinis, ROQUE	07	25.80	Goncalo Pereira, COLACO	07	25.16
Francisco Marques, SIMOES	07	26.12	Tome Nunes, TOME	08	27.28
EXH OC INF + JUV EX	Óbidos		2:13.20	231	
Tomas Martins, ALBUQUERQ	09	31.13	Tomas Gomes, AFONSO	10	35.68
Justin Daniel, BORGES	08	31.57	Pedro Blanc, CAPINHA	09	34.82

Prova 13 Femin., 4 x 50m Livres Senior Resultados

Rec. Nac. Absoluto	1:43.49	Futebol Clube do Porto/Dolce FCP	Leiria	04/12/2009
Rec. Nac. SEN	1:43.49	Futebol Clube do Porto/Dolce FCP	Leiria	04/12/2009

Pontos: FINA 2022

Lugar			Tempo final	Pts	
1. SIRP SEN	Pimpoes/Cimai		1:59.23	466	
Lara Roque, COTRIM	03	30.84	Maria Silva, CARVALHO	05	28.89
Ana Sofia, FERREIRA	99	31.16	Ines Apolinario, SOARES	03	28.34
DNS CNL SEN	CNLeiria				



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 13, Femin., 4 x 50m Livres

Prova 13 Femin., 4 x 50m Livres Juvenil B
26/11/2022 - 16:08 Resultados

Rec. Nac. Absoluto	1:43.49	Futebol Clube do Porto/Dolce FCP	Leiria	04/12/2009
Rec. Nac. 14 - 15	1:54.01			
Rec. Nac. JUV B	1:56.20			

Pontos: FINA 2022

Lugar			Tempo final	Pts
1.	CNAL JUV B	Alcobaca	2:09.70	362
	Mariana Sousa, MARQUES 09	31.60 Leonor Palma, JACOMO 09		32.94
	Constanca Baptista, TOMAS 09	31.08 Mariana Santos, INACIO 09		34.08

Prova 13 Femin., 4 x 50m Livres Infantil A
26/11/2022 - 16:08 Resultados

Rec. Nac. Absoluto	1:43.49	Futebol Clube do Porto/Dolce FCP	Leiria	04/12/2009
Rec. Nac. INF A	1:59.79			
Rec. Nac. 12 - 13	1:59.79			

Pontos: FINA 2022

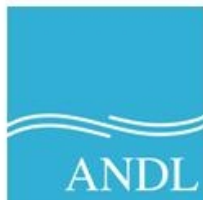
Lugar			Tempo final	Pts
1.	DNMG INF A	Nautico Marinha Grande	2:14.41	325
	Madalena Gracio, PEDROSO 10	32.44 Laura Marqarida, ASCENSO 10		33.95
	Laura Samora, GONCALVES 10	36.25 Laura Helena, AMORIM 10		31.77
2.	OC INF A	Óbidos	2:24.29	263
	Leonor Silva, MARTINS 10	33.57 Sofia Pinheiro, PACHECO 10		39.09
	Mara Marcao, COTRIM 10	37.00 Leonor Pereira, SILVA 10		34.63

Prova 13 Femin., 4 x 50m Livres EXTRA CLASSIFICAÇÃO
26/11/2022 - 16:08 Resultados

Rec. Nac. Absoluto	1:43.49	Futebol Clube do Porto/Dolce FCP	Leiria	04/12/2009
Rec. Nac. SEN	1:43.49	Futebol Clube do Porto/Dolce FCP	Leiria	04/12/2009
Rec. Nac. JUN	1:46.86	Sporting Clube de Portugal SCP	Leiria	04/12/2009
Rec. Nac. JUV A	1:54.01			
Rec. Nac. 14 - 15	1:54.01			
Rec. Nac. JUV B	1:56.20			
Rec. Nac. INF A	1:59.79			
Rec. Nac. 12 - 13	1:59.79			
Rec. Nac. INF B	2:02.38			

Pontos: FINA 2022

Lugar			Tempo final	Pts
1.	SIRP INF	Pimpoes/Cimai	2:19.85	289
	Elisa Ressejac-Duparc, SANTO95	32.70 Mafalda Teles, SOUSA 11		34.96
	Debora Silva, INACIO 10	32.96 Maria Joao, VALA 11		39.23
2.	DNMG INF	Nautico Marinha Grande	2:24.21	263
	Leonor Mota, ALVES 11	34.15 Matilde Filipa, AMADO 10		36.67
	Beatriz Marques, GASPAS 11	36.80 Matilde Santos, VIEIRA 10		36.59
3.	CNAL INF	Alcobaca	2:32.95	221
	Mariana Sousa, OLIVEIRA 10	40.66 Gabriela Valverde, CANHA 11		38.22
	Francisca Moreira, FELICIAN(11	36.92 Luana Filipe, REIS 10		37.15
EXH	CNAL JUV EX	Alcobaca	2:02.82	427
	Bruna Elisabete, PAULINO 97	31.18 Ana Claudia, FERREIRA 90		29.00
	Ana Francisca, SILVA 06	29.17 Francisca Vieira, NUNES 09		33.47



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 14	Masc., 100m Mariposa				Senior
26/11/2022 - 16:20					Resultados
Rec. Nac. Absoluto	51.20	Fernando Souza, SILVA	CNF	Albufeira	12/11/2022
Rec. Nac. SEN	51.20	Fernando Souza, SILVA	CNF	Albufeira	12/11/2022

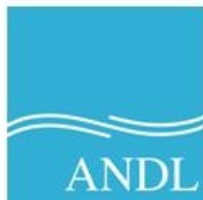
Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Miguel Vicente, SILVA	02	Nautico Marinha Grande	57.65	569
50m: 26.52 26.52	100m: 57.65	31.13		
2. David Ferreira, RELVAS	03	Nautico Marinha Grande	58.06	557
50m: 27.70 27.70	100m: 58.06	30.36		
3. Vitor Belo, CLARA	04	CNLeiria	58.69	539
50m: 27.54 27.54	100m: 58.69	31.15		
4. Nuno Goncalo, SANTOS	96	CNLeiria	58.99	531
50m: 27.67 27.67	100m: 58.99	31.32		
5. Sandro Emanuel, FRANCISCO	99	Vieirense	1:02.86	439
50m: 29.36 29.36	100m: 1:02.86	33.50		
6. Francisco Xavier, TOMAS	00	Alcobaca	1:04.71	402
50m: 30.27 30.27	100m: 1:04.71	34.44		
7. Joao Miguel, SANTOS	81	CNLeiria	1:05.84	382
50m: 30.60 30.60	100m: 1:05.84	35.24		
8. Miguel Angelo, SILVESTRE	97	Alcobaca	1:07.77	350
50m: 30.71 30.71	100m: 1:07.77	37.06		

Prova 14	Masc., 100m Mariposa				Junior
26/11/2022 - 16:20					Resultados
Rec. Nac. Absoluto	51.20	Fernando Souza, SILVA	CNF	Albufeira	12/11/2022
Rec. Nac. 18	52.87	Diogo Matos, RIBEIRO	SLB	Leiria	27/11/2021
Rec. Nac. 17	53.97	Tiago Andre, VENANCIO	CNS	Alapraia	15/02/2004

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Tomas Amor, SARREIRA	05	Nautico Marinha Grande	58.40	547
50m: 27.69 27.69	100m: 58.40	30.71		
2. Gil Santos, LEMOS	06	Pimpoes/Cimai	1:00.95	481
50m: 29.16 29.16	100m: 1:00.95	31.79		
3. Luca Valentino, TONA	06	Pimpoes/Cimai	1:01.16	476
50m: 28.26 28.26	100m: 1:01.16	32.90		
4. Jose Francisco, OLIVEIRA	05	Ba-Leiria	1:03.04	435
50m: 29.47 29.47	100m: 1:03.04	33.57		
5. Tiago Serradas, FRANCISCO	05	Ba-Leiria	1:05.15	394
50m: 30.21 30.21	100m: 1:05.15	34.94		
6. Edgar Francisco, SIMOES	06	Vieirense	1:05.20	393
50m: 30.44 30.44	100m: 1:05.20	34.76		
7. Manuel Faveiro, JESUS	06	Nucleo de Ansião	1:09.74	321
50m: 31.75 31.75	100m: 1:09.74	37.99		
8. Goncalo Rodrigues, VINTEM	06	Nucleo de Ansião	1:17.87	231
50m: 34.24 34.24	100m: 1:17.87	43.63		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 14, Masc., 100m Mariposa, Junior

Lugar	Ano	Tempo final	Pts
8. Marco Ferreira, SILVA 50m: 34.24 34.24 100m: 1:17.87 43.63	05 Vieirense	1:17.87	231
DSQ Rafael, SANTOS	06 Uniao Juncalense		
<i>Durante o percurso dos 50 a 75 metros o atleta efetuou pernadas alternadas.</i>			
DNS Micael Dmitrievich, DENISOV	06 CNLeiria		
DNS Vasco Pedro, BRANCO	06 Naval da Nazaré		
DNS Diogo Miguel, LUIS	06 Rio Maior		

Prova 14 Masc., 100m Mariposa Juvenil A
26/11/2022 - 16:20 Resultados

Rec. Nac. Absoluto	51.20	Fernando Souza, SILVA	CNF	Albufeira	12/11/2022
Rec. Nac. JUV A	55.60	Diogo Gomes, SOUSA	CNCVG	Porto	05/12/2010

Pontos: FINA 2022

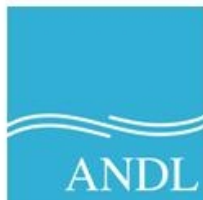
Lugar	Ano	Tempo final	Pts
1. Afonso Dinis, ROQUE 50m: 28.35 28.35 100m: 59.89 31.54	07 CNLeiria	59.89	507
2. Leonardo Jose, CRUZ 50m: 28.37 28.37 100m: 1:00.19 31.82	07 Alcobaca	1:00.19	500
3. Francisco Xavier, RITA 50m: 29.34 29.34 100m: 1:02.20 32.86	07 Vieirense	1:02.20	453
4. Jose Januario, MARQUES 50m: 30.97 30.97 100m: 1:06.51 35.54	07 Pimpoes/Cimai	1:06.51	370
5. Francisco Jose, FRAGOSO 50m: 32.65 32.65 100m: 1:12.30 39.65	07 Vieirense	1:12.30	288

Prova 14 Masc., 100m Mariposa Juvenil B
26/11/2022 - 16:20 Resultados

Rec. Nac. Absoluto	51.20	Fernando Souza, SILVA	CNF	Albufeira	12/11/2022
Rec. Nac. JUV B	56.68	Diogo Matos, RIBEIRO	CUC	Lousã	23/06/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tome Nunes, TOME 50m: 30.70 30.70 100m: 1:05.59 34.89	08 CNLeiria	1:05.59	386
2. Gabriel Mota, PATRICIO 50m: 30.86 30.86 100m: 1:05.86 35.00	08 Vieirense	1:05.86	381
3. Tiago Santos, POMBO 50m: 33.29 33.29 100m: 1:11.42 38.13	08 Alcobaca	1:11.42	299
4. Justin Daniel, BORGES 50m: 36.22 36.22 100m: 1:20.66 44.44	08 Óbidos	1:20.66	207
5. Tiago Daniel, POVOA 50m: 48.34 48.34 100m: 1:49.32 1:00.98	08 Uniao Juncalense	1:49.32	83



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 14, Masc., 100m Mariposa

Prova 14 Masc., 100m Mariposa Infantil A
26/11/2022 - 16:20 Resultados

Rec. Nac. Absoluto	51.20	Fernando Souza, SILVA	CNF	Albufeira	12/11/2022
Rec. Nac. INF A	59.56	Fabio Parrilha da, SILVA	CNAL	Leiria	07/04/2001

Pontos: FINA 2022

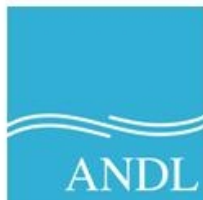
Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA	09 Ba-Leiria	1:07.30	357
50m: 31.65 31.65 100m: 1:07.30 35.65			
2. Guilherme Meireles, MARRAZES	09 Nautico Marinha Grande	1:08.38	341
50m: 32.04 32.04 100m: 1:08.38 36.34			
3. Henrique Martins, JOAQUIM	09 Ba-Leiria	1:08.48	339
50m: 32.04 32.04 100m: 1:08.48 36.44			
4. Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	1:09.53	324
50m: 32.65 32.65 100m: 1:09.53 36.88			
5. Paulo, KOT	09 Nautico Marinha Grande	1:11.74	295
50m: 33.40 33.40 100m: 1:11.74 38.34			
6. Matias Barros, REIS	09 Fluvial Portuense	1:15.74	251
50m: 34.31 34.31 100m: 1:15.74 41.43			
7. Santiago Marques, GOMES	09 Ba-Leiria	1:17.26	236
50m: 36.01 36.01 100m: 1:17.26 41.25			
8. Bernardo Silva, DEUS	09 Fluvial Portuense	1:17.61	233
50m: 34.62 34.62 100m: 1:17.61 42.99			
9. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	1:22.74	192
50m: 38.86 38.86 100m: 1:22.74 43.88			
10. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	1:27.04	165
50m: 38.68 38.68 100m: 1:27.04 48.36			

Prova 14 Masc., 100m Mariposa Infantil B
26/11/2022 - 16:20 Resultados

Rec. Nac. Absoluto	51.20	Fernando Souza, SILVA	CNF	Albufeira	12/11/2022
Rec. Nac. INF B	1:01.78	Fabio Parrilha da, SILVA	CNAL	Penafiel	01/04/2000

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	1:12.22	289
50m: 33.98 33.98 100m: 1:12.22 38.24			
2. Rodolfo Junior, ALECRIM	10 Ba-Leiria	1:19.53	216
50m: 36.22 36.22 100m: 1:19.53 43.31			
3. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	1:23.25	189
50m: 39.07 39.07 100m: 1:23.25 44.18			
4. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	1:24.47	180
50m: 38.70 38.70 100m: 1:24.47 45.77			
5. Joao Piteira, GAIOLAS	10 Nautico Marinha Grande	1:25.15	176
50m: 38.77 38.77 100m: 1:25.15 46.38			
6. Lucas Ferreira, GASPAS	10 Vieiraense	1:30.91	145
50m: 40.22 40.22 100m: 1:30.91 50.69			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 14, Masc., 100m Mariposa, Infantil B

Lugar	Ano	Tempo final	Pts
DNS David Xavier, ALMEIDA	10 Ba-Leiria		
EXH Leonardo Gomes, SILVA	08 Rio Maior	1:10.68	308
50m: 32.44 32.44 100m: 1:10.68 38.24			
EXH Pedro Henrique, SANTOS	08 Povia Santa Iria	1:12.78	282
50m: 33.23 33.23 100m: 1:12.78 39.55			

Prova 15 Femin., 100m Mariposa Senior Resultados
26/11/2022 - 16:34

Rec. Nac. Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18/12/2010
Rec. Nac. SEN	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18/12/2010

Pontos: FINA 2022

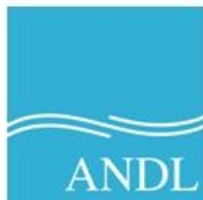
Lugar	Ano	Tempo final	Pts
1. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	1:04.59	603
50m: 30.45 30.45 100m: 1:04.59 34.14			
2. Carlota Macedo, LAGOA	05 CNLeiria	1:09.26	489
50m: 32.18 32.18 100m: 1:09.26 37.08			
3. Bruna Andreia, SIMOES	01 Vieiraense	1:09.28	489
50m: 32.57 32.57 100m: 1:09.28 36.71			
4. Joana Silva, ALVES	05 Benedita	1:11.11	452
50m: 33.31 33.31 100m: 1:11.11 37.80			
5. Maria Silva, CARVALHO	05 Pimpoes/Cimai	1:13.60	408
50m: 33.43 33.43 100m: 1:13.60 40.17			
6. Maria Leitao, CARVALHO	02 CNLeiria	1:16.62	361
50m: 35.91 35.91 100m: 1:16.62 40.71			

Prova 15 Femin., 100m Mariposa Junior Resultados
26/11/2022 - 16:34

Rec. Nac. Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18/12/2010
Rec. Nac. 17	59.36	Mariana Pacheco, CUNHA	CNCE	Felgueiras	10/04/2021
Rec. Nac. 16	1:00.66	Carolina Miranda, FERNANDES CGA		Gafanha de Nazaré	25/04/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ariana Bento, CARAPINHA	06 Ba-Leiria	1:06.84	544
50m: 30.88 30.88 100m: 1:06.84 35.96			
2. Ana Francisca, SILVA	06 Alcobaca	1:11.36	447
50m: 33.44 33.44 100m: 1:11.36 37.92			
3. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	1:14.38	395
50m: 34.12 34.12 100m: 1:14.38 40.26			
4. Leonor Vendima, COELHO	07 Uniao Juncalense	1:24.68	267
50m: 38.17 38.17 100m: 1:24.68 46.51			
5. Matilde Santos, COUTINHO	07 Naval da Nazaré	1:25.99	255
50m: 38.61 38.61 100m: 1:25.99 47.38			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 15, Femin., 100m Mariposa, Junior

Lugar	Ano	Tempo final	Pts
6. Maria Ines, ESTEVES	06 Naval da Nazaré	1:30.40	220
50m: 40.08 40.08	100m: 1:30.40 50.32		
7. Catarina Tagaroso, LOBO	07 Uniao Juncalense	1:33.66	198
50m: 42.91 42.91	100m: 1:33.66 50.75		

Prova 15 Femin., 100m Mariposa Juvenil A
26/11/2022 - 16:34 Resultados

Rec. Nac. Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18/12/2010
Rec. Nac. JUV A	1:00.43	Carolina Miranda, FERNANDES	CGA	Mealhada	08/12/2019

Pontos: FINA 2022

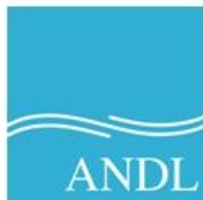
Lugar	Ano	Tempo final	Pts
1. Matilde Andre, LUIS	08 Alcobaca	1:13.19	414
50m: 34.08 34.08	100m: 1:13.19 39.11		
2. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	1:25.02	264
50m: 38.61 38.61	100m: 1:25.02 46.41		
3. Matilde Monteiro, NEVES	08 Nucleo de Pombal	1:28.77	232
50m: 41.17 41.17	100m: 1:28.77 47.60		

Prova 15 Femin., 100m Mariposa Juvenil B
26/11/2022 - 16:34 Resultados

Rec. Nac. Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18/12/2010
Rec. Nac. JUV B	1:02.36	Mariana Pacheco, CUNHA	CFP	Felgueiras	14/04/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	1:15.29	381
50m: 35.33 35.33	100m: 1:15.29 39.96		
2. Constanca Baptista, TOMAS	09 Alcobaca	1:17.17	353
50m: 35.83 35.83	100m: 1:17.17 41.34		
3. Mariana Sousa, MARQUES	09 Alcobaca	1:20.99	306
50m: 38.27 38.27	100m: 1:20.99 42.72		
4. Mariana Santos, INACIO	09 Alcobaca	1:23.30	281
50m: 37.64 37.64	100m: 1:23.30 45.66		
5. Ana Margarida, MARQUES	09 Ba-Leiria	1:26.12	254
50m: 39.02 39.02	100m: 1:26.12 47.10		
6. Anjali, RAICAR	09 Naval de Peniche	1:28.73	232
50m: 39.60 39.60	100m: 1:28.73 49.13		
7. Francisca Vieira, NUNES	09 Alcobaca	1:29.63	225
50m: 42.61 42.61	100m: 1:29.63 47.02		
DSQ Sara Ines, SOUSA	09 Ba-Leiria		
<i>A atleta realizou movimentos alternados de pernas durante o percurso.</i>			
DNS Leonor Valerio, ADRIANO	09 Alcobaca		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 15, Femin., 100m Mariposa

Prova 15
26/11/2022 - 16:34

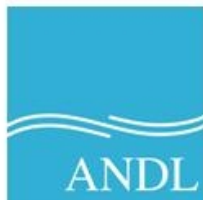
Femin., 100m Mariposa

Infantil A
Resultados

Rec. Nac. Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18/12/2010
Rec. Nac. INF A	1:02.30	Carolina Miranda, FERNANDES	CGA	Felgueiras	11/03/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Matilde Brandao, CARVALHO 50m: 33.96 33.96 100m: 1:16.57 42.61	10 Fluvial Portuense	1:16.57	362
2. Joana Alexandra, SILVA 50m: 35.94 35.94 100m: 1:17.76 41.82	10 Povia Santa Iria	1:17.76	345
3. Madalena Gracio, PEDROSO 50m: 37.97 37.97 100m: 1:23.15 45.18	10 Nautico Marinha Grande	1:23.15	282
4. Bianca Balbino, MENDES 50m: 38.92 38.92 100m: 1:24.52 45.60	10 Naval de Peniche	1:24.52	269
5. Laura Samora, GONCALVES 50m: 39.61 39.61 100m: 1:25.80 46.19	10 Nautico Marinha Grande	1:25.80	257
6. Barbara Balbino, MENDES 50m: 40.33 40.33 100m: 1:27.04 46.71	10 Naval de Peniche	1:27.04	246
7. Diana Isabel, ALVES 50m: 41.13 41.13 100m: 1:27.40 46.27	10 Benedita	1:27.40	243
8. Rafaela Sofia, SILVA 50m: 39.34 39.34 100m: 1:27.93 48.59	10 Povia Santa Iria	1:27.93	239
9. Ana Filipa, SANTO 50m: 41.62 41.62 100m: 1:31.20 49.58	10 Povia Santa Iria	1:31.20	214
10. Maria Carolina, ALVES 50m: 41.02 41.02 100m: 1:34.36 53.34	10 Ba-Leiria	1:34.36	193
11. Vida Sofia, VELEZ 50m: 46.05 46.05 100m: 1:41.49 55.44	10 Ba-Leiria	1:41.49	155
12. Matilde Evangelista, SILVA 50m: 47.25 47.25 100m: 1:42.88 55.63	10 Benedita	1:42.88	149
13. Maria Leticia, MELO 50m: 49.24 49.24 100m: 1:46.11 56.87	10 Fluvial Portuense	1:46.11	136
14. Luana Filipe, REIS 50m: 49.29 49.29 100m: 1:46.41 57.12	10 Alcobaca	1:46.41	135
15. Mariana Sousa, OLIVEIRA 50m: 48.90 48.90 100m: 1:46.76 57.86	10 Alcobaca	1:46.76	133



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 15, Femin., 100m Mariposa

Prova 15 Femin., 100m Mariposa Infantil B
26/11/2022 - 16:34 Resultados

Rec. Nac. Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18/12/2010
Rec. Nac. INF B	1:05.51	Carolina Miranda, FERNANDES	CGA	Gafanha de Nazaré	06/05/2017

Pontos: FINA 2022

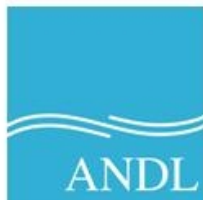
Lugar	Ano	Tempo final	Pts
1. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	1:38.04	172
50m: 44.44 44.44	100m: 1:38.04 53.60		
2. Francisca Moreira, FELICIANO	11 Alcobaca	1:38.62	169
50m: 43.20 43.20	100m: 1:38.62 55.42		
3. Francisca Caetano, LOURENCO	11 Benedita	1:44.99	140
50m: 46.40 46.40	100m: 1:44.99 58.59		
4. Madalena Coelho, FERREIRA	11 Uniao Juncalense	1:58.76	97
50m: 53.66 53.66	100m: 1:58.76 1:05.10		
5. Matilde Coelho, FERREIRA	11 Uniao Juncalense	2:09.41	75
50m: 59.68 59.68	100m: 2:09.41 1:09.73		
DSQ Isabela Maria, CARREIRA	11 Uniao Juncalense		
<i>A atleta realizou movimentos alternados de pernas durante o percurso.</i>			
EXH Alice Batista, AGOSTINHO	08 Rio Maior	1:19.23	327
50m: 36.65 36.65	100m: 1:19.23 42.58		

Prova 16 Masc., 50m Bruços Senior
26/11/2022 - 16:46 Resultados

Rec. Nac. Absoluto	27.12	Alexis Manacas, SANTOS	SCP	Felgueiras	22/12/2019
Rec. Nac. SEN	27.12	Alexis Manacas, SANTOS	SCP	Felgueiras	22/12/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Filipe Miguel, GOMES	97 CNLeiria	30.24	561
2. Daniel, TSYKAL	04 Alcobaca	30.64	539
3. Bruno Pinto, DOMINGUES	00 CNLeiria	31.20	511
4. Manuel Maria, FROIS	02 CNLeiria	33.50	413
5. Diogo Vicente, SILVA	98 Nautico Marinha Grande	34.00	395
6. Afonso Varelas, SILVA	01 Nautico Marinha Grande	34.02	394



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 16, Masc., 50m Bruços

Prova 16 Masc., 50m Bruços Junior
26/11/2022 - 16:46 Resultados

Rec. Nac. Absoluto	27.12	Alexis Manacas, SANTOS	SCP	Felgueiras	22/12/2019
Rec. Nac. 18	28.55	Simao Miguel, CAPITAO	CLAMAS	Senhora da Hora	24/05/2015
Rec. Nac. 17	28.56	Pedro Miguel, AGOSTINHO	SLB	S. António Cavaleiros	03/05/2009

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Afonso Manuel, ASCENSO	05 Ba-Leiria	32.35	458
2. Bruno Belo, AGOSTINHO	05 Benedita	34.36	382
3. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	36.51	319
4. Manuel Faveiro, JESUS	06 Nucleo de Ansião	36.93	308
5. Goncalo Rodrigues, VINTEM	06 Nucleo de Ansião	40.17	239
6. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	40.18	239

Prova 16 Masc., 50m Bruços Juvenil A
26/11/2022 - 16:46 Resultados

Rec. Nac. Absoluto	27.12	Alexis Manacas, SANTOS	SCP	Felgueiras	22/12/2019
Rec. Nac. JUV A	29.23	tempo limite,			

Pontos: FINA 2022

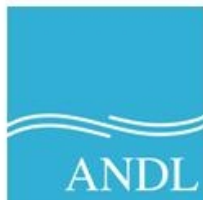
Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ	07 Alcobaca	32.34	459
2. Bernardo Nunes, DOMINGUEZ	07 Ba-Leiria	34.31	384
DNS Adriano Afonso, STEVENS	07 Ba-Leiria		

Prova 16 Masc., 50m Bruços Juvenil B
26/11/2022 - 16:46 Resultados

Rec. Nac. Absoluto	27.12	Alexis Manacas, SANTOS	SCP	Felgueiras	22/12/2019
Rec. Nac. JUV B	30.65	tempo limite,			

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	35.84	337
2. Santiago Boica, SOUSA	08 Vieiraense	37.09	304
3. Diogo Barata, ALVES	08 Nautico Marinha Grande	38.12	280
4. Diogo Coelho, JORDAO	08 Uniao Juncalense	39.46	252
5. Martim Luis, GASPAS	08 Nautico Marinha Grande	40.62	231
DNS Daniel Gomes, SANTOS	08 Nautico Marinha Grande		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 16, Masc., 50m Bruços

Prova 16 Masc., 50m Bruços Infantil A
26/11/2022 - 16:46 Resultados

Rec. Nac. Absoluto 27.12 Alexis Manacas, SANTOS SCP Felgueiras 22/12/2019
Rec. Nac. INF A 31.28 tempo limite,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Xinyang, CHENG	09 Nautico Marinha Grande	37.98	283
2. Bernardo Silva, DEUS	09 Fluvial Portuense	38.09	281
3. Metehan, BAYUR	09 Fluvial Portuense	40.10	240
4. Maksym, TYSHCHUK	09 Nautico Marinha Grande	40.54	233
5. Tomas Martins, ALBUQUERQUE	09 Óbidos	41.12	223
6. Antonio Miguel, SANTOS	09 Fluvial Portuense	43.46	189
7. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	45.26	167
8. Pedro Blanc, CAPINHA	09 Óbidos	46.53	154
DSQ Alexandre Afonso, SANTOS	09 Uniao Juncalense		

Após a viragem aos 25 metros, o atleta efetuou uma braçada com recuperação aérea.

Prova 16 Masc., 50m Bruços Infantil B
26/11/2022 - 16:46 Resultados

Rec. Nac. Absoluto 27.12 Alexis Manacas, SANTOS SCP Felgueiras 22/12/2019
Rec. Nac. INF B 33.81 tempo limite,

Pontos: FINA 2022

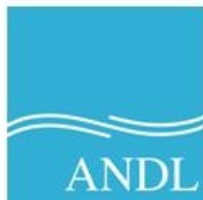
Lugar	Ano	Tempo final	Pts
1. Simao Sousa, JESUS	10 Nautico Marinha Grande	40.78	229
2. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	41.60	215
3. Afonso Ferreira, REIS	10 Nautico Marinha Grande	42.33	204
4. Lucas Costa, JESUS	10 Nautico Marinha Grande	46.11	158
5. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	46.68	152
6. Francisco Antonio, SIMOES	10 Ba-Leiria	48.63	135
7. Dinis Lamas, SANTOS	10 Ba-Leiria	48.64	134
8. Tomas Gomes, AFONSO	10 Óbidos	50.75	118
9. Miguel Silva, OLIVEIRA	10 Pimpoes/Cimai	54.40	96

Prova 17 Femin., 50m Bruços Senior
26/11/2022 - 16:54 Resultados

Rec. Nac. Absoluto 30.70 Ana Pinho, RODRIGUES EDV Estarreja 05/12/2021
Rec. Nac. SEN 30.70 Ana Pinho, RODRIGUES EDV Estarreja 05/12/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 Naval de Peniche	35.52	519
2. Ana Ferreira, COSTA	02 Nautico Marinha Grande	36.22	490
3. Ines Apolinario, SOARES	03 Pimpoes/Cimai	37.70	434
4. Beatriz Silva, CONCEICAO	05 Benedita	38.26	415
5. Lara Roque, COTRIM	03 Pimpoes/Cimai	39.09	390
6. Ana Sofia, FERREIRA	99 Pimpoes/Cimai	41.31	330



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 17, Femin., 50m Bruços

Prova 17	Femin., 50m Bruços				Junior
26/11/2022 - 16:54					Resultados
Rec. Nac. Absoluto	30.70	Ana Pinho, RODRIGUES	EDV	Estarreja	05/12/2021
Rec. Nac. 17	32.09	Raquel Gomes, PEREIRA	SAD	Funchal	11/12/2016
Rec. Nac. 16	31.46	Ana Pinho, RODRIGUES	AEJ	Leiria	06/12/2009

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Catarina Machado, BELO	06 Benedita	36.47	480
2. Mariana Magalhaes, FERNANDES	06 Vieirense	41.37	329
3. Carolina Ferreira, FONSECA	07 Vieirense	42.05	313
4. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	44.60	262
5. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	45.12	253
6. Matilde Santos, COUTINHO	07 Naval da Nazaré	45.21	252
7. Maria Ines, ESTEVES	06 Naval da Nazaré	49.60	190

Prova 17	Femin., 50m Bruços				Juvenil A
26/11/2022 - 16:54					Resultados
Rec. Nac. Absoluto	30.70	Ana Pinho, RODRIGUES	EDV	Estarreja	05/12/2021
Rec. Nac. JUV A	32.81	tempo limite,			

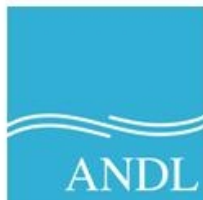
Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Victoria Frogeri, PEREIRA	08 CNLeiria	37.27	449
2. Rita Rocha, SILVA	08 Alcobaca	38.03	423
3. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	39.27	384

Prova 17	Femin., 50m Bruços				Juvenil B
26/11/2022 - 16:54					Resultados
Rec. Nac. Absoluto	30.70	Ana Pinho, RODRIGUES	EDV	Estarreja	05/12/2021
Rec. Nac. JUV B	34.12	tempo limite,			

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Maria Teresa, OLIVEIRA	09 Ba-Leiria	38.78	399
2. Maria Margarida, OLIVEIRA	09 Ba-Leiria	39.72	371
3. Leonor Palma, JACOMO	09 Alcobaca	40.15	359
4. Zofie, PACHECO	09 Naval de Peniche	41.84	318
5. Mariana Sousa, MARQUES	09 Alcobaca	42.84	296
6. Elisa Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	43.57	281
7. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	43.82	276
8. Ines Ferreira, CHELEU	09 Ba-Leiria	44.82	258
9. Sara Ines, SOUSA	09 Ba-Leiria	46.40	233



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 17, Femin., 50m Bruços

Prova 17 Femin., 50m Bruços Infantil A
26/11/2022 - 16:54 Resultados

Rec. Nac. Absoluto 30.70 Ana Pinho, RODRIGUES EDV Estarreja 05/12/2021
Rec. Nac. INF A 34.68 tempo limite,

Pontos: FINA 2022

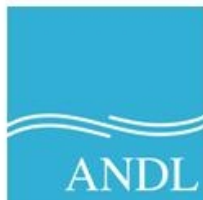
Lugar	Ano	Tempo final	Pts
1. Laura Helena, AMORIM	10 Nautico Marinha Grande	41.41	328
2. Maria Carolina, ALVES	10 Ba-Leiria	43.31	286
3. Leonor Pereira, SILVA	10 Óbidos	44.05	272
4. Rafaela Santos, AFONSO	10 Naval de Peniche	46.23	235
5. Mara Marcao, COTRIM	10 Óbidos	46.24	235
6. Sofia Roma, BRIZIDA	10 Ba-Leiria	46.77	227
7. Mariana Santos, AFONSO	10 Naval de Peniche	46.83	226
8. Laura Margarida, ASCENSO	10 Nautico Marinha Grande	46.88	226
9. Matilde Filipa, AMADO	10 Nautico Marinha Grande	47.28	220
10. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	47.48	217
11. Leonor Silva, MARTINS	10 Óbidos	47.92	211
12. Maria Leticia, MELO	10 Fluvial Portuense	48.50	204
13. Liliana Isabel, REGO	10 Fluvial Portuense	50.77	178
14. Beatriz Valente, CARVALHO	10 Óbidos	53.78	149
15. Sofia Pinheiro, PACHECO	10 Óbidos	53.80	149

Prova 17 Femin., 50m Bruços Infantil B
26/11/2022 - 16:54 Resultados

Rec. Nac. Absoluto 30.70 Ana Pinho, RODRIGUES EDV Estarreja 05/12/2021
Rec. Nac. INF B 36.81 tempo limite,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	44.01	273
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	47.10	222
3. Maria Santos, FONSECA	11 CNLeiria	48.50	204
4. Leonor Mota, ALVES	11 Nautico Marinha Grande	49.59	191
5. Leiria Silviiovna, TONKIKH	11 CNLeiria	51.05	175
6. Margarida Soares, MAIA	11 Nautico Marinha Grande	54.34	145
7. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	57.83	120
8. Erica Felix, RODRIGUES	11 Uniao Juncalense	1:01.20	101
EXH Laura Calheiros, FRAZAO	07 Rio Maior	39.46	379



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 18 Masc., 200m Estilos Senior
26/11/2022 - 17:03 Resultados

Rec. Nac. Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec. Nac. SEN	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Daniel, TSYKAL	04 Alcobaca	2:16.11	522
50m: 29.33 29.33 100m: 1:06.18 36.85 150m: 1:44.56 38.38 200m: 2:16.11 31.55			
2. Ricardo Morais, FARIA	04 CNLeiria	2:27.74	408
50m: 29.80 29.80 100m: 1:06.22 36.42 150m: 1:51.34 45.12 200m: 2:27.74 36.40			
3. Afonso Varelas, SILVA	01 Nautico Marinha Grande	2:28.61	401
50m: 29.92 29.92 100m: 1:08.84 38.92 150m: 1:52.19 43.35 200m: 2:28.61 36.42			
4. Joao Pedro, TARQUINIO	97 Benedita	2:28.69	400
50m: 31.40 31.40 100m: 1:08.40 37.00 150m: 1:53.54 45.14 200m: 2:28.69 35.15			

DSQ David Ferreira, RELVAS 03 Nautico Marinha Grande
O atleta perdeu a posição dorsal durante o percurso.

Prova 18 Masc., 200m Estilos Junior
26/11/2022 - 17:03 Resultados

Rec. Nac. Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec. Nac. 18	2:00.59	Gabriel Jose, LOPES	ALN	Coimbra	10/05/2015
Rec. Nac. 17	2:02.96	Diogo Filipe, CARVALHO	CGA	Mealhada	06/03/2005

Pontos: FINA 2022

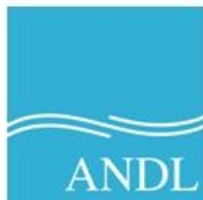
Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	2:12.14	571
50m: 28.42 28.42 100m: 1:02.60 34.18 150m: 1:41.99 39.39 200m: 2:12.14 30.15			
2. Miguel Fernandes, OLIVEIRA	05 Ba-Leiria	2:16.67	516
50m: 29.67 29.67 100m: 1:03.59 33.92 150m: 1:45.29 41.70 200m: 2:16.67 31.38			
3. Afonso Manuel, ASCENSO	05 Ba-Leiria	2:28.75	400
50m: 31.30 31.30 100m: 1:12.75 41.45 150m: 1:53.87 41.12 200m: 2:28.75 34.88			

Prova 18 Masc., 200m Estilos Juvenil A
26/11/2022 - 17:03 Resultados

Rec. Nac. Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec. Nac. JUV A	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro	15/05/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Goncalo Pereira, COLACO	07 CNLeiria	2:14.71	538
50m: 29.01 29.01 100m: 1:03.99 34.98 150m: 1:42.74 38.75 200m: 2:14.71 31.97			
2. Francisco Marques, SIMOES	07 CNLeiria	2:15.57	528
50m: 29.89 29.89 100m: 1:05.27 35.38 150m: 1:44.29 39.02 200m: 2:15.57 31.28			
3. Mateus Marques, MACHADO	07 Benedita	2:47.12	282
50m: 35.81 35.81 100m: 1:15.74 39.93 150m: 2:07.82 52.08 200m: 2:47.12 39.30			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 18, Masc., 200m Estilos

Prova 18 Masc., 200m Estilos Juvenil B
26/11/2022 - 17:03 Resultados

Rec. Nac. Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec. Nac. JUV B	2:08.27	Diogo Filipe, CARVALHO	C GA	Fafe	10/05/2003

Pontos: FINA 2022

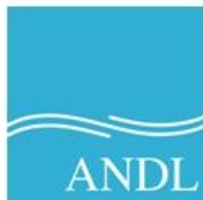
Lugar	Ano	Tempo final	Pts
1. Gabriel Mota, PATRICIO	08 Vieirense	2:25.94	423
50m: 31.18 31.18 100m: 1:10.11 38.93 150m: 1:52.26 42.15 200m: 2:25.94 33.68			
2. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:43.54	301
50m: 35.26 35.26 100m: 1:16.76 41.50 150m: 2:07.52 50.76 200m: 2:43.54 36.02			
3. Diogo Coelho, JORDAO	08 Uniao Juncalense	2:46.07	287
50m: 38.45 38.45 100m: 1:21.62 43.17 150m: 2:08.90 47.28 200m: 2:46.07 37.17			
4. Justin Daniel, BORGES	08 Óbidos	2:52.08	258
50m: 36.77 36.77 100m: 1:21.18 44.41 150m: 2:12.43 51.25 200m: 2:52.08 39.65			
5. Tiago Mota, ESTEVES	08 Pimpoes/Cimai	3:18.86	167
50m: 44.64 44.64 100m: 1:35.91 51.27 150m: 2:33.97 58.06 200m: 3:18.86 44.89			
6. Tiago Daniel, POVOA	08 Uniao Juncalense	3:23.17	157
50m: 50.44 50.44 100m: 1:41.17 50.73 150m: 2:37.24 56.07 200m: 3:23.17 45.93			
DNS Antonio Quiterio, ANASTACIO	08 Benedita		

Prova 18 Masc., 200m Estilos Infantil A
26/11/2022 - 17:03 Resultados

Rec. Nac. Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec. Nac. INF A	2:13.38	Tomas Miguel, FREITAS	CDN	Funchal	17/07/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Henrique Martins, JOAQUIM	09 Ba-Leiria	2:34.24	359
50m: 32.47 32.47 100m: 1:12.07 39.60 150m: 2:01.58 49.51 200m: 2:34.24 32.66			
2. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	2:45.22	292
50m: 35.15 35.15 100m: 1:14.78 39.63 150m: 2:09.68 54.90 200m: 2:45.22 35.54			
3. Metehan, BAYUR	09 Fluvial Portuense	2:46.92	283
50m: 37.15 37.15 100m: 1:21.39 44.24 150m: 2:09.44 48.05 200m: 2:46.92 37.48			
4. Santiago Marques, GOMES	09 Ba-Leiria	2:47.03	282
50m: 36.24 36.24 100m: 1:21.25 45.01 150m: 2:09.64 48.39 200m: 2:47.03 37.39			
5. David Ferrador, PEREIRA	09 Nucleo de Pombal	2:47.16	282
50m: 35.38 35.38 100m: 1:16.93 41.55 150m: 2:08.90 51.97 200m: 2:47.16 38.26			
6. Rodrigo Oliveira, SANTOS	09 Alcobaca	2:47.46	280
50m: 36.95 36.95 100m: 1:21.54 44.59 150m: 2:10.66 49.12 200m: 2:47.46 36.80			
7. Hugo Miguel, SANTOS	09 Pimpoes/Cimai	2:49.08	272
50m: 38.94 38.94 100m: 1:22.17 43.23 150m: 2:10.49 48.32 200m: 2:49.08 38.59			
8. Alexandre Lima, SANTOS	09 Fluvial Portuense	2:51.20	262
50m: 38.87 38.87 100m: 1:22.33 43.46 150m: 2:14.75 52.42 200m: 2:51.20 36.45			
9. Santiago Castanheira, MARTINS	09 Povia Santa Iria	2:52.77	255
50m: 38.90 38.90 100m: 1:23.28 44.38 150m: 2:14.51 51.23 200m: 2:52.77 38.26			
10. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	2:53.40	252
50m: 37.46 37.46 100m: 1:20.09 42.63 150m: 2:15.44 55.35 200m: 2:53.40 37.96			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

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

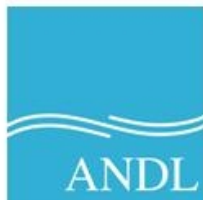
Lugar	Ano	Tempo final	Pts
11. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	2:54.12	249
50m: 39.51 39.51 100m: 1:21.94 42.43 150m: 2:16.57 54.63 200m: 2:54.12 37.55			
12. Jose Moutinho, VALENTE	09 Fluvial Portuense	2:56.51	239
50m: 39.83 39.83 100m: 1:24.04 44.21 150m: 2:17.33 53.29 200m: 2:56.51 39.18			
13. Antonio Miguel, SANTOS	09 Fluvial Portuense	2:56.60	239
50m: 42.03 42.03 100m: 1:28.14 46.11 150m: 2:19.52 51.38 200m: 2:56.60 37.08			
14. Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	2:58.58	231
50m: 37.77 37.77 100m: 1:20.30 42.53 150m: 2:18.55 58.25 200m: 2:58.58 40.03			
15. Tomas Martins, ALBUQUERQUE	09 Óbidos	3:00.52	223
50m: 38.89 38.89 100m: 1:26.69 47.80 150m: 2:20.14 53.45 200m: 3:00.52 40.38			
16. Andre Bernardes, FERREIRA	09 Fluvial Portuense	3:01.08	221
50m: 38.96 38.96 100m: 1:24.07 45.11 150m: 2:20.10 56.03 200m: 3:01.08 40.98			
17. Andre Guilherme, CORDEIRO	09 Naval de Peniche	3:02.63	216
50m: 43.26 43.26 100m: 1:29.30 46.04 150m: 2:20.22 50.92 200m: 3:02.63 42.41			
18. Santiago Jose, PACHECO	09 Alcobaca	3:02.69	216
50m: 42.64 42.64 100m: 1:29.62 46.98 150m: 2:23.39 53.77 200m: 3:02.69 39.30			
19. Guilherme Alexandre, MARQUES	09 Povia Santa Iria	3:03.23	214
50m: 42.36 42.36 100m: 1:30.36 48.00 150m: 2:24.20 53.84 200m: 3:03.23 39.03			
20. Rubim Dinis, MENDES	09 Fluvial Portuense	3:07.98	198
50m: 42.62 42.62 100m: 1:31.81 49.19 150m: 2:28.68 56.87 200m: 3:07.98 39.30			
21. Luis Pedro, VALERIO	09 Ba-Leiria	3:13.30	182
50m: 39.41 39.41 100m: 1:29.44 50.03 150m: 2:31.19 1:01.75 200m: 3:13.30 42.11			
22. Pedro Blanc, CAPINHA	09 Óbidos	3:13.80	181
50m: 42.89 42.89 100m: 1:34.01 51.12 150m: 2:29.72 55.71 200m: 3:13.80 44.08			
23. Tiago Bouhaddoune, ARAGAO	09 Fluvial Portuense	3:26.20	150
50m: 53.27 53.27 100m: 1:43.60 50.33 150m: 2:43.69 1:00.09 200m: 3:26.20 42.51			

Prova 18 Masc., 200m Estilos Infantil B
26/11/2022 - 17:03 Resultados

Rec. Nac. Absoluto	1:53.45	Dioqo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec. Nac. INF B	2:17.96	Andre Vilas, RUIVO	DNMG	Nazaré	02/06/2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	2:56.62	239
50m: 40.20 40.20 100m: 1:25.05 44.85 150m: 2:18.49 53.44 200m: 2:56.62 38.13			
2. Lucas Ferreira, GASPAS	10 Veiense	2:57.31	236
50m: 39.42 39.42 100m: 1:26.08 46.66 150m: 2:18.64 52.56 200m: 2:57.31 38.67			
3. Santiago Neves, SILVA	10 Nucleo de Pombal	3:06.39	203
50m: 39.84 39.84 100m: 1:30.21 50.37 150m: 2:24.54 54.33 200m: 3:06.39 41.85			
4. Tomas Marques, FRANCISCO	10 CNLeiria	3:09.56	193
50m: 39.32 39.32 100m: 1:27.18 47.86 150m: 2:27.18 1:00.00 200m: 3:09.56 42.38			
5. David Branco, TROVAO	10 Alcobaca	3:13.77	181
50m: 45.55 45.55 100m: 1:34.12 48.57 150m: 2:31.53 57.41 200m: 3:13.77 42.24			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 18, Masc., 200m Estilos, Infantil B

Lugar	Ano	Tempo final	Pts
6. Francisco Antonio, SIMOES	10 Ba-Leiria	3:27.42	147
50m: 50.37 50.37 100m: 1:43.56 53.19 150m: 2:40.36 56.80 200m: 3:27.42 47.06			
7. Tomas Gomes, AFONSO	10 Óbidos	3:28.98	144
50m: 52.51 52.51 100m: 1:43.39 50.88 150m: 2:46.91 1:03.52 200m: 3:28.98 42.07			
DNS David Xavier, ALMEIDA	10 Ba-Leiria		

Prova 19 Femin., 400m Estilos Senior Resultados
26/11/2022 - 17:25

Rec. Nac. Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec. Nac. SEN	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017

Pontos: FINA 2022

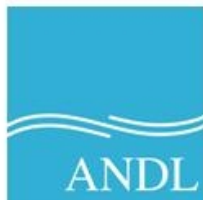
Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 Naval de Peniche	5:21.43	522
50m: 34.14 34.14 150m: 1:57.41 43.26 250m: 3:24.10 44.22 350m: 4:46.13 36.94			
100m: 1:14.15 40.01 200m: 2:39.88 42.47 300m: 4:09.19 45.09 400m: 5:21.43 35.30			

Prova 19 Femin., 400m Estilos Junior Resultados
26/11/2022 - 17:25

Rec. Nac. Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec. Nac. 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec. Nac. 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Maria Francisca, FROIS	06 CNLeiria	5:14.94	555
50m: 33.11 33.11 150m: 1:52.66 41.26 250m: 3:17.36 44.90 350m: 4:39.65 36.62			
100m: 1:11.40 38.29 200m: 2:32.46 39.80 300m: 4:03.03 45.67 400m: 5:14.94 35.29			
2. Ana Francisca, SILVA	06 Alcobaca	5:17.01	544
50m: 34.46 34.46 150m: 1:55.26 40.95 250m: 3:21.04 45.50 350m: 4:42.66 35.90			
100m: 1:14.31 39.85 200m: 2:35.54 40.28 300m: 4:06.76 45.72 400m: 5:17.01 34.35			
3. Ariana Bento, CARAPINHA	06 Ba-Leiria	5:19.70	531
50m: 33.68 33.68 150m: 1:54.36 41.14 250m: 3:21.29 47.21 350m: 4:44.78 35.64			
100m: 1:13.22 39.54 200m: 2:34.08 39.72 300m: 4:09.14 47.85 400m: 5:19.70 34.92			
4. Maria Madalena, ALVES	06 Ba-Leiria	5:29.09	487
50m: 35.29 35.29 150m: 2:00.10 43.56 250m: 3:28.32 44.99 350m: 4:52.56 38.06			
100m: 1:16.54 41.25 200m: 2:43.33 43.23 300m: 4:14.50 46.18 400m: 5:29.09 36.53			
DNS Matilde Violante, VIANA	07 CNLeiria		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 19, Femin., 400m Estilos

Prova 19 Femin., 400m Estilos Juvenil A
26/11/2022 - 17:25 Resultados

Rec. Nac. Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec. Nac. JUV A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rita Rocha, SILVA	08 Alcobaca	5:31.55	476
50m: 36.37 36.37	150m: 2:02.80 43.44	250m: 3:29.70 45.27	350m: 4:54.90 39.26
100m: 1:19.36 42.99	200m: 2:44.43 41.63	300m: 4:15.64 45.94	400m: 5:31.55 36.65

Prova 19 Femin., 400m Estilos Juvenil B
26/11/2022 - 17:25 Resultados

Rec. Nac. Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec. Nac. JUV B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	5:33.26	469
50m: 35.11 35.11	150m: 2:03.80 44.14	250m: 3:31.67 45.67	350m: 4:57.16 37.75
100m: 1:19.66 44.55	200m: 2:46.00 42.20	300m: 4:19.41 47.74	400m: 5:33.26 36.10
2. Maria Teresa, OLIVEIRA	09 Ba-Leiria	6:14.18	331
50m: 40.94 40.94	150m: 2:19.45 47.68	250m: 3:56.79 51.04	350m: 5:32.32 43.13
100m: 1:31.77 50.83	200m: 3:05.75 46.30	300m: 4:49.19 52.40	400m: 6:14.18 41.86

DSQ Constanca Baptista, TOMAS 09 Alcobaca
A atleta na chegada aos 200 metros, não chegou na posição dorsal.

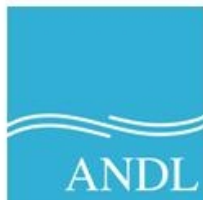
EXH Beatriz Ferreira, BATISTA	09 Povia Santa Iria	5:48.76	409
50m: 36.43 36.43	150m: 2:04.98 45.31	250m: 3:37.31 47.83	350m: 5:08.91 42.39
100m: 1:19.67 43.24	200m: 2:49.48 44.50	300m: 4:26.52 49.21	400m: 5:48.76 39.85

Prova 20 Masc., 200m Livres Senior
26/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14/12/2018
Rec. Nac. SEN	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14/12/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Nuno Goncalo, SANTOS	96 CNLeiria	2:02.26	536
50m: 28.61 28.61	100m: 59.34 30.73	150m: 1:30.76 31.42	200m: 2:02.26 31.50
2. Guilherme Silva, CASTANHEIRA	04 CNLeiria	2:08.54	462
50m: 28.13 28.13	100m: 1:00.23 32.10	150m: 1:34.00 33.77	200m: 2:08.54 34.54
3. Bruno Filipe, TABORDA	95 CNLeiria	2:08.85	458
50m: 30.25 30.25	100m: 1:03.63 33.38	150m: 1:36.94 33.31	200m: 2:08.85 31.91
4. Miguel Angelo, SILVESTRE	97 Alcobaca	2:17.63	376
50m: 30.86 30.86	100m: 1:05.14 34.28	150m: 1:41.32 36.18	200m: 2:17.63 36.31



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 20, Masc., 200m Livres

Prova 20 Masc., 200m Livres Junior
26/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14/12/2018
Rec. Nac. 18	1:47.73	Tiago Andre, VENANCIO	POR	Viena (AUT)	12/12/2004
Rec. Nac. 17	1:47.65	Diogo Matos, RIBEIRO	CUC	Felgueiras	11/04/2021

Pontos: FINA 2022

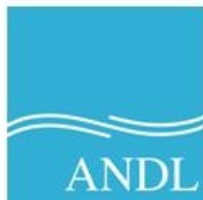
Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA	05 Ba-Leiria	2:00.40	562
50m: 27.86 27.86 100m: 58.66 30.80 150m: 1:30.05 31.39 200m: 2:00.40 30.35			
2. Gil Santos, LEMOS	06 Pimpoes/Cimai	2:02.94	528
50m: 28.44 28.44 100m: 59.54 31.10 150m: 1:31.39 31.85 200m: 2:02.94 31.55			
3. Tiago Serradas, FRANCISCO	05 Ba-Leiria	2:05.26	499
50m: 29.51 29.51 100m: 1:01.68 32.17 150m: 1:34.05 32.37 200m: 2:05.26 31.21			
4. Luca Valentino, TONA	06 Pimpoes/Cimai	2:05.64	494
50m: 29.21 29.21 100m: 1:01.19 31.98 150m: 1:34.80 33.61 200m: 2:05.64 30.84			
5. Edgar Francisco, SIMOES	06 Vieiraense	2:10.80	438
50m: 30.64 30.64 100m: 1:04.92 34.28 150m: 1:38.75 33.83 200m: 2:10.80 32.05			
6. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	2:11.79	428
50m: 30.85 30.85 100m: 1:04.24 33.39 150m: 1:38.86 34.62 200m: 2:11.79 32.93			
7. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	2:19.79	359
50m: 32.45 32.45 100m: 1:08.27 35.82 150m: 1:44.41 36.14 200m: 2:19.79 35.38			
8. Marco Ferreira, SILVA	05 Vieiraense	2:21.66	345
50m: 32.40 32.40 100m: 1:09.51 37.11 150m: 1:47.07 37.56 200m: 2:21.66 34.59			
9. Bruno Belo, AGOSTINHO	05 Benedita	2:23.40	332
50m: 34.08 34.08 100m: 1:11.33 37.25 150m: 1:48.73 37.40 200m: 2:23.40 34.67			
10. Rafael, SANTOS	06 Uniao Juncalense	2:24.41	325
50m: 32.69 32.69 100m: 1:10.08 37.39 150m: 1:48.04 37.96 200m: 2:24.41 36.37			
11. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	2:34.46	266
50m: 34.28 34.28 100m: 1:13.33 39.05 150m: 1:55.19 41.86 200m: 2:34.46 39.27			
DNS Vasco Pedro, BRANCO	06 Naval da Nazaré		

Prova 20 Masc., 200m Livres Juvenil A
26/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	1:43.16	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	14/12/2018
Rec. Nac. JUV A	1:49.83	Diogo Matos, RIBEIRO	CUC	Mealhada	07/12/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisco Xavier, RITA	07 Vieiraense	2:04.96	502
50m: 28.82 28.82 100m: 1:00.50 31.68 150m: 1:33.35 32.85 200m: 2:04.96 31.61			
2. Francisco Jose, FRAGOSO	07 Vieiraense	2:10.63	440
50m: 29.57 29.57 100m: 1:02.41 32.84 150m: 1:36.92 34.51 200m: 2:10.63 33.71			
3. Jose Januario, MARQUES	07 Pimpoes/Cimai	2:12.09	425
50m: 30.73 30.73 100m: 1:04.73 34.00 150m: 1:38.75 34.02 200m: 2:12.09 33.34			
4. Mateus Marques, MACHADO	07 Benedita	2:26.71	310
50m: 33.80 33.80 100m: 1:10.88 37.08 150m: 1:49.56 38.68 200m: 2:26.71 37.15			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 20, Masc., 200m Livres, Juvenil A

Lugar	Ano	Tempo final	Pts
5. Andre Filipe, FERNANDES	07 Alcobaca	2:43.72	223
50m: 36.02 36.02 100m: 1:18.01 41.99 150m: 2:01.81 43.80 200m: 2:43.72 41.91			
DNS Adriano Afonso, STEVENS	07 Ba-Leiria		
DNS Joao Moura, FRANCISCO	07 CNLeiria		

Prova 20 Masc., 200m Livres Juvenil B
26/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	1:43.16	Miquel Duarte, NASCIMENTO	POR	Hanzhou (CHN)	14/12/2018
Rec. Nac. JUV B	1:53.76	Diogo Matos, RIBEIRO	CUC	Coimbra	16/06/2019

Pontos: FINA 2022

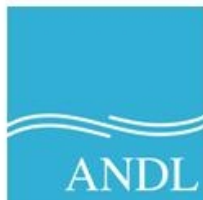
Lugar	Ano	Tempo final	Pts
1. Tome Nunes, TOME	08 CNLeiria	2:09.50	451
50m: 30.17 30.17 100m: 1:03.41 33.24 150m: 1:37.06 33.65 200m: 2:09.50 32.44			
2. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:11.14	435
50m: 31.58 31.58 100m: 1:05.31 33.73 150m: 1:38.68 33.37 200m: 2:11.14 32.46			
3. Santiago Boica, SOUSA	08 Vieiraense	2:11.70	429
50m: 30.94 30.94 100m: 1:05.23 34.29 150m: 1:39.00 33.77 200m: 2:11.70 32.70			
4. Tiago Santos, POMBO	08 Alcobaca	2:19.67	360
50m: 32.64 32.64 100m: 1:08.73 36.09 150m: 1:45.16 36.43 200m: 2:19.67 34.51			
5. Martim Luis, GASPAR	08 Nautico Marinha Grande	2:24.77	323
50m: 33.03 33.03 100m: 1:09.45 36.42 150m: 1:47.61 38.16 200m: 2:24.77 37.16			
6. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:30.23	289
50m: 36.56 36.56 100m: 1:16.78 40.22 150m: 1:56.02 39.24 200m: 2:30.23 34.21			
DNS Antonio Quiterio, ANASTACIO	08 Benedita		
DNS Daniel Gomes, SANTOS	08 Nautico Marinha Grande		

Prova 20 Masc., 200m Livres Infantil A
26/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	1:43.16	Miquel Duarte, NASCIMENTO	POR	Hanzhou (CHN)	14/12/2018
Rec. Nac. INF A	1:58.99	Pedro Fontoura, OLIVEIRA	CFB	Cova da Piedade	10/06/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA	09 Ba-Leiria	2:11.40	432
50m: 30.86 30.86 100m: 1:04.90 34.04 150m: 1:39.37 34.47 200m: 2:11.40 32.03			
2. Paulo, KOT	09 Nautico Marinha Grande	2:18.73	367
50m: 31.58 31.58 100m: 1:06.40 34.82 150m: 1:42.83 36.43 200m: 2:18.73 35.90			
3. Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	2:18.80	366
50m: 32.53 32.53 100m: 1:07.65 35.12 150m: 1:43.82 36.17 200m: 2:18.80 34.98			
4. Guilherme Meireles, MARRAZES	09 Nautico Marinha Grande	2:19.35	362
50m: 32.72 32.72 100m: 1:09.41 36.69 150m: 1:45.39 35.98 200m: 2:19.35 33.96			
5. Xinyang, CHENG	09 Nautico Marinha Grande	2:19.83	358
50m: 32.52 32.52 100m: 1:08.91 36.39 150m: 1:45.84 36.93 200m: 2:19.83 33.99			
6. Alexandre Lima, SANTOS	09 Fluvial Portuense	2:22.13	341
50m: 32.51 32.51 100m: 1:08.91 36.40 150m: 1:45.95 37.04 200m: 2:22.13 36.18			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 20, Masc., 200m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
7. Matias Barros, REIS	09 Fluvial Portuense	2:26.93	309
50m: 32.96 32.96 100m: 1:11.15 38.19 150m: 1:50.44 39.29 200m: 2:26.93 36.49			
8. David Ferrador, PEREIRA	09 Nucleo de Pombal	2:29.40	294
50m: 33.55 33.55 100m: 1:12.42 38.87 150m: 1:52.57 40.15 200m: 2:29.40 36.83			
9. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	2:29.80	291
50m: 34.27 34.27 100m: 1:12.46 38.19 150m: 1:51.74 39.28 200m: 2:29.80 38.06			
10. Jose Moutinho, VALENTE	09 Fluvial Portuense	2:33.36	272
50m: 34.77 34.77 100m: 1:13.54 38.77 150m: 1:53.83 40.29 200m: 2:33.36 39.53			
11. Louis Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	2:35.48	261
50m: 35.63 35.63 100m: 1:15.42 39.79 150m: 1:55.94 40.52 200m: 2:35.48 39.54			
12. Maksym, TYSHCHUK	09 Nautico Marinha Grande	2:35.71	259
50m: 35.94 35.94 100m: 1:16.27 40.33 150m: 1:56.89 40.62 200m: 2:35.71 38.82			
13. Isaac Arruda, SARAIVA	09 Vieiraense	2:42.31	229
50m: 36.33 36.33 100m: 1:18.00 41.67 150m: 2:01.84 43.84 200m: 2:42.31 40.47			
14. Rubim Dinis, MENDES	09 Fluvial Portuense	2:43.15	225
50m: 38.70 38.70 100m: 1:21.87 43.17 150m: 2:03.35 41.48 200m: 2:43.15 39.80			
15. Andre Bernardes, FERREIRA	09 Fluvial Portuense	2:44.83	219
50m: 36.23 36.23 100m: 1:18.34 42.11 150m: 2:03.04 44.70 200m: 2:44.83 41.79			
16. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	2:49.10	202
50m: 36.90 36.90 100m: 1:21.11 44.21 150m: 2:07.26 46.15 200m: 2:49.10 41.84			
17. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	2:50.76	197
50m: 37.41 37.41 100m: 1:20.82 43.41 150m: 2:06.80 45.98 200m: 2:50.76 43.96			
18. Andre Guilherme, CORDEIRO	09 Naval de Peniche	2:51.63	194
50m: 38.94 38.94 100m: 1:22.65 43.71 150m: 2:07.71 45.06 200m: 2:51.63 43.92			
19. Tiago Bouhaddoune, ARAGAO	09 Fluvial Portuense	2:56.58	178
50m: 41.30 41.30 100m: 1:28.13 46.83 150m: 2:13.97 45.84 200m: 2:56.58 42.61			
20. Luis Pedro, VALERIO	09 Ba-Leiria	2:57.47	175
50m: 40.15 40.15 100m: 1:26.13 45.98 150m: 2:12.25 46.12 200m: 2:57.47 45.22			

Prova 20
26/11/2022 - 17:40

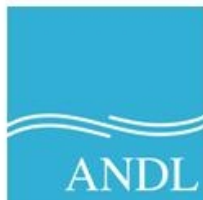
Masc., 200m Livres

Infantil B
Resultados

Rec. Nac. Absoluto	1:43.16	Miquel Duarte, NASCIMENTO POR	Hanzhou (CHN)	14/12/2018
Rec. Nac. INF B	2:04.75	Joao Magalhaes, NUNES CNA	Algés	30/06/2012

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	2:20.64	352
50m: 33.08 33.08 100m: 1:08.76 35.68 150m: 1:45.53 36.77 200m: 2:20.64 35.11			
2. Rodolfo Junior, ALECRIM	10 Ba-Leiria	2:25.39	319
50m: 32.53 32.53 100m: 1:11.01 38.48 150m: 1:49.99 38.98 200m: 2:25.39 35.40			
3. Guilherme Costa, REBELO	10 Pimpoes/Cimai	2:31.40	282
50m: 35.16 35.16 100m: 1:15.20 40.04 150m: 1:54.98 39.78 200m: 2:31.40 36.42			
4. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	2:35.85	259
50m: 36.50 36.50 100m: 1:16.52 40.02 150m: 1:57.98 41.46 200m: 2:35.85 37.87			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 20, Masc., 200m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
5. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	2:40.82	235
50m: 38.33 38.33 100m: 1:19.31 40.98 150m: 2:01.00 41.69 200m: 2:40.82 39.82			
6. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	2:41.09	234
50m: 36.35 36.35 100m: 1:17.98 41.63 150m: 2:01.77 43.79 200m: 2:41.09 39.32			
7. Santiago Neves, SILVA	10 Nucleo de Pombal	2:44.51	220
50m: 37.58 37.58 100m: 1:20.03 42.45 150m: 2:04.39 44.36 200m: 2:44.51 40.12			
8. Joao Piteira, GAIOLAS	10 Nautico Marinha Grande	2:45.18	217
50m: 36.75 36.75 100m: 1:18.58 41.83 150m: 2:02.28 43.70 200m: 2:45.18 42.90			
9. Simao Sousa, JESUS	10 Nautico Marinha Grande	2:50.25	198
50m: 36.67 36.67 100m: 1:20.33 43.66 150m: 2:07.00 46.67 200m: 2:50.25 43.25			
10. Lucas Costa, JESUS	10 Nautico Marinha Grande	2:51.15	195
50m: 38.30 38.30 100m: 1:22.21 43.91 150m: 2:09.58 47.37 200m: 2:51.15 41.57			
11. Afonso Ferreira, REIS	10 Nautico Marinha Grande	2:52.62	190
50m: 39.99 39.99 100m: 1:25.19 45.20 150m: 2:11.79 46.60 200m: 2:52.62 40.83			
12. Simao Almeida, CARNIDE	10 Viegrense	2:54.54	184
50m: 40.60 40.60 100m: 1:27.34 46.74 150m: 2:13.55 46.21 200m: 2:54.54 40.99			
13. Dinis Lamas, SANTOS	10 Ba-Leiria	2:56.35	178
50m: 38.71 38.71 100m: 1:23.86 45.15 150m: 2:14.22 50.36 200m: 2:56.35 42.13			
DNS Rafael Costa, ANTUNES	10 Naval de Peniche		
EXH Joao Peres, COSTA	04 Naval Praia da Vitoria	1:56.12	626
50m: 27.00 27.00 100m: 56.51 29.51 150m: 1:26.39 29.88 200m: 1:56.12 29.73			
EXH Diogo Miguel, LUIS	06 Rio Maior	2:16.29	387
50m: 30.39 30.39 100m: 1:05.37 34.98 150m: 1:41.57 36.20 200m: 2:16.29 34.72			
EXH Joao Almeida, NEVES	08 Povia Santa Iria	2:16.90	382
50m: 29.98 29.98 100m: 1:04.14 34.16 150m: 1:40.68 36.54 200m: 2:16.90 36.22			
EXH Leonardo Gomes, SILVA	08 Rio Maior	2:29.08	296
50m: 30.28 30.28 100m: 1:04.22 33.94 150m: 1:48.72 44.50 200m: 2:29.08 40.36			

Prova 21
26/11/2022 - 18:10

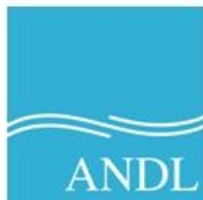
Femin., 400m Livres

Senior
Resultados

Rec. Nac. Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec. Nac. SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	4:37.04	601
50m: 31.61 31.61 150m: 1:40.39 34.82 250m: 2:50.32 34.89 350m: 4:01.52 35.73 100m: 1:05.57 33.96 200m: 2:15.43 35.04 300m: 3:25.79 35.47 400m: 4:37.04 35.52			
2. Joana Silva, ALVES	05 Benedita	4:42.87	565
50m: 32.33 32.33 150m: 1:42.88 35.36 250m: 2:54.69 35.97 350m: 4:07.17 36.21 100m: 1:07.52 35.19 200m: 2:18.72 35.84 300m: 3:30.96 36.27 400m: 4:42.87 35.70			
3. Ana Claudia, FERREIRA	90 Alcobaca	4:52.23	512
50m: 32.69 32.69 150m: 1:44.69 36.44 250m: 2:59.35 37.42 350m: 4:14.94 37.96 100m: 1:08.25 35.56 200m: 2:21.93 37.24 300m: 3:36.98 37.63 400m: 4:52.23 37.29			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 21, Femin., 400m Livres, Senior

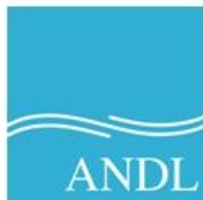
Lugar	Ano	Tempo final	Pts
DNS Beatriz Silva, CONCEICAO	05 Benedita		

Prova 21 Femin., 400m Livres Junior Resultados
26/11/2022 - 18:10

Rec. Nac. Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec. Nac. 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec. Nac. 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonor Verissimo, FARIA	06 Nucleo de Pombal	4:33.14	628
50m: 31.83 31.83 150m: 1:41.12 34.84 250m: 2:50.74 34.74 350m: 4:00.43 34.63			
100m: 1:06.28 34.45 200m: 2:16.00 34.88 300m: 3:25.80 35.06 400m: 4:33.14 32.71			
2. Ines Mira, PINO	06 Pimpoes/Cimai	4:46.77	542
50m: 32.65 32.65 150m: 1:43.67 35.94 250m: 2:57.35 37.06 350m: 4:11.03 36.77			
100m: 1:07.73 35.08 200m: 2:20.29 36.62 300m: 3:34.26 36.91 400m: 4:46.77 35.74			
3. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	4:50.63	521
50m: 32.61 32.61 150m: 1:44.19 36.37 250m: 2:58.44 37.03 350m: 4:13.83 37.81			
100m: 1:07.82 35.21 200m: 2:21.41 37.22 300m: 3:36.02 37.58 400m: 4:50.63 36.80			
4. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	4:55.65	495
50m: 32.91 32.91 150m: 1:46.97 37.41 250m: 3:02.29 37.71 350m: 4:18.96 38.18			
100m: 1:09.56 36.65 200m: 2:24.58 37.61 300m: 3:40.78 38.49 400m: 4:55.65 36.69			
5. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	5:04.72	452
50m: 33.80 33.80 150m: 1:50.27 38.61 250m: 3:09.70 39.44 350m: 4:28.39 39.37			
100m: 1:11.66 37.86 200m: 2:30.26 39.99 300m: 3:49.02 39.32 400m: 5:04.72 36.33			
6. Catarina Machado, BELO	06 Benedita	5:07.95	438
50m: 35.05 35.05 150m: 1:50.85 38.21 250m: 3:08.23 38.46 350m: 4:26.68 39.21			
100m: 1:12.64 37.59 200m: 2:29.77 38.92 300m: 3:47.47 39.24 400m: 5:07.95 41.27			
7. Leonor Vendima, COELHO	07 Uniao Juncalense	5:18.51	396
50m: 34.33 34.33 150m: 1:51.16 39.15 250m: 3:12.90 41.05 350m: 4:36.85 42.08			
100m: 1:12.01 37.68 200m: 2:31.85 40.69 300m: 3:54.77 41.87 400m: 5:18.51 41.66			
8. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	5:24.49	374
50m: 35.41 35.41 150m: 1:55.01 40.40 250m: 3:18.56 42.07 350m: 4:43.14 42.47			
100m: 1:14.61 39.20 200m: 2:36.49 41.48 300m: 4:00.67 42.11 400m: 5:24.49 41.35			
9. Catarina Tagaroso, LOBO	07 Uniao Juncalense	5:42.06	319
50m: 37.24 37.24 150m: 2:02.91 43.56 250m: 3:31.65 44.36 350m: 5:00.19 44.17			
100m: 1:19.35 42.11 200m: 2:47.29 44.38 300m: 4:16.02 44.37 400m: 5:42.06 41.87			
DNS Vanessa Liliana, ALMEIDA	07 CNLeiria		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 21, Femin., 400m Livres

Prova 21 Femin., 400m Livres Juvenil A
26/11/2022 - 18:10 Resultados

Rec. Nac. Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec. Nac. JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Matilde Andre, LUIS	08 Alcobaca	5:03.43	458
50m: 34.73 34.73	150m: 1:51.02 38.88	250m: 3:08.75 39.31	350m: 4:26.77 39.42
100m: 1:12.14 37.41	200m: 2:29.44 38.42	300m: 3:47.35 38.60	400m: 5:03.43 36.66

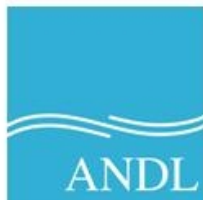
Prova 21 Femin., 400m Livres Juvenil B
26/11/2022 - 18:10 Resultados

Rec. Nac. Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec. Nac. JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	4:57.67	485
50m: 33.04 33.04	150m: 1:47.74 37.95	250m: 3:03.99 37.96	350m: 4:20.60 38.17
100m: 1:09.79 36.75	200m: 2:26.03 38.29	300m: 3:42.43 38.44	400m: 4:57.67 37.07
2. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	5:03.53	457
50m: 35.06 35.06	150m: 1:52.61 39.61	250m: 3:10.43 38.99	350m: 4:27.25 37.95
100m: 1:13.00 37.94	200m: 2:31.44 38.83	300m: 3:49.30 38.87	400m: 5:03.53 36.28
3. Francisca Ramos, NUNES	09 Naval de Peniche	5:04.18	454
50m: 33.80 33.80	150m: 1:50.88 38.90	250m: 3:09.23 39.21	350m: 4:27.95 39.07
100m: 1:11.98 38.18	200m: 2:30.02 39.14	300m: 3:48.88 39.65	400m: 5:04.18 36.23
4. Leonor Palma, JACOMO	09 Alcobaca	5:22.63	381
50m: 36.33 36.33	150m: 1:56.73 40.85	250m: 3:19.54 41.33	350m: 4:42.26 41.31
100m: 1:15.88 39.55	200m: 2:38.21 41.48	300m: 4:00.95 41.41	400m: 5:22.63 40.37
5. Mariana Santos, INACIO	09 Alcobaca	5:30.21	355
50m: 36.13 36.13	150m: 1:59.61 42.28	250m: 3:24.46 41.95	350m: 4:49.77 42.73
100m: 1:17.33 41.20	200m: 2:42.51 42.90	300m: 4:07.04 42.58	400m: 5:30.21 40.44
6. Zofie, PACHECO	09 Naval de Peniche	5:32.76	347
50m: 35.11 35.11	150m: 1:57.92 42.45	250m: 3:24.77 43.52	350m: 4:52.71 43.78
100m: 1:15.47 40.36	200m: 2:41.25 43.33	300m: 4:08.93 44.16	400m: 5:32.76 40.05
7. Anjali, RAICAR	09 Naval de Peniche	5:39.77	326
50m: 37.86 37.86	150m: 2:03.61 43.65	250m: 3:31.44 44.26	350m: 4:59.93 44.13
100m: 1:19.96 42.10	200m: 2:47.18 43.57	300m: 4:15.80 44.36	400m: 5:39.77 39.84
8. Ines Ferreira, CHELEU	09 Ba-Leiria	5:42.85	317
50m: 37.64 37.64	150m: 2:01.53 42.44	250m: 3:29.57 44.73	350m: 5:00.07 45.34
100m: 1:19.09 41.45	200m: 2:44.84 43.31	300m: 4:14.73 45.16	400m: 5:42.85 42.78
9. Ana Margarida, MARQUES	09 Ba-Leiria	5:46.37	308
50m: 37.49 37.49	150m: 2:06.72 46.17	250m: 3:36.57 44.91	350m: 5:06.20 45.01
100m: 1:20.55 43.06	200m: 2:51.66 44.94	300m: 4:21.19 44.62	400m: 5:46.37 40.17

DNS Leonor Valerio, ADRIANO 09 Alcobaca



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

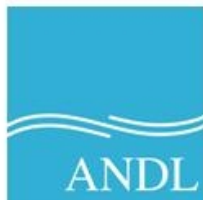
Prova 21, Femin., 400m Livres

Prova 21 Femin., 400m Livres Infantil A
26/11/2022 - 18:10 Resultados

Rec. Nac. Absoluto 4:04.61 Diana Margarida, DURAES POR Copenhague (DEN) 17/12/2017
Rec. Nac. INF A 4:25.30 Alexandra Maria, SILVA FCP Porto 19/07/1980

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Matilde Brandao, CARVALHO	10 Fluvial Portuense	4:58.11	483
50m: 32.70 32.70 150m: 1:47.23 37.81 250m: 3:04.65 38.84 350m: 4:21.69 38.46			
100m: 1:09.42 36.72 200m: 2:25.81 38.58 300m: 3:43.23 38.58 400m: 4:58.11 36.42			
2. Bianca Balbino, MENDES	10 Naval de Peniche	5:12.69	418
50m: 34.85 34.85 150m: 1:53.01 39.51 250m: 3:11.97 39.68 350m: 4:32.47 40.33			
100m: 1:13.50 38.65 200m: 2:32.29 39.28 300m: 3:52.14 40.17 400m: 5:12.69 40.22			
3. Barbara Balbino, MENDES	10 Naval de Peniche	5:14.79	410
50m: 35.26 35.26 150m: 1:52.92 39.29 250m: 3:13.23 40.23 350m: 4:34.86 40.74			
100m: 1:13.63 38.37 200m: 2:33.00 40.08 300m: 3:54.12 40.89 400m: 5:14.79 39.93			
4. Diana Isabel, ALVES	10 Benedita	5:30.01	356
50m: 37.07 37.07 150m: 2:00.12 42.13 250m: 3:25.06 41.97 350m: 4:50.26 42.69			
100m: 1:17.99 40.92 200m: 2:43.09 42.97 300m: 4:07.57 42.51 400m: 5:30.01 39.75			
5. Debora Silva, INACIO	10 Pimpoes/Cimai	5:33.44	345
50m: 38.16 38.16 150m: 2:04.68 43.47 250m: 3:30.21 41.64 350m: 4:53.94 42.01			
100m: 1:21.21 43.05 200m: 2:48.57 43.89 300m: 4:11.93 41.72 400m: 5:33.44 39.50			
6. Leonor Pereira, SILVA	10 Óbidos	5:42.76	317
50m: 38.06 38.06 150m: 2:04.26 43.57 250m: 3:32.94 44.54 350m: 5:02.29 44.96			
100m: 1:20.69 42.63 200m: 2:48.40 44.14 300m: 4:17.33 44.39 400m: 5:42.76 40.47			
7. Vida Sofia, VELEZ	10 Ba-Leiria	5:46.06	308
50m: 38.62 38.62 150m: 2:06.47 44.12 250m: 3:36.84 45.15 350m: 5:06.14 44.48			
100m: 1:22.35 43.73 200m: 2:51.69 45.22 300m: 4:21.66 44.82 400m: 5:46.06 39.92			
8. Leonor Silva, MARTINS	10 Óbidos	5:55.61	284
50m: 39.99 39.99 150m: 2:11.39 46.17 250m: 3:43.00 45.46 350m: 5:13.08 44.68			
100m: 1:25.22 45.23 200m: 2:57.54 46.15 300m: 4:28.40 45.40 400m: 5:55.61 42.53			
9. Matilde Evangelista, SILVA	10 Benedita	5:55.95	283
50m: 40.91 40.91 150m: 2:12.53 46.33 250m: 3:44.11 45.60 350m: 5:13.90 44.74			
100m: 1:26.20 45.29 200m: 2:58.51 45.98 300m: 4:29.16 45.05 400m: 5:55.95 42.05			
10. Rafaela Santos, AFONSO	10 Naval de Peniche	6:03.05	267
50m: 39.94 39.94 150m: 2:11.78 46.65 250m: 3:46.22 46.92 350m: 5:20.59 47.29			
100m: 1:25.13 45.19 200m: 2:59.30 47.52 300m: 4:33.30 47.08 400m: 6:03.05 42.46			
11. Sofia Roma, BRIZIDA	10 Ba-Leiria	6:03.52	266
50m: 40.09 40.09 150m: 2:14.28 47.54 250m: 3:48.07 46.79 350m: 5:20.62 46.36			
100m: 1:26.74 46.65 200m: 3:01.28 47.00 300m: 4:34.26 46.19 400m: 6:03.52 42.90			
12. Luana Filipe, REIS	10 Alcobaca	6:08.70	255
50m: 42.56 42.56 150m: 2:17.13 47.87 250m: 3:51.21 47.54 350m: 5:25.01 46.28			
100m: 1:29.26 46.70 200m: 3:03.67 46.54 300m: 4:38.73 47.52 400m: 6:08.70 43.69			
13. Mariana Santos, AFONSO	10 Naval de Peniche	6:11.55	249
50m: 39.90 39.90 150m: 2:14.57 47.64 250m: 3:51.23 48.25 350m: 5:27.16 48.61			
100m: 1:26.93 47.03 200m: 3:02.98 48.41 300m: 4:38.55 47.32 400m: 6:11.55 44.39			
14. Mara Marcao, COTRIM	10 Óbidos	6:21.52	230
50m: 43.38 43.38 150m: 2:19.30 48.57 250m: 3:56.48 48.57 350m: 5:34.93 49.03			
100m: 1:30.73 47.35 200m: 3:07.91 48.61 300m: 4:45.90 49.42 400m: 6:21.52 46.59			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 21, Femin., 400m Livres, Infantil A

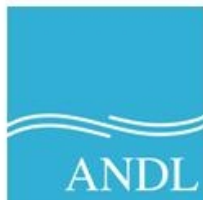
Lugar	Ano	Tempo final	Pts
15. Mariana Sousa, OLIVEIRA	10 Alcobaca	6:26.83	221
50m: 42.99 42.99 150m: 2:19.77 48.82 250m: 3:57.39 48.99 350m: 5:37.66 50.18			
100m: 1:30.95 47.96 200m: 3:08.40 48.63 300m: 4:47.48 50.09 400m: 6:26.83 49.17			
16. Sofia Pinheiro, PACHECO	10 Óbidos	6:30.64	214
50m: 42.11 42.11 150m: 2:21.07 50.44 250m: 4:01.32 49.16 350m: 5:42.39 49.60			
100m: 1:30.63 48.52 200m: 3:12.16 51.09 300m: 4:52.79 51.47 400m: 6:30.64 48.25			
17. Ana Catarina, MAGALHAES	10 Fluvial Portuense	6:50.86	184
50m: 45.00 45.00 150m: 2:26.86 52.60 250m: 4:13.46 53.30 350m: 5:59.43 53.13			
100m: 1:34.26 49.26 200m: 3:20.16 53.30 300m: 5:06.30 52.84 400m: 6:50.86 51.43			
18. Beatriz Valente, CARVALHO	10 Óbidos	7:10.12	160
50m: 48.03 48.03 150m: 2:34.64 55.26 250m: 4:28.43 57.41 350m: 6:19.56 56.58			
100m: 1:39.38 51.35 200m: 3:31.02 56.38 300m: 5:22.98 54.55 400m: 7:10.12 50.56			
DNS Mariana Sofia, ANTUNES	10 Pimpoes/Cimai		

Prova 21 Femin., 400m Livres Infantil B
26/11/2022 - 18:10 Resultados

Rec. Nac. Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec. Nac. INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:33.97	343
50m: 37.43 37.43 150m: 2:01.36 43.12 250m: 3:28.96 44.13 350m: 4:52.95 40.99			
100m: 1:18.24 40.81 200m: 2:44.83 43.47 300m: 4:11.96 43.00 400m: 5:33.97 41.02			
2. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	5:34.62	341
50m: 38.35 38.35 150m: 2:02.25 43.39 250m: 3:28.21 43.25 350m: 4:53.62 41.92			
100m: 1:18.86 40.51 200m: 2:44.96 42.71 300m: 4:11.70 43.49 400m: 5:34.62 41.00			
3. Mafalda Teles, SOUSA	11 Pimpoes/Cimai	6:00.32	273
50m: 40.91 40.91 150m: 2:12.86 46.75 250m: 3:45.68 46.34 350m: 5:16.42 44.84			
100m: 1:26.11 45.20 200m: 2:59.34 46.48 300m: 4:31.58 45.90 400m: 6:00.32 43.90			
4. Francisca Moreira, FELICIANO	11 Alcobaca	6:12.83	246
50m: 40.82 40.82 150m: 2:16.03 48.17 250m: 3:51.72 47.95 350m: 5:28.14 47.85			
100m: 1:27.86 47.04 200m: 3:03.77 47.74 300m: 4:40.29 48.57 400m: 6:12.83 44.69			
5. Carolina Silva, CASTANHEIRA	11 CNLeiria	6:14.48	243
50m: 41.55 41.55 150m: 2:17.58 47.84 250m: 3:51.87 47.72 350m: 5:28.68 47.90			
100m: 1:29.74 48.19 200m: 3:04.15 46.57 300m: 4:40.78 48.91 400m: 6:14.48 45.80			
6. Francisca Caetano, LOURENCO	11 Benedita	6:22.29	229
50m: 42.37 42.37 150m: 2:19.83 49.29 250m: 3:57.65 47.88 350m: 5:34.87 49.40			
100m: 1:30.54 48.17 200m: 3:09.77 49.94 300m: 4:45.47 47.82 400m: 6:22.29 47.42			
7. Maria Joao, VALA	11 Pimpoes/Cimai	6:26.68	221
50m: 44.27 44.27 150m: 2:22.68 49.47 250m: 4:00.06 49.11 350m: 5:38.64 49.96			
100m: 1:33.21 48.94 200m: 3:10.95 48.27 300m: 4:48.68 48.62 400m: 6:26.68 48.04			
8. Gabriela Valverde, CANHA	11 Alcobaca	6:29.42	216
50m: 42.96 42.96 150m: 2:21.69 50.37 250m: 4:03.03 50.73 350m: 5:43.60 50.08			
100m: 1:31.32 48.36 200m: 3:12.30 50.61 300m: 4:53.52 50.49 400m: 6:29.42 45.82			
9. Maria Santos, FONSECA	11 CNLeiria	6:29.83	216
50m: 46.17 46.17 150m: 2:26.36 50.75 250m: 4:06.52 50.53 350m: 5:43.53 47.64			
100m: 1:35.61 49.44 200m: 3:15.99 49.63 300m: 4:55.89 49.37 400m: 6:29.83 46.30			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 21, Femin., 400m Livres, Infantil B

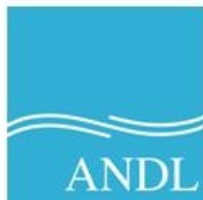
Lugar	Ano	Tempo final	Pts
10. Isabela Maria, CARREIRA	11 Uniao Juncalense	6:34.24	208
50m: 44.55 44.55 150m: 2:23.99 50.15 250m: 4:05.83 51.01 350m: 5:47.12 50.23			
100m: 1:33.84 49.29 200m: 3:14.82 50.83 300m: 4:56.89 51.06 400m: 6:34.24 47.12			
11. Madalena Coelho, FERREIRA	11 Uniao Juncalense	6:40.01	199
50m: 45.75 45.75 150m: 2:27.39 51.36 250m: 4:10.33 51.38 350m: 5:51.87 50.51			
100m: 1:36.03 50.28 200m: 3:18.95 51.56 300m: 5:01.36 51.03 400m: 6:40.01 48.14			
12. Mariana Silva, CONCEICAO	11 Benedita	7:07.11	164
50m: 48.55 48.55 150m: 2:38.12 53.94 250m: 4:26.66 54.51 350m: 6:15.78 54.06			
100m: 1:44.18 55.63 200m: 3:32.15 54.03 300m: 5:21.72 55.06 400m: 7:07.11 51.33			
13. Matilde Coelho, FERREIRA	11 Uniao Juncalense	7:11.77	159
50m: 45.37 45.37 150m: 2:34.58 55.10 250m: 4:26.10 56.21 350m: 6:18.35 56.65			
100m: 1:39.48 54.11 200m: 3:29.89 55.31 300m: 5:21.70 55.60 400m: 7:11.77 53.42			
14. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	7:19.28	151
50m: 45.94 45.94 150m: 2:36.50 56.46 250m: 4:30.97 57.70 350m: 6:25.38 57.96			
100m: 1:40.04 54.10 200m: 3:33.27 56.77 300m: 5:27.42 56.45 400m: 7:19.28 53.90			
15. Erica Felix, RODRIGUES	11 Uniao Juncalense	7:55.63	118
50m: 49.37 49.37 150m: 2:47.30 59.74 250m: 4:51.94 1:01.76 350m: 6:56.97 1:02.22			
100m: 1:47.56 58.19 200m: 3:50.18 1:02.88 300m: 5:54.75 1:02.81 400m: 7:55.63 58.66			
DNS Mariana Sousa, MENDES	11 Alcobaca		
DNS Daniela Pereira, FERNANDES	11 Povia Santa Iria		
EXH Sophie Maya, FERNANDES	06 Rio Maior	5:13.66	414
50m: 33.25 33.25 150m: 1:52.33 39.99 250m: 3:14.62 41.32 350m: 4:35.59 39.89			
100m: 1:12.34 39.09 200m: 2:33.30 40.97 300m: 3:55.70 41.08 400m: 5:13.66 38.07			

Prova 22 Masc., 4 x 100m Estilos Senior
26/11/2022 - 19:13 Resultados

Rec. Nac. Absoluto	3:33.86	Sporting Clube de Portugal	SCP	Leiria	26/11/2021
Rec. Nac. SEN	3:33.86	Sporting Clube de Portugal	SCP	Leiria	26/11/2021

Pontos: FINA 2022

Lugar	Tempo final	Pts
1. CNL SEN	4:19.33	452
Ricardo Morais, FARIA	04 31.26 1:05.46	Nuno Goncalo, SANTOS 96 28.86 1:02.42
Manuel Maria, FROIS	02 33.43 1:15.75	Bruno Filipe, TABORDA 95 26.63 55.70



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 22, Masc., 4 x 100m Estilos

Prova 22 Masc., 4 x 100m Estilos Junior
26/11/2022 - 19:13 Resultados

Rec. Nac. Absoluto	3:33.86	Sporting Clube de Portugal	SCP	Leiria	26/11/2021
Rec. Nac. JUN	3:47.99	Sporting Clube de Portugal	SCP	Felgueiras	20/12/2019

Pontos: FINA 2022

Lugar					Tempo final	Pts		
1. BA JUN	Ba-Leiria				4:16.52	467		
	Miguel Fernandes, OLIVEIRA	05	30.21	1:01.45	Tiago Serradas, FRANCISCO	05	29.66	1:04.97
	Afonso Manuel, ASCENSO	05	33.18	1:10.77	Jose Francisco, OLIVEIRA	05	28.61	59.33

Prova 22 Masc., 4 x 100m Estilos Infantil A
26/11/2022 - 19:13 Resultados

Rec. Nac. Absoluto	3:33.86	Sporting Clube de Portugal	SCP	Leiria	26/11/2021
Rec. Nac. INF A	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20/03/2016
Rec. Nac. 13 - 14	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20/03/2016

Pontos: FINA 2022

Lugar					Tempo final	Pts		
1. CFP INF A	Fluvial Portuense				5:03.47	282		
	Matias Barros, REIS	09	36.12	1:17.21	Bernardo Silva, DEUS	09	34.09	1:16.36
	Metehan, BAYUR	09	40.57	1:25.56	Alexandre Lima, SANTOS	09	30.32	1:04.34
2. CFP INF A	Fluvial Portuense				5:59.63	169		
	Andre Bernardes, FERREIRA	09	41.82	1:26.46	Jose Moutinho, VALENTE	09	39.65	1:27.04
	Rubim Dinis, MENDES	09	48.34	1:42.66	Tiago Bouhaddoune, ARAGA	09	40.12	1:23.47

Prova 22 Masc., 4 x 100m Estilos EXTRA CLASSIFICAÇÃO
26/11/2022 - 19:13 Resultados

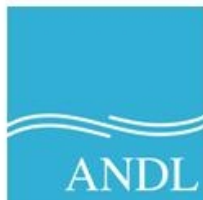
Rec. Nac. Absoluto	3:33.86	Sporting Clube de Portugal	SCP	Leiria	26/11/2021
Rec. Nac. SEN	3:33.86	Sporting Clube de Portugal	SCP	Leiria	26/11/2021
Rec. Nac. JUN	3:47.99	Sporting Clube de Portugal	SCP	Felgueiras	20/12/2019
Rec. Nac. JUV A	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	14/07/2019
Rec. Nac. 15 - 16	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	14/07/2019
Rec. Nac. JUV B	4:04.46	Grupo Desp. Natacao V. N. FaGDNVNF		Estarreja	14/12/2014
Rec. Nac. INF A	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20/03/2016
Rec. Nac. 13 - 14	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20/03/2016
Rec. Nac. INF B	4:35.54	Grupo Desp. Natacao V. N. FaGDNVNF		Porto	17/03/2013

Pontos: FINA 2022

Lugar					Tempo final	Pts	
DSQ	CNAL INF	Alcobaca					
<i>A equipa não cumpriu com o ponto 7, alínea b) do regulamento (todos os atletas nadaram na prova n.º 12).</i>							
Rodrigo Oliveira, SANTOS, David Branco, TROVAO, Antonio Antunes, JORGE, Santiago Jose, PACHECO							

Lugar					Tempo final	Pts		
EXH	IDV JUV EX	Vieirense				4:22.13	438	
	Francisco Jose, FRAGOSO	07	32.07	1:06.59	Francisco Xavier, RITA	07	28.70	1:01.74
	Gabriel Mota, PATRICIO	08	34.44	1:15.95	Santiago Boica, SOUSA	08	27.63	57.85

Lugar					Tempo final	Pts		
EXH	URDJ JUV + JUN EX	Uniao Juncalense				5:30.43	218	
	Diogo Coelho, JORDAO	08	37.69	1:17.07	Rafael, SANTOS	06	36.37	1:21.23
	Tiago Daniel, POVOA	08	46.49	1:39.65	Rodrigo Cardoso, TOMAS	10	35.02	1:12.48



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 23, Femin., 4 x 100m Estilos

Prova 23 Femin., 4 x 100m Estilos Juvenil B
26/11/2022 - 19:20 Resultados

Rec. Nac. Absoluto	4:06.14	Futebol Clube do Porto/Dolce FCP	S. António Cavaleiros	19/12/2009
Rec. Nac. 14 - 15	4:29.46	Sporting Clube de Portugal SCP	Algés	14/07/2019
Rec. Nac. JUV B	4:33.40	Sport Lisboa e Benfica SLB	Reboleira	15/06/2006

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	BA JUV B	Ba-Leiria			5:34.97	301
	Ana Margarida, MARQUES	09	39.76	1:24.38	Maria Teresa, OLIVEIRA	09 39.47 1:27.61
	Maria Margarida, OLIVEIRA	09	41.41	1:28.36	Sara Ines, SOUSA	09 35.89 1:14.62
DSQ	CNAL JUV B	Alcobaca		<i>A equipa não cumpriu com o ponto 7, alínea a) do regulamento (todos os atletas nadaram na prova n.º 13).</i>		
Constanca Baptista, TOMAS, Leonor Palma, JACOMO, Mariana Santos, INACIO, Mariana Sousa, MARQUES						

Prova 23 Femin., 4 x 100m Estilos Infantil A
26/11/2022 - 19:20 Resultados

Rec. Nac. Absoluto	4:06.14	Futebol Clube do Porto/Dolce FCP	S. António Cavaleiros	19/12/2009
Rec. Nac. INF A	4:40.29	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu	12/03/2011
Rec. Nac. 12 - 13	4:40.29	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu	12/03/2011

Pontos: FINA 2022

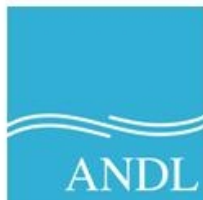
Lugar					Tempo final	Pts
1.	CFP INF A	Fluvial Portuense			6:16.43	212
	Ana Catarina, MAGALHAES	10	48.13	1:36.01	Matilde Brandao, CARVALHO	10 35.03 1:18.62
	Maria Leticia, MELO	10	48.22	1:41.87	Liliana Isabel, REGO	10 47.20 1:39.93

Prova 23 Femin., 4 x 100m Estilos Infantil B
26/11/2022 - 19:20 Resultados

Rec. Nac. Absoluto	4:06.14	Futebol Clube do Porto/Dolce FCP	S. António Cavaleiros	19/12/2009
Rec. Nac. 12 - 13	4:40.29	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu	12/03/2011
Rec. Nac. INF B	4:57.35	Grupo Desp. Natacao V. N. FaGDNVNF	Ponte da Barca	06/03/2010

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	URDJ INF B	Uniao Juncalense			7:11.58	140
	Madalena Coelho, FERREIRA	11	50.80	1:46.02	Matilde Coelho, FERREIRA	11 57.13 2:03.42
	Isabela Maria, CARREIRA	11	48.76	1:46.30	Margarida Lopes, RODRIGUE	11 42.57 1:35.84



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 23, Femin., 4 x 100m Estilos

Prova 23 26/11/2022 - 19:20	Femin., 4 x 100m Estilos			EXTRA CLASSIFICAÇÃO Resultados	
Rec. Nac. Absoluto	4:06.14	Futebol Clube do Porto/Dolce FCP	S. António Cavaleiros	19/12/2009	
Rec. Nac. SEN	4:06.14	Futebol Clube do Porto/Dolce FCP	S. António Cavaleiros	19/12/2009	
Rec. Nac. JUN	4:15.24	Sport Alges e Dafundo SAD	Felgueiras	21/12/2018	
Rec. Nac. JUV A	4:29.46	Sporting Clube de Portugal SCP	Algés	14/07/2019	
Rec. Nac. 14 - 15	4:29.46	Sporting Clube de Portugal SCP	Algés	14/07/2019	
Rec. Nac. JUV B	4:33.40	Sport Lisboa e Benfica SLB	Reboleira	15/06/2006	
Rec. Nac. INF A	4:40.29	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu	12/03/2011	
Rec. Nac. 12 - 13	4:40.29	Grupo Desp. Natacao V. N. FaGDNVNF	Viseu	12/03/2011	
Rec. Nac. INF B	4:57.35	Grupo Desp. Natacao V. N. FaGDNVNF	Ponte da Barca	06/03/2010	

Pontos: FINA 2022

Lugar			Tempo final	Pts
DSQ	CNAL INF	Alcobaca		
<i>A equipa não cumpriu com o ponto 7, alínea b) do regulamento (todos os atletas nadaram na prova n.º 13).</i>				
Mariana Sousa, OLIVEIRA, Gabriela Valverde, CANHA, Francisca Moreira, FELICIANO, Luana Filipe, REIS				
DSQ	CNAL JUV EX	Alcobaca		
<i>Da 2ª à 4ª atleta, não foi cumprido o ponto 7, alínea a) do regulamento. Nadaram na prova n.º 13</i>				
	Rita Rocha, SILVA	08 36.06 1:14.69	Bruna Elisabete, PAULINO	97
	Ana Cláudia, FERREIRA	90	Ana Francisca, SILVA	06
EXH	CNPE JUV + SEN EX	Naval de Peniche	5:15.39	360
	Francisca Ramos, NUNES	09 37.79 1:17.82	Joana Rosa, FERREIRA	05 33.04 1:12.80
	Zofie, PACHECO	09 44.04 1:34.44	Anjali, RAICAR	09 33.31 1:10.33

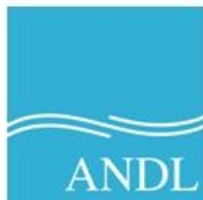
3 - 2ª Jornada - Sessão da manhã

27/11/2022 - 9:00

Prova 24 27/11/2022 - 9:00	Femin., 200m Livres			Senior Resultados	
Rec. Nac. Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhaga (DEN)	16/12/2017
Rec. Nac. SEN	1:58.62	Diana Margarida, DURAES	POR	Copenhaga (DEN)	16/12/2017

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Joana Silva, ALVES	05	Benedita					2:16.55	527
	50m: 31.74 31.74	100m: 1:06.03	34.29	150m: 1:41.05	35.02	200m: 2:16.55	35.50		
2.	Bruna Silva, MOITEIRO	04	Nautico Marinha Grande					2:23.27	456
	50m: 33.41 33.41	100m: 1:09.97	36.56	150m: 1:47.43	37.46	200m: 2:23.27	35.84		
3.	Beatriz Silva, CONCEICAO	05	Benedita					2:27.82	415
	50m: 32.94 32.94	100m: 1:10.48	37.54	150m: 1:49.59	39.11	200m: 2:27.82	38.23		
4.	Patricia Sousa, PAULO	96	CNLeiria					2:44.35	302
	50m: 37.01 37.01	100m: 1:18.70	41.69	150m: 2:02.09	43.39	200m: 2:44.35	42.26		
DNS	Margarida Violante, VIANA	04	CNLeiria						



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 24, Femin., 200m Livres

Prova 24 Femin., 200m Livres Junior
27/11/2022 - 9:00 Resultados

Rec. Nac. Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. 17	1:59.62	Leticia Maia, ANDRE	SLB	Felgueiras	23/12/2018
Rec. Nac. 16	2:01.12	Francisca Soares, MARTINS	FOCA	Felgueiras	27/04/2019

Pontos: FINA 2022

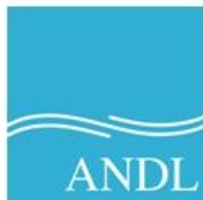
Lugar	Ano	Tempo final	Pts
1. Leonor Verissimo, FARIA	06 Nucleo de Pombal	2:12.44	577
50m: 31.44 31.44 100m: 1:05.77 34.33 150m: 1:40.29 34.52 200m: 2:12.44 32.15			
2. Ariana Bento, CARAPINHA	06 Ba-Leiria	2:13.12	569
50m: 31.48 31.48 100m: 1:05.16 33.68 150m: 1:39.57 34.41 200m: 2:13.12 33.55			
3. Ines Mira, PINO	06 Pimpoes/Cimai	2:13.22	567
50m: 31.09 31.09 100m: 1:04.79 33.70 150m: 1:39.02 34.23 200m: 2:13.22 34.20			
4. Ana Francisca, SILVA	06 Alcobaca	2:13.98	558
50m: 31.95 31.95 100m: 1:06.02 34.07 150m: 1:40.25 34.23 200m: 2:13.98 33.73			
5. Maria Francisca, FROIS	06 CNLeiria	2:19.37	495
50m: 31.09 31.09 100m: 1:05.49 34.40 150m: 1:41.71 36.22 200m: 2:19.37 37.66			
6. Matilde Violante, VIANA	07 CNLeiria	2:19.69	492
50m: 31.61 31.61 100m: 1:06.65 35.04 150m: 1:43.24 36.59 200m: 2:19.69 36.45			
7. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	2:23.14	457
50m: 32.77 32.77 100m: 1:08.16 35.39 150m: 1:45.84 37.68 200m: 2:23.14 37.30			
8. Leonor Caetano, MOREIRA	06 Vieiraense	2:26.72	424
50m: 32.92 32.92 100m: 1:09.46 36.54 150m: 1:48.07 38.61 200m: 2:26.72 38.65			
9. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	2:27.65	417
50m: 33.12 33.12 100m: 1:10.42 37.30 150m: 1:50.18 39.76 200m: 2:27.65 37.47			
10. Leonor Vendima, COELHO	07 Uniao Juncalense	2:28.32	411
50m: 33.67 33.67 100m: 1:10.21 36.54 150m: 1:49.17 38.96 200m: 2:28.32 39.15			
11. Mariana Magalhaes, FERNANDES	06 Vieiraense	2:38.57	336
50m: 34.70 34.70 100m: 1:14.41 39.71 150m: 1:56.40 41.99 200m: 2:38.57 42.17			
12. Catarina Tagaroso, LOBO	07 Uniao Juncalense	2:46.37	291
50m: 36.61 36.61 100m: 1:19.28 42.67 150m: 2:02.94 43.66 200m: 2:46.37 43.43			
DNS Carolina Ferreira, FONSECA	07 Vieiraense		

Prova 24 Femin., 200m Livres Juvenil A
27/11/2022 - 9:00 Resultados

Rec. Nac. Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. JUV A	2:03.90	Maria Ferreira, MOURA	SCP	Algés	29/06/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Rita Rocha, SILVA	08 Alcobaca	2:24.19	447
50m: 33.05 33.05 100m: 1:09.51 36.46 150m: 1:46.86 37.35 200m: 2:24.19 37.33			
2. Matilde Andre, LUIS	08 Alcobaca	2:24.98	440
50m: 33.46 33.46 100m: 1:10.49 37.03 150m: 1:48.07 37.58 200m: 2:24.98 36.91			
3. Diana Rita, FONSECA	08 Vieiraense	2:31.04	389
50m: 34.10 34.10 100m: 1:11.84 37.74 150m: 1:52.35 40.51 200m: 2:31.04 38.69			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

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

Lugar	Ano	Tempo final	Pts
4. Matilde Monteiro, NEVES	08 Nucleo de Pombal	2:44.56	301
50m: 37.50 37.50 100m: 1:18.74 41.24 150m: 2:02.03 43.29 200m: 2:44.56 42.53			

Prova 24 Femin., 200m Livres Juvenil B
27/11/2022 - 9:00 Resultados

Rec. Nac. Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. JUV B	2:04.38	Camila Rodrigues, REBELO	SANC	Coimbra	25/06/2017

Pontos: FINA 2022

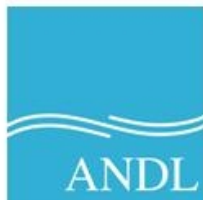
Lugar	Ano	Tempo final	Pts
1. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	2:27.30	419
50m: 33.43 33.43 100m: 1:10.58 37.15 150m: 1:49.85 39.27 200m: 2:27.30 37.45			
2. Francisca Ramos, NUNES	09 Naval de Peniche	2:28.57	409
50m: 33.38 33.38 100m: 1:11.53 38.15 150m: 1:51.22 39.69 200m: 2:28.57 37.35			
3. Mariana Sousa, MARQUES	09 Alcobaca	2:30.77	391
50m: 34.30 34.30 100m: 1:12.29 37.99 150m: 1:51.75 39.46 200m: 2:30.77 39.02			
4. Anjali, RAICAR	09 Naval de Peniche	2:36.25	351
50m: 35.74 35.74 100m: 1:15.37 39.63 150m: 1:57.12 41.75 200m: 2:36.25 39.13			
5. Zofie, PACHECO	09 Naval de Peniche	2:40.83	322
50m: 35.39 35.39 100m: 1:16.31 40.92 150m: 1:59.71 43.40 200m: 2:40.83 41.12			
6. Mariana Santos, INACIO	09 Alcobaca	2:42.55	312
50m: 35.59 35.59 100m: 1:17.17 41.58 150m: 2:00.23 43.06 200m: 2:42.55 42.32			
DNS Leonor Valerio, ADRIANO	09 Alcobaca		
DNS Beatriz Belo, CLARA	09 CNLeiria		

Prova 24 Femin., 200m Livres Infantil A
27/11/2022 - 9:00 Resultados

Rec. Nac. Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. INF A	2:07.47	Carolina Miranda, FERNANDESCGA		Felgueiras	09/03/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bianca Balbino, MENDES	10 Naval de Peniche	2:25.57	435
50m: 33.01 33.01 100m: 1:09.86 36.85 150m: 1:48.04 38.18 200m: 2:25.57 37.53			
2. Barbara Balbino, MENDES	10 Naval de Peniche	2:27.86	415
50m: 33.59 33.59 100m: 1:10.73 37.14 150m: 1:49.72 38.99 200m: 2:27.86 38.14			
3. Laura Helena, AMORIM	10 Nautico Marinha Grande	2:28.80	407
50m: 33.74 33.74 100m: 1:10.89 37.15 150m: 1:49.83 38.94 200m: 2:28.80 38.97			
4. Diana Isabel, ALVES	10 Benedita	2:35.55	356
50m: 34.30 34.30 100m: 1:13.68 39.38 150m: 1:55.03 41.35 200m: 2:35.55 40.52			
5. Maria Carolina, ALVES	10 Ba-Leiria	2:37.66	342
50m: 35.53 35.53 100m: 1:15.52 39.99 150m: 1:57.34 41.82 200m: 2:37.66 40.32			
6. Leonor Silva, MARTINS	10 Óbidos	2:44.01	304
50m: 36.50 36.50 100m: 1:19.35 42.85 150m: 2:03.38 44.03 200m: 2:44.01 40.63			
7. Leonor Pereira, SILVA	10 Óbidos	2:44.15	303
50m: 36.59 36.59 100m: 1:18.85 42.26 150m: 2:03.13 44.28 200m: 2:44.15 41.02			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 24, Femin., 200m Livres, Infantil A

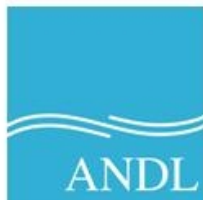
Lugar	Ano	Tempo final	Pts
8. Sofia Roma, BRIZIDA	10 Ba-Leiria	2:51.38	266
50m: 39.27 39.27 100m: 1:24.11 44.84 150m: 2:08.86 44.75 200m: 2:51.38 42.52			
9. Matilde Evangelista, SILVA	10 Benedita	2:53.43	257
50m: 41.14 41.14 100m: 1:27.18 46.04 150m: 2:12.12 44.94 200m: 2:53.43 41.31			
10. Luana Filipe, REIS	10 Alcobaca	2:55.58	247
50m: 40.28 40.28 100m: 1:25.72 45.44 150m: 2:11.70 45.98 200m: 2:55.58 43.88			
11. Mara Marcao, COTRIM	10 Óbidos	2:56.79	242
50m: 39.39 39.39 100m: 1:23.92 44.53 150m: 2:11.73 47.81 200m: 2:56.79 45.06			
12. Matilde Filipa, AMADO	10 Nautico Marinha Grande	3:04.21	214
50m: 40.39 40.39 100m: 1:27.92 47.53 150m: 2:17.33 49.41 200m: 3:04.21 46.88			

Prova 24 Femin., 200m Livres Infantil B
27/11/2022 - 9:00 Resultados

Rec. Nac. Absoluto	1:58.62	Diana Margarida, DURAES	POR	Copenhagen (DEN)	16/12/2017
Rec. Nac. INF B	2:11.27	Carolina Miranda, FERNANDES	CGA	Mealhada	25/03/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	2:40.48	324
50m: 36.90 36.90 100m: 1:17.23 40.33 150m: 1:59.65 42.42 200m: 2:40.48 40.83			
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	2:43.78	305
50m: 37.15 37.15 100m: 1:19.25 42.10 150m: 2:02.58 43.33 200m: 2:43.78 41.20			
3. Madalena Coelho, FERREIRA	11 Uniao Juncalense	3:16.08	178
50m: 44.26 44.26 100m: 1:35.22 50.96 150m: 2:26.66 51.44 200m: 3:16.08 49.42			
4. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	3:25.59	154
50m: 45.18 45.18 100m: 1:39.00 53.82 150m: 2:33.17 54.17 200m: 3:25.59 52.42			
5. Mariana Silva, CONCEICAO	11 Benedita	3:30.42	144
50m: 48.30 48.30 100m: 1:43.66 55.36 150m: 2:39.49 55.83 200m: 3:30.42 50.93			
6. Matilde Coelho, FERREIRA	11 Uniao Juncalense	3:33.87	137
50m: 48.04 48.04 100m: 1:43.13 55.09 150m: 2:38.94 55.81 200m: 3:33.87 54.93			
7. Erica Felix, RODRIGUES	11 Uniao Juncalense	3:35.96	133
50m: 46.05 46.05 100m: 1:42.77 56.72 150m: 2:42.85 1:00.08 200m: 3:35.96 53.11			
DSQ Francisca Caetano, LOURENCO	11 Benedita		
<i>Falsa partida.</i>			
DNS Mariana Sousa, MENDES	11 Alcobaca		
DNS Leiria Silviovna, TONKIKH	11 CNLeiria		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 25 Senior
27/11/2022 - 9:23 Resultados

Masc., 400m Livres

Rec. Nac. Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec. Nac. SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Vitor Belo, CLARA	04 CNLeiria	4:15.19	575
50m: 27.86 27.86	150m: 1:29.74 31.47	250m: 2:34.71 32.30	350m: 3:41.92 33.98
100m: 58.27 30.41	200m: 2:02.41 32.67	300m: 3:07.94 33.23	400m: 4:15.19 33.27
2. David Ferreira, RELVAS	03 Nautico Marinha Grande	4:18.76	551
50m: 28.13 28.13	150m: 1:33.25 33.66	250m: 2:40.89 33.97	350m: 3:47.29 32.84
100m: 59.59 31.46	200m: 2:06.92 33.67	300m: 3:14.45 33.56	400m: 4:18.76 31.47
3. Joao Pedro, TARQUINIO	97 Benedita	4:53.93	376
50m: 31.60 31.60	150m: 1:44.21 36.76	250m: 2:59.34 37.42	350m: 4:16.38 39.00
100m: 1:07.45 35.85	200m: 2:21.92 37.71	300m: 3:37.38 38.04	400m: 4:53.93 37.55

Prova 25 Junior
27/11/2022 - 9:23 Resultados

Masc., 400m Livres

Rec. Nac. Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec. Nac. 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec. Nac. 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tiago Serradas, FRANCISCO	05 Ba-Leiria	4:27.56	499
50m: 30.02 30.02	150m: 1:37.23 34.06	250m: 2:46.07 34.05	350m: 3:54.44 33.77
100m: 1:03.17 33.15	200m: 2:12.02 34.79	300m: 3:20.67 34.60	400m: 4:27.56 33.12
2. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	4:35.84	455
50m: 30.58 30.58	150m: 1:40.74 35.70	250m: 2:51.79 35.43	350m: 4:01.46 34.66
100m: 1:05.04 34.46	200m: 2:16.36 35.62	300m: 3:26.80 35.01	400m: 4:35.84 34.38
3. Edgar Francisco, SIMOES	06 Viegrense	4:36.99	449
50m: 30.23 30.23	150m: 1:40.79 35.53	250m: 2:52.20 35.86	350m: 4:03.45 35.63
100m: 1:05.26 35.03	200m: 2:16.34 35.55	300m: 3:27.82 35.62	400m: 4:36.99 33.54

DNS Vasco Pedro, BRANCO 06 Naval da Nazaré

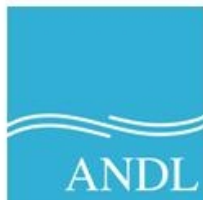
Prova 25 Juvenil A
27/11/2022 - 9:23 Resultados

Masc., 400m Livres

Rec. Nac. Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec. Nac. JUV A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07/12/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisco Marques, SIMOES	07 CNLeiria	4:17.96	557
50m: 27.84 27.84	150m: 1:32.55 32.99	250m: 2:39.93 33.79	350m: 3:47.06 33.31
100m: 59.56 31.72	200m: 2:06.14 33.59	300m: 3:13.75 33.82	400m: 4:17.96 30.90
2. Afonso Dinis, ROQUE	07 CNLeiria	4:18.26	555
50m: 28.61 28.61	150m: 1:33.94 33.38	250m: 2:41.46 34.07	350m: 3:47.81 33.03
100m: 1:00.56 31.95	200m: 2:07.39 33.45	300m: 3:14.78 33.32	400m: 4:18.26 30.45
3. Francisco Xavier, RITA	07 Viegrense	4:25.48	511
50m: 29.72 29.72	150m: 1:36.92 34.13	250m: 2:45.46 34.20	350m: 3:53.14 33.38
100m: 1:02.79 33.07	200m: 2:11.26 34.34	300m: 3:19.76 34.30	400m: 4:25.48 32.34



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 25, Masc., 400m Livres, Juvenil A

Lugar	Ano	Tempo final	Pts
4. Mateus Marques, MACHADO	07 Benedita	5:12.81	312
50m: 35.38 35.38	150m: 1:53.20 38.89	250m: 3:13.69 40.17	350m: 4:33.34 39.31
100m: 1:14.31 38.93	200m: 2:33.52 40.32	300m: 3:54.03 40.34	400m: 5:12.81 39.47
5. Andre Filipe, FERNANDES	07 Alcobaca	5:46.36	230
50m: 36.77 36.77	150m: 2:04.23 44.66	250m: 3:33.34 44.97	350m: 5:05.39 46.34
100m: 1:19.57 42.80	200m: 2:48.37 44.14	300m: 4:19.05 45.71	400m: 5:46.36 40.97

Prova 25 Masc., 400m Livres Juvenil B
27/11/2022 - 9:23 Resultados

Rec. Nac. Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec. Nac. JUV B	4:02.41	Diogo Matos, RIBEIRO	CUC	Lousã	23/06/2019

Pontos: FINA 2022

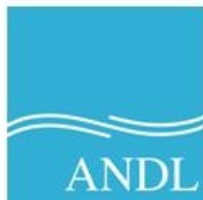
Lugar	Ano	Tempo final	Pts
1. Santiago Boica, SOUSA	08 Viegrense	4:35.69	456
50m: 30.63 30.63	150m: 1:39.33 34.95	250m: 2:49.95 35.46	350m: 4:01.79 35.74
100m: 1:04.38 33.75	200m: 2:14.49 35.16	300m: 3:26.05 36.10	400m: 4:35.69 33.90
2. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	4:41.14	430
50m: 31.95 31.95	150m: 1:42.49 35.49	250m: 2:54.52 36.09	350m: 4:06.40 35.59
100m: 1:07.00 35.05	200m: 2:18.43 35.94	300m: 3:30.81 36.29	400m: 4:41.14 34.74
3. Tiago Santos, POMBO	08 Alcobaca	4:50.33	390
50m: 32.71 32.71	150m: 1:46.26 37.71	250m: 3:01.59 37.51	350m: 4:15.21 36.69
100m: 1:08.55 35.84	200m: 2:24.08 37.82	300m: 3:38.52 36.93	400m: 4:50.33 35.12
4. Martim Luis, GASPAR	08 Nautico Marinha Grande	5:06.10	333
50m: 33.52 33.52	150m: 1:49.17 38.53	250m: 3:07.73 39.05	350m: 4:27.76 40.18
100m: 1:10.64 37.12	200m: 2:28.68 39.51	300m: 3:47.58 39.85	400m: 5:06.10 38.34
DNS Antonio Quiterio, ANASTACIO	08 Benedita		
DNS Daniel Gomes, SANTOS	08 Nautico Marinha Grande		

Prova 25 Masc., 400m Livres Infantil A
27/11/2022 - 9:23 Resultados

Rec. Nac. Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec. Nac. INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	5:06.23	332
50m: 34.87 34.87	150m: 1:50.02 38.48	250m: 3:08.60 39.33	350m: 4:28.17 39.99
100m: 1:11.54 36.67	200m: 2:29.27 39.25	300m: 3:48.18 39.58	400m: 5:06.23 38.06
2. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	5:08.54	325
50m: 34.82 34.82	150m: 1:51.06 39.03	250m: 3:10.56 39.60	350m: 4:30.44 40.23
100m: 1:12.03 37.21	200m: 2:30.96 39.90	300m: 3:50.21 39.65	400m: 5:08.54 38.10
3. David Ferrador, PEREIRA	09 Nucleo de Pombal	5:10.27	320
50m: 32.78 32.78	150m: 1:51.52 39.90	250m: 3:12.00 40.46	350m: 4:32.26 40.10
100m: 1:11.62 38.84	200m: 2:31.54 40.02	300m: 3:52.16 40.16	400m: 5:10.27 38.01
4. Santiago Jose, PACHECO	09 Alcobaca	5:26.07	275
50m: 36.57 36.57	150m: 1:58.98 41.81	250m: 3:22.66 42.21	350m: 4:46.54 41.54
100m: 1:17.17 40.60	200m: 2:40.45 41.47	300m: 4:05.00 42.34	400m: 5:26.07 39.53



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 25, Masc., 400m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
5. Rodrigo Oliveira, SANTOS	09 Alcobaca	5:33.18	258
50m: 37.68 37.68 150m: 2:01.91 42.60 250m: 3:27.82 42.98 350m: 4:51.73 41.75			
100m: 1:19.31 41.63 200m: 2:44.84 42.93 300m: 4:09.98 42.16 400m: 5:33.18 41.45			
6. Andre Guilherme, CORDEIRO	09 Naval de Peniche	5:56.65	210
50m: 39.65 39.65 150m: 2:08.72 45.22 250m: 3:40.29 46.03 350m: 5:12.94 46.82			
100m: 1:23.50 43.85 200m: 2:54.26 45.54 300m: 4:26.12 45.83 400m: 5:56.65 43.71			
DNS Luis Pedro, VALERIO	09 Ba-Leiria		

Prova 25 Masc., 400m Livres Infantil B Resultados
27/11/2022 - 9:23

Rec. Nac. Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec. Nac. INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: FINA 2022

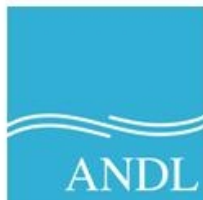
Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	4:54.07	376
50m: 33.19 33.19 150m: 1:47.18 37.54 250m: 3:02.70 37.85 350m: 4:18.96 38.11			
100m: 1:09.64 36.45 200m: 2:24.85 37.67 300m: 3:40.85 38.15 400m: 4:54.07 35.11			
2. Lucas Ferreira, GASPAS	10 Veiense	5:24.01	281
50m: 36.55 36.55 150m: 1:57.78 41.04 250m: 3:20.79 41.74 350m: 4:43.97 40.94			
100m: 1:16.74 40.19 200m: 2:39.05 41.27 300m: 4:03.03 42.24 400m: 5:24.01 40.04			
3. Tomas Marques, FRANCISCO	10 CNLeiria	5:48.97	224
50m: 37.96 37.96 150m: 2:04.23 43.80 250m: 3:32.83 44.12 350m: 5:04.26 45.60			
100m: 1:20.43 42.47 200m: 2:48.71 44.48 300m: 4:18.66 45.83 400m: 5:48.97 44.71			
4. Santiago Neves, SILVA	10 Nucleo de Pombal	5:54.83	214
50m: 37.90 37.90 150m: 2:08.19 45.33 250m: 3:40.95 47.50 350m: 5:13.27 45.81			
100m: 1:22.86 44.96 200m: 2:53.45 45.26 300m: 4:27.46 46.51 400m: 5:54.83 41.56			
5. Dinis Lamas, SANTOS	10 Ba-Leiria	6:12.27	185
50m: 39.89 39.89 150m: 2:14.40 48.19 250m: 3:50.53 48.01 350m: 5:27.39 48.45			
100m: 1:26.21 46.32 200m: 3:02.52 48.12 300m: 4:38.94 48.41 400m: 6:12.27 44.88			
6. David Branco, TROVAO	10 Alcobaca	6:14.35	182
50m: 40.32 40.32 150m: 2:15.38 48.20 250m: 3:52.25 48.36 350m: 5:29.03 47.80			
100m: 1:27.18 46.86 200m: 3:03.89 48.51 300m: 4:41.23 48.98 400m: 6:14.35 45.32			

Prova 26 Femin., 50m Mariposa Senior Resultados
27/11/2022 - 9:47

Rec. Nac. Absoluto	26.31	Ana Margarida, GUEDES	GCVR	Albufeira	11/11/2022
Rec. Nac. SEN	26.31	Ana Margarida, GUEDES	GCVR	Albufeira	11/11/2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bruna Andreia, SIMOES	01 Veiense	30.31	520
2. Maria Silva, CARVALHO	05 Pimpoes/Cimai	31.18	478
3. Carlota Macedo, LAGOA	05 CNLeiria	31.40	468
4. Bruna Elisabete, PAULINO	97 Alcobaca	32.56	419
5. Maria Leitao, CARVALHO	02 CNLeiria	35.21	331



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 26, Femin., 50m Mariposa

Prova 26 Femin., 50m Mariposa Junior
27/11/2022 - 9:47 Resultados

Rec. Nac. Absoluto	26.31	Ana Margarida, GUEDES	GCVR	Albufeira	11/11/2022
Rec. Nac. 17	26.74	Mariana Pacheco, CUNHA	CNCE	Felgueiras	11/04/2021
Rec. Nac. 16	27.31	Carolina Miranda, FERNANDES	CGA	Gafanha de Nazaré	18/07/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ines Mira, PINO	06 Pimpoes/Cimai	30.55	508
2. Ana Francisca, SILVA	06 Alcobaca	31.55	461
3. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	33.16	397
4. Mafalda Caetano, LOURENCO	06 Vieiraense	35.10	335
5. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	35.75	317
6. Maria Ines, ESTEVES	06 Naval da Nazaré	36.14	306
7. Matilde Santos, COUTINHO	07 Naval da Nazaré	38.11	261
8. Ana Margarida, MOTA	07 Nucleo de Ansião	39.11	242
9. Beatriz Simoes, MACHADO	07 Nucleo de Ansião	41.50	202
10. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	41.60	201
11. Diana Filipa, SANTOS	07 Nucleo de Ansião	47.15	138
12. Maria Matos, COSTA	07 Nucleo de Ansião	48.85	124

Prova 26 Femin., 50m Mariposa Juvenil A
27/11/2022 - 9:47 Resultados

Rec. Nac. Absoluto	26.31	Ana Margarida, GUEDES	GCVR	Albufeira	11/11/2022
Rec. Nac. JUV A	27.86	tempo limite,			

Pontos: FINA 2022

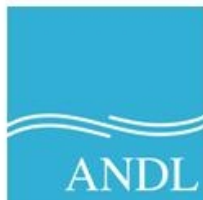
Lugar	Ano	Tempo final	Pts
1. Victoria Frogeri, PEREIRA	08 CNLeiria	31.54	461
2. Matilde Andre, LUIS	08 Alcobaca	33.98	369

Prova 26 Femin., 50m Mariposa Juvenil B
27/11/2022 - 9:47 Resultados

Rec. Nac. Absoluto	26.31	Ana Margarida, GUEDES	GCVR	Albufeira	11/11/2022
Rec. Nac. JUV B	29.49	Constanca Santos, FERREIRA	SAD	Algés	16/06/2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Mariana Sousa, MARQUES	09 Alcobaca	35.22	331
2. Anjali, RAICAR	09 Naval de Peniche	36.27	303
3. Sara Ines, SOUSA	09 Ba-Leiria	36.79	291
4. Mariana Santos, INACIO	09 Alcobaca	37.29	279
5. Ana Margarida, MARQUES	09 Ba-Leiria	38.05	263
6. Ines Ferreira, CHELEU	09 Ba-Leiria	38.46	254
7. Ana Carolina, RODRIGUES	09 Nucleo de Ansião	52.52	100



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 26, Femin., 50m Mariposa

Prova 26 Femin., 50m Mariposa Infantil A
27/11/2022 - 9:47 Resultados

Rec. Nac. Absoluto 26.31 Ana Margarida, GUEDES GCVR Albufeira 11/11/2022
Rec. Nac. INF A 29.31 tempo limite,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	35.53	323
2. Laura Samora, GONCALVES	10 Nautico Marinha Grande	38.13	261
3. Debora Silva, INACIO	10 Pimpoes/Cimai	38.14	261
4. Laura Margarida, ASCENSO	10 Nautico Marinha Grande	41.38	204
5. Sofia Pinheiro, PACHECO	10 Óbidos	44.30	166
6. Beatriz Valente, CARVALHO	10 Óbidos	53.31	95
DSQ Ana Beatriz, LOPES	10 Nucleo de Ansião		

A atleta efetuou uma recuperação subaquática da braçada, antes da viragem.

Prova 26 Femin., 50m Mariposa Infantil B
27/11/2022 - 9:47 Resultados

Rec. Nac. Absoluto 26.31 Ana Margarida, GUEDES GCVR Albufeira 11/11/2022
Rec. Nac. INF B 31.28 tempo limite,

Pontos: FINA 2022

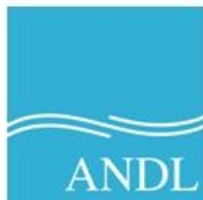
Lugar	Ano	Tempo final	Pts
1. Leonor Mota, ALVES	11 Nautico Marinha Grande	37.44	276
DSQ Bianca Simoes, PIMENTA	11 Nucleo de Ansião		
<i>A atleta efetuou várias pernadas alternadas durante o percurso.</i>			
DSQ Mafalda Teles, SOUSA	11 Pimpoes/Cimai		
<i>Falsa partida.</i>			
EXH Sophie Maya, FERNANDES	06 Rio Maior	33.50	385

Prova 27 Masc., 50m Mariposa Senior
27/11/2022 - 9:54 Resultados

Rec. Nac. Absoluto 21.71 Gustavo Pires, MARQUES CUC Albufeira 13/11/2022
Rec. Nac. SEN 21.71 Gustavo Pires, MARQUES CUC Albufeira 13/11/2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Miguel Vicente, SILVA	02 Nautico Marinha Grande	25.63	611
2. Filipe Miguel, GOMES	97 CNLeiria	26.07	580
3. Nuno Goncalo, SANTOS	96 CNLeiria	26.79	535
4. Bruno Pinto, DOMINGUES	00 CNLeiria	27.14	514
5. Sandro Emanuel, FRANCISCO	99 Vieiraense	28.44	447
6. Joao Miguel, SANTOS	81 CNLeiria	28.48	445
7. Miguel Angelo, SILVESTRE	97 Alcobaca	28.59	440
8. Bruno Filipe, TABORDA	95 CNLeiria	28.65	437
9. Guilherme Silva, CASTANHEIRA	04 CNLeiria	28.83	429
10. Manuel Maria, FROIS	02 CNLeiria	28.98	422
11. Diogo Vicente, SILVA	98 Nautico Marinha Grande	29.04	420



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 27, Masc., 50m Mariposa

Prova 27 Masc., 50m Mariposa Junior
27/11/2022 - 9:54 Resultados

Rec. Nac. Absoluto	21.71	Gustavo Pires, MARQUES	CUC	Albufeira	13/11/2022
Rec. Nac. 18	23.82	Diogo Matos, RIBEIRO	SLB	Leiria	26/11/2021
Rec. Nac. 17	24.49	Diogo Matos, RIBEIRO	CUC	Coimbra	23/12/2020

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gil Santos, LEMOS	06 Pimpoes/Cimai	27.59	489
2. Luca Valentino, TONA	06 Pimpoes/Cimai	27.72	483
3. Jose Francisco, OLIVEIRA	05 Ba-Leiria	28.23	457
4. Manuel Faveiro, JESUS	06 Nucleo de Ansião	29.83	387
5. Marco Ferreira, SILVA	05 Vieirense	32.16	309
6. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	33.68	269
7. Bruno Belo, AGOSTINHO	05 Benedita	34.04	260
DNS Micael Dmitrievich, DENISOV	06 CNLeiria		
DNS Goncalo Rodrigues, VINTEM	06 Nucleo de Ansião		

Prova 27 Masc., 50m Mariposa Juvenil A
27/11/2022 - 9:54 Resultados

Rec. Nac. Absoluto	21.71	Gustavo Pires, MARQUES	CUC	Albufeira	13/11/2022
Rec. Nac. JUV A	25.49	Rodrigo Ferreira, PEREIRA	GDNFAM#Felgueiras		07/05/2022

Pontos: FINA 2022

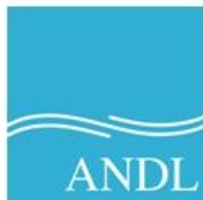
Lugar	Ano	Tempo final	Pts
1. Joao Moura, FRANCISCO	07 CNLeiria	26.86	530
2. Jose Januario, MARQUES	07 Pimpoes/Cimai	29.65	394
3. Francisco Jose, FRAGOSO	07 Vieirense	31.22	338
4. Bernardo Nunes, DOMINGUEZ	07 Ba-Leiria	31.87	317
5. David Jose, CARREIRA	07 Uniao Juncalense	37.58	193
DNS Adriano Afonso, STEVENS	07 Ba-Leiria		

Prova 27 Masc., 50m Mariposa Juvenil B
27/11/2022 - 9:54 Resultados

Rec. Nac. Absoluto	21.71	Gustavo Pires, MARQUES	CUC	Albufeira	13/11/2022
Rec. Nac. JUV B	26.10	Rodrigo Ferreira, PEREIRA	GDNFAM#Felgueiras		17/07/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tome Nunes, TOME	08 CNLeiria	29.63	395
2. Tiago Santos, POMBO	08 Alcobaca	32.29	305
3. Justin Daniel, BORGES	08 Óbidos	33.25	279
4. Diogo Barata, ALVES	08 Nautico Marinha Grande	34.58	248
5. Tiago Mota, ESTEVES	08 Pimpoes/Cimai	41.92	139
6. Tiago Daniel, POVOA	08 Uniao Juncalense	45.15	111



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 27, Masc., 50m Mariposa

Prova 27 Masc., 50m Mariposa Infantil A
27/11/2022 - 9:54 Resultados

Rec. Nac. Absoluto 21.71 Gustavo Pires, MARQUES CUC Albufeira 13/11/2022
Rec. Nac. INF A 27.68 tempo limite,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Henrique Martins, JOAQUIM	09 Ba-Leiria	29.61	396
2. Tomas Pascoal, FERREIRA	09 Ba-Leiria	29.90	384
3. Guilherme Meireles, MARRAZES	09 Nautico Marinha Grande	30.31	369
4. Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	30.96	346
5. Paulo, KOT	09 Nautico Marinha Grande	31.26	336
6. Santiago Marques, GOMES	09 Ba-Leiria	33.72	268
7. Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	35.90	222
8. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	36.29	215
9. Tomas Martins, ALBUQUERQUE	09 Óbidos	36.58	210
10. Maksym, TYSHCHUK	09 Nautico Marinha Grande	36.76	207
11. Pedro Blanc, CAPINHA	09 Óbidos	41.53	143

Prova 27 Masc., 50m Mariposa Infantil B
27/11/2022 - 9:54 Resultados

Rec. Nac. Absoluto 21.71 Gustavo Pires, MARQUES CUC Albufeira 13/11/2022
Rec. Nac. INF B 28.73 tempo limite,

Pontos: FINA 2022

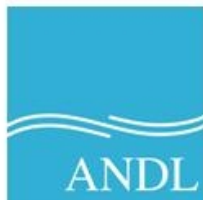
Lugar	Ano	Tempo final	Pts
1. Rodolfo Junior, ALECRIM	10 Ba-Leiria	32.56	298
2. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	36.49	211
3. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	36.71	207
4. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	36.84	205
5. Joao Piteira, GAIOLAS	10 Nautico Marinha Grande	38.66	178
6. Lucas Costa, JESUS	10 Nautico Marinha Grande	39.32	169
7. Tomas Gomes, AFONSO	10 Óbidos	49.65	84
DNS David Xavier, ALMEIDA	10 Ba-Leiria		

Prova 28 Femin., 200m Bruços Senior
27/11/2022 - 10:02 Resultados

Rec. Nac. Absoluto 2:22.12 Raquel Gomes, PEREIRA SAD Algés 29/06/2019
Rec. Nac. SEN 2:22.12 Raquel Gomes, PEREIRA SAD Algés 29/06/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 Naval de Peniche	2:43.90	553
50m: 36.61 36.61 100m: 1:18.64 42.03 150m: 2:01.51 42.87 200m: 2:43.90 42.39			
2. Beatriz Silva, CONCEICAO	05 Benedita	2:59.87	418
50m: 40.03 40.03 100m: 1:25.00 44.97 150m: 2:11.73 46.73 200m: 2:59.87 48.14			
3. Ana Claudia, FERREIRA	90 Alcobaca	3:00.56	413
50m: 41.84 41.84 100m: 1:27.85 46.01 150m: 2:14.28 46.43 200m: 3:00.56 46.28			
4. Lara Roque, COTRIM	03 Pimpoes/Cimai	3:03.98	391
50m: 41.75 41.75 100m: 1:28.32 46.57 150m: 2:15.46 47.14 200m: 3:03.98 48.52			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 28, Femin., 200m Bruços, Senior

Lugar	Ano	Tempo final	Pts
5. Ana Correia, SOUSA	04 Pimpoes/Cimai	3:15.36	326
50m: 41.13 41.13	100m: 1:28.37 47.24	150m: 2:20.42 52.05	200m: 3:15.36 54.94

Prova 28 Femin., 200m Bruços Junior Resultados

Rec. Nac. Absoluto	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec. Nac. 17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10/12/2016
Rec. Nac. 16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11/12/2015

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Maria Madalena, ALVES	06 Ba-Leiria	2:51.27	485
50m: 38.31 38.31	100m: 1:22.35 44.04	150m: 2:06.79 44.44	200m: 2:51.27 44.48
2. Catarina Machado, BELO	06 Benedita	2:54.68	457
50m: 38.93 38.93	100m: 1:23.48 44.55	150m: 2:09.00 45.52	200m: 2:54.68 45.68
3. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	3:20.04	304
50m: 45.60 45.60	100m: 1:35.97 50.37	150m: 2:27.95 51.98	200m: 3:20.04 52.09
4. Luana Goncalves, RODRIGUES	07 Nucleo de Ansião	3:24.36	285
50m: 46.54 46.54	100m: 1:38.32 51.78	150m: 2:31.58 53.26	200m: 3:24.36 52.78
5. Rafaela Valente, RODRIGUES	07 Nucleo de Ansião	3:35.08	244
50m: 45.89 45.89	100m: 1:39.12 53.23	150m: 2:32.59 53.47	200m: 3:35.08 1:02.49

Prova 28 Femin., 200m Bruços Juvenil A Resultados

Rec. Nac. Absoluto	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec. Nac. JUV A	2:32.36	Diana Duarte, GOMES	ABVE	Alcoabaça	07/02/2004

Pontos: FINA 2022

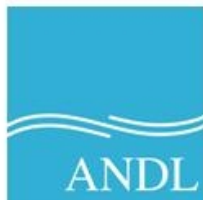
Lugar	Ano	Tempo final	Pts
1. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	3:15.28	327
50m: 43.18 43.18	100m: 1:32.87 49.69	150m: 2:24.20 51.33	200m: 3:15.28 51.08
2. Matilde Monteiro, NEVES	08 Nucleo de Pombal	3:25.32	281
50m: 47.37 47.37	100m: 1:39.35 51.98	150m: 2:32.87 53.52	200m: 3:25.32 52.45

Prova 28 Femin., 200m Bruços Juvenil B Resultados

Rec. Nac. Absoluto	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec. Nac. JUV B	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	3:02.14	403
50m: 40.16 40.16	100m: 1:26.76 46.60	150m: 2:15.11 48.35	200m: 3:02.14 47.03
2. Leonor Palma, JACOMO	09 Alcobaca	3:06.92	373
50m: 42.49 42.49	100m: 1:30.63 48.14	150m: 2:18.79 48.16	200m: 3:06.92 48.13
3. Maria Teresa, OLIVEIRA	09 Ba-Leiria	3:07.21	371
50m: 41.28 41.28	100m: 1:28.72 47.44	150m: 2:17.68 48.96	200m: 3:07.21 49.53



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 28, Femin., 200m Bruços, Juvenil B

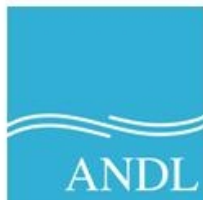
Lugar	Ano	Tempo final	Pts
4. Constanca Baptista, TOMAS	09 Alcobaca	3:08.86	361
50m: 42.97 42.97 100m: 1:31.31 48.34 150m: 2:19.70 48.39 200m: 3:08.86 49.16			
5. Maria Margarida, OLIVEIRA	09 Ba-Leiria	3:10.10	354
50m: 43.06 43.06 100m: 1:32.27 49.21 150m: 2:21.58 49.31 200m: 3:10.10 48.52			
6. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	3:18.65	310
50m: 45.71 45.71 100m: 1:37.06 51.35 150m: 2:28.16 51.10 200m: 3:18.65 50.49			
7. Zofie, PACHECO	09 Naval de Peniche	3:23.97	287
50m: 45.29 45.29 100m: 1:38.89 53.60 150m: 2:32.12 53.23 200m: 3:23.97 51.85			

Prova 28 Femin., 200m Bruços Infantil A
27/11/2022 - 10:02 Resultados

Rec. Nac. Absoluto	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec. Nac. INF A	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06/06/2015

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonor Pereira, SILVA	10 Óbidos	3:23.49	289
50m: 44.57 44.57 100m: 1:37.32 52.75 150m: 2:32.51 55.19 200m: 3:23.49 50.98			
2. Vida Sofia, VELEZ	10 Ba-Leiria	3:24.46	285
50m: 46.70 46.70 100m: 1:39.31 52.61 150m: 2:32.69 53.38 200m: 3:24.46 51.77			
3. Luana Filipe, REIS	10 Alcobaca	3:29.09	266
50m: 47.59 47.59 100m: 1:41.04 53.45 150m: 2:35.85 54.81 200m: 3:29.09 53.24			
4. Mariana Santos, AFONSO	10 Naval de Peniche	3:32.80	252
50m: 48.76 48.76 100m: 1:43.62 54.86 150m: 2:38.62 55.00 200m: 3:32.80 54.18			
5. Diana Isabel, ALVES	10 Benedita	3:33.53	250
50m: 48.02 48.02 100m: 1:43.92 55.90 150m: 2:39.58 55.66 200m: 3:33.53 53.95			
6. Rafaela Santos, AFONSO	10 Naval de Peniche	3:35.48	243
50m: 48.44 48.44 100m: 1:44.40 55.96 150m: 2:39.64 55.24 200m: 3:35.48 55.84			
7. Sofia Roma, BRIZIDA	10 Ba-Leiria	3:39.19	231
50m: 49.86 49.86 100m: 1:46.81 56.95 150m: 2:43.56 56.75 200m: 3:39.19 55.63			
8. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	3:41.35	224
50m: 50.51 50.51 100m: 1:48.50 57.99 150m: 2:45.83 57.33 200m: 3:41.35 55.52			
9. Matilde Filipa, AMADO	10 Nautico Marinha Grande	3:44.90	214
50m: 51.87 51.87 100m: 1:49.17 57.30 150m: 2:47.79 58.62 200m: 3:44.90 57.11			
10. Mariana Sousa, OLIVEIRA	10 Alcobaca	4:07.85	160
50m: 56.15 56.15 100m: 2:01.39 1:05.24 150m: 3:05.80 1:04.41 200m: 4:07.85 1:02.05			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 28, Femin., 200m Bruços

Prova 28 Femin., 200m Bruços Infantil B
27/11/2022 - 10:02 Resultados

Rec. Nac. Absoluto	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29/06/2019
Rec. Nac. INF B	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14/06/2014

Pontos: FINA 2022

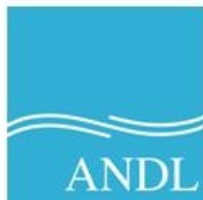
Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	3:35.02	245
50m: 49.09 49.09 100m: 1:44.59 55.50 150m: 2:40.57 55.98 200m: 3:35.02 54.45			
2. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	3:38.19	234
50m: 47.81 47.81 100m: 1:44.32 56.51 150m: 2:43.08 58.76 200m: 3:38.19 55.11			
3. Isabela Maria, CARREIRA	11 Uniao Juncalense	3:41.54	224
50m: 49.00 49.00 100m: 1:45.44 56.44 150m: 2:45.29 59.85 200m: 3:41.54 56.25			
4. Maria Santos, FONSECA	11 CNLeiria	3:41.83	223
50m: 51.54 51.54 100m: 1:47.55 56.01 150m: 2:44.50 56.95 200m: 3:41.83 57.33			
5. Gabriela Valverde, CANHA	11 Alcobaca	3:50.99	197
50m: 51.26 51.26 100m: 1:50.22 58.96 150m: 2:50.70 1:00.48 200m: 3:50.99 1:00.29			
6. Margarida Soares, MAIA	11 Nautico Marinha Grande	4:06.87	161
50m: 54.87 54.87 100m: 1:57.56 1:02.69 150m: 3:01.99 1:04.43 200m: 4:06.87 1:04.88			
7. Madalena Coelho, FERREIRA	11 Uniao Juncalense	4:08.50	158
50m: 56.94 56.94 100m: 2:01.17 1:04.23 150m: 3:05.73 1:04.56 200m: 4:08.50 1:02.77			
8. Matilde Coelho, FERREIRA	11 Uniao Juncalense	4:11.69	152
50m: 59.84 59.84 100m: 2:05.59 1:05.75 150m: 3:08.48 1:02.89 200m: 4:11.69 1:03.21			
9. Mariana Silva, CONCEICAO	11 Benedita	4:20.47	137
50m: 1:01.17 1:01.17 100m: 2:08.22 1:07.05 150m: 3:15.07 1:06.85 200m: 4:20.47 1:05.40			
10. Matilde Vitorino, FERREIRA	11 Naval de Peniche	4:22.14	135
50m: 55.69 55.69 100m: 2:03.80 1:08.11 150m: 3:12.68 1:08.88 200m: 4:22.14 1:09.46			

Prova 29 Masc., 200m Bruços Senior
27/11/2022 - 10:25 Resultados

Rec. Nac. Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec. Nac. SEN	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Daniel, TSYKAL	04 Alcobaca	2:24.09	579
50m: 32.78 32.78 100m: 1:10.24 37.46 150m: 1:47.68 37.44 200m: 2:24.09 36.41			
2. Filipe Miguel, GOMES	97 CNLeiria	2:27.81	537
50m: 33.75 33.75 100m: 1:11.11 37.36 150m: 1:48.54 37.43 200m: 2:27.81 39.27			
3. Afonso Varelas, SILVA	01 Nautico Marinha Grande	2:42.16	406
50m: 36.61 36.61 100m: 1:17.53 40.92 150m: 1:59.52 41.99 200m: 2:42.16 42.64			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 29, Masc., 200m Bruços

Prova 29 Masc., 200m Bruços Junior
27/11/2022 - 10:25 Resultados

Rec. Nac. Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec. Nac. 18	2:13.22	Andre Goncalo, SANTOS	LSC	Porto	19/12/2014
Rec. Nac. 17	2:16.24	Jorge Jesus, SILVA	SCB	Funchal	10/12/2016

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Afonso Manuel, ASCENSO	05 Ba-Leiria	2:37.65	442
50m: 34.56 34.56 100m: 1:14.02 39.46 150m: 1:54.92 40.90 200m: 2:37.65 42.73			
2. Gabriel Lourenco, CUSTODIO	06 Naval da Nazaré	3:08.16	260
50m: 42.04 42.04 100m: 1:29.76 47.72 150m: 2:19.49 49.73 200m: 3:08.16 48.67			
3. Rafael, SANTOS	06 Uniao Juncalense	3:19.06	219
50m: 45.29 45.29 100m: 1:36.39 51.10 150m: 2:28.76 52.37 200m: 3:19.06 50.30			

Prova 29 Masc., 200m Bruços Juvenil A
27/11/2022 - 10:25 Resultados

Rec. Nac. Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec. Nac. JUV A	2:15.14	Rafael Miguel, MIMOSO	SLB	Albufeira	12/11/2022

Pontos: FINA 2022

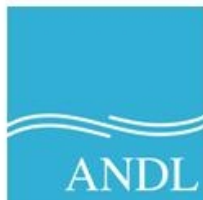
Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ	07 Alcobaca	2:30.29	511
50m: 33.46 33.46 100m: 1:12.04 38.58 150m: 1:51.26 39.22 200m: 2:30.29 39.03			
Goncalo Pereira, COLACO	07 CNLeiria	2:30.29	511
50m: 34.38 34.38 100m: 1:12.10 37.72 150m: 1:50.80 38.70 200m: 2:30.29 39.49			

Prova 29 Masc., 200m Bruços Juvenil B
27/11/2022 - 10:25 Resultados

Rec. Nac. Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec. Nac. JUV B	2:18.99	Rafael Miguel, MIMOSO	SLB	Felgueiras	08/05/2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gabriel Mota, PATRICIO	08 Vieiraense	2:48.90	360
50m: 36.28 36.28 100m: 1:19.28 43.00 150m: 2:03.81 44.53 200m: 2:48.90 45.09			
2. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	2:53.80	330
50m: 38.72 38.72 100m: 1:22.89 44.17 150m: 2:08.60 45.71 200m: 2:53.80 45.20			
3. Santiago Boica, SOUSA	08 Vieiraense	3:01.47	290
50m: 41.65 41.65 100m: 1:28.47 46.82 150m: 2:15.77 47.30 200m: 3:01.47 45.70			
4. Diogo Coelho, JORDAO	08 Uniao Juncalense	3:06.60	267
50m: 41.36 41.36 100m: 1:28.37 47.01 150m: 2:17.57 49.20 200m: 3:06.60 49.03			
5. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	3:17.35	225
50m: 45.34 45.34 100m: 1:36.29 50.95 150m: 2:27.53 51.24 200m: 3:17.35 49.82			
DNS Antonio Quiterio, ANASTACIO	08 Benedita		
DNS Daniel Gomes, SANTOS	08 Nautico Marinha Grande		



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Leiria, 26 - 27/11/2022

Prova 29, Masc., 200m Bruços

Prova 29 Masc., 200m Bruços Infantil A
27/11/2022 - 10:25 Resultados

Rec. Nac. Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec. Nac. INF A	2:29.20	Paulo Rodrigues, ALVES	CDN	Funchal	01/08/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Xinyang, CHENG	09 Nautico Marinha Grande	2:52.34	338
50m: 39.26 39.26 100m: 1:23.47 44.21 150m: 2:07.91 44.44 200m: 2:52.34 44.43			
2. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	3:13.53	239
50m: 45.53 45.53 100m: 1:35.38 49.85 150m: 2:25.97 50.59 200m: 3:13.53 47.56			
3. Isaac Arruda, SARAIVA	09 Viegense	3:25.07	201
50m: 47.22 47.22 100m: 1:39.69 52.47 150m: 2:33.79 54.10 200m: 3:25.07 51.28			
4. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	3:34.71	175
50m: 48.03 48.03 100m: 1:43.53 55.50 150m: 2:39.97 56.44 200m: 3:34.71 54.74			

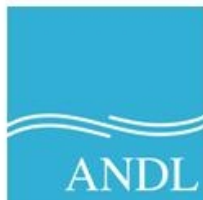
DSQ Louis Ressejac-Duparc, SANTOS 09 Pimpoes/Cimai
Na viragem aos 150 metros, o atleta tocou só com uma mão na parede.

Prova 29 Masc., 200m Bruços Infantil B
27/11/2022 - 10:25 Resultados

Rec. Nac. Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec. Nac. INF B	2:37.57	Tomas Miguel, FREITAS	CDN	Funchal	13/07/2003

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Simao Sousa, JESUS	10 Nautico Marinha Grande	3:13.33	240
50m: 43.00 43.00 100m: 1:32.80 49.80 150m: 2:24.27 51.47 200m: 3:13.33 49.06			
2. Afonso Ferreira, REIS	10 Nautico Marinha Grande	3:20.88	214
50m: 43.91 43.91 100m: 1:36.07 52.16 150m: 2:28.92 52.85 200m: 3:20.88 51.96			
3. Francisco Antonio, SIMOES	10 Ba-Leiria	3:34.82	175
50m: 48.73 48.73 100m: 1:43.60 54.87 150m: 2:39.52 55.92 200m: 3:34.82 55.30			
4. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	3:35.27	173
50m: 49.04 49.04 100m: 1:45.30 56.26 150m: 2:41.50 56.20 200m: 3:35.27 53.77			
5. David Branco, TROVAO	10 Alcobaca	3:42.82	156
50m: 49.29 49.29 100m: 1:47.71 58.42 150m: 2:45.58 57.87 200m: 3:42.82 57.24			
DNS David Xavier, ALMEIDA	10 Ba-Leiria		
EXH Joao Peres, COSTA	04 Naval Praia da Vitoria	2:22.95	593
50m: 33.11 33.11 100m: 1:09.22 36.11 150m: 1:45.58 36.36 200m: 2:22.95 37.37			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 30	Femin., 200m Costas				Senior
27/11/2022 - 10:40					Resultados
Rec. Nac. Absoluto	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	26/11/2021
Rec. Nac. SEN	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	26/11/2021

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
1. Joana Silva, ALVES	05	Benedita	2:32.43				475
50m: 36.48 36.48	100m: 1:15.45	38.97	150m: 1:54.14	38.69	200m: 2:32.43	38.29	
2. Ines Apolinario, SOARES	03	Pimpoes/Cimai	2:34.29				458
50m: 35.69 35.69	100m: 1:14.63	38.94	150m: 1:54.75	40.12	200m: 2:34.29	39.54	
3. Bruna Andreia, SIMOES	01	Vieirense	2:39.25				416
50m: 38.05 38.05	100m: 1:18.37	40.32	150m: 1:59.07	40.70	200m: 2:39.25	40.18	
DNS Carlota Macedo, LAGOA	05	CNLeiria					

Prova 30	Femin., 200m Costas				Junior
27/11/2022 - 10:40					Resultados
Rec. Nac. Absoluto	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	26/11/2021
Rec. Nac. 17	2:11.13	Camila Rodrigues, REBELO	ALN	Felgueiras	20/12/2019
Rec. Nac. 16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras	21/12/2018

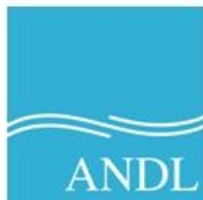
Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
1. Ariana Bento, CARAPINHA	06	Ba-Leiria	2:26.82				531
50m: 34.21 34.21	100m: 1:11.52	37.31	150m: 1:48.96	37.44	200m: 2:26.82	37.86	
2. Leonor Caetano, MOREIRA	06	Vieirense	2:46.95				361
50m: 39.95 39.95	100m: 1:22.19	42.24	150m: 2:04.48	42.29	200m: 2:46.95	42.47	
3. Mariana Magalhaes, FERNANDES	06	Vieirense	2:51.57				333
50m: 38.66 38.66	100m: 1:21.59	42.93	150m: 2:06.63	45.04	200m: 2:51.57	44.94	
4. Catarina Tagaroso, LOBO	07	Uniao Juncalense	3:03.87				270
50m: 42.65 42.65	100m: 1:29.43	46.78	150m: 2:17.15	47.72	200m: 3:03.87	46.72	

Prova 30	Femin., 200m Costas				Juvenil A
27/11/2022 - 10:40					Resultados
Rec. Nac. Absoluto	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	26/11/2021
Rec. Nac. JUV A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12/05/2018

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
1. Rita Rocha, SILVA	08	Alcobaca	2:40.33				408
50m: 37.37 37.37	100m: 1:18.04	40.67	150m: 1:59.74	41.70	200m: 2:40.33	40.59	
2. Diana Rita, FONSECA	08	Vieirense	2:49.11				347
50m: 38.67 38.67	100m: 1:20.64	41.97	150m: 2:05.27	44.63	200m: 2:49.11	43.84	



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 30, Femin., 200m Costas

Prova 30 Femin., 200m Costas Juvenil B
27/11/2022 - 10:40 Resultados

Rec. Nac. Absoluto	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	26/11/2021
Rec. Nac. JUV B	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008

Pontos: FINA 2022

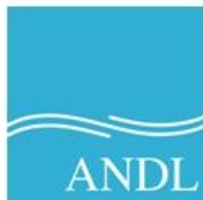
Lugar	Ano	Tempo final	Pts
1. Francisca Ramos, NUNES	09 Naval de Peniche	2:40.48	407
50m: 36.52 36.52 100m: 1:16.92 40.40 150m: 1:58.68 41.76 200m: 2:40.48 41.80			
2. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	2:42.94	388
50m: 38.23 38.23 100m: 1:18.39 40.16 150m: 2:00.93 42.54 200m: 2:42.94 42.01			
3. Constanca Baptista, TOMAS	09 Alcobaca	2:47.42	358
50m: 38.85 38.85 100m: 1:21.36 42.51 150m: 2:05.15 43.79 200m: 2:47.42 42.27			
4. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	2:53.66	321
50m: 41.86 41.86 100m: 1:26.39 44.53 150m: 2:11.30 44.91 200m: 2:53.66 42.36			
5. Ana Margarida, MARQUES	09 Ba-Leiria	2:56.84	304
50m: 41.56 41.56 100m: 1:26.77 45.21 150m: 2:13.63 46.86 200m: 2:56.84 43.21			
DNS Leonor Valerio, ADRIANO	09 Alcobaca		
DNS Beatriz Belo, CLARA	09 CNLeiria		

Prova 30 Femin., 200m Costas Infantil A
27/11/2022 - 10:40 Resultados

Rec. Nac. Absoluto	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	26/11/2021
Rec. Nac. INF A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06/06/2015

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	2:45.00	374
50m: 38.70 38.70 100m: 1:20.55 41.85 150m: 2:03.68 43.13 200m: 2:45.00 41.32			
2. Maria Carolina, ALVES	10 Ba-Leiria	2:51.99	330
50m: 40.42 40.42 100m: 1:23.94 43.52 150m: 2:08.42 44.48 200m: 2:51.99 43.57			
3. Vida Sofia, VELEZ	10 Ba-Leiria	3:07.00	257
50m: 45.54 45.54 100m: 1:34.06 48.52 150m: 2:22.55 48.49 200m: 3:07.00 44.45			
4. Matilde Evangelista, SILVA	10 Benedita	3:12.80	234
50m: 47.04 47.04 100m: 1:36.25 49.21 150m: 2:26.10 49.85 200m: 3:12.80 46.70			
DSQ Sofia Pinheiro, PACHECO	10 Óbidos		
<i>Na viragem aos 150 metros, a atleta não efetuou o movimento contínuo da viragem.</i>			
DNS Mariana Sofia, ANTUNES	10 Pimpoes/Cimai		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 30, Femin., 200m Costas

Prova 30 Femin., 200m Costas Infantil B
27/11/2022 - 10:40 Resultados

Rec. Nac. Absoluto	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	26/11/2021
Rec. Nac. INF B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26/03/2017

Pontos: FINA 2022

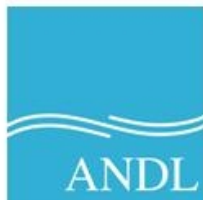
Lugar	Ano	Tempo final	Pts
1. Carolina Silva, CASTANHEIRA	11 CNLeiria	3:02.59	276
50m: 43.24 43.24 100m: 1:30.16 46.92 150m: 2:17.46 47.30 200m: 3:02.59 45.13			
2. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	3:06.73	258
50m: 44.82 44.82 100m: 1:33.25 48.43 150m: 2:21.86 48.61 200m: 3:06.73 44.87			
3. Carlota Sa, SANTOS	11 Nucleo de Pombal	3:08.26	252
50m: 44.62 44.62 100m: 1:32.78 48.16 150m: 2:22.52 49.74 200m: 3:08.26 45.74			
4. Francisca Caetano, LOURENCO	11 Benedita	3:15.21	226
50m: 44.39 44.39 100m: 1:33.36 48.97 150m: 2:23.65 50.29 200m: 3:15.21 51.56			
5. Isabela Maria, CARREIRA	11 Uniao Juncalense	3:29.66	182
50m: 51.14 51.14 100m: 1:44.85 53.71 150m: 2:39.59 54.74 200m: 3:29.66 50.07			
6. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	3:45.83	146
50m: 52.20 52.20 100m: 1:49.63 57.43 150m: 2:49.61 59.98 200m: 3:45.83 56.22			
7. Matilde Vitorino, FERREIRA	11 Naval de Peniche	4:02.67	117
50m: 55.78 55.78 100m: 1:58.77 1:02.99 150m: 3:02.93 1:04.16 200m: 4:02.67 59.74			
DSQ Francisca Moreira, FELICIANO	11 Alcobaca		
<i>Na viragem aos 25 metros, a atleta não efetuou o movimento contínuo da viragem.</i>			
DSQ Erica Felix, RODRIGUES	11 Uniao Juncalense		
<i>A atleta quebrou o movimento contínuo da viragem aos 25, 50, 75 e 125 metros.</i>			
DNS Mariana Sousa, MENDES	11 Alcobaca		
EXH Sophie Maya, FERNANDES	06 Rio Maior	2:47.23	359
50m: 38.76 38.76 100m: 1:21.52 42.76 150m: 2:05.14 43.62 200m: 2:47.23 42.09			

Prova 31 Masc., 200m Costas Senior
27/11/2022 - 11:00 Resultados

Rec. Nac. Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec. Nac. SEN	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (FRA)	16/12/2018

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Vitor Belo, CLARA	04 CNLeiria	2:12.92	501
50m: 30.35 30.35 100m: 1:04.22 33.87 150m: 1:39.17 34.95 200m: 2:12.92 33.75			
2. Francisco Xavier, TOMAS	00 Alcobaca	2:18.45	444
50m: 32.32 32.32 100m: 1:06.94 34.62 150m: 1:42.41 35.47 200m: 2:18.45 36.04			
3. Bruno Filipe, TABORDA	95 CNLeiria	2:22.37	408
50m: 33.67 33.67 100m: 1:09.96 36.29 150m: 1:46.79 36.83 200m: 2:22.37 35.58			
4. Diogo Vicente, SILVA	98 Nautico Marinha Grande	2:24.35	391
50m: 32.26 32.26 100m: 1:07.30 35.04 150m: 1:44.75 37.45 200m: 2:24.35 39.60			
5. Ricardo Morais, FARIA	04 CNLeiria	2:25.15	385
50m: 33.03 33.03 100m: 1:08.79 35.76 150m: 1:46.46 37.67 200m: 2:25.15 38.69			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 31, Masc., 200m Costas

Prova 31 Masc., 200m Costas Junior
27/11/2022 - 11:00 Resultados

Rec. Nac. Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec. Nac. 18	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	03/07/2004
Rec. Nac. 17	1:59.34	Adriano Miguel, NIZ	CFV	Alges	16/05/2003

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA	05 Ba-Leiria	2:09.74	539
50m: 30.84 30.84 100m: 1:04.43 33.59 150m: 1:37.67 33.24 200m: 2:09.74 32.07			
2. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	2:22.17	410
50m: 33.17 33.17 100m: 1:08.77 35.60 150m: 1:46.09 37.32 200m: 2:22.17 36.08			
3. Samuel Filipe, AMORIM	05 Nautico Marinha Grande	2:27.04	370
50m: 34.13 34.13 100m: 1:11.21 37.08 150m: 1:49.30 38.09 200m: 2:27.04 37.74			
4. Manuel Faveiro, JESUS	06 Nucleo de Ansião	2:43.55	269
50m: 35.71 35.71 100m: 1:15.65 39.94 150m: 1:55.77 40.12 200m: 2:43.55 47.78			
DSQ Marco Ferreira, SILVA	05 Vieiraense		
<i>Na viragem aos 150 metros, o atleta perdeu a posição dorsal.</i>			
DNS Goncalo Rodrigues, VINTEM	06 Nucleo de Ansião		

Prova 31 Masc., 200m Costas Juvenil A
27/11/2022 - 11:00 Resultados

Rec. Nac. Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec. Nac. JUV A	2:01.43	Diogo Gomes, SOUSA	CNCVG	Algés	04/06/2011

Pontos: FINA 2022

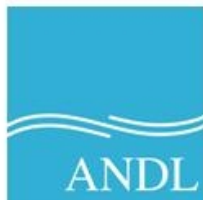
Lugar	Ano	Tempo final	Pts
1. Francisco Marques, SIMOES	07 CNLeiria	2:16.18	466
50m: 31.96 31.96 100m: 1:06.79 34.83 150m: 1:42.41 35.62 200m: 2:16.18 33.77			
2. Francisco Jose, FRAGOSO	07 Vieiraense	2:26.64	373
50m: 33.49 33.49 100m: 1:10.17 36.68 150m: 1:48.46 38.29 200m: 2:26.64 38.18			
3. Mateus Marques, MACHADO	07 Benedita	2:37.49	301
50m: 35.85 35.85 100m: 1:15.85 40.00 150m: 1:57.13 41.28 200m: 2:37.49 40.36			

Prova 31 Masc., 200m Costas Juvenil B
27/11/2022 - 11:00 Resultados

Rec. Nac. Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec. Nac. JUV B	2:04.99	Joao Alexandre, VITAL	ADRCIMMA	Alapraia	09/03/2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Martim Luis, GASPAR	08 Nautico Marinha Grande	2:39.35	291
50m: 36.90 36.90 100m: 1:16.74 39.84 150m: 1:57.91 41.17 200m: 2:39.35 41.44			
2. Diogo Coelho, JORDAO	08 Uniao Juncalense	2:44.02	267
50m: 38.34 38.34 100m: 1:20.09 41.75 150m: 2:02.49 42.40 200m: 2:44.02 41.53			
3. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:45.32	260
50m: 40.29 40.29 100m: 1:23.41 43.12 150m: 2:05.41 42.00 200m: 2:45.32 39.91			
4. Justin Daniel, BORGES	08 Óbidos	2:51.55	233
50m: 40.02 40.02 100m: 1:23.37 43.35 150m: 2:07.80 44.43 200m: 2:51.55 43.75			



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 31, Masc., 200m Costas, Juvenil B

Lugar	Ano	Tempo final	Pts
5. Tiago Daniel, POVOA	08 Uniao Juncalense	3:19.44	148
50m: 47.08 47.08	100m: 1:38.91 51.83	150m: 2:29.74 50.83	200m: 3:19.44 49.70

Prova 31 Masc., 200m Costas Infantil A
27/11/2022 - 11:00 Resultados

Rec. Nac. Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec. Nac. INF A	2:09.17	Joao Alexandre, VITAL	ADRCIMM	Algés	29/06/2012

Pontos: FINA 2022

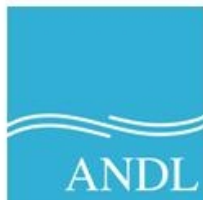
Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA	09 Ba-Leiria	2:26.12	377
50m: 34.35 34.35	100m: 1:11.38 37.03	150m: 1:49.54 38.16	200m: 2:26.12 36.58
2. Paulo, KOT	09 Nautico Marinha Grande	2:31.26	340
50m: 34.67 34.67	100m: 1:13.17 38.50	150m: 1:52.75 39.58	200m: 2:31.26 38.51
3. Henrique Martins, JOAQUIM	09 Ba-Leiria	2:31.69	337
50m: 34.80 34.80	100m: 1:13.76 38.96	150m: 1:53.32 39.56	200m: 2:31.69 38.37
4. David Ferrador, PEREIRA	09 Nucleo de Pombal	2:44.51	264
50m: 38.22 38.22	100m: 1:20.85 42.63	150m: 2:04.05 43.20	200m: 2:44.51 40.46
5. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	2:47.37	251
50m: 39.53 39.53	100m: 1:21.60 42.07	150m: 2:04.68 43.08	200m: 2:47.37 42.69
6. Santiago Marques, GOMES	09 Ba-Leiria	2:51.74	232
50m: 40.45 40.45	100m: 1:24.99 44.54	150m: 2:09.01 44.02	200m: 2:51.74 42.73
7. Santiago Jose, PACHECO	09 Alcobaca	2:57.48	210
50m: 41.93 41.93	100m: 1:27.34 45.41	150m: 2:13.08 45.74	200m: 2:57.48 44.40
8. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	2:59.66	203
50m: 40.39 40.39	100m: 1:26.68 46.29	150m: 2:13.52 46.84	200m: 2:59.66 46.14
DSQ Francisco Lourenco, CUSTODIO	09 Naval da Nazaré		
<i>Na viragem aos 75 metros, o atleta não efetuou o movimento contínuo da viragem.</i>			
DNS Luis Pedro, VALERIO	09 Ba-Leiria		

Prova 31 Masc., 200m Costas Infantil B
27/11/2022 - 11:00 Resultados

Rec. Nac. Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec. Nac. INF B	2:15.27	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	16/03/2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	2:33.70	324
50m: 36.81 36.81	100m: 1:16.71 39.90	150m: 1:56.34 39.63	200m: 2:33.70 37.36
2. Rodolfo Junior, ALECRIM	10 Ba-Leiria	2:39.16	292
50m: 36.92 36.92	100m: 1:18.84 41.92	150m: 2:00.93 42.09	200m: 2:39.16 38.23
3. Guilherme Costa, REBELO	10 Pimpoes/Cimai	2:50.30	238
50m: 40.45 40.45	100m: 1:24.08 43.63	150m: 2:08.30 44.22	200m: 2:50.30 42.00
4. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	2:53.86	224
50m: 39.54 39.54	100m: 1:24.17 44.63	150m: 2:10.30 46.13	200m: 2:53.86 43.56
5. Tomas Marques, FRANCISCO	10 CNLeiria	2:54.98	219
50m: 43.45 43.45	100m: 1:28.54 45.09	150m: 2:13.07 44.53	200m: 2:54.98 41.91



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 31, Masc., 200m Costas, Infantil B

Lugar	Ano	Tempo final	Pts
6. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	2:56.75	213
50m: 41.49 41.49 100m: 1:26.43 44.94 150m: 2:12.83 46.40 200m: 2:56.75 43.92			
7. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	2:57.81	209
50m: 45.28 45.28 100m: 1:30.84 45.56 150m: 2:15.89 45.05 200m: 2:57.81 41.92			
8. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	2:58.94	205
50m: 44.22 44.22 100m: 1:30.10 45.88 150m: 2:16.58 46.48 200m: 2:58.94 42.36			
9. Pedro Souza, SILVA	10 Pimpoes/Cimai	3:21.30	144
50m: 48.64 48.64 100m: 1:38.97 50.33 150m: 2:32.27 53.30 200m: 3:21.30 49.03			
10. Francisco Antonio, SIMOES	10 Ba-Leiria	3:31.03	125
50m: 51.07 51.07 100m: 1:44.91 53.84 150m: 2:39.45 54.54 200m: 3:31.03 51.58			
11. Miguel Silva, OLIVEIRA	10 Pimpoes/Cimai	3:44.28	104
50m: 50.73 50.73 100m: 1:47.04 56.31 150m: 2:46.20 59.16 200m: 3:44.28 58.08			
DSQ Dinis Lamas, SANTOS	10 Ba-Leiria		
<i>Na viragem aos 75 metros, o atleta quebrou o movimento contínuo da viragem.</i>			
DNS Rafael Costa, ANTUNES	10 Naval de Peniche		

Prova 32
27/11/2022 - 11:25

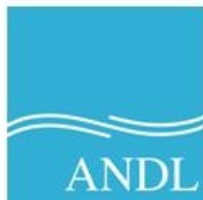
Femin., 100m Estilos

Senior
Resultados

Rec. Nac. Absoluto	1:01.58	Ana Pinho, RODRIGUES	ADS	Felgueiras	22/12/2019
Rec. Nac. SEN	1:01.58	Ana Pinho, RODRIGUES	ADS	Felgueiras	22/12/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ines Apolinario, SOARES	03 Pimpoes/Cimai	1:10.91	506
50m: 33.10 33.10 100m: 1:10.91 37.81			
2. Ana Claudia, FERREIRA	90 Alcobaca	1:12.97	464
50m: 34.51 34.51 100m: 1:12.97 38.46			
3. Bruna Elisabete, PAULINO	97 Alcobaca	1:18.27	376
50m: 34.91 34.91 100m: 1:18.27 43.36			
4. Ana Correia, SOUSA	04 Pimpoes/Cimai	1:19.41	360
50m: 34.82 34.82 100m: 1:19.41 44.59			
5. Ana Sofia, FERREIRA	99 Pimpoes/Cimai	1:20.43	346
50m: 37.04 37.04 100m: 1:20.43 43.39			



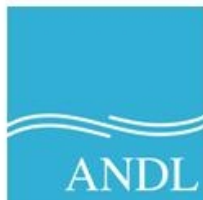
Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 32, Femin., 100m Estilos

Prova 32	Femin., 100m Estilos				Junior
27/11/2022 - 11:25					Resultados
Rec. Nac. Absoluto	1:01.58	Ana Pinho, RODRIGUES	ADS	Felgueiras	22/12/2019
Rec. Nac. 17	1:02.10	Carolina Miranda, FERNANDES	CGA	Leiria	28/11/2021
Rec. Nac. 16	1:03.25	Mariana Pacheco, CUNHA	CNCE	Felgueiras	22/12/2019

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Maria Francisca, FROIS	06	CNLeiria	1:11.21	499
50m: 32.57 32.57	100m: 1:11.21	38.64		
2. Vanessa Liliana, ALMEIDA	07	CNLeiria	1:11.41	495
50m: 33.58 33.58	100m: 1:11.41	37.83		
3. Maria Madalena, ALVES	06	Ba-Leiria	1:11.74	488
50m: 33.16 33.16	100m: 1:11.74	38.58		
4. Leonor Verissimo, FARIA	06	Nucleo de Pombal	1:14.08	443
50m: 35.60 35.60	100m: 1:14.08	38.48		
5. Catarina Machado, BELO	06	Benedita	1:15.02	427
50m: 35.05 35.05	100m: 1:15.02	39.97		
6. Matilde Violante, VIANA	07	CNLeiria	1:17.35	389
50m: 34.51 34.51	100m: 1:17.35	42.84		
7. Dalila Leal, BERNARDINO	06	Nucleo de Pombal	1:17.86	382
50m: 35.98 35.98	100m: 1:17.86	41.88		
8. Beatriz Luz, MARTINS	06	Pimpoes/Cimai	1:18.27	376
50m: 35.92 35.92	100m: 1:18.27	42.35		
9. Mafalda Caetano, LOURENCO	06	Vieirense	1:18.74	369
50m: 36.75 36.75	100m: 1:18.74	41.99		
10. Leonor Vendima, COELHO	07	Uniao Juncalense	1:22.55	320
50m: 38.49 38.49	100m: 1:22.55	44.06		
11. Maria Ines, ESTEVES	06	Naval da Nazaré	1:24.64	297
50m: 37.15 37.15	100m: 1:24.64	47.49		
12. Ana Luisa, RENDEIRO	06	Nucleo de Pombal	1:25.08	293
50m: 40.30 40.30	100m: 1:25.08	44.78		
13. Matilde Santos, COUTINHO	07	Naval da Nazaré	1:25.36	290
50m: 39.10 39.10	100m: 1:25.36	46.26		
14. Flavia Mendes, DOMINGUES	06	Nucleo de Pombal	1:26.09	282
50m: 38.92 38.92	100m: 1:26.09	47.17		
15. Luana Goncalves, RODRIGUES	07	Nucleo de Ansião	1:28.66	258
50m: 43.49 43.49	100m: 1:28.66	45.17		
16. Rafaela Valente, RODRIGUES	07	Nucleo de Ansião	1:30.04	247
50m: 43.27 43.27	100m: 1:30.04	46.77		
17. Diana Filipa, SANTOS	07	Nucleo de Ansião	1:33.78	218
50m: 43.47 43.47	100m: 1:33.78	50.31		
18. Beatriz Simoes, MACHADO	07	Nucleo de Ansião	1:33.90	217
50m: 42.68 42.68	100m: 1:33.90	51.22		
19. Maria Matos, COSTA	07	Nucleo de Ansião	1:40.44	178
50m: 48.03 48.03	100m: 1:40.44	52.41		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 32, Femin., 100m Estilos, Junior

Lugar	Ano	Tempo final	Pts
DSQ Ana Margarida, MOTA	07 Nucleo de Ansião		
<i>Antes da viragem aos 25 metros, a atleta efetuou pernadas alternadas.</i>			
DNS Carolina Ferreira, FONSECA	07 Viegrense		

Prova 32 Femin., 100m Estilos Juvenil A
27/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto	1:01.58	Ana Pinho, RODRIGUES	ADS	Felgueiras	22/12/2019
Rec. Nac. JUV A	1:05.68				

Pontos: FINA 2022

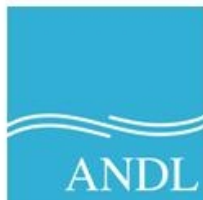
Lugar	Ano	Tempo final	Pts
1. Victoria Frogeri, PEREIRA	08 CNLeiria	1:11.28	498
50m: 32.69 32.69	100m: 1:11.28	38.59	
2. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	1:20.26	349
50m: 38.80 38.80	100m: 1:20.26	41.46	

Prova 32 Femin., 100m Estilos Juvenil B
27/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto	1:01.58	Ana Pinho, RODRIGUES	ADS	Felgueiras	22/12/2019
Rec. Nac. JUV B	1:07.26				

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	1:16.10	409
50m: 35.23 35.23	100m: 1:16.10	40.87	
2. Maria Teresa, OLIVEIRA	09 Ba-Leiria	1:19.74	355
50m: 38.30 38.30	100m: 1:19.74	41.44	
3. Leonor Palma, JACOMO	09 Alcobaca	1:21.31	335
50m: 37.95 37.95	100m: 1:21.31	43.36	
4. Maria Margarida, OLIVEIRA	09 Ba-Leiria	1:23.25	312
50m: 38.88 38.88	100m: 1:23.25	44.37	
5. Ines Ferreira, CHELEU	09 Ba-Leiria	1:23.67	308
50m: 39.83 39.83	100m: 1:23.67	43.84	
6. Francisca Vieira, NUNES	09 Alcobaca	1:24.22	302
50m: 39.54 39.54	100m: 1:24.22	44.68	
7. Sara Ines, SOUSA	09 Ba-Leiria	1:27.18	272
50m: 40.57 40.57	100m: 1:27.18	46.61	
8. Elisa Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	1:27.45	269
50m: 38.17 38.17	100m: 1:27.45	49.28	
9. Ana Carolina, RODRIGUES	09 Nucleo de Ansião	1:40.51	177
50m: 48.08 48.08	100m: 1:40.51	52.43	



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 32, Femin., 100m Estilos

Prova 32 Femin., 100m Estilos Infantil A
27/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto 1:01.58 Ana Pinho, RODRIGUES ADS Felgueiras 22/12/2019
Rec. Nac. INF A 1:09.62 ,

Pontos: FINA 2022

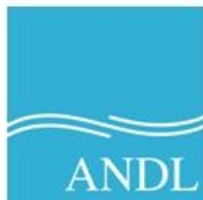
Lugar	Ano	Tempo final	Pts
1. Laura Helena, AMORIM 50m: 37.79 37.79 100m: 1:19.49 41.70	10 Nautico Marinha Grande	1:19.49	359
2. Leonor Silva, MARTINS 50m: 40.96 40.96 100m: 1:28.19 47.23	10 Óbidos	1:28.19	263
3. Laura Margarida, ASCENSO 50m: 42.39 42.39 100m: 1:30.06 47.67	10 Nautico Marinha Grande	1:30.06	247
4. Laura Samora, GONCALVES 50m: 42.27 42.27 100m: 1:30.07 47.80	10 Nautico Marinha Grande	1:30.07	246
5. Matilde Santos, VIEIRA 50m: 46.13 46.13 100m: 1:34.56 48.43	10 Nautico Marinha Grande	1:34.56	213
6. Mara Marcao, COTRIM 50m: 45.22 45.22 100m: 1:35.30 50.08	10 Óbidos	1:35.30	208
7. Ana Beatriz, LOPES 50m: 46.12 46.12 100m: 1:40.90 54.78	10 Nucleo de Ansião	1:40.90	175
8. Beatriz Valente, CARVALHO 50m: 53.92 53.92 100m: 1:48.31 54.39	10 Óbidos	1:48.31	142

Prova 32 Femin., 100m Estilos Infantil B
27/11/2022 - 11:25 Resultados

Rec. Nac. Absoluto 1:01.58 Ana Pinho, RODRIGUES ADS Felgueiras 22/12/2019
Rec. Nac. INF B 1:13.22 ,

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonor Mota, ALVES 50m: 38.85 38.85 100m: 1:27.78 48.93	11 Nautico Marinha Grande	1:27.78	266
2. Maria Joao, VALA 50m: 44.42 44.42 100m: 1:38.21 53.79	11 Pimpoes/Cimai	1:38.21	190
DSQ Beatriz Marques, GASPAR <i>Antes da viragem aos 25 metros, a atleta efetuou pernadas alternadas.</i>	11 Nautico Marinha Grande		
DNS Bianca Simoes, PIMENTA	11 Nucleo de Ansião		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 33	Masc., 100m Estilos				Senior
27/11/2022 - 11:40					Resultados
Rec. Nac. Absoluto	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07/12/2019
Rec. Nac. SEN	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07/12/2019

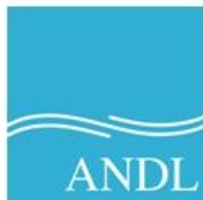
Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Miguel Vicente, SILVA	02	Nautico Marinha Grande	1:00.92	529
50m: 27.56 27.56	100m: 1:00.92	33.36		
2. David Ferreira, RELVAS	03	Nautico Marinha Grande	1:01.15	523
50m: 28.27 28.27	100m: 1:01.15	32.88		
3. Bruno Pinto, DOMINGUES	00	CNLeiria	1:02.36	493
50m: 29.21 29.21	100m: 1:02.36	33.15		
4. Sandro Emanuel, FRANCISCO	99	Vieirense	1:03.29	472
50m: 28.48 28.48	100m: 1:03.29	34.81		
5. Joao Miguel, SANTOS	81	CNLeiria	1:06.07	414
50m: 31.25 31.25	100m: 1:06.07	34.82		
6. Joao Pedro, TARQUINIO	97	Benedita	1:06.59	405
50m: 30.69 30.69	100m: 1:06.59	35.90		
7. Afonso Varelas, SILVA	01	Nautico Marinha Grande	1:08.29	375
50m: 30.99 30.99	100m: 1:08.29	37.30		
8. Miguel Angelo, SILVESTRE	97	Alcobaca	1:08.48	372
50m: 30.04 30.04	100m: 1:08.48	38.44		
9. Manuel Maria, FROIS	02	CNLeiria	1:09.53	356
50m: 31.40 31.40	100m: 1:09.53	38.13		
10. Guilherme Silva, CASTANHEIRA	04	CNLeiria	1:11.15	332
50m: 31.74 31.74	100m: 1:11.15	39.41		

Prova 33	Masc., 100m Estilos				Junior
27/11/2022 - 11:40					Resultados
Rec. Nac. Absoluto	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07/12/2019
Rec. Nac. 18	56.40	Joao Peres, COSTA	CNPV	Leiria	28/11/2021
Rec. Nac. 17	57.40	Diogo Filipe, CARVALHO	CGA	Aveiro	14/05/2005

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA	05	Ba-Leiria	1:01.28	520
50m: 28.60 28.60	100m: 1:01.28	32.68		
2. Tomas Amor, SARREIRA	05	Nautico Marinha Grande	1:01.55	513
50m: 28.32 28.32	100m: 1:01.55	33.23		
3. Gil Santos, LEMOS	06	Pimpoes/Cimai	1:04.05	455
50m: 28.85 28.85	100m: 1:04.05	35.20		
4. Afonso Manuel, ASCENSO	05	Ba-Leiria	1:04.37	448
50m: 31.03 31.03	100m: 1:04.37	33.34		
5. Luca Valentino, TONA	06	Pimpoes/Cimai	1:06.41	408
50m: 30.86 30.86	100m: 1:06.41	35.55		
6. Edgar Francisco, SIMOES	06	Vieirense	1:09.05	363
50m: 31.44 31.44	100m: 1:09.05	37.61		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 33, Masc., 100m Estilos, Junior

Lugar	Ano	Tempo final	Pts
7. Cristiano Nogueira, FERREIRA 50m: 33.55 33.55 100m: 1:12.94 39.39	06 Nucleo de Pombal	1:12.94	308
8. Bruno Belo, AGOSTINHO 50m: 36.67 36.67 100m: 1:14.61 37.94	05 Benedita	1:14.61	288
9. Rafael, SANTOS 50m: 35.66 35.66 100m: 1:17.80 42.14	06 Uniao Juncalense	1:17.80	254
10. Gabriel Lourenco, CUSTODIO 50m: 37.43 37.43 100m: 1:20.30 42.87	06 Naval da Nazaré	1:20.30	231
DNS Micael Dmitrievich, DENISOV	06 CNLeiria		
DNS Vasco Pedro, BRANCO	06 Naval da Nazaré		

Prova 33 Masc., 100m Estilos Juvenil A Resultados
27/11/2022 - 11:40

Rec. Nac. Absoluto	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07/12/2019
Rec. Nac. JUV A	59.38	Diogo Matos, RIBEIRO	CUC	Coimbra	01/02/2020

Pontos: FINA 2022

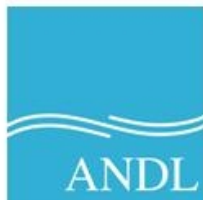
Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ 50m: 29.25 29.25 100m: 1:02.13 32.88	07 Alcobaca	1:02.13	499
2. Bernardo Nunes, DOMINGUEZ 50m: 31.67 31.67 100m: 1:10.18 38.51	07 Ba-Leiria	1:10.18	346
3. Jose Januario, MARQUES 50m: 32.83 32.83 100m: 1:11.36 38.53	07 Pimpoes/Cimai	1:11.36	329
4. David Jose, CARREIRA 50m: 39.29 39.29 100m: 1:21.99 42.70	07 Uniao Juncalense	1:21.99	217
DSQ Andre Filipe, FERNANDES	07 Alcobaca		
<i>No percurso de bruços, o atleta não virou os pés para fora da parte mais larga da pernada.</i>			
DSQ Joao Moura, FRANCISCO	07 CNLeiria		
<i>Na viragem aos 75 metros, o atleta tocou na parede com as mãos alternadas.</i>			
DNS Adriano Afonso, STEVENS	07 Ba-Leiria		

Prova 33 Masc., 100m Estilos Infantil A Resultados
27/11/2022 - 11:40

Rec. Nac. Absoluto	52.73	Alexis Manacas, SANTOS	POR	Glasgow (GBR)	07/12/2019
Rec. Nac. INF A	1:02.84				

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Guilherme Meireles, MARRAZES 50m: 33.46 33.46 100m: 1:11.50 38.04	09 Nautico Marinha Grande	1:11.50	327
2. Martim Alexandre, MESQUITA 50m: 33.74 33.74 100m: 1:11.65 37.91	09 Nautico Marinha Grande	1:11.65	325
3. Xinyang, CHENG 50m: 33.88 33.88 100m: 1:11.71 37.83	09 Nautico Marinha Grande	1:11.71	324
4. Hugo Miguel, SANTOS 50m: 36.86 36.86 100m: 1:18.70 41.84	09 Pimpoes/Cimai	1:18.70	245



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
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Prova 33, Masc., 100m Estilos, Infantil A

Lugar	Ano	Tempo final	Pts
5. Maksym, TYSHCHUK 50m: 37.80 37.80 100m: 1:20.06 42.26	09 Nautico Marinha Grande	1:20.06	233
6. Tomas Martins, ALBUQUERQUE 50m: 39.04 39.04 100m: 1:22.20 43.16	09 Óbidos	1:22.20	215
7. Isaac Arruda, SARAIVA 50m: 40.35 40.35 100m: 1:24.68 44.33	09 Vieiraense	1:24.68	197
8. Pedro Blanc, CAPINHA 50m: 43.76 43.76 100m: 1:33.19 49.43	09 Óbidos	1:33.19	147

Prova 33	Masc., 100m Estilos	Infantil B
27/11/2022 - 11:40		Resultados
Rec. Nac. Absoluto	52.73 Alexis Manacas, SANTOS POR Glasgow (GBR)	07/12/2019
Rec. Nac. INF B	1:06.44	

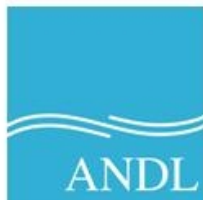
Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Lucas Ferreira, GASPAR 50m: 39.40 39.40 100m: 1:22.60 43.20	10 Vieiraense	1:22.60	212
2. Santiago Neves, SILVA 50m: 42.21 42.21 100m: 1:27.01 44.80	10 Nucleo de Pombal	1:27.01	181
3. Lucas Costa, JESUS 50m: 39.71 39.71 100m: 1:27.82 48.11	10 Nautico Marinha Grande	1:27.82	176
4. Afonso Ferreira, REIS 50m: 42.07 42.07 100m: 1:28.59 46.52	10 Nautico Marinha Grande	1:28.59	172
5. Joao Piteira, GAIOLAS 50m: 40.03 40.03 100m: 1:28.62 48.59	10 Nautico Marinha Grande	1:28.62	171
6. Tomas Gomes, AFONSO 50m: 46.38 46.38 100m: 1:36.75 50.37	10 Óbidos	1:36.75	132
DSQ Simao Sousa, JESUS	10 Nautico Marinha Grande		
<i>Na viragem aos 50 metros, o atleta perdeu a posição dorsal.</i>			

Prova 34	Femin., 4 x 100m Livres	Senior
27/11/2022 - 12:02		Resultados
Rec. Nac. Absoluto	3:44.99 Futebol Clube do Porto/Dolce FCP Porto	04/12/2010
Rec. Nac. SEN	3:44.99 Futebol Clube do Porto/Dolce FCP Porto	04/12/2010

Pontos: FINA 2022

Lugar	Tempo final	Pts
1. SIRP SEN Lara Roque, COTRIM 03 32.73 1:08.60 Ana Sofia, FERREIRA 99 33.94 1:11.09	Pimpoes/Cimai Maria Silva, CARVALHO 05 30.17 Ines Apolinario, SOARES 03 30.18	4:25.77 469
DNS CNL SEN	CNLeiria	



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 34, Femin., 4 x 100m Livres

Prova 34 Femin., 4 x 100m Livres Juvenil B
27/11/2022 - 12:02 Resultados

Rec. Nac. Absoluto	3:44.99	Futebol Clube do Porto/Dolce FCP	Porto	04/12/2010
Rec. Nac. 14 - 15	4:00.53	Clube dos Galitos / Bresimar CGA	Mealhada	08/12/2019
Rec. Nac. JUV B	4:05.21	Clube dos Galitos / Bresimar CGA	Estarreja	10/06/2019

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	CNAL JUV B	Alcobaca		4:40.14	400
	Mariana Sousa, MARQUES	09	32.87 1:08.04	Constanca Baptista, TOMAS	09 32.03 1:07.45
	Leonor Palma, JACOMO	09	34.09 1:11.02	Mariana Santos, INACIO	09 34.57 1:13.63
2.	BA JUV B	Ba-Leiria		5:07.82	302
	Sara Ines, SOUSA	09	34.31 1:26.50	Ines Ferreira, CHELEU	09 33.75 1:11.86
	Ana Margarida, MARQUES	09	35.75 1:17.19	Maria Teresa, OLIVEIRA	09 33.69 1:12.27

Prova 34 Femin., 4 x 100m Livres Infantil A
27/11/2022 - 12:02 Resultados

Rec. Nac. Absoluto	3:44.99	Futebol Clube do Porto/Dolce FCP	Porto	04/12/2010
Rec. Nac. INF A	4:13.11	Clube dos Galitos / Bresimar CGA	Felgueiras	11/03/2018
Rec. Nac. 12 - 13	4:13.11	Clube dos Galitos / Bresimar CGA	Felgueiras	11/03/2018

Pontos: FINA 2022

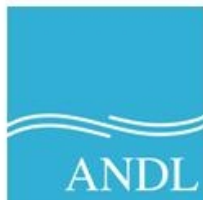
Lugar				Tempo final	Pts
1.	CNPE INF A	Naval de Peniche		4:53.75	347
	Rafaela Santos, AFONSO	10	36.48 1:17.66	Barbara Balbino, MENDES	10 31.56 1:06.53
	Bianca Balbino, MENDES	10	32.13 1:07.69	Mariana Santos, AFONSO	10 38.20 1:21.87
2.	DNMG INF A	Nautico Marinha Grande		4:56.72	337
	Madalena Gracio, PEDROSO	10	34.38 1:11.54	Laura Margarida, ASCENSO	10 35.88 1:17.41
	Laura Samora, GONCALVES	10	37.86 1:19.26	Laura Helena, AMORIM	10 32.68 1:08.51
3.	OC INF A	Óbidos		5:27.10	251
	Leonor Silva, MARTINS	10	36.64 1:17.49	Sofia Pinheiro, PACHECO	10 41.28 1:27.48
	Mara Marcao, COTRIM	10	40.09 1:23.69	Leonor Pereira, SILVA	10 36.87 1:18.44

Prova 34 Femin., 4 x 100m Livres Infantil B
27/11/2022 - 12:02 Resultados

Rec. Nac. Absoluto	3:44.99	Futebol Clube do Porto/Dolce FCP	Porto	04/12/2010
Rec. Nac. 12 - 13	4:13.11	Clube dos Galitos / Bresimar CGA	Felgueiras	11/03/2018
Rec. Nac. INF B	4:23.50	Clube Galitos de Aveiro CGA	Mealhada	21/05/2017

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	URDJ INF B	Uniao Juncalense		6:09.43	174
	Madalena Coelho, FERREIRA	11	42.57 1:30.77	Matilde Coelho, FERREIRA	11 47.27 1:38.59
	Isabela Maria, CARREIRA	11	39.76 1:24.08	Margarida Lopes, RODRIGUE	11 45.16 1:35.99



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 34, Femin., 4 x 100m Livres

Prova 34 Femin., 4 x 100m Livres EXTRA CLASSIFICAÇÃO
27/11/2022 - 12:02 Resultados

Rec. Nac. Absoluto	3:44.99	Futebol Clube do Porto/Dolce FCP	Porto	04/12/2010
Rec. Nac. SEN	3:44.99	Futebol Clube do Porto/Dolce FCP	Porto	04/12/2010
Rec. Nac. JUN	3:52.24	Clube dos Galitos / Bresimar CGA	Leiria	28/11/2021
Rec. Nac. JUV A	4:00.53	Clube dos Galitos / Bresimar CGA	Mealhada	08/12/2019
Rec. Nac. 14 - 15	4:00.53	Clube dos Galitos / Bresimar CGA	Mealhada	08/12/2019
Rec. Nac. JUV B	4:05.21	Clube dos Galitos / Bresimar CGA	Estarreja	10/06/2019
Rec. Nac. INF A	4:13.11	Clube dos Galitos / Bresimar CGA	Felgueiras	11/03/2018
Rec. Nac. 12 - 13	4:13.11	Clube dos Galitos / Bresimar CGA	Felgueiras	11/03/2018
Rec. Nac. INF B	4:23.50	Clube Galitos de Aveiro CGA	Mealhada	21/05/2017

Pontos: FINA 2022

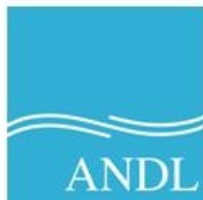
Lugar					Tempo final	Pts
1.	SIRP INF			Pimpoes/Cimai	5:10.60	293
	Debora Silva, INACIO	10	35.91	1:14.58	Mafalda Teles, SOUSA	11 35.77 1:14.91
	Elisa Ressejac-Duparc, SANTOS	09	36.32	1:15.72	Maria Joao, VALA	11 39.92 1:25.39
2.	CNAL INF			Alcobaca	5:39.20	225
	Gabriela Valverde, CANHA	11	39.35	1:23.93	Luana Filipe, REIS	10 40.52 1:24.48
	Mariana Sousa, OLIVEIRA	10	40.75	1:28.26	Francisca Moreira, FELICIAN	11 39.38 1:22.53
3.	DNMG INF			Nautico Marinha Grande	5:39.33	225
	Leonor Mota, ALVES	11	37.28	1:17.82	Matilde Filipa, AMADO	10 41.42 1:26.93
	Matilde Santos, VIEIRA	10	40.22	1:26.39	Beatriz Marques, GASPAR	11 41.30 1:28.19
EXH	CNAL ABS EX			Alcobaca	4:33.47	430
	Matilde Andre, LUIS	08	32.72	1:06.85	Bruna Elisabete, PAULINO	97 33.76 1:10.54
	Ana Francisca, SILVA	06	32.13	1:07.26	Ana Claudia, FERREIRA	90 32.94 1:08.82
EXH	CNPE JUV + SEN EX			Naval de Peniche	4:33.95	428
	Anjali, RAICAR	09	33.74	1:10.25	Joana Rosa, FERREIRA	05 29.20 1:00.94
	Francisca Ramos, NUNES	09	32.37	1:08.60	Zofie, PACHECO	09 34.53 1:14.16

Prova 35 Masc., 4 x 100m Livres Senior Resultados
27/11/2022 - 12:18

Rec. Nac. Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018
Rec. Nac. SEN	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018

Pontos: FINA 2022

Lugar					Tempo final	Pts
1.	CNL SEN			CNLeiria	3:33.65	628
	Guilherme Silva, CASTANHEIRO	04	26.33	55.15	Nuno Goncalo, SANTOS	96 25.30 53.70
	Filipe Miguel, GOMES	97	25.22	52.33	Vitor Belo, CLARA	04 25.06 52.47
2.	CNL SEN			CNLeiria	3:47.79	518
	Bruno Pinto, DOMINGUES	00	26.49	55.05	Joao Miquel, SANTOS	81 27.91 57.06
	Bruno Filipe, TABORDA	95	26.77	55.23	Manuel Maria, FROIS	02 28.63 1:00.45



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 35, Masc., 4 x 100m Livres

Prova 35 Masc., 4 x 100m Livres Junior Resultados
27/11/2022 - 12:18

Rec. Nac. Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018
Rec. Nac. JUN	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018

Pontos: FINA 2022

Lugar					Tempo final	Pts
1. BA JUN	Ba-Leiria				3:49.28	508
	Afonso Manuel, ASCENSO	05	28.09	1:00.14	Miguel Fernandes, OLIVEIRA	05 26.22 54.66
	Tiago Serradas, FRANCISCO	05	27.76	57.55	Jose Francisco, OLIVEIRA	05 27.15 56.93

Prova 35 Masc., 4 x 100m Livres Juvenil A Resultados
27/11/2022 - 12:18

Rec. Nac. Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018
Rec. Nac. JUV A	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014
Rec. Nac. 15 - 16	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014

Pontos: FINA 2022

Lugar					Tempo final	Pts
1. CNL JUV A	CNLeiria				3:41.62	563
	Goncalo Pereira, COLACO	07	25.80	54.55	Francisco Marques, SIMOES	07 26.40 55.54
	Afonso Dinis, ROQUE	07	26.16	55.27	Joao Moura, FRANCISCO	07 26.24 56.26

Prova 35 Masc., 4 x 100m Livres Infantil A Resultados
27/11/2022 - 12:18

Rec. Nac. Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018
Rec. Nac. INF A	3:48.35	Grupo Desp. Natacao V. N. FaGDNVNF		Cantanhede	29/03/2014
Rec. Nac. 13 - 14	3:48.35	Grupo Desp. Natacao V. N. FaGDNVNF		Cantanhede	29/03/2014

Pontos: FINA 2022

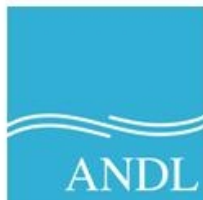
Lugar					Tempo final	Pts
1. DNMG INF A	Nautico Marinha Grande				4:12.11	382
	Martim Alexandre, MESQUITA	09	30.27	1:02.45	Paulo, KOT	09 29.45 1:02.61
	Xinyang, CHENG	09	30.71	1:04.88	Guilherme Meireles, MARRAZO	09 29.60 1:02.17
2. SIRP INF A	Pimpoes/Cimai				4:26.21	325
	Tomas Bento, ANFILOQUIO	09	31.50	1:08.47	Santiago Agostinho, PARREI	09 28.81 1:01.74
	Hugo Miguel, SANTOS	09	32.18	1:08.56	Louis Ressejac-Duparc, SAN	09 31.65 1:07.44

Prova 35 Masc., 4 x 100m Livres Infantil B Resultados
27/11/2022 - 12:18

Rec. Nac. Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018
Rec. Nac. 13 - 14	3:48.35	Grupo Desp. Natacao V. N. FaGDNVNF		Cantanhede	29/03/2014
Rec. Nac. INF B	4:05.06	Grupo Desp. Natacao V. N. FaGDNVNF		Vila Praia Ancora	28/06/2013

Pontos: FINA 2022

Lugar					Tempo final	Pts
1. SIRP INF B	Pimpoes/Cimai				4:59.23	228
	Pedro Souza, SILVA	10	41.34	1:25.50	Guilherme Rodrigues, CABR	10 34.19 1:13.10
	Guilherme Costa, REBELO	10	32.89	1:08.05	Gabriel Krempel, VARELA	10 34.58 1:12.58
2. DNMG INF B	Nautico Marinha Grande				5:10.21	205
	Francisco Lourenco, PEDROS	10	36.02	1:14.28	Simao Sousa, JESUS	10 37.66 1:23.38
	Joao Piteira, GAIOLAS	10	37.31	1:18.80	Tomas Manuel, PALMEIRO	10 34.22 1:13.75



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 35, Masc., 4 x 100m Livres, Infantil B

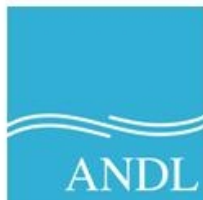
Lugar Tempo final Pts
DNS BA INF B Ba-Leiria

Prova 35 Masc., 4 x 100m Livres EXTRA CLASSIFICAÇÃO
27/11/2022 - 12:18 Resultados

Rec. Nat.	Tempo	Clube	Local	Data
Rec. Nat. Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras 23/12/2018
Rec. Nat. SEN	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras 23/12/2018
Rec. Nat. JUN	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras 23/12/2018
Rec. Nat. JUV A	3:34.94	Clube Naval do Funchal	CNF	Funchal 11/07/2014
Rec. Nat. 15 - 16	3:34.94	Clube Naval do Funchal	CNF	Funchal 11/07/2014
Rec. Nat. JUV B	3:42.17	Assoc Desp Cult Rec Bairro d'ADBAos	Leiria	22/06/2019
Rec. Nat. INF A	3:48.35	Grupo Desp. Natacao V. N. FaGDNVNF	Cantanhede	29/03/2014
Rec. Nat. 13 - 14	3:48.35	Grupo Desp. Natacao V. N. FaGDNVNF	Cantanhede	29/03/2014
Rec. Nat. INF B	4:05.06	Grupo Desp. Natacao V. N. FaGDNVNF	Vila Praia Ancora	28/06/2013

Pontos: FINA 2022

Lugar	Tempo final	Pts
1. BA INF Ba-Leiria	4:17.92	357
Henrique Martins, JOAQUIM 09	29.43	1:01.76
Rodolfo Junior, ALECRIM 10	30.46	1:04.34
Santiago Marques, GOMES 09	34.12	1:10.25
Tomas Pascoal, FERREIRA 09	29.47	1:01.57
2. CNAL INF Alcobaca	4:48.65	254
Santiago Jose, PACHECO 09	35.47	1:13.31
Rodrigo Oliveira, SANTOS 09	32.26	1:07.81
David Branco, TROVAO 10	38.43	1:23.09
Antonio Antunes, JORGE 10	30.92	1:04.44
3. DNMG INF Nautico Marinha Grande	5:05.37	215
Maksym, TYSHCHUK 09	33.85	1:10.01
Pedro Fonseca, OLIVEIRA 09	35.24	1:13.89
Afonso Ferreira, REIS 10	40.06	1:25.16
Vladyslav, BABUSHKIN 09	35.82	1:16.31
EXH IDV JUV EX Vieirense	3:53.19	483
Francisco Xavier, RITA 07	27.27	56.89
Francisco Jose, FRAGOSO 07	27.93	59.87
Gabriel Mota, PATRICIO 08	27.61	58.14
Santiago Boica, SOUSA 08	28.06	58.29
EXH URDJ JUV + JUN EX Uniao Juncalense	4:34.48	296
Rafael, SANTOS 06	31.75	1:05.06
Diogo Coelho, JORDAO 08	31.46	1:05.97
David Jose, CARREIRA 07	35.08	1:14.49
Gabriel Santiago, FERREIRA 09	32.74	1:08.96



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

4 - 2ª Jornada - Sessão da tarde

27/11/2022 - 16:00

Prova 36 Masc., 4 x 50m Estilos Senior
27/11/2022 - 16:00 Resultados

Rec. Nac. Absoluto	1:38.14	Sporting Clube de Portugal	SCP	Leiria	27/11/2021
Rec. Nac. SEN	1:38.14	Sporting Clube de Portugal	SCP	Leiria	27/11/2021

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	CNL SEN		CNLeiria	1:46.80	601
	Vitor Belo, CLARA	04	26.85 Nuno Goncalo, SANTOS	96	26.47
	Filipe Miguel, GOMES	97	29.07 Bruno Pinto, DOMINGUES	00	24.41
2.	CNL SEN		CNLeiria	2:06.59	361
	Manuel Maria, FROIS	02	35.39 Bruno Filipe, TABORDA	95	27.72
	Joao Miguel, SANTOS	81	34.25 Guilherme Silva, CASTANHEIRO	04	29.23

Prova 36 Masc., 4 x 50m Estilos Junior
27/11/2022 - 16:00 Resultados

Rec. Nac. Absoluto	1:38.14	Sporting Clube de Portugal	SCP	Leiria	27/11/2021
Rec. Nac. JUN	1:44.33	Sporting Clube de Portugal	SCP	Felgueiras	21/12/2019

Pontos: FINA 2022

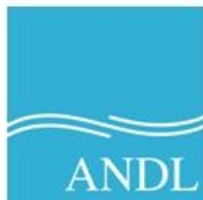
Lugar				Tempo final	Pts
1.	BA JUN		Ba-Leiria	1:55.81	471
	Miguel Fernandes, OLIVEIRA	05	28.72 Jose Francisco, OLIVEIRA	05	28.03
	Afonso Manuel, ASCENSO	05	32.33 Tiago Serradas, FRANCISCO	05	26.73

Prova 36 Masc., 4 x 50m Estilos Juvenil A
27/11/2022 - 16:00 Resultados

Rec. Nac. Absoluto	1:38.14	Sporting Clube de Portugal	SCP	Leiria	27/11/2021
Rec. Nac. JUV A	1:50.53	Grupo Desportivo Natação de	GDNFAM#	Felgueiras	08/05/2022
Rec. Nac. 15 - 16	1:49.20	Sport Lisboa e Benfica	SLB	Felgueiras	08/05/2022

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	CNL JUV A		CNLeiria	1:53.57	499
	Francisco Marques, SIMOES	07	29.36 Joao Moura, FRANCISCO	07	26.19
	Goncalo Pereira, COLACO	07	32.44 Afonso Dinis, ROQUE	07	25.58



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 36, Masc., 4 x 50m Estilos

Prova 36 Masc., 4 x 50m Estilos Infantil A
27/11/2022 - 16:00 Resultados

Rec. Nac. Absoluto	1:38.14	Sporting Clube de Portugal	SCP	Leiria	27/11/2021
Rec. Nac. INF A	1:56.84				
Rec. Nac. 13 - 14	1:56.84				

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	SIRP INF A	Pimpoes/Cimai		2:15.70	293
	Santiago Agostinho, PARREIF09	33.11	Louis Ressejac-Duparc, SAN09S		33.28
	Hugo Miguel, SANTOS 09	39.11	Tomas Bento, ANFILOQUIO 09		30.20

Prova 36 Masc., 4 x 50m Estilos Infantil B
27/11/2022 - 16:00 Resultados

Rec. Nac. Absoluto	1:38.14	Sporting Clube de Portugal	SCP	Leiria	27/11/2021
Rec. Nac. 13 - 14	1:56.84				
Rec. Nac. INF B	2:14.09				

Pontos: FINA 2022

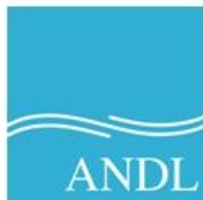
Lugar				Tempo final	Pts
1.	SIRP INF B	Pimpoes/Cimai		2:30.09	216
	Guilherme Costa, REBELO 10	35.35	Gabriel Krempel, VARELA 10		36.64
	Guilherme Rodrigues, CABR10	41.49	Pedro Souza, SILVA 10		36.61

Prova 36 Masc., 4 x 50m Estilos EXTRA CLASSIFICAÇÃO
27/11/2022 - 16:00 Resultados

Rec. Nac. Absoluto	1:38.14	Sporting Clube de Portugal	SCP	Leiria	27/11/2021
Rec. Nac. SEN	1:38.14	Sporting Clube de Portugal	SCP	Leiria	27/11/2021
Rec. Nac. JUN	1:44.33	Sporting Clube de Portugal	SCP	Felgueiras	21/12/2019
Rec. Nac. JUV A	1:50.53	Grupo Desportivo Natação de GDNFAM	Felgueiras		08/05/2022
Rec. Nac. 15 - 16	1:49.20	Sport Lisboa e Benfica	SLB	Felgueiras	08/05/2022
Rec. Nac. JUV B	1:53.23	Grupo Desp. Natacao V. N. FaGDNFAM	Felgueiras		17/07/2021
Rec. Nac. INF A	1:56.84				
Rec. Nac. 13 - 14	1:56.84				
Rec. Nac. INF B	2:14.09				

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	CNAL INF	Alcobaca		2:33.01	204
	Rodrigo Oliveira, SANTOS 09	38.59	Antonio Antunes, JORGE 10		33.33
	David Branco, TROVAO 10	46.72	Santiago Jose, PACHECO 09		34.37



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 37	Femin., 4 x 50m Estilos				Senior
27/11/2022 - 16:05					Resultados
Rec. Nac. Absoluto	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21/12/2019
Rec. Nac. SEN	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21/12/2019

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	SIRP SEN	Pimpoes/Cimai		2:13.52	450
	Lara Roque, COTRIM	03	34.24 Maria Silva, CARVALHO	05	31.04
	Ana Correia, SOUSA	04	39.92 Ines Apolinario, SOARES	03	28.32
DNS	CNL SEN	CNLeiria			

Prova 37	Femin., 4 x 50m Estilos				Juvenil B
27/11/2022 - 16:05					Resultados
Rec. Nac. Absoluto	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21/12/2019
Rec. Nac. 14 - 15	2:05.46				
Rec. Nac. JUV B	2:08.16				

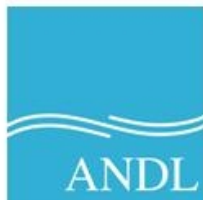
Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	CNAL JUV B	Alcobaca		2:27.73	332
	Constanca Baptista, TOMAS	09	38.85 Mariana Santos, INACIO	09	36.93
	Leonor Palma, JACOMO	09	40.37 Mariana Sousa, MARQUES	09	31.58
2.	BA JUV B	Ba-Leiria		2:28.14	330
	Maria Margarida, OLIVEIRA	09	39.66 Ana Margarida, MARQUES	09	38.58
	Maria Teresa, OLIVEIRA	09	38.38 Ines Ferreira, CHELEU	09	31.52

Prova 37	Femin., 4 x 50m Estilos				Infantil A
27/11/2022 - 16:05					Resultados
Rec. Nac. Absoluto	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21/12/2019
Rec. Nac. INF A	2:12.78				
Rec. Nac. 12 - 13	2:12.78				

Pontos: FINA 2022

Lugar				Tempo final	Pts
1.	OC INF A	Óbidos		2:57.47	191
	Beatriz Valente, CARVALHO	10	52.96 Leonor Silva, MARTINS	10	40.59
	Leonor Pereira, SILVA	10	46.56 Mara Marcao, COTRIM	10	37.36



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 37, Femin., 4 x 50m Estilos

Prova 37 27/11/2022 - 16:05	Femin., 4 x 50m Estilos			EXTRA CLASSIFICAÇÃO Resultados	
Rec. Nac. Absoluto	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21/12/2019
Rec. Nac. SEN	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21/12/2019
Rec. Nac. JUN	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	22/12/2018
Rec. Nac. JUV A	2:05.46				
Rec. Nac. 14 - 15	2:05.46				
Rec. Nac. JUV B	2:08.16				
Rec. Nac. INF A	2:12.78				
Rec. Nac. 12 - 13	2:12.78				
Rec. Nac. INF B	2:23.73				

Pontos: FINA 2022

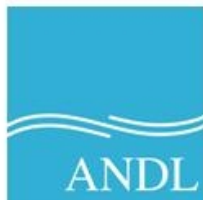
Lugar				Tempo final	Pts
1.	SIRP INF		Pimpoes/Cimai	2:43.18	246
	Debora Silva, INACIO	10	38.15 Mafalda Teles, SOUSA	11	41.27
	Elisa Ressejac-Duparc, SANTO9		44.25 Maria Joao, VALA	11	39.51
2.	CNAL INF		Alcobaca	2:56.12	196
	Mariana Sousa, OLIVEIRA	10	46.98 Gabriela Valverde, CANHA	11	43.69
	Francisca Moreira, FELICIAN(11		47.49 Luana Filipe, REIS	10	37.96
DNS	CNAL JUV EX		Alcobaca		
EXH	CNPE JUV + SEN EX		Naval de Peniche	2:24.16	358
	Francisca Ramos, NUNES	09	35.61 Joana Rosa, FERREIRA	05	33.39
	Zofie, PACHECO	09	42.81 Anjali, RAICAR	09	32.35

Prova 38
27/11/2022 - 16:18

			Masc., 800m Livres	Senior Resultados	
Rec. Nac. Absoluto	7:42.14	Jose Paulo, LOPES	SCB	Felgueiras	20/12/2019
Rec. Nac. SEN	7:42.14	Jose Paulo, LOPES	SCB	Felgueiras	20/12/2019

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts			
1.	David Ferreira, RELVAS		03	Nautico Marinha Grande				9:01.36	549			
	50m:	29.54	29.54	250m:	2:47.24	34.77	450m:	5:05.97	34.80	650m:	7:22.46	33.86
	100m:	1:03.00	33.46	300m:	3:21.57	34.33	500m:	5:40.42	34.45	700m:	7:56.36	33.90
	150m:	1:37.66	34.66	350m:	3:56.46	34.89	550m:	6:14.61	34.19	750m:	8:29.52	33.16
	200m:	2:12.47	34.81	400m:	4:31.17	34.71	600m:	6:48.60	33.99	800m:	9:01.36	31.84



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 38, Masc., 800m Livres

Prova 38 Masc., 800m Livres Junior
27/11/2022 - 16:18 Resultados

Rec. Nac. Absoluto	7:42.14	Jose Paulo, LOPES	SCB	Felgueiras	20/12/2019
Rec. Nac. 18	7:56.76	Guilherme Filipe, PINA	BSCN	Porto	11/12/2015
Rec. Nac. 17	8:00.80	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts			
1.	Edgar Francisco, SIMOES		06	Vieirense				9:35.06	458			
	50m:	32.00	32.00	250m:	2:56.99	36.51	450m:	5:23.79	36.92	650m:	7:49.93	36.50
	100m:	1:07.66	35.66	300m:	3:33.39	36.40	500m:	6:00.39	36.60	700m:	8:26.08	36.15
	150m:	1:43.95	36.29	350m:	4:10.40	37.01	550m:	6:36.96	36.57	750m:	9:02.14	36.06
	200m:	2:20.48	36.53	400m:	4:46.87	36.47	600m:	7:13.43	36.47	800m:	9:35.06	32.92
2.	Rafael, SANTOS		06	Uniao Juncalense				10:44.02	326			
	50m:	36.12	36.12	250m:	3:18.85	40.80	450m:	6:03.50	41.04	650m:	8:46.84	40.50
	100m:	1:16.36	40.24	300m:	4:00.32	41.47	500m:	6:44.58	41.08	700m:	9:27.25	40.41
	150m:	1:57.23	40.87	350m:	4:41.50	41.18	550m:	7:26.17	41.59	750m:	10:07.01	39.76
	200m:	2:38.05	40.82	400m:	5:22.46	40.96	600m:	8:06.34	40.17	800m:	10:44.02	37.01

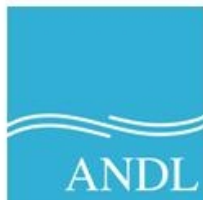
DNS Vasco Pedro, BRANCO 06 Naval da Nazaré

Prova 38 Masc., 800m Livres Juvenil A
27/11/2022 - 16:18 Resultados

Rec. Nac. Absoluto	7:42.14	Jose Paulo, LOPES	SCB	Felgueiras	20/12/2019
Rec. Nac. JUV A	8:09.43	Rui Filipe, COSTA	VSC	Senhora da Hora	12/05/2007

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts			
1.	Afonso Dinis, ROQUE		07	CNLeiria				9:01.54	548			
	50m:	29.50	29.50	250m:	2:44.05	34.45	450m:	5:01.72	34.69	650m:	7:19.23	34.48
	100m:	1:01.98	32.48	300m:	3:18.22	34.17	500m:	5:36.10	34.38	700m:	7:53.01	33.78
	150m:	1:35.66	33.68	350m:	3:52.40	34.18	550m:	6:10.22	34.12	750m:	8:27.31	34.30
	200m:	2:09.60	33.94	400m:	4:27.03	34.63	600m:	6:44.75	34.53	800m:	9:01.54	34.23
2.	Francisco Xavier, RITA		07	Vieirense				9:24.66	484			
	50m:	31.04	31.04	250m:	2:52.33	35.51	450m:	5:15.45	36.15	650m:	7:40.87	36.08
	100m:	1:05.97	34.93	300m:	3:27.68	35.35	500m:	5:51.78	36.33	700m:	8:16.01	35.14
	150m:	1:41.27	35.30	350m:	4:03.13	35.45	550m:	6:28.40	36.62	750m:	8:50.65	34.64
	200m:	2:16.82	35.55	400m:	4:39.30	36.17	600m:	7:04.79	36.39	800m:	9:24.66	34.01
3.	Andre Filipe, FERNANDES		07	Alcobaca				11:43.90	249			
	50m:	36.61	36.61	250m:	3:32.85	44.95	450m:	6:34.07	45.86	650m:	9:35.50	45.42
	100m:	1:20.04	43.43	300m:	4:18.47	45.62	500m:	7:19.24	45.17	700m:	10:19.45	43.95
	150m:	2:03.34	43.30	350m:	5:03.58	45.11	550m:	8:04.60	45.36	750m:	11:04.84	45.39
	200m:	2:47.90	44.56	400m:	5:48.21	44.63	600m:	8:50.08	45.48	800m:	11:43.90	39.06



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

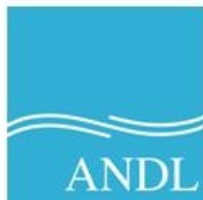
Prova 38, Masc., 800m Livres

Prova 38 Masc., 800m Livres Juvenil B
27/11/2022 - 16:18 Resultados

Rec. Nac. Absoluto 7:42.14 Jose Paulo, LOPES SCB Felgueiras 20/12/2019
Rec. Nac. JUV B 8:27.18 Rui Filipe, COSTA VSC Senhora da Hora 13/05/2006

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tome Nunes, TOME	08 CNLeiria	9:32.32	465
50m: 31.29 31.29	250m: 2:53.32 36.36	450m: 5:19.00 36.59	650m: 7:45.31 36.56
100m: 1:05.46 34.17	300m: 3:29.30 35.98	500m: 5:55.43 36.43	700m: 8:21.95 36.64
150m: 1:40.69 35.23	350m: 4:06.01 36.71	550m: 6:32.13 36.70	750m: 8:58.72 36.77
200m: 2:16.96 36.27	400m: 4:42.41 36.40	600m: 7:08.75 36.62	800m: 9:32.32 33.60
2. Santiago Boica, SOUSA	08 Vieiraense	9:36.00	456
50m: 32.68 32.68	250m: 2:59.00 37.38	450m: 5:25.16 36.45	650m: 7:50.56 36.15
100m: 1:08.77 36.09	300m: 3:34.98 35.98	500m: 6:01.88 36.72	700m: 8:26.68 36.12
150m: 1:45.32 36.55	350m: 4:11.87 36.89	550m: 6:38.06 36.18	750m: 9:02.53 35.85
200m: 2:21.62 36.30	400m: 4:48.71 36.84	600m: 7:14.41 36.35	800m: 9:36.00 33.47
3. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	9:38.33	450
50m: 32.68 32.68	250m: 2:56.26 36.65	450m: 5:23.24 36.75	650m: 7:50.25 36.44
100m: 1:07.37 34.69	300m: 3:32.96 36.70	500m: 6:00.17 36.93	700m: 8:27.35 37.10
150m: 1:43.42 36.05	350m: 4:09.40 36.44	550m: 6:36.88 36.71	750m: 9:03.25 35.90
200m: 2:19.61 36.19	400m: 4:46.49 37.09	600m: 7:13.81 36.93	800m: 9:38.33 35.08
4. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	10:39.32	333
50m: 36.17 36.17	250m: 3:20.54 41.46	450m: 6:05.64 41.42	650m: 8:46.39 39.07
100m: 1:17.20 41.03	300m: 4:01.85 41.31	500m: 6:46.04 40.40	700m: 9:25.80 39.41
150m: 1:58.35 41.15	350m: 4:42.95 41.10	550m: 7:26.91 40.87	750m:10:04.31 38.51
200m: 2:39.08 40.73	400m: 5:24.22 41.27	600m: 8:07.32 40.41	800m:10:39.32 35.01
5. Diogo Coelho, JORDAO	08 Uniao Juncalense	10:40.18	332
50m: 36.37 36.37	250m: 3:20.56 40.91	450m: 6:04.43 40.62	650m: 8:46.05 40.01
100m: 1:16.92 40.55	300m: 4:01.56 41.00	500m: 6:44.92 40.49	700m: 9:25.79 39.74
150m: 1:57.98 41.06	350m: 4:42.72 41.16	550m: 7:25.76 40.84	750m:10:04.57 38.78
200m: 2:39.65 41.67	400m: 5:23.81 41.09	600m: 8:06.04 40.28	800m:10:40.18 35.61
DNS Antonio Quiterio, ANASTACIO	08 Benedita		
DNS Justin Daniel, BORGES	08 Óbidos		
EXH Joao Peres, COSTA	04 Naval Praia da Vitoria	9:21.21	493
50m: 28.57 28.57	250m: 2:31.64 30.54	450m: 4:57.09 50.38	650m: 7:32.64 36.42
100m: 59.80 31.23	300m: 3:02.76 31.12	500m: 5:38.02 40.93	700m: 8:09.67 37.03
150m: 1:30.37 30.57	350m: 3:34.91 32.15	550m: 6:18.46 40.44	750m: 8:45.21 35.54
200m: 2:01.10 30.73	400m: 4:06.71 31.80	600m: 6:56.22 37.76	800m: 9:21.21 36.00



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 39 Femin., 800m Livres Senior Resultados
27/11/2022 - 16:43

Rec. Nac. Absoluto	8:20.97	Diana Marqarida, DURAES	POR	Glasqow (GBR)	04/12/2019
Rec. Nac. SEN	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019

Pontos: FINA 2022

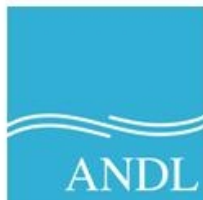
Lugar	Ano		Tempo final								Pts	
1. Joana Rosa, FERREIRA	05		Naval de Peniche								9:27.89	601
	50m:	31.85	31.85	250m:	2:53.82	35.98	450m:	5:16.60	35.59	650m:	7:41.19	36.34
	100m:	1:06.19	34.34	300m:	3:29.56	35.74	500m:	5:52.56	35.96	700m:	8:17.15	35.96
	150m:	1:41.84	35.65	350m:	4:05.18	35.62	550m:	6:28.61	36.05	750m:	8:52.79	35.64
	200m:	2:17.84	36.00	400m:	4:41.01	35.83	600m:	7:04.85	36.24	800m:	9:27.89	35.10
2. Joana Silva, ALVES	05		Benedita								9:31.33	590
	50m:	33.19	33.19	250m:	2:57.96	36.19	450m:	5:22.56	36.31	650m:	7:46.18	35.66
	100m:	1:09.08	35.89	300m:	3:33.85	35.89	500m:	5:58.76	36.20	700m:	8:21.71	35.53
	150m:	1:45.49	36.41	350m:	4:09.94	36.09	550m:	6:34.44	35.68	750m:	8:56.91	35.20
	200m:	2:21.77	36.28	400m:	4:46.25	36.31	600m:	7:10.52	36.08	800m:	9:31.33	34.42

Prova 39 Femin., 800m Livres Junior Resultados
27/11/2022 - 16:43

Rec. Nac. Absoluto	8:20.97	Diana Marqarida, DURAES	POR	Glasqow (GBR)	04/12/2019
Rec. Nac. 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13/12/2015
Rec. Nac. 16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21/12/2014

Pontos: FINA 2022

Lugar	Ano		Tempo final								Pts	
1. Leonor Verissimo, FARIA	06		Nucleo de Pombal								9:18.46	632
	50m:	32.66	32.66	250m:	2:53.75	35.93	450m:	5:16.19	35.48	650m:	7:36.14	34.99
	100m:	1:07.45	34.79	300m:	3:29.37	35.62	500m:	5:51.41	35.22	700m:	8:10.87	34.73
	150m:	1:42.60	35.15	350m:	4:05.08	35.71	550m:	6:26.42	35.01	750m:	8:45.61	34.74
	200m:	2:17.82	35.22	400m:	4:40.71	35.63	600m:	7:01.15	34.73	800m:	9:18.46	32.85
2. Ana Francisca, SILVA	06		Alcobaca								9:34.08	582
	50m:	32.42	32.42	250m:	2:54.41	35.91	450m:	5:18.56	36.15	650m:	7:44.99	36.87
	100m:	1:07.30	34.88	300m:	3:30.44	36.03	500m:	5:54.86	36.30	700m:	8:21.54	36.55
	150m:	1:42.77	35.47	350m:	4:06.36	35.92	550m:	6:31.49	36.63	750m:	8:57.35	35.81
	200m:	2:18.50	35.73	400m:	4:42.41	36.05	600m:	7:08.12	36.63	800m:	9:34.08	36.73
3. Maria Francisca, FROIS	06		CNLeiria								9:50.23	535
	50m:	31.95	31.95	250m:	2:58.85	37.37	450m:	5:27.61	37.16	650m:	7:58.80	37.70
	100m:	1:07.66	35.71	300m:	3:36.25	37.40	500m:	6:05.19	37.58	700m:	8:35.95	37.15
	150m:	1:44.48	36.82	350m:	4:13.43	37.18	550m:	6:43.29	38.10	750m:	9:13.45	37.50
	200m:	2:21.48	37.00	400m:	4:50.45	37.02	600m:	7:21.10	37.81	800m:	9:50.23	36.78
4. Margarida Correia, MADEIRA	06		Nautico Marinha Grande								9:56.33	519
	50m:	33.24	33.24	250m:	3:01.03	37.60	450m:	5:33.02	38.13	650m:	8:04.65	37.37
	100m:	1:09.19	35.95	300m:	3:38.72	37.69	500m:	6:11.03	38.01	700m:	8:42.16	37.51
	150m:	1:46.21	37.02	350m:	4:16.73	38.01	550m:	6:49.13	38.10	750m:	9:19.36	37.20
	200m:	2:23.43	37.22	400m:	4:54.89	38.16	600m:	7:27.28	38.15	800m:	9:56.33	36.97
5. Beatriz Luz, MARTINS	06		Pimpoes/Cimai								10:29.13	442
	50m:	34.03	34.03	250m:	3:12.47	40.05	450m:	5:52.00	39.30	650m:	8:33.22	39.89
	100m:	1:12.63	38.60	300m:	3:51.35	38.88	500m:	6:32.28	40.28	700m:	9:14.07	40.85
	150m:	1:52.59	39.96	350m:	4:32.68	41.33	550m:	7:12.87	40.59	750m:	9:52.71	38.64
	200m:	2:32.42	39.83	400m:	5:12.70	40.02	600m:	7:53.33	40.46	800m:	10:29.13	36.42



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 39, Femin., 800m Livres

Prova 39 Femin., 800m Livres Juvenil B
27/11/2022 - 16:43 Resultados

Rec. Nac. Absoluto	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Rec. Nac. JUV B	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20/12/1980

Pontos: FINA 2022

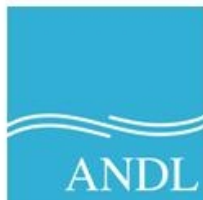
Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	9:58.35	514
50m: 33.12 33.12	250m: 3:02.57 38.22	450m: 5:35.06 38.12	650m: 8:06.80 37.89
100m: 1:09.51 36.39	300m: 3:41.04 38.47	500m: 6:13.11 38.05	700m: 8:44.46 37.66
150m: 1:46.91 37.40	350m: 4:18.57 37.53	550m: 6:50.96 37.85	750m: 9:21.89 37.43
200m: 2:24.35 37.44	400m: 4:56.94 38.37	600m: 7:28.91 37.95	800m: 9:58.35 36.46
2. Constanca Baptista, TOMAS	09 Alcobaca	10:17.57	467
50m: 34.08 34.08	250m: 3:10.89 38.95	450m: 5:47.43 39.53	650m: 8:24.37 38.81
100m: 1:12.85 38.77	300m: 3:50.12 39.23	500m: 6:26.61 39.18	700m: 9:02.64 38.27
150m: 1:52.35 39.50	350m: 4:29.11 38.99	550m: 7:05.91 39.30	750m: 9:41.32 38.68
200m: 2:31.94 39.59	400m: 5:07.90 38.79	600m: 7:45.56 39.65	800m:10:17.57 36.25
3. Francisca Ramos, NUNES	09 Naval de Peniche	10:21.05	459
50m: 34.24 34.24	250m: 3:11.77 39.64	450m: 5:49.14 39.44	650m: 8:27.97 39.85
100m: 1:12.79 38.55	300m: 3:51.24 39.47	500m: 6:28.79 39.65	700m: 9:06.98 39.01
150m: 1:52.89 40.10	350m: 4:30.59 39.35	550m: 7:08.41 39.62	750m: 9:45.27 38.29
200m: 2:32.13 39.24	400m: 5:09.70 39.11	600m: 7:48.12 39.71	800m:10:21.05 35.78

Prova 40 Masc., 100m Costas Senior
27/11/2022 - 17:10 Resultados

Rec. Nac. Absoluto	51.30	Gabriel Jose, LOPES	ALN	Albufeira	13/11/2022
Rec. Nac. SEN	51.30	Gabriel Jose, LOPES	ALN	Albufeira	13/11/2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Vitor Belo, CLARA	04 CNLeiria	59.57	534
50m: 28.59 28.59	100m: 59.57 30.98		
2. Bruno Filipe, TABORDA	95 CNLeiria	1:03.13	448
50m: 30.79 30.79	100m: 1:03.13 32.34		
3. Francisco Xavier, TOMAS	00 Alcobaca	1:03.89	432
50m: 30.53 30.53	100m: 1:03.89 33.36		
4. Diogo Vicente, SILVA	98 Nautico Marinha Grande	1:05.22	406
50m: 31.36 31.36	100m: 1:05.22 33.86		
DNS Ricardo Morais, FARIA	04 CNLeiria		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 40, Masc., 100m Costas

Prova 40 Masc., 100m Costas Junior
27/11/2022 - 17:10 Resultados

Rec. Nac. Absoluto	51.30	Gabriel Jose, LOPES	ALN	Albufeira	13/11/2022
Rec. Nac. 18	53.88	Alexis Manacas, SANTOS	SCP	Leiria	05/12/2009
Rec. Nac. 17	54.97	Gabriel Jose, LOPES	CDL	Coimbra	11/05/2014

Pontos: FINA 2022

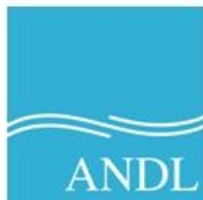
Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA 50m: 30.31 30.31 100m: 1:01.17 30.86	05 Ba-Leiria	1:01.17	493
2. Tiago Serradas, FRANCISCO 50m: 31.90 31.90 100m: 1:06.16 34.26	05 Ba-Leiria	1:06.16	389
3. Cristiano Nogueira, FERREIRA 50m: 32.44 32.44 100m: 1:06.22 33.78	06 Nucleo de Pombal	1:06.22	388
4. Samuel Filipe, AMORIM 50m: 32.73 32.73 100m: 1:08.11 35.38	05 Nautico Marinha Grande	1:08.11	357
5. Manuel Faveiro, JESUS 50m: 34.46 34.46 100m: 1:11.24 36.78	06 Nucleo de Ansião	1:11.24	312
6. Gabriel Lourenco, CUSTODIO 50m: 38.98 38.98 100m: 1:20.73 41.75	06 Naval da Nazaré	1:20.73	214
DNS Micael Dmitrievich, DENISOV	06 CNLeiria		
DNS Goncalo Rodrigues, VINTEM	06 Nucleo de Ansião		

Prova 40 Masc., 100m Costas Juvenil A
27/11/2022 - 17:10 Resultados

Rec. Nac. Absoluto	51.30	Gabriel Jose, LOPES	ALN	Albufeira	13/11/2022
Rec. Nac. JUV A	56.45	Diogo Gomes, SOUSA	CNCVG	Porto	04/12/2010

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ 50m: 29.98 29.98 100m: 1:01.46 31.48	07 Alcobaca	1:01.46	486
2. Francisco Jose, FRAGOSO 50m: 31.37 31.37 100m: 1:06.74 35.37	07 Veiense	1:06.74	379
3. Mateus Marques, MACHADO 50m: 35.94 35.94 100m: 1:14.20 38.26	07 Benedita	1:14.20	276



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 40, Masc., 100m Costas

Prova 40 Masc., 100m Costas Juvenil B
27/11/2022 - 17:10 Resultados

Rec. Nac. Absoluto	51.30	Gabriel Jose, LOPES	ALN	Albufeira	13/11/2022
Rec. Nac. JUV B	57.36	Gustavo Carvalho, SILVA	ADA	Praia da Vitória	20/07/2019

Pontos: FINA 2022

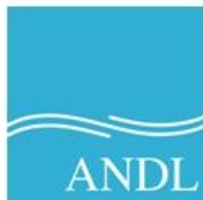
Lugar	Ano	Tempo final	Pts
1. Gabriel Mota, PATRICIO 50m: 35.24 35.24 100m: 1:11.75 36.51	08 Vieirense	1:11.75	305
2. Martim Luis, GASPAR 50m: 35.50 35.50 100m: 1:13.30 37.80	08 Nautico Marinha Grande	1:13.30	286
3. Tiago Daniel, POVOA 50m: 45.75 45.75 100m: 1:33.47 47.72	08 Uniao Juncalense	1:33.47	138
DNS Daniel Gomes, SANTOS	08 Nautico Marinha Grande		

Prova 40 Masc., 100m Costas Infantil A
27/11/2022 - 17:10 Resultados

Rec. Nac. Absoluto	51.30	Gabriel Jose, LOPES	ALN	Albufeira	13/11/2022
Rec. Nac. INF A	59.50	Ricardo Lopes, SILVA	DNMG	Caldas da Rainha	10/06/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA 50m: 33.41 33.41 100m: 1:08.37 34.96	09 Ba-Leiria	1:08.37	353
2. Henrique Martins, JOAQUIM 50m: 34.42 34.42 100m: 1:10.84 36.42	09 Ba-Leiria	1:10.84	317
3. David Ferrador, PEREIRA 50m: 36.26 36.26 100m: 1:16.39 40.13	09 Nucleo de Pombal	1:16.39	253
4. Francisco Lourenco, CUSTODIO 50m: 37.99 37.99 100m: 1:17.99 40.00	09 Naval da Nazaré	1:17.99	237
5. Rodrigo Oliveira, SANTOS 50m: 38.62 38.62 100m: 1:19.89 41.27	09 Alcobaca	1:19.89	221
6. Gabriel Santiago, FERREIRA 50m: 39.28 39.28 100m: 1:20.51 41.23	09 Uniao Juncalense	1:20.51	216
7. Santiago Jose, PACHECO 50m: 41.71 41.71 100m: 1:25.09 43.38	09 Alcobaca	1:25.09	183
8. Andre Guilherme, CORDEIRO 50m: 42.59 42.59 100m: 1:28.41 45.82	09 Naval de Peniche	1:28.41	163
9. Pedro Blanc, CAPINHA 50m: 44.66 44.66 100m: 1:29.48 44.82	09 Óbidos	1:29.48	157
DNS Luis Pedro, VALERIO	09 Ba-Leiria		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 40, Masc., 100m Costas

Prova 40 Masc., 100m Costas Infantil B
27/11/2022 - 17:10 Resultados

Rec. Nac. Absoluto	51.30	Gabriel Jose, LOPES	ALN	Albufeira	13/11/2022
Rec. Nac. INF B	1:04.13	Miguel Reis, OLIVEIRA	SCB	Braga	22/05/2022

Pontos: FINA 2022

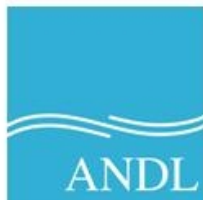
Lugar	Ano	Tempo final	Pts
1. Rodolfo Junior, ALECRIM 50m: 36.37 36.37 100m: 1:15.08 38.71	10 Ba-Leiria	1:15.08	266
2. Tomas Marques, FRANCISCO 50m: 41.43 41.43 100m: 1:23.92 42.49	10 CNLeiria	1:23.92	191
3. Rodrigo Cardoso, TOMAS 50m: 42.60 42.60 100m: 1:25.31 42.71	10 Uniao Juncalense	1:25.31	181
4. David Branco, TROVAO 50m: 42.49 42.49 100m: 1:27.30 44.81	10 Alcobaca	1:27.30	169
5. Tomas Gomes, AFONSO 50m: 44.15 44.15 100m: 1:30.33 46.18	10 Óbidos	1:30.33	153
6. Simao Almeida, CARNIDE 50m: 45.04 45.04 100m: 1:31.53 46.49	10 Vieiraense	1:31.53	147
7. Santiago Neves, SILVA 50m: 45.02 45.02 100m: 1:33.33 48.31	10 Nucleo de Pombal	1:33.33	138
DNS Rafael Costa, ANTUNES	10 Naval de Peniche		
EXH Joao Peres, COSTA 50m: 27.32 27.32 100m: 57.22 29.90	04 Naval Praia da Vitoria	57.22	602

Prova 41 Femin., 100m Costas Senior
27/11/2022 - 17:20 Resultados

Rec. Nac. Absoluto	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14/11/2021
Rec. Nac. SEN	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14/11/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA 50m: 33.59 33.59 100m: 1:08.38 34.79	05 CNLeiria	1:08.38	517
2. Ines Apolinario, SOARES 50m: 34.20 34.20 100m: 1:10.47 36.27	03 Pimpoes/Cimai	1:10.47	472
3. Lara Roque, COTRIM 50m: 36.14 36.14 100m: 1:14.20 38.06	03 Pimpoes/Cimai	1:14.20	404
4. Bruna Andreia, SIMOES 50m: 35.81 35.81 100m: 1:14.93 39.12	01 Vieiraense	1:14.93	393
5. Beatriz Sofia, AMARO 50m: 36.48 36.48 100m: 1:16.47 39.99	04 Nautico Marinha Grande	1:16.47	369
6. Bruna Elisabete, PAULINO 50m: 38.63 38.63 100m: 1:21.35 42.72	97 Alcobaca	1:21.35	307



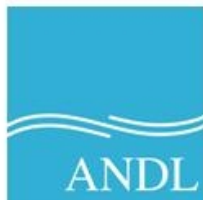
Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 41, Femin., 100m Costas

Prova 41	Femin., 100m Costas				Junior
27/11/2022 - 17:20					Resultados
Rec. Nac. Absoluto	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14/11/2021
Rec. Nac. 17	59.61	Rafaela Gomes, AZEVEDO	SAD	Algés	29/06/2019
Rec. Nac. 16	1:01.55	Ines Camacho, FERNANDES	SCP	Porto	08/12/2013

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1. Ariana Bento, CARAPINHA	06	Ba-Leiria	1:06.89	552
50m: 32.28 32.28	100m: 1:06.89	34.61		
2. Ana Francisca, SILVA	06	Alcobaca	1:09.59	490
50m: 34.39 34.39	100m: 1:09.59	35.20		
3. Matilde Violante, VIANA	07	CNLeiria	1:13.84	410
50m: 35.91 35.91	100m: 1:13.84	37.93		
4. Leonor Caetano, MOREIRA	06	Vieirense	1:15.85	378
50m: 36.85 36.85	100m: 1:15.85	39.00		
5. Catarina Machado, BELO	06	Benedita	1:16.71	366
50m: 36.56 36.56	100m: 1:16.71	40.15		
6. Mariana Magalhaes, FERNANDES	06	Vieirense	1:17.86	350
50m: 37.24 37.24	100m: 1:17.86	40.62		
7. Mafalda Caetano, LOURENCO	06	Vieirense	1:20.75	314
50m: 39.03 39.03	100m: 1:20.75	41.72		
8. Maria Ines, ESTEVES	06	Naval da Nazaré	1:20.95	311
50m: 39.35 39.35	100m: 1:20.95	41.60		
9. Leonor Vendima, COELHO	07	Uniao Juncalense	1:24.05	278
50m: 40.84 40.84	100m: 1:24.05	43.21		
10. Flavia Mendes, DOMINGUES	06	Nucleo de Pombal	1:25.03	269
50m: 41.27 41.27	100m: 1:25.03	43.76		
11. Ana Luisa, RENDEIRO	06	Nucleo de Pombal	1:25.50	264
50m: 42.04 42.04	100m: 1:25.50	43.46		
12. Catarina Tagaroso, LOBO	07	Uniao Juncalense	1:28.79	236
50m: 42.76 42.76	100m: 1:28.79	46.03		
13. Ana Margarida, MOTA	07	Nucleo de Ansião	1:29.09	233
50m: 44.09 44.09	100m: 1:29.09	45.00		
14. Diana Filipa, SANTOS	07	Nucleo de Ansião	1:35.36	190
50m: 46.38 46.38	100m: 1:35.36	48.98		
15. Beatriz Simoes, MACHADO	07	Nucleo de Ansião	1:36.38	184
50m: 47.08 47.08	100m: 1:36.38	49.30		
16. Maria Matos, COSTA	07	Nucleo de Ansião	1:43.00	151
50m: 50.37 50.37	100m: 1:43.00	52.63		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 41, Femin., 100m Costas

Prova 41 Femin., 100m Costas Juvenil A
27/11/2022 - 17:20 Resultados

Rec. Nac. Absoluto	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14/11/2021
Rec. Nac. JUV A	1:01.43	Ines Camacho, FERNANDES	SCP	Mealhada	17/12/2011

Pontos: FINA 2022

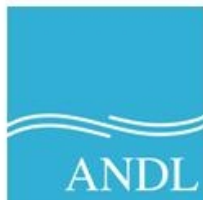
Lugar	Ano	Tempo final	Pts
1. Victoria Frogeri, PEREIRA	08 CNLeiria	1:10.67	468
50m: 33.93 33.93	100m: 1:10.67 36.74		
2. Rita Rocha, SILVA	08 Alcobaca	1:15.41	385
50m: 37.03 37.03	100m: 1:15.41 38.38		
3. Diana Rita, FONSECA	08 Viegrense	1:17.57	354
50m: 37.28 37.28	100m: 1:17.57 40.29		
4. Matilde Andre, LUIS	08 Alcobaca	1:19.15	333
50m: 40.17 40.17	100m: 1:19.15 38.98		
5. Matilde Monteiro, NEVES	08 Nucleo de Pombal	1:28.05	242
50m: 43.85 43.85	100m: 1:28.05 44.20		
DNS Lara Cardoso, MARTO	08 Nucleo de Pombal		

Prova 41 Femin., 100m Costas Juvenil B
27/11/2022 - 17:20 Resultados

Rec. Nac. Absoluto	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14/11/2021
Rec. Nac. JUV B	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia	12/02/2011

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Beatriz Belo, CLARA	09 CNLeiria	1:10.46	472
50m: 34.75 34.75	100m: 1:10.46 35.71		
2. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	1:15.31	387
50m: 36.56 36.56	100m: 1:15.31 38.75		
3. Francisca Ramos, NUNES	09 Naval de Peniche	1:16.06	375
50m: 37.01 37.01	100m: 1:16.06 39.05		
4. Mariana Santos, INACIO	09 Alcobaca	1:22.95	289
50m: 40.33 40.33	100m: 1:22.95 42.62		
5. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	1:23.17	287
50m: 40.82 40.82	100m: 1:23.17 42.35		
6. Maria Margarida, OLIVEIRA	09 Ba-Leiria	1:24.58	273
50m: 41.86 41.86	100m: 1:24.58 42.72		
7. Maria Teresa, OLIVEIRA	09 Ba-Leiria	1:25.23	267
50m: 41.40 41.40	100m: 1:25.23 43.83		
8. Ines Ferreira, CHELEU	09 Ba-Leiria	1:28.56	238
50m: 42.87 42.87	100m: 1:28.56 45.69		
9. Elisa Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	1:29.42	231
50m: 43.75 43.75	100m: 1:29.42 45.67		
10. Ana Carolina, RODRIGUES	09 Nucleo de Ansião	1:40.76	161
50m: 50.05 50.05	100m: 1:40.76 50.71		
DNS Leonor Valerio, ADRIANO	09 Alcobaca		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 41, Femin., 100m Costas

Prova 41
27/11/2022 - 17:20

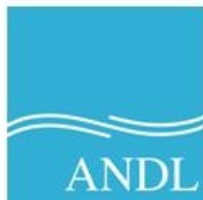
Femin., 100m Costas

Infantil A
Resultados

Rec. Nac. Absoluto	58.39	Rafaela Gomes, AZEVEDO	SAD	Albufeira	14/11/2021
Rec. Nac. INF A	1:04.85	Filipa Ramos, PEIXEIRA	SCP	Tomar	18/03/2016

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Barbara Balbino, MENDES 50m: 37.61 37.61 100m: 1:17.37 39.76	10 Naval de Peniche	1:17.37	357
2. Diana Isabel, ALVES 50m: 39.42 39.42 100m: 1:20.04 40.62	10 Benedita	1:20.04	322
3. Bianca Balbino, MENDES 50m: 38.93 38.93 100m: 1:20.36 41.43	10 Naval de Peniche	1:20.36	318
4. Maria Carolina, ALVES 50m: 40.37 40.37 100m: 1:22.60 42.23	10 Ba-Leiria	1:22.60	293
5. Sofia Roma, BRIZIDA 50m: 42.25 42.25 100m: 1:26.50 44.25	10 Ba-Leiria	1:26.50	255
6. Vida Sofia, VELEZ 50m: 43.40 43.40 100m: 1:29.66 46.26	10 Ba-Leiria	1:29.66	229
7. Matilde Evangelista, SILVA 50m: 43.90 43.90 100m: 1:29.76 45.86	10 Benedita	1:29.76	228
8. Leonor Pereira, SILVA 50m: 43.76 43.76 100m: 1:30.34 46.58	10 Óbidos	1:30.34	224
9. Sofia Pinheiro, PACHECO 50m: 46.02 46.02 100m: 1:33.00 46.98	10 Óbidos	1:33.00	205
10. Mariana Santos, AFONSO 50m: 45.09 45.09 100m: 1:33.16 48.07	10 Naval de Peniche	1:33.16	204
11. Leonor Silva, MARTINS 50m: 44.96 44.96 100m: 1:33.57 48.61	10 Óbidos	1:33.57	201
12. Mariana Sousa, OLIVEIRA 50m: 45.59 45.59 100m: 1:34.39 48.80	10 Alcobaca	1:34.39	196
13. Rafaela Santos, AFONSO 50m: 46.12 46.12 100m: 1:35.02 48.90	10 Naval de Peniche	1:35.02	192
14. Mara Marcao, COTRIM 50m: 46.23 46.23 100m: 1:35.64 49.41	10 Óbidos	1:35.64	189
15. Ana Beatriz, LOPES 50m: 48.60 48.60 100m: 1:42.00 53.40	10 Nucleo de Ansião	1:42.00	155



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

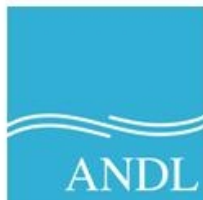
Prova 41, Femin., 100m Costas

Prova 41 Femin., 100m Costas Infantil B
27/11/2022 - 17:20 Resultados

Rec. Nac. Absoluto 58.39 Rafaela Gomes, AZEVEDO SAD Albufeira 14/11/2021
Rec. Nac. INF B 1:06.85 Carolina Miranda, FERNANDES CGA Mealhada 07/04/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Carlota Sa, SANTOS 50m: 42.58 42.58 100m: 1:26.99	11 Nucleo de Pombal	1:26.99	251
2. Carolina Silva, CASTANHEIRA 50m: 42.93 42.93 100m: 1:27.43	11 CNLeiria	1:27.43	247
3. Anastasiya, PRYMACHENKO 50m: 43.64 43.64 100m: 1:28.64	11 Nucleo de Pombal	1:28.64	237
4. Gabriela Valverde, CANHA 50m: 45.64 45.64 100m: 1:34.18	11 Alcobaca	1:34.18	197
5. Francisca Moreira, FELICIANO 50m: 47.97 47.97 100m: 1:37.43	11 Alcobaca	1:37.43	178
6. Isabela Maria, CARREIRA 50m: 49.19 49.19 100m: 1:38.85	11 Uniao Juncalense	1:38.85	171
7. Mariana Silva, CONCEICAO 50m: 49.68 49.68 100m: 1:42.06	11 Benedita	1:42.06	155
8. Madalena Coelho, FERREIRA 50m: 50.51 50.51 100m: 1:42.07	11 Uniao Juncalense	1:42.07	155
9. Leiriia Silviovna, TONKIKH 50m: 51.09 51.09 100m: 1:46.90	11 CNLeiria	1:46.90	135
10. Margarida Lopes, RODRIGUES 50m: 52.06 52.06 100m: 1:51.13	11 Uniao Juncalense	1:51.13	120
11. Erica Felix, RODRIGUES 50m: 56.07 56.07 100m: 1:55.33	11 Uniao Juncalense	1:55.33	107
12. Matilde Vitorino, FERREIRA 50m: 54.74 54.74 100m: 1:55.60	11 Naval de Peniche	1:55.60	107
DSQ Francisca Caetano, LOURENCO <i>Na viragem aos 25 metros, a atleta efetuou duas braçadas após virar para a posição ventral.</i>	11 Benedita		
DSQ Matilde Coelho, FERREIRA <i>Na viragem aos 25 metros, a atleta não iniciou a viragem num movimento contínuo e imediato após terminar a última braçada.</i>	11 Uniao Juncalense		
DNS Mariana Sousa, MENDES	11 Alcobaca		
EXH Sophie Maya, FERNANDES 50m: 37.43 37.43 100m: 1:17.24	06 Rio Maior	1:17.24	358



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 42	Masc., 50m Livres			Senior
27/11/2022 - 17:40				Resultados
Rec. Nac. Absoluto	21.57	Miguel Duarte, NASCIMENTO SLB	Coimbra	23/12/2020
Rec. Nac. SEN	21.57	Miguel Duarte, NASCIMENTO SLB	Coimbra	23/12/2020

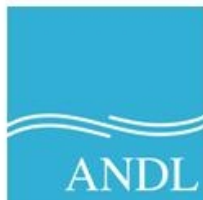
Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1.		Miguel Vicente, SILVA	23.88	601
2.		Filipe Miguel, GOMES	24.22	576
3.		Nuno Goncalo, SANTOS	24.60	550
4.		Vitor Belo, CLARA	24.65	547
5.		Bruno Pinto, DOMINGUES	25.06	520
6.		Guilherme Silva, CASTANHEIRA	25.20	512
7.		Sandro Emanuel, FRANCISCO	25.31	505
8.		Francisco Xavier, TOMAS	26.14	458
9.		Joao Pedro, TARQUINIO	26.37	446
10.		Joao Miguel, SANTOS	27.12	410
11.		Manuel Maria, FROIS	27.58	390
12.		Miguel Angelo, SILVESTRE	28.24	363
13.		Joao Pedro, MENDES	39.94	128
DNS		Daniel, TSYKAL		
DNS		Goncalo Manuel, REPOLHO		

Prova 42	Masc., 50m Livres			Junior
27/11/2022 - 17:40				Resultados
Rec. Nac. Absoluto	21.57	Miguel Duarte, NASCIMENTO SLB	Coimbra	23/12/2020
Rec. Nac. 18	22.24	Miguel Duarte, NASCIMENTO PORTIN	Porto	08/12/2012
Rec. Nac. 17	23.12	Tiago Andrade, MACHADO SCA	Felgueiras	22/12/2018

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts
1.		Tomas Amor, SARREIRA	25.03	522
2.		Luca Valentino, TONA	26.13	459
3.		Jose Francisco, OLIVEIRA	26.55	437
4.		Edgar Francisco, SIMOES	26.90	420
5.		Manuel Faveiro, JESUS	27.09	412
6.		Marco Ferreira, SILVA	27.64	388
7.		Cristiano Nogueira, FERREIRA	28.75	344
8.		Bruno Belo, AGOSTINHO	28.93	338
9.		Rafael, SANTOS	29.00	335
DNS		Micael Dmitrievich, DENISOV		
DNS		Vasco Pedro, BRANCO		
DNS		Goncalo Rodrigues, VINTEM		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 42, Masc., 50m Livres

Prova 42 Masc., 50m Livres Juvenil A
27/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	21.57	Miguel Duarte, NASCIMENTO	SLB	Coimbra	23/12/2020
Rec. Nac. JUV A	23.83	Diogo Matos, RIBEIRO	CUC	Coimbra	02/02/2020

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Goncalo Pereira, COLACO	07 CNLeiria	25.80	477
2. Joao Moura, FRANCISCO	07 CNLeiria	26.32	449
3. Jose Januario, MARQUES	07 Pimpoes/Cimai	27.76	383
4. David Jose, CARREIRA	07 Uniao Juncalense	32.37	241
5. Andre Filipe, FERNANDES	07 Alcobaca	32.60	236
DNS Adriano Afonso, STEVENS	07 Ba-Leiria		

Prova 42 Masc., 50m Livres Juvenil B
27/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	21.57	Miguel Duarte, NASCIMENTO	SLB	Coimbra	23/12/2020
Rec. Nac. JUV B	23.96	Diogo Gomes, SOUSA	CNCVG	Ponte de Sôr	13/12/2009

Pontos: FINA 2022

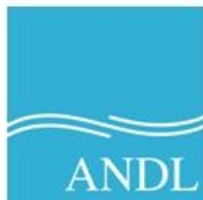
Lugar	Ano	Tempo final	Pts
1. Tome Nunes, TOME	08 CNLeiria	27.69	385
2. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	27.83	380
3. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	29.55	317
4. Tiago Santos, POMBO	08 Alcobaca	29.62	315
5. Frederico Costa, ANDRE	08 Nucleo de Ansião	31.32	266
6. Diogo Barata, ALVES	08 Nautico Marinha Grande	31.43	263

Prova 42 Masc., 50m Livres Infantil A
27/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	21.57	Miguel Duarte, NASCIMENTO	SLB	Coimbra	23/12/2020
Rec. Nac. INF A	25.30	Joao Cruz, CASTRO	CSM	Funchal	12/04/2014

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Henrique Martins, JOAQUIM	09 Ba-Leiria	27.23	405
2. Tomas Pascoal, FERREIRA	09 Ba-Leiria	28.09	369
3. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	28.83	341
4. Hugo Miguel, SANTOS	09 Pimpoes/Cimai	30.70	283
5. Tomas Martins, ALBUQUERQUE	09 Óbidos	30.79	280
6. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	30.80	280
7. Santiago Marques, GOMES	09 Ba-Leiria	30.95	276
8. Louis Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	31.08	272
9. Alexandre Afonso, SANTOS	09 Uniao Juncalense	47.68	75



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 42, Masc., 50m Livres

Prova 42 Masc., 50m Livres Infantil B
27/11/2022 - 17:40 Resultados

Rec. Nac. Absoluto	21.57	Miguel Duarte, NASCIMENTO	SLB	Coimbra	23/12/2020
Rec. Nac. INF B	26.65	Gabriel Jose, LOPES	CDL	Lousã	19/06/2010

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Guilherme Costa, REBELO	10 Pimpoes/Cimai	30.82	279
2. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	33.70	214
3. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	33.92	209
4. Dinis Lamas, SANTOS	10 Ba-Leiria	34.84	193
5. Antonio Carreira, PLACIDO	10 Naval da Nazaré	38.61	142
6. Francisco Antonio, SIMOES	10 Ba-Leiria	40.61	122
DNS David Xavier, ALMEIDA	10 Ba-Leiria		
EXH Eduardo, YAKUBENKO	06 Ginásio Clube Vila Real	25.51	493
EXH Rodrigo Daniel, SILVA	06 Ginásio Clube Vila Real	26.69	430

Prova 43 Femin., 50m Livres Senior
27/11/2022 - 17:48 Resultados

Rec. Nac. Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec. Nac. SEN	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009

Pontos: FINA 2022

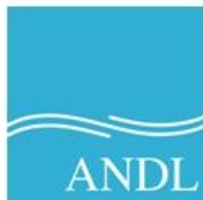
Lugar	Ano	Tempo final	Pts
1. Ana Claudia, FERREIRA	90 Alcobaca	29.56	466
2. Joana Silva, ALVES	05 Benedita	29.86	452
3. Maria Silva, CARVALHO	05 Pimpoes/Cimai	30.09	442
4. Bruna Silva, MOITEIRO	04 Nautico Marinha Grande	30.21	437
5. Beatriz Silva, CONCEICAO	05 Benedita	30.25	435
6. Beatriz Sofia, AMARO	04 Nautico Marinha Grande	32.00	367
7. Maria Leitao, CARVALHO	02 CNLeiria	32.50	351
8. Patricia Sousa, PAULO	96 CNLeiria	33.18	330
9. Bruna Elisabete, PAULINO	97 Alcobaca	33.95	308
DNS Nadia Sofia, SIMOES	83 CNLeiria		
DNS Margarida Violante, VIANA	04 CNLeiria		

Prova 43 Femin., 50m Livres Junior
27/11/2022 - 17:48 Resultados

Rec. Nac. Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec. Nac. 17	25.42	Carolina Miranda, FERNANDES CGA		Albufeira	14/11/2021
Rec. Nac. 16	26.07	Carolina Miranda, FERNANDES CGA		Gafanha de Nazaré	18/07/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Ines Mira, PINO	06 Pimpoes/Cimai	28.23	535
2. Leonor Verissimo, FARIA	06 Nucleo de Pombal	28.46	523
3. Vanessa Liliana, ALMEIDA	07 CNLeiria	28.92	498
4. Maria Francisca, FROIS	06 CNLeiria	29.31	478
5. Maria Madalena, ALVES	06 Ba-Leiria	29.37	475
6. Beatriz Luz, MARTINS	06 Pimpoes/Cimai	31.67	379



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 43, Femin., 50m Livres, Junior

Lugar	Ano	Tempo final	Pts
7. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	31.75	376
8. Maria Ines, ESTEVES	06 Naval da Nazaré	32.90	338
9. Matilde Santos, COUTINHO	07 Naval da Nazaré	33.07	333
10. Ana Margarida, MOTA	07 Nucleo de Ansião	34.31	298
11. Rafaela Valente, RODRIGUES	07 Nucleo de Ansião	36.60	245
12. Luana Goncalves, RODRIGUES	07 Nucleo de Ansião	37.37	231
13. Maria Matos, COSTA	07 Nucleo de Ansião	38.86	205
14. Beatriz Simoes, MACHADO	07 Nucleo de Ansião	39.09	201
15. Diana Filipa, SANTOS	07 Nucleo de Ansião	40.04	187
DNS Carolina Ferreira, FONSECA	07 Viegrense		

Prova 43 Femin., 50m Livres Juvenil A
27/11/2022 - 17:48 Resultados

Rec. Nac. Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec. Nac. JUV A	26.37	Carolina Miranda, FERNANDES	CGA	Albufeira	09/11/2019

Pontos: FINA 2022

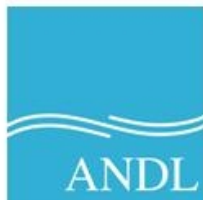
Lugar	Ano	Tempo final	Pts
1. Rita Rocha, SILVA	08 Alcobaca	30.73	415
2. Matilde Andre, LUIS	08 Alcobaca	31.53	384
DNS Lara Cardoso, MARTO	08 Nucleo de Pombal		

Prova 43 Femin., 50m Livres Juvenil B
27/11/2022 - 17:48 Resultados

Rec. Nac. Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec. Nac. JUV B	26.85	Ana Margarida, GUEDES	GCVR	Bragança	05/07/2015

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Patricia Anjo, FERREIRA	09 Nautico Marinha Grande	31.49	386
2. Mariana Sousa, MARQUES	09 Alcobaca	31.61	381
3. Constanca Baptista, TOMAS	09 Alcobaca	31.64	380
4. Zofie, PACHECO	09 Naval de Peniche	31.73	377
5. Anjali, RAICAR	09 Naval de Peniche	32.30	357
6. Leonor Palma, JACOMO	09 Alcobaca	32.50	351
7. Ines Ferreira, CHELEU	09 Ba-Leiria	32.77	342
8. Francisca Vieira, NUNES	09 Alcobaca	33.07	333
9. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	33.47	321
10. Ana Margarida, MARQUES	09 Ba-Leiria	33.74	313
11. Mariana Santos, INACIO	09 Alcobaca	33.82	311
12. Sara Ines, SOUSA	09 Ba-Leiria	34.13	303
13. Ana Carolina, RODRIGUES	09 Nucleo de Ansião	40.50	181
DNS Leonor Valerio, ADRIANO	09 Alcobaca		
DNS Beatriz Belo, CLARA	09 CNLeiria		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 43, Femin., 50m Livres

Prova 43 Femin., 50m Livres Infantil A
27/11/2022 - 17:48 Resultados

Rec. Nac. Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec. Nac. INF A	27.43	Marta Lopes, BRITES	CNPDL	Ponta Delgada	12/07/2019

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Debora Silva, INACIO	10 Pimpoes/Cimai	33.71	314
2. Ana Beatriz, LOPES	10 Nucleo de Ansião	41.42	169
3. Beatriz Valente, CARVALHO	10 Óbidos	42.05	162
DNS Mariana Sofia, ANTUNES	10 Pimpoes/Cimai		

Prova 43 Femin., 50m Livres Infantil B
27/11/2022 - 17:48 Resultados

Rec. Nac. Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec. Nac. INF B	27.89	Carolina Miranda, FERNANDES	CGA	Espinho	13/05/2017

Pontos: FINA 2022

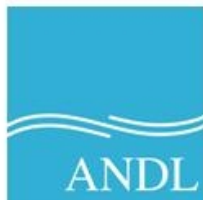
Lugar	Ano	Tempo final	Pts
1. Maria Joao, VALA	11 Pimpoes/Cimai	40.82	177
2. Bianca Simoes, PIMENTA	11 Nucleo de Ansião	42.07	161
EXH Sophie Maya, FERNANDES	06 Rio Maior	30.92	407

Prova 44 Masc., 100m Bruços Senior
27/11/2022 - 17:55 Resultados

Rec. Nac. Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec. Nac. SEN	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bruno Pinto, DOMINGUES	00 CNLeiria	1:08.50	525
50m: 33.01 33.01	100m: 1:08.50	35.49	
2. David Ferreira, RELVAS	03 Nautico Marinha Grande	1:11.49	462
50m: 34.41 34.41	100m: 1:11.49	37.08	
3. Diogo Vicente, SILVA	98 Nautico Marinha Grande	1:14.80	403
50m: 35.13 35.13	100m: 1:14.80	39.67	
4. Afonso Varelas, SILVA	01 Nautico Marinha Grande	1:15.60	390
50m: 35.03 35.03	100m: 1:15.60	40.57	
5. Manuel Maria, FROIS	02 CNLeiria	1:16.44	378
50m: 34.70 34.70	100m: 1:16.44	41.74	
6. Miguel Angelo, SILVESTRE	97 Alcobaca	1:23.06	294
50m: 38.87 38.87	100m: 1:23.06	44.19	
DSQ Filipe Miguel, GOMES	97 CNLeiria		
<i>O atleta efetuou pernadas de golfinho durante o percurso.</i>			
DNS Daniel, TSYKAL	04 Alcobaca		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 44, Masc., 100m Bruços

Prova 44 Masc., 100m Bruços Junior
27/11/2022 - 17:55 Resultados

Rec. Nac. Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec. Nac. 18	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	19/12/2009
Rec. Nac. 17	1:02.99	Andre Goncalo, SANTOS	LSC	Felgueiras	21/12/2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Afonso Manuel, ASCENSO 50m: 34.06 34.06 100m: 1:11.09 37.03	05 Ba-Leiria	1:11.09	470
2. Bruno Belo, AGOSTINHO 50m: 36.05 36.05 100m: 1:16.78 40.73	05 Benedita	1:16.78	373
3. Samuel Filipe, AMORIM 50m: 37.96 37.96 100m: 1:20.46 42.50	05 Nautico Marinha Grande	1:20.46	324
4. Gabriel Lourenco, CUSTODIO 50m: 41.84 41.84 100m: 1:29.32 47.48	06 Naval da Nazaré	1:29.32	237

Prova 44 Masc., 100m Bruços Juvenil A
27/11/2022 - 17:55 Resultados

Rec. Nac. Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec. Nac. JUV A	1:03.25	Ricardo Samuel, PEREIRA	SLB	Algés	13/07/2019

Pontos: FINA 2022

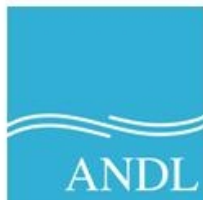
Lugar	Ano	Tempo final	Pts
1. Leonardo Jose, CRUZ 50m: 32.64 32.64 100m: 1:09.20 36.56	07 Alcobaca	1:09.20	509
2. Goncalo Pereira, COLACO 50m: 34.04 34.04 100m: 1:11.08 37.04	07 CNLeiria	1:11.08	470
3. Bernardo Nunes, DOMINGUEZ 50m: 35.26 35.26 100m: 1:16.08 40.82	07 Ba-Leiria	1:16.08	383
4. David Jose, CARREIRA 50m: 41.30 41.30 100m: 1:28.18 46.88	07 Uniao Juncalense	1:28.18	246
5. Mateus Marques, MACHADO 50m: 43.24 43.24 100m: 1:30.86 47.62	07 Benedita	1:30.86	225
DNS Adriano Afonso, STEVENS	07 Ba-Leiria		

Prova 44 Masc., 100m Bruços Juvenil B
27/11/2022 - 17:55 Resultados

Rec. Nac. Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec. Nac. JUV B	1:04.20	Rafael Miguel, MIMOSO	SLB	Algés	16/06/2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Santiago Boica, SOUSA 50m: 39.99 39.99 100m: 1:23.82 43.83	08 Vieiraense	1:23.82	286
2. Diogo Barata, ALVES 50m: 40.03 40.03 100m: 1:24.82 44.79	08 Nautico Marinha Grande	1:24.82	276
3. Diogo Coelho, JORDAO 50m: 40.75 40.75 100m: 1:25.14 44.39	08 Uniao Juncalense	1:25.14	273



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 44, Masc., 100m Bruços, Juvenil B

Lugar	Ano	Tempo final	Pts
4. Frederico Costa, ANDRE 50m: 42.02 42.02 100m: 1:30.67 48.65	08 Nucleo de Ansião	1:30.67	226
5. Martim Luis, GASPAR 50m: 43.24 43.24 100m: 1:31.41 48.17	08 Nautico Marinha Grande	1:31.41	221
6. Tiago Daniel, POVOA 50m: 47.85 47.85 100m: 1:41.37 53.52	08 Uniao Juncalense	1:41.37	162
7. Tiago Mota, ESTEVES 50m: 48.01 48.01 100m: 1:42.12 54.11	08 Pimpoes/Cimai	1:42.12	158
DNS Antonio Quiterio, ANASTACIO	08 Benedita		
DNS Daniel Gomes, SANTOS	08 Nautico Marinha Grande		
DNS Justin Daniel, BORGES	08 Óbidos		

Prova 44
27/11/2022 - 17:55

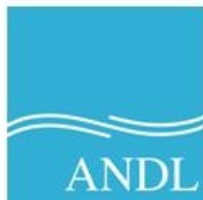
Masc., 100m Bruços

Infantil A
Resultados

Rec. Nac. Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec. Nac. INF A	1:07.92	Andre Goncalo, SANTOS	LSC	Viseu	12/03/2011

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Santiago Marques, GOMES 50m: 40.80 40.80 100m: 1:25.78 44.98	09 Ba-Leiria	1:25.78	267
2. Tomas Martins, ALBUQUERQUE 50m: 43.25 43.25 100m: 1:30.74 47.49	09 Óbidos	1:30.74	226
3. Rodrigo Oliveira, SANTOS 50m: 42.88 42.88 100m: 1:31.07 48.19	09 Alcobaca	1:31.07	223
4. Isaac Arruda, SARAIVA 50m: 45.45 45.45 100m: 1:34.92 49.47	09 Vieiraense	1:34.92	197
5. David Ferrador, PEREIRA 50m: 44.16 44.16 100m: 1:35.17 51.01	09 Nucleo de Pombal	1:35.17	195
6. Gabriel Santiago, FERREIRA 50m: 46.33 46.33 100m: 1:37.89 51.56	09 Uniao Juncalense	1:37.89	180
7. Andre Guilherme, CORDEIRO 50m: 46.17 46.17 100m: 1:37.92 51.75	09 Naval de Peniche	1:37.92	179
8. Pedro Blanc, CAPINHA 50m: 47.62 47.62 100m: 1:39.95 52.33	09 Óbidos	1:39.95	169
9. Tomas Bento, ANFILOQUIO 50m: 47.72 47.72 100m: 1:41.76 54.04	09 Pimpoes/Cimai	1:41.76	160
DSQ Alexandre Afonso, SANTOS <i>O atleta não virou os pés para fora, na parte propulsiva da pernada.</i>	09 Uniao Juncalense		
DNS Luis Pedro, VALERIO	09 Ba-Leiria		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 44, Masc., 100m Bruços

Prova 44 Masc., 100m Bruços Infantil B
27/11/2022 - 17:55 Resultados

Rec. Nac. Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec. Nac. INF B	1:09.54	Andre Goncalo, SANTOS	LSC	Lousada	15/05/2010

Pontos: FINA 2022

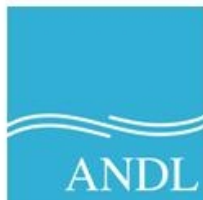
Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	1:18.65	347
50m: 37.73 37.73	100m: 1:18.65 40.92		
2. Rodolfo Junior, ALECRIM	10 Ba-Leiria	1:25.86	266
50m: 40.82 40.82	100m: 1:25.86 45.04		
3. Santiago Neves, SILVA	10 Nucleo de Pombal	1:37.62	181
50m: 45.89 45.89	100m: 1:37.62 51.73		
4. Francisco Antonio, SIMOES	10 Ba-Leiria	1:39.19	173
50m: 47.60 47.60	100m: 1:39.19 51.59		
5. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	1:43.00	154
50m: 49.52 49.52	100m: 1:43.00 53.48		
6. Dinis Lamas, SANTOS	10 Ba-Leiria	1:44.75	146
50m: 49.85 49.85	100m: 1:44.75 54.90		
7. Simao Almeida, CARNIDE	10 Vieiraense	1:47.04	137
50m: 50.57 50.57	100m: 1:47.04 56.47		
8. Tomas Gomes, AFONSO	10 Óbidos	1:49.70	127
50m: 53.19 53.19	100m: 1:49.70 56.51		
9. Pedro Souza, SILVA	10 Pimpoes/Cimai	1:56.79	106
50m: 54.60 54.60	100m: 1:56.79 1:02.19		
10. Miguel Silva, OLIVEIRA	10 Pimpoes/Cimai	1:57.60	103
50m: 54.64 54.64	100m: 1:57.60 1:02.96		
DNS David Xavier, ALMEIDA	10 Ba-Leiria		
DNS Rafael Costa, ANTUNES	10 Naval de Peniche		

Prova 45 Femin., 100m Bruços Senior
27/11/2022 - 18:10 Resultados

Rec. Nac. Absoluto	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021
Rec. Nac. SEN	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Joana Rosa, FERREIRA	05 Naval de Peniche	1:17.89	513
50m: 36.87 36.87	100m: 1:17.89 41.02		
2. Ana Ferreira, COSTA	02 Nautico Marinha Grande	1:20.93	457
50m: 38.69 38.69	100m: 1:20.93 42.24		
3. Beatriz Silva, CONCEICAO	05 Benedita	1:23.11	422
50m: 38.83 38.83	100m: 1:23.11 44.28		
4. Ana Claudia, FERREIRA	90 Alcobaca	1:24.99	395
50m: 40.15 40.15	100m: 1:24.99 44.84		
5. Ana Correia, SOUSA	04 Pimpoes/Cimai	1:27.76	358
50m: 41.25 41.25	100m: 1:27.76 46.51		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 45, Femin., 100m Bruços, Senior

Lugar	Ano	Tempo final	Pts
6. Ana Sofia, FERREIRA	99 Pimpoes/Cimai	1:31.77	313
50m: 43.29 43.29	100m: 1:31.77 48.48		

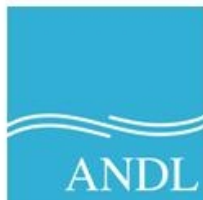
Prova 45 Femin., 100m Bruços Junior Resultados
27/11/2022 - 18:10

Rec. Nac. Absoluto	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021
Rec. Nac. 17	1:08.02	Raquel Gomes, PEREIRA	SAD	Funchal	09/12/2016
Rec. Nac. 16	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	13/12/2009

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Vanessa Liliana, ALMEIDA	07 CNLeiria	1:17.59	519
50m: 37.12 37.12	100m: 1:17.59 40.47		
2. Ariana Bento, CARAPINHA	06 Ba-Leiria	1:19.01	491
50m: 37.30 37.30	100m: 1:19.01 41.71		
3. Catarina Machado, BELO	06 Benedita	1:21.74	444
50m: 39.42 39.42	100m: 1:21.74 42.32		
4. Maria Madalena, ALVES	06 Ba-Leiria	1:22.07	438
50m: 39.21 39.21	100m: 1:22.07 42.86		
5. Mafalda Caetano, LOURENCO	06 Vieiraense	1:27.78	358
50m: 41.43 41.43	100m: 1:27.78 46.35		
6. Leonor Vendima, COELHO	07 Uniao Juncalense	1:33.54	296
50m: 44.14 44.14	100m: 1:33.54 49.40		
7. Luana Goncalves, RODRIGUES	07 Nucleo de Ansião	1:35.53	278
50m: 44.56 44.56	100m: 1:35.53 50.97		
8. Rafaela Valente, RODRIGUES	07 Nucleo de Ansião	1:36.63	268
50m: 45.06 45.06	100m: 1:36.63 51.57		
9. Matilde Santos, COUTINHO	07 Naval da Nazaré	1:36.98	265
50m: 44.91 44.91	100m: 1:36.98 52.07		
10. Ana Luisa, RENDEIRO	06 Nucleo de Pombal	1:37.19	264
50m: 45.64 45.64	100m: 1:37.19 51.55		
11. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	1:38.84	251
50m: 46.85 46.85	100m: 1:38.84 51.99		
12. Catarina Tagaroso, LOBO	07 Uniao Juncalense	1:40.47	239
50m: 46.38 46.38	100m: 1:40.47 54.09		

DSQ Leonor Caetano, MOREIRA 06 Vieiraense
A atleta efetuou pernadas de golfinho durante o percurso.



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 45, Femin., 100m Bruços

Prova 45 Femin., 100m Bruços Juvenil A
27/11/2022 - 18:10 Resultados

Rec. Nac. Absoluto	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021
Rec. Nac. JUV A	1:09.59	Diana Duarte, GOMES	ABVE	Tomar	13/03/2004

Pontos: FINA 2022

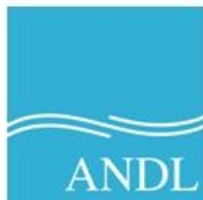
Lugar	Ano	Tempo final	Pts
1. Camila Silva, CHAMUSCO 50m: 41.55 41.55 100m: 1:27.87 46.32	08 Pimpoes/Cimai	1:27.87	357
2. Diana Rita, FONSECA 50m: 43.62 43.62 100m: 1:32.58 48.96	08 Viegrense	1:32.58	305
3. Matilde Monteiro, NEVES 50m: 48.15 48.15 100m: 1:39.33 51.18	08 Nucleo de Pombal	1:39.33	247

Prova 45 Femin., 100m Bruços Juvenil B
27/11/2022 - 18:10 Resultados

Rec. Nac. Absoluto	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021
Rec. Nac. JUV B	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO 50m: 39.04 39.04 100m: 1:24.07 45.03	09 Nautico Marinha Grande	1:24.07	408
2. Maria Teresa, OLIVEIRA 50m: 40.17 40.17 100m: 1:27.60 47.43	09 Ba-Leiria	1:27.60	360
3. Leonor Palma, JACOMO 50m: 41.64 41.64 100m: 1:28.38 46.74	09 Alcobaca	1:28.38	351
4. Maria Margarida, OLIVEIRA 50m: 42.30 42.30 100m: 1:28.82 46.52	09 Ba-Leiria	1:28.82	346
5. Zofie, PACHECO 50m: 43.43 43.43 100m: 1:32.92 49.49	09 Naval de Peniche	1:32.92	302
6. Mariana Sousa, MARQUES 50m: 44.61 44.61 100m: 1:34.27 49.66	09 Alcobaca	1:34.27	289
7. Sara Ines, SOUSA 50m: 48.21 48.21 100m: 1:41.24 53.03	09 Ba-Leiria	1:41.24	233
8. Ana Margarida, MARQUES 50m: 49.28 49.28 100m: 1:45.26 55.98	09 Ba-Leiria	1:45.26	207



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 45, Femin., 100m Bruços

Prova 45
27/11/2022 - 18:10

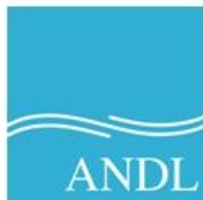
Femin., 100m Bruços

Infantil A
Resultados

Rec. Nac. Absoluto	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021
Rec. Nac. INF A	1:13.43	Raquel Gomes, PEREIRA	SANL	Abrantes	13/04/2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Bianca Balbino, MENDES 50m: 43.18 43.18 100m: 1:31.13 47.95	10 Naval de Peniche	1:31.13	320
2. Barbara Balbino, MENDES 50m: 42.80 42.80 100m: 1:32.33 49.53	10 Naval de Peniche	1:32.33	308
3. Maria Carolina, ALVES 50m: 44.58 44.58 100m: 1:35.11 50.53	10 Ba-Leiria	1:35.11	281
4. Leonor Pereira, SILVA 50m: 45.90 45.90 100m: 1:36.16 50.26	10 Óbidos	1:36.16	272
5. Diana Isabel, ALVES 50m: 45.98 45.98 100m: 1:38.39 52.41	10 Benedita	1:38.39	254
6. Leonor Silva, MARTINS 50m: 46.56 46.56 100m: 1:38.82 52.26	10 Óbidos	1:38.82	251
7. Luana Filipe, REIS 50m: 47.27 47.27 100m: 1:38.98 51.71	10 Alcobaca	1:38.98	250
8. Vida Sofia, VELEZ 50m: 47.58 47.58 100m: 1:40.34 52.76	10 Ba-Leiria	1:40.34	240
9. Mariana Santos, AFONSO 50m: 48.27 48.27 100m: 1:40.75 52.48	10 Naval de Peniche	1:40.75	237
10. Sofia Roma, BRIZIDA 50m: 48.79 48.79 100m: 1:41.82 53.03	10 Ba-Leiria	1:41.82	229
11. Rafaela Santos, AFONSO 50m: 48.07 48.07 100m: 1:42.91 54.84	10 Naval de Peniche	1:42.91	222
12. Mara Marcao, COTRIM 50m: 47.57 47.57 100m: 1:46.48 58.91	10 Óbidos	1:46.48	200
13. Beatriz Valente, CARVALHO 50m: 54.73 54.73 100m: 1:56.19 1:01.46	10 Óbidos	1:56.19	154
14. Sofia Pinheiro, PACHECO 50m: 54.94 54.94 100m: 1:56.43 1:01.49	10 Óbidos	1:56.43	153
DSQ Matilde Evangelista, SILVA <i>Falsa partida.</i>	10 Benedita		



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 45, Femin., 100m Bruços

Prova 45
27/11/2022 - 18:10

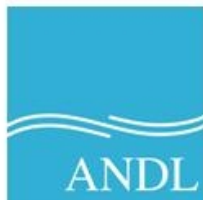
Femin., 100m Bruços

Infantil B
Resultados

Rec. Nac. Absoluto	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021
Rec. Nac. INF B	1:17.79	Mariana Ferrinha, CUNHA	AAC	Coimbra	19/03/1995

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Anastasiya, PRYMACHENKO 50m: 44.77 44.77 100m: 1:34.51 49.74	11 Nucleo de Pombal	1:34.51	287
2. Mafalda Teles, SOUSA 50m: 48.34 48.34 100m: 1:42.48 54.14	11 Pimpoes/Cimai	1:42.48	225
3. Isabela Maria, CARREIRA 50m: 48.81 48.81 100m: 1:42.93 54.12	11 Uniao Juncalense	1:42.93	222
4. Carlota Sa, SANTOS 50m: 49.63 49.63 100m: 1:43.16 53.53	11 Nucleo de Pombal	1:43.16	220
5. Maria Santos, FONSECA 50m: 49.26 49.26 100m: 1:43.34 54.08	11 CNLeiria	1:43.34	219
6. Gabriela Valverde, CANHA 50m: 51.28 51.28 100m: 1:48.47 57.19	11 Alcobaca	1:48.47	190
7. Francisca Caetano, LOURENCO 50m: 54.47 54.47 100m: 1:54.54 1:00.07	11 Benedita	1:54.54	161
8. Matilde Coelho, FERREIRA 50m: 57.10 57.10 100m: 1:58.92 1:01.82	11 Uniao Juncalense	1:58.92	144
9. Madalena Coelho, FERREIRA 50m: 56.52 56.52 100m: 1:59.22 1:02.70	11 Uniao Juncalense	1:59.22	143
10. Bianca Simoes, PIMENTA 50m: 56.68 56.68 100m: 2:01.81 1:05.13	11 Nucleo de Ansião	2:01.81	134
11. Margarida Lopes, RODRIGUES 50m: 1:00.27 1:00.27 100m: 2:02.64 1:02.37	11 Uniao Juncalense	2:02.64	131
12. Matilde Vitorino, FERREIRA 50m: 57.43 57.43 100m: 2:03.77 1:06.34	11 Naval de Peniche	2:03.77	127
13. Mariana Silva, CONCEICAO 50m: 58.92 58.92 100m: 2:05.66 1:06.74	11 Benedita	2:05.66	122
14. Erica Felix, RODRIGUES 50m: 1:03.49 1:03.49 100m: 2:11.07 1:07.58	11 Uniao Juncalense	2:11.07	107



Campeonato Distrital PC JUV/ JUN/SEN + Prova de Preparação de Infantis
Leiria, 26 - 27/11/2022

Prova 46, Masc., 400m Estilos

Prova 46 Masc., 400m Estilos Junior Resultados
27/11/2022 - 18:28

Rec. Nac. Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11/12/2009
Rec. Nac. 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec. Nac. 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	4:40.54	586
50m: 28.98 28.98	150m: 1:38.43 36.32	250m: 2:54.91 41.28	350m: 4:09.74 32.44
100m: 1:02.11 33.13	200m: 2:13.63 35.20	300m: 3:37.30 42.39	400m: 4:40.54 30.80
2. Jose Francisco, OLIVEIRA	05 Ba-Leiria	5:15.27	413
50m: 31.71 31.71	150m: 1:51.55 42.95	250m: 3:21.87 48.92	350m: 4:42.96 33.08
100m: 1:08.60 36.89	200m: 2:32.95 41.40	300m: 4:09.88 48.01	400m: 5:15.27 32.31

Prova 46 Masc., 400m Estilos Juvenil A Resultados
27/11/2022 - 18:28

Rec. Nac. Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11/12/2009
Rec. Nac. JUV A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Francisco Marques, SIMOES	07 CNLeiria	4:49.29	534
50m: 30.45 30.45	150m: 1:42.98 36.88	250m: 3:01.01 42.25	350m: 4:17.08 34.04
100m: 1:06.10 35.65	200m: 2:18.76 35.78	300m: 3:43.04 42.03	400m: 4:49.29 32.21
2. Afonso Dinis, ROQUE	07 CNLeiria	5:06.32	450
50m: 30.08 30.08	150m: 1:45.84 40.20	250m: 3:11.61 46.12	350m: 4:31.61 34.36
100m: 1:05.64 35.56	200m: 2:25.49 39.65	300m: 3:57.25 45.64	400m: 5:06.32 34.71
3. Joao Moura, FRANCISCO	07 CNLeiria	5:11.06	430
50m: 29.00 29.00	150m: 1:43.38 39.86	250m: 3:10.93 48.43	350m: 4:36.93 35.42
100m: 1:03.52 34.52	200m: 2:22.50 39.12	300m: 4:01.51 50.58	400m: 5:11.06 34.13
4. Francisco Xavier, RITA	07 Vieiraense	5:17.31	405
50m: 32.26 32.26	150m: 1:55.03 44.18	250m: 3:23.86 46.22	350m: 4:44.28 35.58
100m: 1:10.85 38.59	200m: 2:37.64 42.61	300m: 4:08.70 44.84	400m: 5:17.31 33.03
5. Jose Januario, MARQUES	07 Pimpoes/Cimai	5:20.82	392
50m: 32.67 32.67	150m: 1:52.97 42.07	250m: 3:20.54 47.10	350m: 4:45.62 37.41
100m: 1:10.90 38.23	200m: 2:33.44 40.47	300m: 4:08.21 47.67	400m: 5:20.82 35.20

Prova 46 Masc., 400m Estilos Juvenil B Resultados
27/11/2022 - 18:28

Rec. Nac. Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11/12/2009
Rec. Nac. JUV B	4:35.02	Diogo Filipe, CARVALHO	C GA	Braga	21/03/2003

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Gabriel Mota, PATRICIO	08 Vieiraense	5:23.22	383
50m: 33.50 33.50	150m: 1:57.38 43.09	250m: 3:24.60 45.01	350m: 4:46.23 36.36
100m: 1:14.29 40.79	200m: 2:39.59 42.21	300m: 4:09.87 45.27	400m: 5:23.22 36.99

DSQ Tiago Santos, POMBO 08 Alcobaca
O atleta realizou pernadas de golfinho durante o percurso de braços.