



Taça ANDL "João da Silva Abreu" - CDClubes 2024
Óbidos, 15 - 16/6/2024

1 - 1ª Jornada - 1ª Sessão (manhã)

15/06/2024 - 9:00

Prova 1	Femin., 50m Livres				ABSOLUTOS
15/06/2024 - 9:00					Resultados
RD ANDL SEN	26.66	Sara Francisco, CRUZ	ADBA	Leiria	11/05/2024
RD ANDL JUN	26.95	Sara Francisco, CRUZ	ADBA	Nazaré	17/05/2009
RD ANDL JUV A	27.60	Ariana Bento, CARAPINHA		Leiria	11/07/2021
RD ANDL JUV B	28.06	Victoria Frogeri, PEREIRA		Leiria	21/05/2022
RD ANDL INF A	28.67	Carlota Sá, SANTOS		Leiria	10/02/2024
RD ANDL INF B	29.74	Ariana Bento, CARAPINHA		Caldas da Rainha	14/04/2018
RD ANDL ABS	26.66	Sara Francisco, CRUZ		Leiria	11/05/2024
RN 25 m Open	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
RN 25 m SEN	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
RN 25 m 17	25.42	Carolina Miranda, FERNANDES	CGA	Albufeira	14/11/2021
RN 25 m 16	26.07	Carolina Miranda, FERNANDES	CGA	Gafanha de Nazaré	18/07/2021
RN 25 m JUV A	26.37	Carolina Miranda, FERNANDES	CGA	Albufeira	09/11/2019
RN 25 m JUV B	26.85	Ana Margarida, GUEDES	GCVR	Bragança	05/07/2015
RN 25 m INF A	27.43	Marta Lopes, BRITES	CNPDL	Ponta Delgada	12/07/2019
RN 25 m INF B	27.89	Carolina Miranda, FERNANDES	CGA	Espinho	13/05/2017

Lugar	Ano	Tempo final	
1. Sara Francisco, CRUZ	93 Ba-Leiria	26.81	12,00
2. Ines Mira, PINO	06 Pimpoes/Cimai	27.61	10,00
3. Giulia, MOURA	06 CNLeiria	28.58	9,00
4. Ana Claudia, FERREIRA	90 Alcobaca	29.23	8,00
5. Leonor Caetano, MOREIRA	06 Vieirense	29.28	7,00
6. Barbara Balbino, MENDES	10 Naval de Peniche	29.84	6,00
7. Laura Helena, AMORIM	10 Nautico Marinha Grande	30.28	5,00
8. Matilde Monteiro, NEVES	08 Nucleo de Pombal	32.48	4,00
9. Kelly Simao, COSTA	11 Óbidos	37.00	3,00
10. Iris Santos, CANECO	09 Naval da Nazaré	39.09	2,00
DNS Bruna Matos, FIALHO	08 Uniao Juncalense		-
EXH Leonor Vendima, COELHO	07 CNLeiria	28.60	-
EXH Maria Silva, CARVALHO	05 Pimpoes/Cimai	30.07	-
EXH Zofie, PACHECO	09 Naval de Peniche	30.24	-
EXH Mariana Sousa, MARQUES	09 Alcobaca	30.55	-
EXH Debora Silva, INACIO	10 Pimpoes/Cimai	30.59	-
EXH Ines Ferreira, CHELEU	09 Ba-Leiria	31.08	-
EXH Bianca Balbino, MENDES	10 Naval de Peniche	31.43	-
EXH Matilde Andre, LUIS	08 Alcobaca	31.67	-
EXH Constanca Rolim, PEDRO	10 Ba-Leiria	32.50	-
EXH Leiriia Silviovna, TONKIKH	11 CNLeiria	33.90	-
EXH Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	35.30	-
EXH Erica Felix, RODRIGUES	11 Uniao Juncalense	36.83	-
EXH Iara Maria, CAMACHO	12 Óbidos	41.79	-
EXH Maria Leonor, FERREIRA	12 Óbidos	42.41	-
EXH Leonor, FERREIRA PAULINO	11 Uniao Juncalense	46.10	-



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Prova 2	Masc., 50m Livres				ABSOLUTOS
15/06/2024 - 9:05					Resultados
RD ANDL SEN	23.25	Miguel Vicente, SILVA	DNMG	Leiria	10/12/2022
RD ANDL JUN	23.75	Francisco Rogério, SANTOS	BSCN	Porto	12/12/2015
RD ANDL JUV A	24.45	Rodrigo Miguel, REIS	SANDL	Abrantes	25/01/2020
RD ANDL JUV B	24.59	Micael, DENISOV		Leiria	06/03/2021
RD ANDL INF A	25.33	Tiago Filipe, PEREIRA		Leiria	14/05/2005
RD ANDL INF B	27.26	Afonso Lopes, SANTOS		Caldas da Rainha	09/05/2008
RD ANDL ABS	23.25	Miguel Vicente, SILVA		Leiria	10/12/2022
RN 25 m Open	21.22	Miguel Duarte, NASCIMENTO	SLB	Leiria	09/12/2022
RN 25 m SEN	21.22	Miguel Duarte, NASCIMENTO	SLB	Leiria	09/12/2022
RN 25 m 18	22.24	Miguel Duarte, NASCIMENTO	PORTIN	Porto	08/12/2012
RN 25 m 17	23.12	Tiago Andrade, MACHADO	SCA	Felgueiras	22/12/2018
RN 25 m JUV A	23.83	Diogo Matos, RIBEIRO	CUC	Coimbra	02/02/2020
RN 25 m JUV B	23.96	Diogo Gomes, SOUSA	CNCVG	Ponte de Sôr	13/12/2009
RN 25 m INF A	25.30	Joao Cruz, CASTRO	CSM	Funchal	12/04/2014
RN 25 m INF B	26.65	Gabriel Jose, LOPES	CDL	Lousã	19/06/2010

Lugar	Ano	Tempo final
1. Miguel Vicente, SILVA	02 Nautico Marinha Grande	23.35 12,00
2. Filipe Miguel, GOMES	97 CNLeiria	23.72 10,00
3. Nuno Goncalo, SANTOS	96 Vieiraense	24.66 9,00
4. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	24.70 8,00
5. Leonardo Contreiras, JERONIMO	00 Nucleo de Pombal	25.33 7,00
6. Francisco Xavier, TOMAS	00 Alcobaca	25.76 6,00
7. Rafael, SANTOS	06 Uniao Juncalense	26.16 5,00
8. Santiago Marques, GOMES	09 Ba-Leiria	27.13 4,00
9. Andre Guilherme, CORDEIRO	09 Naval de Peniche	31.11 3,00
10. Rayan Gava, ALVES	95 Óbidos	31.54 2,00
11. Guilherme Melo, ELIAS	11 Naval da Nazaré	31.66 1,00
DSQ Bruno Garcia, MILITAO	11 Óbidos	-
<i>Falsa partida (SW 4.4)</i>		
EXH Henrique Martins, JOAQUIM	09 CNLeiria	24.49 -
<i>Recorde Distrital Juv B</i>		
EXH Rodolfo Junior, ALECRIM	10 CNLeiria	25.17 -
<i>Recorde Distrital Inf A. Recorde Nacional Infantil A.</i>		
EXH Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	26.05 -
EXH Jose Januario, MARQUES	07 Pimpoes/Cimai	27.30 -
EXH Daniel Gomes, SANTOS	08 Nautico Marinha Grande	27.36 -
EXH Isaac Arruda, SARAIVA	09 Vieiraense	28.03 -
EXH Joel Heber, SANTOS	06 Ba-Leiria	30.39 -
EXH Afonso Nunes, MARCELINO	08 Nucleo de Pombal	30.97 -
EXH Dinis Morgado, FERREIRA	11 Ba-Leiria	32.26 -
EXH Rodrigo Duarte, CARREIRA	11 Alcobaca	33.65 -
EXH Gabriel Marques, CARREIRA	11 Uniao Juncalense	39.32 -
EXH Lucas, SANTOS SILVA	10 Uniao Juncalense	49.78 -
EXH Kaua Schuquel, BOFF	10 Vieiraense	56.50 -



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Prova 3	Femin., 800m Livres					ABSOLUTOS
15/06/2024 - 9:10						Resultados
RD ANDL SEN	8:50.18	Filipa Vilas, RUIVO	ADBA	Caldas da Rainha	23/11/2014	
RD ANDL JUN	8:49.88	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	22/04/2017	
RD ANDL JUV A	9:03.22	Filipa Vilas, RUIVO		Silves	04/12/2011	
RD ANDL JUV B	9:11.83	Filipa Vilas, RUIVO		Óbidos	12/12/2010	
RD ANDL INF A	9:34.11	Filipa Vilas, RUIVO		Ponte de Sôr	13/02/2009	
RD ANDL INF B	9:33.95	Filipa Vilas, RUIVO		Nazaré	17/05/2009	
RD ANDL ABS	8:49.88	Inês Jacinto, HENRIQUES		Felgueiras	22/04/2017	
RN 25 m Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019	
RN 25 m SEN	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019	
RN 25 m 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13/12/2015	
RN 25 m 16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21/12/2014	
RN 25 m JUV A	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19/12/2004	
RN 25 m JUV B	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20/12/1980	
RN 25 m INF A	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13/07/1980	
RN 25 m INF B	9:33.95	Filipa Vilas, RUIVO	DNMG	Nazaré	16/05/2009	

Lugar	Ano				Tempo final						
1. Margarida Correia, MADEIRA	06 Nautico Marinha Grande				9:34.18 12,00						
50m:	32.41	32.41	250m:	2:53.89	35.96	450m:	5:17.97	35.98	650m:	7:44.90	36.60
100m:	1:06.99	34.58	300m:	3:29.63	35.74	500m:	5:54.55	36.58	700m:	8:21.91	37.01
150m:	1:42.35	35.36	350m:	4:05.85	36.22	550m:	6:31.46	36.91	750m:	8:58.58	36.67
200m:	2:17.93	35.58	400m:	4:41.99	36.14	600m:	7:08.30	36.84	800m:	9:34.18	35.60
2. Matilde Violante, VIANA	07 CNLeiria				9:37.38 10,00						
50m:	32.13	32.13	250m:	2:53.80	36.17	450m:	5:19.23	36.81	650m:	7:48.22	37.02
100m:	1:06.29	34.16	300m:	3:29.61	35.81	500m:	5:56.60	37.37	700m:	8:25.28	37.06
150m:	1:41.50	35.21	350m:	4:05.84	36.23	550m:	6:33.75	37.15	750m:	9:01.45	36.17
200m:	2:17.63	36.13	400m:	4:42.42	36.58	600m:	7:11.20	37.45	800m:	9:37.38	35.93
3. Constanca Baptista, TOMAS	09 Alcobaca				9:39.36 9,00						
50m:	31.84	31.84	250m:	2:56.48	37.37	450m:	5:26.51	37.46	650m:	7:53.58	36.80
100m:	1:06.56	34.72	300m:	3:33.88	37.40	500m:	6:04.11	37.60	700m:	8:29.70	36.12
150m:	1:42.41	35.85	350m:	4:11.35	37.47	550m:	6:40.28	36.17	750m:	9:04.87	35.17
200m:	2:19.11	36.70	400m:	4:49.05	37.70	600m:	7:16.78	36.50	800m:	9:39.36	34.49
4. Diana Isabel, ALVES	10 Pimpoes/Cimai				9:56.73 8,00						
50m:	33.09	33.09	250m:	3:02.00	37.64	450m:	5:33.32	37.73	650m:	8:04.48	38.06
100m:	1:09.12	36.03	300m:	3:39.54	37.54	500m:	6:11.07	37.75	700m:	8:42.50	38.02
150m:	1:46.40	37.28	350m:	4:17.50	37.96	550m:	6:48.73	37.66	750m:	9:20.42	37.92
200m:	2:24.36	37.96	400m:	4:55.59	38.09	600m:	7:26.42	37.69	800m:	9:56.73	36.31
5. Vida Sofia, VELEZ	10 Ba-Leiria				10:25.70 7,00						
50m:	34.23	34.23	250m:	3:08.64	38.24	450m:	5:43.09	38.61	650m:	8:24.33	40.99
100m:	1:13.15	38.92	300m:	3:47.43	38.79	500m:	6:22.65	39.56	700m:	9:05.05	40.72
150m:	1:52.22	39.07	350m:	4:25.96	38.53	550m:	7:02.70	40.05	750m:	9:45.66	40.61
200m:	2:30.40	38.18	400m:	5:04.48	38.52	600m:	7:43.34	40.64	800m:	10:25.70	40.04
6. Leonor Pereira, SILVA	10 Óbidos				10:47.00 6,00						
50m:	34.21	34.21	250m:	3:13.80	41.12	450m:	6:00.92	41.15	650m:	8:48.48	41.78
100m:	1:13.28	39.07	300m:	3:55.76	41.96	500m:	6:43.29	42.37	700m:	9:29.62	41.14
150m:	1:52.78	39.50	350m:	4:37.40	41.64	550m:	7:25.90	42.61	750m:	10:11.41	41.79
200m:	2:32.68	39.90	400m:	5:19.77	42.37	600m:	8:06.70	40.80	800m:	10:47.00	35.59
7. Mariana Jorge, DUARTE	97 Nucleo de Pombal				10:50.02 5,00						
50m:	34.09	34.09	250m:	3:14.03	40.71	450m:	5:59.23	41.15	650m:	8:47.25	42.13
100m:	1:13.01	38.92	300m:	3:55.18	41.15	500m:	6:41.07	41.84	700m:	9:29.05	41.80
150m:	1:53.01	40.00	350m:	4:36.76	41.58	550m:	7:22.97	41.90	750m:	10:10.53	41.48
200m:	2:33.32	40.31	400m:	5:18.08	41.32	600m:	8:05.12	42.15	800m:	10:50.02	39.49
8. Tania Cristina, MENDES	99 Vieiraense				10:52.31 4,00						
50m:	36.16	36.16	250m:	3:19.24	41.60	450m:	6:05.53	40.52	650m:	8:50.79	41.04
100m:	1:15.75	39.59	300m:	4:00.98	41.74	500m:	6:46.87	41.34	700m:	9:32.31	41.52
150m:	1:56.47	40.72	350m:	4:42.97	41.99	550m:	7:28.16	41.29	750m:	10:14.09	41.78
200m:	2:37.64	41.17	400m:	5:25.01	42.04	600m:	8:09.75	41.59	800m:	10:52.31	38.22



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Prova 3, Femin., 800m Livres, ABSOLUTOS

Lugar			Ano					Tempo final			
9.	Catarina Tagarroso, LOBO		07	Uniao Juncalense				11:32.49	3,00		
	50m:	35.68 35.68	250m:	3:26.80	44.21	450m:	6:23.17	43.87	650m:	9:21.10	44.22
	100m:	1:16.51 40.83	300m:	4:10.96	44.16	500m:	7:07.82	44.65	700m:	10:06.01	44.91
	150m:	1:59.23 42.72	350m:	4:54.96	44.00	550m:	7:52.52	44.70	750m:	10:50.06	44.05
	200m:	2:42.59 43.36	400m:	5:39.30	44.34	600m:	8:36.88	44.36	800m:	11:32.49	42.43

Prova 4 Masc., 1500m Livres ABSOLUTOS
15/06/2024 - 9:35 Resultados

RD ANDL SEN	16:07.71	Viktor, KOT	DNMG	Leiria	25/06/2017
RD ANDL JUN	15:11.25	Guilherme Filipe, PINA	BSCN	Porto	13/12/2015
RD ANDL JUV A	16:01.00	Miguel Monteiro, DIOGO		Nazaré	16/05/2009
RD ANDL JUV B	16:17.27	André Vilas, RUIVO		Leiria	14/12/2014
RD ANDL INF A	16:13.14	André Vilas, RUIVO		Campo Maior	30/03/2014
RD ANDL INF B	17:11.29	André Vilas, RUIVO		Leiria	03/03/2013
RD ANDL ABS	15:11.25	Guilherme Filipe, PINA		Porto	13/12/2015
RN 25 m Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
RN 25 m SEN	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
RN 25 m 18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26/03/2018
RN 25 m 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
RN 25 m JUV A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
RN 25 m JUV B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
RN 25 m INF A	16:13.14	Andre Vilas, RUIVO	DNMG	Campo Maior	30/03/2014
RN 25 m INF B	17:11.29	Andre Vilas, RUIVO	DNMG	Leiria	03/03/2013

Lugar			Ano					Tempo final			
1.	Paulo, KOT		09	Nautico Marinha Grande				16:41.79	12,00		
	50m:	30.18 30.18	450m:	5:02.10	34.29	850m:	9:32.48	33.33	1250m:	13:56.77	33.24
	100m:	1:03.03 32.85	500m:	5:36.41	34.31	900m:	10:06.00	33.52	1300m:	14:30.69	33.92
	150m:	1:36.88 33.85	550m:	6:10.36	33.95	950m:	10:39.01	33.01	1350m:	15:04.33	33.64
	200m:	2:10.84 33.96	600m:	6:44.46	34.10	1000m:	11:12.00	32.99	1400m:	15:37.66	33.33
	250m:	2:44.85 34.01	650m:	7:18.35	33.89	1050m:	11:45.22	33.22	1450m:	16:10.94	33.28
	300m:	3:18.98 34.13	700m:	7:52.07	33.72	1100m:	12:17.89	32.67	1500m:	16:41.79	30.85
	350m:	3:53.38 34.40	750m:	8:25.97	33.90	1150m:	12:50.64	32.75			
	400m:	4:27.81 34.43	800m:	8:59.15	33.18	1200m:	13:23.53	32.89			
2.	Francisco Xavier, RITA		07	Vieirense				16:42.45	10,00		
	50m:	30.19 30.19	450m:	5:02.64	34.31	850m:	9:32.13	33.17	1250m:	13:58.88	33.77
	100m:	1:03.62 33.43	500m:	5:36.79	34.15	900m:	10:05.57	33.44	1300m:	14:32.18	33.30
	150m:	1:37.24 33.62	550m:	6:10.80	34.01	950m:	10:38.61	33.04	1350m:	15:05.87	33.69
	200m:	2:11.38 34.14	600m:	6:44.58	33.78	1000m:	11:11.62	33.01	1400m:	15:39.09	33.22
	250m:	2:45.49 34.11	650m:	7:18.53	33.95	1050m:	11:44.92	33.30	1450m:	16:11.69	32.60
	300m:	3:19.54 34.05	700m:	7:52.10	33.57	1100m:	12:18.10	33.18	1500m:	16:42.45	30.76
	350m:	3:53.96 34.42	750m:	8:25.70	33.60	1150m:	12:51.46	33.36			
	400m:	4:28.33 34.37	800m:	8:58.96	33.26	1200m:	13:25.11	33.65			
3.	Francisco Marques, SIMOES		07	CNLeiria				17:16.06	9,00		
	50m:	29.96 29.96	450m:	4:59.24	34.39	850m:	9:37.27	35.19	1250m:	14:21.19	35.32
	100m:	1:03.22 33.26	500m:	5:33.45	34.21	900m:	10:12.43	35.16	1300m:	14:57.46	36.27
	150m:	1:36.47 33.25	550m:	6:07.99	34.54	950m:	10:47.77	35.34	1350m:	15:32.77	35.31
	200m:	2:10.39 33.92	600m:	6:42.81	34.82	1000m:	11:23.63	35.86	1400m:	16:08.22	35.45
	250m:	2:43.88 33.49	650m:	7:17.48	34.67	1050m:	11:59.02	35.39	1450m:	16:43.79	35.57
	300m:	3:17.56 33.68	700m:	7:52.00	34.52	1100m:	12:34.37	35.35	1500m:	17:16.06	32.27
	350m:	3:51.39 33.83	750m:	8:26.91	34.91	1150m:	13:10.39	36.02			
	400m:	4:24.85 33.46	800m:	9:02.08	35.17	1200m:	13:45.87	35.48			



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Prova 4, Masc., 1500m Livres, ABSOLUTOS

Lugar			Ano					Tempo final			
4.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai				17:28.17	8,00		
	50m:	32.12 32.12	450m:	5:08.16	34.93	850m:	9:46.50	35.49	1250m:	14:30.39	35.63
	100m:	1:06.79 34.67	500m:	5:42.64	34.48	900m:	10:22.37	35.87	1300m:	15:05.92	35.53
	150m:	1:42.32 35.53	550m:	6:17.34	34.70	950m:	10:58.41	36.04	1350m:	15:41.85	35.93
	200m:	2:15.58 33.26	600m:	6:52.46	35.12	1000m:	11:33.64	35.23	1400m:	16:18.16	36.31
	250m:	2:50.09 34.51	650m:	7:26.53	34.07	1050m:	12:08.79	35.15	1450m:	16:53.31	35.15
	300m:	3:24.46 34.37	700m:	8:00.88	34.35	1100m:	12:44.26	35.47	1500m:	17:28.17	34.86
	350m:	3:58.54 34.08	750m:	8:36.49	35.61	1150m:	13:19.30	35.04			
	400m:	4:33.23 34.69	800m:	9:11.01	34.52	1200m:	13:54.76	35.46			
5.	Antonio Antunes, JORGE		10	Alcobaca				17:33.53	7,00		
	50m:	30.82 30.82	450m:	5:07.58	35.12	850m:	9:53.10	35.86	1250m:	14:38.16	35.43
	100m:	1:05.07 34.25	500m:	5:43.28	35.70	900m:	10:28.65	35.55	1300m:	15:14.13	35.97
	150m:	1:39.37 34.30	550m:	6:18.97	35.69	950m:	11:04.28	35.63	1350m:	15:49.43	35.30
	200m:	2:13.43 34.06	600m:	6:54.61	35.64	1000m:	11:40.06	35.78	1400m:	16:25.30	35.87
	250m:	2:47.93 34.50	650m:	7:30.37	35.76	1050m:	12:15.59	35.53	1450m:	16:59.81	34.51
	300m:	3:22.72 34.79	700m:	8:06.07	35.70	1100m:	12:51.37	35.78	1500m:	17:33.53	33.72
	350m:	3:57.45 34.73	750m:	8:41.56	35.49	1150m:	13:26.82	35.45			
	400m:	4:32.46 35.01	800m:	9:17.24	35.68	1200m:	14:02.73	35.91			
6.	David Ferrador, PEREIRA		09	Nucleo de Pombal				18:22.51	6,00		
	50m:	31.06 31.06	450m:	5:18.19	37.41	850m:	10:18.84	37.66	1250m:	15:20.25	37.98
	100m:	1:05.33 34.27	500m:	5:54.89	36.70	900m:	10:56.51	37.67	1300m:	15:58.30	38.05
	150m:	1:40.83 35.50	550m:	6:31.76	36.87	950m:	11:34.15	37.64	1350m:	16:36.09	37.79
	200m:	2:16.44 35.61	600m:	7:10.20	38.44	1000m:	12:12.17	38.02	1400m:	17:13.47	37.38
	250m:	2:52.37 35.93	650m:	7:47.80	37.60	1050m:	12:49.75	37.58	1450m:	17:49.45	35.98
	300m:	3:28.18 35.81	700m:	8:25.43	37.63	1100m:	13:27.16	37.41	1500m:	18:22.51	33.06
	350m:	4:03.86 35.68	750m:	9:03.30	37.87	1150m:	14:04.60	37.44			
	400m:	4:40.78 36.92	800m:	9:41.18	37.88	1200m:	14:42.27	37.67			
7.	Rodrigo Cardoso, TOMAS		10	Uniao Juncalense				19:35.75	5,00		
	50m:	33.61 33.61	450m:	5:40.29	39.63	850m:	10:59.72	39.89	1250m:	16:20.72	40.02
	100m:	1:09.93 36.32	500m:	6:20.04	39.75	900m:	11:39.74	40.02	1300m:	17:01.02	40.30
	150m:	1:47.65 37.72	550m:	7:00.04	40.00	950m:	12:19.67	39.93	1350m:	17:41.03	40.01
	200m:	2:25.60 37.95	600m:	7:39.79	39.75	1000m:	13:00.13	40.46	1400m:	18:20.83	39.80
	250m:	3:04.07 38.47	650m:	8:19.51	39.72	1050m:	13:40.35	40.22	1450m:	18:59.03	38.20
	300m:	3:42.76 38.69	700m:	8:59.43	39.92	1100m:	14:20.49	40.14	1500m:	19:35.75	36.72
	350m:	4:21.56 38.80	750m:	9:39.55	40.12	1150m:	15:00.58	40.09			
	400m:	5:00.66 39.10	800m:	10:19.83	40.28	1200m:	15:40.70	40.12			
8.	Dinis Lamas, SANTOS		10	Ba-Leiria				20:35.01	4,00		
	50m:	32.91 32.91	450m:	5:53.00	41.75	850m:	11:21.59	41.01	1250m:	17:09.42	43.18
	100m:	1:11.07 38.16	500m:	6:34.55	41.55	900m:	12:03.95	42.36	1300m:	17:51.52	42.10
	150m:	1:49.86 38.79	550m:	7:15.29	40.74	950m:	12:45.43	41.48	1350m:	18:32.29	40.77
	200m:	2:29.47 39.61	600m:	7:56.36	41.07	1000m:	13:31.60	46.17	1400m:	19:14.11	41.82
	250m:	3:09.14 39.67	650m:	8:37.03	40.67	1050m:	14:14.82	43.22	1450m:	19:55.90	41.79
	300m:	3:49.24 40.10	700m:	9:18.25	41.22	1100m:	14:58.13	43.31	1500m:	20:35.01	39.11
	350m:	4:29.55 40.31	750m:	9:59.24	40.99	1150m:	15:42.18	44.05			
	400m:	5:11.25 41.70	800m:	10:40.58	41.34	1200m:	16:26.24	44.06			
9.	Francisco Costa, VALENTIM		11	Óbidos				21:58.07	3,00		
	50m:	36.08 36.08	450m:	6:27.61	45.35	850m:	12:24.68	44.60	1250m:	18:19.98	45.29
	100m:	1:17.40 41.32	500m:	7:12.86	45.25	900m:	13:09.16	44.48	1300m:	19:04.99	45.01
	150m:	2:00.67 43.27	550m:	7:56.85	43.99	950m:	13:53.27	44.11	1350m:	19:49.80	44.81
	200m:	2:44.52 43.85	600m:	8:42.06	45.21	1000m:	14:37.41	44.14	1400m:	20:34.86	45.06
	250m:	3:28.79 44.27	650m:	9:26.66	44.60	1050m:	15:21.49	44.08	1450m:	21:18.34	43.48
	300m:	4:13.61 44.82	700m:	10:11.38	44.72	1100m:	16:05.84	44.35	1500m:	21:58.07	39.73
	350m:	4:57.83 44.22	750m:	10:55.80	44.42	1150m:	16:50.28	44.44			
	400m:	5:42.26 44.43	800m:	11:40.08	44.28	1200m:	17:34.69	44.41			



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Prova 5	Femin., 100m Costas				ABSOLUTOS
15/06/2024 - 10:20					Resultados
RD ANDL SEN	1:03.11	Andreia Filipa, ANJOS	ADBA	Santo António dos Cavaleiros	20/12/2009
RD ANDL JUN	1:04.17	Maria Lopes, AMADO	DNMG	Felgueiras	22/12/2019
RD ANDL JUV A	1:04.55	Ariana Bento, CARAPINHA		Alcobaca	23/05/2021
RD ANDL JUV B	1:04.49	Maria Lopes, AMADO		Abrantes	27/01/2018
RD ANDL INF A	1:07.26	Maria Lopes, AMADO		Sines	07/04/2017
RD ANDL INF B	1:10.71	Diana Violante, ROMÃO		Campo Maior	30/03/2014
RD ANDL ABS	1:03.11	Andreia Filipa, ANJOS		Santo António dos Cavaleiros	20/12/2009
RN 25 m Open	58.14	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	08/12/2023
RN 25 m SEN	58.14	Camila Rodrigues, REBELO	POR	Otopeni (ROU)	08/12/2023
RN 25 m 17	59.61	Rafaela Gomes, AZEVEDO	SAD	Algés	29/06/2019
RN 25 m 16	1:01.55	Ines Camacho, FERNANDES	SCP	Porto	08/12/2013
RN 25 m JUV A	1:01.43	Ines Camacho, FERNANDES	SCP	Mealhada	17/12/2011
RN 25 m JUV B	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia	12/02/2011
RN 25 m INF A	1:04.85	Filipa Ramos, PEIXEIRA	SCP	Tomar	18/03/2016
RN 25 m INF B	1:06.85	Carolina Miranda, FERNANDES	CGA	Mealhada	07/04/2017

Lugar			Ano			Tempo final
1. Beatriz Belo, CLARA			09	CNLeiria		1:05.75 12,00
50m: 31.55 31.55	100m:	1:05.75		34.20		
2. Ana Francisca, SILVA			06	Alcobaca		1:08.13 10,00
50m: 33.43 33.43	100m:	1:08.13		34.70		
3. Lara Roque, COTRIM			03	Pimpoes/Cimai		1:09.64 9,00
50m: 32.70 32.70	100m:	1:09.64		36.94		
4. Madalena Gracio, PEDROSO			10	Nautico Marinha Grande		1:11.52 8,00
50m: 35.11 35.11	100m:	1:11.52		36.41		
5. Sofia Roma, BRIZIDA			10	Ba-Leiria		1:14.05 7,00
50m: 35.62 35.62	100m:	1:14.05		38.43		
6. Elisa Henriques, SOUTO			10	Óbidos		1:17.29 6,00
50m: 37.14 37.14	100m:	1:17.29		40.15		
7. Diana Rita, FONSECA			08	Vieirense		1:18.22 5,00
50m: 36.84 36.84	100m:	1:18.22		41.38		
8. Mariana Jorge, DUARTE			97	Nucleo de Pombal		1:18.89 4,00
50m: 37.63 37.63	100m:	1:18.89		41.26		
9. Margarida Lopes, RODRIGUES			11	Uniao Juncalense		1:23.42 3,00
50m: 40.54 40.54	100m:	1:23.42		42.88		
10. Matilde Pinto, ANTUNES			11	Naval de Peniche		1:29.39 2,00
50m: 42.80 42.80	100m:	1:29.39		46.59		
11. Constanca Santos, COUTINHO			12	Naval da Nazaré		1:32.65 1,00
50m: 43.87 43.87	100m:	1:32.65		48.78		
EXH Ana Margarida, MARQUES			09	Ba-Leiria		1:14.72 -
50m: 35.98 35.98	100m:	1:14.72		38.74		
EXH Emiliana Arruda, SARAIVA			12	Vieirense		1:21.67 -
50m: 40.38 40.38	100m:	1:21.67		41.29		
EXH Maria Teresa, OLIVEIRA			09	Ba-Leiria		1:22.05 -
50m: 40.49 40.49	100m:	1:22.05		41.56		
EXH Flavia Mendes, DOMINGUES			06	Nucleo de Pombal		1:23.10 -
50m: 40.83 40.83	100m:	1:23.10		42.27		



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Prova 5, Femin., 100m Costas

Lugar	Ano	Tempo final
EXH Leonor Valerio, ADRIANO 50m: 40.44 40.44 100m: 1:23.28 42.84	09 Alcobaca	1:23.28 -
EXH Safira Pedro, FONSECA 50m: 41.76 41.76 100m: 1:24.53 42.77	12 Vieirense	1:24.53 -
EXH Beatriz Julio, CORREIA 50m: 42.11 42.11 100m: 1:25.97 43.86	12 CNLeiria	1:25.97 -
EXH Maria Santos, FONSECA 50m: 43.95 43.95 100m: 1:30.75 46.80	11 CNLeiria	1:30.75 -
EXH Rita Alexandra, JORDAO 50m: 46.62 46.62 100m: 1:34.01 47.39	12 Uniao Juncalense	1:34.01 -
EXH Jessica Garcia, FERREIRA 50m: 46.22 46.22 100m: 1:34.04 47.82	12 Óbidos	1:34.04 -
EXH Mariana Duarte, ANTUNES 50m: 48.49 48.49 100m: 1:40.23 51.74	12 Alcobaca	1:40.23 -

Prova 6
15/06/2024 - 10:32

Masc., 100m Costas

ABSOLUTOS
Resultados

RD ANDL SEN	55.12	Viktor, KOT	DNMG	Felgueiras	23/12/2018
RD ANDL JUN	56.54	Francisco Rogério, SANTOS	BSCN	Porto	12/12/2015
RD ANDL JUV A	57.66	Mikhael, ONUTSKYY		Sines	15/12/2023
RD ANDL JUV B	59.19	Ricardo Lopes, SILVA		Caldas da Rainha	14/04/2018
RD ANDL INF A	59.50	Ricardo Lopes, SILVA		Caldas da Rainha	10/06/2017
RD ANDL INF B	1:04.99	António Antunes, JORGE		Lagos	25/03/2023
RD ANDL ABS	55.12	Viktor, KOT		Felgueiras	23/12/2018
RN 25 m Open	50.82	Gabriel Jose, LOPES	ALN	Leiria	11/12/2022
RN 25 m SEN	50.82	Gabriel Jose, LOPES	ALN	Leiria	11/12/2022
RN 25 m 18	53.88	Alexis Manacas, SANTOS	SCP	Leiria	05/12/2009
RN 25 m 17	54.97	Gabriel Jose, LOPES	CDL	Coimbra	11/05/2014
RN 25 m JUV A	56.34	Goncalo Carlos, AZEVEDO	CNMAIA	Felgueiras	22/04/2023
RN 25 m JUV B	57.36	Gustavo Carvalho, SILVA	ADA	Praia da Vitória	20/07/2019
RN 25 m INF A	59.50	Ricardo Lopes, SILVA	DNMG	Caldas da Rainha	10/06/2017
RN 25 m INF B	1:04.13	Miguel Reis, OLIVEIRA	SCB	Braga	22/05/2022

Lugar	Ano	Tempo final
1. Mikhael, ONUTSKYY <i>Recorde Distrital Juv A.</i> 50m: 27.42 27.42 100m: 57.04 29.62	08 Pimpoes/Cimai	57.04 12,00
2. Bruno Filipe, TABORDA 50m: 29.77 29.77 100m: 1:00.98 31.21	95 CNLeiria	1:00.98 10,00
3. Francisco Xavier, TOMAS 50m: 30.75 30.75 100m: 1:03.38 32.63	00 Alcobaca	1:03.38 9,00
4. Bernardo Nunes, DOMINGUEZ 50m: 31.69 31.69 100m: 1:05.28 33.59	07 Ba-Leiria	1:05.28 8,00
5. Guilherme Meireles, MARRAZES 50m: 32.05 32.05 100m: 1:05.56 33.51	09 Nautico Marinha Grande	1:05.56 7,00
6. Francisco Jose, FRAGOSO 50m: 32.31 32.31 100m: 1:06.94 34.63	07 Vieirense	1:06.94 6,00



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Prova 6, Masc., 100m Costas, ABSOLUTOS

Lugar	Ano	Tempo final
7. Pedro Blanc, CAPINHA 50m: 33.66 33.66 100m: 1:09.72 36.06	09 Óbidos	1:09.72 5,00
8. Francisco Lourenco, CUSTODIO 50m: 35.08 35.08 100m: 1:11.78 36.70	09 Naval da Nazaré	1:11.78 4,00
9. Santiago Neves, SILVA 50m: 38.37 38.37 100m: 1:20.79 42.42	10 Nucleo de Pombal	1:20.79 3,00
10. Joao Pedro, CRUZ 50m: 47.17 47.17 100m: 1:37.36 50.19	11 Naval de Peniche	1:37.36 2,00
DSQ Diogo Coelho, JORDAO <i>Falsa partida (SW 4.4)</i>	08 Uniao Juncalense	-
EXH Luis Pedro, VALERIO 50m: 33.73 33.73 100m: 1:09.96 36.23	09 Ba-Leiria	1:09.96 -
EXH Lucas Ferreira, GASPAR 50m: 34.56 34.56 100m: 1:10.18 35.62	10 Vieiraense	1:10.18 -
EXH Rodrigo Oliveira, SANTOS 50m: 35.63 35.63 100m: 1:13.00 37.37	09 Alcobaca	1:13.00 -
EXH Tiago Daniel, POVOA 50m: 38.51 38.51 100m: 1:20.83 42.32	08 Uniao Juncalense	1:20.83 -
EXH Francisco Antonio, SIMOES 50m: 41.53 41.53 100m: 1:24.00 42.47	10 Ba-Leiria	1:24.00 -
EXH Simao Pedro, MARQUES 50m: 42.10 42.10 100m: 1:26.99 44.89	11 Uniao Juncalense	1:26.99 -
EXH Martin, SHEVCHUK 50m: 42.93 42.93 100m: 1:28.80 45.87	11 CNLeiria	1:28.80 -
EXH Eduardo Martim, CARMO 50m: 46.76 46.76 100m: 1:36.93 50.17	11 Óbidos	1:36.93 -
EXH Rafael Costa, ANTUNES 50m: 52.28 52.28 100m: 1:49.74 57.46	10 Naval de Peniche	1:49.74 -



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Prova 7	Femin., 200m Mariposa				ABSOLUTOS
15/06/2024 - 10:44					Resultados
RD ANDL SEN	2:12.25	Victoria, KAMINSKAYA	SIRP	Vila Real St.º António	01/11/2014
RD ANDL JUN	2:10.12	Sara Francisco, CRUZ	ADBA	Leiria	06/12/2009
RD ANDL JUV A	2:20.70	Giovanna Vaz, VARGAS		Nazaré	17/05/2015
RD ANDL JUV B	2:21.00	Giovanna Vaz, VARGAS		Nazaré	24/05/2014
RD ANDL INF A	2:27.22	Giovanna Vaz, VARGAS		Nazaré	02/06/2013
RD ANDL INF B	2:35.67	Filipa Vilas, RUIVO		Alcobaça	14/06/2009
RD ANDL ABS	2:10.12	Sara Francisco, CRUZ		Leiria	06/12/2009
RN 25 m Open	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
RN 25 m SEN	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
RN 25 m 17	2:10.12	Sara Francisco, CRUZ	ADBA	Leiria	04/12/2009
RN 25 m 16	2:13.60	Ana Rita, FRANCISCO	POR	Gelsenkirchen (GER)	11/02/1996
RN 25 m JUV A	2:17.51	Raquel Maria, FELGUEIRAS	SCB	Algés	05/03/1995
RN 25 m JUV B	2:18.29	Mariana Pacheco, CUNHA	CFP	Felqueiras	15/04/2018
RN 25 m INF A	2:20.28	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018
RN 25 m INF B	2:31.64	Raquel Maria, FELGUEIRAS	SCB	Algés	09/05/1992

Lugar	Ano			Tempo final		
1. Giovanna Vaz, VARGAS	00	Nautico Marinha Grande		2:22.98	12,00	
50m: 32.26 32.26	100m: 1:08.99	36.73	150m: 1:45.54	36.55	200m: 2:22.98	37.44
2. Ana Claudia, FERREIRA	90	Alcobaca		2:25.48	10,00	
50m: 33.16 33.16	100m: 1:09.92	36.76	150m: 1:47.30	37.38	200m: 2:25.48	38.18
3. Luana Pinto, DOMINGUES	03	CNLeiria		2:31.54	9,00	
50m: 32.73 32.73	100m: 1:09.93	37.20	150m: 1:49.32	39.39	200m: 2:31.54	42.22
4. Leonor Caetano, MOREIRA	06	Vieirense		2:37.36	8,00	
50m: 34.33 34.33	100m: 1:12.81	38.48	150m: 1:53.31	40.50	200m: 2:37.36	44.05
5. Dalila Leal, BERNARDINO	06	Nucleo de Pombal		2:45.04	7,00	
50m: 35.32 35.32	100m: 1:16.93	41.61	150m: 2:02.27	45.34	200m: 2:45.04	42.77
6. Laura Samora, GONCALVES	10	Ba-Leiria		2:48.00	6,00	
50m: 38.01 38.01	100m: 1:21.45	43.44	150m: 2:05.10	43.65	200m: 2:48.00	42.90
7. Clara Sobreiro, RODRIGUES	09	Pimpoes/Cimai		2:54.41	5,00	
50m: 36.86 36.86	100m: 1:18.73	41.87	150m: 2:05.61	46.88	200m: 2:54.41	48.80
8. Constanca Carvalho, PIEDADE	08	Uniao Juncalense		3:24.93	4,00	
50m: 43.84 43.84	100m: 1:34.76	50.92	150m: 2:28.19	53.43	200m: 3:24.93	56.74
DSQ Marta Cabete, GOMES	08	CNLeiria			-	
<i>A atleta efetuou movimento alternado de pernas, após as viragens aos 125 e 175 metros.</i>						
EXH Maria Margarida, OLIVEIRA	09	Ba-Leiria		3:19.12	-	
50m: 42.21 42.21	100m: 1:32.22	50.01	150m: 2:25.50	53.28	200m: 3:19.12	53.62
EXH Constanca Rolim, PEDRO	10	Ba-Leiria		3:19.20	-	
50m: 44.52 44.52	100m: 1:35.06	50.54	150m: 2:27.22	52.16	200m: 3:19.20	51.98
EXH Mariana Sousa, OLIVEIRA	10	Alcobaca		3:27.70	-	
50m: 42.28 42.28	100m: 1:38.44	56.16	150m: 2:34.95	56.51	200m: 3:27.70	52.75
EXH Yaroslava, TABUNSCHYK	12	CNLeiria		3:42.23	-	
50m: 48.09 48.09	100m: 1:45.38	57.29	150m: 2:42.71	57.33	200m: 3:42.23	59.52



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Prova 8	Masc., 200m Mariposa					ABSOLUTOS
15/06/2024 - 10:57						Resultados
RD ANDL SEN	2:04.37	Miguel Monteiro, DIOGO	CNAL	Mealhada	16/12/2012	
RD ANDL JUN	2:02.02	Miguel Monteiro, DIOGO	CNAL	Leiria	18/06/2011	
RD ANDL JUV A	2:03.38	Diogo Parrilha, SILVA		Alcobaça	13/06/2009	
RD ANDL JUV B	2:09.05	Tomás Pascoal, FERREIRA		Sines	17/12/2023	
RD ANDL INF A	2:15.46	André Vilas, RUIVO		Campo Maior	30/03/2014	
RD ANDL INF B	2:19.18	André Vilas, RUIVO		Nazaré	01/06/2013	
RD ANDL ABS	2:02.02	Miguel Monteiro, DIOGO		Leiria	18/06/2011	
RN 25 m Open	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009	
RN 25 m SEN	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12/12/2009	
RN 25 m 18	1:58.64	Diogo Filipe, CARVALHO	CGA	Tomar	09/12/2005	
RN 25 m 17	1:59.93	Diogo Filipe, CARVALHO	CGA	Mealhada	05/03/2005	
RN 25 m JUV A	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcobaça	13/06/2009	
RN 25 m JUV B	2:06.17	Diogo Matos, RIBEIRO	CUC	Felqueiras	27/04/2019	
RN 25 m INF A	2:12.42	Tomás Miguel, FREITAS	CDN	Funchal	11/07/2004	
RN 25 m INF B	2:19.18	Andre Vilas, RUIVO	DNMG	Nazaré	01/06/2013	

Lugar	Ano			Tempo final		
1. David Ferreira, RELVAS	03	Nautico Marinha Grande	2:06.02	12,00		
50m: 28.44 28.44	100m: 1:00.35	31.91 150m: 1:32.87	32.52	200m: 2:06.02	33.15	
2. Joao Moura, FRANCISCO	07	CNLeiria	2:08.85	10,00		
50m: 27.78 27.78	100m: 59.85	32.07 150m: 1:33.52	33.67	200m: 2:08.85	35.33	
3. Luca Valentino, TONA	06	Pimpoes/Cimai	2:09.07	9,00		
50m: 28.61 28.61	100m: 1:01.15	32.54 150m: 1:34.65	33.50	200m: 2:09.07	34.42	
4. Tomas Pascoal, FERREIRA	09	Ba-Leiria	2:12.30	8,00		
50m: 28.78 28.78	100m: 1:01.75	32.97 150m: 1:36.48	34.73	200m: 2:12.30	35.82	
5. Edgar Francisco, SIMOES	06	Vieirense	2:18.56	7,00		
50m: 30.39 30.39	100m: 1:04.98	34.59 150m: 1:41.10	36.12	200m: 2:18.56	37.46	
6. Tiago Santos, POMBO	08	Alcobaca	2:19.30	6,00		
50m: 30.37 30.37	100m: 1:05.56	35.19 150m: 1:42.06	36.50	200m: 2:19.30	37.24	
7. Afonso Matos, CORREIA	09	Nucleo de Pombal	2:53.58	5,00		
50m: 36.00 36.00	100m: 1:19.99	43.99 150m: 2:07.12	47.13	200m: 2:53.58	46.46	
8. Gabriel Santiago, FERREIRA	09	Uniao Juncalense	2:56.42	4,00		
50m: 34.88 34.88	100m: 1:18.96	44.08 150m: 2:07.68	48.72	200m: 2:56.42	48.74	
EXH Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	2:20.89	-		
50m: 29.21 29.21	100m: 1:04.63	35.42 150m: 1:42.63	38.00	200m: 2:20.89	38.26	
EXH David Xavier, ALMEIDA	10	Ba-Leiria	2:46.75	-		
50m: 34.32 34.32	100m: 1:16.10	41.78 150m: 2:00.39	44.29	200m: 2:46.75	46.36	
EXH Joao Santos, ALMEIDA	11	Ba-Leiria	2:48.78	-		
50m: 35.41 35.41	100m: 1:17.53	42.12 150m: 2:02.20	44.67	200m: 2:48.78	46.58	
EXH Martim Cruz, MOURA	11	CNLeiria	2:57.17	-		
50m: 38.83 38.83	100m: 1:24.09	45.26 150m: 2:10.40	46.31	200m: 2:57.17	46.77	
EXH Martim Duarte, ROQUE	11	CNLeiria	3:09.10	-		
50m: 41.71 41.71	100m: 1:29.99	48.28 150m: 2:20.06	50.07	200m: 3:09.10	49.04	
EXH Alexandre Afonso, SANTOS	09	Uniao Juncalense	3:34.06	-		
50m: 45.64 45.64	100m: 1:41.19	55.55 150m: 2:37.93	56.74	200m: 3:34.06	56.13	
EXH Rodrigo Nicolau, RITA	11	Vieirense	3:52.95	-		
50m: 43.33 43.33	100m: 1:45.88	1:02.55 150m: 2:49.14	1:03.26	200m: 3:52.95	1:03.81	



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Prova 9	Femin., 4 x 100m Estilos				ABSOLUTOS
15/06/2024 - 11:20					Resultados
RN 25 m Open	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19/12/2009
RN 25 m SEN	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19/12/2009
RN 25 m JUN	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	21/12/2018
RN 25 m JUV A	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019
RN 25 m JUV	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019
RN 25 m JUV B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15/06/2006
RN 25 m INF A	4:40.29	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Viseu	12/03/2011
RN 25 m 12 - 13	4:40.29	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Viseu	12/03/2011
RN 25 m INF B	4:57.35	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Ponte da Barca	06/03/2010

Lugar					Tempo final	
1. CNLeiria 1	CNLeiria				4:32.22	12,00
Beatriz Belo, CLARA	+0,58	31.98	1:06.23	Luana Pinto, DOMINGUES	32.01	1:08.47
Joana Rosa, FERREIRA		34.97	1:15.74	Giulia, MOURA	28.84	1:01.78
2. Alcobaca 1	Alcobaca				4:35.23	10,00
Ana Francisca, SILVA	+1,67	33.66	1:08.51	Ana Claudia, FERREIRA	30.78	1:06.03
Rita Rocha, SILVA		36.05	1:17.40	Constanca Baptista, TOMAS	29.95	1:03.29
3. Pimpoes/Cimai 1	Pimpoes/Cimai				4:38.74	9,00
Lara Roque, COTRIM	+0,65	33.78	1:09.38	Ines Mira, PINO	30.27	1:05.31
Camila Silva, CHAMUSCO		36.55	1:21.21	Ines Apolinario, SOARES	30.42	1:02.84
4. Nautico Marinha Grande 1	Nautico Marinha Grande				4:39.20	8,00
Madalena Gracio, PEDROSO	+0,72	36.19	1:12.37	Giovanna Vaz, VARGAS	30.41	1:05.16
Margarida Correia, MADEIRA		36.68	1:17.15	Laura Helena, AMORIM	30.68	1:04.52
5. Ba-Leiria 1	Ba-Leiria				4:44.99	7,00
Sofia Roma, BRIZIDA	+0,69	35.57	1:14.91	Sara Francisco, CRUZ	31.24	1:05.43
Maria Teresa, OLIVEIRA		37.49	1:19.77	Maria Carolina, ALVES	30.19	1:04.88
6. Vieiraense 1	Vieiraense				4:55.81	6,00
Bruna Andreia, SIMOES	+1,41	36.33	1:15.67	Leonor Caetano, MOREIRA	32.32	1:10.67
Mafalda Caetano, LOURENCO		38.91	1:24.26	Tania Cristina, MENDES	31.34	1:05.21
7. Nucleo de Pombal 1	Nucleo de Pombal				5:14.13	5,00
Carlota Sa, SANTOS	+0,65	37.97	1:17.26	Dalila Leal, BERNARDINO	35.07	1:17.06
Anastasiya, PRYMACHENKO		42.32	1:29.96	Matilde Monteiro, NEVES	32.73	1:09.85
8. Uniao Juncalense 1	Uniao Juncalense				5:46.77	4,00
Catarina Tagarroso, LOBO	+0,64	40.45	1:25.51	Constanca Carvalho, PIEDADE	41.52	1:30.34
Isabela Maria, CARREIRA		42.99	1:33.24	Erica Felix, RODRIGUES	37.07	1:17.68
9. Óbidos 1	Óbidos				6:03.40	3,00
Elisa Henriques, SOUTO	+1,83	38.46	1:17.02	Kelly Simao, COSTA	49.41	1:47.13
Leonor Pereira, SILVA		41.02	1:26.09	Jessica Garcia, FERREIRA	42.18	1:33.16



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Prova 10	Masc., 4 x 100m Estilos					ABSOLUTOS
15/06/2024 - 11:33						Resultados
RN 25 m Open	3:33.03	Sporting Clube de Portugal	SCP	Leiria		09/12/2022
RN 25 m SEN	3:33.03	Sporting Clube de Portugal	SCP	Leiria		09/12/2022
RN 25 m JUN	3:46.26	Sport Lisboa e Benfica	SLB	Leiria		08/12/2023
RN 25 m JUV A	3:59.39	Clube Futebol Os Belenenses	CFB	Algés		14/07/2019
RN 25 m JUV	3:59.39	Clube Futebol Os Belenenses	CFB	Algés		14/07/2019
RN 25 m JUV B	4:04.46	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Estarreja		14/12/2014
RN 25 m INF A	4:12.48	Sporting Clube de Portugal	SCP	Tomar		20/03/2016
RN 25 m 13 - 14	4:12.48	Sporting Clube de Portugal	SCP	Tomar		20/03/2016
RN 25 m INF B	4:35.54	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Porto		17/03/2013

Lugar					Tempo final	
1. Pimpoes/Cimai 1	Pimpoes/Cimai				3:59.66	12,00
Mikhael, ONUTSKYY	08	28.11	57.54	Luca Valentino, TONA	06	26.54 57.98
Joao Guilherme, VIEIRA	93	32.76	1:10.90	Gil Santos, LEMOS	06	25.11 53.24
2. Nautico Marinha Grande 1	Nautico Marinha Grande				4:10.89	10,00
Paulo, KOT	+0,76	31.71	1:04.71	Guilherme Meireles, MARRAZES		29.49 1:02.90
David Ferreira, RELVAS		32.89	1:10.11	Miguel Vicente, SILVA		24.75 53.17
3. Vieiraense 1	Vieirense				4:11.38	9,00
Francisco Jose, FRAGOSO	+1,54	31.84	1:05.05	Francisco Xavier, RITA		27.12 58.40
Nuno Goncalo, SANTOS		33.24	1:12.17	Santiago Boica, SOUSA		26.40 55.76
4. Alcobaca 1	Alcobaca				4:11.74	8,00
Leonardo Jose, CRUZ	+0,64	28.72	58.57	Tiago Santos, POMBO		30.03 1:03.59
Antonio Antunes, JORGE		35.35	1:13.97	Francisco Xavier, TOMAS		26.26 55.61
5. Ba-Leiria 2	Ba-Leiria				4:19.26	7,00
Bernardo Nunes, DOMINGUEZ	+1,87	31.99	1:04.96	Tomas Pascoal, FERREIRA		27.20 58.72
Santiago Marques, GOMES		35.48	1:14.99	Dinis Lamas, SANTOS		28.79 1:00.59
6. Uniao Juncalense 1	Uniao Juncalense				4:44.79	6,00
Gabriel Santiago, FERREIRA	+0,74	37.33	1:16.50	Rodrigo Cardoso, TOMAS		32.89 1:11.67
Diogo Coelho, JORDAO		35.73	1:17.48	Rafael, SANTOS		28.24 59.14
DSQ CNLeiria 1	CNLeiria					-
<i>Falsa partida (SW 4.4)</i>						
Goncalo Pereira, COLACO, Filipe Miguel, GOMES, Joao Moura, FRANCISCO, Afonso Dinis, ROQUE						
DSQ Nucleo de Pombal 2	Nucleo de Pombal					-
<i>O atleta na viragem dos 325 e 375 metros, saiu na posição dorsal e efetuou pernadas.</i>						
David Ferrador, PEREIRA	+0,56	32.83	1:08.77	Leonardo Contreiras, JERONIMO		29.10
Santiago Neves, SILVA		37.95	1:24.03	Afonso Matos, CORREIA		
DSQ Óbidos 1	Óbidos					-
<i>O atleta na viragem aos 125 metros quebrou o ciclo de bruços (braçada/ pernada)</i>						
Francisco Costa, VALENTIM	+0,95	40.72	1:22.81	Pedro Blanc, CAPINHA		
Bruno Garcia, MILITAO				Rayan Gava, ALVES		



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2 - 1ª Jornada - 2ª Sessão (Tarde)

15/06/2024 - 15:30

Prova 11	Femin., 200m Livres					ABSOLUTOS
15/06/2024 - 15:30						Resultados
RD ANDL SEN	2:03.00	Inês Jacinto, HENRIQUES	SIRP	Leiria	02/12/2017	
RD ANDL JUN	2:04.38	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	22/04/2017	
RD ANDL JUV A	2:07.06	Filipa Vilas, RUIVO		Mealhada	18/12/2011	
RD ANDL JUV B	2:10.36	Maria Lopes, AMADO		Caldas da Rainha	07/07/2018	
RD ANDL INF A	2:11.44	Maria Lopes, AMADO		Caldas da Rainha	10/06/2017	
RD ANDL INF B	2:17.56	Filipa Vilas, RUIVO		Mealhada	15/02/2009	
RD ANDL ABS	2:03.00	Inês Jacinto, HENRIQUES		Leiria	02/12/2017	

Lugar				Ano				Tempo final	
1.	Ines Mira, PINO			06	Pimpoes/Cimai			2:11.19	12,00
	50m: 30.93 30.93	100m: 1:04.05			33.12 150m: 1:37.59	33.54	200m: 2:11.19	33.60	
2.	Giulia, MOURA			06	CNLeiria			2:15.75	10,00
	50m: 30.84 30.84	100m: 1:04.49			33.65 150m: 1:39.98	35.49	200m: 2:15.75	35.77	
3.	Bianca Balbino, MENDES			10	Naval de Peniche			2:19.43	9,00
	50m: 32.75 32.75	100m: 1:07.78			35.03 150m: 1:44.14	36.36	200m: 2:19.43	35.29	
4.	Maria Carolina, ALVES			10	Ba-Leiria			2:20.41	8,00
	50m: 32.73 32.73	100m: 1:07.93			35.20 150m: 1:43.90	35.97	200m: 2:20.41	36.51	
5.	Laura Helena, AMORIM			10	Nautico Marinha Grande			2:21.71	7,00
	50m: 32.13 32.13	100m: 1:07.83			35.70 150m: 1:45.00	37.17	200m: 2:21.71	36.71	
6.	Diana Rita, FONSECA			08	Vieirense			2:26.13	6,00
	50m: 33.26 33.26	100m: 1:10.89			37.63 150m: 1:48.85	37.96	200m: 2:26.13	37.28	
7.	Francisca Moreira, FELICIANO			11	Alcobaca			2:28.66	5,00
	50m: 32.98 32.98	100m: 1:10.79			37.81 150m: 1:50.66	39.87	200m: 2:28.66	38.00	
8.	Carlota Sa, SANTOS			11	Nucleo de Pombal			2:31.29	4,00
	50m: 35.89 35.89	100m: 1:13.50			37.61 150m: 1:52.82	39.32	200m: 2:31.29	38.47	
9.	Constanca Carvalho, PIEDADE			08	Uniao Juncalense			2:43.78	3,00
	50m: 37.83 37.83	100m: 1:20.05			42.22 150m: 2:02.50	42.45	200m: 2:43.78	41.28	
10.	Iris Santos, CANEKO			09	Naval da Nazaré			3:14.02	2,00
	50m: 43.92 43.92	100m: 1:33.33			49.41 150m: 2:24.68	51.35	200m: 3:14.02	49.34	
11.	Iara Maria, CAMACHO			12	Óbidos			3:16.40	1,00
	50m: 43.76 43.76	100m: 1:35.42			51.66 150m: 2:28.19	52.77	200m: 3:16.40	48.21	
EXH	Debora Silva, INACIO			10	Pimpoes/Cimai			2:24.54	-
	50m: 33.97 33.97	100m: 1:11.63			37.66 150m: 1:49.01	37.38	200m: 2:24.54	35.53	
EXH	Constanca Rolim, PEDRO			10	Ba-Leiria			2:32.19	-
	50m: 37.38 37.38	100m: 1:16.44			39.06 150m: 1:55.34	38.90	200m: 2:32.19	36.85	
EXH	Mafalda Varela, BERNARDINO			12	Alcobaca			2:40.12	-
	50m: 35.80 35.80	100m: 1:16.77			40.97 150m: 1:59.18	42.41	200m: 2:40.12	40.94	
EXH	Beatriz Julio, CORREIA			12	CNLeiria			2:48.06	-
	50m: 39.27 39.27	100m: 1:22.56			43.29 150m: 2:05.55	42.99	200m: 2:48.06	42.51	
EXH	Rita Francisco, SIMOES			12	Vieirense			2:48.82	-
	50m: 39.99 39.99	100m: 1:23.41			43.42 150m: 2:07.06	43.65	200m: 2:48.82	41.76	
EXH	Yaroslava, TABUNSCHYK			12	CNLeiria			2:52.27	-
	50m: 39.34 39.34	100m: 1:23.59			44.25 150m: 2:09.00	45.41	200m: 2:52.27	43.27	



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Prova 11, Femin., 200m Livres

Lugar	Ano	Tempo final
EXH Matilde Vitorino, FERREIRA 50m: 39.02 39.02 100m: 1:23.38 44.36 150m: 2:08.68 45.30 200m: 2:52.43 43.75	11 Naval de Peniche	2:52.43 -
EXH Matilde Pinto, ANTUNES 50m: 38.62 38.62 100m: 1:22.12 43.50 150m: 2:09.15 47.03 200m: 2:52.89 43.74	11 Naval de Peniche	2:52.89 -
EXH Yara Silva, INES 50m: 40.01 40.01 100m: 1:25.41 45.40 150m: 2:16.17 50.76 200m: 3:03.79 47.62	11 Ba-Leiria	3:03.79 -
EXH Mariana Duarte, ANTUNES 50m: 41.08 41.08 100m: 1:29.55 48.47 150m: 2:19.72 50.17 200m: 3:07.58 47.86	12 Alcobaca	3:07.58 -
EXH Anastasia, STURZA 50m: 41.64 41.64 100m: 1:35.10 53.46 150m: 2:31.94 56.84 200m: 3:27.18 55.24	10 Uniao Juncalense	3:27.18 -

Prova 12

Masc., 200m Livres

ABSOLUTOS

15/06/2024 - 15:47

Resultados

RD ANDL SEN	1:46.84	César Fernando, FARIA	ADBA	St.º Ant.º Cavaleiros	19/12/2009
RD ANDL JUN	1:51.89	Miguel Monteiro, DIOGO	CNAL	Leiria	18/06/2011
RD ANDL JUV A	1:54.77	Rodrigo Miguel, REIS	ADBA	Sines	07/11/2019
RD ANDL JUV B	1:56.62	Ricardo Lopes, SILVA		Caldas da Rainha	07/07/2018
RD ANDL INF A	2:01.90	Ricardo Silva, SILVA		Sines	08/04/2017
RD ANDL INF B	2:05.81	André Vilas, RUIVO		St.º Ant.º Cavaleiros	16/03/2013
RD ANDL ABS	1:46.84	César Fernando, FARIA		St.º Ant.º Cavaleiros	19/12/2009

Lugar	Ano	Tempo final
1. Afonso Dinis, ROQUE 50m: 27.69 27.69 100m: 56.33 28.64 150m: 1:25.78 29.45 200m: 1:54.33 28.55	07 CNLeiria	1:54.33 12,00
2. Gil Santos, LEMOS 50m: 26.97 26.97 100m: 55.45 28.48 150m: 1:24.81 29.36 200m: 1:54.44 29.63	06 Pimpoes/Cimai	1:54.44 10,00
3. Guilherme Meireles, MARRAZES 50m: 29.01 29.01 100m: 59.84 30.83 150m: 1:32.06 32.22 200m: 2:03.00 30.94	09 Nautico Marinha Grande	2:03.00 9,00
4. Santiago Jose, PACHECO 50m: 29.82 29.82 100m: 1:03.61 33.79 150m: 1:38.44 34.83 200m: 2:11.99 33.55	09 Alcobaca	2:11.99 8,00
5. Gabriel Santiago, FERREIRA 50m: 32.65 32.65 100m: 1:07.06 34.41 150m: 1:42.37 35.31 200m: 2:17.90 35.53	09 Uniao Juncalense	2:17.90 7,00
6. Joao Santos, ALMEIDA 50m: 33.84 33.84 100m: 1:09.87 36.03 150m: 1:46.92 37.05 200m: 2:21.01 34.09	11 Ba-Leiria	2:21.01 6,00
7. Afonso Matos, CORREIA 50m: 32.76 32.76 100m: 1:09.73 36.97 150m: 1:47.95 38.22 200m: 2:25.01 37.06	09 Nucleo de Pombal	2:25.01 5,00
8. Andre Guilherme, CORDEIRO 50m: 35.07 35.07 100m: 1:12.61 37.54 150m: 1:50.97 38.36 200m: 2:28.15 37.18	09 Naval de Peniche	2:28.15 4,00
9. Guilherme Melo, ELIAS 50m: 35.96 35.96 100m: 1:15.84 39.88 150m: 1:58.24 42.40 200m: 2:39.72 41.48	11 Naval da Nazaré	2:39.72 3,00
10. Eduardo Martim, CARMO 50m: 39.52 39.52 100m: 1:30.84 51.32 150m: 2:24.14 53.30 200m: 3:15.21 51.07	11 Óbidos	3:15.21 2,00
DSQ Santiago Boica, SOUSA <i>Falsa partida (SW 4.4)</i>	08 Veiense	-



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Prova 12, Masc., 200m Livres

Lugar	Ano	Tempo final
EXH Sebastian Fabricio, VILLACIS 50m: 30.20 30.20 100m: 1:01.84 31.64 150m: 1:33.55 31.71 200m: 2:06.68 33.13	01 CNLeiria	2:06.68 -
EXH Martim Alexandre, MESQUITA 50m: 28.49 28.49 100m: 1:01.25 32.76 150m: 1:35.78 34.53 200m: 2:08.29 32.51	09 Nautico Marinha Grande	2:08.29 -
EXH Jose Januario, MARQUES 50m: 30.61 30.61 100m: 1:04.54 33.93 150m: 1:39.48 34.94 200m: 2:13.74 34.26	07 Pimpoes/Cimai	2:13.74 -
EXH Isaac Arruda, SARAIVA 50m: 31.72 31.72 100m: 1:06.56 34.84 150m: 1:43.32 36.76 200m: 2:18.99 35.67	09 Vieirense	2:18.99 -
EXH Martim Cruz, MOURA 50m: 33.79 33.79 100m: 1:10.98 37.19 150m: 1:49.07 38.09 200m: 2:27.64 38.57	11 CNLeiria	2:27.64 -
EXH Andre Filipe, FERNANDES 50m: 35.25 35.25 100m: 1:15.37 40.12 150m: 1:57.50 42.13 200m: 2:36.90 39.40	07 Alcobaca	2:36.90 -
EXH Joel Heber, SANTOS 50m: 36.33 36.33 100m: 1:17.68 41.35 150m: 2:01.34 43.66 200m: 2:43.08 41.74	06 Ba-Leiria	2:43.08 -
EXH Rodrigo Duarte, CARREIRA 50m: 37.38 37.38 100m: 1:19.50 42.12 150m: 2:03.16 43.66 200m: 2:46.75 43.59	11 Alcobaca	2:46.75 -
EXH Joao Pedro, CRUZ 50m: 42.01 42.01 100m: 1:28.31 46.30 150m: 2:14.82 46.51 200m: 2:59.86 45.04	11 Naval de Peniche	2:59.86 -
EXH Diogo Demirel, FERREIRA 50m: 45.34 45.34 100m: 1:35.82 50.48 150m: 2:27.59 51.77 200m: 3:19.05 51.46	11 Ba-Leiria	3:19.05 -

Prova 13
15/06/2024 - 16:04

Femin., 400m Estilos

ABSOLUTOS
Resultados

RD ANDL SEN	4:39.03	Victoria, KAMINSKAYA	SIRP	Porto	21/12/2014
RD ANDL JUN	4:48.80	Victoria, KAMNSKAYA	SIRP	Silves	04/12/2011
RD ANDL JUV A	4:58.17	Filipa Vilas, RUIVO		Silves	04/12/2011
RD ANDL JUV B	5:02.87	Filipa Vilas, RUIVO		Óbidos	12/12/2010
RD ANDL INF A	5:05.68	Filipa Vilas, RUIVO		Leiria	12/06/2010
RD ANDL INF B	5:20.68	Filipa Vilas, RUIVO		Nazaré	16/05/2009
RD ANDL ABS	4:39.03	Victoria, KAMINSKAYA		Porto	21/12/2014

Lugar	Ano	Tempo final
1. Giovanna Vaz, VARGAS 50m: 31.88 31.88 100m: 1:07.20 35.32 150m: 1:46.88 39.68 200m: 2:26.10 39.22 250m: 3:09.43 43.33 300m: 3:54.15 44.72 350m: 4:32.00 37.85 400m: 5:08.78 36.78	00 Nautico Marinha Grande	5:08.78 12,00
2. Joana Rosa, FERREIRA 50m: 32.62 32.62 100m: 1:11.37 38.75 150m: 1:53.86 42.49 200m: 2:36.19 42.33 250m: 3:20.68 44.49 300m: 4:06.19 45.51 350m: 4:43.36 37.17 400m: 5:19.80 36.44	05 CNLeiria	5:19.80 10,00
3. Constanca Baptista, TOMAS 50m: 33.12 33.12 100m: 1:12.20 39.08 150m: 1:56.36 44.16 200m: 2:39.22 42.86 250m: 3:26.29 47.07 300m: 4:14.21 47.92 350m: 4:49.94 35.73 400m: 5:24.83 34.89	09 Alcobaca	5:24.83 9,00
4. Maria Joao, VALA 50m: 37.76 37.76 100m: 1:21.86 44.10 150m: 2:04.54 42.68 200m: 2:45.79 41.25 250m: 3:36.67 50.88 300m: 4:28.14 51.47 350m: 5:07.25 39.11 400m: 5:45.74 38.49	11 Pimpoes/Cimai	5:45.74 8,00
5. Anastasiya, PRYMACHENKO 50m: 37.91 37.91 100m: 1:23.01 45.10 150m: 2:08.94 45.93 200m: 2:52.00 43.06 250m: 3:41.47 49.47 300m: 4:31.10 49.63 350m: 5:11.86 40.76 400m: 5:51.10 39.24	11 Nucleo de Pombal	5:51.10 7,00



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Prova 13, Femin., 400m Estilos, ABSOLUTOS

Lugar	Ano		Tempo final							
6. Ines Ferreira, CHELEU	09		Ba-Leiria							
50m: 40.70 40.70	150m: 2:15.89	47.00	250m: 3:54.62	52.11	350m: 5:29.60	41.30	400m: 6:10.01	6,00		
100m: 1:28.89 48.19	200m: 3:02.51	46.62	300m: 4:48.30	53.68						
7. Catarina Tagarros, LOBO	07		Uniao Juncalense							
50m: 39.69 39.69	150m: 2:21.81	49.03	250m: 4:02.93	53.00	350m: 5:39.25	42.67	400m: 6:21.21	5,00		
100m: 1:32.78 53.09	200m: 3:09.93	48.12	300m: 4:56.58	53.65						
8. Emiliana Arruda, SARAIVA	12		Vieirense							
50m: 39.90 39.90	150m: 2:20.15	49.02	250m: 4:06.12	56.79	350m: 5:43.96	41.65	400m: 6:24.54	4,00		
100m: 1:31.13 51.23	200m: 3:09.33	49.18	300m: 5:02.31	56.19						
DSQ Kelly Simao, COSTA	11		Óbidos							
<i>Falsa partida (SW 4.4)</i>										

Prova 14

Masc., 400m Estilos

ABSOLUTOS

15/06/2024 - 16:20

Resultados

RD ANDL SEN	4:34.04	Diogo Parrilha, SILVA	CNAL	Silves	02/12/2011
RD ANDL JUN	4:29.76	Leonardo José, CRUZ	CNAL	EStarreja	03/12/2023
RD ANDL JUV A	4:34.60	Leonardo José, CRUZ		Tomar	14/01/2023
RD ANDL JUV B	4:37.10	André Vilas, RUIVO		Leiria	12/12/2014
RD ANDL INF A	4:43.08	André Vilas, RUIVO		Leiria	16/03/2014
RD ANDL INF B	4:49.65	André Vilas, RUIVO		St.º Antº Cavaleiros	15/03/2013
RD ANDL ABS	4:29.76	Leonardo José, CRUZ		Estarreja	03/12/2023

Lugar	Ano		Tempo final							
1. Leonardo Jose, CRUZ	07		Alcobaca							
50m: 28.58 28.58	150m: 1:36.47	34.89	250m: 2:50.16	38.66	350m: 4:01.81	32.92	400m: 4:33.97	12,00		
100m: 1:01.58 33.00	200m: 2:11.50	35.03	300m: 3:28.89	38.73						
2. David Ferreira, RELVAS	03		Nautico Marinha Grande							
50m: 28.89 28.89	150m: 1:37.25	35.74	250m: 2:53.01	40.04	350m: 4:05.08	31.74	400m: 4:36.31	10,00		
100m: 1:01.51 32.62	200m: 2:12.97	35.72	300m: 3:33.34	40.33						
3. Francisco Marques, SIMOES	07		CNLeiria							
50m: 29.97 29.97	150m: 1:39.87	36.17	250m: 2:56.00	40.60	350m: 4:08.06	32.60	400m: 4:38.22	9,00		
100m: 1:03.70 33.73	200m: 2:15.40	35.53	300m: 3:35.46	39.46						
4. Francisco Xavier, RITA	07		Vieirense							
50m: 30.22 30.22	150m: 1:45.17	38.84	250m: 3:07.43	43.04	350m: 4:22.99	32.52	400m: 4:53.20	8,00		
100m: 1:06.33 36.11	200m: 2:24.39	39.22	300m: 3:50.47	43.04						
5. Santiago Agostinho, PARREIRA	09		Pimpoes/Cimai							
50m: 31.66 31.66	150m: 1:47.05	39.48	250m: 3:08.92	43.30	350m: 4:24.75	32.52	400m: 4:53.97	7,00		
100m: 1:07.57 35.91	200m: 2:25.62	38.57	300m: 3:52.23	43.31						
6. David Ferrador, PEREIRA	09		Nucleo de Pombal							
50m: 31.68 31.68	150m: 1:54.97	42.45	250m: 3:20.93	45.55	350m: 4:45.14	37.05	400m: 5:19.25	6,00		
100m: 1:12.52 40.84	200m: 2:35.38	40.41	300m: 4:08.09	47.16						
7. Pedro Blanc, CAPINHA	09		Óbidos							
50m: 33.19 33.19	150m: 1:53.84	41.80	250m: 3:24.48	48.83	350m: 4:52.06	38.37	400m: 5:28.95	5,00		
100m: 1:12.04 38.85	200m: 2:35.65	41.81	300m: 4:13.69	49.21						
8. David Xavier, ALMEIDA	10		Ba-Leiria							
50m: 34.14 34.14	150m: 2:03.20	46.71	250m: 3:31.81	43.46	350m: 4:57.57	39.85	400m: 5:34.03	4,00		
100m: 1:16.49 42.35	200m: 2:48.35	45.15	300m: 4:17.72	45.91						
9. Tiago Daniel, POVOA	08		Uniao Juncalense							
50m: 40.90 40.90	150m: 2:21.77	46.24	250m: 4:01.10	52.96	350m: 5:37.92	43.29	400m: 6:21.15	3,00		
100m: 1:35.53 54.63	200m: 3:08.14	46.37	300m: 4:54.63	53.53						



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Prova 15	Femin., 200m Costas				ABSOLUTOS
15/06/2024 - 16:35					Resultados
RD ANDL SEN	2:18.33	Andreia Filipa, ANJOS	ADBA	Santo António dos Cavaleiros	20/12/2009
RD ANDL JUN	2:17.91	Victoria, KAMINSKAYA	SIRP	Silves	04/12/2011
RD ANDL JUV A	2:20.28	Maria Lopes, AMADO		Tomar	16/12/2018
RD ANDL JUV B	2:20.56	Maria Lopes, AMADO		Leiria	25/02/2018
RD ANDL INF A	2:26.18	Maria Lopes, AMADO		Sines	09/04/2017
RD ANDL INF B	2:30.25	Maria Lopes, AMADO		Alcobaça	04/06/2016
RD ANDL ABS	2:17.91	Victoria, KAMINSKAYA		Silves	04/12/2011

Lugar	Ano			Tempo final		
1. Ana Francisca, SILVA	06	Alcobaça	2:22.38	12,00		
50m: 34.74 34.74	100m: 1:11.36	36.62	150m: 1:47.64	36.28	200m: 2:22.38	34.74
2. Beatriz Belo, CLARA	09	CNLeiria	2:23.02	10,00		
50m: 33.74 33.74	100m: 1:10.46	36.72	150m: 1:47.49	37.03	200m: 2:23.02	35.53
3. Diana Isabel, ALVES	10	Pimpoes/Cimai	2:31.70	9,00		
50m: 35.76 35.76	100m: 1:14.13	38.37	150m: 1:53.52	39.39	200m: 2:31.70	38.18
4. Madalena Gracio, PEDROSO	10	Nautico Marinha Grande	2:33.23	8,00		
50m: 36.35 36.35	100m: 1:15.06	38.71	150m: 1:54.55	39.49	200m: 2:33.23	38.68
5. Vida Sofia, VELEZ	10	Ba-Leiria	2:35.26	7,00		
50m: 36.33 36.33	100m: 1:15.68	39.35	150m: 1:55.89	40.21	200m: 2:35.26	39.37
6. Carlota Sa, SANTOS	11	Nucleo de Pombal	2:45.29	6,00		
50m: 40.22 40.22	100m: 1:21.48	41.26	150m: 2:03.36	41.88	200m: 2:45.29	41.93
7. Elisa Henriques, SOUTO	10	Óbidos	2:48.12	5,00		
50m: 39.66 39.66	100m: 1:22.32	42.66	150m: 2:06.41	44.09	200m: 2:48.12	41.71
8. Diana Rita, FONSECA	08	Vieirense	2:48.49	4,00		
50m: 38.73 38.73	100m: 1:21.25	42.52	150m: 2:05.22	43.97	200m: 2:48.49	43.27
9. Constanca Carvalho, PIEDADE	08	Uniao Juncalense	2:49.69	3,00		
50m: 41.18 41.18	100m: 1:24.19	43.01	150m: 2:08.14	43.95	200m: 2:49.69	41.55
10. Matilde Santos, COUTINHO	07	Naval da Nazaré	3:00.87	2,00		
50m: 40.03 40.03	100m: 1:25.20	45.17	150m: 2:12.88	47.68	200m: 3:00.87	47.99
EXH Ana Margarida, MARQUES	09	Ba-Leiria	2:41.57	-		
50m: 37.54 37.54	100m: 1:19.29	41.75	150m: 2:01.31	42.02	200m: 2:41.57	40.26
EXH Mariana Sousa, MENDES	11	Alcobaça	2:50.37	-		
50m: 39.17 39.17	100m: 1:22.45	43.28	150m: 2:07.63	45.18	200m: 2:50.37	42.74
EXH Luna Francisco, PEREIRA	12	Nucleo de Pombal	2:50.79	-		
50m: 40.71 40.71	100m: 1:24.65	43.94	150m: 2:08.89	44.24	200m: 2:50.79	41.90
EXH Safira Pedro, FONSECA	12	Vieirense	2:57.42	-		
50m: 42.90 42.90	100m: 1:28.81	45.91	150m: 2:14.66	45.85	200m: 2:57.42	42.76
EXH Leiriia Silviovna, TONKIKH	11	CNLeiria	3:03.61	-		
50m: 43.72 43.72	100m: 1:29.67	45.95	150m: 2:17.73	48.06	200m: 3:03.61	45.88
EXH Barbara Serrano, LOMBA	12	Ba-Leiria	3:25.01	-		
50m: 44.69 44.69	100m: 1:35.64	50.95	150m: 2:28.74	53.10	200m: 3:25.01	56.27
EXH Maria Santos, SILVA	06	Uniao Juncalense	3:40.64	-		
50m: 51.84 51.84	100m: 1:47.83	55.99	150m: 2:45.94	58.11	200m: 3:40.64	54.70
EXH Eleonora Alves, ROSARIO	12	Uniao Juncalense	4:09.72	-		
50m: 59.13 59.13	100m: 2:03.54	1:04.41	150m: 3:07.59	1:04.05	200m: 4:09.72	1:02.13



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Prova 16	Masc., 200m Costas				ABSOLUTOS
15/06/2024 - 16:55					Resultados
RD ANDL SEN	1:59.47	Viktor, KOT	DNMG	Felgueiras	21/12/2018
RD ANDL JUN	2:03.78	Francisco Rogério, SANTOS	BSCN	Porto	13/12/2015
RD ANDL JUV A	2:05.54	Leonardo José, CRUZ		Guarda	17/12/2022
RD ANDL JUV B	2:07.85	Ricardo Lopes, SILVA		Leiria	03/12/2017
RD ANDL INF A	2:11.86	Ricardo Lopes, SILVA		Sines	07/04/2017
RD ANDL INF B	2:15.27	André Vilas, RUIVO		St.º Ant.º Cavaleiros	16/03/2013
RD ANDL ABS	1:59.47	Viktor, KOT		Felgueiras	21/12/2018

Lugar					Ano					Tempo final	
1.	Mikhael, ONUTSKYY	08	Pimpoes/Cimai						2:08.28	12,00	
	50m: 30.97 30.97	100m: 1:03.71	32.74	150m: 1:36.75	33.04	200m: 2:08.28	31.53				
2.	Leonardo Jose, CRUZ	07	Alcobaca						2:08.30	10,00	
	50m: 31.09 31.09	100m: 1:03.13	32.04	150m: 1:35.93	32.80	200m: 2:08.30	32.37				
3.	Bruno Filipe, TABORDA	95	CNLeiria						2:16.99	9,00	
	50m: 31.64 31.64	100m: 1:06.20	34.56	150m: 1:42.18	35.98	200m: 2:16.99	34.81				
4.	Paulo, KOT	09	Nautico Marinha Grande						2:21.90	8,00	
	50m: 33.60 33.60	100m: 1:09.80	36.20	150m: 1:45.91	36.11	200m: 2:21.90	35.99				
5.	Lucas Ferreira, GASPAS	10	Vieirense						2:32.22	7,00	
	50m: 35.64 35.64	100m: 1:14.00	38.36	150m: 1:53.63	39.63	200m: 2:32.22	38.59				
6.	Dinis Lamas, SANTOS	10	Ba-Leiria						2:32.81	6,00	
	50m: 36.70 36.70	100m: 1:15.74	39.04	150m: 1:54.71	38.97	200m: 2:32.81	38.10				
7.	Francisco Lourenco, CUSTODIO	09	Naval da Nazaré						2:34.49	5,00	
	50m: 35.33 35.33	100m: 1:14.06	38.73	150m: 1:54.47	40.41	200m: 2:34.49	40.02				
8.	Gabriel Santiago, FERREIRA	09	Uniao Juncalense						2:41.98	4,00	
	50m: 38.47 38.47	100m: 1:19.12	40.65	150m: 2:00.42	41.30	200m: 2:41.98	41.56				
9.	Francisco Costa, VALENTIM	11	Óbidos						2:51.45	3,00	
	50m: 41.11 41.11	100m: 1:25.00	43.89	150m: 2:09.57	44.57	200m: 2:51.45	41.88				
10.	Afonso Nunes, MARCELINO	08	Nucleo de Pombal						3:02.39	2,00	
	50m: 42.18 42.18	100m: 1:28.05	45.87	150m: 2:15.48	47.43	200m: 3:02.39	46.91				
EXH	Martim Duarte, ROQUE	11	CNLeiria						2:47.45	-	
	50m: 40.13 40.13	100m: 1:23.23	43.10	150m: 2:06.06	42.83	200m: 2:47.45	41.39				
EXH	Alexandre Afonso, SANTOS	09	Uniao Juncalense						2:49.68	-	
	50m: 41.04 41.04	100m: 1:23.73	42.69	150m: 2:06.75	43.02	200m: 2:49.68	42.93				
EXH	Dinis Morgado, FERREIRA	11	Ba-Leiria						3:08.36	-	
	50m: 42.63 42.63	100m: 1:32.08	49.45	150m: 2:21.30	49.22	200m: 3:08.36	47.06				



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Prova 17	Femin., 200m Bruços				ABSOLUTOS
15/06/2024 - 17:10					Resultados
RD ANDL SEN	2:26.74	Victoria, KAMINSKAYA	FPN	Uster (SUI)	27/01/2013
RD ANDL JUN	2:26.77	Victoria, KAMIJNSKAYA	FPN	Uster (SUI)	29/01/2012
RD ANDL JUV A	2:39.22	Filipa Vilas, RUIVO		Silves	04/12/2011
RD ANDL JUV B	2:38.10	Inês Rocha, SILVA		Nazaré	25/05/2014
RD ANDL INF A	2:42.50	Filipa Vilas, RUIVO		Nazaré	23/05/2010
RD ANDL INF B	2:50.63	Ana Ferreira, COSTA		Nazaré	25/05/2014
RD ANDL ABS	2:26.74	Victoria, KAMINSKAYA		Uster (SUI)	27/01/2013

Lugar	Ano				Tempo final			
1. Margarida Correia, MADEIRA	06	Nautico	Marinha Grande		2:40.15	12,00		
50m: 36.63 36.63	100m: 1:17.43	40.80	150m: 1:59.08	41.65	200m: 2:40.15	41.07		
2. Sofia Roma, BRIZIDA	10	Ba-Leiria			2:40.90	10,00		
50m: 36.92 36.92	100m: 1:16.49	39.57	150m: 1:58.71	42.22	200m: 2:40.90	42.19		
3. Joana Rosa, FERREIRA	05	CNLeiria			2:47.06	9,00		
50m: 37.89 37.89	100m: 1:20.16	42.27	150m: 2:03.43	43.27	200m: 2:47.06	43.63		
4. Rita Rocha, SILVA	08	Alcobaca			2:47.88	8,00		
50m: 38.24 38.24	100m: 1:20.70	42.46	150m: 2:04.28	43.58	200m: 2:47.88	43.60		
5. Camila Silva, CHAMUSCO	08	Pimpoes/Cimai			3:00.23	7,00		
50m: 41.29 41.29	100m: 1:27.92	46.63	150m: 2:15.12	47.20	200m: 3:00.23	45.11		
6. Leonor Pereira, SILVA	10	Óbidos			3:03.14	6,00		
50m: 42.98 42.98	100m: 1:29.63	46.65	150m: 2:16.99	47.36	200m: 3:03.14	46.15		
7. Carolina Ferreira, FONSECA	07	Vieirense			3:07.14	5,00		
50m: 40.51 40.51	100m: 1:28.08	47.57	150m: 2:16.93	48.85	200m: 3:07.14	50.21		
8. Anastasiya, PRYMACHENKO	11	Nucleo de Pombal			3:09.53	4,00		
50m: 43.52 43.52	100m: 1:31.59	48.07	150m: 2:20.94	49.35	200m: 3:09.53	48.59		
9. Zofie, PACHECO	09	Naval de Peniche			3:19.84	3,00		
50m: 42.41 42.41	100m: 1:33.53	51.12	150m: 2:26.95	53.42	200m: 3:19.84	52.89		
10. Isabela Maria, CARREIRA	11	Uniao Juncalense			3:21.39	2,00		
50m: 44.85 44.85	100m: 1:36.64	51.79	150m: 2:28.49	51.85	200m: 3:21.39	52.90		
DNS Luana Filipe, REIS	10	Alcobaca				-		
EXH Maria Teresa, OLIVEIRA	09	Ba-Leiria			2:56.43	-		
50m: 39.85 39.85	100m: 1:25.52	45.67	150m: 2:11.20	45.68	200m: 2:56.43	45.23		
EXH Maria Margarida, OLIVEIRA	09	Ba-Leiria			3:03.11	-		
50m: 41.92 41.92	100m: 1:28.78	46.86	150m: 2:16.12	47.34	200m: 3:03.11	46.99		
EXH Maria Santos, FONSECA	11	CNLeiria			3:13.85	-		
50m: 44.57 44.57	100m: 1:34.85	50.28	150m: 2:24.12	49.27	200m: 3:13.85	49.73		
EXH Marta Cabete, GOMES	08	CNLeiria			3:16.33	-		
50m: 44.25 44.25	100m: 1:34.12	49.87	150m: 2:25.83	51.71	200m: 3:16.33	50.50		
EXH Maria Leonor, FERREIRA	12	Óbidos			3:40.19	-		
50m: 50.52 50.52	100m: 1:46.91	56.39	150m: 2:44.16	57.25	200m: 3:40.19	56.03		
EXH Rita Francisco, SIMOES	12	Vieirense			3:40.70	-		
50m: 50.51 50.51	100m: 1:46.97	56.46	150m: 2:44.08	57.11	200m: 3:40.70	56.62		
EXH Rita Alexandra, JORDAO	12	Uniao Juncalense			3:42.90	-		
50m: 50.88 50.88	100m: 1:48.40	57.52	150m: 2:46.59	58.19	200m: 3:42.90	56.31		
EXH Erica Felix, RODRIGUES	11	Uniao Juncalense			3:56.62	-		
50m: 51.34 51.34	100m: 1:51.07	59.73	150m: 2:53.72	1:02.65	200m: 3:56.62	1:02.90		



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Prova 18	Masc., 200m Bruços				ABSOLUTOS
15/06/2024 - 17:28					Resultados
RD ANDL SEN	2:19.32	Filipe Miguel, GOMES	ADBA	Vila Real St.º António	03/11/2018
RD ANDL JUN	2:16.64	António Fernandes, CARRIÇO	SIRP	Vila Real St.º António	08/11/2015
RD ANDL JUV A	2:24.89	António Fernandes, CARRIÇO		Alcobaca	25/01/2014
RD ANDL JUV B	2:26.47	Pedro Domingues, DUARTE		Caldas da Rainha	09/04/2016
RD ANDL INF A	2:32.07	Nuno Marques, SILVA		Caldas da Rainha	08/07/2018
RD ANDL INF B	2:37.84	António Antunes, JORGE		Lagos	24/03/2023
RD ANDL ABS	2:16.64	António Fernandes, CARRIÇO		Vila Real St.º António	08/11/2015

Lugar	Ano		Tempo final	
1. Goncalo Pereira, COLACO	07	CNLeiria	2:30.90	12,00
50m: 33.70 33.70	100m: 1:11.98	38.28	150m: 1:51.02	39.04
200m: 2:30.90	39.88			
2. Antonio Antunes, JORGE	10	Alcobaca	2:32.31	10,00
50m: 35.50 35.50	100m: 1:15.05	39.55	150m: 1:54.43	39.38
200m: 2:32.31	37.88			
3. Hugo Miguel, SANTOS	09	Pimpoes/Cimai	2:35.11	9,00
50m: 34.87 34.87	100m: 1:13.98	39.11	150m: 1:54.33	40.35
200m: 2:35.11	40.78			
4. Bernardo Nunes, DOMINGUEZ	07	Ba-Leiria	2:37.21	8,00
50m: 35.38 35.38	100m: 1:15.54	40.16	150m: 1:56.61	41.07
200m: 2:37.21	40.60			
5. Xinyang, CHENG	09	Nautico Marinha Grande	2:44.78	7,00
50m: 36.05 36.05	100m: 1:17.50	41.45	150m: 2:00.98	43.48
200m: 2:44.78	43.80			
6. Santiago Boica, SOUSA	08	Vieirense	2:48.91	6,00
50m: 37.47 37.47	100m: 1:20.53	43.06	150m: 2:04.98	44.45
200m: 2:48.91	43.93			
7. Diogo Coelho, JORDAO	08	Uniao Juncalense	2:55.32	5,00
50m: 38.17 38.17	100m: 1:22.13	43.96	150m: 2:08.41	46.28
200m: 2:55.32	46.91			
8. Santiago Neves, SILVA	10	Nucleo de Pombal	3:04.38	4,00
50m: 40.62 40.62	100m: 1:27.25	46.63	150m: 2:15.97	48.72
200m: 3:04.38	48.41			
9. Guilherme Melo, ELIAS	11	Naval da Nazaré	3:25.88	3,00
50m: 47.52 47.52	100m: 1:40.03	52.51	150m: 2:33.45	53.42
200m: 3:25.88	52.43			
10. Bruno Garcia, MILITAO	11	Óbidos	3:39.74	2,00
50m: 49.38 49.38	100m: 1:46.40	57.02	150m: 2:44.21	57.81
200m: 3:39.74	55.53			
11. Rafael Costa, ANTUNES	10	Naval de Peniche	4:00.34	1,00
50m: 53.94 53.94	100m: 1:56.49	1:02.55	150m: 2:59.65	1:03.16
200m: 4:00.34	1:00.69			
DSQ Gabriel Marques, CARREIRA	11	Uniao Juncalense	-	-
<i>O atleta efetuou duas braçadas completas no percurso subaquático.</i>				
EXH Rodolfo Junior, ALECRIM	10	CNLeiria	2:40.00	-
50m: 35.21 35.21	100m: 1:16.25	41.04	150m: 1:58.24	41.99
200m: 2:40.00	41.76			
EXH Santiago Marques, GOMES	09	Ba-Leiria	2:44.12	-
50m: 36.97 36.97	100m: 1:18.97	42.00	150m: 2:02.26	43.29
200m: 2:44.12	41.86			
EXH Daniel Gomes, SANTOS	08	Nautico Marinha Grande	2:50.77	-
50m: 37.80 37.80	100m: 1:21.23	43.43	150m: 2:05.98	44.75
200m: 2:50.77	44.79			
EXH Rodrigo Oliveira, SANTOS	09	Alcobaca	2:56.39	-
50m: 39.34 39.34	100m: 1:24.68	45.34	150m: 2:10.86	46.18
200m: 2:56.39	45.53			
EXH Martim Cruz, MOURA	11	CNLeiria	3:10.30	-
50m: 43.58 43.58	100m: 1:32.07	48.49	150m: 2:21.28	49.21
200m: 3:10.30	49.02			
EXH Francisco Antonio, SIMOES	10	Ba-Leiria	3:16.04	-
50m: 45.54 45.54	100m: 1:36.22	50.68	150m: 2:26.29	50.07
200m: 3:16.04	49.75			



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Prova 19	Femin., 100m Mariposa				ABSOLUTOS
15/06/2024 - 17:42					Resultados
RD ANDL SEN	1:02.02	Victoria, KAMINSKAYA	SIRP	Porto	21/12/2004
RD ANDL JUN	59.65	Sara Franciscxo, CRUZ	ADBA	Leiria	06/12/2009
RD ANDL JUV A	1:03.60	Sara Francisco, CRUZ		Caldas da Rainha	06/07/2008
RD ANDL JUV B	1:06.98	Sara Francisco, CRUZ		Estoril	25/02/2007
RD ANDL INF A	1:07.64	Bruna Andreia, SIMÕES		Campo Maior	03/03/2014
RD ANDL INF B	1:11.62	Filipa Mendes, SIMÕES		Caldas da Rainha	08/07/2018
RD ANDL ABS	59.65	Sara Francisco, CRUZ		Leiria	06/12/2009

Lugar	Ano		Tempo final	
1. Sara Francisco, CRUZ	93	Ba-Leiria	1:05.51	12,00
50m: 30.87 30.87	100m: 1:05.51	34.64		
2. Ana Claudia, FERREIRA	90	Alcobaca	1:06.48	10,00
50m: 31.45 31.45	100m: 1:06.48	35.03		
3. Luana Pinto, DOMINGUES	03	CNLeiria	1:08.64	9,00
50m: 31.81 31.81	100m: 1:08.64	36.83		
4. Ines Apolinario, SOARES	03	Pimpoes/Cimai	1:10.94	8,00
50m: 32.83 32.83	100m: 1:10.94	38.11		
5. Bruna Andreia, SIMOES	01	Vieirense	1:12.57	7,00
50m: 32.39 32.39	100m: 1:12.57	40.18		
6. Matilde Santos, VIEIRA	10	Nautico Marinha Grande	1:13.03	6,00
50m: 34.36 34.36	100m: 1:13.03	38.67		
7. Barbara Balbino, MENDES	10	Naval de Peniche	1:17.05	5,00
50m: 34.88 34.88	100m: 1:17.05	42.17		
8. Matilde Santos, COUTINHO	07	Naval da Nazaré	1:20.34	4,00
50m: 35.98 35.98	100m: 1:20.34	44.36		
9. Matilde Monteiro, NEVES	08	Nucleo de Pombal	1:22.48	3,00
50m: 38.42 38.42	100m: 1:22.48	44.06		
10. Margarida Lopes, RODRIGUES	11	Uniao Juncalense	1:40.25	2,00
50m: 43.00 43.00	100m: 1:40.25	57.25		
11. Jessica Garcia, FERREIRA	12	Óbidos	1:53.22	1,00
50m: 53.93 53.93	100m: 1:53.22	59.29		
DNS Bruna Matos, FIALHO	08	Uniao Juncalense		-
EXH Matilde Andre, LUIS	08	Alcobaca	1:15.47	-
50m: 35.16 35.16	100m: 1:15.47	40.31		
EXH Ana Margarida, MARQUES	09	Ba-Leiria	1:15.61	-
50m: 35.16 35.16	100m: 1:15.61	40.45		
EXH Laura Samora, GONCALVES	10	Ba-Leiria	1:16.10	-
50m: 35.58 35.58	100m: 1:16.10	40.52		
EXH Mariana Sousa, OLIVEIRA	10	Alcobaca	1:35.75	-
50m: 42.59 42.59	100m: 1:35.75	53.16		
EXH Yaroslava, TABUNSCHYK	12	CNLeiria	1:39.44	-
50m: 45.47 45.47	100m: 1:39.44	53.97		



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Prova 20	Masc., 100m Mariposa				ABSOLUTOS
15/06/2024 - 17:48					Resultados
RD ANDL SEN	55.99	Viktor, KOT	DNMG	St.º Ant.º Cavaleiros	09/12/2018
RD ANDL JUN	55.83	Diogo Parrilha, SILVA	CNAL	Ponte de Sôr	12/12/2009
RD ANDL JUV A	56.74	Rodrigo Miguel, REIS		Sines	07/11/2019
RD ANDL JUV B	56.97	Tomás Pascoal, FERREIRA		Leiria	11/05/2024
RD ANDL INF A	59.56	Fábio Parrilha, SILVA		Leiria	07/04/2001
RD ANDL INF B	1:01.78	Fábio Parrilha, SILVA		Penafiel	01/04/2000
RD ANDL ABS	55.83	Diogo Parrilha, SILVA		Ponte de Sôr	12/12/2009

Lugar	Ano		Tempo final	
1. Tomas Pascoal, FERREIRA <i>Recorde Distrital Juv B.</i>	09	Ba-Leiria	56.89	12,00
50m: 27.35 27.35	100m: 56.89	29.54		
2. Miguel Vicente, SILVA	02	Nautico Marinha Grande	57.45	10,00
50m: 26.69 26.69	100m: 57.45	30.76		
3. Joao Moura, FRANCISCO	07	CNLeiria	57.90	9,00
50m: 26.97 26.97	100m: 57.90	30.93		
4. Luca Valentino, TONA	06	Pimpoes/Cimai	58.89	8,00
50m: 27.45 27.45	100m: 58.89	31.44		
5. Leonardo Contreiras, JERONIMO	00	Nucleo de Pombal	1:00.81	7,00
50m: 28.42 28.42	100m: 1:00.81	32.39		
6. Nuno Goncalo, SANTOS	96	Vieirense	1:01.14	6,00
50m: 28.50 28.50	100m: 1:01.14	32.64		
7. Tiago Santos, POMBO	08	Alcobaca	1:02.78	5,00
50m: 29.49 29.49	100m: 1:02.78	33.29		
8. Rodrigo Cardoso, TOMAS	10	Uniao Juncalense	1:09.91	4,00
50m: 32.63 32.63	100m: 1:09.91	37.28		
DNS Rayan Gava, ALVES	95	Óbidos		-
EXH Sebastian Fabricio, VILLACIS	01	CNLeiria	59.84	-
50m: 29.07 29.07	100m: 59.84	30.77		
EXH Henrique Martins, JOAQUIM	09	CNLeiria	1:01.75	-
50m: 28.48 28.48	100m: 1:01.75	33.27		
EXH Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	1:02.72	-
50m: 29.38 29.38	100m: 1:02.72	33.34		
EXH Luis Pedro, VALERIO	09	Ba-Leiria	1:10.90	-
50m: 32.47 32.47	100m: 1:10.90	38.43		
EXH Simao Pedro, MARQUES	11	Uniao Juncalense	1:35.78	-
50m: 42.27 42.27	100m: 1:35.78	53.51		
EXH Rodrigo Nicolau, RITA	11	Vieirense	1:49.23	-
50m: 43.82 43.82	100m: 1:49.23	1:05.41		



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Prova 21
15/06/2024 - 18:05

Femin., 4 x 100m Livres

ABSOLUTOS
Resultados

Lugar					Tempo final		
1. CNLeiria 1	CNLeiria				4:08.72	12,00	
Leonor Vendima, COELHO	07	29.89	1:02.35	Giulia, MOURA	06	29.29	1:02.08
Beatriz Belo, CLARA	09	30.01	1:02.84	Joana Rosa, FERREIRA	05	29.22	1:01.45
2. Pimpoes/Cimai 1	Pimpoes/Cimai				4:13.83	10,00	
<i>Recorde Distrital Senior.</i>							
Maria Silva, CARVALHO	05	31.38	1:06.30	Beatriz Luz, MARTINS	06	30.60	1:05.55
Ines Mira, PINO	06	28.75	59.82	Ines Apolinario, SOARES	03	30.49	1:02.16
3. Alcobaca 1	Alcobaca				4:15.32	9,00	
Constanca Baptista, TOMAS	09	30.98	1:04.91	Ana Claudia, FERREIRA	90	29.78	1:02.73
Rita Rocha, SILVA	08	31.04	1:06.42	Ana Francisca, SILVA	06	29.56	1:01.26
4. Nautico Marinha Grande 1	Nautico Marinha Grande				4:17.32	8,00	
Madalena Gracio, PEDROSO	10	32.71	1:07.28	Laura Helena, AMORIM	10	30.89	1:05.19
Margarida Correia, MADEIRA	06	30.73	1:03.91	Giovanna Vaz, VARGAS	00	29.26	1:00.94
5. Vieiraense 1	Vieireense				4:21.55	7,00	
Leonor Caetano, MOREIRA	06	30.41	1:03.74	Diana Rita, FONSECA	08	31.56	1:07.34
Tania Cristina, MENDES	99	30.87	1:04.70	Carolina Ferreira, FONSECA	07	31.24	1:05.77
6. Ba-Leiria 3	Ba-Leiria				4:21.60	6,00	
Maria Carolina, ALVES	10	31.49	1:06.73	Sara Francisco, CRUZ	93	29.81	1:01.55
Sofia Roma, BRIZIDA	10	30.53	1:05.13	Ines Ferreira, CHELEU	09	32.77	1:08.19
7. Nucleo de Pombal 3	Nucleo de Pombal				4:43.15	5,00	
Dalila Leal, BERNARDINO	06	32.86	1:09.10	Carlota Sa, SANTOS	11	34.89	1:12.76
Anastasiya, PRYMACHENKO	11	33.41	1:09.09	Matilde Monteiro, NEVES	08	34.56	1:12.20
8. Uniao Juncalense 1	Uniao Juncalense				5:01.08	4,00	
Isabela Maria, CARREIRA	11	34.67	1:12.70	Constanca Carvalho, PIEDADE	08	35.44	1:13.97
Catarina Tagarroso, LOBO	07	34.43	1:14.73	Margarida Lopes, RODRIGUES	11	37.34	1:19.68
9. Óbidos 1	Óbidos				5:34.78	3,00	
Leonor Pereira, SILVA	10	32.13	1:07.41	Jessica Garcia, FERREIRA	12	47.26	1:39.95
Maria Leonor, FERREIRA	12	46.83	1:39.92	Elisa Henriques, SOUTO	10	32.91	1:07.50

Prova 22
15/06/2024 - 18:17

Masc., 4 x 100m Livres

ABSOLUTOS
Resultados

Lugar					Tempo final		
1. CNLeiria 1	CNLeiria				3:32.67	12,00	
Rodolfo Junior, ALECRIM	10	26.26	55.20	Goncalo Pereira, COLACO	07	25.49	53.44
Filipe Miguel, GOMES	97	24.54	51.59	Afonso Dinis, ROQUE	07	25.56	52.44
2. Pimpoes/Cimai 1	Pimpoes/Cimai				3:35.91	10,00	
Mikhael, ONUTSKYY	08	26.58	54.34	Luca Valentino, TONA	06	25.87	54.52
Santiago Agostinho, PARREIRA	09	25.84	53.79	Gil Santos, LEMOS	06	25.51	53.26
3. Nautico Marinha Grande 1	Nautico Marinha Grande				3:42.80	9,00	
Guilherme Meireles, MARRAZES	09	27.67	57.24	Paulo, KOT	09	26.78	56.12
David Ferreira, RELVAS	03	26.14	54.54	Miguel Vicente, SILVA	02	25.72	54.90
4. Vieiraense 1	Vieireense				3:43.92	8,00	
Edgar Francisco, SIMOES	06	27.70	57.88	Nuno Goncalo, SANTOS	96	26.41	55.31
Francisco Xavier, RITA	07	25.60	54.37	Santiago Boica, SOUSA	08	26.92	56.36



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Prova 22, Masc., 4 x 100m Livres, ABSOLUTOS

Lugar									Tempo final
5. Alcobaca 1	Alcobaca								3:46.44 7,00
Leonardo Jose, CRUZ	07	26.30	53.91	Francisco Xavier, TOMAS	00	21.10	55.25		
Antonio Antunes, JORGE	10	27.68	59.54	Tiago Santos, POMBO	08	27.59	57.74		
6. Ba-Leiria 4	Ba-Leiria								3:57.29 6,00
Santiago Marques, GOMES	09	29.20	1:02.09	Bernardo Nunes, DOMINGUEZ	07	28.33	59.42		
Tomas Pascoal, FERREIRA	09	25.86	53.35	Dinis Lamas, SANTOS	10	29.89	1:02.43		
7. Nucleo de Pombal 4	Nucleo de Pombal								4:08.43 5,00
Leonardo Contreiras, JERONIMO	00	27.60	56.77	Afonso Matos, CORREIA	09	30.68	1:04.08		
David Ferrador, PEREIRA	09	29.54	1:01.23	Santiago Neves, SILVA	10	30.78	1:06.35		
8. Uniao Juncalense 1	Uniao Juncalense								4:19.11 4,00
Rodrigo Cardoso, TOMAS	10	30.90	1:02.90	Diogo Coelho, JORDAO	08	29.02	1:02.13		
Alexandre Afonso, SANTOS	09	33.01	1:10.90	Gabriel Santiago, FERREIRA	09	29.92	1:03.18		
9. Óbidos 1	Óbidos								5:04.73 3,00
Pedro Blanc, CAPINHA	09	29.44	1:02.39	Francisco Costa, VALENTIM	11	34.57	1:13.84		
Eduardo Martim, CARMO	11	40.32	1:29.43	Bruno Garcia, MILITAO	11	37.00	1:19.07		

3 - 2ª Jornada - Sessão única (manhã)

16/06/2024 - 9:00

Prova 23	Femin., 400m Livres				ABSOLUTOS
16/06/2024 - 9:00					Resultados
RD ANDL SEN	4:16.64	Filipa Vilas, RUIVO	ADBA	Caldas da Rainha	23/11/2014
RD ANDL JUN	4:16.74	Inês Jacinto, HENRIQUES	SIRP	Felqueiras	22/04/2017
RD ANDL JUV A	4:21.69	Filipa Vilas, RUIVO		Silves	04/12/2011
RD ANDL JUV B	4:31.03	Filipa Vilas, RUIVO		Leiria	21/11/2010
RD ANDL INF A	4:37.93	Filipa Vilas, RUIVO		Abrantes	10/04/2010
RD ANDL INF B	4:38.40	Filipa Vilas, RUIVO		Alcobaça	14/06/2009
RD ANDL ABS	4:16.64	Filipa Vilas, RUIVO		Caldas da Rainha	23/11/2014
RN 25 m Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
RN 25 m SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
RN 25 m 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
RN 25 m 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
RN 25 m JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
RN 25 m JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
RN 25 m INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
RN 25 m INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Lugar	Ano								Tempo final		
1. Constanca Baptista, TOMAS	09								Alcobaca	4:35.91 12,00	
50m:	31.69	31.69	150m:	1:42.16	35.76	250m:	2:53.16	35.40	350m:	4:02.83	34.42
100m:	1:06.40	34.71	200m:	2:17.76	35.60	300m:	3:28.41	35.25	400m:	4:35.91	33.08
2. Matilde Violante, VIANA	07								CNLeiria	4:36.05 10,00	
50m:	31.31	31.31	150m:	1:41.00	35.46	250m:	2:51.93	35.39	350m:	4:03.05	35.59
100m:	1:05.54	34.23	200m:	2:16.54	35.54	300m:	3:27.46	35.53	400m:	4:36.05	33.00
3. Diana Isabel, ALVES	10								Pimpoes/Cimai	4:51.56 9,00	
50m:	32.53	32.53	150m:	1:45.62	37.36	250m:	3:00.66	37.48	350m:	4:15.67	37.37
100m:	1:08.26	35.73	200m:	2:23.18	37.56	300m:	3:38.30	37.64	400m:	4:51.56	35.89
4. Matilde Santos, VIEIRA	10								Nautico Marinha Grande	4:52.91 8,00	
50m:	32.54	32.54	150m:	1:45.71	37.42	250m:	3:01.35	37.60	350m:	4:16.66	37.63
100m:	1:08.29	35.75	200m:	2:23.75	38.04	300m:	3:39.03	37.68	400m:	4:52.91	36.25



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Prova 23, Femin., 400m Livres, ABSOLUTOS

Lugar			Ano					Tempo final	
5.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal				4:54.39	7,00
	50m:	33.26 33.26	150m:	1:47.61 37.37	250m:	3:01.91 36.82	350m:	4:17.57 38.39	
	100m:	1:10.24 36.98	200m:	2:25.09 37.48	300m:	3:39.18 37.27	400m:	4:54.39 36.82	
6.	Bianca Balbino, MENDES		10	Naval de Peniche				4:59.03	6,00
	50m:	33.30 33.30	150m:	1:46.64 37.42	250m:	3:03.04 38.32	350m:	4:20.69 38.90	
	100m:	1:09.22 35.92	200m:	2:24.72 38.08	300m:	3:41.79 38.75	400m:	4:59.03 38.34	
7.	Vida Sofia, VELEZ		10	Ba-Leiria				5:00.58	5,00
	50m:	32.88 32.88	150m:	1:47.30 38.19	250m:	3:04.52 38.38	350m:	4:22.06 38.67	
	100m:	1:09.11 36.23	200m:	2:26.14 38.84	300m:	3:43.39 38.87	400m:	5:00.58 38.52	
8.	Tania Cristina, MENDES		99	Vieirense				5:13.03	4,00
	50m:	35.85 35.85	150m:	1:54.54 40.29	250m:	3:13.98 39.04	350m:	4:35.13 40.77	
	100m:	1:14.25 38.40	200m:	2:34.94 40.40	300m:	3:54.36 40.38	400m:	5:13.03 37.90	
9.	Catarina Tagarroso, LOBO		07	Uniao Juncalense				5:40.77	3,00
	50m:	36.25 36.25	150m:	2:00.85 43.06	250m:	3:29.41 43.96	350m:	4:57.59 43.91	
	100m:	1:17.79 41.54	200m:	2:45.45 44.60	300m:	4:13.68 44.27	400m:	5:40.77 43.18	
10.	Kelly Simao, COSTA		11	Óbidos				6:20.64	2,00
	50m:	41.38 41.38	150m:	2:16.39 47.93	250m:	3:54.47 49.43	350m:	5:33.81 50.00	
	100m:	1:28.46 47.08	200m:	3:05.04 48.65	300m:	4:43.81 49.34	400m:	6:20.64 46.83	
11.	Constanca Santos, COUTINHO		12	Naval da Nazaré				6:48.13	1,00
	50m:	43.20 43.20	150m:	2:24.69 52.63	250m:	4:12.74 54.24	350m:	5:59.42 51.98	
	100m:	1:32.06 48.86	200m:	3:18.50 53.81	300m:	5:07.44 54.70	400m:	6:48.13 48.71	
EXH	Maria Carolina, ALVES		10	Ba-Leiria				5:09.43	-
	50m:	33.55 33.55	150m:	1:49.84 39.08	250m:	3:08.92 39.67	350m:	4:29.34 39.71	
	100m:	1:10.76 37.21	200m:	2:29.25 39.41	300m:	3:49.63 40.71	400m:	5:09.43 40.09	
EXH	Luna Francisco, PEREIRA		12	Nucleo de Pombal				5:46.46	-
	50m:	38.07 38.07	150m:	2:04.71 43.92	250m:	3:33.94 44.50	350m:	5:03.98 45.20	
	100m:	1:20.79 42.72	200m:	2:49.44 44.73	300m:	4:18.78 44.84	400m:	5:46.46 42.48	
EXH	Teresa Ribeiro, ROCHA		11	Aminata				5:48.58	-
	50m:	38.68 38.68	150m:	2:09.66 46.04	250m:	3:38.67 45.12	350m:	5:07.52 42.89	
	100m:	1:23.62 44.94	200m:	2:53.55 43.89	300m:	4:24.63 45.96	400m:	5:48.58 41.06	
EXH	Carolina Matos, CORREIA		12	Nucleo de Pombal				6:11.41	-
	50m:	42.49 42.49	150m:	2:16.88 47.54	250m:	3:52.35 47.99	350m:	5:27.28 47.84	
	100m:	1:29.34 46.85	200m:	3:04.36 47.48	300m:	4:39.44 47.09	400m:	6:11.41 44.13	
EXH	Yara Nunes, MARCELINO		11	Nucleo de Pombal				6:11.81	-
	50m:	40.90 40.90	150m:	2:14.51 47.67	250m:	3:50.85 48.00	350m:	5:27.31 48.35	
	100m:	1:26.84 45.94	200m:	3:02.85 48.34	300m:	4:38.96 48.11	400m:	6:11.81 44.50	
EXH	Rita Alexandra, JORDAO		12	Uniao Juncalense				6:17.86	-
	50m:	44.86 44.86	150m:	2:23.23 49.55	250m:	3:58.65 47.54	350m:	5:34.30 47.30	
	100m:	1:33.68 48.82	200m:	3:11.11 47.88	300m:	4:47.00 48.35	400m:	6:17.86 43.56	
EXH	Maria Ines, GOMES		12	Nucleo de Pombal				6:19.73	-
	50m:	42.49 42.49	150m:	2:18.39 48.91	250m:	3:56.08 49.19	350m:	5:29.87 44.37	
	100m:	1:29.48 46.99	200m:	3:06.89 48.50	300m:	4:45.50 49.42	400m:	6:19.73 49.86	
EXH	Daniela Carvalho, FERREIRA		12	Nucleo de Pombal				6:26.60	-
	50m:	43.09 43.09	150m:	2:20.42 49.18	250m:	4:00.08 49.22	350m:	5:39.85 49.43	
	100m:	1:31.24 48.15	200m:	3:10.86 50.44	300m:	4:50.42 50.34	400m:	6:26.60 46.75	
EXH	Maria Santos, SILVA		06	Uniao Juncalense				6:41.13	-
	50m:	42.54 42.54	150m:	2:21.02 50.12	250m:	4:06.35 53.34	350m:	5:51.09 51.90	
	100m:	1:30.90 48.36	200m:	3:13.01 51.99	300m:	4:59.19 52.84	400m:	6:41.13 50.04	



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Prova 23, Femin., 400m Livres

Lugar	Ano	Tempo final
EXH Eleonora Alves, ROSARIO	12 Uniao Juncalense	7:28.54 -
50m: 51.29 51.29	150m: 2:45.19 56.86	250m: 4:38.53 56.94
100m: 1:48.33 57.04	200m: 3:41.59 56.40	300m: 5:36.00 57.47
		350m: 6:34.18 58.18
		400m: 7:28.54 54.36

Prova 24

16/06/2024 - 9:30

Masc., 400m Livres

ABSOLUTOS

Resultados

RD ANDL SEN	3:50.00	César Fernando, FARIA	ADBA	Istambul (TUR)	10/12/2009
RD ANDL JUN	3:52.28	Guilherme Filipe, PINA	BSCN	Porto	12/12/2015
RD ANDL JUV A	4:05.38	Tomás Gomes, OLIVEIRA	DNMG	Leiria	13/12/2014
RD ANDL JUV B	4:05.75	Tomás Gomes, OLIVEIRA		Nazaré	25/05/2014
RD ANDL INF A	4:12.35	André Vilas, RUIVO		Campo Maior	29/03/2024
RD ANDL INF B	4:26.50	André Vilas, RUIVO		Leiria	02/03/2013
RD ANDL ABS	3:50.00	César Fernando, FARIA		Istambul (TUR)	10/12/2009
RN 25 m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
RN 25 m SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
RN 25 m 18	3:50.52	Adriano Miquel, NIZ	CFV	Fafe	26/06/2004
RN 25 m 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007
RN 25 m JUV A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
RN 25 m JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
RN 25 m INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
RN 25 m INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Lugar	Ano	Tempo final
1. Tomas Pascoal, FERREIRA	09 Ba-Leiria	4:08.10 12,00
50m: 28.52 28.52	150m: 1:30.55 31.63	250m: 2:34.69 31.88
100m: 58.92 30.40	200m: 2:02.81 32.26	300m: 3:06.94 32.25
		350m: 3:38.32 31.38
		400m: 4:08.10 29.78
2. Afonso Dinis, ROQUE	07 CNLeiria	4:12.01 10,00
50m: 29.02 29.02	150m: 1:31.61 31.56	250m: 2:36.27 32.31
100m: 1:00.05 31.03	200m: 2:03.96 32.35	300m: 3:08.78 32.51
		350m: 3:40.60 31.82
		400m: 4:12.01 31.41
3. Gil Santos, LEMOS	06 Pimpoes/Cimai	4:13.94 9,00
50m: 28.13 28.13	150m: 1:30.20 31.64	250m: 2:34.20 31.52
100m: 58.56 30.43	200m: 2:02.68 32.48	300m: 3:07.47 33.27
		350m: 3:40.67 33.20
		400m: 4:13.94 33.27
4. Paulo, KOT	09 Nautico Marinha Grande	4:18.44 8,00
50m: 29.38 29.38	150m: 1:33.70 32.66	250m: 2:39.49 32.78
100m: 1:01.04 31.66	200m: 2:06.71 33.01	300m: 3:12.74 33.25
		350m: 3:45.75 33.01
		400m: 4:18.44 32.69
5. Santiago Boica, SOUSA	08 Vieirense	4:20.93 7,00
50m: 29.70 29.70	150m: 1:36.87 34.11	250m: 2:43.80 33.46
100m: 1:02.76 33.06	200m: 2:10.34 33.47	300m: 3:16.85 33.05
		350m: 3:49.51 32.66
		400m: 4:20.93 31.42
6. Tiago Santos, POMBO	08 Alcobaca	4:24.57 6,00
50m: 29.60 29.60	150m: 1:36.40 34.10	250m: 2:45.02 33.93
100m: 1:02.30 32.70	200m: 2:11.09 34.69	300m: 3:18.55 33.53
		350m: 3:51.92 33.37
		400m: 4:24.57 32.65
7. David Ferrador, PEREIRA	09 Nucleo de Pombal	4:32.79 5,00
50m: 29.98 29.98	150m: 1:37.69 33.99	250m: 2:48.15 35.22
100m: 1:03.70 33.72	200m: 2:12.93 35.24	300m: 3:23.46 35.31
		350m: 3:59.73 36.27
		400m: 4:32.79 33.06
8. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	4:49.16 4,00
50m: 32.97 32.97	150m: 1:46.95 37.73	250m: 3:01.49 37.30
100m: 1:09.22 36.25	200m: 2:24.19 37.24	300m: 3:38.84 37.35
		350m: 4:15.62 36.78
		400m: 4:49.16 33.54
9. Pedro Blanc, CAPINHA	09 Óbidos	5:12.64 3,00
50m: 33.14 33.14	150m: 1:48.00 38.58	250m: 3:09.27 41.05
100m: 1:09.42 36.28	200m: 2:28.22 40.22	300m: 3:50.67 41.40
		350m: 4:31.75 41.08
		400m: 5:12.64 40.89



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Prova 24, Masc., 400m Livres, ABSOLUTOS

Lugar			Ano					Tempo final			
10.	Gabriel Lourenco, CUSTODIO		06	Naval da Nazaré				5:28.58 2,00			
	50m:	32.77 32.77	150m:	1:55.22	43.18	250m:	3:21.11	42.97	350m:	4:46.92	42.96
	100m:	1:12.04 39.27	200m:	2:38.14	42.92	300m:	4:03.96	42.85	400m:	5:28.58	41.66
EXH	Santiago Jose, PACHECO		09	Alcobaca				4:37.95 -			
	50m:	30.51 30.51	150m:	1:40.23	35.32	250m:	2:51.64	35.68	350m:	4:03.48	35.83
	100m:	1:04.91 34.40	200m:	2:15.96	35.73	300m:	3:27.65	36.01	400m:	4:37.95	34.47
EXH	Martin, SHEVCHUK		11	CNLeiria				5:26.63 -			
	50m:	35.64 35.64	150m:	1:58.77	42.44	250m:	3:23.55	42.65	350m:	4:47.54	42.37
	100m:	1:16.33 40.69	200m:	2:40.90	42.13	300m:	4:05.17	41.62	400m:	5:26.63	39.09
EXH	Francisco Antonio, SIMOES		10	Ba-Leiria				5:30.47 -			
	50m:	39.44 39.44	150m:	2:03.33	42.29	250m:	3:29.17	42.76	350m:	4:54.93	42.77
	100m:	1:21.04 41.60	200m:	2:46.41	43.08	300m:	4:12.16	42.99	400m:	5:30.47	35.54
EXH	Andre Filipe, FERNANDES		07	Alcobaca				5:32.90 -			
	50m:	36.22 36.22	150m:	2:01.39	43.90	250m:	3:28.93	44.15	350m:	4:54.91	42.31
	100m:	1:17.49 41.27	200m:	2:44.78	43.39	300m:	4:12.60	43.67	400m:	5:32.90	37.99

Prova 25

Femin., 100m Bruços

ABSOLUTOS

16/06/2024 - 9:50

Resultados

RD ANDL SEN	1:09.70	Victoria, AMINSKAYA	SIRP	Mealhada	16/12/2012
RD ANDL JUN	1:11.39	Victoria, KAMINSKAYA	FPN	Uster (SUI)	29/01/2012
RD ANDL JUV A	1:13.62	Ana Ferreira, COSTA		Abrantes	04/03/2017
RD ANDL JUV B	1:15.12	Inês Rocha, SILVA		Nazaré	25/05/2024
RD ANDL INF A	1:15.72	Filipa Vilas, RUIVO		Caldas da Rainha	01/05/2010
RD ANDL INF B	1:18.50	Filipa Vilas, RUIVO		Caldas da Rainha	02/05/2009
RD ANDL ABS	1:09.70	Victoria, KAMINSKAYA		Mealhada	16/12/2012
RN 25 m Open	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021
RN 25 m SEN	1:06.82	Ana Pinho, RODRIGUES	EDV	Estarreja	04/12/2021
RN 25 m 17	1:08.02	Raquel Gomes, PEREIRA	SAD	Funchal	09/12/2016
RN 25 m 16	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	13/12/2009
RN 25 m JUV A	1:09.59	Diana Duarte, GOMES	ABVE	Tomar	13/03/2004
RN 25 m JUV B	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28/06/2003
RN 25 m INF A	1:13.43	Raquel Gomes, PEREIRA	SANL	Abrantes	13/04/2013
RN 25 m INF B	1:17.79	Mariana Ferrinha, CUNHA	AAC	Coimbra	19/03/1995

Lugar			Ano			Tempo final	
1.	Margarida Correia, MADEIRA		06	Nautico Marinha Grande		1:15.54 12,00	
	50m:	35.81 35.81	100m:	1:15.54	39.73		
2.	Luana Pinto, DOMINGUES		03	CNLeiria		1:17.71 10,00	
	50m:	36.50 36.50	100m:	1:17.71	41.21		
3.	Rita Rocha, SILVA		08	Alcobaca		1:19.16 9,00	
	50m:	37.51 37.51	100m:	1:19.16	41.65		
4.	Camila Silva, CHAMUSCO		08	Pimpoes/Cimai		1:21.12 8,00	
	50m:	37.85 37.85	100m:	1:21.12	43.27		
5.	Maria Teresa, OLIVEIRA		09	Ba-Leiria		1:21.30 7,00	
	50m:	37.90 37.90	100m:	1:21.30	43.40		
6.	Mafalda Caetano, LOURENCO		06	Vieirense		1:25.71 6,00	
	50m:	39.66 39.66	100m:	1:25.71	46.05		
7.	Anastasiya, PRYMACHENKO		11	Nucleo de Pombal		1:30.44 5,00	
	50m:	42.54 42.54	100m:	1:30.44	47.90		



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Prova 25, Femin., 100m Bruços, ABSOLUTOS

Lugar	Ano	Tempo final
8. Isabela Maria, CARREIRA 50m: 43.94 43.94 100m: 1:33.93 49.99	11 Uniao Juncalense	1:33.93 4,00
9. Matilde Vitorino, FERREIRA 50m: 50.19 50.19 100m: 1:47.41 57.22	11 Naval de Peniche	1:47.41 3,00
10. Iris Santos, CANECO 50m: 50.56 50.56 100m: 1:49.56 59.00	09 Naval da Nazaré	1:49.56 2,00
DSQ Elisa Henriques, SOUTO <i>Falsa partida (SW 4.4)</i>	10 Óbidos	-
DNS Luana Filipe, REIS	10 Alcobaca	-
DNS Carlota Pola, TELES	11 Aminata	-
EXH Maria Margarida, OLIVEIRA 50m: 38.86 38.86 100m: 1:23.41 44.55	09 Ba-Leiria	1:23.41 -
EXH Beatriz Gameiro, MATIAS 50m: 40.98 40.98 100m: 1:28.82 47.84	97 Nucleo de Pombal	1:28.82 -
EXH Marta Cabete, GOMES 50m: 43.01 43.01 100m: 1:31.15 48.14	08 CNLeiria	1:31.15 -
EXH Maria Santos, FONSECA 50m: 43.59 43.59 100m: 1:31.46 47.87	11 CNLeiria	1:31.46 -
EXH Mafalda Varela, BERNARDINO 50m: 44.11 44.11 100m: 1:36.69 52.58	12 Alcobaca	1:36.69 -
EXH Ana Luisa, RENDEIRO 50m: 45.54 45.54 100m: 1:37.05 51.51	06 Nucleo de Pombal	1:37.05 -
EXH Flavia Mendes, DOMINGUES 50m: 47.02 47.02 100m: 1:39.55 52.53	06 Nucleo de Pombal	1:39.55 -
EXH Rita Francisco, SIMOES 50m: 48.25 48.25 100m: 1:41.95 53.70	12 Vieirense	1:41.95 -
EXH Barbara Serrano, LOMBA 50m: 50.14 50.14 100m: 1:46.21 56.07	12 Ba-Leiria	1:46.21 -
EXH Maria Leonor, FERREIRA 50m: 51.36 51.36 100m: 1:47.74 56.38	12 Óbidos	1:47.74 -
EXH Margarida Lopes, RODRIGUES 50m: 54.96 54.96 100m: 1:56.95 1:01.99	11 Uniao Juncalense	1:56.95 -



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Prova 26	Masc., 100m Bruços				ABSOLUTOS
16/06/2024 - 9:58					Resultados
RD ANDL SEN	1:02.83	Filipe Miguel, GOMES	CNL	Leiria	08/12/2023
RD ANDL JUN	1:03.51	António Fernandes, CARRIÇO	SIRP	Porto	12/12/2015
RD ANDL JUV A	1:05.04	Diogo Parrilha, SILVA		Alcobaça	13/06/2009
RD ANDL JUV B	1:08.14	Pedro Domingues, DUARTE		Caldas da Rainha	10/04/2016
RD ANDL INF A	1:09.10	Diogo Parrilha, SILVA		Sines	31/03/2007
RD ANDL INF B	1:14.77	António Antunes, JORGE		Leiria	12/02/2023
RD ANDL ABS	1:02.83	Filipe Miguel, GOMES		Leiria	08/12/2023
RN 25 m Open	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
RN 25 m SEN	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22/11/2012
RN 25 m 18	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	19/12/2009
RN 25 m 17	1:01.63	Rafael Miguel, MIMOSO	SLB	Leiria	08/12/2023
RN 25 m JUV A	1:03.25	Ricardo Samuel, PEREIRA	SLB	Algés	13/07/2019
RN 25 m JUV B	1:04.20	Rafael Miguel, MIMOSO	SLB	Algés	16/06/2022
RN 25 m INF A	1:07.92	Andre Goncalo, SANTOS	LSC	Viseu	12/03/2011
RN 25 m INF B	1:09.54	Andre Goncalo, SANTOS	LSC	Lousada	15/05/2010

Lugar			Ano			Tempo final
1.	Nuno Marques, SILVA	04	CNLeiria	1:07.21	12,00	
	50m: 31.43 31.43	100m: 1:07.21	35.78			
2.	Joao Guilherme, VIEIRA	93	Pimpoes/Cimai	1:10.96	10,00	
	50m: 33.50 33.50	100m: 1:10.96	37.46			
3.	Nuno Goncalo, SANTOS	96	Vieirense	1:11.47	9,00	
	50m: 33.60 33.60	100m: 1:11.47	37.87			
4.	Antonio Antunes, JORGE	10	Alcobaça	1:12.55	8,00	
	50m: 34.70 34.70	100m: 1:12.55	37.85			
5.	Guilherme Meireles, MARRAZES	09	Nautico Marinha Grande	1:13.35	7,00	
	50m: 34.64 34.64	100m: 1:13.35	38.71			
6.	Diogo Coelho, JORDAO	08	Uniao Juncalense	1:17.58	6,00	
	50m: 36.06 36.06	100m: 1:17.58	41.52			
7.	Santiago Neves, SILVA	10	Nucleo de Pombal	1:25.37	5,00	
	50m: 40.09 40.09	100m: 1:25.37	45.28			
8.	Gabriel Lourenco, CUSTODIO	06	Naval da Nazaré	1:25.66	4,00	
	50m: 40.62 40.62	100m: 1:25.66	45.04			
9.	Bruno Garcia, MILITAO	11	Óbidos	1:40.13	3,00	
	50m: 47.75 47.75	100m: 1:40.13	52.38			
DSQ	Bernardo Nunes, DOMINGUEZ	07	Ba-Leiria		-	
	<i>O atleta efetuou pernadas verticais durante o percurso.</i>					
EXH	Hugo Miguel, SANTOS	09	Pimpoes/Cimai	1:12.18	-	
	50m: 33.91 33.91	100m: 1:12.18	38.27			
EXH	Santiago Marques, GOMES	09	Ba-Leiria	1:13.56	-	
	50m: 35.11 35.11	100m: 1:13.56	38.45			
EXH	Daniel Gomes, SANTOS	08	Nautico Marinha Grande	1:16.06	-	
	50m: 35.43 35.43	100m: 1:16.06	40.63			
EXH	Xinyang, CHENG	09	Nautico Marinha Grande	1:16.26	-	
	50m: 35.93 35.93	100m: 1:16.26	40.33			
EXH	Sebastian Fabricio, VILLACIS	01	CNLeiria	1:17.95	-	
	50m: 36.77 36.77	100m: 1:17.95	41.18			



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Prova 26, Masc., 100m Bruços

Lugar	Ano	Tempo final
EXH Rodrigo Oliveira, SANTOS 50m: 38.37 38.37 100m: 1:23.09 44.72	09 Alcobaca	1:23.09 -
EXH Tiago Daniel, POVOA 50m: 40.48 40.48 100m: 1:26.30 45.82	08 Uniao Juncalense	1:26.30 -
EXH Martim Duarte, ROQUE 50m: 41.87 41.87 100m: 1:27.35 45.48	11 CNLeiria	1:27.35 -
EXH Isaac Arruda, SARAIVA 50m: 40.52 40.52 100m: 1:28.47 47.95	09 Vieirense	1:28.47 -
EXH Joel Heber, SANTOS 50m: 42.37 42.37 100m: 1:33.06 50.69	06 Ba-Leiria	1:33.06 -
EXH Carlos Joao, SOUSA 50m: 49.60 49.60 100m: 1:45.03 55.43	11 Aminata	1:45.03 -
EXH Dinis Andre, PINA 50m: 49.15 49.15 100m: 1:45.90 56.75	11 Aminata	1:45.90 -
EXH Rafael Costa, ANTUNES 50m: 54.28 54.28 100m: 1:55.54 1:01.26	10 Naval de Peniche	1:55.54 -

Prova 27

Femin., 100m Livres

ABSOLUTOS

16/06/2024 - 10:06

Resultados

RD ANDL SEN	57.32	Victoria, KAMINSKAYA	SIRP	Mealhada	16/12/2012
RD ANDL JUN	59.13	Maria Lopes, AMADO	DNMG	Leiria	14/12/2019
RD ANDL JUV A	59.41	Ariana Bento, CARAPINHA		Alcobaca	23/05/2021
RD ANDL JUV B	59.95	Inês Jacinto, HENRIQUES		Abrantes	12/04/2014
RD ANDL INF A	1:00.73	Ariana Bento, CARAPINHA		Pinhal Novo	30/03/2019
RD ANDL INF B	1:03.75	Ariana Bento, CARAPINHA		Caldas da Rainha	08/07/2018
RD ANDL ABS	57.32	Victoria, KAMINSKAYA		Mealhada	16/12/2012
RN 25 m Open	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019
RN 25 m SEN	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20/12/2019
RN 25 m 17	55.54	Carolina Miranda, FERNANDES	CGA	Leiria	28/11/2021
RN 25 m 16	56.72	Ana Reis, SOUSA	CNLA	Porto	08/12/2017
RN 25 m JUV A	56.18	Carolina Miranda, FERNANDES	CGA	Mealhada	08/12/2019
RN 25 m JUV B	57.65	Carolina Miranda, FERNANDES	CGA	Estarreja	10/06/2019
RN 25 m INF A	58.55	Carolina Miranda, FERNANDES	CGA	Felgueiras	11/03/2018
RN 25 m INF B	1:00.13	Carolina Miranda, FERNANDES	CGA	Mealhada	08/04/2017

Lugar	Ano	Tempo final
1. Sara Francisco, CRUZ 50m: 28.69 28.69 100m: 58.79 30.10	93 Ba-Leiria	58.79 12,00
2. Ines Mira, PINO 50m: 29.03 29.03 100m: 1:00.96 31.93	06 Pimpoes/Cimai	1:00.96 10,00
3. Giulia, MOURA 50m: 29.89 29.89 100m: 1:01.96 32.07	06 CNLeiria	1:01.96 9,00
4. Leonor Caetano, MOREIRA 50m: 30.04 30.04 100m: 1:03.76 33.72	06 Vieirense	1:03.76 8,00
5. Barbara Balbino, MENDES 50m: 31.10 31.10 100m: 1:05.21 34.11	10 Naval de Peniche	1:05.21 7,00
6. Laura Helena, AMORIM 50m: 31.20 31.20 100m: 1:05.26 34.06	10 Nautico Marinha Grande	1:05.26 6,00



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Prova 27, Femin., 100m Livres, ABSOLUTOS

Lugar	Ano	Tempo final
7. Leonor Pereira, SILVA 50m: 31.60 31.60 100m: 1:06.96 35.36	10 Óbidos	1:06.96 5,00
8. Francisca Moreira, FELICIANO 50m: 32.72 32.72 100m: 1:08.04 35.32	11 Alcobaca	1:08.04 4,00
9. Carlota Sa, SANTOS 50m: 33.84 33.84 100m: 1:10.29 36.45	11 Nucleo de Pombal	1:10.29 3,00
10. Matilde Santos, COUTINHO 50m: 34.19 34.19 100m: 1:14.62 40.43	07 Naval da Nazaré	1:14.62 2,00
11. Erica Felix, RODRIGUES 50m: 37.06 37.06 100m: 1:17.67 40.61	11 Uniao Juncalense	1:17.67 1,00
DSQ Mariana Sousa, MARQUES <i>Falsa partida (SW 4.4)</i>	09 Alcobaca	-
DNS Safira Pedro, FONSECA	12 Vieiraense	-
EXH Leonor Vendima, COELHO 50m: 28.95 28.95 100m: 1:06.52 37.57	07 CNLeiria	1:06.52 -
EXH Ines Ferreira, CHELEU 50m: 32.01 32.01 100m: 1:08.30 36.29	09 Ba-Leiria	1:08.30 -
EXH Laura Samora, GONCALVES 50m: 33.14 33.14 100m: 1:09.19 36.05	10 Ba-Leiria	1:09.19 -
EXH Ana Luisa, RENDEIRO 50m: 35.24 35.24 100m: 1:14.61 39.37	06 Nucleo de Pombal	1:14.61 -
EXH Leiriia Silviovna, TONKIKH 50m: 36.64 36.64 100m: 1:15.94 39.30	11 CNLeiria	1:15.94 -
EXH Teresa Ribeiro, ROCHA 50m: 38.27 38.27 100m: 1:18.38 40.11	11 Aminata	1:18.38 -
EXH Matilde Pinto, ANTUNES 50m: 38.61 38.61 100m: 1:20.04 41.43	11 Naval de Peniche	1:20.04 -
EXH Matilde Vitorino, FERREIRA 50m: 39.21 39.21 100m: 1:21.66 42.45	11 Naval de Peniche	1:21.66 -
EXH Iara Maria, CAMACHO 50m: 42.31 42.31 100m: 1:29.97 47.66	12 Óbidos	1:29.97 -



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Prova 28	Masc., 100m Livres				ABSOLUTOS
16/06/2024 - 10:14					Resultados
RD ANDL SEN	50.32	César Fernando, FÁRIA	ADBA	St.º Ant.º Cavaleiros	20/12/2009
RD ANDL JUN	51.60	Rodrigo Miguel, REIS	ADBA	Leiria	14/11/2020
RD ANDL JUV A	52.69	Rodrigo Miguel, REIS	ADBA	Sines	08/11/2019
RD ANDL JUV B	53.59	Micael, DENISOV		Leiria	30/04/2021
RD ANDL INF A	54.47	Rodolfo Junior, ALECRIM		Viseu	24/02/2024
RD ANDL INF B	56.82	Rodolfo Junior, ALECRIM		Leiria	20/05/2023
RD ANDL ABS	50.32	César Fernando, FÁRIA		St.º Ant.º Cavaleiros	20/12/2009
RN 25 m Open	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11/12/2022
RN 25 m SEN	46.65	Diogo Matos, RIBEIRO	SLB	Leiria	11/12/2022
RN 25 m 18	48.32	Diogo Matos, RIBEIRO	SLB	Leiria	26/11/2021
RN 25 m 17	49.56	Diogo Matos, RIBEIRO	CUC	Coimbra	22/12/2020
RN 25 m JUV A	50.82	Tiago Andre, VENANCIO	CNS	Braga	23/03/2003
RN 25 m JUV B	52.29	Diogo Matos, RIBEIRO	CUC	Coimbra	11/05/2019
RN 25 m INF A	54.35	Diogo Matos, RIBEIRO	CUC	S. António Cavaleiros	01/07/2018
RN 25 m INF B	56.82	Rodolfo Junior, ALECRIM	ADBA	Leiria	20/05/2023

Lugar			Ano			Tempo final
1. Filipe Miguel, GOMES			97	CNLeiria		52.41 12,00
50m:	24.59	24.59	100m:	52.41	27.82	
2. Gil Santos, LEMOS			06	Pimpoes/Cimai		53.45 10,00
50m:	26.04	26.04	100m:	53.45	27.41	
3. Miguel Vicente, SILVA			02	Nautico Marinha Grande		53.80 9,00
50m:	24.85	24.85	100m:	53.80	28.95	
4. Francisco Xavier, RITA			07	Vieirense		54.96 8,00
50m:	26.30	26.30	100m:	54.96	28.66	
5. Francisco Xavier, TOMAS			00	Alcobaca		56.57 7,00
50m:	26.88	26.88	100m:	56.57	29.69	
6. Leonardo Contreiras, JERONIMO			00	Nucleo de Pombal		56.65 6,00
50m:	26.23	26.23	100m:	56.65	30.42	
7. Rafael, SANTOS			06	Uniao Juncalense		59.37 5,00
50m:	27.95	27.95	100m:	59.37	31.42	
8. Francisco Lourenco, CUSTODIO			09	Naval da Nazaré		1:00.42 4,00
50m:	29.22	29.22	100m:	1:00.42	31.20	
9. Dinis Lamas, SANTOS			10	Ba-Leiria		1:01.37 3,00
50m:	29.51	29.51	100m:	1:01.37	31.86	
10. Andre Guilherme, CORDEIRO			09	Naval de Peniche		1:09.02 2,00
50m:	32.63	32.63	100m:	1:09.02	36.39	
11. Rayan Gava, ALVES			95	Óbidos		1:12.49 1,00
50m:	33.84	33.84	100m:	1:12.49	38.65	
EXH Henrique Martins, JOAQUIM			09	CNLeiria		54.29 -
50m:	26.42	26.42	100m:	54.29	27.87	
EXH Martim Alexandre, MESQUITA			09	Nautico Marinha Grande		57.30 -
50m:	27.62	27.62	100m:	57.30	29.68	
EXH Rodrigo Santos, COUTINHO			08	Pimpoes/Cimai		57.66 -
50m:	27.50	27.50	100m:	57.66	30.16	
EXH Lucas Ferreira, GASPAR			10	Vieirense		1:02.71 -
50m:	29.26	29.26	100m:	1:02.71	33.45	



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Prova 28, Masc., 100m Livres

Lugar	Ano	Tempo final	
EXH Afonso Nunes, MARCELINO 50m: 33.38 33.38 100m: 1:08.62	08 Nucleo de Pombal 35.24	1:08.62	-
EXH Dinis Morgado, FERREIRA 50m: 35.59 35.59 100m: 1:14.39	11 Ba-Leiria 38.80	1:14.39	-
EXH Rodrigo Duarte, CARREIRA 50m: 35.57 35.57 100m: 1:14.50	11 Alcobaca 38.93	1:14.50	-
EXH Martin, SHEVCHUK 50m: 36.15 36.15 100m: 1:14.51	11 CNLeiria 38.36	1:14.51	-
EXH Rodrigo Nicolau, RITA 50m: 37.60 37.60 100m: 1:18.01	11 Vieiraense 40.41	1:18.01	-
EXH Dinis Andre, PINA 50m: 38.96 38.96 100m: 1:19.75	11 Aminata 40.79	1:19.75	-
EXH Simao Pedro, MARQUES 50m: 39.01 39.01 100m: 1:21.86	11 Uniao Juncalense 42.85	1:21.86	-
EXH Eduardo Martim, CARMO 50m: 37.88 37.88 100m: 1:22.83	11 �bidos 44.95	1:22.83	-
EXH Gabriel Marques, CARREIRA 50m: 39.08 39.08 100m: 1:22.85	11 Uniao Juncalense 43.77	1:22.85	-
EXH Joao Pedro, CRUZ 50m: 41.04 41.04 100m: 1:24.21	11 Naval de Peniche 43.17	1:24.21	-
EXH Diogo Demirel, FERREIRA 50m: 43.56 43.56 100m: 1:31.67	11 Ba-Leiria 48.11	1:31.67	-
EXH Kaua Schuquel, BOFF 50m: 58.87 58.87 100m: 2:05.45	10 Vieiraense 1:06.58	2:05.45	-



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Prova 29	Femin., 200m Estilos				ABSOLUTOS
16/06/2024 - 10:25					Resultados
RD ANDL SEN	2:12.75	Victoria, KAMINSKAYA	SIRP	Porto	21/12/2014
RD ANDL JUN	2:16.62	Victoria, KAMINSKAYA	FPN	Uster (SUI)	29/01/2012
RD ANDL JUV A	2:22.96	Victoria, KAMINSKAYA		Caldas da Rainha	01/05/2010
RD ANDL JUV B	2:23.81	Inês Rocha, SILVA		Abrantes	12/04/2014
RD ANDL INF A	2:25.94	Filipa Vilas, RUIVO		Abrantes	10/04/2010
RD ANDL INF B	2:30.96	Filipa Vilas, RUIVO		Alcobaça	13/06/2009
RD ANDL ABS	2:12.75	Victoria, KAMINSKAYA		Porto	21/12/2014
RN 25 m Open	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
RN 25 m SEN	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
RN 25 m 17	2:15.10	Mariana Pacheco, CUNHA	CNCE	Felgueiras	10/04/2021
RN 25 m 16	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19/12/2009
RN 25 m JUV A	2:18.13	Mariana Pacheco, CUNHA	CFP	Felgueiras	27/04/2019
RN 25 m JUV B	2:19.79	Mariana Pacheco, CUNHA	CFP	Felgueiras	14/04/2018
RN 25 m INF A	2:21.36	Carolina Miranda, FERNANDES	CGA	Felgueiras	10/03/2018
RN 25 m INF B	2:28.04	Carolina Miranda, FERNANDES	CGA	Mealhada	08/04/2017

Lugar	Ano			Tempo final		
1. Giovanna Vaz, VARGAS	00	Nautico	Marinha Grande	2:27.53	12,00	
50m: 31.57 31.57	100m: 1:08.61	37.04	150m: 1:51.72	43.11	200m: 2:27.53	35.81
2. Ana Francisca, SILVA	06	Alcobaça		2:29.34	10,00	
50m: 32.07 32.07	100m: 1:10.14	38.07	150m: 1:54.66	44.52	200m: 2:29.34	34.68
3. Joana Rosa, FERREIRA	05	CNLeiria		2:31.30	9,00	
50m: 32.07 32.07	100m: 1:12.04	39.97	150m: 1:56.47	44.43	200m: 2:31.30	34.83
4. Sofia Roma, BRIZIDA	10	Ba-Leiria		2:33.47	8,00	
50m: 33.26 33.26	100m: 1:13.04	39.78	150m: 1:56.37	43.33	200m: 2:33.47	37.10
5. Ines Apolinario, SOARES	03	Pimpoes/Cimai		2:39.25	7,00	
50m: 34.75 34.75	100m: 1:14.64	39.89	150m: 2:02.01	47.37	200m: 2:39.25	37.24
6. Dalila Leal, BERNARDINO	06	Nucleo de Pombal		2:49.95	6,00	
50m: 35.67 35.67	100m: 1:20.05	44.38	150m: 2:11.08	51.03	200m: 2:49.95	38.87
7. Emiliana Arruda, SARAIVA	12	Vieirense		2:54.68	5,00	
50m: 35.73 35.73	100m: 1:21.98	46.25	150m: 2:17.62	55.64	200m: 2:54.68	37.06
8. Isabela Maria, CARREIRA	11	Uniao Juncalense		3:01.14	4,00	
50m: 40.99 40.99	100m: 1:29.31	48.32	150m: 2:20.97	51.66	200m: 3:01.14	40.17
9. Constanca Santos, COUTINHO	12	Naval da Nazaré		3:27.43	3,00	
50m: 47.16 47.16	100m: 1:37.94	50.78	150m: 2:39.40	1:01.46	200m: 3:27.43	48.03
10. Jessica Garcia, FERREIRA	12	Óbidos		3:36.69	2,00	
50m: 52.68 52.68	100m: 1:44.87	52.19	150m: 2:46.44	1:01.57	200m: 3:36.69	50.25
DSQ Yara Silva, INES	11	Ba-Leiria		-	-	
<i>A atleta após perder a posição dorsal, efetuou mais do que uma braçada, na viragem aos 75 metros.</i>						
DSQ Yara Nunes, MARCELINO	11	Nucleo de Pombal		-	-	
<i>A atleta após perder a posição dorsal, efetuou mais uma braçada, na viragem aos 75 metros.</i>						
DSQ Luna Francisco, PEREIRA	12	Nucleo de Pombal		-	-	
<i>A atleta tocou com uma mão na parede, na viragem aos 25 metros</i>						
DSQ Mariana Isabel, BENTO	12	Aminata		-	-	
<i>Falsa partida (SW 4.4)</i>						
EXH Maria Carolina, ALVES	10	Ba-Leiria		2:51.11	-	
50m: 37.55 37.55	100m: 1:21.70	44.15	150m: 2:12.69	50.99	200m: 2:51.11	38.42



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Prova 29, Femin., 200m Estilos

Lugar	Ano	Tempo final
EXH Carolina Silva, CASTANHEIRA 50m: 39.30 39.30 100m: 1:22.41 43.11 150m: 2:18.38 55.97 200m: 2:58.32 39.94	11 CNLeiria	2:58.32 -
EXH Beatriz Gameiro, MATIAS 50m: 38.99 38.99 100m: 1:25.13 46.14 150m: 2:14.55 49.42 200m: 2:59.48 44.93	97 Nucleo de Pombal	2:59.48 -
EXH Mariana Sousa, MENDES 50m: 43.27 43.27 100m: 1:27.29 44.02 150m: 2:23.99 56.70 200m: 3:03.39 39.40	11 Alcobaca	3:03.39 -
EXH Beatriz Julio, CORREIA 50m: 44.35 44.35 100m: 1:29.34 44.99 150m: 2:23.75 54.41 200m: 3:05.74 41.99	12 CNLeiria	3:05.74 -
EXH Carolina Matos, CORREIA 50m: 46.60 46.60 100m: 1:34.62 48.02 150m: 2:33.81 59.19 200m: 3:18.74 44.93	12 Nucleo de Pombal	3:18.74 -
EXH Daniela Carvalho, FERREIRA 50m: 48.77 48.77 100m: 1:41.58 52.81 150m: 2:38.76 57.18 200m: 3:25.93 47.17	12 Nucleo de Pombal	3:25.93 -
EXH Maria Ines, GOMES 50m: 49.74 49.74 100m: 1:46.46 56.72 150m: 2:50.31 1:03.85 200m: 3:33.27 42.96	12 Nucleo de Pombal	3:33.27 -
EXH Maria Santos, SILVA 50m: 52.45 52.45 100m: 1:49.93 57.48 150m: 2:54.68 1:04.75 200m: 3:41.79 47.11	06 Uniao Juncalense	3:41.79 -
EXH Anastasia, STURZA 50m: 53.03 53.03 100m: 1:58.91 1:05.88 150m: 3:02.78 1:03.87 200m: 3:57.85 55.07	10 Uniao Juncalense	3:57.85 -

Prova 30
16/06/2024 - 10:43

Masc., 200m Estilos

ABSOLUTOS
Resultados

RD ANDL SEN	2:05.68	Diogo Parrilha, SILVA	CNAL	Silves	03/12/2011
RD ANDL JUN	2:04.53	Leonardo José, CRUZ	CNAL	Leiria	09/12/2023
RD ANDL JUV A	2:07.91	Leonardo José, CRUZ		Tomar	15/01/2023
RD ANDL JUV B	2:10.67	André Vilas, RUIVO		Caldas da Rainha	09/05/2015
RD ANDL INF A	2:16.10	André Vilas, RUIVO		Leiria	08/12/2013
RD ANDL INF B	2:17.96	André Vilas, RUIVO		Nazaré	02/06/2013
RD ANDL ABS	2:04.53	Leonardo José, CRUZ		Leiria	09/12/2023
RN 25 m Open	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
RN 25 m SEN	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
RN 25 m 18	2:00.59	Gabriel Jose, LOPES	ALN	Coimbra	10/05/2015
RN 25 m 17	2:02.96	Diogo Filipe, CARVALHO	CGA	Mealhada	06/03/2005
RN 25 m JUV A	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro	15/05/2004
RN 25 m JUV B	2:08.27	Diogo Filipe, CARVALHO	CGA	Fafe	10/05/2003
RN 25 m INF A	2:13.38	Tomas Miguel, FREITAS	CDN	Funchal	17/07/2004
RN 25 m INF B	2:17.96	Andre Vilas, RUIVO	DNMG	Nazaré	02/06/2013

Lugar	Ano	Tempo final
1. Leonardo Jose, CRUZ 50m: 27.90 27.90 100m: 1:00.39 32.49 150m: 1:36.53 36.14 200m: 2:07.89 31.36	07 Alcobaca	2:07.89 12,00
2. David Ferreira, RELVAS 50m: 27.99 27.99 100m: 1:00.54 32.55 150m: 1:38.40 37.86 200m: 2:08.96 30.56	03 Nautico Marinha Grande	2:08.96 10,00
3. Mikhael, ONUTSKYY 50m: 27.82 27.82 100m: 1:00.19 32.37 150m: 1:39.38 39.19 200m: 2:10.31 30.93	08 Pimpoes/Cimai	2:10.31 9,00
4. Francisco Marques, SIMOES 50m: 27.70 27.70 100m: 1:01.23 33.53 150m: 1:39.80 38.57 200m: 2:10.39 30.59	07 CNLeiria	2:10.39 8,00
5. Edgar Francisco, SIMOES 50m: 29.43 29.43 100m: 1:07.18 37.75 150m: 1:52.66 45.48 200m: 2:27.60 34.94	06 Vieiraense	2:27.60 7,00



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Prova 30, Masc., 200m Estilos, ABSOLUTOS

Lugar	Ano	Tempo final								
6.	David Xavier, ALMEIDA	10	Ba-Leiria	2:34.83	6,00					
	50m: 33.30 33.30	100m: 1:16.69	43.39	150m: 2:00.83	44.14	200m: 2:34.83	34.00			
7.	Rafael, SANTOS	06	Uniao Juncalense	2:38.88	5,00					
	50m: 33.79 33.79	100m: 1:15.59	41.80	150m: 2:03.64	48.05	200m: 2:38.88	35.24			
8.	Gabriel Lourenco, CUSTODIO	06	Naval da Nazaré	2:48.07	4,00					
	50m: 37.73 37.73	100m: 1:22.72	44.99	150m: 2:09.80	47.08	200m: 2:48.07	38.27			
9.	Francisco Costa, VALENTIM	11	Óbidos	2:57.55	3,00					
	50m: 41.84 41.84	100m: 1:24.68	42.84	150m: 2:17.58	52.90	200m: 2:57.55	39.97			
DSQ	Afonso Matos, CORREIA	09	Nucleo de Pombal		-					
	<i>O atleta tocou com uma mão na parede na viragem aos 125 metros.</i>									
DSQ	Carlos Joao, SOUSA	11	Aminata		-					
	<i>Nos últimos 50 metros do percurso de mariposa, o atleta efetuou braçadas alternadas.</i>									
EXH	Rodolfo Junior, ALECRIM	10	CNLeiria	2:18.27	-					
	<i>Recorde Distrital Inf A aos 50 metros Mariposa.</i>									
	50m: 28.42 28.42	100m: 1:04.09	35.67	150m: 1:45.36	41.27	200m: 2:18.27	32.91			
EXH	Joao Santos, ALMEIDA	11	Ba-Leiria	2:35.60	-					
	50m: 34.30 34.30	100m: 1:16.82	42.52	150m: 1:59.83	43.01	200m: 2:35.60	35.77			
EXH	Luis Pedro, VALERIO	09	Ba-Leiria	2:40.86	-					
	50m: 33.14 33.14	100m: 1:13.51	40.37	150m: 2:05.84	52.33	200m: 2:40.86	35.02			
EXH	Tiago Romaneiro, JANEIRINHO	10	Aminata	2:42.63	-					
	50m: 36.69 36.69	100m: 1:19.42	42.73	150m: 2:09.25	49.83	200m: 2:42.63	33.38			
EXH	Diogo Miguel, CARAVELINHA	10	Aminata	2:49.74	-					
	50m: 38.21 38.21	100m: 1:20.87	42.66	150m: 2:12.35	51.48	200m: 2:49.74	37.39			
EXH	Guilherme Martins, CANDEIAS	11	Aminata	2:51.15	-					
	50m: 37.59 37.59	100m: 1:20.44	42.85	150m: 2:13.67	53.23	200m: 2:51.15	37.48			
EXH	Alexandre Afonso, SANTOS	09	Uniao Juncalense	3:02.60	-					
	50m: 40.94 40.94	100m: 1:24.55	43.61	150m: 2:19.27	54.72	200m: 3:02.60	43.33			



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Óbidos, 15 - 16/6/2024

Prova 31	Femin., 4 x 200m Livres					ABSOLUTOS
16/06/2024 - 11:07						Resultados
RN 25 m Open	8:03.35	Sport Lisboa e Benfica	SLB	Felgueiras		22/12/2023
RN 25 m SEN	8:09.37	Sport Lisboa e Benfica	SLB	Leiria		09/12/2023
RN 25 m JUN	8:24.59	Futebol Clube do Porto	FCP	Felgueiras		22/12/2018
RN 25 m JUV A	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos	ADBA	Tomar		14/12/2018
RN 25 m JUV	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos	ADBA	Tomar		14/12/2018
RN 25 m JUV B	8:52.76	Sport Alges e Dafundo	SAD	Algés		04/06/2011
RN 25 m INF A	9:05.75	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Viseu		11/03/2011
RN 25 m 12 - 13	9:05.75	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Viseu		11/03/2011
RN 25 m INF B	9:32.41	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Ponte da Barca		05/03/2010

Lugar						Tempo final
1. CNLeiria 1	CNLeiria					9:04.08 12,00
Giulia, MOURA	06	30.69	1:04.93	1:41.21	2:16.57	2:16.57
Matilde Violante, VIANA	07	30.33	1:05.10	1:41.04	2:15.67	2:15.67
Luana Pinto, DOMINGUES	03	31.35	1:05.82	1:41.74	2:17.86	2:17.86
Joana Rosa, FERREIRA	05	29.91	1:02.98	1:38.52	2:13.98	2:13.98
2. Alcobaca 1	Alcobaca					9:09.36 10,00
Constanca Baptista, TOMAS	09	32.00	1:06.97	1:42.69	2:16.96	2:16.96
Rita Rocha, SILVA	08	32.01	1:07.39	1:44.23	2:20.89	2:20.89
Ana Claudia, FERREIRA	90	30.43	1:04.62	1:40.39	2:16.67	2:16.67
Ana Francisca, SILVA	06	31.07	1:05.11	1:39.85	2:14.84	2:14.84
3. Nautico Marinha Grande 1	Nautico Marinha Grande					9:14.24 9,00
Madalena Gracio, PEDROSO	10	33.15	1:08.85	1:46.10	2:22.20	2:22.20
Margarida Correia, MADEIRA	06	31.40	1:05.95	1:42.01	2:17.81	2:17.81
Matilde Santos, VIEIRA	10	31.46	1:07.39	1:44.76	2:20.72	2:20.72
Giovanna Vaz, VARGAS	00	30.42	1:04.22	1:38.83	2:13.51	2:13.51
4. Pimpoes/Cimai 1	Pimpoes/Cimai					9:21.12 8,00
Diana Isabel, ALVES	10	32.42	1:07.93	1:44.63	2:20.51	2:20.51
Ines Mira, PINO	06	31.40	1:05.36	1:40.05	2:13.49	2:13.49
Beatriz Luz, MARTINS	06	31.64	1:08.26	1:46.31	2:24.22	2:24.22
Ines Apolinario, SOARES	03	31.96	1:08.09	1:46.44	2:22.90	2:22.90
5. Ba-Leiria 5	Ba-Leiria					9:36.20 7,00
Sara Francisco, CRUZ	93	31.25	1:05.82	1:41.40	2:17.25	2:17.25
Sofia Roma, BRIZIDA	10	32.32	1:09.30	1:48.14	2:24.48	2:24.48
Maria Carolina, ALVES	10	33.02	1:10.79	1:49.73	2:29.18	2:29.18
Vida Sofia, VELEZ	10	32.51	1:09.65	1:48.23	2:25.29	2:25.29
6. Veiirense 1	Veiirense					9:50.17 6,00
Leonor Caetano, MOREIRA	06	32.17	1:08.27	1:45.73	2:22.44	2:22.44
Emiliana Arruda, SARAIVA	12	33.78	1:11.84	1:52.49	2:31.08	2:31.08
Tania Cristina, MENDES	99	32.77	1:08.66	1:47.20	2:25.93	2:25.93
Diana Rita, FONSECA	08	32.79	1:10.14	1:50.47	2:30.72	2:30.72
7. Nucleo de Pombal 5	Nucleo de Pombal					10:02.15 5,00
Dalila Leal, BERNARDINO	06	33.17	1:09.97	1:48.40	2:26.02	2:26.02
Anastasiya, PRYMACHENKO	11	33.55	1:10.98	1:49.70	2:27.92	2:27.92
Carlota Sa, SANTOS	11	35.31	1:14.74	1:55.50	2:34.50	2:34.50
Matilde Monteiro, NEVES	08	34.78	1:14.98	1:55.00	2:33.71	2:33.71
8. Uniao Juncalense 1	Uniao Juncalense					11:17.48 4,00
Constanca Carvalho, PIEDADE	08	37.37	1:18.22	2:00.78	2:43.22	2:43.22
Catarina Tagaroso, LOBO	07	35.50	1:17.03	2:00.01	2:41.89	2:41.89
Maria Santos, SILVA	06	43.59	1:33.36	2:23.62	3:10.13	3:10.13
Isabela Maria, CARREIRA	11	36.32	1:17.61	2:00.17	2:42.24	2:42.24
9. Óbidos 1	Óbidos					11:31.89 3,00
Leonor Pereira, SILVA	10	32.32	1:08.82	1:54.42	2:33.05	2:33.05
Elisa Henriques, SOUTO	10	35.27	1:14.93	1:55.81	2:33.98	2:33.98
Iara Maria, CAMACHO	12	44.57	1:36.64	2:30.16	3:21.62	3:21.62
Kelly Simao, COSTA	11	40.80	1:26.70	2:15.54	3:03.24	3:03.24



Taça ANDL "João da Silva Abreu" - CDClubes 2024
Óbidos, 15 - 16/6/2024

Prova 32	Masc., 4 x 200m Livres				ABSOLUTOS
16/06/2024 - 11:30					Resultados
RN 25 m Open	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22/12/2018
RN 25 m SEN	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22/12/2018
RN 25 m JUN	7:35.04	Sport Lisboa e Benfica	SLB	Leiria	09/12/2023
RN 25 m JUV A	7:49.50	Associacao Naval Amorense		Algés	06/07/2012
RN 25 m JUV	7:49.50	Associacao Naval Amorense		Algés	06/07/2012
RN 25 m JUV B	8:01.08	Assoc Desp Cult Rec Bairro dos Anjos	ADBA	Caldas da Rainha	05/05/2019
RN 25 m INF A	8:18.74	Ass. Desp. Bairro dos Anjos /BOMCAR	ADBA	Caldas da Rainha	08/07/2018
RN 25 m 13 - 14	8:18.74	Ass. Desp. Bairro dos Anjos /BOMCAR	adba	Caldas da Rainha	08/07/2018
RN 25 m INF B	8:56.37	Ass. Desp. Bairro dos Anjos /BOMCAR	ADBA	Leiria	25/06/2017

Lugar						Tempo final	
1. CNLeiria 1	CNLeiria					7:48.04	12,00
Afonso Dinis, ROQUE	07	26.59	55.19	1:25.25	1:55.91	1:55.91	
Filipe Miguel, GOMES	97	26.06	55.13	1:24.81	1:54.89	1:54.89	
Nuno Marques, SILVA	04	27.24	57.30	1:27.88	1:58.92	1:58.92	
Goncalo Pereira, COLACO	07	26.97	56.79	1:27.62	1:58.32	1:58.32	
2. Pimpoes/Cimai 1	Pimpoes/Cimai					7:57.04	10,00
Mikhael, ONUTSKYY	08	27.85	57.99	1:29.05	2:00.00	2:00.00	
Santiago Agostinho, PARREIRA	09	26.78	57.76	1:29.53	2:00.11	2:00.11	
Luca Valentino, TONA	06	27.05	57.57	1:28.84	2:00.23	2:00.23	
Gil Santos, LEMOS	06	26.93	56.45	1:27.04	1:56.70	1:56.70	
3. Nautico Marinha Grande 1	Nautico Marinha Grande					8:08.55	9,00
Paulo, KOT	09	28.30	59.11	1:30.98	2:02.41	2:02.41	
Guilherme Meireles, MARRAZES	09	28.06	59.15	1:30.80	2:02.15	2:02.15	
Miguel Vicente, SILVA	02	27.25	58.51	1:30.47	2:03.25	2:03.25	
David Ferreira, RELVAS	03	27.52	57.86	1:29.64	2:00.74	2:00.74	
4. Vieiraense 1	Vieirense					8:13.39	8,00
Francisco Xavier, RITA	07	27.29	58.03	1:29.05	1:59.27	1:59.27	
Nuno Goncalo, SANTOS	96	27.87	58.59	1:30.78	2:03.80	2:03.80	
Edgar Francisco, SIMOES	06	27.71	1:00.21	1:33.95	2:07.89	2:07.89	
Santiago Boica, SOUSA	08	27.86	59.90	1:31.99	2:02.43	2:02.43	
5. Alcobaca 1	Alcobaca					8:22.03	7,00
Tiago Santos, POMBO	08	29.26	1:01.29	1:34.58	2:06.47	2:06.47	
Leonardo Jose, CRUZ	07	26.23	55.26	1:25.42	1:55.42	1:55.42	
Antonio Antunes, JORGE	10	29.73	1:03.10	1:37.50	2:10.88	2:10.88	
Francisco Xavier, TOMAS	00	28.43	1:00.11	1:33.51	2:09.26	2:09.26	
6. Ba-Leiria 6	Ba-Leiria					8:43.17	6,00
Tomas Pascoal, FERREIRA	09	27.14	57.11	1:28.02	1:58.18	1:58.18	
Bernardo Nunes, DOMINGUEZ	07	29.53	1:03.27	1:37.79	2:12.24	2:12.24	
Santiago Marques, GOMES	09	30.49	1:05.04	1:40.58	2:14.00	2:14.00	
David Xavier, ALMEIDA	10	31.08	1:06.92	1:42.97	2:18.75	2:18.75	
7. Uniao Juncalense 1	Uniao Juncalense					9:14.64	5,00
Rodrigo Cardoso, TOMAS	10	31.39	1:06.25	1:42.49	2:16.43	2:16.43	
Diogo Coelho, JORDAO	08	30.09	1:06.31	1:43.57	2:20.51	2:20.51	
Gabriel Santiago, FERREIRA	09	31.17	1:05.26	1:41.03	2:16.41	2:16.41	
Rafael, SANTOS	06	30.76	1:06.19	1:44.25	2:21.29	2:21.29	
8. Nucleo de Pombal 6	Nucleo de Pombal					9:21.95	4,00
David Ferrador, PEREIRA	09	29.88	1:03.83	1:39.93	2:12.89	2:12.89	
Afonso Matos, CORREIA	09	31.33	1:07.52	1:45.63	2:22.88	2:22.88	
Santiago Neves, SILVA	10	33.64	1:12.58	1:52.74	2:31.20	2:31.20	
Leonardo Contreiras, JERONIMO	00	31.36	1:06.36	1:41.86	2:14.98	2:14.98	
9. Óbidos 1	Óbidos					10:53.00	3,00
Pedro Blanc, CAPINHA	09	31.18	1:06.92	1:44.66	2:22.66	2:22.66	
Francisco Costa, VALENTIM	11	35.88	1:18.10	2:00.77	2:41.69	2:41.69	
Rayan Gava, ALVES	95	37.56	1:20.29	2:06.76	2:55.26	2:55.26	
Bruno Garcia, MILITAO	11	39.09	1:24.78	2:10.38	2:53.39	2:53.39	