



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025



1 - 1ª Jornada - Torneio de Fundo (Sessão da Tarde)

15/11/2025 - 15:45

Prova 1 Femin., 400m Estilos Juvenil A
15/11/2025 - 15:45 Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Diana Isabel, ALVES	10 Pimpoes/Cimai	5:32.74	452
50m: 35.17 35.17	150m: 1:59.05 42.83	250m: 3:29.53 48.36	350m: 4:57.44 37.85
100m: 1:16.22 41.05	200m: 2:41.17 42.12	300m: 4:19.59 50.06	400m: 5:32.74 35.30
2. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	5:37.08	435
50m: 35.85 35.85	150m: 1:59.93 41.21	250m: 3:30.29 50.30	350m: 4:59.97 38.92
100m: 1:18.72 42.87	200m: 2:39.99 40.06	300m: 4:21.05 50.76	400m: 5:37.08 37.11
3. Sofia Roma, BRIZIDA	10 CNLeiria - VOID	5:41.35	419
50m: 35.65 35.65	150m: 2:05.15 44.27	250m: 3:34.11 45.26	350m: 5:01.07 42.01
100m: 1:20.88 45.23	200m: 2:48.85 43.70	300m: 4:19.06 44.95	400m: 5:41.35 40.28
4. Laura Samora, GONCALVES	10 CNLeiria - VOID	5:45.47	404
50m: 37.17 37.17	150m: 2:03.73 44.21	250m: 3:37.92 50.28	350m: 5:07.78 38.97
100m: 1:19.52 42.35	200m: 2:47.64 43.91	300m: 4:28.81 50.89	400m: 5:45.47 37.69
5. Leonor Pereira, SILVA	10 Óbidos	5:45.88	402
50m: 37.04 37.04	150m: 2:07.59 45.76	250m: 3:35.18 44.15	350m: 5:06.96 43.18
100m: 1:21.83 44.79	200m: 2:51.03 43.44	300m: 4:23.78 48.60	400m: 5:45.88 38.92

Prova 1 Femin., 400m Estilos Juvenil B
15/11/2025 - 15:45 Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	5:13.02	543
50m: 32.42 32.42	150m: 1:51.07 40.60	250m: 3:15.84 45.38	350m: 4:38.32 36.99
100m: 1:10.47 38.05	200m: 2:30.46 39.39	300m: 4:01.33 45.49	400m: 5:13.02 34.70
2. Maria Joao, VALA	11 Pimpoes/Cimai	5:32.45	453
50m: 35.38 35.38	150m: 1:59.82 42.14	250m: 3:29.57 47.62	350m: 4:56.85 37.92
100m: 1:17.68 42.30	200m: 2:41.95 42.13	300m: 4:18.93 49.36	400m: 5:32.45 35.60
3. Isabela Lourenco, COSTA	11 Benedita	5:42.63	414
50m: 36.19 36.19	150m: 2:02.78 45.03	250m: 3:34.48 48.19	350m: 5:04.27 40.53
100m: 1:17.75 41.56	200m: 2:46.29 43.51	300m: 4:23.74 49.26	400m: 5:42.63 38.36
4. Cristiana Henriques, ALMEIDA	11 Benedita	5:42.89	413
50m: 37.14 37.14	150m: 2:04.41 42.84	250m: 3:35.77 47.81	350m: 5:04.10 39.95
100m: 1:21.57 44.43	200m: 2:47.96 43.55	300m: 4:24.15 48.38	400m: 5:42.89 38.79
5. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:46.69	400
50m: 35.42 35.42	150m: 2:01.61 44.86	250m: 3:36.29 51.59	350m: 5:07.97 39.68
100m: 1:16.75 41.33	200m: 2:44.70 43.09	300m: 4:28.29 52.00	400m: 5:46.69 38.72
6. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	5:50.24	388
50m: 35.15 35.15	150m: 2:06.00 47.14	250m: 3:41.10 50.26	350m: 5:13.04 40.92
100m: 1:18.86 43.71	200m: 2:50.84 44.84	300m: 4:32.12 51.02	400m: 5:50.24 37.20
7. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	5:51.92	382
50m: 38.40 38.40	150m: 2:11.70 47.81	250m: 3:44.41 47.25	350m: 5:14.11 41.48
100m: 1:23.89 45.49	200m: 2:57.16 45.46	300m: 4:32.63 48.22	400m: 5:51.92 37.81



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

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

Lugar			Ano					Tempo final	Pts
8.	Maria Santos, FONSECA		11	CNLeiria - VOID				6:07.85	335
	50m:	40.22 40.22	150m:	2:16.81	48.07	250m:	3:51.05 48.09	350m:	5:25.80 45.06
	100m:	1:28.74 48.52	200m:	3:02.96	46.15	300m:	4:40.74 49.69	400m:	6:07.85 42.05
9.	Margarida Soares, MAIA		11	Nautico Marinha Grande				6:09.12	331
	50m:	43.28 43.28	150m:	2:26.06	49.64	250m:	4:02.48 49.66	350m:	5:31.73 39.55
	100m:	1:36.42 53.14	200m:	3:12.82	46.76	300m:	4:52.18 49.70	400m:	6:09.12 37.39
10.	Diana Morais, CARLOS		11	Pimpoes/Cimai				6:25.11	291
	50m:	42.12 42.12	150m:	2:19.05	47.68	250m:	4:01.00 55.62	350m:	5:41.91 46.37
	100m:	1:31.37 49.25	200m:	3:05.38	46.33	300m:	4:55.54 54.54	400m:	6:25.11 43.20
11.	Isabela Maria, CARREIRA		11	Uniao Juncalense				6:26.29	289
	50m:	42.44 42.44	150m:	2:21.82	48.61	250m:	4:04.29 54.05	350m:	5:43.10 44.30
	100m:	1:33.21 50.77	200m:	3:10.24	48.42	300m:	4:58.80 54.51	400m:	6:26.29 43.19
12.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense				6:26.40	289
	50m:	39.06 39.06	150m:	2:17.84	48.63	250m:	4:04.40 59.01	350m:	5:44.80 41.36
	100m:	1:29.21 50.15	200m:	3:05.39	47.55	300m:	5:03.44 59.04	400m:	6:26.40 41.60
13.	Erica Felix, RODRIGUES		11	Uniao Juncalense				6:28.48	284
	50m:	41.21 41.21	150m:	2:18.54	50.08	250m:	4:04.14 56.12	350m:	5:45.23 44.03
	100m:	1:28.46 47.25	200m:	3:08.02	49.48	300m:	5:01.20 57.06	400m:	6:28.48 43.25
14.	Matilde Vitorino, FERREIRA		11	Naval de Peniche				6:29.84	281
	50m:	44.78 44.78	150m:	2:28.58	49.95	250m:	4:10.03 52.90	350m:	5:48.00 43.49
	100m:	1:38.63 53.85	200m:	3:17.13	48.55	300m:	5:04.51 54.48	400m:	6:29.84 41.84
15.	Kelly Simao, COSTA		11	Óbidos				6:39.09	262
	50m:	43.05 43.05	150m:	2:25.01	50.16	250m:	4:08.39 54.42	350m:	5:52.21 48.17
	100m:	1:34.85 51.80	200m:	3:13.97	48.96	300m:	5:04.04 55.65	400m:	6:39.09 46.88
16.	Maria Lopes, ESPERANCA		11	Uniao Juncalense				7:49.77	160
	50m:	50.93 50.93	150m:	2:55.65	1:01.43	250m:	4:59.72 1:05.85	350m:	6:59.18 53.76
	100m:	1:54.22 1:03.29	200m:	3:53.87	58.22	300m:	6:05.42 1:05.70	400m:	7:49.77 50.59

Prova 1
15/11/2025 - 15:45

Femin., 400m Estilos

Infantil A
Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	Ines Pinto, MARTINS		12	Pimpoes/Cimai				5:46.63	400
	50m:	36.58 36.58	150m:	2:04.06	43.97	250m:	3:38.31 50.32	350m:	5:08.33 39.81
	100m:	1:20.09 43.51	200m:	2:47.99	43.93	300m:	4:28.52 50.21	400m:	5:46.63 38.30
2.	Laura Krempel, VARELA		12	Pimpoes/Cimai				5:50.72	386
	50m:	36.53 36.53	150m:	2:05.44	45.72	250m:	3:40.85 50.90	350m:	5:13.45 40.96
	100m:	1:19.72 43.19	200m:	2:49.95	44.51	300m:	4:32.49 51.64	400m:	5:50.72 37.27
3.	Mafalda Varela, BERNARDINO		12	Alcobaca				5:51.13	385
	50m:	36.15 36.15	150m:	2:06.88	46.33	250m:	3:41.11 48.92	350m:	5:12.27 42.05
	100m:	1:20.55 44.40	200m:	2:52.19	45.31	300m:	4:30.22 49.11	400m:	5:51.13 38.86
4.	Luna Francisco, PEREIRA		12	Nucleo de Pombal				5:51.58	383
	50m:	38.50 38.50	150m:	2:09.17	44.91	250m:	3:43.12 50.84	350m:	5:14.18 39.48
	100m:	1:24.26 45.76	200m:	2:52.28	43.11	300m:	4:34.70 51.58	400m:	5:51.58 37.40
5.	Julia Pinto, PINHEIRO		12	Pimpoes/Cimai				5:54.55	374
	50m:	38.70 38.70	150m:	2:10.40	45.20	250m:	3:44.28 49.11	350m:	5:15.27 40.58
	100m:	1:25.20 46.50	200m:	2:55.17	44.77	300m:	4:34.69 50.41	400m:	5:54.55 39.28



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Prova 1, Femin., 400m Estilos, Infantil A

Lugar	Ano		Tempo final						Pts
6. Beatriz Julio, CORREIA	12	CNLeiria - VOID	6:10.57						327
50m: 39.49 39.49	150m: 2:15.17	48.15	250m: 3:54.80	51.83	350m: 5:29.51	42.02	400m: 6:10.57	41.06	
100m: 1:27.02 47.53	200m: 3:02.97	47.80	300m: 4:47.49	52.69					
7. Benedita Nunes, FELIX	12	Pimpoes/Cimai	6:12.28						323
50m: 40.15 40.15	150m: 2:18.16	48.38	250m: 3:59.14	52.51	350m: 5:32.23	41.12	400m: 6:12.28	40.05	
100m: 1:29.78 49.63	200m: 3:06.63	48.47	300m: 4:51.11	51.97					
8. Constanca Santos, COUTINHO	12	Naval da Nazaré	6:16.83						311
50m: 40.08 40.08	150m: 2:17.13	48.34	250m: 3:58.08	53.28	350m: 5:34.45	42.77	400m: 6:16.83	42.38	
100m: 1:28.79 48.71	200m: 3:04.80	47.67	300m: 4:51.68	53.60					
9. Maria Leonor, ASSUNCAO	12	Pimpoes/Cimai	6:20.48						302
50m: 44.08 44.08	150m: 2:24.66	46.29	250m: 4:04.05	54.72	350m: 5:40.29	41.15	400m: 6:20.48	40.19	
100m: 1:38.37 54.29	200m: 3:09.33	44.67	300m: 4:59.14	55.09					
10. Guiomar Dionisio, CARREIRA	12	Pimpoes/Cimai	6:24.46						293
50m: 40.91 40.91	150m: 2:21.60	50.07	250m: 4:01.70	50.43	350m: 5:39.35	44.70	400m: 6:24.46	45.11	
100m: 1:31.53 50.62	200m: 3:11.27	49.67	300m: 4:54.65	52.95					
11. Iara Maria, CAMACHO	12	Pimpoes/Cimai	6:33.10						274
50m: 43.66 43.66	150m: 2:23.79	48.91	250m: 4:09.80	58.84	350m: 5:52.12	42.31	400m: 6:33.10	40.98	
100m: 1:34.88 51.22	200m: 3:10.96	47.17	300m: 5:09.81	1:00.01					
12. Yaroslava, TABUNSCHYK	12	CNLeiria - VOID	6:34.82						270
50m: 42.67 42.67	150m: 2:25.09	50.76	250m: 4:11.09	53.98	350m: 5:51.89	44.19	400m: 6:34.82	42.93	
100m: 1:34.33 51.66	200m: 3:17.11	52.02	300m: 5:07.70	56.61					
13. Jessica Garcia, FERREIRA	12	Óbidos	6:37.30						265
50m: 46.02 46.02	150m: 2:29.73	49.65	250m: 4:11.63	55.37	350m: 5:53.28	45.23	400m: 6:37.30	44.02	
100m: 1:40.08 54.06	200m: 3:16.26	46.53	300m: 5:08.05	56.42					
14. Rita Alexandra, JORDAO	12	Uniao Juncalense	6:45.96						249
50m: 42.40 42.40	150m: 2:29.40	51.25	250m: 4:15.06	55.86	350m: 6:00.11	47.90	400m: 6:45.96	45.85	
100m: 1:38.15 55.75	200m: 3:19.20	49.80	300m: 5:12.21	57.15					
15. Maria Antonia, VAZAO	12	Uniao Juncalense	7:33.12						179
50m: 51.10 51.10	150m: 2:52.22	57.27	250m: 4:52.31	1:04.76	350m: 6:47.56	49.03	400m: 7:33.12	45.56	
100m: 1:54.95 1:03.85	200m: 3:47.55	55.33	300m: 5:58.53	1:06.22					
DSQ Carminho Traquina, ANDRE	12	Alcobaca							
<i>Falsa partida.</i>									

Prova 1 Femin., 400m Estilos Infantil B
15/11/2025 - 15:45 Resultados

Pontos: AQUA 2025

Lugar	Ano		Tempo final						Pts
1. Leonor Pinto, ROSARIO	13	Nautico Marinha Grande	6:04.18						345
50m: 38.07 38.07	150m: 2:14.18	48.72	250m: 3:51.30	49.75	350m: 5:24.27	42.39	400m: 6:04.18	39.91	
100m: 1:25.46 47.39	200m: 3:01.55	47.37	300m: 4:41.88	50.58					
2. Maria Luisa, CASTILLO	13	Nautico Marinha Grande	6:10.36						328
50m: 41.81 41.81	150m: 2:22.14	48.78	250m: 3:59.95	51.35	350m: 5:32.60	41.07	400m: 6:10.36	37.76	
100m: 1:33.36 51.55	200m: 3:08.60	46.46	300m: 4:51.53	51.58					
3. Maria Leal, ALVES	13	Alcobaca	6:25.64						290
50m: 41.69 41.69	150m: 2:24.88	50.52	250m: 4:06.02	54.94	350m: 5:45.19	44.31	400m: 6:25.64	40.45	
100m: 1:34.36 52.67	200m: 3:11.08	46.20	300m: 5:00.88	54.86					



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

Prova 1, Femin., 400m Estilos, Infantil B

Lugar	Ano	Tempo final	Pts
4. Maria Joao, OLIVEIRA	13 Alcobaca	6:25.95	290
50m: 45.35 45.35	150m: 2:28.59 47.49	250m: 4:08.60 54.32	350m: 5:45.25 43.46
100m: 1:41.10 55.75	200m: 3:14.28 45.69	300m: 5:01.79 53.19	400m: 6:25.95 40.70
5. Francisca Vieira, SILVA	13 Nucleo de Pombal	6:29.94	281
50m: 44.69 44.69	150m: 2:33.44 51.41	250m: 4:12.61 50.04	350m: 5:48.08 44.10
100m: 1:42.03 57.34	200m: 3:22.57 49.13	300m: 5:03.98 51.37	400m: 6:29.94 41.86
6. Carminho Jose, LOPES	13 Benedita	6:29.95	281
50m: 42.37 42.37	150m: 2:24.40 50.31	250m: 4:08.32 54.13	350m: 5:46.17 43.69
100m: 1:34.09 51.72	200m: 3:14.19 49.79	300m: 5:02.48 54.16	400m: 6:29.95 43.78
7. Sofia Guilherme, CABREIRA	13 Óbidos	6:37.46	265
50m: 48.43 48.43	150m: 2:34.65 49.14	250m: 4:17.12 54.22	350m: 5:55.93 45.00
100m: 1:45.51 57.08	200m: 3:22.90 48.25	300m: 5:10.93 53.81	400m: 6:37.46 41.53
8. Elisa Rodrigues, SIMOES	13 Benedita	6:49.24	243
50m: 43.89 43.89	150m: 2:31.43 49.99	250m: 4:18.67 57.44	350m: 6:04.90 46.46
100m: 1:41.44 57.55	200m: 3:21.23 49.80	300m: 5:18.44 59.77	400m: 6:49.24 44.34
9. Violeta Neves, SILVA	13 Nucleo de Pombal	6:54.03	234
50m: 46.14 46.14	150m: 2:35.34 53.48	250m: 4:23.86 56.52	350m: 6:08.54 46.91
100m: 1:41.86 55.72	200m: 3:27.34 52.00	300m: 5:21.63 57.77	400m: 6:54.03 45.49
10. Mafalda Amado, QUARESMA	13 Pimpoes/Cimai	7:00.84	223
50m: 48.34 48.34	150m: 2:36.40 52.15	250m: 4:26.78 59.73	350m: 6:13.94 47.92
100m: 1:44.25 55.91	200m: 3:27.05 50.65	300m: 5:26.02 59.24	400m: 7:00.84 46.90
DSQ Sara Machado, JANUARIO	13 Alcobaca		
<i>A atleta efetuou múltiplas braçadas de crawl após perder a posição dorsal, na viragem dos 150 metros.</i>			
DSQ Catarina Franco, RODRIGUES	13 Naval de Peniche		
<i>A atleta mudou para crawl, após a viragem aos 275 metros.</i>			
DSQ Mariana Santos, VALENTIM	13 Pimpoes/Cimai		
<i>A atleta na viragem aos 75 metros, não tocou na parede com ambas as mãos em simultâneo.</i>			

Prova 2
15/11/2025 - 16:37

Masc., 1500m Livres

Juvenil A
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Rodrigo Cardoso, TOMAS	10 Alcobaca	16:54.87	581
100m: 1:03.21 1:03.21	500m: 5:36.14 1:08.96	900m: 10:11.36 1:08.63	1300m: 14:42.58 1:08.19
200m: 2:10.68 1:07.47	600m: 6:45.46 1:09.32	1000m: 11:19.20 1:07.84	1400m: 15:49.69 1:07.11
300m: 3:18.81 1:08.13	700m: 7:54.22 1:08.76	1100m: 12:27.01 1:07.81	1500m: 16:54.87 1:05.18
400m: 4:27.18 1:08.37	800m: 9:02.73 1:08.51	1200m: 13:34.39 1:07.38	
2. Antonio Antunes, JORGE	10 Alcobaca	17:01.66	569
100m: 1:02.71 1:02.71	500m: 5:36.10 1:08.86	900m: 10:11.80 1:08.93	1300m: 14:46.67 1:09.50
200m: 2:10.31 1:07.60	600m: 6:45.46 1:09.36	1000m: 11:20.48 1:08.68	1400m: 15:54.85 1:08.18
300m: 3:18.51 1:08.20	700m: 7:54.52 1:09.06	1100m: 12:28.70 1:08.22	1500m: 17:01.66 1:06.81
400m: 4:27.24 1:08.73	800m: 9:02.87 1:08.35	1200m: 13:37.17 1:08.47	



Torneio de Fundo Infantis e Juvenis
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Prova 2, Masc., 1500m Livres, Juvenil A

Lugar	Ano	Tempo final	Pts
3. Afonso Ferreira, REIS	10 Nautico Marinha Grande	17:26.25	530
100m: 1:05.29 1:05.29	500m: 5:44.49 1:08.76	900m: 10:26.59 1:10.20	1300m: 15:08.51 1:11.92
200m: 2:15.00 1:09.71	600m: 6:55.50 1:11.01	1000m: 11:37.05 1:10.46	1400m: 16:17.68 1:09.17
300m: 3:24.65 1:09.65	700m: 8:04.92 1:09.42	1100m: 12:47.44 1:10.39	1500m: 17:26.25 1:08.57
400m: 4:35.73 1:11.08	800m: 9:16.39 1:11.47	1200m: 13:56.59 1:09.15	
4. Lucas Costa, JESUS	10 Nautico Marinha Grande	17:41.21	508
100m: 1:06.47 1:06.47	500m: 5:51.68 1:11.38	900m: 10:36.37 1:11.54	1300m: 15:22.81 1:11.19
200m: 2:17.28 1:10.81	600m: 7:02.69 1:11.01	1000m: 11:48.34 1:11.97	1400m: 16:33.19 1:10.38
300m: 3:28.96 1:11.68	700m: 8:13.72 1:11.03	1100m: 12:59.80 1:11.46	1500m: 17:41.21 1:08.02
400m: 4:40.30 1:11.34	800m: 9:24.83 1:11.11	1200m: 14:11.62 1:11.82	
5. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	17:44.45	503
100m: 1:06.36 1:06.36	500m: 5:48.90 1:11.65	900m: 10:37.26 1:12.68	1300m: 15:23.95 1:11.60
200m: 2:15.68 1:09.32	600m: 7:00.72 1:11.82	1000m: 11:49.68 1:12.42	1400m: 16:34.72 1:10.77
300m: 3:26.81 1:11.13	700m: 8:12.50 1:11.78	1100m: 13:00.55 1:10.87	1500m: 17:44.45 1:09.73
400m: 4:37.25 1:10.44	800m: 9:24.58 1:12.08	1200m: 14:12.35 1:11.80	
6. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	17:45.27	502
100m: 1:09.09 1:09.09	500m: 5:55.93 1:11.66	900m: 10:40.65 1:11.12	1300m: 15:26.70 1:11.69
200m: 2:20.71 1:11.62	600m: 7:07.60 1:11.67	1000m: 11:52.74 1:12.09	1400m: 16:37.20 1:10.50
300m: 3:32.47 1:11.76	700m: 8:19.11 1:11.51	1100m: 13:03.27 1:10.53	1500m: 17:45.27 1:08.07
400m: 4:44.27 1:11.80	800m: 9:29.53 1:10.42	1200m: 14:15.01 1:11.74	
7. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	17:46.06	501
100m: 1:05.77 1:05.77	500m: 5:45.94 1:10.55	900m: 10:33.14 1:12.11	1300m: 15:23.56 1:12.98
200m: 2:14.74 1:08.97	600m: 6:57.23 1:11.29	1000m: 11:45.56 1:12.42	1400m: 16:36.69 1:13.13
300m: 3:24.84 1:10.10	700m: 8:09.19 1:11.96	1100m: 12:57.89 1:12.33	1500m: 17:46.06 1:09.37
400m: 4:35.39 1:10.55	800m: 9:21.03 1:11.84	1200m: 14:10.58 1:12.69	
8. Pedro Souza, SILVA	10 Pimpoes/Cimai	17:56.13	487
100m: 1:06.28 1:06.28	500m: 5:50.65 1:11.92	900m: 10:40.45 1:12.66	1300m: 15:32.88 1:13.10
200m: 2:17.29 1:11.01	600m: 7:03.27 1:12.62	1000m: 11:53.02 1:12.57	1400m: 16:45.61 1:12.73
300m: 3:28.10 1:10.81	700m: 8:15.91 1:12.64	1100m: 13:06.21 1:13.19	1500m: 17:56.13 1:10.52
400m: 4:38.73 1:10.63	800m: 9:27.79 1:11.88	1200m: 14:19.78 1:13.57	
9. Joao Piteira, GAIOLAS	10 Nautico Marinha Grande	18:01.69	479
100m: 1:07.16 1:07.16	500m: 5:52.27 1:11.79	900m: 10:42.59 1:12.79	1300m: 15:34.44 1:14.09
200m: 2:17.57 1:10.41	600m: 7:04.80 1:12.53	1000m: 11:55.66 1:13.07	1400m: 16:48.24 1:13.80
300m: 3:29.41 1:11.84	700m: 8:17.41 1:12.61	1100m: 13:07.65 1:11.99	1500m: 18:01.69 1:13.45
400m: 4:40.48 1:11.07	800m: 9:29.80 1:12.39	1200m: 14:20.35 1:12.70	
10. Guilherme Costa, REBELO	10 Pimpoes/Cimai	18:32.09	441
100m: 1:07.39 1:07.39	500m: 5:57.15 1:13.44	900m: 10:54.35 1:15.90	1300m: 16:01.72 1:17.52
200m: 2:18.37 1:10.98	600m: 7:09.55 1:12.40	1000m: 12:11.85 1:17.50	1400m: 17:18.27 1:16.55
300m: 3:30.66 1:12.29	700m: 8:23.76 1:14.21	1100m: 13:27.79 1:15.94	1500m: 18:32.09 1:13.82
400m: 4:43.71 1:13.05	800m: 9:38.45 1:14.69	1200m: 14:44.20 1:16.41	
11. Santiago Neves, SILVA	10 Nucleo de Pombal	21:31.93	281
100m: 1:20.14 1:20.14	500m: 7:07.47 1:25.94	900m: 12:57.71 1:27.79	1300m: 18:45.05 1:26.35
200m: 2:46.16 1:26.02	600m: 8:34.95 1:27.48	1000m: 14:23.67 1:25.96	1400m: 20:11.97 1:26.92
300m: 4:12.95 1:26.79	700m: 10:03.03 1:28.08	1100m: 15:52.34 1:28.67	1500m: 21:31.93 1:19.96
400m: 5:41.53 1:28.58	800m: 11:29.92 1:26.89	1200m: 17:18.70 1:26.36	
12. Joao Santos, DURAO	10 Uniao Juncalense	25:52.67	162
100m: 1:33.66 1:33.66	500m: 8:27.62 1:44.98	900m: 15:29.77 1:46.66	1300m: 22:31.23 1:43.62
200m: 3:16.30 1:42.64	600m: 10:11.73 1:44.11	1000m: 17:15.55 1:45.78	1400m: 24:14.32 1:43.09
300m: 4:58.22 1:41.92	700m: 11:58.05 1:46.32	1100m: 19:02.80 1:47.25	1500m: 25:52.67 1:38.35
400m: 6:42.64 1:44.42	800m: 13:43.11 1:45.06	1200m: 20:47.61 1:44.81	



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

Prova 2, Masc., 1500m Livres

Prova 2

Masc., 1500m Livres

Juvenil B

15/11/2025 - 16:37

Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Vidar Albert, JUNG	11 Nautico Marinha Grande	17:45.30	502
100m: 1:07.35 1:07.35	500m: 5:51.32 1:11.16	900m: 10:36.00 1:11.49	1300m: 15:24.61 1:12.33
200m: 2:17.84 1:10.49	600m: 7:02.54 1:11.22	1000m: 11:48.06 1:12.06	1400m: 16:32.97 1:08.36
300m: 3:29.11 1:11.27	700m: 8:13.65 1:11.11	1100m: 12:59.89 1:11.83	1500m: 17:45.30 1:12.33
400m: 4:40.16 1:11.05	800m: 9:24.51 1:10.86	1200m: 14:12.28 1:12.39	
2. Pedro Pereira, OLIVEIRA	11 Nautico Marinha Grande	17:51.96	493
100m: 1:07.39 1:07.39	500m: 5:52.52 1:11.52	900m: 10:42.37 1:12.88	1300m: 15:30.61 1:12.10
200m: 2:17.90 1:10.51	600m: 7:04.98 1:12.46	1000m: 11:55.02 1:12.65	1400m: 16:42.24 1:11.63
300m: 3:29.47 1:11.57	700m: 8:17.49 1:12.51	1100m: 13:06.27 1:11.25	1500m: 17:51.96 1:09.72
400m: 4:41.00 1:11.53	800m: 9:29.49 1:12.00	1200m: 14:18.51 1:12.24	
3. Martim Duarte, ROQUE	11 CNLeiria - VOID	18:24.04	451
100m: 1:07.14 1:07.14	500m: 5:54.55 1:12.57	900m: 10:50.82 1:15.33	1300m: 15:54.47 1:16.37
200m: 2:17.90 1:10.76	600m: 7:08.69 1:14.14	1000m: 12:05.01 1:14.19	1400m: 17:09.00 1:14.53
300m: 3:29.56 1:11.66	700m: 8:22.51 1:13.82	1100m: 13:21.61 1:16.60	1500m: 18:24.04 1:15.04
400m: 4:41.98 1:12.42	800m: 9:35.49 1:12.98	1200m: 14:38.10 1:16.49	
4. Martim Cruz, MOURA	11 CNLeiria - VOID	19:03.18	406
100m: 1:13.32 1:13.32	500m: 6:14.92 1:16.20	900m: 11:18.77 1:16.50	1300m: 16:28.28 1:18.08
200m: 2:27.98 1:14.66	600m: 7:31.11 1:16.19	1000m: 12:35.24 1:16.47	1400m: 17:46.55 1:18.27
300m: 3:43.52 1:15.54	700m: 8:46.54 1:15.43	1100m: 13:52.66 1:17.42	1500m: 19:03.18 1:16.63
400m: 4:58.72 1:15.20	800m: 10:02.27 1:15.73	1200m: 15:10.20 1:17.54	
5. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	19:09.60	399
100m: 1:07.66 1:07.66	500m: 6:13.69 1:18.80	900m: 11:27.07 1:19.23	1300m: 16:37.88 1:17.96
200m: 2:20.88 1:13.22	600m: 7:32.04 1:18.35	1000m: 12:43.64 1:16.57	1400m: 17:54.28 1:16.40
300m: 3:36.86 1:15.98	700m: 8:50.91 1:18.87	1100m: 14:01.65 1:18.01	1500m: 19:09.60 1:15.32
400m: 4:54.89 1:18.03	800m: 10:07.84 1:16.93	1200m: 15:19.92 1:18.27	
6. Francisco Costa, VALENTIM	11 �bidos	19:14.89	394
100m: 1:12.76 1:12.76	500m: 6:16.80 1:17.14	900m: 11:29.45 1:18.38	1300m: 16:42.06 1:18.03
200m: 2:27.85 1:15.09	600m: 7:34.43 1:17.63	1000m: 12:47.92 1:18.47	1400m: 18:00.91 1:18.85
300m: 3:43.72 1:15.87	700m: 8:52.96 1:18.53	1100m: 14:06.12 1:18.20	1500m: 19:14.89 1:13.98
400m: 4:59.66 1:15.94	800m: 10:11.07 1:18.11	1200m: 15:24.03 1:17.91	
7. Martin, SHEVCHUK	11 CNLeiria - VOID	20:36.06	321
100m: 1:15.57 1:15.57	500m: 6:40.34 1:22.36	900m: 12:10.04 1:23.55	1300m: 17:48.07 1:26.11
200m: 2:36.24 1:20.67	600m: 8:02.16 1:21.82	1000m: 13:33.04 1:23.00	1400m: 19:12.96 1:24.89
300m: 3:56.85 1:20.61	700m: 9:24.66 1:22.50	1100m: 14:57.10 1:24.06	1500m: 20:36.06 1:23.10
400m: 5:17.98 1:21.13	800m: 10:46.49 1:21.83	1200m: 16:21.96 1:24.86	
8. Diego Rodrigues, MENDES	11 Nautico Marinha Grande	20:45.52	314
100m: 1:17.71 1:17.71	500m: 6:45.24 1:22.52	900m: 12:21.07 1:23.92	1300m: 17:58.81 1:24.07
200m: 2:38.27 1:20.56	600m: 8:09.11 1:23.87	1000m: 13:45.26 1:24.19	1400m: 19:23.55 1:24.74
300m: 3:59.84 1:21.57	700m: 9:32.73 1:23.62	1100m: 15:09.76 1:24.50	1500m: 20:45.52 1:21.97
400m: 5:22.72 1:22.88	800m: 10:57.15 1:24.42	1200m: 16:34.74 1:24.98	
9. Rodrigo Freire, JOAQUIM	11 CNLeiria - VOID	20:57.98	305
100m: 1:16.23 1:16.23	500m: 6:50.57 1:24.58	900m: 12:31.28 1:25.56	1300m: 18:16.09 1:26.19
200m: 2:38.01 1:21.78	600m: 8:15.26 1:24.69	1000m: 13:57.40 1:26.12	1400m: 19:39.29 1:23.20
300m: 4:01.58 1:23.57	700m: 9:40.12 1:24.86	1100m: 15:23.43 1:26.03	1500m: 20:57.98 1:18.69
400m: 5:25.99 1:24.41	800m: 11:05.72 1:25.60	1200m: 16:49.90 1:26.47	



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

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

Lugar	Ano	Tempo final	Pts
10. Simao Pedro, MARQUES	11 Uniao Juncalense	21:02.74	301
100m: 1:15.91 1:15.91	500m: 6:49.83 1:23.79	900m: 12:31.92 1:25.36	1300m: 18:12.16 1:25.47
200m: 2:38.21 1:22.30	600m: 8:15.06 1:25.23	1000m: 13:56.99 1:25.07	1400m: 19:38.66 1:26.50
300m: 4:01.10 1:22.89	700m: 9:41.87 1:26.81	1100m: 15:21.22 1:24.23	1500m: 21:02.74 1:24.08
400m: 5:26.04 1:24.94	800m: 11:06.56 1:24.69	1200m: 16:46.69 1:25.47	
11. Tomas Alves, ROCHA	11 Pimpoes/Cimai	21:08.73	297
100m: 1:18.09 1:18.09	500m: 7:00.62 1:28.05	900m: 12:47.69 1:26.67	1300m: 18:26.99 1:21.37
200m: 2:40.42 1:22.33	600m: 8:27.92 1:27.30	1000m: 14:14.06 1:26.37	1400m: 19:50.47 1:23.48
300m: 4:05.26 1:24.84	700m: 9:53.84 1:25.92	1100m: 15:39.58 1:25.52	1500m: 21:08.73 1:18.26
400m: 5:32.57 1:27.31	800m: 11:21.02 1:27.18	1200m: 17:05.62 1:26.04	
12. Joao Pedro, CRUZ	11 Naval de Peniche	21:20.34	289
100m: 1:21.10 1:21.10	500m: 7:03.43 1:24.79	900m: 12:43.54 1:25.14	1300m: 18:31.66 1:28.51
200m: 2:47.30 1:26.20	600m: 8:29.08 1:25.65	1000m: 14:09.22 1:25.68	1400m: 19:57.32 1:25.66
300m: 4:13.18 1:25.88	700m: 9:53.95 1:24.87	1100m: 15:35.90 1:26.68	1500m: 21:20.34 1:23.02
400m: 5:38.64 1:25.46	800m: 11:18.40 1:24.45	1200m: 17:03.15 1:27.25	
13. Bruno Garcia, MILITAO	11 Óbidos	22:00.57	263
100m: 1:17.22 1:17.22	500m: 7:14.36 1:30.22	900m: 13:12.39 1:29.72	1300m: 19:10.98 1:29.98
200m: 2:44.95 1:27.73	600m: 8:42.79 1:28.43	1000m: 14:41.25 1:28.86	1400m: 20:39.51 1:28.53
300m: 4:13.94 1:28.99	700m: 10:12.48 1:29.69	1100m: 16:10.77 1:29.52	1500m: 22:00.57 1:21.06
400m: 5:44.14 1:30.20	800m: 11:42.67 1:30.19	1200m: 17:41.00 1:30.23	
14. Gabriel Marques, CARREIRA	11 Uniao Juncalense	23:02.64	229
100m: 1:24.28 1:24.28	500m: 7:31.18 1:33.00	900m: 13:44.57 1:32.91	1300m: 19:59.30 1:33.83
200m: 2:55.50 1:31.22	600m: 9:03.95 1:32.77	1000m: 15:18.26 1:33.69	1400m: 21:31.98 1:32.68
300m: 4:26.24 1:30.74	700m: 10:37.44 1:33.49	1100m: 16:51.80 1:33.54	1500m: 23:02.64 1:30.66
400m: 5:58.18 1:31.94	800m: 12:11.66 1:34.22	1200m: 18:25.47 1:33.67	
15. Valentim Antonio, PEREIRA	11 CNLeiria - VOID	24:07.02	200
100m: 1:30.34 1:30.34	500m: 7:55.57 1:37.18	900m: 14:23.71 1:38.40	1300m: 21:00.62 1:40.63
200m: 3:05.37 1:35.03	600m: 9:30.36 1:34.79	1000m: 16:02.21 1:38.50	1400m: 22:38.29 1:37.67
300m: 4:41.37 1:36.00	700m: 11:07.82 1:37.46	1100m: 17:40.95 1:38.74	1500m: 24:07.02 1:28.73
400m: 6:18.39 1:37.02	800m: 12:45.31 1:37.49	1200m: 19:19.99 1:39.04	
16. Asabdek, TUYCHIEV	11 Ba Leiria / Sk Coffee 1	24:08.73	199
100m: 1:22.74 1:22.74	500m: 7:47.64 1:39.69	900m: 14:26.25 1:39.60	1300m: 21:01.46 1:37.36
200m: 2:53.77 1:31.03	600m: 9:26.83 1:39.19	1000m: 16:05.68 1:39.43	1400m: 22:38.12 1:36.66
300m: 4:28.75 1:34.98	700m: 11:06.42 1:39.59	1100m: 17:44.49 1:38.81	1500m: 24:08.73 1:30.61
400m: 6:07.95 1:39.20	800m: 12:46.65 1:40.23	1200m: 19:24.10 1:39.61	
17. Thomas Torres, O'BYRNE	11 Uniao Juncalense	24:46.49	184
100m: 1:26.14 1:26.14	500m: 8:05.78 1:40.04	900m: 14:53.86 1:44.79	1300m: 21:41.96 1:39.49
200m: 3:02.46 1:36.32	600m: 9:45.21 1:39.43	1000m: 16:36.78 1:42.92	1400m: 23:17.36 1:35.40
300m: 4:43.62 1:41.16	700m: 11:27.58 1:42.37	1100m: 18:19.08 1:42.30	1500m: 24:46.49 1:29.13
400m: 6:25.74 1:42.12	800m: 13:09.07 1:41.49	1200m: 20:02.47 1:43.39	
18. Duarte Henriques, MONTEIRO	11 CNLeiria - VOID	24:54.06	182
100m: 1:26.73 1:26.73	500m: 8:08.17 1:40.42	900m: 14:50.58 1:40.74	1300m: 21:38.28 1:42.13
200m: 3:05.32 1:38.59	600m: 9:48.28 1:40.11	1000m: 16:31.42 1:40.84	1400m: 23:19.52 1:41.24
300m: 4:46.54 1:41.22	700m: 11:28.20 1:39.92	1100m: 18:12.99 1:41.57	1500m: 24:54.06 1:34.54
400m: 6:27.75 1:41.21	800m: 13:09.84 1:41.64	1200m: 19:56.15 1:43.16	



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025



Prova 2, Masc., 1500m Livres

Prova 2

Masc., 1500m Livres

Infantil A

15/11/2025 - 16:37

Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Joao Daniel, SANTOS	12 Alcobaca	18:36.63	436
100m: 1:07.87 1:07.87	500m: 6:03.86 1:14.89	900m: 11:06.39 1:16.11	1300m: 16:09.40 1:16.36
200m: 2:20.97 1:13.10	600m: 7:19.37 1:15.51	1000m: 12:22.51 1:16.12	1400m: 17:25.57 1:16.17
300m: 3:34.03 1:13.06	700m: 8:34.65 1:15.28	1100m: 13:37.27 1:14.76	1500m: 18:36.63 1:11.06
400m: 4:48.97 1:14.94	800m: 9:50.28 1:15.63	1200m: 14:53.04 1:15.77	
2. Sebastian, PACHECO	12 Naval de Peniche	19:24.54	384
100m: 1:11.80 1:11.80	500m: 6:21.17 1:19.01	900m: 11:36.77 1:18.55	1300m: 16:50.17 1:17.86
200m: 2:27.30 1:15.50	600m: 7:40.82 1:19.65	1000m: 12:56.02 1:19.25	1400m: 18:08.25 1:18.08
300m: 3:44.16 1:16.86	700m: 8:59.77 1:18.95	1100m: 14:14.36 1:18.34	1500m: 19:24.54 1:16.29
400m: 5:02.16 1:18.00	800m: 10:18.22 1:18.45	1200m: 15:32.31 1:17.95	
3. Vasco Silvestre, ROCHA	12 Nautico Marinha Grande	19:43.92	366
100m: 1:16.48 1:16.48	500m: 6:35.02 1:18.63	900m: 11:49.38 1:18.39	1300m: 17:08.94 1:20.18
200m: 2:36.34 1:19.86	600m: 7:53.98 1:18.96	1000m: 13:09.15 1:19.77	1400m: 18:27.14 1:18.20
300m: 3:56.40 1:20.06	700m: 9:12.28 1:18.30	1100m: 14:29.04 1:19.89	1500m: 19:43.92 1:16.78
400m: 5:16.39 1:19.99	800m: 10:30.99 1:18.71	1200m: 15:48.76 1:19.72	
4. Tomas Barata, ALVES	12 Nautico Marinha Grande	19:58.92	352
100m: 1:14.90 1:14.90	500m: 6:33.78 1:19.88	900m: 11:53.11 1:21.40	1300m: 17:18.35 1:19.58
200m: 2:33.34 1:18.44	600m: 7:53.72 1:19.94	1000m: 13:14.20 1:21.09	1400m: 18:38.46 1:20.11
300m: 3:53.25 1:19.91	700m: 9:13.01 1:19.29	1100m: 14:37.23 1:23.03	1500m: 19:58.92 1:20.46
400m: 5:13.90 1:20.65	800m: 10:31.71 1:18.70	1200m: 15:58.77 1:21.54	
5. Eduardo Manuel, FERREIRA	12 Nucleo de Pombal	20:05.50	346
100m: 1:17.86 1:17.86	500m: 6:41.09 1:21.10	900m: 12:04.50 1:20.29	1300m: 17:29.04 1:21.73
200m: 2:38.48 1:20.62	600m: 8:02.70 1:21.61	1000m: 13:24.88 1:20.38	1400m: 18:50.97 1:21.93
300m: 3:58.66 1:20.18	700m: 9:24.35 1:21.65	1100m: 14:45.97 1:21.09	1500m: 20:05.50 1:14.53
400m: 5:19.99 1:21.33	800m: 10:44.21 1:19.86	1200m: 16:07.31 1:21.34	
6. Tomas Vieira, FIGUEIREDO	12 Alcobaca	20:24.33	330
100m: 1:14.61 1:14.61	500m: 6:35.51 1:19.79	900m: 12:01.12 1:20.48	1300m: 17:37.23 1:25.71
200m: 2:33.79 1:19.18	600m: 7:57.14 1:21.63	1000m: 13:26.47 1:25.35	1400m: 19:01.95 1:24.72
300m: 3:54.75 1:20.96	700m: 9:18.43 1:21.29	1100m: 14:46.65 1:20.18	1500m: 20:24.33 1:22.38
400m: 5:15.72 1:20.97	800m: 10:40.64 1:22.21	1200m: 16:11.52 1:24.87	
7. Goncalo Nunes, MORAIS	12 Ba Leiria / Sk Coffee 1	21:08.24	297
100m: 1:22.57 1:22.57	500m: 7:03.83 1:24.85	900m: 12:42.91 1:24.79	1300m: 18:23.73 1:23.89
200m: 2:48.88 1:26.31	600m: 8:28.55 1:24.72	1000m: 14:08.17 1:25.26	1400m: 19:49.06 1:25.33
300m: 4:13.95 1:25.07	700m: 9:53.58 1:25.03	1100m: 15:33.94 1:25.77	1500m: 21:08.24 1:19.18
400m: 5:38.98 1:25.03	800m: 11:18.12 1:24.54	1200m: 16:59.84 1:25.90	
8. Gabriel Sousa, GOMES	12 Óbidos	21:12.55	294
100m: 1:21.94 1:21.94	500m: 7:01.78 1:25.93	900m: 12:42.68 1:25.56	1300m: 18:24.72 1:25.51
200m: 2:46.40 1:24.46	600m: 8:27.36 1:25.58	1000m: 14:07.53 1:24.85	1400m: 19:49.55 1:24.83
300m: 4:10.98 1:24.58	700m: 9:52.30 1:24.94	1100m: 15:33.35 1:25.82	1500m: 21:12.55 1:23.00
400m: 5:35.85 1:24.87	800m: 11:17.12 1:24.82	1200m: 16:59.21 1:25.86	
9. Joao Pedro, BELO	12 Nautico Marinha Grande	21:19.11	290
100m: 1:20.04 1:20.04	500m: 7:00.20 1:25.16	900m: 12:40.79 1:25.62	1300m: 18:28.58 1:26.53
200m: 2:44.33 1:24.29	600m: 8:25.63 1:25.43	1000m: 14:07.79 1:27.00	1400m: 19:55.81 1:27.23
300m: 4:10.56 1:26.23	700m: 9:50.97 1:25.34	1100m: 15:34.32 1:26.53	1500m: 21:19.11 1:23.30
400m: 5:35.04 1:24.48	800m: 11:15.17 1:24.20	1200m: 17:02.05 1:27.73	



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

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

Lugar	Ano	Tempo final	Pts
10. Joao Maria, TEMPERO	12 Pimpoes/Cimai	22:10.02	258
100m: 1:24.03 1:24.03	500m: 7:19.37 1:28.91	900m: 13:14.46 1:29.16	1300m: 19:15.85 1:30.97
200m: 2:52.51 1:28.48	600m: 8:48.46 1:29.09	1000m: 14:44.07 1:29.61	1400m: 20:44.68 1:28.83
300m: 4:21.35 1:28.84	700m: 10:16.38 1:27.92	1100m: 16:14.06 1:29.99	1500m: 22:10.02 1:25.34
400m: 5:50.46 1:29.11	800m: 11:45.30 1:28.92	1200m: 17:44.88 1:30.82	
11. Roberto Bento, CANAS	12 Pimpoes/Cimai	22:33.26	245
100m: 1:22.56 1:22.56	500m: 7:19.71 1:29.87	900m: 13:24.42 1:32.49	1300m: 19:34.13 1:32.14
200m: 2:50.71 1:28.15	600m: 8:48.98 1:29.27	1000m: 14:56.35 1:31.93	1400m: 21:05.60 1:31.47
300m: 4:20.23 1:29.52	700m: 10:20.86 1:31.88	1100m: 16:29.35 1:33.00	1500m: 22:33.26 1:27.66
400m: 5:49.84 1:29.61	800m: 11:51.93 1:31.07	1200m: 18:01.99 1:32.64	
12. Mihail, ONCIU	12 Ba Leiria / Sk Coffee 1	22:43.73	239
100m: 1:22.68 1:22.68	500m: 7:20.42 1:30.31	900m: 13:29.42 1:33.11	1300m: 19:44.23 1:33.38
200m: 2:50.38 1:27.70	600m: 8:50.86 1:30.44	1000m: 15:01.82 1:32.40	1400m: 21:15.38 1:31.15
300m: 4:18.92 1:28.54	700m: 10:22.38 1:31.52	1100m: 16:37.52 1:35.70	1500m: 22:43.73 1:28.35
400m: 5:50.11 1:31.19	800m: 11:56.31 1:33.93	1200m: 18:10.85 1:33.33	
13. Duarte Costa, MADEIRA	12 Alcobaca	22:53.91	234
100m: 1:24.26 1:24.26	500m: 7:26.52 1:32.03	900m: 13:41.91 1:34.84	1300m: 19:57.18 1:34.12
200m: 2:54.15 1:29.89	600m: 8:58.90 1:32.38	1000m: 15:15.14 1:33.23	1400m: 21:26.86 1:29.68
300m: 4:23.63 1:29.48	700m: 10:33.56 1:34.66	1100m: 16:48.09 1:32.95	1500m: 22:53.91 1:27.05
400m: 5:54.49 1:30.86	800m: 12:07.07 1:33.51	1200m: 18:23.06 1:34.97	
14. Afonso Mourao, MIRANDA	12 Ba Leiria / Sk Coffee 1	23:27.63	217
100m: 1:28.26 1:28.26	500m: 7:42.54 1:34.28	900m: 14:04.09 1:35.13	1300m: 20:27.06 1:37.21
200m: 3:01.20 1:32.94	600m: 9:18.61 1:36.07	1000m: 15:39.35 1:35.26	1400m: 21:59.54 1:32.48
300m: 4:32.74 1:31.54	700m: 10:53.48 1:34.87	1100m: 17:16.78 1:37.43	1500m: 23:27.63 1:28.09
400m: 6:08.26 1:35.52	800m: 12:28.96 1:35.48	1200m: 18:49.85 1:33.07	
15. Duarte Mota, GASPAR	12 Ba Leiria / Sk Coffee 1	25:47.99	163
100m: 1:35.24 1:35.24	500m: 8:26.86 1:44.39	900m: 15:24.77 1:44.34	1300m: 22:28.36 1:43.71
200m: 3:14.35 1:39.11	600m: 10:11.57 1:44.71	1000m: 17:10.54 1:45.77	1400m: 24:09.26 1:40.90
300m: 4:58.50 1:44.15	700m: 11:55.40 1:43.83	1100m: 18:55.86 1:45.32	1500m: 25:47.99 1:38.73
400m: 6:42.47 1:43.97	800m: 13:40.43 1:45.03	1200m: 20:44.65 1:48.79	
16. Egor, MIKHAILOV	12 Ba Leiria / Sk Coffee 1	25:52.84	162
100m: 1:29.72 1:29.72	500m: 8:14.31 1:41.26	900m: 15:15.81 1:46.59	1300m: 22:18.22 1:44.65
200m: 3:09.99 1:40.27	600m: 9:56.97 1:42.66	1000m: 17:02.22 1:46.41	1400m: 24:01.64 1:43.42
300m: 4:49.89 1:39.90	700m: 11:43.01 1:46.04	1100m: 18:46.13 1:43.91	1500m: 25:52.84 1:51.20
400m: 6:33.05 1:43.16	800m: 13:29.22 1:46.21	1200m: 20:33.57 1:47.44	

Prova 2
15/11/2025 - 16:37

Masc., 1500m Livres

Infantil B
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Vladyslav, DVIRNYY	13 Nucleo de Pombal	20:52.36	309
100m: 1:17.86 1:17.86	500m: 6:55.59 1:24.62	900m: 12:36.51 1:25.60	1300m: 18:14.29 1:24.20
200m: 2:41.75 1:23.89	600m: 8:21.91 1:26.32	1000m: 14:01.77 1:25.26	1400m: 19:36.23 1:21.94
300m: 4:06.23 1:24.48	700m: 9:49.44 1:27.53	1100m: 15:27.00 1:25.23	1500m: 20:52.36 1:16.13
400m: 5:30.97 1:24.74	800m: 11:10.91 1:21.47	1200m: 16:50.09 1:23.09	
2. Timur, MOLDERF	13 Nautico Marinha Grande	20:53.89	308
100m: 1:19.37 1:19.37	500m: 6:54.59 1:24.04	900m: 12:32.29 1:24.30	1300m: 18:09.15 1:24.13
200m: 2:43.24 1:23.87	600m: 8:18.84 1:24.25	1000m: 13:56.51 1:24.22	1400m: 19:33.67 1:24.52
300m: 4:06.72 1:23.48	700m: 9:43.33 1:24.49	1100m: 15:21.01 1:24.50	1500m: 20:53.89 1:20.22
400m: 5:30.55 1:23.83	800m: 11:07.99 1:24.66	1200m: 16:45.02 1:24.01	



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

Prova 2, Masc., 1500m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
3. Goncalo Gregorio, FARIAS	13 Nautico Marinha Grande	22:00.77	263
100m: 1:22.23 1:22.23	500m: 7:16.80 1:28.37	900m: 13:09.77 1:28.30	1300m: 19:04.93 1:28.60
200m: 2:51.00 1:28.77	600m: 8:44.54 1:27.74	1000m: 14:38.31 1:28.54	1400m: 20:33.50 1:28.57
300m: 4:20.13 1:29.13	700m: 10:13.31 1:28.77	1100m: 16:07.31 1:29.00	1500m: 22:00.77 1:27.27
400m: 5:48.43 1:28.30	800m: 11:41.47 1:28.16	1200m: 17:36.33 1:29.02	
4. Miguel, CAINAC	13 Benedita	22:11.92	257
100m: 1:23.59 1:23.59	500m: 7:22.29 1:30.40	900m: 13:20.34 1:29.04	1300m: 19:15.86 1:28.85
200m: 2:51.72 1:28.13	600m: 8:53.08 1:30.79	1000m: 14:48.59 1:28.25	1400m: 20:45.58 1:29.72
300m: 4:21.44 1:29.72	700m: 10:22.46 1:29.38	1100m: 16:17.21 1:28.62	1500m: 22:11.92 1:26.34
400m: 5:51.89 1:30.45	800m: 11:51.30 1:28.84	1200m: 17:47.01 1:29.80	
5. Estevao Esperanco, MOTA	13 Ba Leiria / Sk Coffee 1	23:08.98	226
100m: 1:26.30 1:26.30	500m: 7:43.47 1:34.43	900m: 14:00.78 1:33.85	1300m: 20:14.21 1:30.78
200m: 2:58.91 1:32.61	600m: 9:18.69 1:35.22	1000m: 15:35.95 1:35.17	1400m: 21:44.73 1:30.52
300m: 4:33.69 1:34.78	700m: 10:53.35 1:34.66	1100m: 17:10.09 1:34.14	1500m: 23:08.98 1:24.25
400m: 6:09.04 1:35.35	800m: 12:26.93 1:33.58	1200m: 18:43.43 1:33.34	
6. Ricardo Pereira, LOPES	13 Nautico Marinha Grande	23:13.12	224
100m: 1:29.54 1:29.54	500m: 7:43.76 1:33.33	900m: 13:58.90 1:34.29	1300m: 20:17.72 1:34.63
200m: 3:01.07 1:31.53	600m: 9:18.06 1:34.30	1000m: 15:34.36 1:35.46	1400m: 21:49.48 1:31.76
300m: 4:34.17 1:33.10	700m: 10:51.59 1:33.53	1100m: 17:08.52 1:34.16	1500m: 23:13.12 1:23.64
400m: 6:10.43 1:36.26	800m: 12:24.61 1:33.02	1200m: 18:43.09 1:34.57	
7. Vladimir, DERELO	13 Nautico Marinha Grande	23:40.30	211
100m: 1:25.98 1:25.98	500m: 7:46.23 1:36.77	900m: 14:07.30 1:33.90	1300m: 20:36.26 1:36.95
200m: 2:59.38 1:33.40	600m: 9:21.64 1:35.41	1000m: 15:43.53 1:36.23	1400m: 22:12.53 1:36.27
300m: 4:33.31 1:33.93	700m: 10:57.14 1:35.50	1100m: 17:21.54 1:38.01	1500m: 23:40.30 1:27.77
400m: 6:09.46 1:36.15	800m: 12:33.40 1:36.26	1200m: 18:59.31 1:37.77	
8. Duarte Antonio, CRUZ	13 Benedita	23:44.96	209
100m: 1:27.23 1:27.23	500m: 7:43.20 1:34.66	900m: 14:06.22 1:36.38	1300m: 20:36.39 1:37.60
200m: 3:00.83 1:33.60	600m: 9:18.72 1:35.52	1000m: 15:43.23 1:37.01	1400m: 22:12.54 1:36.15
300m: 4:34.65 1:33.82	700m: 10:53.03 1:34.31	1100m: 17:20.92 1:37.69	1500m: 23:44.96 1:32.42
400m: 6:08.54 1:33.89	800m: 12:29.84 1:36.81	1200m: 18:58.79 1:37.87	
9. Pedro Martim, CRESPO	13 Ba Leiria / Sk Coffee 1	24:48.54	184
100m: 1:34.62 1:34.62	500m: 8:13.73 1:37.66	900m: 14:50.20 1:38.91	1300m: 21:37.09 1:42.49
200m: 3:16.31 1:41.69	600m: 9:52.92 1:39.19	1000m: 16:30.98 1:40.78	1400m: 23:16.72 1:39.63
300m: 4:56.54 1:40.23	700m: 11:31.91 1:38.99	1100m: 18:11.78 1:40.80	1500m: 24:48.54 1:31.82
400m: 6:36.07 1:39.53	800m: 13:11.29 1:39.38	1200m: 19:54.60 1:42.82	
10. Alexandre Botas, RIBEIRO	13 CNLeiria - VOID	25:17.88	173
100m: 1:34.00 1:34.00	500m: 8:16.38 1:39.72	900m: 15:01.10 1:40.91	1300m: 22:02.73 1:45.54
200m: 3:14.71 1:40.71	600m: 9:57.55 1:41.17	1000m: 16:45.54 1:44.44	1400m: 23:44.75 1:42.02
300m: 4:54.76 1:40.05	700m: 11:38.40 1:40.85	1100m: 18:30.89 1:45.35	1500m: 25:17.88 1:33.13
400m: 6:36.66 1:41.90	800m: 13:20.19 1:41.79	1200m: 20:17.19 1:46.30	
11. Gabriel Silva, RIBEIRO	13 Alcobaca	25:49.21	163
100m: 1:37.42 1:37.42	500m: 8:32.97 1:43.64	900m: 15:26.99 1:42.61	1300m: 22:26.48 1:45.51
200m: 3:21.04 1:43.62	600m: 10:17.72 1:44.75	1000m: 17:11.02 1:44.03	1400m: 24:11.43 1:44.95
300m: 5:05.13 1:44.09	700m: 12:01.00 1:43.28	1100m: 18:55.41 1:44.39	1500m: 25:49.21 1:37.78
400m: 6:49.33 1:44.20	800m: 13:44.38 1:43.38	1200m: 20:40.97 1:45.56	



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025



2 - 2ª Jornada - Torneio de Fundo (Sessão da Manhã)

16/11/2025 - 9:30

Prova 3

Masc., 400m Estilos

Juvenil A

16/11/2025 - 9:30

Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE	10 Alcobaca	4:47.53	544
50m: 30.46 30.46	150m: 1:42.97 38.72	250m: 3:01.27 40.00	350m: 4:15.72 33.12
100m: 1:04.25 33.79	200m: 2:21.27 38.30	300m: 3:42.60 41.33	400m: 4:47.53 31.81
2. Rodrigo Cardoso, TOMAS	10 Alcobaca	4:51.05	525
50m: 29.80 29.80	150m: 1:41.43 37.52	250m: 3:02.05 43.98	350m: 4:20.09 33.30
100m: 1:03.91 34.11	200m: 2:18.07 36.64	300m: 3:46.79 44.74	400m: 4:51.05 30.96
3. Guilherme Costa, REBELO	10 Pimpoes/Cimai	4:51.30	523
50m: 31.11 31.11	150m: 1:42.10 37.49	250m: 3:01.78 42.63	350m: 4:18.39 32.95
100m: 1:04.61 33.50	200m: 2:19.15 37.05	300m: 3:45.44 43.66	400m: 4:51.30 32.91
4. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	4:57.77	490
50m: 30.91 30.91	150m: 1:45.58 39.80	250m: 3:05.44 41.92	350m: 4:23.62 35.23
100m: 1:05.78 34.87	200m: 2:23.52 37.94	300m: 3:48.39 42.95	400m: 4:57.77 34.15
5. Afonso Ferreira, REIS	10 Nautico Marinha Grande	4:59.80	480
50m: 31.65 31.65	150m: 1:47.38 38.56	250m: 3:08.14 42.67	350m: 4:27.59 36.56
100m: 1:08.82 37.17	200m: 2:25.47 38.09	300m: 3:51.03 42.89	400m: 4:59.80 32.21
6. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	4:59.90	479
50m: 31.41 31.41	150m: 1:45.79 38.86	250m: 3:07.83 44.09	350m: 4:27.36 34.72
100m: 1:06.93 35.52	200m: 2:23.74 37.95	300m: 3:52.64 44.81	400m: 4:59.90 32.54
7. Lucas Costa, JESUS	10 Nautico Marinha Grande	5:00.12	478
50m: 31.36 31.36	150m: 1:46.03 38.16	250m: 3:08.20 45.14	350m: 4:27.20 34.53
100m: 1:07.87 36.51	200m: 2:23.06 37.03	300m: 3:52.67 44.47	400m: 5:00.12 32.92
8. Joao Piteira, GAIOLAS	10 Nautico Marinha Grande	5:00.49	477
50m: 31.15 31.15	150m: 1:45.85 38.74	250m: 3:08.68 44.59	350m: 4:27.83 34.48
100m: 1:07.11 35.96	200m: 2:24.09 38.24	300m: 3:53.35 44.67	400m: 5:00.49 32.66
9. Pedro Souza, SILVA	10 Pimpoes/Cimai	5:04.02	460
50m: 30.99 30.99	150m: 1:47.16 40.54	250m: 3:12.29 44.97	350m: 4:31.40 34.29
100m: 1:06.62 35.63	200m: 2:27.32 40.16	300m: 3:57.11 44.82	400m: 5:04.02 32.62
10. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	5:08.53	440
50m: 31.02 31.02	150m: 1:45.43 38.02	250m: 3:09.39 46.83	350m: 4:32.62 35.96
100m: 1:07.41 36.39	200m: 2:22.56 37.13	300m: 3:56.66 47.27	400m: 5:08.53 35.91
11. Tomas Marques, FRANCISCO	10 CNLeiria - VOID	5:31.07	356
50m: 32.19 32.19	150m: 1:51.83 42.75	250m: 3:23.76 49.54	350m: 4:52.60 38.52
100m: 1:09.08 36.89	200m: 2:34.22 42.39	300m: 4:14.08 50.32	400m: 5:31.07 38.47
12. Santiago Neves, SILVA	10 Nucleo de Pombal	5:54.36	290
50m: 34.10 34.10	150m: 2:05.01 46.81	250m: 3:41.03 48.90	350m: 5:11.10 41.86
100m: 1:18.20 44.10	200m: 2:52.13 47.12	300m: 4:29.24 48.21	400m: 5:54.36 43.26



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025



Prova 3, Masc., 400m Estilos

Prova 3

Masc., 400m Estilos

Juvenil B

16/11/2025 - 9:30

Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Vidar Albert, JUNG	11 Nautico Marinha Grande	5:01.31	473
50m: 30.03 30.03	150m: 1:46.19 40.38	250m: 3:08.46 43.53	350m: 4:29.20 35.06
100m: 1:05.81 35.78	200m: 2:24.93 38.74	300m: 3:54.14 45.68	400m: 5:01.31 32.11
2. Pedro Pereira, OLIVEIRA	11 Nautico Marinha Grande	5:07.71	444
50m: 31.65 31.65	150m: 1:47.38 39.76	250m: 3:11.02 46.35	350m: 4:33.00 36.48
100m: 1:07.62 35.97	200m: 2:24.67 37.29	300m: 3:56.52 45.50	400m: 5:07.71 34.71
3. Martim Duarte, ROQUE	11 CNLeiria - VOID	5:15.52	412
50m: 34.05 34.05	150m: 1:54.62 41.19	250m: 3:20.16 44.60	350m: 4:41.09 35.98
100m: 1:13.43 39.38	200m: 2:35.56 40.94	300m: 4:05.11 44.95	400m: 5:15.52 34.43
4. Martim Cruz, MOURA	11 CNLeiria - VOID	5:17.18	405
50m: 33.42 33.42	150m: 1:53.42 41.38	250m: 3:18.94 44.79	350m: 4:40.60 36.99
100m: 1:12.04 38.62	200m: 2:34.15 40.73	300m: 4:03.61 44.67	400m: 5:17.18 36.58
5. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	5:25.07	376
50m: 33.38 33.38	150m: 1:52.83 40.75	250m: 3:20.38 47.67	350m: 4:47.53 37.74
100m: 1:12.08 38.70	200m: 2:32.71 39.88	300m: 4:09.79 49.41	400m: 5:25.07 37.54
6. Francisco Costa, VALENTIM	11 Óbidos	5:39.43	331
50m: 36.33 36.33	150m: 2:00.58 41.84	250m: 3:30.40 49.20	350m: 5:00.38 40.06
100m: 1:18.74 42.41	200m: 2:41.20 40.62	300m: 4:20.32 49.92	400m: 5:39.43 39.05
7. Diego Rodrigues, MENDES	11 Nautico Marinha Grande	5:43.08	320
50m: 37.06 37.06	150m: 2:02.30 42.52	250m: 3:36.43 51.97	350m: 5:05.85 37.81
100m: 1:19.78 42.72	200m: 2:44.46 42.16	300m: 4:28.04 51.61	400m: 5:43.08 37.23
8. Simao Pedro, MARQUES	11 Uniao Juncalense	5:54.48	290
50m: 36.14 36.14	150m: 2:10.10 46.69	250m: 3:43.30 47.21	350m: 5:14.44 42.20
100m: 1:23.41 47.27	200m: 2:56.09 45.99	300m: 4:32.24 48.94	400m: 5:54.48 40.04
9. Martin, SHEVCHUK	11 CNLeiria - VOID	6:01.75	273
50m: 38.39 38.39	150m: 2:13.43 48.38	250m: 3:50.21 49.65	350m: 5:23.34 41.89
100m: 1:25.05 46.66	200m: 3:00.56 47.13	300m: 4:41.45 51.24	400m: 6:01.75 38.41
10. Rodrigo Freire, JOAQUIM	11 CNLeiria - VOID	6:03.72	269
50m: 38.50 38.50	150m: 2:13.77 48.07	250m: 3:52.25 52.99	350m: 5:25.46 39.49
100m: 1:25.70 47.20	200m: 2:59.26 45.49	300m: 4:45.97 53.72	400m: 6:03.72 38.26
11. Tomas Alves, ROCHA	11 Pimpoes/Cimai	6:04.98	266
50m: 41.33 41.33	150m: 2:19.71 47.64	250m: 3:53.63 49.50	350m: 5:25.86 41.17
100m: 1:32.07 50.74	200m: 3:04.13 44.42	300m: 4:44.69 51.06	400m: 6:04.98 39.12
12. Bruno Garcia, MILITAO	11 Óbidos	6:14.86	245
50m: 38.84 38.84	150m: 2:20.18 48.20	250m: 3:58.45 51.85	350m: 5:35.39 42.77
100m: 1:31.98 53.14	200m: 3:06.60 46.42	300m: 4:52.62 54.17	400m: 6:14.86 39.47
13. Thomas Torres, O'BYRNE	11 Uniao Juncalense	6:29.07	219
50m: 38.28 38.28	150m: 2:15.59 51.03	250m: 4:01.32 55.34	350m: 5:45.15 47.70
100m: 1:24.56 46.28	200m: 3:05.98 50.39	300m: 4:57.45 56.13	400m: 6:29.07 43.92
14. Joao Pedro, CRUZ	11 Naval de Peniche	6:33.31	212
50m: 44.13 44.13	150m: 2:23.60 47.02	250m: 4:10.32 1:01.36	350m: 5:52.15 43.25
100m: 1:36.58 52.45	200m: 3:08.96 45.36	300m: 5:08.90 58.58	400m: 6:33.31 41.16



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

Prova 3, Masc., 400m Estilos, Juvenil B

Lugar			Ano					Tempo final	Pts
15.	Gabriel Marques, CARREIRA		11	Uniao Juncalense				6:46.87	192
	50m:	42.98 42.98	150m:	2:27.19	51.63	250m:	4:16.52 1:00.89	350m:	6:03.27 46.09
	100m:	1:35.56 52.58	200m:	3:15.63	48.44	300m:	5:17.18 1:00.66	400m:	6:46.87 43.60

Prova 3
16/11/2025 - 9:30

Masc., 400m Estilos

Infantil A
Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	Joao Daniel, SANTOS		12	Alcobaca				5:07.71	444
	50m:	31.29 31.29	150m:	1:48.59	39.67	250m:	3:13.26 45.54	350m:	4:35.13 34.74
	100m:	1:08.92 37.63	200m:	2:27.72	39.13	300m:	4:00.39 47.13	400m:	5:07.71 32.58
2.	Vasco Silvestre, ROCHA		12	Nautico Marinha Grande				5:36.27	340
	50m:	33.93 33.93	150m:	1:57.02	44.03	250m:	3:29.53 50.02	350m:	4:58.63 39.26
	100m:	1:12.99 39.06	200m:	2:39.51	42.49	300m:	4:19.37 49.84	400m:	5:36.27 37.64
3.	Tomas Vieira, FIGUEIREDO		12	Alcobaca				5:42.71	321
	50m:	37.92 37.92	150m:	2:09.40	46.84	250m:	3:39.96 46.34	350m:	5:06.24 38.60
	100m:	1:22.56 44.64	200m:	2:53.62	44.22	300m:	4:27.64 47.68	400m:	5:42.71 36.47
4.	Tomas Barata, ALVES		12	Nautico Marinha Grande				5:42.74	321
	50m:	36.72 36.72	150m:	2:05.16	45.75	250m:	3:37.69 48.18	350m:	5:05.62 39.19
	100m:	1:19.41 42.69	200m:	2:49.51	44.35	300m:	4:26.43 48.74	400m:	5:42.74 37.12
5.	Eduardo Manuel, FERREIRA		12	Nucleo de Pombal				5:49.58	303
	50m:	36.91 36.91	150m:	2:06.61	46.40	250m:	3:38.69 48.53	350m:	5:11.91 41.25
	100m:	1:20.21 43.30	200m:	2:50.16	43.55	300m:	4:30.66 51.97	400m:	5:49.58 37.67
6.	Sebastian, PACHECO		12	Naval de Peniche				5:52.62	295
	50m:	37.49 37.49	150m:	2:09.97	43.46	250m:	3:44.83 52.14	350m:	5:16.38 38.50
	100m:	1:26.51 49.02	200m:	2:52.69	42.72	300m:	4:37.88 53.05	400m:	5:52.62 36.24
7.	Roberto Bento, CANAS		12	Pimpoes/Cimai				6:05.01	266
	50m:	39.71 39.71	150m:	2:14.40	45.42	250m:	3:49.16 50.05	350m:	5:24.23 43.50
	100m:	1:28.98 49.27	200m:	2:59.11	44.71	300m:	4:40.73 51.57	400m:	6:05.01 40.78
8.	Gabriel Sousa, GOMES		12	Óbidos				6:10.24	255
	50m:	39.90 39.90	150m:	2:14.57	48.37	250m:	3:52.95 52.67	350m:	5:29.45 42.34
	100m:	1:26.20 46.30	200m:	3:00.28	45.71	300m:	4:47.11 54.16	400m:	6:10.24 40.79
9.	Duarte Costa, MADEIRA		12	Alcobaca				6:15.15	245
	50m:	38.96 38.96	150m:	2:15.66	46.60	250m:	3:56.30 54.58	350m:	5:33.22 42.83
	100m:	1:29.06 50.10	200m:	3:01.72	46.06	300m:	4:50.39 54.09	400m:	6:15.15 41.93
10.	Joao Pedro, BELO		12	Nautico Marinha Grande				6:16.00	243
	50m:	40.72 40.72	150m:	2:15.19	47.43	250m:	3:57.17 55.52	350m:	5:35.27 42.03
	100m:	1:27.76 47.04	200m:	3:01.65	46.46	300m:	4:53.24 56.07	400m:	6:16.00 40.73
11.	Joao Maria, TEMPERO		12	Pimpoes/Cimai				6:24.19	228
	50m:	43.24 43.24	150m:	2:22.25	47.73	250m:	4:03.12 55.28	350m:	5:42.83 44.11
	100m:	1:34.52 51.28	200m:	3:07.84	45.59	300m:	4:58.72 55.60	400m:	6:24.19 41.36



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

Prova 3, Masc., 400m Estilos

Prova 3 Masc., 400m Estilos Infantil B
16/11/2025 - 9:30 Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	Vladyslav, DVIRNYY		13	Nucleo de Pombal				6:00.14	277
	50m:	38.70 38.70	150m:	2:07.93 44.24	250m:	3:47.12 55.35	350m:	5:23.24 41.19	
	100m:	1:23.69 44.99	200m:	2:51.77 43.84	300m:	4:42.05 54.93	400m:	6:00.14 36.90	
2.	Timur, MOLDERF		13	Nautico Marinha Grande				6:11.72	252
	50m:	41.09 41.09	150m:	2:16.63 46.77	250m:	3:57.42 54.78	350m:	5:33.00 40.74	
	100m:	1:29.86 48.77	200m:	3:02.64 46.01	300m:	4:52.26 54.84	400m:	6:11.72 38.72	
3.	Vladimir, DERELO		13	Nautico Marinha Grande				6:19.33	237
	50m:	39.90 39.90	150m:	2:14.13 47.35	250m:	3:54.22 54.60	350m:	5:37.74 47.87	
	100m:	1:26.78 46.88	200m:	2:59.62 45.49	300m:	4:49.87 55.65	400m:	6:19.33 41.59	
4.	Miguel, CAINAC		13	Benedita				6:19.81	236
	50m:	40.61 40.61	150m:	2:18.46 48.41	250m:	4:00.72 57.17	350m:	5:40.17 41.84	
	100m:	1:30.05 49.44	200m:	3:03.55 45.09	300m:	4:58.33 57.61	400m:	6:19.81 39.64	
5.	Ricardo Pereira, LOPES		13	Nautico Marinha Grande				6:28.37	221
	50m:	44.82 44.82	150m:	2:24.76 49.07	250m:	4:08.70 56.86	350m:	5:47.71 42.81	
	100m:	1:35.69 50.87	200m:	3:11.84 47.08	300m:	5:04.90 56.20	400m:	6:28.37 40.66	
6.	Goncalo Gregorio, FARIAS		13	Nautico Marinha Grande				6:46.06	193
	50m:	50.01 50.01	150m:	2:39.61 47.07	250m:	4:21.69 56.03	350m:	6:04.60 45.24	
	100m:	1:52.54 1:02.53	200m:	3:25.66 46.05	300m:	5:19.36 57.67	400m:	6:46.06 41.46	
7.	Duarte Antonio, CRUZ		13	Benedita				7:15.18	157
	50m:	45.97 45.97	150m:	2:39.34 52.12	250m:	4:35.02 1:05.28	350m:	6:28.19 46.96	
	100m:	1:47.22 1:01.25	200m:	3:29.74 50.40	300m:	5:41.23 1:06.21	400m:	7:15.18 46.99	
DSQ	Gabriel Silva, RIBEIRO		13	Alcobaca					
	<i>Na viragem dos 175 metros, o atleta não tocou na parede.</i>								
DSQ	Alexandre Botas, RIBEIRO		13	CNLeiria - VOID					
	<i>Na viragem aos 125 metros, o atleta fez uma pernada de mariposa em posição vertical, após terminar o movimento contínuo da braçada.</i>								

Prova 4 Femin., 800m Livres Juvenil A
16/11/2025 - 10:24 Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	Madalena Gracio, PEDROSO		10	Nautico Marinha Grande				9:52.77	522
	100m:	1:10.92 1:10.92	300m:	3:39.44 1:14.40	500m:	6:08.31 1:14.43	700m:	8:39.10 1:16.12	
	200m:	2:25.04 1:14.12	400m:	4:53.88 1:14.44	600m:	7:22.98 1:14.67	800m:	9:52.77 1:13.67	
2.	Diana Isabel, ALVES		10	Pimpoes/Cimai				9:55.26	515
	100m:	1:10.48 1:10.48	300m:	3:39.98 1:14.97	500m:	6:10.42 1:15.48	700m:	8:41.71 1:15.05	
	200m:	2:25.01 1:14.53	400m:	4:54.94 1:14.96	600m:	7:26.66 1:16.24	800m:	9:55.26 1:13.55	
3.	Laura Samora, GONCALVES		10	CNLeiria - VOID				10:36.82	421
	100m:	1:17.90 1:17.90	300m:	3:56.47 1:19.19	500m:	6:35.92 1:20.40	700m:	9:18.90 1:21.76	
	200m:	2:37.28 1:19.38	400m:	5:15.52 1:19.05	600m:	7:57.14 1:21.22	800m:	10:36.82 1:17.92	



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

Prova 4, Femin., 800m Livres, Juvenil A

Lugar	Ano	Tempo final	Pts
4. Leonor Pereira, SILVA	10 Óbidos	10:39.56	415
100m: 1:15.12 1:15.12	300m: 3:53.98 1:19.89	500m: 6:37.75 1:21.93	700m: 9:22.35 1:22.16
200m: 2:34.09 1:18.97	400m: 5:15.82 1:21.84	600m: 8:00.19 1:22.44	800m: 10:39.56 1:17.21
5. Sofia Roma, BRIZIDA	10 CNLeiria - VOID	11:00.47	377
100m: 1:14.80 1:14.80	300m: 3:58.67 1:23.67	500m: 6:50.38 1:26.61	700m: 9:41.95 1:24.47
200m: 2:35.00 1:20.20	400m: 5:23.77 1:25.10	600m: 8:17.48 1:27.10	800m: 11:00.47 1:18.52

Prova 4 Femin., 800m Livres Juvenil B
16/11/2025 - 10:24 Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	9:57.63	509
100m: 1:08.37 1:08.37	300m: 3:36.74 1:14.57	500m: 6:08.94 1:16.54	700m: 8:43.19 1:17.36
200m: 2:22.17 1:13.80	400m: 4:52.40 1:15.66	600m: 7:25.83 1:16.89	800m: 9:57.63 1:14.44
2. Maria Joao, VALA	11 Pimpoes/Cimai	10:16.62	464
100m: 1:13.66 1:13.66	300m: 3:48.88 1:18.02	500m: 6:24.28 1:17.81	700m: 9:00.96 1:18.55
200m: 2:30.86 1:17.20	400m: 5:06.47 1:17.59	600m: 7:42.41 1:18.13	800m: 10:16.62 1:15.66
3. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	10:23.12	449
100m: 1:13.47 1:13.47	300m: 3:49.43 1:18.24	500m: 6:27.27 1:19.39	700m: 9:06.49 1:19.31
200m: 2:31.19 1:17.72	400m: 5:07.88 1:18.45	600m: 7:47.18 1:19.91	800m: 10:23.12 1:16.63
4. Cristiana Henriques, ALMEIDA	11 Benedita	10:31.08	432
100m: 1:16.22 1:16.22	300m: 3:54.35 1:19.06	500m: 6:34.64 1:19.63	700m: 9:14.69 1:19.80
200m: 2:35.29 1:19.07	400m: 5:15.01 1:20.66	600m: 7:54.89 1:20.25	800m: 10:31.08 1:16.39
5. Carolina Silva, CASTANHEIRA	11 CNLeiria - VOID	10:31.39	432
100m: 1:14.57 1:14.57	300m: 3:50.62 1:17.56	500m: 6:30.43 1:19.89	700m: 9:12.11 1:20.38
200m: 2:33.06 1:18.49	400m: 5:10.54 1:19.92	600m: 7:51.73 1:21.30	800m: 10:31.39 1:19.28
6. Carlota Sa, SANTOS	11 Nucleo de Pombal	10:36.84	421
100m: 1:15.72 1:15.72	300m: 3:55.96 1:20.30	500m: 6:35.92 1:20.43	700m: 9:18.28 1:21.44
200m: 2:35.66 1:19.94	400m: 5:15.49 1:19.53	600m: 7:56.84 1:20.92	800m: 10:36.84 1:18.56
7. Isabela Lourenco, COSTA	11 Benedita	10:39.22	416
100m: 1:17.14 1:17.14	300m: 3:57.92 1:20.59	500m: 6:39.18 1:20.53	700m: 9:21.11 1:21.02
200m: 2:37.33 1:20.19	400m: 5:18.65 1:20.73	600m: 8:00.09 1:20.91	800m: 10:39.22 1:18.11
8. Margarida Soares, MAIA	11 Nautico Marinha Grande	10:43.73	407
100m: 1:17.25 1:17.25	300m: 4:00.75 1:22.03	500m: 6:46.08 1:22.62	700m: 9:27.41 1:20.31
200m: 2:38.72 1:21.47	400m: 5:23.46 1:22.71	600m: 8:07.10 1:21.02	800m: 10:43.73 1:16.32
9. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	10:47.77	400
100m: 1:17.68 1:17.68	300m: 4:02.63 1:22.65	500m: 6:47.41 1:22.14	700m: 9:30.44 1:21.44
200m: 2:39.98 1:22.30	400m: 5:25.27 1:22.64	600m: 8:09.00 1:21.59	800m: 10:47.77 1:17.33
10. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	11:23.93	340
100m: 1:20.22 1:20.22	300m: 4:12.79 1:26.56	500m: 7:05.17 1:26.75	700m: 9:59.67 1:26.90
200m: 2:46.23 1:26.01	400m: 5:38.42 1:25.63	600m: 8:32.77 1:27.60	800m: 11:23.93 1:24.26
11. Beatriz Morgado, SILVA	11 Benedita	11:26.38	336
100m: 1:23.45 1:23.45	300m: 4:15.62 1:25.94	500m: 7:07.50 1:26.60	700m: 10:01.44 1:27.19
200m: 2:49.68 1:26.23	400m: 5:40.90 1:25.28	600m: 8:34.25 1:26.75	800m: 11:26.38 1:24.94
12. Isabela Maria, CARREIRA	11 Uniao Juncalense	11:38.01	319
100m: 1:20.71 1:20.71	300m: 4:13.50 1:28.06	500m: 7:12.55 1:30.42	700m: 10:11.00 1:29.83
200m: 2:45.44 1:24.73	400m: 5:42.13 1:28.63	600m: 8:41.17 1:28.62	800m: 11:38.01 1:27.01



Torneio de Fundo Infantis e Juvenis
Benedita, 15 - 16/11/2025

Prova 4, Femin., 800m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
13. Erica Felix, RODRIGUES	11 Uniao Juncalense	11:41.58	315
100m: 1:18.17 1:18.17	300m: 4:09.40 1:26.73	500m: 7:11.13 1:31.22	700m: 10:14.02 1:32.72
200m: 2:42.67 1:24.50	400m: 5:39.91 1:30.51	600m: 8:41.30 1:30.17	800m: 11:41.58 1:27.56
14. Maria Santos, FONSECA	11 CNLeiria - VOID	11:42.56	313
100m: 1:20.91 1:20.91	300m: 4:16.18 1:28.62	500m: 7:15.34 1:30.03	700m: 10:14.33 1:29.65
200m: 2:47.56 1:26.65	400m: 5:45.31 1:29.13	600m: 8:44.68 1:29.34	800m: 11:42.56 1:28.23
15. Matilde Vitorino, FERREIRA	11 Naval de Peniche	11:53.71	299
100m: 1:23.19 1:23.19	300m: 4:23.48 1:30.96	500m: 7:23.66 1:30.45	700m: 10:26.81 1:31.25
200m: 2:52.52 1:29.33	400m: 5:53.21 1:29.73	600m: 8:55.56 1:31.90	800m: 11:53.71 1:26.90
16. Diana Morais, CARLOS	11 Pimpoes/Cimai	12:09.87	279
100m: 1:25.63 1:25.63	300m: 4:29.76 1:31.62	500m: 7:35.96 1:34.04	700m: 10:40.23 1:31.93
200m: 2:58.14 1:32.51	400m: 6:01.92 1:32.16	600m: 9:08.30 1:32.34	800m: 12:09.87 1:29.64
17. Kelly Simao, COSTA	11 Óbidos	12:24.03	264
100m: 1:28.01 1:28.01	300m: 4:33.66 1:33.37	500m: 7:41.65 1:34.90	700m: 10:53.04 1:35.69
200m: 3:00.29 1:32.28	400m: 6:06.75 1:33.09	600m: 9:17.35 1:35.70	800m: 12:24.03 1:30.99
18. Maria Lopes, ESPERANCA	11 Uniao Juncalense	14:10.23	177
100m: 1:37.35 1:37.35	300m: 5:15.95 1:50.66	500m: 8:53.01 1:47.95	700m: 12:30.45 1:49.09
200m: 3:25.29 1:47.94	400m: 7:05.06 1:49.11	600m: 10:41.36 1:48.35	800m: 14:10.23 1:39.78

Prova 4
16/11/2025 - 10:24

Femin., 800m Livres

Infantil A
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Luna Francisco, PEREIRA	12 Nucleo de Pombal	10:37.88	419
100m: 1:17.45 1:17.45	300m: 3:57.68 1:20.50	500m: 6:37.46 1:19.84	700m: 9:18.59 1:21.24
200m: 2:37.18 1:19.73	400m: 5:17.62 1:19.94	600m: 7:57.35 1:19.89	800m: 10:37.88 1:19.29
2. Mafalda Varela, BERNARDINO	12 Alcobaca	10:38.29	418
100m: 1:16.21 1:16.21	300m: 3:56.38 1:20.76	500m: 6:37.92 1:20.89	700m: 9:20.94 1:21.46
200m: 2:35.62 1:19.41	400m: 5:17.03 1:20.65	600m: 7:59.48 1:21.56	800m: 10:38.29 1:17.35
3. Ines Pinto, MARTINS	12 Pimpoes/Cimai	10:46.80	402
100m: 1:16.65 1:16.65	300m: 3:57.66 1:20.34	500m: 6:40.63 1:22.10	700m: 9:26.64 1:23.70
200m: 2:37.32 1:20.67	400m: 5:18.53 1:20.87	600m: 8:02.94 1:22.31	800m: 10:46.80 1:20.16
4. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	10:51.67	393
100m: 1:16.88 1:16.88	300m: 3:57.37 1:21.43	500m: 6:43.82 1:23.04	700m: 9:30.28 1:23.06
200m: 2:35.94 1:19.06	400m: 5:20.78 1:23.41	600m: 8:07.22 1:23.40	800m: 10:51.67 1:21.39
5. Laura Krempel, VARELA	12 Pimpoes/Cimai	11:03.78	372
100m: 1:17.04 1:17.04	300m: 3:59.01 1:22.08	500m: 6:50.24 1:26.42	700m: 9:42.69 1:26.03
200m: 2:36.93 1:19.89	400m: 5:23.82 1:24.81	600m: 8:16.66 1:26.42	800m: 11:03.78 1:21.09
6. Beatriz Julio, CORREIA	12 CNLeiria - VOID	11:06.98	366
100m: 1:16.24 1:16.24	300m: 4:01.76 1:23.11	500m: 6:52.31 1:25.60	700m: 9:42.07 1:25.60
200m: 2:38.65 1:22.41	400m: 5:26.71 1:24.95	600m: 8:16.47 1:24.16	800m: 11:06.98 1:24.91
7. Yaroslava, TABUNSCHYK	12 CNLeiria - VOID	11:26.40	336
100m: 1:20.43 1:20.43	300m: 4:12.07 1:25.75	500m: 7:05.87 1:26.44	700m: 10:00.15 1:26.63
200m: 2:46.32 1:25.89	400m: 5:39.43 1:27.36	600m: 8:33.52 1:27.65	800m: 11:26.40 1:26.25
8. Barbara Serrano, LOMBA	12 Ba Leiria / Sk Coffee 1	11:33.14	326
100m: 1:20.86 1:20.86	300m: 4:13.90 1:27.46	500m: 7:11.66 1:29.00	700m: 10:07.91 1:28.17
200m: 2:46.44 1:25.58	400m: 5:42.66 1:28.76	600m: 8:39.74 1:28.08	800m: 11:33.14 1:25.23



Torneio de Fundo Infantis e Juvenis
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Prova 4, Femin., 800m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
9. Maria Leonor, ASSUNCAO	12 Pimpoes/Cimai	11:43.02	313
100m: 1:26.09 1:26.09	300m: 4:26.49 1:30.37	500m: 7:25.28 1:30.12	700m: 10:18.51 1:24.01
200m: 2:56.12 1:30.03	400m: 5:55.16 1:28.67	600m: 8:54.50 1:29.22	800m: 11:43.02 1:24.51
10. Carminho Traquina, ANDRE	12 Alcobaca	11:44.01	311
100m: 1:18.27 1:18.27	300m: 4:16.15 1:30.08	500m: 7:16.90 1:31.06	700m: 10:19.59 1:30.87
200m: 2:46.07 1:27.80	400m: 5:45.84 1:29.69	600m: 8:48.72 1:31.82	800m: 11:44.01 1:24.42
11. Guiomar Dionisio, CARREIRA	12 Pimpoes/Cimai	11:44.77	310
100m: 1:27.08 1:27.08	300m: 4:25.73 1:28.51	500m: 7:21.80 1:28.49	700m: 10:17.84 1:28.48
200m: 2:57.22 1:30.14	400m: 5:53.31 1:27.58	600m: 8:49.36 1:27.56	800m: 11:44.77 1:26.93
12. Benedita Nunes, FELIX	12 Pimpoes/Cimai	11:50.46	303
100m: 1:22.28 1:22.28	300m: 4:23.48 1:31.16	500m: 7:27.03 1:30.90	700m: 10:26.32 1:28.50
200m: 2:52.32 1:30.04	400m: 5:56.13 1:32.65	600m: 8:57.82 1:30.79	800m: 11:50.46 1:24.14
13. Iara Maria, CAMACHO	12 Pimpoes/Cimai	11:56.82	295
100m: 1:27.96 1:27.96	300m: 4:30.29 1:30.96	500m: 7:31.09 1:30.50	700m: 10:29.35 1:28.72
200m: 2:59.33 1:31.37	400m: 6:00.59 1:30.30	600m: 9:00.63 1:29.54	800m: 11:56.82 1:27.47
14. Constanca Santos, COUTINHO	12 Naval da Nazaré	12:08.15	281
100m: 1:23.43 1:23.43	300m: 4:27.18 1:32.72	500m: 7:33.62 1:32.97	700m: 10:39.60 1:33.30
200m: 2:54.46 1:31.03	400m: 6:00.65 1:33.47	600m: 9:06.30 1:32.68	800m: 12:08.15 1:28.55
15. Jessica Garcia, FERREIRA	12 Óbidos	12:11.89	277
100m: 1:27.93 1:27.93	300m: 4:35.72 1:34.03	500m: 7:42.53 1:33.42	700m: 10:43.84 1:29.34
200m: 3:01.69 1:33.76	400m: 6:09.11 1:33.39	600m: 9:14.50 1:31.97	800m: 12:11.89 1:28.05
16. Maria Leonor, FERREIRA	12 Óbidos	12:30.73	257
100m: 1:31.46 1:31.46	300m: 4:43.15 1:35.82	500m: 7:53.55 1:35.05	700m: 11:01.01 1:34.20
200m: 3:07.33 1:35.87	400m: 6:18.50 1:35.35	600m: 9:26.81 1:33.26	800m: 12:30.73 1:29.72
17. Rita Alexandra, JORDAO	12 Uniao Juncalense	12:35.64	252
100m: 1:28.92 1:28.92	300m: 4:36.11 1:34.01	500m: 7:48.30 1:37.37	700m: 11:03.83 1:38.27
200m: 3:02.10 1:33.18	400m: 6:10.93 1:34.82	600m: 9:25.56 1:37.26	800m: 12:35.64 1:31.81
18. Maria Antonia, VAZAO	12 Uniao Juncalense	12:53.75	234
100m: 1:31.96 1:31.96	300m: 4:44.61 1:36.73	500m: 7:58.80 1:38.21	700m: 11:18.93 1:40.77
200m: 3:07.88 1:35.92	400m: 6:20.59 1:35.98	600m: 9:38.16 1:39.36	800m: 12:53.75 1:34.82

Prova 4
16/11/2025 - 10:24

Femin., 800m Livres

Infantil B
Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Maria Luisa, CASTILLO	13 Nautico Marinha Grande	10:32.69	429
100m: 1:16.35 1:16.35	300m: 3:56.28 1:20.45	500m: 6:36.16 1:20.12	700m: 9:16.25 1:20.09
200m: 2:35.83 1:19.48	400m: 5:16.04 1:19.76	600m: 7:56.16 1:20.00	800m: 10:32.69 1:16.44
2. Leonor Pinto, ROSARIO	13 Nautico Marinha Grande	11:02.70	373
100m: 1:20.57 1:20.57	300m: 4:09.75 1:24.04	500m: 6:57.94 1:23.66	700m: 9:44.36 1:23.04
200m: 2:45.71 1:25.14	400m: 5:34.28 1:24.53	600m: 8:21.32 1:23.38	800m: 11:02.70 1:18.34
3. Alicia Ferreira, OLIVEIRA	13 Ba Leiria / Sk Coffee 1	11:05.15	369
100m: 1:17.83 1:17.83	300m: 4:04.50 1:22.86	500m: 6:54.25 1:25.44	700m: 9:43.09 1:24.04
200m: 2:41.64 1:23.81	400m: 5:28.81 1:24.31	600m: 8:19.05 1:24.80	800m: 11:05.15 1:22.06
4. Maria Joao, OLIVEIRA	13 Alcobaca	11:32.66	327
100m: 1:23.26 1:23.26	300m: 4:18.08 1:27.71	500m: 7:12.80 1:26.86	700m: 10:07.64 1:27.48
200m: 2:50.37 1:27.11	400m: 5:45.94 1:27.86	600m: 8:40.16 1:27.36	800m: 11:32.66 1:25.02



Torneio de Fundo Infantis e Juvenis
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Prova 4, Femin., 800m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
5. Laura Silva, MARTINS	13 Ba Leiria / Sk Coffee 1	11:56.16	296
100m: 1:25.15 1:25.15	300m: 4:22.49 1:29.30	500m: 7:22.96 1:30.34	700m: 10:29.03 1:33.13
200m: 2:53.19 1:28.04	400m: 5:52.62 1:30.13	600m: 8:55.90 1:32.94	800m: 11:56.16 1:27.13
6. Elisa Rodrigues, SIMOES	13 Benedita	12:08.88	281
100m: 1:24.52 1:24.52	300m: 4:25.81 1:31.97	500m: 7:32.54 1:33.76	700m: 10:38.31 1:33.02
200m: 2:53.84 1:29.32	400m: 5:58.78 1:32.97	600m: 9:05.29 1:32.75	800m: 12:08.88 1:30.57
7. Maria Leal, ALVES	13 Alcobaca	12:09.25	280
100m: 1:26.70 1:26.70	300m: 4:31.03 1:32.68	500m: 7:37.59 1:33.32	700m: 10:41.61 1:32.20
200m: 2:58.35 1:31.65	400m: 6:04.27 1:33.24	600m: 9:09.41 1:31.82	800m: 12:09.25 1:27.64
8. Francisca Vieira, SILVA	13 Nucleo de Pombal	12:13.24	276
100m: 1:27.18 1:27.18	300m: 4:33.46 1:33.11	500m: 7:39.63 1:32.88	700m: 10:44.73 1:31.76
200m: 3:00.35 1:33.17	400m: 6:06.75 1:33.29	600m: 9:12.97 1:33.34	800m: 12:13.24 1:28.51
9. Carminho Jose, LOPES	13 Benedita	12:33.55	254
100m: 1:26.57 1:26.57	300m: 4:37.87 1:36.09	500m: 7:50.10 1:36.73	700m: 11:02.21 1:36.00
200m: 3:01.78 1:35.21	400m: 6:13.37 1:35.50	600m: 9:26.21 1:36.11	800m: 12:33.55 1:31.34
10. Catarina Franco, RODRIGUES	13 Naval de Peniche	12:34.41	253
100m: 1:28.01 1:28.01	300m: 4:36.98 1:35.30	500m: 7:49.32 1:36.33	700m: 11:02.41 1:36.16
200m: 3:01.68 1:33.67	400m: 6:12.99 1:36.01	600m: 9:26.25 1:36.93	800m: 12:34.41 1:32.00
11. Sofia Guilherme, CABREIRA	13 Óbidos	12:40.93	246
100m: 1:30.97 1:30.97	300m: 4:44.28 1:37.23	500m: 8:00.11 1:38.25	700m: 11:12.92 1:35.06
200m: 3:07.05 1:36.08	400m: 6:21.86 1:37.58	600m: 9:37.86 1:37.75	800m: 12:40.93 1:28.01
12. Mafalda Amado, QUARESMA	13 Pimpoes/Cimai	12:40.98	246
100m: 1:32.06 1:32.06	300m: 4:41.72 1:35.40	500m: 7:52.89 1:35.41	700m: 11:06.82 1:37.01
200m: 3:06.32 1:34.26	400m: 6:17.48 1:35.76	600m: 9:29.81 1:36.92	800m: 12:40.98 1:34.16
13. Matilde Mamede, CECILIO	13 Naval de Peniche	12:42.72	245
100m: 1:30.63 1:30.63	300m: 4:43.06 1:36.16	500m: 7:58.88 1:38.46	700m: 11:12.79 1:36.95
200m: 3:06.90 1:36.27	400m: 6:20.42 1:37.36	600m: 9:35.84 1:36.96	800m: 12:42.72 1:29.93
14. Violeta Neves, SILVA	13 Nucleo de Pombal	12:46.65	241
100m: 1:33.24 1:33.24	300m: 4:48.87 1:38.55	500m: 8:05.36 1:37.88	700m: 11:18.30 1:35.77
200m: 3:10.32 1:37.08	400m: 6:27.48 1:38.61	600m: 9:42.53 1:37.17	800m: 12:46.65 1:28.35
15. Sara Machado, JANUARIO	13 Alcobaca	13:16.93	215
100m: 1:32.04 1:32.04	300m: 4:51.24 1:39.94	500m: 8:15.85 1:42.85	700m: 11:39.71 1:42.95
200m: 3:11.30 1:39.26	400m: 6:33.00 1:41.76	600m: 9:56.76 1:40.91	800m: 13:16.93 1:37.22
16. Mariana Santos, VALENTIM	13 Pimpoes/Cimai	13:29.43	205
100m: 1:31.67 1:31.67	300m: 4:54.64 1:42.84	500m: 8:23.95 1:45.56	700m: 11:53.63 1:43.60
200m: 3:11.80 1:40.13	400m: 6:38.39 1:43.75	600m: 10:10.03 1:46.08	800m: 13:29.43 1:35.80



Torneio de Fundo Infantil e Juvenis
Benedita, 15 - 16/11/2025



Prova 5, Masc., 25m Livres

Prova 5	Masc., 25m Livres	13 - 16 anos
16/11/2025		Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Prova 6	Femin., 25m Livres		13 - 16 anos
16/11/2025			Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
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