



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

1 - 1ª SESSÃO

07/03/2025 - 16:30

Prova 1 Masc., 1500m Livres Infantil B
07/03/2025 Resultados

Recorde Distrital ANDS Open 15:05.57 Gustavo Manuel Santa CNLA Leiria 06/12/2009
Recorde Distrital ANDS Inf B 17:52.60 Paulo Bruno Janeiro CNLA Sines 01/04/2007

: 24:56.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matias Rafael Pacheco	12		BUZIOS-Coruche	20:28.78		327	
	50m: 36.93	300m: 4:01.18	550m: 7:27.18	800m: 10:54.15	1050m: 14:21.37	1300m: 17:47.05		
	100m: 1:17.64	350m: 4:42.27	600m: 8:08.43	850m: 11:35.55	1100m: 15:02.63	1350m: 18:28.55		
	150m: 1:58.85	400m: 5:23.54	650m: 8:49.71	900m: 12:16.97	1150m: 15:43.43	1400m: 19:09.51		
	200m: 2:39.97	450m: 6:04.66	700m: 9:31.17	950m: 12:58.37	1200m: 16:25.00	1450m: 19:50.34		
	250m: 3:20.60	500m: 6:46.09	750m: 10:12.63	1000m: 13:39.71	1250m: 17:05.71	1500m: 20:28.78		
2.	Salvador Henrique Vieira	12		Torres Novas	21:05.13		299	
	50m: 36.85	300m: 4:02.16	550m: 7:32.27	800m: 11:06.60	1050m: 14:41.27	1300m: 18:16.97		
	100m: 1:17.46	350m: 4:43.18	600m: 8:14.08	850m: 11:49.52	1100m: 15:24.56	1350m: 19:00.53		
	150m: 1:58.81	400m: 5:24.98	650m: 8:57.19	900m: 12:32.94	1150m: 16:07.22	1400m: 19:44.25		
	200m: 2:39.59	450m: 6:07.69	700m: 9:40.41	950m: 13:15.23	1200m: 16:50.29	1450m: 20:25.13		
	250m: 3:20.91	500m: 6:49.68	750m: 10:23.61	1000m: 13:58.45	1250m: 17:33.49	1500m: 21:05.13		
3.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	25:43.92		165	
	<i>FTL</i>							
	50m: 42.02	300m: 4:53.67	550m: 9:10.96	800m: 13:38.31	1050m: 18:02.12	1300m: 22:21.37		
	100m: 1:30.71	350m: 5:44.49	600m: 10:02.82	850m: 14:31.57	1100m: 18:53.40	1350m: 23:11.39		
	150m: 2:21.14	400m: 6:35.08	650m: 10:56.09	900m: 15:24.49	1150m: 19:46.25	1400m: 24:02.44		
	200m: 3:10.33	450m: 7:28.53	700m: 11:49.97	950m: 16:16.75	1200m: 20:39.63	1450m: 24:53.78		
	250m: 4:01.33	500m: 8:20.34	750m: 12:43.13	1000m: 17:09.68	1250m: 21:30.35	1500m: 25:43.92		

Prova 1 Masc., 1500m Livres Infantil A
07/03/2025 Resultados

Recorde Distrital ANDS Open 15:05.57 Gustavo Manuel Santa CNLA Leiria 06/12/2009
Recorde Distrital ANDS Inf A 17:24.44 Gustavo Manuel Santa CNLA Sines 01/04/2007

: 23:38.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Duarte Moura Mendes	11		Torres Novas	19:22.03		387	
	50m: 34.21	300m: 3:46.61	550m: 7:01.97	800m: 10:17.52	1050m: 13:31.72	1300m: 16:47.21		
	100m: 1:11.70	350m: 4:25.90	600m: 7:41.17	850m: 10:56.24	1100m: 14:11.27	1350m: 17:26.74		
	150m: 1:49.72	400m: 5:05.33	650m: 8:20.65	900m: 11:35.25	1150m: 14:50.45	1400m: 18:06.20		
	200m: 2:28.30	450m: 5:44.16	700m: 8:59.27	950m: 12:14.23	1200m: 15:28.79	1450m: 18:45.73		
	250m: 3:07.26	500m: 6:23.10	750m: 9:38.30	1000m: 12:53.13	1250m: 16:07.94	1500m: 19:22.03		
2.	Francisco Maria Dias	11		Viver Santarem	20:08.29		344	
	50m: 34.10	300m: 3:51.83	550m: 7:13.77	800m: 10:37.21	1050m: 14:01.59	1300m: 17:27.69		
	100m: 1:12.19	350m: 4:32.19	600m: 7:54.35	850m: 11:17.84	1100m: 14:43.18	1350m: 18:08.40		
	150m: 1:51.99	400m: 5:12.63	650m: 8:34.92	900m: 11:58.38	1150m: 15:24.22	1400m: 18:49.03		
	200m: 2:31.85	450m: 5:52.76	700m: 9:15.68	950m: 12:39.32	1200m: 16:05.38	1450m: 19:29.56		
	250m: 3:11.84	500m: 6:32.91	750m: 9:56.20	1000m: 13:20.58	1250m: 16:46.40	1500m: 20:08.29		
3.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	20:33.29		323	
	50m: 35.81	300m: 4:00.15	550m: 7:27.82	800m: 10:56.08	1050m: 14:24.67	1300m: 17:52.55		
	100m: 1:15.89	350m: 4:41.54	600m: 8:08.98	850m: 11:37.36	1100m: 15:06.28	1350m: 18:33.46		
	150m: 1:56.78	400m: 5:23.48	650m: 8:50.97	900m: 12:19.04	1150m: 15:48.27	1400m: 19:14.54		
	200m: 2:38.18	450m: 6:04.62	700m: 9:32.79	950m: 13:00.53	1200m: 16:29.41	1450m: 19:54.80		
	250m: 3:18.71	500m: 6:46.01	750m: 10:14.47	1000m: 13:42.95	1250m: 17:10.76	1500m: 20:33.29		



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 1, Masc., 1500m Livres, Infantil A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Artur Alexandre Silva	11		20Km de Almeirim	20:33.52			323
	50m: 35.45	300m: 4:00.97	550m: 7:30.12	800m: 10:59.05	1050m: 14:27.56	1300m: 17:53.14		
	100m: 1:16.54	350m: 4:42.07	600m: 8:11.86	850m: 11:40.71	1100m: 15:08.55	1350m: 18:35.27		
	150m: 1:57.62	400m: 5:24.33	650m: 8:53.56	900m: 12:22.10	1150m: 15:50.28	1400m: 19:16.59		
	200m: 2:38.69	450m: 6:05.71	700m: 9:35.39	950m: 13:03.92	1200m: 16:31.66	1450m: 19:56.38		
	250m: 3:19.71	500m: 6:47.62	750m: 10:17.50	1000m: 13:45.40	1250m: 17:12.30	1500m: 20:33.52		
5.	Martim Miguel Santos	11		Rio Maior	20:48.16			312
	50m: 36.67	300m: 4:04.20	550m: 7:33.91	800m: 11:02.17	1050m: 14:31.17	1300m: 18:04.52		
	100m: 1:17.05	350m: 4:45.75	600m: 8:15.47	850m: 11:44.20	1100m: 15:13.08	1350m: 18:47.57		
	150m: 1:58.59	400m: 5:27.96	650m: 8:58.00	900m: 12:26.09	1150m: 15:54.87	1400m: 19:28.37		
	200m: 2:40.08	450m: 6:09.55	700m: 9:39.53	950m: 13:07.88	1200m: 16:37.45	1450m: 20:08.10		
	250m: 3:22.41	500m: 6:52.01	750m: 10:20.91	1000m: 13:49.88	1250m: 17:21.23	1500m: 20:48.16		
6.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	21:43.93			273
	50m: 36.51	300m: 4:12.00	550m: 7:51.02	800m: 11:33.92	1050m: 15:15.09	1300m: 18:56.94		
	100m: 1:18.23	350m: 4:55.12	600m: 8:35.03	850m: 12:18.86	1100m: 16:00.83	1350m: 19:39.85		
	150m: 2:00.39	400m: 5:38.93	650m: 9:20.75	900m: 13:04.61	1150m: 16:45.19	1400m: 20:22.98		
	200m: 2:43.65	450m: 6:22.16	700m: 10:05.76	950m: 13:49.83	1200m: 17:31.32	1450m: 21:06.81		
	250m: 3:27.38	500m: 7:06.38	750m: 10:49.97	1000m: 14:32.23	1250m: 18:15.88	1500m: 21:43.93		
7.	Rodrigo Miguel Alcobia	11	S10	CPFZ - Natacao	24:03.31			202
	<i>FTL, Recorde Nacional de Adaptada - S10 - 400m, 800m, 1500m Livres</i>							
	50m: 39.57	300m: 4:35.23	550m: 8:34.41	800m: 12:35.76	1050m: 16:41.50	1300m: 20:50.59		
	100m: 1:25.52	350m: 5:22.39	600m: 9:22.77	850m: 13:25.14	1100m: 17:32.59	1350m: 21:39.50		
	150m: 2:13.04	400m: 6:10.13	650m: 10:10.23	900m: 14:15.56	1150m: 18:21.86	1400m: 22:27.98		
	200m: 3:00.30	450m: 6:57.52	700m: 10:59.51	950m: 15:04.74	1200m: 19:11.48	1450m: 23:16.08		
	250m: 3:47.37	500m: 7:45.96	750m: 11:47.20	1000m: 15:53.97	1250m: 20:01.98	1500m: 24:03.31		

Prova 1 Masc., 1500m Livres Juvenil B
07/03/2025 Resultados

Recorde Distrital ANDS Open	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv B	16:27.54	Pedro Diogo Oliveira	CNRM	Rio Maior	11/07/2003

: 23:05.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10		BUZIOS-Coruche	17:48.72			497
	50m: 30.98	300m: 3:26.85	550m: 6:26.19	800m: 9:26.95	1050m: 12:27.02	1300m: 15:28.27		
	100m: 1:05.01	350m: 4:03.20	600m: 7:01.87	850m: 10:03.06	1100m: 13:03.23	1350m: 16:03.87		
	150m: 1:40.11	400m: 4:38.77	650m: 7:37.94	900m: 10:38.90	1150m: 13:39.66	1400m: 16:39.86		
	200m: 2:15.23	450m: 5:14.12	700m: 8:14.56	950m: 11:14.77	1200m: 14:15.67	1450m: 17:14.76		
	250m: 2:51.20	500m: 5:50.40	750m: 8:50.74	1000m: 11:51.18	1250m: 14:52.05	1500m: 17:48.72		
2.	Daniel Filipe Jorge	10		Rio Maior	18:07.34			472
	50m: 31.39	300m: 3:31.07	550m: 6:34.89	800m: 9:38.12	1050m: 12:40.51	1300m: 15:43.06		
	100m: 1:05.99	350m: 4:07.64	600m: 7:11.82	850m: 10:14.37	1100m: 13:16.73	1350m: 16:19.92		
	150m: 1:41.37	400m: 4:44.30	650m: 7:48.49	900m: 10:51.04	1150m: 13:53.36	1400m: 16:56.69		
	200m: 2:17.67	450m: 5:21.28	700m: 8:25.47	950m: 11:27.47	1200m: 14:29.77	1450m: 17:32.52		
	250m: 2:54.12	500m: 5:57.86	750m: 9:01.71	1000m: 12:03.87	1250m: 15:06.38	1500m: 18:07.34		
3.	Tiago Frazao Barra	10		Rio Maior	18:14.91			462
	50m: 31.70	300m: 3:30.90	550m: 6:34.88	800m: 9:38.60	1050m: 12:42.17	1300m: 15:46.99		
	100m: 1:05.99	350m: 4:07.71	600m: 7:11.83	850m: 10:15.17	1100m: 13:19.11	1350m: 16:24.31		
	150m: 1:41.43	400m: 4:44.45	650m: 7:48.78	900m: 10:51.87	1150m: 13:55.81	1400m: 17:01.72		
	200m: 2:17.55	450m: 5:20.94	700m: 8:25.53	950m: 11:28.66	1200m: 14:32.87	1450m: 17:38.82		
	250m: 2:54.13	500m: 5:57.74	750m: 9:01.90	1000m: 12:05.53	1250m: 15:09.73	1500m: 18:14.91		
4.	Lourenco Vicente Geada	10		Torres Novas	18:55.42			414
	50m: 33.65	300m: 3:40.33	550m: 6:50.71	800m: 10:01.18	1050m: 13:11.76	1300m: 16:23.37		
	100m: 1:10.29	350m: 4:18.32	600m: 7:28.70	850m: 10:39.07	1100m: 13:50.16	1350m: 17:01.80		
	150m: 1:47.34	400m: 4:56.29	650m: 8:07.02	900m: 11:17.29	1150m: 14:28.25	1400m: 17:39.86		
	200m: 2:24.87	450m: 5:34.31	700m: 8:44.95	950m: 11:55.40	1200m: 15:06.54	1450m: 18:17.70		
	250m: 3:02.49	500m: 6:12.64	750m: 9:23.19	1000m: 12:33.64	1250m: 15:44.77	1500m: 18:55.42		



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

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

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Luis Miguel Reis	10	Rio Maior	20:08.30			344
	50m: 36.15	300m: 3:59.48	550m: 7:20.86	800m: 10:42.35	1050m: 14:05.64	1300m: 17:29.01	
	100m: 1:16.38	350m: 4:39.75	600m: 8:00.65	850m: 11:22.89	1100m: 14:46.29	1350m: 18:09.82	
	150m: 1:56.99	400m: 5:20.04	650m: 8:41.37	900m: 12:04.08	1150m: 15:26.43	1400m: 18:50.82	
	200m: 2:37.95	450m: 6:00.36	700m: 9:21.15	950m: 12:44.42	1200m: 16:06.84	1450m: 19:30.67	
	250m: 3:18.92	500m: 6:40.46	750m: 10:01.83	1000m: 13:24.22	1250m: 16:47.95	1500m: 20:08.30	
6.	Vicente Jose Carrilho	10	BUZIOS-Coruche	20:35.11			322
	50m: 35.53	300m: 3:58.71	550m: 7:28.68	800m: 11:01.07	1050m: 14:27.47	1300m: 17:54.30	
	100m: 1:14.49	350m: 4:40.53	600m: 8:10.88	850m: 11:43.11	1100m: 15:08.10	1350m: 18:35.62	
	150m: 1:54.49	400m: 5:22.09	650m: 8:52.80	900m: 12:24.73	1150m: 15:49.65	1400m: 19:17.54	
	200m: 2:35.40	450m: 6:04.25	700m: 9:36.03	950m: 13:05.32	1200m: 16:31.08	1450m: 19:57.00	
	250m: 3:16.86	500m: 6:46.28	750m: 10:18.48	1000m: 13:46.51	1250m: 17:12.91	1500m: 20:35.11	
7.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	21:21.16			288
	50m: 35.76	300m: 3:57.48	550m: 7:27.94	800m: 10:59.79	1050m: 14:37.63	1300m: 18:25.46	
	100m: 1:14.91	350m: 4:39.59	600m: 8:09.59	850m: 11:42.95	1100m: 15:23.35	1350m: 19:09.76	
	150m: 1:55.03	400m: 5:20.80	650m: 8:51.99	900m: 12:25.25	1150m: 16:08.59	1400m: 19:54.38	
	200m: 2:35.11	450m: 6:03.07	700m: 9:34.23	950m: 13:07.98	1200m: 16:54.41	1450m: 20:37.43	
	250m: 3:16.58	500m: 6:45.28	750m: 10:16.41	1000m: 13:53.05	1250m: 17:39.82	1500m: 21:21.16	

Prova 1 Masc., 1500m Livres Juvenil A
07/03/2025 Resultados

Recorde Distrital ANDS Open	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	15:50.63	Gustavo Manuel Santa	CNLA	Sines	21/12/2008
: 22:49.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Gabriel Antunes Ramos	09	Rio Maior	19:56.10			354
	50m: 34.55	300m: 3:51.16	550m: 7:14.29	800m: 10:37.11	1050m: 14:00.12	1300m: 17:23.42	
	100m: 1:12.15	350m: 4:31.68	600m: 7:54.14	850m: 11:17.57	1100m: 14:40.47	1350m: 18:04.32	
	150m: 1:51.51	400m: 5:12.63	650m: 8:35.00	900m: 11:58.63	1150m: 15:20.91	1400m: 18:43.55	
	200m: 2:30.66	450m: 5:54.15	700m: 9:15.81	950m: 12:39.96	1200m: 16:01.83	1450m: 19:20.54	
	250m: 3:10.67	500m: 6:34.60	750m: 9:56.67	1000m: 13:19.54	1250m: 16:42.38	1500m: 19:56.10	

Prova 1 Masc., 1500m Livres Junior
07/03/2025 Resultados

Recorde Distrital ANDS Open	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Jun18	15:55.58	Ricardo Matias Santos	CPFS	Leiria	11/12/2022
Recorde Distrital ANDS Jun17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009

Jun/Sen: 21:04.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	17:23.30			534
	50m: 30.65	300m: 3:21.19	550m: 6:15.98	800m: 9:11.62	1050m: 12:07.52	1300m: 15:03.77	
	100m: 1:04.12	350m: 3:55.96	600m: 6:50.76	850m: 9:46.66	1100m: 12:42.17	1350m: 15:39.49	
	150m: 1:38.15	400m: 4:30.93	650m: 7:26.33	900m: 10:22.28	1150m: 13:17.00	1400m: 16:14.56	
	200m: 2:12.44	450m: 5:05.96	700m: 8:01.38	950m: 10:57.39	1200m: 13:52.68	1450m: 16:50.16	
	250m: 2:46.48	500m: 5:40.79	750m: 8:36.82	1000m: 11:32.71	1250m: 14:28.65	1500m: 17:23.30	



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 1, Masc., 1500m Livres

Prova 1 Masc., 1500m Livres Senior
07/03/2025 Resultados

Recorde Distrital ANDS Open	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Sen	15:14.70	Tiago Filipe Campos	CNRM	Albufeira	10/11/2023

Jun/Sen: 21:04.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Eliseu Manuel Tavares	99	Uniao Samorense	20:18.69		335	
	50m: 31.13	300m: 3:49.02	550m: 7:15.63	800m: 10:41.14	1050m: 14:07.22	1300m: 17:36.22	
	100m: 1:07.12	350m: 4:31.16	600m: 7:55.58	850m: 11:22.12	1100m: 14:49.48	1350m: 18:16.62	
	150m: 1:46.13	400m: 5:12.19	650m: 8:36.31	900m: 12:03.66	1150m: 15:31.08	1400m: 18:58.75	
	200m: 2:26.72	450m: 5:52.43	700m: 9:18.15	950m: 12:44.71	1200m: 16:13.19	1450m: 19:39.53	
	250m: 3:08.05	500m: 6:33.88	750m: 9:59.38	1000m: 13:26.01	1250m: 16:55.11	1500m: 20:18.69	

Prova 1 Masc., 1500m Livres S110
07/03/2025 Resultados

Recorde Distrital ANDS Open	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Sen	15:14.70	Tiago Filipe Campos	CNRM	Albufeira	10/11/2023
Recorde Distrital ANDS Jun18	15:55.58	Ricardo Matias Santos	CPFS	Leiria	11/12/2022
Recorde Distrital ANDS Jun17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	15:50.63	Gustavo Manuel Santa	CNLA	Sines	21/12/2008
Recorde Distrital ANDS Juv B	16:27.54	Pedro Diogo Oliveira	CNRM	Rio Maior	11/07/2003
Recorde Distrital ANDS Inf A	17:24.44	Gustavo Manuel Santa	CNLA	Sines	01/04/2007
Recorde Distrital ANDS Inf B	17:52.60	Paulo Bruno Janeiro	CNLA	Sines	01/04/2007

Inf A: 23:38.00; Inf B: 24:56.00; Juv A: 22:49.00; Jun/Sen: 21:04.00; Juv B: 23:05.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	17:23.30		534	
	50m: 30.65	300m: 3:21.19	550m: 6:15.98	800m: 9:11.62	1050m: 12:07.52	1300m: 15:03.77	
	100m: 1:04.12	350m: 3:55.96	600m: 6:50.76	850m: 9:46.66	1100m: 12:42.17	1350m: 15:39.49	
	150m: 1:38.15	400m: 4:30.93	650m: 7:26.33	900m: 10:22.28	1150m: 13:17.00	1400m: 16:14.56	
	200m: 2:12.44	450m: 5:05.96	700m: 8:01.38	950m: 10:57.39	1200m: 13:52.68	1450m: 16:50.16	
	250m: 2:46.48	500m: 5:40.79	750m: 8:36.82	1000m: 11:32.71	1250m: 14:28.65	1500m: 17:23.30	
2.	David Filipe Pacheco	10	BUZIOS-Coruche	17:48.72		497	
	50m: 30.98	300m: 3:26.85	550m: 6:26.19	800m: 9:26.95	1050m: 12:27.02	1300m: 15:28.27	
	100m: 1:05.01	350m: 4:03.20	600m: 7:01.87	850m: 10:03.06	1100m: 13:03.23	1350m: 16:03.87	
	150m: 1:40.11	400m: 4:38.77	650m: 7:37.94	900m: 10:38.90	1150m: 13:39.66	1400m: 16:39.86	
	200m: 2:15.23	450m: 5:14.12	700m: 8:14.56	950m: 11:14.77	1200m: 14:15.67	1450m: 17:14.76	
	250m: 2:51.20	500m: 5:50.40	750m: 8:50.74	1000m: 11:51.18	1250m: 14:52.05	1500m: 17:48.72	
3.	Daniel Filipe Jorge	10	Rio Maior	18:07.34		472	
	50m: 31.39	300m: 3:31.07	550m: 6:34.89	800m: 9:38.12	1050m: 12:40.51	1300m: 15:43.06	
	100m: 1:05.99	350m: 4:07.64	600m: 7:11.82	850m: 10:14.37	1100m: 13:16.73	1350m: 16:19.92	
	150m: 1:41.37	400m: 4:44.30	650m: 7:48.49	900m: 10:51.04	1150m: 13:53.36	1400m: 16:56.69	
	200m: 2:17.67	450m: 5:21.28	700m: 8:25.47	950m: 11:27.47	1200m: 14:29.77	1450m: 17:32.52	
	250m: 2:54.12	500m: 5:57.86	750m: 9:01.71	1000m: 12:03.87	1250m: 15:06.38	1500m: 18:07.34	
4.	Tiago Frazao Barra	10	Rio Maior	18:14.91		462	
	50m: 31.70	300m: 3:30.90	550m: 6:34.88	800m: 9:38.60	1050m: 12:42.17	1300m: 15:46.99	
	100m: 1:05.99	350m: 4:07.71	600m: 7:11.83	850m: 10:15.17	1100m: 13:19.11	1350m: 16:24.31	
	150m: 1:41.43	400m: 4:44.45	650m: 7:48.78	900m: 10:51.87	1150m: 13:55.81	1400m: 17:01.72	
	200m: 2:17.55	450m: 5:20.94	700m: 8:25.53	950m: 11:28.66	1200m: 14:32.87	1450m: 17:38.82	
	250m: 2:54.13	500m: 5:57.74	750m: 9:01.90	1000m: 12:05.53	1250m: 15:09.73	1500m: 18:14.91	
5.	Lourenco Vicente Gead	10	Torres Novas	18:55.42		414	
	50m: 33.65	300m: 3:40.33	550m: 6:50.71	800m: 10:01.18	1050m: 13:11.76	1300m: 16:23.37	
	100m: 1:10.29	350m: 4:18.32	600m: 7:28.70	850m: 10:39.07	1100m: 13:50.16	1350m: 17:01.80	
	150m: 1:47.34	400m: 4:56.29	650m: 8:07.02	900m: 11:17.29	1150m: 14:28.25	1400m: 17:39.86	
	200m: 2:24.87	450m: 5:34.31	700m: 8:44.95	950m: 11:55.40	1200m: 15:06.54	1450m: 18:17.70	
	250m: 3:02.49	500m: 6:12.64	750m: 9:23.19	1000m: 12:33.64	1250m: 15:44.77	1500m: 18:55.42	



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 1, Masc., 1500m Livres, S110

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Duarte Moura Mendes	11		Torres Novas	19:22.03			387
	50m: 34.21	300m: 3:46.61	550m: 7:01.97	800m: 10:17.52	1050m: 13:31.72	1300m: 16:47.21		
	100m: 1:11.70	350m: 4:25.90	600m: 7:41.17	850m: 10:56.24	1100m: 14:11.27	1350m: 17:26.74		
	150m: 1:49.72	400m: 5:05.33	650m: 8:20.65	900m: 11:35.25	1150m: 14:50.45	1400m: 18:06.20		
	200m: 2:28.30	450m: 5:44.16	700m: 8:59.27	950m: 12:14.23	1200m: 15:28.79	1450m: 18:45.73		
	250m: 3:07.26	500m: 6:23.10	750m: 9:38.30	1000m: 12:53.13	1250m: 16:07.94	1500m: 19:22.03		
7.	Gabriel Antunes Ramos	09		Rio Maior	19:56.10			354
	50m: 34.55	300m: 3:51.16	550m: 7:14.29	800m: 10:37.11	1050m: 14:00.12	1300m: 17:23.42		
	100m: 1:12.15	350m: 4:31.68	600m: 7:54.14	850m: 11:17.57	1100m: 14:40.47	1350m: 18:04.32		
	150m: 1:51.51	400m: 5:12.63	650m: 8:35.00	900m: 11:58.63	1150m: 15:20.91	1400m: 18:43.55		
	200m: 2:30.66	450m: 5:54.15	700m: 9:15.81	950m: 12:39.96	1200m: 16:01.83	1450m: 19:20.54		
	250m: 3:10.67	500m: 6:34.60	750m: 9:56.67	1000m: 13:19.54	1250m: 16:42.38	1500m: 19:56.10		
8.	Francisco Maria Dias	11		Viver Santarem	20:08.29			344
	50m: 34.10	300m: 3:51.83	550m: 7:13.77	800m: 10:37.21	1050m: 14:01.59	1300m: 17:27.69		
	100m: 1:12.19	350m: 4:32.19	600m: 7:54.35	850m: 11:17.84	1100m: 14:43.18	1350m: 18:08.40		
	150m: 1:51.99	400m: 5:12.63	650m: 8:34.92	900m: 11:58.38	1150m: 15:24.22	1400m: 18:49.03		
	200m: 2:31.85	450m: 5:52.76	700m: 9:15.68	950m: 12:39.32	1200m: 16:05.38	1450m: 19:29.56		
	250m: 3:11.84	500m: 6:32.91	750m: 9:56.20	1000m: 13:20.58	1250m: 16:46.40	1500m: 20:08.29		
9.	Luis Miguel Reis	10		Rio Maior	20:08.30			344
	50m: 36.15	300m: 3:59.48	550m: 7:20.86	800m: 10:42.35	1050m: 14:05.64	1300m: 17:29.01		
	100m: 1:16.38	350m: 4:39.75	600m: 8:00.65	850m: 11:22.89	1100m: 14:46.29	1350m: 18:09.82		
	150m: 1:56.99	400m: 5:20.04	650m: 8:41.37	900m: 12:04.08	1150m: 15:26.43	1400m: 18:50.82		
	200m: 2:37.95	450m: 6:00.36	700m: 9:21.15	950m: 12:44.42	1200m: 16:06.84	1450m: 19:30.67		
	250m: 3:18.92	500m: 6:40.46	750m: 10:01.83	1000m: 13:24.22	1250m: 16:47.95	1500m: 20:08.30		
10.	Eliseu Manuel Tavares	99		Uniao Samorense	20:18.69			335
	50m: 31.13	300m: 3:49.02	550m: 7:15.63	800m: 10:41.14	1050m: 14:07.22	1300m: 17:36.22		
	100m: 1:07.12	350m: 4:31.16	600m: 7:55.81	850m: 11:22.12	1100m: 14:49.48	1350m: 18:16.62		
	150m: 1:46.13	400m: 5:12.19	650m: 8:36.31	900m: 12:03.66	1150m: 15:31.08	1400m: 18:58.75		
	200m: 2:26.72	450m: 5:52.43	700m: 9:18.15	950m: 12:44.71	1200m: 16:13.19	1450m: 19:39.53		
	250m: 3:08.05	500m: 6:33.88	750m: 9:59.38	1000m: 13:26.01	1250m: 16:55.11	1500m: 20:18.69		
11.	Matias Rafael Pacheco	12		BUZIOS-Coruche	20:28.78			327
	50m: 36.93	300m: 4:01.18	550m: 7:27.18	800m: 10:54.15	1050m: 14:21.37	1300m: 17:47.05		
	100m: 1:17.64	350m: 4:42.27	600m: 8:08.43	850m: 11:35.55	1100m: 15:02.63	1350m: 18:28.55		
	150m: 1:58.85	400m: 5:23.54	650m: 8:49.71	900m: 12:16.97	1150m: 15:43.43	1400m: 19:09.51		
	200m: 2:39.97	450m: 6:04.66	700m: 9:31.17	950m: 12:58.37	1200m: 16:25.00	1450m: 19:50.34		
	250m: 3:20.60	500m: 6:46.09	750m: 10:12.63	1000m: 13:39.71	1250m: 17:05.71	1500m: 20:28.78		
12.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	20:33.29			323
	50m: 35.81	300m: 4:00.15	550m: 7:27.82	800m: 10:56.08	1050m: 14:24.67	1300m: 17:52.55		
	100m: 1:15.89	350m: 4:41.54	600m: 8:08.98	850m: 11:37.36	1100m: 15:06.28	1350m: 18:33.46		
	150m: 1:56.78	400m: 5:23.48	650m: 8:50.97	900m: 12:19.04	1150m: 15:48.27	1400m: 19:14.54		
	200m: 2:38.18	450m: 6:04.62	700m: 9:32.79	950m: 13:00.53	1200m: 16:29.41	1450m: 19:54.80		
	250m: 3:18.71	500m: 6:46.01	750m: 10:14.47	1000m: 13:42.95	1250m: 17:10.76	1500m: 20:33.29		
13.	Artur Alexandre Silva	11		20Km de Almeirim	20:33.52			323
	50m: 35.45	300m: 4:00.97	550m: 7:30.12	800m: 10:59.05	1050m: 14:27.56	1300m: 17:53.14		
	100m: 1:16.54	350m: 4:42.07	600m: 8:11.86	850m: 11:40.71	1100m: 15:08.55	1350m: 18:35.27		
	150m: 1:57.62	400m: 5:24.33	650m: 8:53.56	900m: 12:22.10	1150m: 15:50.28	1400m: 19:16.59		
	200m: 2:38.69	450m: 6:05.71	700m: 9:35.39	950m: 13:03.92	1200m: 16:31.66	1450m: 19:56.38		
	250m: 3:19.71	500m: 6:47.62	750m: 10:17.50	1000m: 13:45.40	1250m: 17:12.30	1500m: 20:33.52		
14.	Vicente Jose Carrilho	10		BUZIOS-Coruche	20:35.11			322
	50m: 35.53	300m: 3:58.71	550m: 7:28.68	800m: 11:01.07	1050m: 14:27.47	1300m: 17:54.30		
	100m: 1:14.49	350m: 4:40.53	600m: 8:10.88	850m: 11:43.11	1100m: 15:08.10	1350m: 18:35.62		
	150m: 1:54.49	400m: 5:22.09	650m: 8:52.80	900m: 12:24.73	1150m: 15:49.65	1400m: 19:17.54		
	200m: 2:35.40	450m: 6:04.25	700m: 9:36.03	950m: 13:05.32	1200m: 16:31.08	1450m: 19:57.00		
	250m: 3:16.86	500m: 6:46.28	750m: 10:18.48	1000m: 13:46.51	1250m: 17:12.91	1500m: 20:35.11		
15.	Martim Miguel Santos	11		Rio Maior	20:48.16			312
	50m: 36.67	300m: 4:04.20	550m: 7:33.91	800m: 11:02.17	1050m: 14:31.17	1300m: 18:04.52		
	100m: 1:17.05	350m: 4:45.75	600m: 8:15.47	850m: 11:44.20	1100m: 15:13.08	1350m: 18:47.57		
	150m: 1:58.59	400m: 5:27.96	650m: 8:58.00	900m: 12:26.09	1150m: 15:54.87	1400m: 19:28.37		
	200m: 2:40.08	450m: 6:09.55	700m: 9:39.53	950m: 13:07.88	1200m: 16:37.45	1450m: 20:08.10		
	250m: 3:22.41	500m: 6:52.01	750m: 10:20.91	1000m: 13:49.88	1250m: 17:21.23	1500m: 20:48.16		



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 1, Masc., 1500m Livres, S110

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Salvador Henrique Vieira	12		Torres Novas	21:05.13			299
	50m: 36.85	300m: 4:02.16	550m: 7:32.27	800m: 11:06.60	1050m: 14:41.27	1300m: 18:16.97		
	100m: 1:17.46	350m: 4:43.18	600m: 8:14.08	850m: 11:49.52	1100m: 15:24.56	1350m: 19:00.53		
	150m: 1:58.81	400m: 5:24.98	650m: 8:57.19	900m: 12:32.94	1150m: 16:07.22	1400m: 19:44.25		
	200m: 2:39.59	450m: 6:07.69	700m: 9:40.41	950m: 13:15.23	1200m: 16:50.29	1450m: 20:25.13		
	250m: 3:20.91	500m: 6:49.68	750m: 10:23.61	1000m: 13:58.45	1250m: 17:33.49	1500m: 21:05.13		
17.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	21:21.16			288
	50m: 35.76	300m: 3:57.48	550m: 7:27.94	800m: 10:59.79	1050m: 14:37.63	1300m: 18:25.46		
	100m: 1:14.91	350m: 4:39.59	600m: 8:09.59	850m: 11:42.95	1100m: 15:23.35	1350m: 19:09.76		
	150m: 1:55.03	400m: 5:20.80	650m: 8:51.99	900m: 12:25.25	1150m: 16:08.59	1400m: 19:54.38		
	200m: 2:35.11	450m: 6:03.07	700m: 9:34.23	950m: 13:07.98	1200m: 16:54.41	1450m: 20:37.43		
	250m: 3:16.58	500m: 6:45.28	750m: 10:16.41	1000m: 13:53.05	1250m: 17:39.82	1500m: 21:21.16		
18.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	21:43.93			273
	50m: 36.51	300m: 4:12.00	550m: 7:51.02	800m: 11:33.92	1050m: 15:15.09	1300m: 18:56.94		
	100m: 1:18.23	350m: 4:55.12	600m: 8:35.03	850m: 12:18.86	1100m: 16:00.83	1350m: 19:39.85		
	150m: 2:00.39	400m: 5:38.93	650m: 9:20.75	900m: 13:04.61	1150m: 16:45.19	1400m: 20:22.98		
	200m: 2:43.65	450m: 6:22.16	700m: 10:05.76	950m: 13:49.83	1200m: 17:31.32	1450m: 21:06.81		
	250m: 3:27.38	500m: 7:06.38	750m: 10:49.97	1000m: 14:32.23	1250m: 18:15.88	1500m: 21:43.93		
19.	Rodrigo Miguel Alcobia	11	S10	CPFZ - Natacao	24:03.31			202
	<i>FTL, Recorde Nacional de Adaptada - S10 - 400m, 800m, 1500m Livres</i>							
	50m: 39.57	300m: 4:35.23	550m: 8:34.41	800m: 12:35.76	1050m: 16:41.50	1300m: 20:50.59		
	100m: 1:25.52	350m: 5:22.39	600m: 9:22.77	850m: 13:25.14	1100m: 17:32.59	1350m: 21:39.50		
	150m: 2:13.04	400m: 6:10.13	650m: 10:10.23	900m: 14:15.56	1150m: 18:21.86	1400m: 22:27.98		
	200m: 3:00.30	450m: 6:57.52	700m: 10:59.51	950m: 15:04.74	1200m: 19:11.48	1450m: 23:16.08		
	250m: 3:47.37	500m: 7:45.96	750m: 11:47.20	1000m: 15:53.97	1250m: 20:01.98	1500m: 24:03.31		
20.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	25:43.92			165
	<i>FTL</i>							
	50m: 42.02	300m: 4:53.67	550m: 9:10.96	800m: 13:38.31	1050m: 18:02.12	1300m: 22:21.37		
	100m: 1:30.71	350m: 5:44.49	600m: 10:02.82	850m: 14:31.57	1100m: 18:53.40	1350m: 23:11.39		
	150m: 2:21.14	400m: 6:35.08	650m: 10:56.09	900m: 15:24.49	1150m: 19:46.25	1400m: 24:02.44		
	200m: 3:10.33	450m: 7:28.53	700m: 11:49.97	950m: 16:16.75	1200m: 20:39.63	1450m: 24:53.78		
	250m: 4:01.33	500m: 8:20.34	750m: 12:43.13	1000m: 17:09.68	1250m: 21:30.35	1500m: 25:43.92		

Prova 2
07/03/2025

Femin., 800m Livres

Infantil B
Resultados

Recorde Distrital ANDS Open	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS Inf B	9:49.16	Mafalda Sofia Rosa	CNRM	Coruche	14/03/2015

: 13:58.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia	13		Torres Novas	11:24.72			338
	50m: 39.05	200m: 2:50.29	350m: 5:01.57	500m: 7:11.89	650m: 9:20.99	800m: 11:24.72		
	100m: 1:21.61	250m: 3:33.95	400m: 5:45.27	550m: 7:54.62	700m: 10:04.39			
	150m: 2:05.73	300m: 4:17.95	450m: 6:28.66	600m: 8:37.88	750m: 10:46.80			
2.	Maria Amelia Torres	13		Viver Santarem	11:25.18			338
	50m: 39.79	200m: 2:51.46	350m: 5:02.81	500m: 7:12.80	650m: 9:21.79	800m: 11:25.18		
	100m: 1:23.15	250m: 3:35.17	400m: 5:46.21	550m: 7:56.02	700m: 10:04.88			
	150m: 2:07.11	300m: 4:18.73	450m: 6:29.30	600m: 8:39.19	750m: 10:47.38			
3.	Maria Carolina Fidalgo	13		Viver Santarem	12:40.52			247
	50m: 42.74	200m: 3:06.65	350m: 5:33.09	500m: 7:58.67	650m: 10:22.35	800m: 12:40.52		
	100m: 1:29.63	250m: 3:55.95	400m: 6:21.64	550m: 8:46.23	700m: 11:10.07			
	150m: 2:18.03	300m: 4:43.96	450m: 7:09.53	600m: 9:34.61	750m: 11:56.54			
4.	Joana Ines Antunes	13		CPFZ - Natacao	12:44.76			243
	50m: 43.92	200m: 3:09.08	350m: 5:34.84	500m: 7:59.72	650m: 10:24.14	800m: 12:44.76		
	100m: 1:31.94	250m: 3:57.20	400m: 6:23.49	550m: 8:48.47	700m: 11:12.74			
	150m: 2:21.14	300m: 4:45.94	450m: 7:11.58	600m: 9:36.45	750m: 11:59.45			



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 2, Femin., 800m Livres

Prova 2
07/03/2025

Femin., 800m Livres

Infantil A
Resultados

Recorde Distrital ANDS Open 4:17.75 Mafalda Sofia Rosa CNRM Albufeira 11/11/2023
Recorde Distrital ANDS Inf A 9:30.62 Mafalda Sofia Rosa CNRM Tomar 19/03/2016

: 13:16.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	10:22.19		451	
	50m: 33.78	200m: 2:29.72	350m: 4:28.43	500m: 6:27.04	650m: 8:26.45	800m: 10:22.19		
	100m: 1:11.83	250m: 3:09.27	400m: 5:08.17	550m: 7:06.72	700m: 9:05.83			
	150m: 1:51.17	300m: 3:48.84	450m: 5:47.43	600m: 7:46.57	750m: 9:44.82			
2.	Rita Gomes Valentim	12		Torres Novas	10:37.56		419	
	50m: 35.20	200m: 2:36.09	350m: 4:37.23	500m: 6:38.66	650m: 8:40.32	800m: 10:37.56		
	100m: 1:15.08	250m: 3:16.25	400m: 5:17.50	550m: 7:19.39	700m: 9:19.78			
	150m: 1:55.75	300m: 3:56.03	450m: 5:57.61	600m: 7:59.48	750m: 9:59.87			
3.	Rita Balsa Alves	12		BUZIOS-Coruche	10:49.73		396	
	50m: 37.29	200m: 2:37.84	350m: 4:41.95	500m: 6:45.87	650m: 8:49.40	800m: 10:49.73		
	100m: 1:16.73	250m: 3:18.99	400m: 5:23.24	550m: 7:27.19	700m: 9:30.49			
	150m: 1:57.06	300m: 4:00.22	450m: 6:04.46	600m: 8:08.57	750m: 10:11.63			
4.	Alicia Lopes Deep	12		BUZIOS-Coruche	11:12.43		357	
	50m: 35.77	200m: 2:40.41	350m: 4:48.81	500m: 6:58.62	650m: 9:07.77	800m: 11:12.43		
	100m: 1:16.46	250m: 3:23.20	400m: 5:32.17	550m: 7:41.49	700m: 9:50.73			
	150m: 1:58.43	300m: 4:05.66	450m: 6:14.85	600m: 8:25.14	750m: 10:33.09			
5.	Margarida Madeira Pires	12		Rio Maior	11:14.78		354	
	50m: 38.01	200m: 2:45.27	350m: 4:53.94	500m: 7:00.48	650m: 9:09.99	800m: 11:14.78		
	100m: 1:19.96	250m: 3:28.14	400m: 5:35.71	550m: 7:44.32	700m: 9:52.80			
	150m: 2:02.67	300m: 4:11.23	450m: 6:17.84	600m: 8:27.10	750m: 10:35.22			
6.	Maria Pais Santos	12		BUZIOS-Coruche	11:15.49		353	
	50m: 38.11	200m: 2:43.41	350m: 4:51.87	500m: 6:59.98	650m: 9:09.98	800m: 11:15.49		
	100m: 1:19.06	250m: 3:25.93	400m: 5:35.48	550m: 7:43.54	700m: 9:53.26			
	150m: 2:00.85	300m: 4:09.37	450m: 6:18.34	600m: 8:27.21	750m: 10:35.74			
7.	Ana Leonor Lopes	12		Rio Maior	12:24.81		263	
	50m: 40.63	200m: 3:01.97	350m: 5:23.34	500m: 7:46.49	650m: 10:08.68	800m: 12:24.81		
	100m: 1:27.40	250m: 3:48.86	400m: 6:10.66	550m: 8:33.63	700m: 10:56.45			
	150m: 2:14.34	300m: 4:35.33	450m: 6:58.51	600m: 9:21.69	750m: 11:40.60			
8.	Joana Verissimo Tavares FTL	12		CLAC-Entroncamento	13:40.54		196	
	50m: 43.21	200m: 3:19.07	350m: 5:55.32	500m: 8:32.69	650m: 11:08.92	800m: 13:40.54		
	100m: 1:33.84	250m: 4:11.58	400m: 6:47.22	550m: 9:24.35	700m: 12:00.78			
	150m: 2:26.24	300m: 5:03.41	450m: 7:40.21	600m: 10:15.26	750m: 12:53.54			
DSQ	Ines Santos Pina SW 4.4 - Falsa partida	12		CLAC-Entroncamento				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 2, Femin., 800m Livres

Prova 2
07/03/2025
Femin., 800m Livres
Juvenil B
Resultados

Recorde Distrital ANDS Open 4:17.75 Mafalda Sofia Rosa CNRM Albufeira 11/11/2023
Recorde Distrital ANDS Juv B 9:21.21 Ana Rita Boavista CNLA Guimar es 09/03/2002

: 13:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11		BUZIOS-Coruche	9:48.26		534	
	50m: 33.46	200m: 2:22.93	350m: 4:14.45	500m: 6:06.61	650m: 7:59.11	800m: 9:48.26		
	100m: 1:09.29	250m: 3:00.12	400m: 4:51.67	550m: 6:44.21	700m: 8:36.65			
	150m: 1:45.92	300m: 3:37.13	450m: 5:29.12	600m: 7:21.65	750m: 9:13.88			
2.	Margarida Pinho Formigo	11		Torres Novas	10:43.10		409	
	50m: 35.76	200m: 2:36.15	350m: 4:39.16	500m: 6:43.31	650m: 8:45.54	800m: 10:43.10		
	100m: 1:15.35	250m: 3:16.66	400m: 5:20.61	550m: 7:24.74	700m: 9:26.01			
	150m: 1:55.98	300m: 3:58.19	450m: 6:02.48	600m: 8:04.87	750m: 10:05.63			
3.	Catarina Leonor Pereira	11		CLAC-Entroncamento	13:01.84		227	
	<i>FTL</i>							
	50m: 40.75	200m: 3:03.32	350m: 5:29.67	500m: 8:00.66	650m: 10:33.86	800m: 13:01.84		
	100m: 1:26.93	250m: 3:51.83	400m: 6:18.92	550m: 8:52.52	700m: 11:26.01			
	150m: 2:14.14	300m: 4:40.26	450m: 7:09.63	600m: 9:42.22	750m: 12:14.87			

Prova 2
07/03/2025
Femin., 800m Livres
Juvenil A
Resultados

Recorde Distrital ANDS Open 4:17.75 Mafalda Sofia Rosa CNRM Albufeira 11/11/2023
Recorde Distrital ANDS Juv A 9:10.38 Mafalda Sofia Rosa CNRM Albufeira 16/12/2017

: 12:40.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreireiro Martins	10		BUZIOS-Coruche	9:36.82		566	
	50m: 32.08	200m: 2:19.60	350m: 4:08.83	500m: 5:59.20	650m: 7:49.95	800m: 9:36.82		
	100m: 1:07.39	250m: 2:56.04	400m: 4:45.53	550m: 6:36.37	700m: 8:27.16			
	150m: 1:43.32	300m: 3:32.59	450m: 5:22.48	600m: 7:12.85	750m: 9:03.32			
2.	Maria Leonor Lopes	10		Torres Novas	10:25.77		444	
	50m: 34.92	200m: 2:31.76	350m: 4:29.55	500m: 6:29.71	650m: 8:28.93	800m: 10:25.77		
	100m: 1:13.13	250m: 3:10.91	400m: 5:09.55	550m: 7:09.39	700m: 9:08.52			
	150m: 1:52.46	300m: 3:49.95	450m: 5:49.74	600m: 7:48.75	750m: 9:48.24			
3.	Lara Paixao Silva	10		Rio Maior	10:28.39		438	
	50m: 34.39	200m: 2:30.76	350m: 4:29.63	500m: 6:30.40	650m: 8:31.27	800m: 10:28.39		
	100m: 1:11.72	250m: 3:10.54	400m: 5:10.27	550m: 7:11.12	700m: 9:11.31			
	150m: 1:50.96	300m: 3:49.88	450m: 5:49.68	600m: 7:51.59	750m: 9:49.99			



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 2, Femin., 800m Livres

Prova 2	Femin., 800m Livres					Junior
07/03/2025						Resultados
Recorde Distrital ANDS Open	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023	
Recorde Distrital ANDS 18 +	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021	
Recorde Distrital ANDS 17	8:48.64	Mafalda Sofia Rosa	ROU	Leiria	15/12/2019	
Recorde Distrital ANDS Jun16	8:53.34	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019	
Jun/Sen: 12:15.00						

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Brites Costa	09	Rio Maior	10:09.94			479
	50m: 33.59	200m: 2:25.48	350m: 4:21.68	500m: 6:17.77	650m: 8:14.85	800m: 10:09.94	
	100m: 1:09.99	250m: 3:04.22	400m: 5:00.34	550m: 6:56.52	700m: 8:54.07		
	150m: 1:47.35	300m: 3:43.01	450m: 5:38.93	600m: 7:35.69	750m: 9:32.33		
2.	Maria Madalena Monteiro	08	Gualdim Pais	10:10.99			477
	50m: 33.86	200m: 2:26.53	350m: 4:23.03	500m: 6:21.10	650m: 8:19.06	800m: 10:10.99	
	100m: 1:11.01	250m: 3:05.03	400m: 5:02.21	550m: 7:00.68	700m: 8:57.62		
	150m: 1:48.56	300m: 3:44.15	450m: 5:41.90	600m: 7:40.32	750m: 9:36.27		
3.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	10:26.01			443
	50m: 33.66	200m: 2:30.17	350m: 4:30.42	500m: 6:30.61	650m: 8:29.93	800m: 10:26.01	
	100m: 1:11.19	250m: 3:10.13	400m: 5:10.85	550m: 7:10.18	700m: 9:10.05		
	150m: 1:50.59	300m: 3:50.44	450m: 5:50.13	600m: 7:50.42	750m: 9:49.93		
4.	Leonor Margarida Mateus	09	BUZIOS-Coruche	10:36.65			421
	50m: 35.81	200m: 2:34.43	350m: 4:36.44	500m: 6:37.88	650m: 8:39.63	800m: 10:36.65	
	100m: 1:14.90	250m: 3:14.84	400m: 5:17.09	550m: 7:18.42	700m: 9:19.83		
	150m: 1:54.84	300m: 3:55.58	450m: 5:57.58	600m: 7:59.07	750m: 10:00.01		

Prova 2	Femin., 800m Livres					Senior
07/03/2025						Resultados

Recorde Distrital ANDS Open	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS 18 +	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Jun/Sen: 12:15.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Teixeira Dias	97	CLAC-Entroncamento	11:08.20			364
	50m: 38.02	200m: 2:42.28	350m: 4:48.23	500m: 6:54.95	650m: 9:02.39	800m: 11:08.20	
	100m: 1:18.86	250m: 3:23.86	400m: 5:30.40	550m: 7:37.50	700m: 9:45.12		
	150m: 2:00.45	300m: 4:06.04	450m: 6:12.86	600m: 8:20.11	750m: 10:27.54		
2.	Barbara Maia Freitas	06	CLAC-Entroncamento	12:39.94			247
	<i>FTL</i>						
	50m: 37.92	200m: 2:53.25	350m: 5:16.48	500m: 7:45.56	650m: 10:14.03	800m: 12:39.94	
	100m: 1:21.94	250m: 3:39.79	400m: 6:05.46	550m: 8:35.68	700m: 11:03.47		
	150m: 2:07.32	300m: 4:28.02	450m: 6:55.84	600m: 9:25.02	750m: 11:52.41		



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 3
07/03/2025
Masc., 100m Bruços
Infantil B
Resultados

Recorde Distrital ANDS Open	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Inf B	1:13.64	Joao Diogo Lopes	VS	Campo Maior	29/03/2014

: 1:54.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Salvador Henrique Vieira	12	Torres Novas	1:27.76		249	
	50m: 41.18 100m: 1:27.76						
2.	Lourenco Filipe Costa	12	20Km de Almeirim	1:31.61		219	
	50m: 42.05 100m: 1:31.61						
3.	Francisco Grave Reis	12	Rio Maior	1:33.77		204	
	50m: 44.88 100m: 1:33.77						
4.	Santiago Raposo Fernandes	12	20Km de Almeirim	1:34.27		201	
	50m: 43.42 100m: 1:34.27						
5.	Gabriel Mocanu	12	Uniao Samorense	1:35.52		193	
	50m: 43.22 100m: 1:35.52						
6.	Rodrigo Miranda Rosa	12	Uniao Samorense	1:39.05		173	
	50m: 46.73 100m: 1:39.05						
7.	Matias Rafael Pacheco	12	BUZIOS-Coruche	1:39.28		172	
	50m: 47.27 100m: 1:39.28						
8.	Gabriel Fernandes Samouco	12	Natacao do Tejo	1:47.06		137	
	50m: 50.33 100m: 1:47.06						
9.	Dinis Alexandre Santos	12	Torres Novas	1:48.80		131	
	50m: 51.84 100m: 1:48.80						
10.	Isaac Lourenco Marques FTL	12	BUZIOS-Coruche	2:01.15		95	
	50m: 56.09 100m: 2:01.15						
11.	Sandro Jose Tomas FTL	12	BUZIOS-Coruche	2:21.84		59	
	50m: 1:06.09 100m: 2:21.84						

Prova 3
07/03/2025
Masc., 100m Bruços
Infantil A
Resultados

Recorde Distrital ANDS Open	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Inf A	1:08.46	Francisco Costa Nunes	CCDSM	Tomar	19/03/2016

: 1:45.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Duarte Moura Mendes	11	Torres Novas	1:18.70		346	
	50m: 36.89 100m: 1:18.70						
2.	Diogo Chambel Santos	11	Nautico Abrantes	1:23.04		295	
	50m: 40.01 100m: 1:23.04						
3.	Manuel Maria Moniz	11	20Km de Almeirim	1:30.33		229	
	50m: 43.46 100m: 1:30.33						
4.	Dinis Oliveira Nunes	11	BUZIOS-Coruche	1:30.96		224	
	50m: 42.79 100m: 1:30.96						
5.	Luca Cristian Irimia	11	Uniao Samorense	1:36.00		190	
	50m: 45.95 100m: 1:36.00						
6.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	1:37.25		183	
	50m: 46.39 100m: 1:37.25						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 3, Masc., 100m Bruços, Infantil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Afonso Tomas Antunes	11	Natacao do Tejo	1:39.30		172	
	50m: 46.13	100m: 1:39.30					

Prova 3 Masc., 100m Bruços Juvenil B
07/03/2025 Resultados

Recorde Distrital ANDS Open	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Juv B	1:07.41	Francisco Costa Nunes	SANDS	Abrantes	04/03/2017

: 1:38.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Goncalves Vieira	10	Gualdim Pais	1:17.70		360	
	50m: 36.39	100m: 1:17.70					
2.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	1:19.00		342	
	50m: 36.97	100m: 1:19.00					
3.	Guilherme Martins Conceicao	10	Viver Santarem	1:20.92		318	
	50m: 37.40	100m: 1:20.92					
4.	Afonso Goncalves Leite	10	CLAC-Entroncamento	1:23.92		285	
	50m: 39.31	100m: 1:23.92					
5.	Guilherme Ferreira Leitao	10	Viver Santarem	1:44.25		149	
	<i>FTL</i>						
	50m: 45.98	100m: 1:44.25					

Prova 3 Masc., 100m Bruços Juvenil A
07/03/2025 Resultados

Recorde Distrital ANDS Open	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Juv A	1:05.79	Francisco Costa Nunes	SANDS	Abrantes	27/01/2018

: 1:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Dinis Maria Garcia	09	Nautico Abrantes	1:11.66		459	
	50m: 33.99	100m: 1:11.66					
2.	Rodrigo Duque Dias	09	CLAC-Entroncamento	1:30.93		224	
	50m: 41.33	100m: 1:30.93					

Prova 3 Masc., 100m Bruços Junior
07/03/2025 Resultados

Recorde Distrital ANDS Open	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Jun18	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Jun17	1:03.95	Carlos Daniel Nunes	CNSM	Leiria	26/11/2021

Jun/Sen: 1:32.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	1:11.89		454	
	50m: 33.44	100m: 1:11.89					
2.	Tomas Alexandre Santos	07	BUZIOS-Coruche	1:16.85		372	
	50m: 36.11	100m: 1:16.85					
3.	Martim Silva Oliveira	08	Torres Novas	1:20.43		324	
	50m: 37.31	100m: 1:20.43					
4.	Miguel Tomas Amaral	08	Natacao do Tejo	1:21.75		309	
	50m: 38.25	100m: 1:21.75					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 3, Masc., 100m Bruços, Junior

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Simao Pedro Oliveira	07	Torres Novas	1:21.83		308	
	50m: 38.04	100m: 1:21.83					
6.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	1:22.47		301	
	50m: 38.55	100m: 1:22.47					

Prova 3
07/03/2025

Masc., 100m Bruços

Senior Resultados

Recorde Distrital ANDS Open	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Sen	1:04.05	Luis Afonso Lopes	VS	Castelo Branco	19/02/2022

Jun/Sen: 1:32.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Luis Filipe Viana	89	CLAC-Entroncamento	1:06.45		575	
	50m: 31.56	100m: 1:06.45					
2.	Diogo Daniel Simoes	99	Rio Maior	1:25.44		270	
	50m: 38.78	100m: 1:25.44					

Prova 4
07/03/2025

Femin., 100m Bruços

Infantil B Resultados

Recorde Distrital ANDS Open	1:12.09	Maria Madalena Silva	CNAB	Porto	12/12/2015
Recorde Distrital ANDS Inf B	1:24.51	Catarina Ramos Moura	SCALAB	Coruche	19/04/2009

: 1:56.80

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia	13	Torres Novas	1:33.24		299	
	50m: 43.48	100m: 1:33.24					
2.	Eva Sousa Alfaiate	13	Torres Novas	1:42.04		228	
	50m: 46.37	100m: 1:42.04					
3.	Maria Rita Godinho	13	Torres Novas	1:42.39		225	
	50m: 48.91	100m: 1:42.39					
4.	Mariana Beatriz Goncalves	13	Uniao Samorense	1:42.68		224	
	50m: 49.60	100m: 1:42.68					
5.	Marta Bento Ferreira	13	Viver Santarem	1:46.11		202	
	50m: 48.09	100m: 1:46.11					
6.	Mafalda Ines Martinho	13	CLAC-Entroncamento	1:50.33		180	
	50m: 52.42	100m: 1:50.33					
7.	Constanca Mendao Silva	13	Rio Maior	1:51.49		174	
	50m: 51.84	100m: 1:51.49					
8.	Matilde Maria Neto	13	Uniao Samorense	1:55.55		157	
	50m: 54.19	100m: 1:55.55					
9.	Mariana Ferreira Silva	13	Torres Novas	1:56.45		153	
	50m: 53.28	100m: 1:56.45					
10.	Mariana Grangeia Massot	13	Natacao do Tejo	1:57.02		151	
	<i>FTL</i>						
	50m: 54.85	100m: 1:57.02					
11.	Barbara Godinho Simoes	13	CPFZ - Natacao	2:05.70		122	
	<i>FTL</i>						
	50m: 59.61	100m: 2:05.70					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 4, Femin., 100m Bruços

Prova 4
07/03/2025

Femin., 100m Bruços

Infantil A
Resultados

Recorde Distrital ANDS Open	1:12.09	Maria Madalena Silva	CNAB	Porto	12/12/2015
Recorde Distrital ANDS Inf A	1:16.72	Joana Filipa Vilhena	CNLA	Tomar	27/02/2005

: 1:52.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	1:23.81		411	
	50m: 39.27 100m: 1:23.81						
2.	Juliana Antunes Monteiro	12	Gualdim Pais	1:30.32		329	
	50m: 42.51 100m: 1:30.32						
3.	Marta Costa Soares	12	Uniao Samorense	1:31.07		321	
	50m: 42.78 100m: 1:31.07						
4.	Diana Marques Maquilao	12	Nautico Salvaterra Magos	1:31.72		314	
	50m: 44.11 100m: 1:31.72						
5.	Alicia Lopes Deep	12	BUZIOS-Coruche	1:31.96		311	
	50m: 44.36 100m: 1:31.96						
6.	Matilde Abelho Vaz	12	CLAC-Entroncamento	1:33.87		293	
	50m: 44.87 100m: 1:33.87						
7.	Margarida Madeira Pires	12	Rio Maior	1:37.21		263	
	50m: 46.57 100m: 1:37.21						
8.	Ana Leonor Lopes	12	Rio Maior	1:41.34		233	
	50m: 47.74 100m: 1:41.34						
9.	Rita Balsa Alves	12	BUZIOS-Coruche	1:41.90		229	
	50m: 47.93 100m: 1:41.90						
10.	Maria Francisca Pinheiro	12	Nautico Abrantes	1:43.81		216	
	50m: 48.99 100m: 1:43.81						
11.	Carolina Maria Quinta	12	Torres Novas	1:46.05		203	
	50m: 50.39 100m: 1:46.05						
12.	Laura Amaro Marques	12	Torres Novas	1:46.85		198	
	50m: 50.17 100m: 1:46.85						
13.	Ana Marisa Simples	12	Uniao Samorense	1:48.08		192	
	50m: 50.67 100m: 1:48.08						

Prova 4
07/03/2025

Femin., 100m Bruços

Juvenil B
Resultados

Recorde Distrital ANDS Open	1:12.09	Maria Madalena Silva	CNAB	Porto	12/12/2015
Recorde Distrital ANDS Juv B	1:16.54	Beatriz Grave Reis	CNRM	Coruche	15/03/2019

: 1:51.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	1:16.61		539	
	50m: 35.88 100m: 1:16.61						
2.	Margarida Pinho Formigo	11	Torres Novas	1:25.65		385	
	50m: 41.13 100m: 1:25.65						
3.	Mariana Freitas Mota	11	Torres Novas	1:26.78		371	
	50m: 40.89 100m: 1:26.78						
4.	Sofia Barroca Pereira	11	BUZIOS-Coruche	1:26.85		370	
	50m: 41.17 100m: 1:26.85						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 4, Femin., 100m Bruços, Juvenil B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Carolina Reis Lopes	11	Torres Novas	1:31.14		320	
	50m: 42.34	100m: 1:31.14					
6.	Rita Lino Ferreira	11	BUZIOS-Coruche	1:32.05		310	
	50m: 44.33	100m: 1:32.05					
DSQ	Catarina Leonor Pereira	11	CLAC-Entroncamento				
	<i>SW 7.6 - O (a) atleta n�o tocou com as m�os na parede separadas e simult�aneamente na viragem aos 50 metros</i>						

Prova 4
07/03/2025

Femin., 100m Bruços

Juvenil A
Resultados

Recorde Distrital ANDS Open	1:12.09	Maria Madalena Silva	CNAB	Porto	12/12/2015
Recorde Distrital ANDS Juv A	1:15.77	Margarida Mateus Morais	CNTN	Tomar	16/12/2018

: 1:46.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	1:23.42		417	
	50m: 39.75	100m: 1:23.42					
2.	Lara Paixao Silva	10	Rio Maior	1:29.92		333	
	50m: 41.14	100m: 1:29.92					
3.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	1:31.79		313	
	50m: 42.51	100m: 1:31.79					
4.	Debora Sofia Santos	10	Rio Maior	1:33.42		297	
	50m: 44.33	100m: 1:33.42					

Prova 4
07/03/2025

Femin., 100m Bruços

Junior
Resultados

Recorde Distrital ANDS Open	1:12.09	Maria Madalena Silva	CNAB	Porto	12/12/2015
Recorde Distrital ANDS 18 +	1:12.09	Maria Madalena Silva	CNAB	Porto	12/12/2015
Recorde Distrital ANDS 17	1:12.62	Maria Madalena Silva	CNAB	Porto	20/12/2014
Recorde Distrital ANDS Jun16	1:13.23	Maria Madalena Silva	CNAB	Porto	21/12/2013

Jun/Sen: 1:44.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	1:19.90		475	
	50m: 38.51	100m: 1:19.90					
2.	Catarina Maria Fragoso	07	Viver Santarem	1:21.36		450	
	50m: 38.92	100m: 1:21.36					
3.	Laura Brites Costa	09	Rio Maior	1:22.05		439	
	50m: 39.05	100m: 1:22.05					
4.	Leonor Marques Carvalho	09	Rio Maior	1:34.09		291	
	50m: 44.80	100m: 1:34.09					
5.	Iris Simoes Martins	08	CLAC-Entroncamento	1:36.43		270	
	50m: 43.93	100m: 1:36.43					
6.	Maria Ines Campos	09	Nautico Abrantes	1:39.50		246	
	50m: 48.17	100m: 1:39.50					
7.	Catarina Isabel Galvao	09	BUZIOS-Coruche	1:40.70		237	
	50m: 47.99	100m: 1:40.70					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 4, Femin., 100m Bruços

Prova 4 Femin., 100m Bruços Senior Resultados
07/03/2025

Recorde Distrital ANDS Open	1:12.09	Maria Madalena Silva	CNAB	Porto	12/12/2015
Recorde Distrital ANDS 18 +	1:12.09	Maria Madalena Silva	CNAB	Porto	12/12/2015

Jun/Sen: 1:44.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Marta Chambel Dias	02	CLAC-Entroncamento	1:22.31		434	
	50m: 38.62 100m: 1:22.31						
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	1:28.28		352	
	50m: 41.63 100m: 1:28.28						
3.	Joana Patricia Antunes	06	CLAC-Entroncamento	1:28.35		351	
	50m: 41.00 100m: 1:28.35						

Prova 5 Masc., 50m Costas Juvenil B Resultados
07/03/2025

Recorde Distrital ANDS Open	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13/12/2013
Recorde Distrital ANDS Juv B	28.31	Simao Dinis Rosa	CNTN	Santar�m	07/03/2020

: 37.65

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10	BUZIOS-Coruche	31.78		336	
2.	Francisco Manuel Cadete	10	Nautico Abrantes	32.25		322	
3.	Lourenco Vicente Geada	10	Torres Novas	33.26		293	
4.	Francisco Sa Lopes	10	Torres Novas	33.78		280	
5.	Andre Guilherme Anastacio	10	Nautico Abrantes	33.84		278	
6.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	35.28		246	
7.	Afonso Goncalves Leite	10	CLAC-Entroncamento	38.15		194	
	<i>FTL</i>						

Prova 5 Masc., 50m Costas Juvenil A Resultados
07/03/2025

Recorde Distrital ANDS Open	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13/12/2013
Recorde Distrital ANDS Juv A	27.00	Paulo Vakulyuk	CNTN	Torres Novas	12/01/2019

: 37.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Miguel Silva Lima	09	Nautico Abrantes	28.24		479	
2.	Gabriel Sa Chambel	09	CLAC-Entroncamento	32.13		325	
3.	Luis Suissas Rato	09	Nautico Salvaterra Magos	33.42		289	
4.	Gabriel Antunes Ramos	09	Rio Maior	33.67		283	
5.	Pedro Morgado Costa	09	Rio Maior	35.33		245	



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Prova 5, Masc., 50m Costas

Prova 5 Masc., 50m Costas Junior
07/03/2025 Resultados

Recorde Distrital ANDS Open	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13/12/2013
Recorde Distrital ANDS Jun18	26.29	Afonso Guilherme Rosa	CNTN	Funchal	10/12/2016
Recorde Distrital ANDS Jun17	27.54	Afonso Guilherme Rosa	CNTN	Tomar	14/11/2015

Jun/Sen: 35.80

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Bernardo Evaristo	08	Gualdim Pais	28.51		466	
2.	Afonso Costa Soares	07	CPFZ - Natacao	33.35		291	
3.	Tomas Alexandre Santos	07	BUZIOS-Coruche	33.63		284	
4.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	34.36		266	

Prova 5 Masc., 50m Costas Senior
07/03/2025 Resultados

Recorde Distrital ANDS Open	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13/12/2013
Recorde Distrital ANDS Sen	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13/12/2013

Jun/Sen: 35.80

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Manuel Silva	05 S3	CLAC-Entroncamento	1:22.87		18	

RECORDE NACIONAL S3, FTL

Prova 5 Masc., 50m Costas S3,SB3,SM3
07/03/2025 Resultados

Recorde Distrital ANDS Open	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13/12/2013
Recorde Distrital ANDS Sen	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13/12/2013
Recorde Distrital ANDS Jun18	26.29	Afonso Guilherme Rosa	CNTN	Funchal	10/12/2016
Recorde Distrital ANDS Jun17	27.54	Afonso Guilherme Rosa	CNTN	Tomar	14/11/2015
Recorde Distrital ANDS Juv A	27.00	Paulo Vakulyuk	CNTN	Torres Novas	12/01/2019
Recorde Distrital ANDS Juv B	28.31	Simao Dinis Rosa	CNTN	Santarém	07/03/2020
Recorde Distrital ANDS Inf A	29.45	Simao Dinis Rosa	CNTN	Torres Novas	13/04/2019
Recorde Distrital ANDS Inf B	32.08	Afonso Guilherme Rosa	SFGP	Cantanhede	22/04/2012

Juv A: 37.00; Juv B: 37.65; Jun/Sen: 35.80

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Miguel Silva Lima	09	Nautico Abrantes	28.24		479	
2.	Afonso Bernardo Evaristo	08	Gualdim Pais	28.51		466	
3.	David Filipe Pacheco	10	BUZIOS-Coruche	31.78		336	
4.	Gabriel Sa Chambel	09	CLAC-Entroncamento	32.13		325	
5.	Francisco Manuel Cadete	10	Nautico Abrantes	32.25		322	
6.	Lourenco Vicente Geada	10	Torres Novas	33.26		293	
7.	Afonso Costa Soares	07	CPFZ - Natacao	33.35		291	
8.	Luis Suissas Rato	09	Nautico Salvaterra Magos	33.42		289	
9.	Tomas Alexandre Santos	07	BUZIOS-Coruche	33.63		284	
10.	Gabriel Antunes Ramos	09	Rio Maior	33.67		283	
11.	Francisco Sa Lopes	10	Torres Novas	33.78		280	
12.	Andre Guilherme Anastacio	10	Nautico Abrantes	33.84		278	
13.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	34.36		266	
14.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	35.28		246	
15.	Pedro Morgado Costa	09	Rio Maior	35.33		245	
16.	Afonso Goncalves Leite	10	CLAC-Entroncamento	38.15		194	

FTL



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Prova 5, Masc., 50m Costas, S3,SB3,SM3

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Tiago Manuel Silva <i>RECORDE NACIONAL S3, FTL</i>	05 S3	CLAC-Entroncamento	1:22.87		18	

Prova 6 Femin., 50m Costas Juvenil B
07/03/2025 Resultados

Recorde Distrital ANDS Open	30.06	Mariana Veloso Vit�ria	CNAB	Tomar	30/06/2013
Recorde Distrital ANDS Juv B	31.04	Mariana Veloso Vitoria	CNAB	Coruche	15/04/2012

: 43.90

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	33.51		427	
2.	Benedita Maria Lagarinhos	11	Viver Santarem	34.20		402	
3.	Beatriz Agostinho Duque	11	20Km de Almeirim	38.83		274	
4.	Carolina Reis Lopes	11	Torres Novas	40.41		243	

Prova 6 Femin., 50m Costas Juvenil A
07/03/2025 Resultados

Recorde Distrital ANDS Open	30.06	Mariana Veloso Vit�ria	CNAB	Tomar	30/06/2013
Recorde Distrital ANDS Juv A	30.06	Mariana Veloso Vitoria	CNAB	Tomar	30/06/2013

: 41.84

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Debora Sofia Santos	10	Rio Maior	37.58		303	
2.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	38.20		288	
3.	Raquel Fernandes Samouco	10	Natacao do Tejo	46.02		165	

FTL

Prova 6 Femin., 50m Costas Junior
07/03/2025 Resultados

Recorde Distrital ANDS Open	30.06	Mariana Veloso Vit�ria	CNAB	Tomar	30/06/2013
Recorde Distrital ANDS 18 +	30.86	Maria Madalena Silva	CNAB	Tomar	14/11/2015
Recorde Distrital ANDS 17	30.70	In�s Asseiceira Ramos	CNTN	Santar�m	07/03/2020
Recorde Distrital ANDS Jun16	30.65	Rafaela Ferreira Mendes	CNTN	Leiria	08/12/2023

Jun/Sen: 39.89

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes <i>RECORDE DISTRITAL</i>	08	Torres Novas	29.69		615	
2.	Laura Prates Morais	09	Viver Santarem	33.03		446	
3.	Diana Goncalves Oliveira	07	Viver Santarem	36.59		328	
4.	Vera Almeida Rosa	09	Nautico Abrantes	37.16		313	
5.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	37.58		303	
6.	Ines Silva Lima	09	Nautico Abrantes	39.53		260	
7.	Iris Simoes Martins	08	CLAC-Entroncamento	40.45		243	

FTL

DNS	Carlota Pereira Sousa	08	Viver Santarem				
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Prova 6, Femin., 50m Costas

Prova 6 Femin., 50m Costas Senior
07/03/2025 Resultados

Recorde Distrital ANDS Open	30.06	Mariana Veloso Vit�ria	CNAB	Tomar	30/06/2013
Recorde Distrital ANDS 18 +	30.86	Maria Madalena Silva	CNAB	Tomar	14/11/2015

Jun/Sen: 39.89

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Isabel Carlota	05	BUZIOS-Coruche	36.54		329	
2.	Barbara Maia Freitas	06	CLAC-Entroncamento	37.09		315	
3.	Marta Chambel Dias	02	CLAC-Entroncamento	41.19		230	

FTL

Prova 7 Masc., 4 x 50m Livres Juvenil
07/03/2025 Resultados

Recorde Distrital ANDS Juv A	1:43.02	Viver Santarem-Soc Cult Desporto	TV Ssmo Ge:CorucheEM SA	15/03/2019
Recorde Distrital ANDS Juv	1:43.02	Viver Santarem-Soc Cult Desporto	TV Ssmo Ge:CorucheEM SA	15/03/2019
Recorde Distrital ANDS Juv B	1:50.14	CNTN	CNTN Torres Novas	09/01/2010
Recorde Distrital ANDS Abs	1:37.50	Viver Santarem-Soc Cult Desporto	TV Ssmo Ge:Torres Novas:A	30/04/2023

JUV A E B : 2:12.00 / Juv A: 2:08.00; Juv B: 2:16.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Nautico Abrantes 1		Nautico Abrantes	1:48.38		429	
50m: 26.61 26.61	100m: 54.49	27.88 150m: 1:22.67	28.18	200m: 1:48.38	25.71	
2. Rio Maior 1		Rio Maior	1:51.46		395	
50m: 26.90 26.90	100m: 54.61	27.71 150m: 1:22.90	28.29	200m: 1:51.46	28.56	

Prova 7 Masc., 4 x 50m Livres Junior/Senior
07/03/2025 Resultados

Recorde Distrital ANDS Sen	1:38.39	CNTN	CNTN �bidos	16/12/2007
Recorde Distrital ANDS Jun18	1:47.80	SFUS	SFUS Tomar	24/11/2012
Recorde Distrital ANDS Jun	1:40.42	CNTN	CNTN Porto	11/12/2015
Recorde Distrital ANDS Jun17	1:41.69	VS	VS Santar�m	06/03/2020
Recorde Distrital ANDS Abs	1:37.50	Viver Santarem-Soc Cult Desporto	TV Ssmo Ge:Torres Novas:A	30/04/2023

: 2:04.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS		Torres Novas 1				
		Torres Novas				



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Prova 8 Femin., 4 x 50m Livres Juvenil
07/03/2025 Resultados

Recorde Distrital ANDS Juv A	1:58.92	Clube de Natacao de Torres Novas CNTN	Coruche	26/02/2016
Recorde Distrital ANDS Juv	1:58.63	Clube Natacao de Rio Maior CNRM	Tomar	19/11/2017
Recorde Distrital ANDS Juv B	2:01.10	CNTN	Tomar	28/11/2014
Recorde Distrital ANDS Abs	1:51.73	Clube de Natacao de Torres Novas CNTN	Santarém	06/03/2020

Juv A: 2:28.00; Juv B: 2:36.00 / JUV A E B : 2:33.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. Torres Novas 1		Torres Novas	2:07.14		385						
50m:	32.46	32.46	100m:	1:03.64	31.18	150m:	1:37.90	34.26	200m:	2:07.14	29.24

Prova 8 Femin., 4 x 50m Livres Junior/Senior
07/03/2025 Resultados

Recorde Distrital ANDS 18 +	2:00.58	AVQA	AVQA	Tomar	24/11/2012
Recorde Distrital ANDS 16 - 17	1:54.68	Clube de Natacao de Torres Novas CNTN	Coruche	11/03/2017	
Recorde Distrital ANDS Abs	1:51.73	Clube de Natacao de Torres Novas CNTN	Santarém	06/03/2020	

: 2:24.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. BUZIOS-Coruche 1		BUZIOS-Coruche	2:06.63		389						
50m:	30.75	30.75	100m:	1:00.83	30.08	150m:	1:31.28	30.45	200m:	2:06.63	35.35
2. CLAC-Entroncamento 1		CLAC-Entroncamento	2:09.40		365						
50m:	31.48	31.48	100m:	1:04.80	33.32	150m:	1:36.96	32.16	200m:	2:09.40	32.44
DNS Viver Santarem 1		Viver Santarem									

Prova 9 Misto, 4 x 100m Livres Abs
07/03/2025 Resultados

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. BUZIOS-Coruche 1		BUZIOS-Coruche	4:02.50		509						
50m:	30.44	30.44	150m:	1:33.51	30.00	250m:	2:33.19	27.47	350m:	3:31.62	28.49
100m:	1:03.51	33.07	200m:	2:05.72	32.21	300m:	3:03.13	29.94	400m:	4:02.50	30.88
2. Torres Novas 1		Torres Novas	4:07.52		478						
50m:	31.55	31.55	150m:	1:34.42	30.24	250m:	2:34.77	28.14	350m:	3:35.24	29.59
100m:	1:04.18	32.63	200m:	2:06.63	32.21	300m:	3:05.65	30.88	400m:	4:07.52	32.28
3. Rio Maior 1		Rio Maior	4:27.54		379						
50m:	28.91	28.91	150m:	1:36.34	34.73	250m:	2:46.57	31.97	350m:	3:52.61	30.88
100m:	1:01.61	32.70	200m:	2:14.60	38.26	300m:	3:21.73	35.16	400m:	4:27.54	34.93
4. CLAC-Entroncamento 1		CLAC-Entroncamento	4:32.59		358						
50m:	30.32	30.32	150m:	1:38.73	35.15	250m:	2:52.94	36.63	350m:	4:01.54	27.25
100m:	1:03.58	33.26	200m:	2:16.31	37.58	300m:	3:34.29	41.35	400m:	4:32.59	31.05
EXH Nautico Abrantes 2		Nautico Abrantes	5:11.71		239						
50m:	35.18	35.18	150m:	1:54.02	39.76	250m:	3:19.28	40.42	350m:	4:37.09	32.56
100m:	1:14.26	39.08	200m:	2:38.86	44.84	300m:	4:04.53	45.25	400m:	5:11.71	34.62



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Prova 10, Misto, 4 x 50m Livres

Prova 10 Misto, 4 x 50m Livres Infantis
07/03/2025 Resultados

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Torres Novas 1		Torres Novas	2:02.45		362	
50m: 31.82 31.82	100m: 1:04.86	33.04 150m: 1:34.33	29.47	200m: 2:02.45	28.12	
2. BUZIOS-Coruche 1		BUZIOS-Coruche	2:05.73		335	
50m: 30.54 30.54	100m: 1:03.41	32.87 150m: 1:33.44	30.03	200m: 2:05.73	32.29	
3. Rio Maior 1		Rio Maior	2:09.42		307	
50m: 30.09 30.09	100m: 1:04.21	34.12 150m: 1:39.29	35.08	200m: 2:09.42	30.13	
4. Uniao Samorense 1		Uniao Samorense	2:21.56		234	
50m: 32.67 32.67	100m: 1:11.64	38.97 150m: 1:44.05	32.41	200m: 2:21.56	37.51	

2 - 2ª SESSÃO

08/03/2025

Prova 11 Femin., 1500m Livres Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS Juv B	17:57.44	Mafalda Sofia Rosa	CNRM	Santarem	15/01/2017

: 24:25.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Sofia Barroca Pereira	11	BUZIOS-Coruche	19:16.31		484		
50m: 34.62 300m: 3:46.71	550m: 6:58.75	800m: 10:13.20	1050m: 13:30.05	1300m: 16:47.14			
100m: 1:12.01 350m: 4:25.36	600m: 7:37.28	850m: 10:52.39	1100m: 14:09.47	1350m: 17:25.64			
150m: 1:50.12 400m: 5:03.42	650m: 8:15.95	900m: 11:31.87	1150m: 14:49.09	1400m: 18:03.62			
200m: 2:29.33 450m: 5:42.01	700m: 8:55.34	950m: 12:11.18	1200m: 15:28.28	1450m: 18:41.64			
250m: 3:08.14 500m: 6:20.48	750m: 9:34.49	1000m: 12:50.62	1250m: 16:07.70	1500m: 19:16.31			

Prova 11 Femin., 1500m Livres Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS Juv A	17:22.70	Mafalda Sofia Rosa	CNRM	Tomar	18/11/2017

: 23:49.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Leonor Sombreiro Martins	10	BUZIOS-Coruche	18:33.24		543		
50m: 32.36 300m: 3:37.16	550m: 6:43.74	800m: 9:51.36	1050m: 13:00.71	1300m: 16:08.78			
100m: 1:08.51 350m: 4:14.39	600m: 7:21.50	850m: 10:29.06	1100m: 13:38.79	1350m: 16:45.87			
150m: 1:45.33 400m: 4:51.67	650m: 7:59.15	900m: 11:07.07	1150m: 14:16.50	1400m: 17:23.03			
200m: 2:22.53 450m: 5:28.86	700m: 8:36.34	950m: 11:44.71	1200m: 14:54.02	1450m: 17:59.70			
250m: 2:59.70 500m: 6:06.30	750m: 9:13.81	1000m: 12:22.67	1250m: 15:31.58	1500m: 18:33.24			



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 11, Femin., 1500m Livres

Prova 11	Femin., 1500m Livres					Junior
08/03/2025						Resultados
Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023	
Recorde Distrital ANDS 18 +	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023	
Recorde Distrital ANDS 17	17:00.30	Mafalda Sofia Rosa	CNRM	Felgueiras	20/12/2019	
Recorde Distrital ANDS Jun16	17:03.84	Mafalda Sofia Rosa	CNRM	CORUCHE	15/03/2019	

Jun/Sen: 23:17.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	20:12.45		420	
	50m: 34.93	300m: 3:54.12	550m: 7:16.39	800m: 10:38.28	1050m: 14:04.29	1300m: 17:31.07	
	100m: 1:14.09	350m: 4:34.14	600m: 7:56.38	850m: 11:19.57	1100m: 14:45.00	1350m: 18:12.18	
	150m: 1:53.46	400m: 5:14.31	650m: 8:36.20	900m: 12:00.82	1150m: 15:26.78	1400m: 18:53.34	
	200m: 2:33.46	450m: 5:54.73	700m: 9:17.22	950m: 12:41.76	1200m: 16:07.84	1450m: 19:34.39	
	250m: 3:13.69	500m: 6:36.01	750m: 9:57.92	1000m: 13:23.50	1250m: 16:49.51	1500m: 20:12.45	
2.	Carolina Santos Carrilho	08	CLAC-Entroncamento	22:25.43		307	
	50m: 38.30	300m: 4:17.30	550m: 8:01.40	800m: 11:47.56	1050m: 15:36.15	1300m: 19:25.82	
	100m: 1:20.69	350m: 5:01.81	600m: 8:47.33	850m: 12:33.14	1100m: 16:22.44	1350m: 20:11.16	
	150m: 2:04.68	400m: 5:46.04	650m: 9:32.24	900m: 13:18.82	1150m: 17:08.27	1400m: 20:56.88	
	200m: 2:48.28	450m: 6:31.43	700m: 10:17.36	950m: 14:04.71	1200m: 17:54.17	1450m: 21:41.94	
	250m: 3:32.67	500m: 7:16.48	750m: 11:02.32	1000m: 14:50.43	1250m: 18:40.37	1500m: 22:25.43	

Prova 12 Masc., 100m Livres Infantil B

08/03/2025						Resultados
Recorde Distrital ANDS Open	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022	
Recorde Distrital ANDS Inf B	58.15	Joao Diogo Lopes	VS	Coruche	16/03/2014	

: 1:24.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Francisco Grave Reis	12	Rio Maior	1:06.81		302	
	50m: 31.43	100m: 1:06.81					
2.	Salvador Henrique Vieira	12	Torres Novas	1:08.34		282	
	50m: 32.83	100m: 1:08.34					
3.	Santiago Raposo Fernandes	12	20Km de Almeirim	1:10.34		259	
	50m: 33.18	100m: 1:10.34					
4.	Gabriel Mocanu	12	Uniao Samorense	1:11.88		242	
	50m: 34.08	100m: 1:11.88					
5.	Martim Rocha Silva	12	Gualdim Pais	1:15.40		210	
	50m: 35.94	100m: 1:15.40					
6.	Lourenco Filipe Costa	12	20Km de Almeirim	1:17.56		193	
	50m: 35.61	100m: 1:17.56					
7.	Cassiel Xavier Cabral	12	Uniao Samorense	1:19.76		177	
	50m: 38.86	100m: 1:19.76					
8.	Sandro Jose Tomas	12	BUZIOS-Coruche	1:22.34		161	
	50m: 38.45	100m: 1:22.34					
9.	Dinis Alexandre Santos	12	Torres Novas	1:23.66		153	
	50m: 39.45	100m: 1:23.66					
10.	Gabriel Fernandes Samouco	12	Natacao do Tejo	1:24.12		151	
	<i>FTL</i>						
	50m: 40.34	100m: 1:24.12					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 12, Masc., 100m Livres, Infantil B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Artur Miguel Silva <i>FTL</i>	12	Natacao do Tejo	1:24.34		150	
	50m: 39.85	100m: 1:24.34					
12.	Isaac Lourenco Marques <i>FTL</i>	12	BUZIOS-Coruche	1:48.15		71	
	50m: 50.12	100m: 1:48.15					
DSQ	Rodrigo Miranda Rosa	12	Uniao Samorense				
	<i>SW 10.16 - O atleta interrompeu o percurso e recebeu instruções do treinador</i>						

Prova 12 Masc., 100m Livres Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Inf A	56.70	Bernardo Jorge Simoes	CNTN	Tomar	20/03/2016
: 1:18.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Martim Maria Salvador	11	Nautico Salvaterra Magos	1:02.37		371	
	50m: 29.79	100m: 1:02.37					
2.	Manuel Maria Moniz	11	20Km de Almeirim	1:03.96		344	
	50m: 30.54	100m: 1:03.96					
3.	Duarte Moura Mendes	11	Torres Novas	1:04.00		343	
	50m: 30.66	100m: 1:04.00					
4.	Francisco Maria Dias	11	Viver Santarem	1:04.17		341	
	50m: 31.05	100m: 1:04.17					
5.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	1:06.53		306	
	50m: 31.88	100m: 1:06.53					
6.	Luca Cristian Irimia	11	Uniao Samorense	1:07.46		293	
	50m: 31.71	100m: 1:07.46					
7.	Diogo Chambel Santos	11	Nautico Abrantes	1:07.61		291	
	50m: 32.44	100m: 1:07.61					
8.	Martim Miguel Santos	11	Rio Maior	1:08.45		281	
	50m: 32.65	100m: 1:08.45					
9.	Dinis Oliveira Nunes	11	BUZIOS-Coruche	1:10.50		257	
	50m: 34.07	100m: 1:10.50					
10.	Artur Alexandre Silva	11	20Km de Almeirim	1:11.33		248	
	50m: 34.84	100m: 1:11.33					
11.	Gabriel Antonio Marques	11	Nautico Abrantes	1:13.45		227	
	50m: 35.57	100m: 1:13.45					
12.	Afonso Tomas Antunes	11	Natacao do Tejo	1:15.66		208	
	50m: 35.08	100m: 1:15.66					
13.	Antonio Francisco Rouxinol <i>FTL</i>	11	BUZIOS-Coruche	1:19.44		179	
	50m: 34.77	100m: 1:19.44					
14.	Salvador Miguel Silva <i>FTL</i>	11	Viver Santarem	1:22.40		161	
	50m: 38.67	100m: 1:22.40					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 12, Masc., 100m Livres, Infantil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Sebastiao Maria Borlinhas <i>FTL</i>	11	BUZIOS-Coruche	1:23.15		156	
	50m: 38.09	100m: 1:23.15					

Prova 12

Masc., 100m Livres

Juvenil B

08/03/2025

Resultados

Recorde Distrital ANDS Open	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Juv B	53.89	Frederico Sucena Riachos	NSCG	Tomar	30/06/2013

: 1:15.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10	BUZIOS-Coruche	59.18		434	
	50m: 28.44	100m: 59.18					
2.	Francisco Manuel Cadete	10	Nautico Abrantes	59.39		430	
	50m: 27.94	100m: 59.39					
3.	Daniel Filipe Jorge	10	Rio Maior	1:00.85		400	
	50m: 29.20	100m: 1:00.85					
4.	Tiago Frazao Barra	10	Rio Maior	1:01.17		393	
	50m: 29.53	100m: 1:01.17					
5.	Tiago Goncalves Vieira	10	Gualdim Pais	1:01.48		387	
	50m: 29.57	100m: 1:01.48					
6.	Francisco Sa Lopes	10	Torres Novas	1:02.77		364	
	50m: 30.31	100m: 1:02.77					
7.	Andre Guilherme Anastacio	10	Nautico Abrantes	1:03.25		356	
	50m: 29.84	100m: 1:03.25					
8.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	1:03.35		354	
	50m: 30.25	100m: 1:03.35					
9.	Luis Miguel Reis	10	Rio Maior	1:05.72		317	
	50m: 31.97	100m: 1:05.72					
10.	Guilherme Martins Conceicao	10	Viver Santarem	1:07.14		297	
	50m: 32.58	100m: 1:07.14					
11.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	1:09.86		264	
	50m: 33.47	100m: 1:09.86					
12.	Guilherme Ferreira Leitao	10	Viver Santarem	1:29.47		125	
	<i>FTL</i>						
	50m: 38.49	100m: 1:29.47					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 12, Masc., 100m Livres

Prova 12 Masc., 100m Livres Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Juv A	52.32	Paulo Vakulyuk	CNTN	Torres Novas	12/01/2019

: 1:11.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Miguel Silva Lima	09	Nautico Abrantes	57.31		478	
	50m: 27.59 100m: 57.31						
2.	Pedro Morgado Costa	09	Rio Maior	57.68		469	
	50m: 27.89 100m: 57.68						
3.	Luis Suissas Rato	09	Nautico Salvaterra Magos	59.56		426	
	50m: 28.28 100m: 59.56						
4.	Diogo Rodrigues Gomes	09	Natacao do Tejo	1:06.26		309	
	50m: 31.18 100m: 1:06.26						
5.	Rodrigo Duque Dias	09	CLAC-Entroncamento	1:09.14		272	
	50m: 32.87 100m: 1:09.14						
6.	Jose Tomas Martins	09	BUZIOS-Coruche	1:17.22		195	
	<i>FTL</i>						
	50m: 36.46 100m: 1:17.22						

Prova 12 Masc., 100m Livres Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Jun18	51.49	Francisco Sucena Riachos	NSCG	Porto	11/12/2015
Recorde Distrital ANDS Jun17	51.46	Paulo Vakulyuk	CNTN	Felgueiras	20/12/2019

Jun/Sen: 1:09.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	57.57		472	
	50m: 27.81 100m: 57.57						
2.	Tomas Alexandre Santos	07	BUZIOS-Coruche	58.33		454	
	50m: 28.25 100m: 58.33						
3.	Simao Pedro Oliveira	07	Torres Novas	59.20		434	
	50m: 28.50 100m: 59.20						
4.	Bernardo Pereira Simoes	07	Torres Novas	1:01.26		392	
	50m: 30.00 100m: 1:01.26						
5.	Leonardo Gomes Silva	08	Rio Maior	1:02.13		375	
	50m: 29.37 100m: 1:02.13						
6.	Martim Silva Oliveira	08	Torres Novas	1:05.30		323	
	50m: 31.40 100m: 1:05.30						
7.	Miguel Tomas Amaral	08	Natacao do Tejo	1:10.22		260	
	<i>FTL</i>						
	50m: 34.12 100m: 1:10.22						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 12, Masc., 100m Livres

Prova 12 Masc., 100m Livres Senior
08/03/2025 Resultados

Recorde Distrital ANDS Open	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Sen	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022

Jun/Sen: 1:09.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Antonio Pires	05	Torres Novas	55.18		536	
	50m: 26.50 100m: 55.18						
2.	Artur Rafael Saramago	97	BUZIOS-Coruche	55.59		524	
	50m: 26.84 100m: 55.59						
3.	Afonso Formigo Pinho	06	Torres Novas	56.48		500	
	50m: 27.30 100m: 56.48						
4.	Pedro Pereira Lopes	99	BUZIOS-Coruche	57.84		465	
	50m: 28.03 100m: 57.84						
5.	Diogo Daniel Simoes	99	Rio Maior	1:04.76		331	
	50m: 30.86 100m: 1:04.76						
6.	Eliseu Manuel Tavares	99	Uniao Samorense	1:05.17		325	
	50m: 30.79 100m: 1:05.17						
7.	Miguel Dores Martins	90	Natacao do Tejo	1:11.90		242	
	<i>FTL</i>						
	50m: 33.93 100m: 1:11.90						
8.	Tiago Manuel Silva	05 S3	CLAC-Entroncamento	2:16.72		35	
	<i>RECORDE NACIONAL S3, FTL</i>						
	50m: 1:06.31 100m: 2:16.72						

Prova 12 Masc., 100m Livres S3,SB3,SM3
08/03/2025 Resultados

Recorde Distrital ANDS Open	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Sen	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Jun18	51.49	Francisco Sucena Riachos	NSCG	Porto	11/12/2015
Recorde Distrital ANDS Jun17	51.46	Paulo Vakulyuk	CNTN	Felgueiras	20/12/2019
Recorde Distrital ANDS Juv A	52.32	Paulo Vakulyuk	CNTN	Torres Novas	12/01/2019
Recorde Distrital ANDS Juv B	53.89	Frederico Sucena Riachos	NSCG	Tomar	30/06/2013
Recorde Distrital ANDS Inf A	56.70	Bernardo Jorge Simoes	CNTN	Tomar	20/03/2016
Recorde Distrital ANDS Inf B	58.15	Joao Diogo Lopes	VS	Coruche	16/03/2014

Inf A: 1:18.00; Inf B: 1:24.00; Juv A: 1:11.00; Juv B: 1:15.00; Jun/Sen: 1:09.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Antonio Pires	05	Torres Novas	55.18		536	
	50m: 26.50 100m: 55.18						
2.	Artur Rafael Saramago	97	BUZIOS-Coruche	55.59		524	
	50m: 26.84 100m: 55.59						
3.	Afonso Formigo Pinho	06	Torres Novas	56.48		500	
	50m: 27.30 100m: 56.48						
4.	Miguel Silva Lima	09	Nautico Abrantes	57.31		478	
	50m: 27.59 100m: 57.31						
5.	Joao Pedro Monteiro	08	BUZIOS-Coruche	57.57		472	
	50m: 27.81 100m: 57.57						
6.	Pedro Morgado Costa	09	Rio Maior	57.68		469	
	50m: 27.89 100m: 57.68						



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Coruche, 7, 8, e 9 Março 2025

Prova 12, Masc., 100m Livres, S3,SB3,SM3

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Pedro Pereira Lopes 50m: 28.03 100m: 57.84	99	BUZIOS-Coruche	57.84		465	
8.	Tomas Alexandre Santos 50m: 28.25 100m: 58.33	07	BUZIOS-Coruche	58.33		454	
9.	David Filipe Pacheco 50m: 28.44 100m: 59.18	10	BUZIOS-Coruche	59.18		434	
10.	Simao Pedro Oliveira 50m: 28.50 100m: 59.20	07	Torres Novas	59.20		434	
11.	Francisco Manuel Cadete 50m: 27.94 100m: 59.39	10	Nautico Abrantes	59.39		430	
12.	Luis Suissas Rato 50m: 28.28 100m: 59.56	09	Nautico Salvaterra Magos	59.56		426	
13.	Daniel Filipe Jorge 50m: 29.20 100m: 1:00.85	10	Rio Maior	1:00.85		400	
14.	Tiago Frazao Barra 50m: 29.53 100m: 1:01.17	10	Rio Maior	1:01.17		393	
15.	Bernardo Pereira Simoes 50m: 30.00 100m: 1:01.26	07	Torres Novas	1:01.26		392	
16.	Tiago Goncalves Vieira 50m: 29.57 100m: 1:01.48	10	Gualdim Pais	1:01.48		387	
17.	Leonardo Gomes Silva 50m: 29.37 100m: 1:02.13	08	Rio Maior	1:02.13		375	
18.	Martim Maria Salvador 50m: 29.79 100m: 1:02.37	11	Nautico Salvaterra Magos	1:02.37		371	
19.	Francisco Sa Lopes 50m: 30.31 100m: 1:02.77	10	Torres Novas	1:02.77		364	
20.	Andre Guilherme Anastacio 50m: 29.84 100m: 1:03.25	10	Nautico Abrantes	1:03.25		356	
21.	Guilherme Gomes Nunes 50m: 30.25 100m: 1:03.35	10	Nautico Salvaterra Magos	1:03.35		354	
22.	Manuel Maria Moniz 50m: 30.54 100m: 1:03.96	11	20Km de Almeirim	1:03.96		344	
23.	Duarte Moura Mendes 50m: 30.66 100m: 1:04.00	11	Torres Novas	1:04.00		343	
24.	Francisco Maria Dias 50m: 31.05 100m: 1:04.17	11	Viver Santarem	1:04.17		341	
25.	Diogo Daniel Simoes 50m: 30.86 100m: 1:04.76	99	Rio Maior	1:04.76		331	
26.	Eliseu Manuel Tavares 50m: 30.79 100m: 1:05.17	99	Uniao Samorense	1:05.17		325	
27.	Martim Silva Oliveira 50m: 31.40 100m: 1:05.30	08	Torres Novas	1:05.30		323	
28.	Luis Miguel Reis 50m: 31.97 100m: 1:05.72	10	Rio Maior	1:05.72		317	
29.	Diogo Rodrigues Gomes 50m: 31.18 100m: 1:06.26	09	Natacao do Tejo	1:06.26		309	
30.	Heliodoro Joao Sombreiro 50m: 31.88 100m: 1:06.53	11	BUZIOS-Coruche	1:06.53		306	



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 12, Masc., 100m Livres, S3,SB3,SM3

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	Francisco Grave Reis	12	Rio Maior	1:06.81		302	
	50m: 31.43	100m: 1:06.81					
32.	Guilherme Martins Conceicac10		Viver Santarem	1:07.14		297	
	50m: 32.58	100m: 1:07.14					
33.	Luca Cristian Irimia	11	Uniao Samorense	1:07.46		293	
	50m: 31.71	100m: 1:07.46					
34.	Diogo Chambel Santos	11	Nautico Abrantes	1:07.61		291	
	50m: 32.44	100m: 1:07.61					
35.	Salvador Henrique Vieira	12	Torres Novas	1:08.34		282	
	50m: 32.83	100m: 1:08.34					
36.	Martim Miguel Santos	11	Rio Maior	1:08.45		281	
	50m: 32.65	100m: 1:08.45					
37.	Rodrigo Duque Dias	09	CLAC-Entroncamento	1:09.14		272	
	50m: 32.87	100m: 1:09.14					
38.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	1:09.86		264	
	50m: 33.47	100m: 1:09.86					
39.	Miguel Tomas Amaral	08	Natacao do Tejo	1:10.22		260	
	<i>FTL</i>						
	50m: 34.12	100m: 1:10.22					
40.	Santiago Raposo Fernandes	12	20Km de Almeirim	1:10.34		259	
	50m: 33.18	100m: 1:10.34					
41.	Dinis Oliveira Nunes	11	BUZIOS-Coruche	1:10.50		257	
	50m: 34.07	100m: 1:10.50					
42.	Artur Alexandre Silva	11	20Km de Almeirim	1:11.33		248	
	50m: 34.84	100m: 1:11.33					
43.	Gabriel Mocanu	12	Uniao Samorense	1:11.88		242	
	50m: 34.08	100m: 1:11.88					
44.	Miguel Dores Martins	90	Natacao do Tejo	1:11.90		242	
	<i>FTL</i>						
	50m: 33.93	100m: 1:11.90					
45.	Gabriel Antonio Marques	11	Nautico Abrantes	1:13.45		227	
	50m: 35.57	100m: 1:13.45					
46.	Martim Rocha Silva	12	Gualdim Pais	1:15.40		210	
	50m: 35.94	100m: 1:15.40					
47.	Afonso Tomas Antunes	11	Natacao do Tejo	1:15.66		208	
	50m: 35.08	100m: 1:15.66					
48.	Jose Tomas Martins	09	BUZIOS-Coruche	1:17.22		195	
	<i>FTL</i>						
	50m: 36.46	100m: 1:17.22					
49.	Lourenco Filipe Costa	12	20Km de Almeirim	1:17.56		193	
	50m: 35.61	100m: 1:17.56					
50.	Antonio Francisco Rouxinol	11	BUZIOS-Coruche	1:19.44		179	
	<i>FTL</i>						
	50m: 34.77	100m: 1:19.44					
51.	Cassiel Xavier Cabral	12	Uniao Samorense	1:19.76		177	
	50m: 38.86	100m: 1:19.76					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 12, Masc., 100m Livres, S3,SB3,SM3

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	Sandro Jose Tomas 50m: 38.45 100m: 1:22.34	12	BUZIOS-Coruche	1:22.34		161	
53.	Salvador Miguel Silva <i>FTL</i> 50m: 38.67 100m: 1:22.40	11	Viver Santarem	1:22.40		161	
54.	Sebastiao Maria Borlinhas <i>FTL</i> 50m: 38.09 100m: 1:23.15	11	BUZIOS-Coruche	1:23.15		156	
55.	Dinis Alexandre Santos 50m: 39.45 100m: 1:23.66	12	Torres Novas	1:23.66		153	
56.	Gabriel Fernandes Samouco <i>FTL</i> 50m: 40.34 100m: 1:24.12	12	Natacao do Tejo	1:24.12		151	
57.	Artur Miguel Silva <i>FTL</i> 50m: 39.85 100m: 1:24.34	12	Natacao do Tejo	1:24.34		150	
58.	Guilherme Ferreira Leitao <i>FTL</i> 50m: 38.49 100m: 1:29.47	10	Viver Santarem	1:29.47		125	
59.	Isaac Lourenco Marques <i>FTL</i> 50m: 50.12 100m: 1:48.15	12	BUZIOS-Coruche	1:48.15		71	
60.	Tiago Manuel Silva <i>RECORDE NACIONAL S3, FTL</i> 50m: 1:06.31 100m: 2:16.72	05 S3	CLAC-Entroncamento	2:16.72		35	
DSQ	Rodrigo Miranda Rosa <i>SW 10.16 - O atleta interrompeu o percurso e recebeu instruções do treinador</i>	12	Uniao Samoreense				

Prova 13
08/03/2025

Femin., 100m Livres

Infantil B
Resultados

Recorde Distrital ANDS Open	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Inf B	1:05.17	Marta Sousa Oliveira	CNTN	Abrantes	13/04/2013
: 1:30.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia 50m: 34.47 100m: 1:13.91	13	Torres Novas	1:13.91		314	
2.	Eva Sousa Alfaiate 50m: 38.21 100m: 1:22.29	13	Torres Novas	1:22.29		227	
3.	Marta Bento Ferreira 50m: 39.64 100m: 1:24.59	13	Viver Santarem	1:24.59		209	
4.	Matilde Peixoto Amado 50m: 40.02 100m: 1:25.49	13	Natacao do Tejo	1:25.49		203	
5.	Matilde Maria Neto 50m: 41.79 100m: 1:25.72	13	Uniao Samoreense	1:25.72		201	
6.	Leonor Chambel Santos 50m: 42.50 100m: 1:26.21	13	Nautico Abrantes	1:26.21		198	



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Prova 13, Femin., 100m Livres, Infantil B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Mariana Ferreira Silva	13	Torres Novas	1:27.22		191	
	50m: 40.59 100m: 1:27.22						
8.	Mariana Beatriz Goncalves	13	Uniao Samorense	1:27.52		189	
	50m: 41.17 100m: 1:27.52						
9.	Mafalda Ines Martinho	13	CLAC-Entroncamento	1:29.32		178	
	50m: 42.94 100m: 1:29.32						
10.	Mariana Grangeia Massot	13	Natacao do Tejo	1:31.17		167	
	<i>FTL</i> 50m: 42.33 100m: 1:31.17						
11.	Constanca Mendao Silva	13	Rio Maior	1:31.96		163	
	<i>FTL</i> 50m: 43.03 100m: 1:31.96						
DNS	Valentina Rodrigues Feijao	13	Nautico Salvaterra Magos				

Prova 13
08/03/2025

Femin., 100m Livres

Infantil A
Resultados

Recorde Distrital ANDS Open	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Inf A	1:02.99	Carina Alexandra Alves	CNRM	Sines	08/04/2017
: 1:24.50					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rita Gomes Valentim	12	Torres Novas	1:06.36		434	
	50m: 31.49 100m: 1:06.36						
2.	Marta Costa Soares	12	Uniao Samorense	1:10.10		368	
	50m: 33.40 100m: 1:10.10						
3.	Rita Balsa Alves	12	BUZIOS-Coruche	1:11.05		353	
	50m: 34.58 100m: 1:11.05						
4.	Alicia Lopes Deep	12	BUZIOS-Coruche	1:11.25		350	
	50m: 33.98 100m: 1:11.25						
5.	Diana Marques Maquilao	12	Nautico Salvaterra Magos	1:14.36		308	
	50m: 35.59 100m: 1:14.36						
6.	Margarida Madeira Pires	12	Rio Maior	1:14.85		302	
	50m: 35.80 100m: 1:14.85						
7.	Juliana Antunes Monteiro	12	Gualdim Pais	1:16.48		283	
	50m: 36.80 100m: 1:16.48						
8.	Maria Pais Santos	12	BUZIOS-Coruche	1:16.75		280	
	50m: 36.63 100m: 1:16.75						
9.	Ana Leonor Lopes	12	Rio Maior	1:17.20		275	
	50m: 36.43 100m: 1:17.20						
10.	Laura Sofia Graca	12	Uniao Samorense	1:21.38		235	
	50m: 38.66 100m: 1:21.38						
11.	Ana Marisa Simples	12	Uniao Samorense	1:24.01		214	
	50m: 40.19 100m: 1:24.01						
12.	Maria Francisca Pinheiro	12	Nautico Abrantes	1:25.40		203	
	<i>FTL</i> 50m: 40.64 100m: 1:25.40						



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Prova 13, Femin., 100m Livres, Infantil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Joana Verissimo Tavares <i>FTL</i>	12	CLAC-Entroncamento	1:26.28		197	
	50m: 40.06 100m: 1:26.28						
14.	Carolina Maria Quinta <i>FTL</i>	12	Torres Novas	1:27.68		188	
	50m: 42.02 100m: 1:27.68						
15.	Laura Amaro Marques <i>FTL</i>	12	Torres Novas	1:28.70		181	
	50m: 41.35 100m: 1:28.70						
16.	Ines Santos Pina <i>FTL</i>	12	CLAC-Entroncamento	1:30.56		170	
	50m: 43.83 100m: 1:30.56						

Prova 13
08/03/2025

Femin., 100m Livres

Juvenil B
Resultados

Recorde Distrital ANDS Open	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Juv B	1:00.11	Margarida Claudino Nicolau	CNTN	Tomar	15/12/2018
: 1:21.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11	BUZIOS-Coruche	1:04.76		467	
	50m: 31.03 100m: 1:04.76						
2.	Margarida Pinho Formigo	11	Torres Novas	1:07.53		412	
	50m: 32.32 100m: 1:07.53						
3.	Mariana Freitas Mota	11	Torres Novas	1:10.24		366	
	50m: 34.65 100m: 1:10.24						
4.	Carolina Reis Lopes	11	Torres Novas	1:14.41		307	
	50m: 35.66 100m: 1:14.41						
5.	Beatriz Agostinho Duque	11	20Km de Almeirim	1:16.99		278	
	50m: 36.54 100m: 1:16.99						
6.	Beatriz Isabel Moura	11	Nautico Abrantes	1:17.15		276	
	50m: 37.13 100m: 1:17.15						
7.	Catarina Leonor Pereira	11	CLAC-Entroncamento	1:18.40		263	
	50m: 37.51 100m: 1:18.40						

Prova 13
08/03/2025

Femin., 100m Livres

Juvenil A
Resultados

Recorde Distrital ANDS Open	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Juv A	59.57	Carolina Marques Neves	CNTN	Torres Novas	08/05/2016
: 1:19.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Leonor Lopes	10	Torres Novas	1:03.62		492	
	50m: 30.71 100m: 1:03.62						
2.	Lara Paixao Silva	10	Rio Maior	1:05.71		447	
	50m: 31.42 100m: 1:05.71						
3.	Debora Sofia Santos	10	Rio Maior	1:09.53		377	
	50m: 33.37 100m: 1:09.53						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 13, Femin., 100m Livres, Juvenil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Flor Fortunata Ferreira	10	Gualdim Pais	1:10.09		368	
	50m: 33.17	100m: 1:10.09					
5.	Angela Maria Pereira	10	Nautico Salvaterra Magos	1:12.70		330	
	50m: 35.20	100m: 1:12.70					
DSQ	Raquel Fernandes Samouco	10	Natacao do Tejo				
	<i>SW 4.4 - Falsa partida</i>						

Prova 13
08/03/2025

Femin., 100m Livres

Junior
Resultados

Recorde Distrital ANDS Open	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS 18 +	58.34	Julia Matos Lopes	VS	Tomar	30/06/2013
Recorde Distrital ANDS 17	57.90	Ariana Espirito Louro	SFGP	Leiria	26/11/2021
Recorde Distrital ANDS Jun16	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021

Jun/Sen: 1:14.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	59.38		606	
	50m: 28.79	100m: 59.38					
2.	Maria Madalena Monteiro	08	Gualdim Pais	1:04.90		464	
	50m: 31.02	100m: 1:04.90					
3.	Laura Brites Costa	09	Rio Maior	1:07.72		408	
	50m: 32.29	100m: 1:07.72					
4.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	1:09.67		375	
	50m: 33.38	100m: 1:09.67					
5.	Diana Goncalves Oliveira	07	Viver Santarem	1:09.98		370	
	50m: 33.58	100m: 1:09.98					
6.	Iris Simoes Martins	08	CLAC-Entroncamento	1:10.46		362	
	50m: 33.27	100m: 1:10.46					
7.	Vera Almeida Rosa	09	Nautico Abrantes	1:11.83		342	
	50m: 33.89	100m: 1:11.83					
8.	Leonor Marques Carvalho	09	Rio Maior	1:13.59		318	
	50m: 35.60	100m: 1:13.59					
9.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	1:14.24		310	
	<i>FTL</i>						
	50m: 35.77	100m: 1:14.24					
10.	Ines Silva Lima	09	Nautico Abrantes	1:17.33		274	
	<i>FTL</i>						
	50m: 36.85	100m: 1:17.33					
11.	Catarina Isabel Galvao	09	BUZIOS-Coruche	1:17.63		271	
	<i>FTL</i>						
	50m: 37.41	100m: 1:17.63					



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Prova 13, Femin., 100m Livres

Prova 13 Femin., 100m Livres Senior
08/03/2025 Resultados

Recorde Distrital ANDS Open	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS 18 +	58.34	Julia Matos Lopes	VS	Tomar	30/06/2013

Jun/Sen: 1:14.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Goncalves Casal	03	Torres Novas	1:01.43		547	
	50m: 29.34 100m: 1:01.43						
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	1:05.34		454	
	50m: 31.51 100m: 1:05.34						

Prova 14 Masc., 50m Bruços Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	29.09	Carlos Daniel Nunes	CNSM	Leiria	11/12/2022
Recorde Distrital ANDS Juv B	31.74	Fabio Miguel Samouco	CNTN	Tomar	01/05/2010

: 43.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Goncalves Vieira	10	Gualdim Pais	35.98		333	
2.	Guilherme Martins Conceicao	10	Viver Santarem	37.01		306	
3.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	37.81		287	
4.	Afonso Goncalves Leite	10	CLAC-Entroncamento	38.40		274	

Prova 14 Masc., 50m Bruços Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	29.09	Carlos Daniel Nunes	CNSM	Leiria	11/12/2022
Recorde Distrital ANDS Juv A	30.82	Francisco Costa Nunes	CCDSM	Tomar	18/11/2017

: 42.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Dinis Maria Garcia	09	Nautico Abrantes	33.86		400	
2.	Rodrigo Duque Dias	09	CLAC-Entroncamento	41.04		224	

Prova 14 Masc., 50m Bruços Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	29.09	Carlos Daniel Nunes	CNSM	Leiria	11/12/2022
Recorde Distrital ANDS Jun18	29.09	Carlos Daniel Nunes	CNSM	Leiria	11/12/2022
Recorde Distrital ANDS Jun17	29.52	Carlos Daniel Nunes	CNSM	Ponte de Sor	30/04/2022

Jun/Sen: 41.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tomas Alexandre Santos	07	BUZIOS-Coruche	35.21		355	
2.	Simao Pedro Oliveira	07	Torres Novas	36.00		332	
3.	Afonso Costa Soares	07	CPFZ - Natacao	36.69		314	
4.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	36.71		313	
5.	Martim Silva Oliveira	08	Torres Novas	36.92		308	
6.	Miguel Tomas Amaral	08	Natacao do Tejo	37.65		291	



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Prova 14, Masc., 50m Bruços

Prova 14 Masc., 50m Bruços Senior
08/03/2025 Resultados

Recorde Distrital ANDS Open	29.09	Carlos Daniel Nunes	CNSM	Leiria	11/12/2022
Recorde Distrital ANDS Sen	29.60	Luis Afonso Lopes	VS	Ponte de Sor	30/04/2022

Jun/Sen: 41.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Guilherme Filipe Gaboleiro	05	Rio Maior	30.88		527	
2.	Luis Filipe Viana	89	CLAC-Entroncamento	31.26		508	
3.	Ricardo Filipe Gaboleiro	05	Rio Maior	31.57		493	
4.	Artur Rafael Saramago	97	BUZIOS-Coruche	31.74		485	
5.	Goncalo Catarino Dias	00	Gualdim Pais	32.42		455	
6.	Afonso Formigo Pinho	06	Torres Novas	33.37		417	
7.	Tiago Manuel Silva	05 SB3	CLAC-Entroncamento	1:44.31		13	

FTL

Prova 14 Masc., 50m Bruços S3,SB3,SM3
08/03/2025 Resultados

Recorde Distrital ANDS Open	29.09	Carlos Daniel Nunes	CNSM	Leiria	11/12/2022
Recorde Distrital ANDS Sen	29.60	Luis Afonso Lopes	VS	Ponte de Sor	30/04/2022
Recorde Distrital ANDS Jun18	29.09	Carlos Daniel Nunes	CNSM	Leiria	11/12/2022
Recorde Distrital ANDS Jun17	29.52	Carlos Daniel Nunes	CNSM	Ponte de Sor	30/04/2022
Recorde Distrital ANDS Juv A	30.82	Francisco Costa Nunes	CCDSM	Tomar	18/11/2017
Recorde Distrital ANDS Juv B	31.74	Fabio Miguel Samouco	CNTN	Tomar	01/05/2010
Recorde Distrital ANDS Inf A	32.61	Francisco Costa Nunes	CCDSM	Tomar	19/03/2016
Recorde Distrital ANDS Inf B	34.28	Miguel Carriço Cruz	SCALAB	Entroncamento	20/05/2012

Juv A: 42.00; Juv B: 43.00; Jun/Sen: 41.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Guilherme Filipe Gaboleiro	05	Rio Maior	30.88		527	
2.	Luis Filipe Viana	89	CLAC-Entroncamento	31.26		508	
3.	Ricardo Filipe Gaboleiro	05	Rio Maior	31.57		493	
4.	Artur Rafael Saramago	97	BUZIOS-Coruche	31.74		485	
5.	Goncalo Catarino Dias	00	Gualdim Pais	32.42		455	
6.	Afonso Formigo Pinho	06	Torres Novas	33.37		417	
7.	Dinis Maria Garcia	09	Nautico Abrantes	33.86		400	
8.	Tomas Alexandre Santos	07	BUZIOS-Coruche	35.21		355	
9.	Tiago Goncalves Vieira	10	Gualdim Pais	35.98		333	
10.	Simao Pedro Oliveira	07	Torres Novas	36.00		332	
11.	Afonso Costa Soares	07	CPFZ - Natacao	36.69		314	
12.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	36.71		313	
13.	Martim Silva Oliveira	08	Torres Novas	36.92		308	
14.	Guilherme Martins Conceicao	10	Viver Santarem	37.01		306	
15.	Miguel Tomas Amaral	08	Natacao do Tejo	37.65		291	
16.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	37.81		287	
17.	Afonso Goncalves Leite	10	CLAC-Entroncamento	38.40		274	
18.	Rodrigo Duque Dias	09	CLAC-Entroncamento	41.04		224	
19.	Tiago Manuel Silva	05 SB3	CLAC-Entroncamento	1:44.31		13	

FTL



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Prova 15 Femin., 50m Bruços Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	32.72	Maria Madalena Silva	CNAB	Porto	13/12/2015
Recorde Distrital ANDS Juv B	35.64	Mafalda Gilberto Marques	CNTEJO	Tomar	01/03/2015

: 48.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	36.28		478	
2.	Mariana Freitas Mota	11	Torres Novas	39.33		375	
3.	Margarida Pinho Formigo	11	Torres Novas	39.98		357	
4.	Carolina Reis Lopes	11	Torres Novas	41.48		319	
5.	Rita Lino Ferreira	11	BUZIOS-Coruche	41.72		314	

Prova 15 Femin., 50m Bruços Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	32.72	Maria Madalena Silva	CNAB	Porto	13/12/2015
Recorde Distrital ANDS Juv A	34.95	Margarida Mateus Morais	CNTN	S Antonio dos Cavaleiros	09/12/2018

: 47.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Leonor Lopes	10	Torres Novas	39.93		358	

Prova 15 Femin., 50m Bruços Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	32.72	Maria Madalena Silva	CNAB	Porto	13/12/2015
Recorde Distrital ANDS 18 +	32.72	Maria Madalena Silva	CNAB	Porto	13/12/2015
Recorde Distrital ANDS 17	32.83	Maria Madalena Silva	CNAB	Porto	21/12/2014
Recorde Distrital ANDS Jun16	33.76	Maria Madalena Silva	CNAB	Felgueiras	20/12/2013

Jun/Sen: 46.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Brites Costa	09	Rio Maior	37.96		417	
2.	Catarina Maria Fragoso	07	Viver Santarem	38.06		414	
3.	Rafaela Ferreira Mendes	08	Torres Novas	38.18		410	
4.	Daniela Santos Carrilho	08	CLAC-Entroncamento	41.13		328	
5.	Leonor Marques Carvalho	09	Rio Maior	42.52		297	
6.	Iris Simoes Martins	08	CLAC-Entroncamento	43.67		274	
7.	Maria Ines Campos	09	Nautico Abrantes	44.83		253	

Prova 15 Femin., 50m Bruços Senior
08/03/2025 Resultados

Recorde Distrital ANDS Open	32.72	Maria Madalena Silva	CNAB	Porto	13/12/2015
Recorde Distrital ANDS 18 +	32.72	Maria Madalena Silva	CNAB	Porto	13/12/2015

Jun/Sen: 46.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Marta Chambel Dias	02	CLAC-Entroncamento	36.57		466	
2.	Beatriz Goncalves Casal	03	Torres Novas	36.90		454	
3.	Ana Patricia Oliveira	03	Viver Santarem	39.90		359	
4.	Joana Patricia Antunes	06	CLAC-Entroncamento	41.02		330	
5.	Catarina Isabel Carlota	05	BUZIOS-Coruche	41.09		329	



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 16 Masc., 100m Costas Infantil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013
Recorde Distrital ANDS Inf B	1:06.59	Jo�o Paulo Paias	CNLA	Samora Correia	14/05/2005

: 1:39.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Francisco Grave Reis	12	Rio Maior	1:16.72		249	
	50m: 38.08 100m: 1:16.72						
2.	Matias Rafael Pacheco	12	BUZIOS-Coruche	1:17.48		242	
	50m: 38.09 100m: 1:17.48						
3.	Salvador Henrique Vieira	12	Torres Novas	1:18.35		234	
	50m: 38.38 100m: 1:18.35						
4.	Santiago Raposo Fernandes	12	20Km de Almeirim	1:23.94		190	
	50m: 40.98 100m: 1:23.94						
5.	Martim Rocha Silva	12	Gualdim Pais	1:29.26		158	
	50m: 43.55 100m: 1:29.26						
6.	Afonso Ferreira Cruz	12	CLAC-Entroncamento	1:33.52		138	
	50m: 46.10 100m: 1:33.52						
7.	Dinis Alexandre Santos	12	Torres Novas	1:35.69		128	
	50m: 45.81 100m: 1:35.69						
8.	Gabriel Fernandes Samouco	12	Natacao do Tejo	1:35.85		128	
	50m: 47.42 100m: 1:35.85						
9.	Artur Miguel Silva	12	Natacao do Tejo	1:39.10		115	
	<i>FTL</i> 50m: 47.32 100m: 1:39.10						
10.	Cassiel Xavier Cabral	12	Uniao Samorense	1:41.60		107	
	<i>FTL</i> 50m: 49.27 100m: 1:41.60						

Prova 16 Masc., 100m Costas Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013
Recorde Distrital ANDS Inf A	1:02.20	Pedro Diogo Oliveira	CNRM	Samora Correia	12/05/2002

: 1:31.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Francisco Maria Dias	11	Viver Santarem	1:11.43		309	
	50m: 34.92 100m: 1:11.43						
2.	Luca Cristian Irimia	11	Uniao Samorense	1:12.85		291	
	50m: 35.52 100m: 1:12.85						
3.	Manuel Maria Moniz	11	20Km de Almeirim	1:17.08		246	
	50m: 37.90 100m: 1:17.08						
4.	Martim Miguel Santos	11	Rio Maior	1:18.96		229	
	50m: 39.05 100m: 1:18.96						
5.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	1:21.82		206	
	50m: 40.10 100m: 1:21.82						
6.	Gabriel Antonio Marques	11	Nautico Abrantes	1:24.34		188	
	50m: 41.36 100m: 1:24.34						
7.	Dinis Oliveira Nunes	11	BUZIOS-Coruche	1:25.67		179	
	50m: 42.64 100m: 1:25.67						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 16, Masc., 100m Costas, Infantil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Afonso Tomas Antunes <i>FTL</i>	11	Natacao do Tejo	1:32.19		144	
	50m: 44.64	100m: 1:32.19					
9.	Rodrigo Miguel Alcobia <i>FTL</i>	11 S10	CPFZ - Natacao	1:35.96		127	
	50m: 46.02	100m: 1:35.96					

Prova 16 Masc., 100m Costas Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013
Recorde Distrital ANDS Juv B	58.65	Pedro Diogo Oliveira	CNRM	Tomar	10/05/2003

: 1:26.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Daniel Filipe Jorge	10	Rio Maior	1:09.51		336	
	50m: 34.07	100m: 1:09.51					
2.	Lourenco Vicente Geada	10	Torres Novas	1:10.28		325	
	50m: 34.56	100m: 1:10.28					
3.	Andre Guilherme Anastacio	10	Nautico Abrantes	1:13.26		287	
	50m: 34.60	100m: 1:13.26					
4.	Luis Miguel Reis	10	Rio Maior	1:14.24		275	
	50m: 36.30	100m: 1:14.24					
5.	Francisco Sa Lopes	10	Torres Novas	1:15.14		266	
	50m: 36.55	100m: 1:15.14					

Prova 16 Masc., 100m Costas Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013
Recorde Distrital ANDS Juv A	58.30	Pedro Diogo Oliveira	CNRM	Estoril	14/02/2004

: 1:21.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Miguel Silva Lima	09	Nautico Abrantes	1:03.12		448	
	50m: 30.25	100m: 1:03.12					
2.	Pedro Morgado Costa	09	Rio Maior	1:08.77		347	
	50m: 33.88	100m: 1:08.77					
3.	Gabriel Sa Chambel	09	CLAC-Entroncamento	1:11.99		302	
	50m: 34.54	100m: 1:11.99					
4.	Diogo Rodrigues Gomes <i>FTL</i>	09	Natacao do Tejo	1:29.71		156	
	50m: 42.68	100m: 1:29.71					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 16, Masc., 100m Costas

Prova 16 Masc., 100m Costas Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013
Recorde Distrital ANDS Jun18	57.01	Afonso Guilherme Rosa	CNTN	Funchal	11/04/2017
Recorde Distrital ANDS Jun17	57.72	Pedro Diogo Oliveira	CNRM	Estoril	13/02/2005

Jun/Sen: 1:19.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Bernardo Evaristo	08	Gualdim Pais	1:01.25		491	
	50m: 29.65 100m: 1:01.25						
2.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	1:15.30		264	
	50m: 36.90 100m: 1:15.30						

Prova 16 Masc., 100m Costas Senior
08/03/2025 Resultados

Recorde Distrital ANDS Open	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013
Recorde Distrital ANDS Sen	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013

Jun/Sen: 1:19.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Pedro Pereira Lopes	99	BUZIOS-Coruche	1:06.73		379	
	50m: 31.58 100m: 1:06.73						
2.	Ricardo Filipe Gaboleiro	05	Rio Maior	1:08.41		352	
	50m: 32.36 100m: 1:08.41						
3.	Eliseu Manuel Tavares	99	Uniao Samorense	1:14.66		271	
	50m: 35.64 100m: 1:14.66						

Prova 16 Masc., 100m Costas S110
08/03/2025 Resultados

Recorde Distrital ANDS Open	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013
Recorde Distrital ANDS Sen	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14/12/2013
Recorde Distrital ANDS Jun18	57.01	Afonso Guilherme Rosa	CNTN	Funchal	11/04/2017
Recorde Distrital ANDS Jun17	57.72	Pedro Diogo Oliveira	CNRM	Estoril	13/02/2005
Recorde Distrital ANDS Juv A	58.30	Pedro Diogo Oliveira	CNRM	Estoril	14/02/2004
Recorde Distrital ANDS Juv B	58.65	Pedro Diogo Oliveira	CNRM	Tomar	10/05/2003
Recorde Distrital ANDS Inf A	1:02.20	Pedro Diogo Oliveira	CNRM	Samora Correia	12/05/2002
Recorde Distrital ANDS Inf B	1:06.59	Jo�o Paulo Paias	CNLA	Samora Correia	14/05/2005

Inf A: 1:31.00; Inf B: 1:39.00; Juv A: 1:21.00; Juv B: 1:26.00; Jun/Sen: 1:19.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Bernardo Evaristo	08	Gualdim Pais	1:01.25		491	
	50m: 29.65 100m: 1:01.25						
2.	Miguel Silva Lima	09	Nautico Abrantes	1:03.12		448	
	50m: 30.25 100m: 1:03.12						
3.	Pedro Pereira Lopes	99	BUZIOS-Coruche	1:06.73		379	
	50m: 31.58 100m: 1:06.73						
4.	Ricardo Filipe Gaboleiro	05	Rio Maior	1:08.41		352	
	50m: 32.36 100m: 1:08.41						
5.	Pedro Morgado Costa	09	Rio Maior	1:08.77		347	
	50m: 33.88 100m: 1:08.77						
6.	Daniel Filipe Jorge	10	Rio Maior	1:09.51		336	
	50m: 34.07 100m: 1:09.51						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 16, Masc., 100m Costas, S110

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Lourenco Vicente Geada 50m: 34.56 100m: 1:10.28	10	Torres Novas	1:10.28		325	
8.	Francisco Maria Dias 50m: 34.92 100m: 1:11.43	11	Viver Santarem	1:11.43		309	
9.	Gabriel Sa Chambel 50m: 34.54 100m: 1:11.99	09	CLAC-Entroncamento	1:11.99		302	
10.	Luca Cristian Irimia 50m: 35.52 100m: 1:12.85	11	Uniao Samorense	1:12.85		291	
11.	Andre Guilherme Anastacio 50m: 34.60 100m: 1:13.26	10	Nautico Abrantes	1:13.26		287	
12.	Luis Miguel Reis 50m: 36.30 100m: 1:14.24	10	Rio Maior	1:14.24		275	
13.	Eliseu Manuel Tavares 50m: 35.64 100m: 1:14.66	99	Uniao Samorense	1:14.66		271	
14.	Francisco Sa Lopes 50m: 36.55 100m: 1:15.14	10	Torres Novas	1:15.14		266	
15.	Bernardo Marques Fernandes 50m: 36.90 100m: 1:15.30	07	CLAC-Entroncamento	1:15.30		264	
16.	Francisco Grave Reis 50m: 38.08 100m: 1:16.72	12	Rio Maior	1:16.72		249	
17.	Manuel Maria Moniz 50m: 37.90 100m: 1:17.08	11	20Km de Almeirim	1:17.08		246	
18.	Matias Rafael Pacheco 50m: 38.09 100m: 1:17.48	12	BUZIOS-Coruche	1:17.48		242	
19.	Salvador Henrique Vieira 50m: 38.38 100m: 1:18.35	12	Torres Novas	1:18.35		234	
20.	Martim Miguel Santos 50m: 39.05 100m: 1:18.96	11	Rio Maior	1:18.96		229	
21.	Eduardo Domingos Rosa 50m: 40.10 100m: 1:21.82	11	BUZIOS-Coruche	1:21.82		206	
22.	Santiago Raposo Fernandes 50m: 40.98 100m: 1:23.94	12	20Km de Almeirim	1:23.94		190	
23.	Gabriel Antonio Marques 50m: 41.36 100m: 1:24.34	11	Nautico Abrantes	1:24.34		188	
24.	Dinis Oliveira Nunes 50m: 42.64 100m: 1:25.67	11	BUZIOS-Coruche	1:25.67		179	
25.	Martim Rocha Silva 50m: 43.55 100m: 1:29.26	12	Gualdim Pais	1:29.26		158	
26.	Diogo Rodrigues Gomes <i>FTL</i> 50m: 42.68 100m: 1:29.71	09	Natacao do Tejo	1:29.71		156	
27.	Afonso Tomas Antunes <i>FTL</i> 50m: 44.64 100m: 1:32.19	11	Natacao do Tejo	1:32.19		144	
28.	Afonso Ferreira Cruz 50m: 46.10 100m: 1:33.52	12	CLAC-Entroncamento	1:33.52		138	



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 16, Masc., 100m Costas, S110

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	Dinis Alexandre Santos	12	Torres Novas	1:35.69		128	
	50m: 45.81 100m: 1:35.69						
30.	Gabriel Fernandes Samouco	12	Natacao do Tejo	1:35.85		128	
	50m: 47.42 100m: 1:35.85						
31.	Rodrigo Miguel Alcobia	11 S10	CPFZ - Natacao	1:35.96		127	
	<i>FTL</i> 50m: 46.02 100m: 1:35.96						
32.	Artur Miguel Silva	12	Natacao do Tejo	1:39.10		115	
	<i>FTL</i> 50m: 47.32 100m: 1:39.10						
33.	Cassiel Xavier Cabral	12	Uniao Samoreense	1:41.60		107	
	<i>FTL</i> 50m: 49.27 100m: 1:41.60						

Prova 17
08/03/2025

Femin., 100m Costas

Infantil B
Resultados

Recorde Distrital ANDS Open	1:05.37	Inês Asseiceira Ramos	CNTN	Leiria	14/12/2019
Recorde Distrital ANDS Inf B	1:14.07	Inês Ferreira Duarte	CNAB	Torres Novas	11/05/2013
: 1:45.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia	13	Torres Novas	1:23.27		286	
	50m: 40.13 100m: 1:23.27						
2.	Joana Ines Antunes	13	CPFZ - Natacao	1:30.45		223	
	50m: 43.37 100m: 1:30.45						
3.	Maria Carolina Fidalgo	13	Viver Santarem	1:34.26		197	
	50m: 46.79 100m: 1:34.26						
4.	Matilde Peixoto Amado	13	Natacao do Tejo	1:36.48		184	
	50m: 46.30 100m: 1:36.48						
5.	Eva Sousa Alfaiate	13	Torres Novas	1:36.90		181	
	50m: 47.52 100m: 1:36.90						
6.	Mariana Ferreira Silva	13	Torres Novas	1:37.00		181	
	50m: 46.55 100m: 1:37.00						
7.	Matilde Maria Neto	13	Uniao Samoreense	1:40.47		163	
	50m: 48.89 100m: 1:40.47						
8.	Constanca Mendao Silva	13	Rio Maior	1:41.32		158	
	50m: 49.16 100m: 1:41.32						
9.	Mariana Beatriz Goncalves	13	Uniao Samoreense	1:43.58		148	
	50m: 51.16 100m: 1:43.58						
10.	Mafalda Ines Martinho	13	CLAC-Entroncamento	1:45.67		140	
	<i>FTL</i> 50m: 51.32 100m: 1:45.67						
11.	Leonor Chambel Santos	13	Nautico Abrantes	1:45.89		139	
	<i>FTL</i> 50m: 51.79 100m: 1:45.89						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 17, Femin., 100m Costas, Infantil B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Mariana Grangeia Massot <i>FTL</i>	13	Natacao do Tejo	1:49.92		124	
	50m: 51.96	100m: 1:49.92					

Prova 17
08/03/2025

Femin., 100m Costas

Infantil A
Resultados

Recorde Distrital ANDS Open	1:05.37	In�s Asseiceira Ramos	CNTN	Leiria	14/12/2019
Recorde Distrital ANDS Inf A	1:10.28	Mariana Veloso Vitoria	CNAB	Almeirim	26/06/2011

: 1:38.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	1:13.33		419	
	50m: 35.25	100m: 1:13.33					
2.	Rita Gomes Valentim	12	Torres Novas	1:16.46		369	
	50m: 37.43	100m: 1:16.46					
3.	Marta Costa Soares	12	Uniao Samorense	1:20.15		321	
	50m: 39.40	100m: 1:20.15					
4.	Rita Balsa Alves	12	BUZIOS-Coruche	1:26.31		257	
	50m: 41.51	100m: 1:26.31					
	Diana Marques Maquilao	12	Nautico Salvaterra Magos	1:26.31		257	
	50m: 43.25	100m: 1:26.31					
6.	Maria Pais Santos	12	BUZIOS-Coruche	1:28.12		241	
	50m: 42.82	100m: 1:28.12					
7.	Matilde Abelho Vaz	12	CLAC-Entroncamento	1:29.01		234	
	50m: 43.26	100m: 1:29.01					
8.	Ana Marisa Simples	12	Uniao Samorense	1:31.43		216	
	50m: 44.50	100m: 1:31.43					
9.	Laura Sofia Graca	12	Uniao Samorense	1:33.06		205	
	50m: 46.06	100m: 1:33.06					
10.	Joana Verissimo Tavares	12	CLAC-Entroncamento	1:37.50		178	
	50m: 47.36	100m: 1:37.50					
11.	Laura Amaro Marques <i>FTL</i>	12	Torres Novas	1:40.05		165	
	50m: 49.55	100m: 1:40.05					
12.	Maria Francisca Pinheiro <i>FTL</i>	12	Nautico Abrantes	1:41.91		156	
	50m: 48.95	100m: 1:41.91					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 17, Femin., 100m Costas

Prova 17 Femin., 100m Costas Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	1:05.37	In�s Asseiceira Ramos	CNTN	Leiria	14/12/2019
Recorde Distrital ANDS Juv B	1:06.64	Mariana Veloso Vitoria	CNAB	Abrantes	14/04/2012

: 1:34.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	1:11.95		444	
	50m: 34.74 100m: 1:11.95						
2.	Beatriz Agostinho Duque	11	20Km de Almeirim	1:25.54		264	
	50m: 42.46 100m: 1:25.54						

Prova 17 Femin., 100m Costas Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	1:05.37	In�s Asseiceira Ramos	CNTN	Leiria	14/12/2019
Recorde Distrital ANDS Juv A	1:07.18	Rafaela Ferreira Mendes	Sel ANDS	Abrantes	21/01/2023

: 1:32.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Lara Paixao Silva	10	Rio Maior	1:16.51		369	
	50m: 36.60 100m: 1:16.51						
2.	Debora Sofia Santos	10	Rio Maior	1:19.62		327	
	50m: 38.83 100m: 1:19.62						
3.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	1:20.48		317	
	50m: 40.13 100m: 1:20.48						
4.	Angela Maria Pereira	10	Nautico Salvaterra Magos	1:20.89		312	
	50m: 39.75 100m: 1:20.89						
5.	Raquel Fernandes Samouco	10	Natacao do Tejo	1:40.22		164	
	<i>FTL</i> 50m: 48.34 100m: 1:40.22						

Prova 17 Femin., 100m Costas Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	1:05.37	In�s Asseiceira Ramos	CNTN	Leiria	14/12/2019
Recorde Distrital ANDS 18 +	1:06.03	Maria Madalena Silva	CNAB	Tomar	15/11/2015
Recorde Distrital ANDS 16 - 17	1:05.37	In�s Asseiceira Ramos	CNTN	Leiria	14/12/2019
Recorde Distrital ANDS Jun16	1:05.91	Rafaela Ferreira Mendes	CNTN	Tomar	01/11/2023

Jun/Sen: 1:28.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Prates Morais	09	Viver Santarem	1:11.05		461	
	50m: 35.06 100m: 1:11.05						
2.	Diana Goncalves Oliveira	07	Viver Santarem	1:18.32		344	
	50m: 37.80 100m: 1:18.32						
3.	Leonor Margarida Mateus	09	BUZIOS-Coruche	1:19.71		326	
	50m: 38.43 100m: 1:19.71						
4.	Vera Almeida Rosa	09	Nautico Abrantes	1:22.63		293	
	50m: 40.02 100m: 1:22.63						
5.	Daniela Santos Carrilho	08	CLAC-Entroncamento	1:26.11		259	
	50m: 41.04 100m: 1:26.11						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 17, Femin., 100m Costas, Junior

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	1:26.38		256	
	50m: 43.24 100m: 1:26.38						
7.	Ines Silva Lima	09	Nautico Abrantes	1:29.79		228	
	<i>FTL</i>						
	50m: 43.15 100m: 1:29.79						
8.	Maria Ines Campos	09	Nautico Abrantes	1:29.93		227	
	<i>FTL</i>						
	50m: 43.96 100m: 1:29.93						
DNS	Carlota Pereira Sousa	08	Viver Santarem				

Prova 17 Femin., 100m Costas Senior Resultados
08/03/2025

Recorde Distrital ANDS Open	1:05.37	In�s Asseiceira Ramos	CNTN	Leiria	14/12/2019
Recorde Distrital ANDS 18 +	1:06.03	Maria Madalena Silva	CNAB	Tomar	15/11/2015

Jun/Sen: 1:28.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Barbara Maia Freitas	06	CLAC-Entroncamento	1:25.90		260	
	50m: 40.53 100m: 1:25.90						

Prova 18 Masc., 200m Mariposa Infantil B Resultados
08/03/2025

Recorde Distrital ANDS	2:31.65	Eduardo Binyas	CNRM	Pinhal Novo	31/03/2019
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: 4:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matias Rafael Pacheco	12	BUZIOS-Coruche	3:00.58		207	
	50m: 40.39 100m: 1:26.55 150m: 2:13.97 200m: 3:00.58						
2.	Rodrigo Miranda Rosa	12	Uniao Samorense	3:01.47		204	
	50m: 39.29 100m: 1:25.99 150m: 2:15.68 200m: 3:01.47						
3.	Afonso Ferreira Cruz	12	CLAC-Entroncamento	3:50.77		99	
	50m: 50.91 100m: 1:50.54 150m: 2:50.79 200m: 3:50.77						

Prova 18 Masc., 200m Mariposa Infantil A Resultados
08/03/2025

Recorde Distrital ANDS	2:19.06	Pedro Diogo Oliveira	CNRM	Benavente	25/05/2002
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: 3:38.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Martim Maria Salvador	11	Nautico Salvaterra Magos	2:36.80		316	
	50m: 34.10 100m: 1:14.07 150m: 1:56.15 200m: 2:36.80						
2.	Duarte Moura Mendes	11	Torres Novas	2:46.97		262	
	50m: 35.81 100m: 1:18.44 150m: 2:02.84 200m: 2:46.97						
3.	Artur Alexandre Silva	11	20Km de Almeirim	3:05.97		189	
	50m: 38.08 100m: 1:25.50 150m: 2:15.93 200m: 3:05.97						
4.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	3:07.82		184	
	50m: 42.08 100m: 1:30.38 150m: 2:21.67 200m: 3:07.82						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

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

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	3:12.99		169	
	50m: 41.56	100m: 1:31.21	150m: 2:23.12	200m: 3:12.99				

Prova 18 Masc., 200m Mariposa Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	24/05/2003
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: 3:15.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10		BUZIOS-Coruche	2:23.44		413	
	50m: 32.39	100m: 1:09.35	150m: 1:47.41	200m: 2:23.44				
2.	Francisco Manuel Cadete	10		Nautico Abrantes	2:37.05		314	
	50m: 34.31	100m: 1:13.56	150m: 1:55.02	200m: 2:37.05				
3.	Lourenco Vicente Geada	10		Torres Novas	2:47.97		257	
	50m: 37.13	100m: 1:19.77	150m: 2:04.13	200m: 2:47.97				
4.	Afonso Goncalves Leite	10		CLAC-Entroncamento	2:51.92		240	
	50m: 37.37	100m: 1:21.98	150m: 2:07.89	200m: 2:51.92				
5.	Vicente Jose Carrilho	10		BUZIOS-Coruche	2:59.40		211	
	50m: 39.31	100m: 1:24.06	150m: 2:10.65	200m: 2:59.40				
6.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	3:08.43		182	
	50m: 41.16	100m: 1:29.75	150m: 2:19.55	200m: 3:08.43				

Prova 18 Masc., 200m Mariposa Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS	2:04.48	Pedro Diogo Oliveira	CNRM	Abrantes	01/02/2004
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: 3:10.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Luis Suissas Rato	09		Nautico Salvaterra Magos	2:34.82		328	
	50m: 34.72	100m: 1:14.47	150m: 1:54.80	200m: 2:34.82				
2.	Dinis Maria Garcia	09		Nautico Abrantes	2:37.11		314	
	50m: 34.46	100m: 1:14.88	150m: 1:57.40	200m: 2:37.11				

Prova 18 Masc., 200m Mariposa Junior
08/03/2025 Resultados

Recorde Distrital ANDS Jun18	2:02.00	Paulo Vakulyuk	CNTN	Abrantes	15/05/2015
Recorde Distrital ANDS Jun17	1:56.66	Pedro Diogo Oliveira	CNRM	Sines	20/12/2008

Jun/Sen: 2:58.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08		BUZIOS-Coruche	2:19.44		449	
	50m: 30.86	100m: 1:05.44	150m: 1:42.32	200m: 2:19.44				
2.	Rodolfo Charrua Gago	08		Viver Santarem	2:29.86		362	
	50m: 31.66	100m: 1:09.47	150m: 1:48.22	200m: 2:29.86				
3.	Leonardo Gomes Silva	08		Rio Maior	2:32.04		347	
	50m: 33.13	100m: 1:11.52	150m: 1:51.76	200m: 2:32.04				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 18, Masc., 200m Mariposa

Prova 18 Masc., 200m Mariposa Senior
08/03/2025 Resultados

Recorde Distrital ANDS 1:56.66 Pedro Diogo Oliveira CNRM Sines 20/12/2008

Jun/Sen: 2:58.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Goncalo Catarino Dias	00		Gualdim Pais	2:28.33		373	
	50m: 32.75	100m: 1:10.31	150m: 1:49.44	200m: 2:28.33				

Prova 19 Femin., 200m Mariposa Infantil B
08/03/2025 Resultados

Recorde Distrital ANDS Open 2:19.13 Ariana Esp rito Louro SFGP Guarda 11/12/2021
Recorde Distrital ANDS Inf B 2:40.30 Clarisse Matos Lopes SCALAB Santarem 20/02/2010

: 4:10.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Amelia Torres	13		Viver Santarem	3:14.51		232	
	50m: 41.09	100m: 1:30.87	150m: 2:23.17	200m: 3:14.51				
2.	Maria Rita Godinho	13		Torres Novas	3:47.40		145	
	50m: 48.68	100m: 1:45.88	150m: 2:47.52	200m: 3:47.40				
3.	Barbara Godinho Simoes	13		CPFZ - Natacao	3:49.90		140	
	50m: 46.93	100m: 1:46.72	150m: 2:47.40	200m: 3:49.90				

DNS Valentina Rodrigues Feijao 13 Nautico Salvaterra Magos

Prova 19 Femin., 200m Mariposa Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open 2:19.13 Ariana Esp rito Louro SFGP Guarda 11/12/2021
Recorde Distrital ANDS Inf A 2:33.22 M rcia Filipa Carvalho INDANDS Tomar 07/02/2009

: 3:48.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	2:51.09		341	
	50m: 36.49	100m: 1:19.16	150m: 2:05.50	200m: 2:51.09				
2.	Alicia Lopes Deep	12		BUZIOS-Coruche	3:18.93		217	
	50m: 42.20	100m: 1:34.94	150m: 2:28.32	200m: 3:18.93				
3.	Matilde Abelho Vaz	12		CLAC-Entroncamento	3:34.50		173	
	50m: 46.53	100m: 1:44.01	150m: 2:42.39	200m: 3:34.50				
4.	Ines Santos Pina	12		CLAC-Entroncamento	3:51.99		137	
	<i>FTL</i>							
	50m: 51.34	100m: 1:50.58	150m: 2:52.18	200m: 3:51.99				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 19, Femin., 200m Mariposa

Prova 19 Femin., 200m Mariposa Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.13	Ariana Esp�rito Louro	SFGP	Guarda	11/12/2021
Recorde Distrital ANDS Juv B	2:29.81	M�rcia Filipa Carvalho	CNTN	Santar�m	20/02/2010

: 3:42.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Benedita Maria Lagarinhos	11	Viver Santarem	2:43.05		394	
	50m: 35.16 100m: 1:15.77 150m: 1:59.52 200m: 2:43.05						
2.	Rita Lino Ferreira	11	BUZIOS-Coruche	3:06.70		262	
	50m: 40.37 100m: 1:27.87 150m: 2:17.76 200m: 3:06.70						
3.	Catarina Leonor Pereira	11	CLAC-Entroncamento	3:39.53		161	
	50m: 45.54 100m: 1:41.69 150m: 2:40.75 200m: 3:39.53						
4.	Beatriz Isabel Moura	11	Nautico Abrantes	3:39.68		161	
	50m: 46.34 100m: 1:44.26 150m: 2:43.92 200m: 3:39.68						

Prova 19 Femin., 200m Mariposa Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.13	Ariana Esp�rito Louro	SFGP	Guarda	11/12/2021
Recorde Distrital ANDS Juv A	2:25.67	Maria Madalena Bento	BUZIOS	Sines	07/12/2019

: 3:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreiro Martins	10	BUZIOS-Coruche	2:42.57		398	
	50m: 34.88 100m: 1:16.68 150m: 2:00.71 200m: 2:42.57						
2.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	3:05.97		266	
	50m: 37.85 100m: 1:26.01 150m: 2:15.86 200m: 3:05.97						

Prova 19 Femin., 200m Mariposa Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.13	Ariana Esp�rito Louro	SFGP	Guarda	11/12/2021
Recorde Distrital ANDS 18 +	2:21.34	Ariana Esp�rito Louro	SFGP	Estarreja	02/12/2022
Recorde Distrital ANDS 17	2:19.13	Ariana Esp�rito Louro	SFGP	Guarda	11/12/2021
Recorde Distrital ANDS Jun16	2:24.00	Ariana Esp�rito Louro	SFGP	Leiria	14/11/2020

Jun/Sen: 3:25.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Madalena Nunes Domingos	07	Viver Santarem	3:02.36		282	
	50m: 37.82 100m: 1:23.23 150m: 2:11.91 200m: 3:02.36						
2.	Catarina Isabel Galvao	09	BUZIOS-Coruche	3:04.38		272	
	50m: 39.07 100m: 1:26.56 150m: 2:15.25 200m: 3:04.38						
3.	Leonor Margarida Mateus	09	BUZIOS-Coruche	3:08.69		254	
	50m: 41.73 100m: 1:28.78 150m: 2:19.84 200m: 3:08.69						
4.	Carolina Santos Carrilho	08	CLAC-Entroncamento	3:14.22		233	
	50m: 40.97 100m: 1:29.51 150m: 2:21.22 200m: 3:14.22						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 19, Femin., 200m Mariposa

Prova 19 Femin., 200m Mariposa Senior
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.13	Ariana Esp�rito Louro	SFGP	Guarda	11/12/2021
Recorde Distrital ANDS 18 +	2:21.34	Ariana Esp�rito Louro	SFGP	Estarreja	02/12/2022

Jun/Sen: 3:25.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Marta Chambel Dias	02	CLAC-Entroncamento	3:00.88		289	
	50m: 40.28 100m: 1:27.15 150m: 2:16.16 200m: 3:00.88						
2.	Barbara Maia Freitas	06	CLAC-Entroncamento	3:21.69		208	
	50m: 43.71 100m: 1:35.01 150m: 2:27.95 200m: 3:21.69						

Prova 20 Masc., 4 x 200m Livres Infantil
08/03/2025 Resultados

Recorde Distrital ANDS Inf A	8:48.83	CNTN	CNTN	Pinhal Novo	08/03/2009
Recorde Distrital ANDS Inf	8:48.83	CNTN	CNTN	Pinhal Novo	08/03/2009
Recorde Distrital ANDS Inf B	9:34.74	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, ETomar		18/03/2016
Recorde Distrital ANDS Abs	7:49.97	CNLA	CNLA	Santo Ant� Cavaleiros	17/12/2006

INF A E B : 12:04.00 / Inf A: 11:50.00; Inf B: 12:20.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BUZIOS-Coruche 3	BUZIOS-Coruche	10:13.61		285	
	50m: 34.39 34.39 250m: 3:12.73 35.16 450m: 5:45.73 35.31 650m: 8:16.83 34.42					
	100m: 1:14.63 40.24 300m: 3:51.62 38.89 500m: 6:24.70 38.97 700m: 8:55.97 39.14					
	150m: 1:56.55 41.92 350m: 4:31.31 39.69 550m: 7:03.94 39.24 750m: 9:35.83 39.86					
	200m: 2:37.57 41.02 400m: 5:10.42 39.11 600m: 7:42.41 38.47 800m: 10:13.61 37.78					

Prova 20 Masc., 4 x 200m Livres Juvenil
08/03/2025 Resultados

Recorde Distrital ANDS Juv A	8:03.97	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, ETomar		14/12/2018
Recorde Distrital ANDS Juv	8:03.97	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, ETomar		14/12/2018
Recorde Distrital ANDS Juv B	8:31.94	CNTN	Torres Novas		05/12/2009
Recorde Distrital ANDS Abs	7:49.97	CNLA	CNLA	Santo Ant� Cavaleiros	17/12/2006

JUV A E B : 10:43.00 / Juv A: 10:30.00; Juv B: 11:00.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Nautico Abrantes 6	Nautico Abrantes	8:55.56		429	
	50m: 30.17 30.17 250m: 2:42.01 28.63 450m: 4:53.19 30.50 650m: 7:09.92 29.67					
	100m: 1:04.18 34.01 300m: 3:14.31 32.30 500m: 5:27.97 34.78 700m: 7:44.26 34.34					
	150m: 1:38.98 34.80 350m: 3:48.02 33.71 550m: 6:03.94 35.97 750m: 8:19.98 35.72					
	200m: 2:13.38 34.40 400m: 4:22.69 34.67 600m: 6:40.25 36.31 800m: 8:55.56 35.58					
2.	BUZIOS-Coruche 2	BUZIOS-Coruche	10:05.59		297	
	50m: 29.74 29.74 250m: 2:44.77 34.45 450m: 5:18.09 35.31 650m: 7:54.56 37.53					
	100m: 1:02.95 33.21 300m: 3:23.26 38.49 500m: 5:56.76 38.67 700m: 8:37.16 42.60					
	150m: 1:37.26 34.31 350m: 4:03.96 40.70 550m: 6:37.05 40.29 750m: 9:21.98 44.82					
	200m: 2:10.32 33.06 400m: 4:42.78 38.82 600m: 7:17.03 39.98 800m: 10:05.59 43.61					

DSQ Rio Maior 1 Rio Maior
SW 10.11 - *Rendic o antecipada do(a) 3 nadador(a)*



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 20, Masc., 4 x 200m Livres

Prova 20
08/03/2025
Masc., 4 x 200m Livres
Junior/Senior
Resultados

Recorde Distrital ANDS Sen	7:49.97	CNLA	CNLA	Santo Ant ^a Cavaleiros	17/12/2006
Recorde Distrital ANDS Jun18	8:57.91	SFUS	SFUS	Tomar	23/11/2012
Recorde Distrital ANDS Jun	7:58.93	CNTN	CNTN	Funchal (ROU)	11/12/2016
Recorde Distrital ANDS Jun17	8:04.89	VS	VS	Felgueiras	21/12/2019
Recorde Distrital ANDS Abs	7:49.97	CNLA	CNLA	Santo Ant ^o Cavaleiros	17/12/2006

: 10:15.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. BUZIOS-Coruche 1		BUZIOS-Coruche	8:27.64		504						
50m:	28.83	28.83	250m:	2:34.71	28.97	450m:	4:45.57	28.11	650m:	6:51.28	27.49
100m:	1:00.25	31.42	300m:	3:07.95	33.24	500m:	5:17.16	31.59	700m:	7:22.28	31.00
150m:	1:32.77	32.52	350m:	3:42.36	34.41	550m:	5:50.45	33.29	750m:	7:54.86	32.58
200m:	2:05.74	32.97	400m:	4:17.46	35.10	600m:	6:23.79	33.34	800m:	8:27.64	32.78
2. Torres Novas 1		Torres Novas	8:36.42		479						
50m:	30.16	30.16	250m:	2:38.96	28.13	450m:	4:46.61	30.02	650m:	6:58.22	28.08
100m:	1:03.30	33.14	300m:	3:10.31	31.35	500m:	5:19.88	33.27	700m:	7:29.50	31.28
150m:	1:37.24	33.94	350m:	3:43.16	32.85	550m:	5:55.08	35.20	750m:	8:02.86	33.36
200m:	2:10.83	33.59	400m:	4:16.59	33.43	600m:	6:30.14	35.06	800m:	8:36.42	33.56

Prova 21
08/03/2025
Femin., 4 x 200m Livres
Infantil
Resultados

Recorde Distrital ANDS Inf A	9:52.20	CNLA	CNLA	Ponte de Sor	19/03/2005
Recorde Distrital ANDS Inf	9:40.34	CNRM	CNRM	Coruche	15/03/2015
Recorde Distrital ANDS Inf B	9:51.48	CNRM	CNRM	Tomar	30/11/2014
Recorde Distrital ANDS Abs	8:55.95	CNRM	CNRM	Leiria	14/12/2019

INF A E B : 12:20.00 / Inf A: 12:14.00; Inf B: 12:30.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. BUZIOS-Coruche 3		BUZIOS-Coruche	10:18.16		388						
50m:	35.37	35.37	250m:	3:07.31	36.11	450m:	5:50.09	35.15	650m:	8:25.35	33.19
100m:	1:13.47	38.10	300m:	3:49.19	41.88	500m:	6:30.67	40.58	700m:	9:02.80	37.45
150m:	1:52.72	39.25	350m:	4:33.00	43.81	550m:	7:12.59	41.92	750m:	9:41.43	38.63
200m:	2:31.20	38.48	400m:	5:14.94	41.94	600m:	7:52.16	39.57	800m:	10:18.16	36.73
2. Torres Novas 2		Torres Novas	12:46.38		203						
<i>FTL</i>											
50m:	44.17	44.17	250m:	3:54.74	42.20	450m:	7:08.78	46.83	650m:	10:19.13	43.34
100m:	1:32.82	48.65	300m:	4:42.95	48.21	500m:	7:59.97	51.19	700m:	11:08.82	49.69
150m:	2:23.41	50.59	350m:	5:34.44	51.49	550m:	8:50.76	50.79	750m:	11:59.22	50.40
200m:	3:12.54	49.13	400m:	6:21.95	47.51	600m:	9:35.79	45.03	800m:	12:46.38	47.16
3. CLAC-Entroncamento 2		CLAC-Entroncamento	13:26.03		175						
<i>FTL</i>											
50m:	43.93	43.93	250m:	3:59.03	43.71	450m:	7:13.28	42.98	800m:	13:26.03	3:44.66
100m:	1:34.55	50.62	300m:	4:49.31	50.28	500m:	8:01.85	48.57			
150m:	2:25.60	51.05	350m:	5:41.08	51.77	550m:	8:52.77	50.92			
200m:	3:15.32	49.72	400m:	6:30.30	49.22	600m:	9:41.37	48.60			



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 21, Femin., 4 x 200m Livres

Prova 21	Femin., 4 x 200m Livres						Juvenil
08/03/2025							Resultados
Recorde Distrital ANDS Juv A	9:42.57	CNTN		CNTN	Setúbal		04/12/2015
Recorde Distrital ANDS Juv	9:11.29	Clube Natacao de Rio Maior		CNRM	Tomar		11/11/2016
Recorde Distrital ANDS Juv B	9:46.07	CNTN		CNTN	Leiria		12/12/2014
Recorde Distrital ANDS Abs	8:55.95	CNRM		CNRM	Leiria		14/12/2019
JUV A E B : 11:43.00 / Juv A: 12:00.00; Juv B: 12:06.00							

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.		Torres Novas	9:36.49			478					
50m:	32.63	32.63	250m:	2:53.32	33.95	450m:	5:18.64	32.04	650m:	7:41.94	34.72
100m:	1:07.65	35.02	300m:	3:31.57	38.25	500m:	5:54.15	35.51	700m:	8:19.11	37.17
150m:	1:43.74	36.09	350m:	4:07.83	36.26	550m:	6:30.77	36.62	750m:	8:57.94	38.83
200m:	2:19.37	35.63	400m:	4:46.60	38.77	600m:	7:07.22	36.45	800m:	9:36.49	38.55

DSQ BUZIOS-Coruche 2 BUZIOS-Coruche
SW 10.11 - Rendição antecipada do(a) 4 nadador(a)

Prova 21	Femin., 4 x 200m Livres						Junior/Senior
08/03/2025							Resultados
Recorde Distrital ANDS 18 +	9:36.84	SCALABISPORT		SCALAB	Tomar		19/11/2011
Recorde Distrital ANDS 16 - 17	9:11.68	Clube Natacao de Rio Maior		CNRM	Coruche		16/03/2019
Recorde Distrital ANDS Abs	8:55.95	CNRM		CNRM	Leiria		14/12/2019
: 11:45.00							

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.		Viver Santarem	9:51.65			442					
50m:	34.06	34.06	250m:	2:59.46	35.47	450m:	5:30.53	33.33	650m:	7:53.19	34.06
100m:	1:10.12	36.06	300m:	3:38.52	39.06	500m:	6:06.91	36.38	700m:	8:30.72	37.53
150m:	1:47.33	37.21	350m:	4:18.31	39.79	550m:	6:43.32	36.41	750m:	9:11.19	40.47
200m:	2:23.99	36.66	400m:	4:57.20	38.89	600m:	7:19.13	35.81	800m:	9:51.65	40.46
2.		BUZIOS-Coruche 1	10:07.69			408					
50m:	32.32	32.32	250m:	3:01.29	38.85	450m:	5:45.12	33.69	650m:	8:15.09	33.22
100m:	1:08.01	35.69	300m:	3:44.61	43.32	500m:	6:23.64	38.52	700m:	8:52.54	37.45
150m:	1:44.98	36.97	350m:	4:28.91	44.30	550m:	7:03.32	39.68	750m:	9:31.23	38.69
200m:	2:22.44	37.46	400m:	5:11.43	42.52	600m:	7:41.87	38.55	800m:	10:07.69	36.46
3.		CLAC-Entroncamento 1	10:57.97			321					
50m:	36.40	36.40	250m:	3:22.73	37.38	450m:	6:09.88	36.78	650m:	8:55.73	37.36
100m:	1:17.34	40.94	300m:	4:05.67	42.94	500m:	6:51.70	41.82	700m:	9:36.19	40.46
150m:	2:01.20	43.86	350m:	4:50.50	44.83	550m:	7:35.27	43.57	750m:	10:17.24	41.05
200m:	2:45.35	44.15	400m:	5:33.10	42.60	600m:	8:18.37	43.10	800m:	10:57.97	40.73



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Coruche, 7, 8, e 9 Março 2025

3 - 3ª SESSÃO

08/03/2025

Prova 22 Femin., 400m Livres Infantil B
08/03/2025 Resultados

Recorde Distrital ANDS Open 4:18.88 Mafalda Sofia Rosa CNRM Leiria 10/12/2022
Recorde Distrital ANDS Inf B 4:50.13 Mafalda Sofia Rosa CNRM Coruche 15/03/2015

: 6:49.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia	13		Torres Novas	5:32.62		336	
	50m: 37.26 150m: 2:01.70 250m: 3:26.89 350m: 4:51.94							
	100m: 1:19.06 200m: 2:44.46 300m: 4:09.71 400m: 5:32.62							
2.	Joana Ines Antunes	13		CPFZ - Natacao	6:07.75		248	
	50m: 41.10 150m: 2:14.66 250m: 3:48.64 350m: 5:22.06							
	100m: 1:26.95 200m: 3:01.97 300m: 4:35.27 400m: 6:07.75							
3.	Leonor Chambel Santos	13		Nautico Abrantes	6:19.89		225	
	50m: 46.43 150m: 2:22.28 250m: 3:57.19 350m: 5:33.16							
	100m: 1:34.86 200m: 3:09.71 300m: 4:45.08 400m: 6:19.89							
4.	Eva Sousa Alfaiate	13		Torres Novas	6:41.60		191	
	50m: 45.87 150m: 2:26.31 250m: 4:09.38 350m: 5:53.38							
	100m: 1:34.94 200m: 3:17.83 300m: 5:01.04 400m: 6:41.60							
5.	Mariana Ferreira Silva	13		Torres Novas	6:48.61		181	
	50m: 48.29 150m: 2:32.35 250m: 4:17.37 350m: 5:56.43							
	100m: 1:39.63 200m: 3:25.17 300m: 5:08.93 400m: 6:48.61							

DNS Valentina Rodrigues Feijao 13 Nautico Salvaterra Magos

Prova 22 Femin., 400m Livres Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open 4:18.88 Mafalda Sofia Rosa CNRM Leiria 10/12/2022
Recorde Distrital ANDS Inf A 4:39.54 Mafalda Sofia Rosa CNRM Tomar 20/03/2016

: 6:33.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	5:02.00		449	
	50m: 34.60 150m: 1:51.52 250m: 3:08.53 350m: 4:25.18							
	100m: 1:12.67 200m: 2:30.38 300m: 3:46.93 400m: 5:02.00							
2.	Rita Gomes Valentim	12		Torres Novas	5:04.52		438	
	50m: 35.38 150m: 1:54.94 250m: 3:11.42 350m: 4:28.13							
	100m: 1:15.49 200m: 2:34.04 300m: 3:50.46 400m: 5:04.52							
3.	Rita Balsa Alves	12		BUZIOS-Coruche	5:16.42		390	
	50m: 37.11 150m: 1:57.81 250m: 3:19.48 350m: 4:38.77							
	100m: 1:16.98 200m: 2:38.92 300m: 3:59.53 400m: 5:16.42							
4.	Alicia Lopes Deep	12		BUZIOS-Coruche	5:23.84		364	
	50m: 36.28 150m: 1:58.01 250m: 3:22.23 350m: 4:44.77							
	100m: 1:16.51 200m: 2:40.63 300m: 4:03.43 400m: 5:23.84							
5.	Marta Costa Soares	12		Uniao Samorense	5:24.58		361	
	50m: 36.48 150m: 1:56.96 250m: 3:19.78 350m: 4:43.44							
	100m: 1:16.29 200m: 2:38.62 300m: 4:01.41 400m: 5:24.58							
6.	Margarida Madeira Pires	12		Rio Maior	5:27.95		350	
	50m: 38.32 150m: 2:01.77 250m: 3:25.52 350m: 4:48.15							
	100m: 1:19.88 200m: 2:43.77 300m: 4:07.35 400m: 5:27.95							
7.	Maria Pais Santos	12		BUZIOS-Coruche	5:35.64		327	
	50m: 38.56 150m: 2:03.10 250m: 3:27.32 350m: 4:53.13							
	100m: 1:20.43 200m: 2:45.38 300m: 4:10.36 400m: 5:35.64							



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Prova 22, Femin., 400m Livres, Infantil A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Juliana Antunes Monteiro	12		Gualdim Pais	5:52.03		283	
	50m: 39.29	150m: 2:09.43	250m: 3:39.47	350m: 5:11.20				
	100m: 1:24.39	200m: 2:55.19	300m: 4:25.40	400m: 5:52.03				
9.	Ana Leonor Lopes	12		Rio Maior	5:56.02		274	
	50m: 39.85	150m: 2:11.35	250m: 3:43.12	350m: 5:14.80				
	100m: 1:25.63	200m: 2:57.39	300m: 4:29.44	400m: 5:56.02				
10.	Ana Marisa Simples <i>FTL</i>	12		Uniao Samorense	6:49.01		180	
	50m: 45.27	150m: 2:27.35	250m: 4:14.28	350m: 5:59.98				
	100m: 1:35.21	200m: 3:20.44	300m: 5:06.86	400m: 6:49.01				

Prova 22 Femin., 400m Livres Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv B	4:33.98	Ana Rita Boavista	CNLA	Guimarães	10/03/2002

: 6:19.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11		BUZIOS-Coruche	4:46.80		524	
	50m: 32.84	150m: 1:45.16	250m: 2:59.01	350m: 4:12.06				
	100m: 1:08.35	200m: 2:22.11	300m: 3:35.50	400m: 4:46.80				
2.	Margarida Pinho Formigo	11		Torres Novas	5:05.86		432	
	50m: 35.55	150m: 1:55.05	250m: 3:12.34	350m: 4:28.64				
	100m: 1:15.11	200m: 2:34.20	300m: 3:50.95	400m: 5:05.86				
3.	Beatriz Agostinho Duque	11		20Km de Almeirim	5:44.91		301	
	50m: 40.65	150m: 2:09.45	250m: 3:37.78	350m: 5:04.80				
	100m: 1:24.83	200m: 2:53.52	300m: 4:22.41	400m: 5:44.91				

Prova 22 Femin., 400m Livres Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv A	4:26.26	Mafalda Sofia Rosa	CNRM	Tomar	19/11/2017

: 6:07.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreiro Martins	10		BUZIOS-Coruche	4:40.62		559	
	50m: 32.19	150m: 1:42.39	250m: 2:54.83	350m: 4:06.69				
	100m: 1:06.74	200m: 2:18.27	300m: 3:30.72	400m: 4:40.62				
2.	Maria Leonor Lopes	10		Torres Novas	4:56.61		474	
	50m: 34.00	150m: 1:49.29	250m: 3:05.58	350m: 4:20.96				
	100m: 1:11.49	200m: 2:27.46	300m: 3:43.05	400m: 4:56.61				
3.	Lara Paixao Silva	10		Rio Maior	4:59.32		461	
	50m: 33.83	150m: 1:50.40	250m: 3:07.35	350m: 4:24.15				
	100m: 1:11.71	200m: 2:29.59	300m: 3:45.74	400m: 4:59.32				



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Prova 22, Femin., 400m Livres

Prova 22	Femin., 400m Livres					Junior
08/03/2025						Resultados
Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022	
Recorde Distrital ANDS 18 +	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023	
Recorde Distrital ANDS 17	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019	
Recorde Distrital ANDS Jun16	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019	
Jun/Sen: 5:42.00						

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08		Torres Novas	4:34.80		596	
	50m: 31.52 150m: 1:40.84 250m: 2:51.41 350m: 4:01.71							
	100m: 1:05.83 200m: 2:16.09 300m: 3:26.61 400m: 4:34.80							
2.	Maria Madalena Monteiro	08		Gualdim Pais	4:56.44		475	
	50m: 33.28 150m: 1:49.08 250m: 3:05.43 350m: 4:21.14							
	100m: 1:10.97 200m: 2:27.64 300m: 3:43.08 400m: 4:56.44							
3.	Mariana Mauricio Coelho	07		BUZIOS-Coruche	5:05.66		433	
	50m: 34.82 150m: 1:52.34 250m: 3:10.58 350m: 4:28.59							
	100m: 1:13.17 200m: 2:31.43 300m: 3:49.67 400m: 5:05.66							
4.	Leonor Margarida Mateus	09		BUZIOS-Coruche	5:12.01		407	
	50m: 35.29 150m: 1:53.78 250m: 3:14.16 350m: 4:33.93							
	100m: 1:13.90 200m: 2:34.05 300m: 3:53.81 400m: 5:12.01							
5.	Diana Goncalves Oliveira	07		Viver Santarem	5:17.24		387	
	50m: 35.39 150m: 1:53.75 250m: 3:14.55 350m: 4:36.81							
	100m: 1:14.00 200m: 2:33.84 300m: 3:55.60 400m: 5:17.24							
6.	Vera Almeida Rosa	09		Nautico Abrantes	5:35.39		328	
	50m: 37.21 150m: 2:02.16 250m: 3:28.85 350m: 4:55.41							
	100m: 1:18.98 200m: 2:45.43 300m: 4:11.75 400m: 5:35.39							
7.	Carolina Santos Carrilho	08		CLAC-Entroncamento	5:39.24		316	
	50m: 37.51 150m: 2:01.49 250m: 3:27.95 350m: 4:56.12							
	100m: 1:18.89 200m: 2:43.77 300m: 4:11.93 400m: 5:39.24							
8.	Catarina Isabel Galvao	09		BUZIOS-Coruche	5:52.53		282	
	<i>FTL</i>							
	50m: 39.95 150m: 2:09.14 250m: 3:38.36 350m: 5:08.74							
	100m: 1:23.97 200m: 2:54.08 300m: 4:23.49 400m: 5:52.53							
9.	Carolina Cupertino Marchante	09		CLAC-Entroncamento	5:53.91		279	
	<i>FTL</i>							
	50m: 39.84 150m: 2:09.08 250m: 3:40.60 350m: 5:11.66							
	100m: 1:23.57 200m: 2:54.67 300m: 4:26.33 400m: 5:53.91							

Prova 22	Femin., 400m Livres					Senior
08/03/2025						Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS 18 +	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023

Jun/Sen: 5:42.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Isabel Carlota	05		BUZIOS-Coruche	4:55.08		481	
	50m: 32.07 150m: 1:44.81 250m: 3:00.58 350m: 4:17.33							
	100m: 1:07.70 200m: 2:22.59 300m: 3:38.77 400m: 4:55.08							
2.	Joana Teixeira Dias	97		CLAC-Entroncamento	5:32.27		337	
	50m: 38.55 150m: 2:00.51 250m: 3:24.44 350m: 4:50.32							
	100m: 1:19.64 200m: 2:42.32 300m: 4:07.46 400m: 5:32.27							



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Prova 23 Masc., 400m Livres Infantil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Inf B	4:32.58	David Filipe Pacheco	BUZIOS	Lagos	25/03/2023

: 6:29.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matias Rafael Pacheco	12		BUZIOS-Coruche	5:10.57		319	
	50m: 35.57 150m: 1:54.11 250m: 3:13.44 350m: 4:32.24							
	100m: 1:14.49 200m: 2:33.77 300m: 3:52.89 400m: 5:10.57							
2.	Salvador Henrique Vieira	12		Torres Novas	5:11.18		317	
	50m: 35.92 150m: 1:55.95 250m: 3:15.05 350m: 4:34.06							
	100m: 1:16.05 200m: 2:35.66 300m: 3:54.91 400m: 5:11.18							
3.	Francisco Grave Reis	12		Rio Maior	5:21.16		288	
	50m: 35.20 150m: 1:54.31 250m: 3:17.56 350m: 4:42.52							
	100m: 1:14.14 200m: 2:35.31 300m: 4:00.48 400m: 5:21.16							
4.	Rodrigo Miranda Rosa	12		Uniao Samorense	5:33.15		258	
	50m: 37.36 150m: 2:03.65 250m: 3:30.62 350m: 4:56.37							
	100m: 1:20.39 200m: 2:46.81 300m: 4:14.62 400m: 5:33.15							
5.	Martim Rocha Silva	12		Gualdim Pais	5:46.40		230	
	50m: 38.20 150m: 2:04.59 250m: 3:34.87 350m: 5:04.35							
	100m: 1:20.95 200m: 2:48.83 300m: 4:19.70 400m: 5:46.40							
6.	Sandro Jose Tomas	12		BUZIOS-Coruche	6:35.46		154	
	<i>FTL</i>							
	50m: 41.78 150m: 2:20.80 250m: 4:03.84 350m: 5:46.88							
	100m: 1:30.68 200m: 3:11.93 300m: 4:56.71 400m: 6:35.46							
7.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	6:38.99		150	
	<i>FTL</i>							
	50m: 43.11 150m: 2:25.25 250m: 4:08.72 350m: 5:49.99							
	100m: 1:33.36 200m: 3:17.42 300m: 5:00.00 400m: 6:38.99							

Prova 23 Masc., 400m Livres Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Inf A	4:22.64	Pedro Diogo Oliveira	CNRM	Benavente	26/05/2002

: 6:06.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Martim Maria Salvador	11		Nautico Salvaterra Magos	4:48.16		399	
	50m: 32.12 150m: 1:46.01 250m: 3:00.92 350m: 4:14.43							
	100m: 1:08.58 200m: 2:23.33 300m: 3:38.45 400m: 4:48.16							
2.	Francisco Maria Dias	11		Viver Santarem	5:00.32		353	
	50m: 33.06 150m: 1:49.04 250m: 3:06.78 350m: 4:24.54							
	100m: 1:10.50 200m: 2:28.18 300m: 3:45.72 400m: 5:00.32							
3.	Manuel Maria Moniz	11		20Km de Almeirim	5:09.52		322	
	50m: 35.62 150m: 1:55.79 250m: 3:15.50 350m: 4:33.96							
	100m: 1:15.99 200m: 2:35.85 300m: 3:55.66 400m: 5:09.52							
4.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	5:10.82		318	
	50m: 36.18 150m: 1:55.79 250m: 3:13.88 350m: 4:33.16							
	100m: 1:15.98 200m: 2:35.01 300m: 3:53.25 400m: 5:10.82							
5.	Martim Miguel Santos	11		Rio Maior	5:15.51		304	
	50m: 35.36 150m: 1:54.35 250m: 3:14.82 350m: 4:35.40							
	100m: 1:14.52 200m: 2:34.55 300m: 3:55.23 400m: 5:15.51							



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 23, Masc., 400m Livres, Infantil A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	5:15.89		303	
	50m: 35.42	150m: 1:56.53	250m: 3:17.86	350m: 4:40.06				
	100m: 1:16.13	200m: 2:37.09	300m: 3:59.18	400m: 5:15.89				
7.	Diogo Chambel Santos	11		Nautico Abrantes	5:16.00		303	
	50m: 38.43	150m: 1:59.09	250m: 3:18.81	350m: 4:37.51				
	100m: 1:18.88	200m: 2:38.85	300m: 3:57.55	400m: 5:16.00				
8.	Luca Cristian Irimia	11		Uniao Samorense	5:19.58		292	
	50m: 35.00	150m: 1:56.89	250m: 3:19.61	350m: 4:42.03				
	100m: 1:15.91	200m: 2:38.00	300m: 4:01.54	400m: 5:19.58				
9.	Dinis Oliveira Nunes	11		BUZIOS-Coruche	5:22.51		285	
	50m: 36.85	150m: 1:58.37	250m: 3:21.30	350m: 4:44.41				
	100m: 1:17.26	200m: 2:39.90	300m: 4:03.14	400m: 5:22.51				
10.	Gabriel Antonio Marques	11		Nautico Abrantes	5:47.56		227	
	50m: 38.55	150m: 2:04.82	250m: 3:34.85	350m: 5:04.42				
	100m: 1:21.44	200m: 2:49.56	300m: 4:19.69	400m: 5:47.56				
11.	Rodrigo Miguel Alcobia	11	S10	CPFZ - Natacao	5:58.09		208	
	50m: 39.14	150m: 2:07.21	250m: 3:39.34	350m: 5:13.70				
	100m: 1:21.83	200m: 2:53.25	300m: 4:26.74	400m: 5:58.09				
12.	Salvador Miguel Silva	11		Viver Santarem	6:10.48		188	
	<i>FTL</i>							
	50m: 40.49	150m: 2:14.14	250m: 3:50.20	350m: 5:26.45				
	100m: 1:26.11	200m: 3:02.13	300m: 4:39.33	400m: 6:10.48				
13.	Antonio Francisco Rouxinol	11		BUZIOS-Coruche	6:27.71		164	
	<i>FTL</i>							
	50m: 37.04	150m: 2:16.87	250m: 4:01.27	350m: 5:41.77				
	100m: 1:24.11	200m: 3:08.33	300m: 4:51.79	400m: 6:27.71				
14.	Sebastiao Maria Borlinhas	11		BUZIOS-Coruche	6:35.63		154	
	<i>FTL</i>							
	50m: 40.69	150m: 2:18.86	250m: 4:01.53	350m: 5:45.18				
	100m: 1:28.97	200m: 3:09.52	300m: 4:52.48	400m: 6:35.63				

Prova 23
08/03/2025

Masc., 400m Livres

Juvenil B
Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv B	4:09.90	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003

: 5:36.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10		BUZIOS-Coruche	4:30.51		483	
	50m: 29.70	150m: 1:37.62	250m: 2:47.78	350m: 3:57.43				
	100m: 1:03.00	200m: 2:12.52	300m: 3:22.85	400m: 4:30.51				
2.	Daniel Filipe Jorge	10		Rio Maior	4:32.50		472	
	50m: 30.70	150m: 1:38.82	250m: 2:48.39	350m: 3:58.51				
	100m: 1:04.31	200m: 2:13.56	300m: 3:23.62	400m: 4:32.50				
3.	Tiago Frazao Barra	10		Rio Maior	4:36.88		450	
	50m: 31.42	150m: 1:40.73	250m: 2:52.02	350m: 4:03.35				
	100m: 1:05.49	200m: 2:16.79	300m: 3:27.54	400m: 4:36.88				
4.	Lourenco Vicente Geada	10		Torres Novas	4:47.42		402	
	50m: 32.35	150m: 1:45.75	250m: 2:59.34	350m: 4:12.72				
	100m: 1:08.90	200m: 2:22.63	300m: 3:36.16	400m: 4:47.42				



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Prova 23, Masc., 400m Livres, Juvenil B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Andre Guilherme Anastacio	10		Nautico Abrantes	4:56.52		366	
	50m: 33.67	150m: 1:47.31	250m: 3:03.37	350m: 4:18.04				
	100m: 1:09.99	200m: 2:25.47	300m: 3:41.02	400m: 4:56.52				
6.	Francisco Sa Lopes	10		Torres Novas	5:06.02		333	
	50m: 34.68	150m: 1:53.34	250m: 3:13.18	350m: 4:30.29				
	100m: 1:13.60	200m: 2:33.38	300m: 3:52.44	400m: 5:06.02				
7.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	5:16.70		301	
	50m: 35.65	150m: 1:55.43	250m: 3:16.57	350m: 4:38.24				
	100m: 1:14.83	200m: 2:35.76	300m: 3:57.70	400m: 5:16.70				
8.	Vicente Jose Carrilho	10		BUZIOS-Coruche	5:20.99		289	
	50m: 36.27	150m: 1:56.62	250m: 3:18.66	350m: 4:41.60				
	100m: 1:15.80	200m: 2:37.96	300m: 4:00.33	400m: 5:20.99				

Prova 23 Masc., 400m Livres Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16/05/2009
: 5:26.00					

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Pedro Morgado Costa	09		Rio Maior	4:33.07		469	
	50m: 30.68	150m: 1:39.44	250m: 2:49.76	350m: 3:59.45				
	100m: 1:04.83	200m: 2:14.26	300m: 3:25.21	400m: 4:33.07				
2.	Luis Suissas Rato	09		Nautico Salvaterra Magos	4:46.83		405	
	50m: 33.83	150m: 1:48.59	250m: 3:02.99	350m: 4:14.05				
	100m: 1:10.59	200m: 2:26.48	300m: 3:39.74	400m: 4:46.83				
3.	Gabriel Sa Chambel	09		CLAC-Entroncamento	5:09.23		323	
	50m: 33.42	150m: 1:51.01	250m: 3:09.63	350m: 4:29.63				
	100m: 1:12.24	200m: 2:30.32	300m: 3:49.60	400m: 5:09.23				

Prova 23 Masc., 400m Livres Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Jun18	4:02.22	Tiago Filipe Campos	Sel POR	Felgueiras	22/04/2017
Recorde Distrital ANDS Jun17	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009

Jun/Sen: 5:20.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08		BUZIOS-Coruche	4:21.55		534	
	50m: 29.47	150m: 1:34.28	250m: 2:40.93	350m: 3:48.27				
	100m: 1:01.39	200m: 2:07.35	300m: 3:14.54	400m: 4:21.55				
2.	Tomas Alexandre Santos	07		BUZIOS-Coruche	4:23.75		521	
	50m: 28.91	150m: 1:33.91	250m: 2:41.81	350m: 3:50.10				
	100m: 1:00.90	200m: 2:07.65	300m: 3:15.92	400m: 4:23.75				
3.	Simao Pedro Oliveira	07		Torres Novas	4:36.62		451	
	50m: 30.55	150m: 1:40.24	250m: 2:51.72	350m: 4:02.65				
	100m: 1:04.98	200m: 2:16.20	300m: 3:27.45	400m: 4:36.62				
4.	Bernardo Pereira Simoes	07		Torres Novas	4:44.73		414	
	50m: 32.33	150m: 1:44.23	250m: 2:56.93	350m: 4:09.19				
	100m: 1:08.07	200m: 2:20.45	300m: 3:33.35	400m: 4:44.73				
5.	Leonardo Gomes Silva	08		Rio Maior	4:50.42		390	
	50m: 32.86	150m: 1:45.22	250m: 2:57.82	350m: 4:11.74				
	100m: 1:09.07	200m: 2:21.54	300m: 3:34.80	400m: 4:50.42				



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Prova 23, Masc., 400m Livres, Junior

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	5:00.69		351	
	50m: 34.35	150m: 1:47.73	250m: 3:03.59	350m: 4:22.91			
	100m: 1:10.88	200m: 2:25.40	300m: 3:43.08	400m: 5:00.69			

Prova 23 Masc., 400m Livres Senior Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Sen	3:54.00	Tiago Filipe Campos	CNRM	Albufeira	13/11/2021

Jun/Sen: 5:20.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Hugo Miguel Silva	77	BUZIOS-Coruche	5:18.23		296	
	50m: 34.84	150m: 1:56.62	250m: 3:19.41	350m: 4:41.34			
	100m: 1:15.19	200m: 2:38.44	300m: 4:01.29	400m: 5:18.23			

Prova 23 Masc., 400m Livres S110 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Sen	3:54.00	Tiago Filipe Campos	CNRM	Albufeira	13/11/2021
Recorde Distrital ANDS Jun18	4:02.22	Tiago Filipe Campos	Sel POR	Felgueiras	22/04/2017
Recorde Distrital ANDS Jun17	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16/05/2009
Recorde Distrital ANDS Juv B	4:09.90	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003
Recorde Distrital ANDS Inf A	4:22.64	Pedro Diogo Oliveira	CNRM	Benavente	26/05/2002
Recorde Distrital ANDS Inf B	4:32.58	David Filipe Pacheco	BUZIOS	Lagos	25/03/2023

Inf A: 6:06.00; Inf B: 6:29.00; Juv A: 5:26.00; Juv B: 5:36.00; Jun/Sen: 5:20.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	4:21.55		534	
	50m: 29.47	150m: 1:34.28	250m: 2:40.93	350m: 3:48.27			
	100m: 1:01.39	200m: 2:07.35	300m: 3:14.54	400m: 4:21.55			
2.	Tomas Alexandre Santos	07	BUZIOS-Coruche	4:23.75		521	
	50m: 28.91	150m: 1:33.91	250m: 2:41.81	350m: 3:50.10			
	100m: 1:00.90	200m: 2:07.65	300m: 3:15.92	400m: 4:23.75			
3.	David Filipe Pacheco	10	BUZIOS-Coruche	4:30.51		483	
	50m: 29.70	150m: 1:37.62	250m: 2:47.78	350m: 3:57.43			
	100m: 1:03.00	200m: 2:12.52	300m: 3:22.85	400m: 4:30.51			
4.	Daniel Filipe Jorge	10	Rio Maior	4:32.50		472	
	50m: 30.70	150m: 1:38.82	250m: 2:48.39	350m: 3:58.51			
	100m: 1:04.31	200m: 2:13.56	300m: 3:23.62	400m: 4:32.50			
5.	Pedro Morgado Costa	09	Rio Maior	4:33.07		469	
	50m: 30.68	150m: 1:39.44	250m: 2:49.76	350m: 3:59.45			
	100m: 1:04.83	200m: 2:14.26	300m: 3:25.21	400m: 4:33.07			
6.	Simao Pedro Oliveira	07	Torres Novas	4:36.62		451	
	50m: 30.55	150m: 1:40.24	250m: 2:51.72	350m: 4:02.65			
	100m: 1:04.98	200m: 2:16.20	300m: 3:27.45	400m: 4:36.62			
7.	Tiago Frazao Barra	10	Rio Maior	4:36.88		450	
	50m: 31.42	150m: 1:40.73	250m: 2:52.02	350m: 4:03.35			
	100m: 1:05.49	200m: 2:16.79	300m: 3:27.54	400m: 4:36.88			
8.	Bernardo Pereira Simoes	07	Torres Novas	4:44.73		414	
	50m: 32.33	150m: 1:44.23	250m: 2:56.93	350m: 4:09.19			
	100m: 1:08.07	200m: 2:20.45	300m: 3:33.35	400m: 4:44.73			



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Prova 23, Masc., 400m Livres, S110

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Luis Suissas Rato	09		Nautico Salvaterra Magos	4:46.83		405	
	50m: 33.83 150m: 1:48.59 250m: 3:02.99 350m: 4:14.05							
	100m: 1:10.59 200m: 2:26.48 300m: 3:39.74 400m: 4:46.83							
10.	Lourenco Vicente Geadá	10		Torres Novas	4:47.42		402	
	50m: 32.35 150m: 1:45.75 250m: 2:59.34 350m: 4:12.72							
	100m: 1:08.90 200m: 2:22.63 300m: 3:36.16 400m: 4:47.42							
11.	Martim Maria Salvador	11		Nautico Salvaterra Magos	4:48.16		399	
	50m: 32.12 150m: 1:46.01 250m: 3:00.92 350m: 4:14.43							
	100m: 1:08.58 200m: 2:23.33 300m: 3:38.45 400m: 4:48.16							
12.	Leonardo Gomes Silva	08		Rio Maior	4:50.42		390	
	50m: 32.86 150m: 1:45.22 250m: 2:57.82 350m: 4:11.74							
	100m: 1:09.07 200m: 2:21.54 300m: 3:34.80 400m: 4:50.42							
13.	Andre Guilherme Anastacio	10		Nautico Abrantes	4:56.52		366	
	50m: 33.67 150m: 1:47.31 250m: 3:03.37 350m: 4:18.04							
	100m: 1:09.99 200m: 2:25.47 300m: 3:41.02 400m: 4:56.52							
14.	Francisco Maria Dias	11		Viver Santarem	5:00.32		353	
	50m: 33.06 150m: 1:49.04 250m: 3:06.78 350m: 4:24.54							
	100m: 1:10.50 200m: 2:28.18 300m: 3:45.72 400m: 5:00.32							
15.	Bernardo Marques Fernandes	07		CLAC-Entroncamento	5:00.69		351	
	50m: 34.35 150m: 1:47.73 250m: 3:03.59 350m: 4:22.91							
	100m: 1:10.88 200m: 2:25.40 300m: 3:43.08 400m: 5:00.69							
16.	Francisco Sa Lopes	10		Torres Novas	5:06.02		333	
	50m: 34.68 150m: 1:53.34 250m: 3:13.18 350m: 4:30.29							
	100m: 1:13.60 200m: 2:33.38 300m: 3:52.44 400m: 5:06.02							
17.	Gabriel Sa Chambel	09		CLAC-Entroncamento	5:09.23		323	
	50m: 33.42 150m: 1:51.01 250m: 3:09.63 350m: 4:29.63							
	100m: 1:12.24 200m: 2:30.32 300m: 3:49.60 400m: 5:09.23							
18.	Manuel Maria Moniz	11		20Km de Almeirim	5:09.52		322	
	50m: 35.62 150m: 1:55.79 250m: 3:15.50 350m: 4:33.96							
	100m: 1:15.99 200m: 2:35.85 300m: 3:55.66 400m: 5:09.52							
19.	Matias Rafael Pacheco	12		BUZIOS-Coruche	5:10.57		319	
	50m: 35.57 150m: 1:54.11 250m: 3:13.44 350m: 4:32.24							
	100m: 1:14.49 200m: 2:33.77 300m: 3:52.89 400m: 5:10.57							
20.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	5:10.82		318	
	50m: 36.18 150m: 1:55.79 250m: 3:13.88 350m: 4:33.16							
	100m: 1:15.98 200m: 2:35.01 300m: 3:53.25 400m: 5:10.82							
21.	Salvador Henrique Vieira	12		Torres Novas	5:11.18		317	
	50m: 35.92 150m: 1:55.95 250m: 3:15.05 350m: 4:34.06							
	100m: 1:16.05 200m: 2:35.66 300m: 3:54.91 400m: 5:11.18							
22.	Martim Miguel Santos	11		Rio Maior	5:15.51		304	
	50m: 35.36 150m: 1:54.35 250m: 3:14.82 350m: 4:35.40							
	100m: 1:14.52 200m: 2:34.55 300m: 3:55.23 400m: 5:15.51							
23.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	5:15.89		303	
	50m: 35.42 150m: 1:56.53 250m: 3:17.86 350m: 4:40.06							
	100m: 1:16.13 200m: 2:37.09 300m: 3:59.18 400m: 5:15.89							
24.	Diogo Chambel Santos	11		Nautico Abrantes	5:16.00		303	
	50m: 38.43 150m: 1:59.09 250m: 3:18.81 350m: 4:37.51							
	100m: 1:18.88 200m: 2:38.85 300m: 3:57.55 400m: 5:16.00							
25.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	5:16.70		301	
	50m: 35.65 150m: 1:55.43 250m: 3:16.57 350m: 4:38.24							
	100m: 1:14.83 200m: 2:35.76 300m: 3:57.70 400m: 5:16.70							



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Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	Hugo Miguel Silva	77		BUZIOS-Coruche	5:18.23		296	
	50m: 34.84 150m: 1:56.62 250m: 3:19.41 350m: 4:41.34							
	100m: 1:15.19 200m: 2:38.44 300m: 4:01.29 400m: 5:18.23							
27.	Luca Cristian Irimia	11		Uniao Samorense	5:19.58		292	
	50m: 35.00 150m: 1:56.89 250m: 3:19.61 350m: 4:42.03							
	100m: 1:15.91 200m: 2:38.00 300m: 4:01.54 400m: 5:19.58							
28.	Vicente Jose Carrilho	10		BUZIOS-Coruche	5:20.99		289	
	50m: 36.27 150m: 1:56.62 250m: 3:18.66 350m: 4:41.60							
	100m: 1:15.80 200m: 2:37.96 300m: 4:00.33 400m: 5:20.99							
29.	Francisco Grave Reis	12		Rio Maior	5:21.16		288	
	50m: 35.20 150m: 1:54.31 250m: 3:17.56 350m: 4:42.52							
	100m: 1:14.14 200m: 2:35.31 300m: 4:00.48 400m: 5:21.16							
30.	Dinis Oliveira Nunes	11		BUZIOS-Coruche	5:22.51		285	
	50m: 36.85 150m: 1:58.37 250m: 3:21.30 350m: 4:44.41							
	100m: 1:17.26 200m: 2:39.90 300m: 4:03.14 400m: 5:22.51							
31.	Rodrigo Miranda Rosa	12		Uniao Samorense	5:33.15		258	
	50m: 37.36 150m: 2:03.65 250m: 3:30.62 350m: 4:56.37							
	100m: 1:20.39 200m: 2:46.81 300m: 4:14.62 400m: 5:33.15							
32.	Martim Rocha Silva	12		Gualdim Pais	5:46.40		230	
	50m: 38.20 150m: 2:04.59 250m: 3:34.87 350m: 5:04.35							
	100m: 1:20.95 200m: 2:48.83 300m: 4:19.70 400m: 5:46.40							
33.	Gabriel Antonio Marques	11		Nautico Abrantes	5:47.56		227	
	50m: 38.55 150m: 2:04.82 250m: 3:34.85 350m: 5:04.42							
	100m: 1:21.44 200m: 2:49.56 300m: 4:19.69 400m: 5:47.56							
34.	Rodrigo Miguel Alcobia	11	S10	CPFZ - Natacao	5:58.09		208	
	50m: 39.14 150m: 2:07.21 250m: 3:39.34 350m: 5:13.70							
	100m: 1:21.83 200m: 2:53.25 300m: 4:26.74 400m: 5:58.09							
35.	Salvador Miguel Silva	11		Viver Santarem	6:10.48		188	
	<i>FTL</i>							
	50m: 40.49 150m: 2:14.14 250m: 3:50.20 350m: 5:26.45							
	100m: 1:26.11 200m: 3:02.13 300m: 4:39.33 400m: 6:10.48							
36.	Antonio Francisco Rouxinol	11		BUZIOS-Coruche	6:27.71		164	
	<i>FTL</i>							
	50m: 37.04 150m: 2:16.87 250m: 4:01.27 350m: 5:41.77							
	100m: 1:24.11 200m: 3:08.33 300m: 4:51.79 400m: 6:27.71							
37.	Sandro Jose Tomas	12		BUZIOS-Coruche	6:35.46		154	
	<i>FTL</i>							
	50m: 41.78 150m: 2:20.80 250m: 4:03.84 350m: 5:46.88							
	100m: 1:30.68 200m: 3:11.93 300m: 4:56.71 400m: 6:35.46							
38.	Sebastiao Maria Borlinhas	11		BUZIOS-Coruche	6:35.63		154	
	<i>FTL</i>							
	50m: 40.69 150m: 2:18.86 250m: 4:01.53 350m: 5:45.18							
	100m: 1:28.97 200m: 3:09.52 300m: 4:52.48 400m: 6:35.63							
39.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	6:38.99		150	
	<i>FTL</i>							
	50m: 43.11 150m: 2:25.25 250m: 4:08.72 350m: 5:49.99							
	100m: 1:33.36 200m: 3:17.42 300m: 5:00.00 400m: 6:38.99							



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 24
08/03/2025

Femin., 200m Bruços

Infantil B
Resultados

Recorde Distrital ANDS Open	2:34.64	Maria Madalena Silva	CNAB	Porto	19/12/2014
Recorde Distrital ANDS Inf B	2:56.46	Joana Filipa Vilhena	CNLA	Ourém	22/02/2004

: 4:11.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia	13		Torres Novas	3:21.63		297	
	50m: 46.94	100m: 1:39.07	150m: 2:31.86	200m: 3:21.63				
2.	Maria Rita Godinho	13		Torres Novas	3:37.23		237	
	50m: 50.22	100m: 1:46.02	150m: 2:42.72	200m: 3:37.23				
3.	Eva Sousa Alfaiate	13		Torres Novas	3:41.61		223	
	50m: 49.43	100m: 1:46.33	150m: 2:44.71	200m: 3:41.61				
4.	Mariana Beatriz Goncalves	13		Uniao Samorense	3:44.14		216	
	50m: 51.36	100m: 1:49.82	150m: 2:48.62	200m: 3:44.14				
5.	Maria Carolina Fidalgo	13		Viver Santarem	3:51.70		195	
	50m: 53.35	100m: 1:52.87	150m: 2:52.78	200m: 3:51.70				
6.	Matilde Peixoto Amado	13		Natacao do Tejo	3:52.60		193	
	50m: 51.73	100m: 1:50.76	150m: 2:52.21	200m: 3:52.60				
7.	Marta Bento Ferreira	13		Viver Santarem	3:53.05		192	
	50m: 50.88	100m: 1:50.58	150m: 2:52.02	200m: 3:53.05				
8.	Mafalda Ines Martinho	13		CLAC-Entroncamento	3:55.18		187	
	50m: 54.80	100m: 1:55.14	150m: 2:55.40	200m: 3:55.18				
9.	Constanca Mendao Silva	13		Rio Maior	4:00.10		176	
	50m: 54.01	100m: 1:54.99	150m: 2:57.61	200m: 4:00.10				
10.	Matilde Maria Neto	13		Uniao Samorense	4:05.70		164	
	50m: 55.71	100m: 1:57.80	150m: 3:02.68	200m: 4:05.70				
DSQ	Mariana Grangeia Massot	13		Natacao do Tejo				
	<i>SW 7.2 - O (a) atleta não efectuou o ciclo completo de braçada seguida de pernada de bruços, após a partida</i>							

Prova 24
08/03/2025

Femin., 200m Bruços

Infantil A
Resultados

Recorde Distrital ANDS Open	2:34.64	Maria Madalena Silva	CNAB	Porto	19/12/2014
Recorde Distrital ANDS Inf A	2:45.10	Joana Filipa Vilhena	CNLA	Santarém	06/02/2005

: 3:52.70

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	2:59.42		421	
	50m: 40.78	100m: 1:25.94	150m: 2:13.17	200m: 2:59.42				
2.	Diana Marques Maquilao	12		Nautico Salvaterra Magos	3:13.51		336	
	50m: 45.98	100m: 1:35.73	150m: 2:25.62	200m: 3:13.51				
3.	Alicia Lopes Deep	12		BUZIOS-Coruche	3:15.84		324	
	50m: 46.42	100m: 1:36.24	150m: 2:28.09	200m: 3:15.84				
4.	Juliana Antunes Monteiro	12		Gualdim Pais	3:18.84		309	
	50m: 45.10	100m: 1:37.22	150m: 2:29.27	200m: 3:18.84				
5.	Margarida Madeira Pires	12		Rio Maior	3:19.30		307	
	50m: 46.55	100m: 1:36.77	150m: 2:28.57	200m: 3:19.30				
6.	Marta Costa Soares	12		Uniao Samorense	3:21.74		296	
	50m: 45.01	100m: 1:36.27	150m: 2:29.09	200m: 3:21.74				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

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

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Matilde Abelho Vaz	12		CLAC-Entroncamento	3:23.52		289	
	50m: 46.16 100m: 1:38.28 150m: 2:32.04 200m: 3:23.52							
8.	Rita Balsa Alves	12		BUZIOS-Coruche	3:39.29		231	
	50m: 49.55 100m: 1:45.69 150m: 2:43.10 200m: 3:39.29							
9.	Ana Leonor Lopes	12		Rio Maior	3:41.98		222	
	50m: 50.29 100m: 1:50.85 150m: 2:47.83 200m: 3:41.98							
10.	Carolina Maria Quinta	12		Torres Novas	3:46.11		210	
	50m: 52.08 100m: 1:50.87 150m: 2:50.08 200m: 3:46.11							
11.	Laura Amaro Marques	12		Torres Novas	3:49.95		200	
	50m: 53.02 100m: 1:51.81 150m: 2:52.04 200m: 3:49.95							
DSQ	Maria Francisca Pinheiro	12		Nautico Abrantes				
	<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultaneamente na viragem aos 100 metros</i>							

Prova 24
08/03/2025

Femin., 200m Bruços

Juvenil B
Resultados

Recorde Distrital ANDS Open	2:34.64	Maria Madalena Silva	CNAB	Porto	19/12/2014
Recorde Distrital ANDS Juv B	2:43.30	Beatriz Grave Reis	CNRM	Tomar	24/11/2018

: 3:50.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11		Torres Novas	2:50.90		488	
	50m: 39.38 100m: 1:22.80 150m: 2:07.23 200m: 2:50.90							
2.	Sofia Barroca Pereira	11		BUZIOS-Coruche	3:03.05		397	
	50m: 40.84 100m: 1:26.43 150m: 2:14.59 200m: 3:03.05							
3.	Mariana Freitas Mota	11		Torres Novas	3:07.89		367	
	50m: 44.41 100m: 1:32.82 150m: 2:20.99 200m: 3:07.89							
4.	Margarida Pinho Formigo	11		Torres Novas	3:11.10		349	
	50m: 43.50 100m: 1:32.85 150m: 2:22.77 200m: 3:11.10							
5.	Carolina Reis Lopes	11		Torres Novas	3:13.04		338	
	50m: 45.18 100m: 1:33.76 150m: 2:23.23 200m: 3:13.04							
6.	Rita Lino Ferreira	11		BUZIOS-Coruche	3:14.04		333	
	50m: 44.99 100m: 1:34.55 150m: 2:25.27 200m: 3:14.04							

Prova 24
08/03/2025

Femin., 200m Bruços

Juvenil A
Resultados

Recorde Distrital ANDS Open	2:34.64	Maria Madalena Silva	CNAB	Porto	19/12/2014
Recorde Distrital ANDS Juv A	2:45.14	Catia Iordan Agostinho	CNRM	Coruche	11/03/2017

: 3:44.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreireiro Martins	10		BUZIOS-Coruche	3:04.48		388	
	50m: 41.15 100m: 1:28.49 150m: 2:18.42 200m: 3:04.48							
2.	Debora Sofia Santos	10		Rio Maior	3:17.25		317	
	50m: 45.25 100m: 1:36.30 150m: 2:26.31 200m: 3:17.25							
3.	Angela Maria Pereira	10		Nautico Salvaterra Magos	3:24.46		285	
	50m: 46.63 100m: 1:38.70 150m: 2:31.72 200m: 3:24.46							



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 24, Femin., 200m Bruços

Prova 24
08/03/2025
Femin., 200m Bruços
Junior Resultados

Recorde Distrital ANDS Open	2:34.64	Maria Madalena Silva	CNAB	Porto	19/12/2014
Recorde Distrital ANDS 18 +	2:38.10	Maria Madalena Silva	CNAB	Caldas da Rainha	28/11/2015
Recorde Distrital ANDS 17	2:34.64	Maria Madalena Silva	CNAB	Porto	19/12/2014
Recorde Distrital ANDS Jun16	2:41.32	Maria Madalena Silva	CNAB	Leiria	07/12/2013

Jun/Sen: 3:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Maria Fragoso	07		Viver Santarem	2:53.74		464	
	50m: 40.17 100m: 1:24.21 150m: 2:08.57 200m: 2:53.74							
2.	Laura Brites Costa	09		Rio Maior	2:54.13		461	
	50m: 39.58 100m: 1:23.35 150m: 2:08.35 200m: 2:54.13							
3.	Maria Madalena Monteiro	08		Gualdim Pais	3:04.61		387	
	50m: 41.03 100m: 1:28.78 150m: 2:17.56 200m: 3:04.61							
4.	Daniela Santos Carrilho	08		CLAC-Entroncamento	3:14.73		330	
	50m: 43.97 100m: 1:34.25 150m: 2:24.84 200m: 3:14.73							
5.	Leonor Marques Carvalho	09		Rio Maior	3:20.23		303	
	50m: 47.13 100m: 1:38.13 150m: 2:29.78 200m: 3:20.23							
6.	Iris Simoes Martins	08		CLAC-Entroncamento	3:29.54		264	
	50m: 46.76 100m: 1:40.23 150m: 2:35.73 200m: 3:29.54							
7.	Maria Ines Campos	09		Nautico Abrantes	3:34.94		245	
	50m: 47.83 100m: 1:42.01 150m: 2:38.60 200m: 3:34.94							
8.	Carolina Cupertino Marchante	09		CLAC-Entroncamento	3:36.67		239	
	<i>FTL</i>							
	50m: 48.99 100m: 1:44.05 150m: 2:41.15 200m: 3:36.67							

Prova 24
08/03/2025
Femin., 200m Bruços
Senior Resultados

Recorde Distrital ANDS Open	2:34.64	Maria Madalena Silva	CNAB	Porto	19/12/2014
Recorde Distrital ANDS 18 +	2:38.10	Maria Madalena Silva	CNAB	Caldas da Rainha	28/11/2015

Jun/Sen: 3:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Marta Chambel Dias	02		CLAC-Entroncamento	2:52.13		477	
	50m: 39.85 100m: 1:23.61 150m: 2:08.35 200m: 2:52.13							
2.	Ana Patricia Oliveira	03		Viver Santarem	3:00.13		416	
	50m: 40.50 100m: 1:25.29 150m: 2:11.94 200m: 3:00.13							
3.	Joana Patricia Antunes	06		CLAC-Entroncamento	3:12.48		341	
	50m: 43.48 100m: 1:32.15 150m: 2:22.73 200m: 3:12.48							
4.	Barbara Maia Freitas	06		CLAC-Entroncamento	3:34.50		246	
	50m: 49.62 100m: 1:43.44 150m: 2:39.60 200m: 3:34.50							



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 25 Masc., 200m Bruços Infantil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.14	Carlos Daniel Nunes	CNSM	Leiria	10/12/2022
Recorde Distrital ANDS Inf B	2:44.17	Miguel Carrico Cruz	SCALAB	Santo Antº Cavaleiros	17/03/2012

: 4:07.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Salvador Henrique Vieira	12		Torres Novas	3:13.64		238	
	50m: 44.32 100m: 1:34.07 150m: 2:24.08 200m: 3:13.64							
2.	Gabriel Mocanu	12		Uniao Samorense	3:18.67		221	
	50m: 43.84 100m: 1:34.95 150m: 2:27.71 200m: 3:18.67							
3.	Artur Miguel Silva	12		Natacao do Tejo	3:37.18		169	
	50m: 49.68 100m: 1:45.99 150m: 2:42.42 200m: 3:37.18							
4.	Gabriel Fernandes Samouco	12		Natacao do Tejo	3:42.31		157	
	50m: 51.06 100m: 1:47.22 150m: 2:46.24 200m: 3:42.31							
5.	Dinis Alexandre Santos	12		Torres Novas	3:59.61		126	
	50m: 51.98 100m: 1:52.97 150m: 2:56.98 200m: 3:59.61							
6.	Isaac Lourenco Marques	12		BUZIOS-Coruche	4:24.36		93	
	<i>FTL</i>							
	50m: 58.95 100m: 2:07.32 150m: 3:16.68 200m: 4:24.36							
DSQ	Lourenco Filipe Costa	12		20Km de Almeirim				
	<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 50 metros</i>							

Prova 25 Masc., 200m Bruços Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.14	Carlos Daniel Nunes	CNSM	Leiria	10/12/2022
Recorde Distrital ANDS Inf A	2:32.70	Francisco Costa Nunes	CCDSM	Tomar	20/03/2016

: 3:45.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Duarte Moura Mendes	11		Torres Novas	2:46.55		375	
	50m: 38.21 100m: 1:20.97 150m: 2:04.01 200m: 2:46.55							
2.	Diogo Chambel Santos	11		Nautico Abrantes	3:04.00		278	
	50m: 41.97 100m: 1:30.78 150m: 2:17.95 200m: 3:04.00							
3.	Dinis Oliveira Nunes	11		BUZIOS-Coruche	3:19.91		217	
	50m: 43.67 100m: 1:34.04 150m: 2:27.20 200m: 3:19.91							
4.	Afonso Tomas Antunes	11		Natacao do Tejo	3:28.85		190	
	50m: 46.01 100m: 1:38.62 150m: 2:33.24 200m: 3:28.85							



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 25, Masc., 200m Bruços

Prova 25 Masc., 200m Bruços Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.14	Carlos Daniel Nunes	CNSM	Leiria	10/12/2022
Recorde Distrital ANDS Juv B	2:31.58	Carlos Daniel Nunes	CNSM	Sines	08/12/2019

: 3:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Goncalves Vieira	10	Gualdim Pais	2:48.21		364	
	50m: 38.22 100m: 1:21.81 150m: 2:06.70 200m: 2:48.21						
2.	Guilherme Martins Conceicac10		Viver Santarem	2:49.48		356	
	50m: 39.11 100m: 1:21.81 150m: 2:04.86 200m: 2:49.48						
3.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	2:53.69		331	
	50m: 37.48 100m: 1:21.23 150m: 2:07.26 200m: 2:53.69						
4.	Afonso Goncalves Leite	10	CLAC-Entroncamento	3:07.63		262	
	50m: 43.68 100m: 1:32.39 150m: 2:21.77 200m: 3:07.63						
5.	Guilherme Ferreira Leitao	10	Viver Santarem	3:40.30		162	
	<i>FTL</i>						
	50m: 49.34 100m: 1:47.84 150m: 2:47.16 200m: 3:40.30						

Prova 25 Masc., 200m Bruços Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.14	Carlos Daniel Nunes	CNSM	Leiria	10/12/2022
Recorde Distrital ANDS Juv A	2:26.42	Francisco Costa Nunes	CCDSM	Albufeira	17/12/2017

: 3:20.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Dinis Maria Garcia	09	Nautico Abrantes	2:35.81		458	
	50m: 34.69 100m: 1:13.94 150m: 1:54.50 200m: 2:35.81						

Prova 25 Masc., 200m Bruços Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.14	Carlos Daniel Nunes	CNSM	Leiria	10/12/2022
Recorde Distrital ANDS Jun18	2:19.14	Carlos Daniel Nunes	CNSM	Leiria	10/12/2022
Recorde Distrital ANDS Jun17	2:21.08	Francisco Costa Nunes Nunes	CCDSM	Felgueiras	22/12/2018

Jun/Sen: 3:15.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	2:35.92		457	
	50m: 34.81 100m: 1:14.36 150m: 1:55.43 200m: 2:35.92						
2.	Afonso Bernardo Evaristo	08	Gualdim Pais	2:36.52		452	
	50m: 35.74 100m: 1:16.45 150m: 1:56.19 200m: 2:36.52						
3.	Tomas Alexandre Santos	07	BUZIOS-Coruche	2:49.89		353	
	50m: 37.09 100m: 1:20.30 150m: 2:04.98 200m: 2:49.89						
4.	Martim Silva Oliveira	08	Torres Novas	2:52.86		335	
	50m: 39.73 100m: 1:22.86 150m: 2:07.13 200m: 2:52.86						
5.	Afonso Costa Soares	07	CPFZ - Natacao	2:59.78		298	
	50m: 40.87 100m: 1:27.64 150m: 2:15.33 200m: 2:59.78						
6.	Bernardo Marques Fernandes07		CLAC-Entroncamento	3:03.18		282	
	50m: 40.44 100m: 1:25.93 150m: 2:14.73 200m: 3:03.18						



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Prova 25, Masc., 200m Bruços

Prova 25 Masc., 200m Bruços Senior
08/03/2025 Resultados

Recorde Distrital ANDS Open	2:19.14	Carlos Daniel Nunes	CNSM	Leiria	10/12/2022
Recorde Distrital ANDS Sen	2:22.88	Luis Afonso Lopes	VS	Tomar	06/11/2021

Jun/Sen: 3:15.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Luis Filipe Viana	89	CLAC-Entroncamento	2:28.51		529	
	50m: 34.30 100m: 1:13.45 150m: 1:50.72 200m: 2:28.51						
2.	Diogo Miguel Balsa	95	BUZIOS-Coruche	2:59.77		298	
	50m: 38.40 100m: 1:22.34 150m: 2:09.34 200m: 2:59.77						
3.	Hugo Miguel Silva	77	BUZIOS-Coruche	3:08.81		257	
	50m: 41.60 100m: 1:29.72 150m: 2:19.03 200m: 3:08.81						

Prova 26 Femin., 100m Mariposa Infantil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	1:02.48	Ariana Espírito Louro	SFGP	Leiria	27/11/2021
Recorde Distrital ANDS Inf B	1:11.62	Mariana Veloso Vitoria	CNAB	Coruche	08/05/2010

: 1:53.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Amelia Torres	13	Viver Santarem	1:22.58		280	
	50m: 38.46 100m: 1:22.58						
2.	Barbara Godinho Simoes	13	CPFZ - Natacao	1:40.13		157	
	50m: 45.76 100m: 1:40.13						
3.	Maria Rita Godinho	13	Torres Novas	1:43.66		141	
	50m: 50.06 100m: 1:43.66						
4.	Leonor Chambel Santos FTL	13	Nautico Abrantes	1:56.60		99	
	50m: 52.90 100m: 1:56.60						

DNS Valentina Rodrigues Feijao 13 Nautico Salvaterra Magos

Prova 26 Femin., 100m Mariposa Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	1:02.48	Ariana Espírito Louro	SFGP	Leiria	27/11/2021
Recorde Distrital ANDS Inf A	1:08.95	Mariana Veloso Vitoria	CNAB	Entroncamento	04/06/2011

: 1:50.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rita Gomes Valentim	12	Torres Novas	1:20.06		307	
	50m: 36.84 100m: 1:20.06						
2.	Matilde Abelho Vaz	12	CLAC-Entroncamento	1:32.33		200	
	50m: 43.45 100m: 1:32.33						
3.	Ana Marisa Simples	12	Uniao Samorense	1:35.48		181	
	50m: 44.06 100m: 1:35.48						
4.	Diana Marques Maquilao	12	Nautico Salvaterra Magos	1:35.50		181	
	50m: 44.38 100m: 1:35.50						
5.	Ines Santos Pina	12	CLAC-Entroncamento	1:47.83		125	
	50m: 50.80 100m: 1:47.83						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 26, Femin., 100m Mariposa, Infantil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Joana Verissimo Tavares	12	CLAC-Entroncamento	1:47.93		125	
	50m: 49.80	100m: 1:47.93					

Prova 26 Femin., 100m Mariposa Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	1:02.48	Ariana Esp�rito Louro	SFGP	Leiria	27/11/2021
Recorde Distrital ANDS Juv B	1:06.68	Maria Madalena Bento	BUZIOS	Coruche	14/04/2019

: 1:48.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Benedita Maria Lagarinhos	11	Viver Santarem	1:11.50		431	
	50m: 33.56	100m: 1:11.50					
2.	Clara Santos Madureira	11	Torres Novas	1:15.28		370	
	50m: 33.94	100m: 1:15.28					
3.	Rita Lino Ferreira	11	BUZIOS-Coruche	1:25.80		249	
	50m: 41.11	100m: 1:25.80					
4.	Mariana Freitas Mota	11	Torres Novas	1:28.85		225	
	50m: 42.14	100m: 1:28.85					
5.	Beatriz Isabel Moura	11	Nautico Abrantes	1:37.42		170	
	50m: 43.14	100m: 1:37.42					
6.	Catarina Leonor Pereira	11	CLAC-Entroncamento	1:37.95		168	
	50m: 44.94	100m: 1:37.95					

Prova 26 Femin., 100m Mariposa Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	1:02.48	Ariana Esp�rito Louro	SFGP	Leiria	27/11/2021
Recorde Distrital ANDS Juv A	1:04.97	Maria Madalena Bento	BUZIOS	Sines	08/12/2019

: 1:36.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Leonor Lopes	10	Torres Novas	1:15.52		366	
	50m: 34.53	100m: 1:15.52					
2.	Flor Fortunata Ferreira	10	Gualdim Pais	1:17.40		340	
	50m: 33.88	100m: 1:17.40					
3.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	1:20.80		299	
	50m: 34.71	100m: 1:20.80					
4.	Angela Maria Pereira	10	Nautico Salvaterra Magos	1:28.43		228	
	50m: 40.53	100m: 1:28.43					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 26, Femin., 100m Mariposa

Prova 26	Femin., 100m Mariposa					Junior
08/03/2025						Resultados
Recorde Distrital ANDS Open	1:02.48	Ariana Espírito Louro	SFGP	Leiria	27/11/2021	
Recorde Distrital ANDS 18 +	1:03.54	Ariana Espírito Louro	SFGP	Albufeira	12/11/2022	
Recorde Distrital ANDS 17	1:02.48	Ariana Espírito Louro	ROU	Leiria	27/11/2021	
Recorde Distrital ANDS Jun16	1:06.09	Maria Madalena Bento	BUZIOS	Tomar	24/10/2020	

Jun/Sen: 1:30.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	1:05.95		550	
	50m: 30.47 100m: 1:05.95						
2.	Laura Prates Morais	09	Viver Santarem	1:16.38		354	
	50m: 35.66 100m: 1:16.38						
3.	Leonor Margarida Mateus	09	BUZIOS-Coruche	1:18.40		327	
	50m: 36.33 100m: 1:18.40						
4.	Madalena Nunes Domingos	07	Viver Santarem	1:19.98		308	
	50m: 36.53 100m: 1:19.98						
5.	Catarina Isabel Galvao	09	BUZIOS-Coruche	1:20.11		307	
	50m: 37.60 100m: 1:20.11						
6.	Carolina Santos Carrilho	08	CLAC-Entroncamento	1:30.12		215	
	FTL 50m: 41.69 100m: 1:30.12						
DNS	Carlota Pereira Sousa	08	Viver Santarem				

Prova 26	Femin., 100m Mariposa					Senior
08/03/2025						Resultados

Recorde Distrital ANDS Open	1:02.48	Ariana Espírito Louro	SFGP	Leiria	27/11/2021
Recorde Distrital ANDS 18 +	1:03.54	Ariana Espírito Louro	SFGP	Albufeira	12/11/2022

Jun/Sen: 1:30.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Marta Chambel Dias	02	CLAC-Entroncamento	1:17.60		337	
	50m: 36.95 100m: 1:17.60						
2.	Barbara Maia Freitas	06	CLAC-Entroncamento	1:27.73		233	
	50m: 40.50 100m: 1:27.73						

Prova 27	Masc., 100m Mariposa					Infantil B
08/03/2025						Resultados

Recorde Distrital ANDS Open	53.39	Paulo Vakulyuk	CNTN	Leiria	10/12/2022
Recorde Distrital ANDS Inf B	1:06.88	Fábio Miguel Samouco	CNTN	Coruche	10/05/2008

: 1:49.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matias Rafael Pacheco	12	BUZIOS-Coruche	1:20.31		210	
	50m: 37.49 100m: 1:20.31						
2.	Rodrigo Miranda Rosa	12	Uniao Samorense	1:21.11		204	
	50m: 37.74 100m: 1:21.11						
3.	Lourenco Filipe Costa	12	20Km de Almeirim	1:28.92		155	
	50m: 38.63 100m: 1:28.92						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 27, Masc., 100m Mariposa, Infantil B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Afonso Ferreira Cruz FTL	12	CLAC-Entroncamento	1:52.74		76	
	50m: 50.30	100m: 1:52.74					

Prova 27 Masc., 100m Mariposa Infantil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	53.39	Paulo Vakulyuk	CNTN	Leiria	10/12/2022
Recorde Distrital ANDS Inf A	1:01.82	Pedro Diogo Oliveira	CNRM	Samora Correia	12/05/2002

: 1:42.50

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Martim Maria Salvador	11	Nautico Salvaterra Magos	1:07.45		355	
	50m: 31.30	100m: 1:07.45					
2.	Duarte Moura Mendes	11	Torres Novas	1:09.38		326	
	50m: 33.48	100m: 1:09.38					
3.	Luca Cristian Irimia	11	Uniao Samorense	1:16.35		245	
	50m: 35.14	100m: 1:16.35					
4.	Artur Alexandre Silva	11	20Km de Almeirim	1:18.42		226	
	50m: 36.71	100m: 1:18.42					
5.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	1:18.85		222	
	50m: 37.32	100m: 1:18.85					
6.	Martim Miguel Santos	11	Rio Maior	1:19.22		219	
	50m: 35.84	100m: 1:19.22					
7.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	1:28.30		158	
	50m: 40.26	100m: 1:28.30					

Prova 27 Masc., 100m Mariposa Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	53.39	Paulo Vakulyuk	CNTN	Leiria	10/12/2022
Recorde Distrital ANDS Juv B	57.72	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003

: 1:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10	BUZIOS-Coruche	1:04.96		397	
	50m: 30.90	100m: 1:04.96					
2.	Francisco Manuel Cadete	10	Nautico Abrantes	1:05.34		391	
	50m: 30.07	100m: 1:05.34					
3.	Daniel Filipe Jorge	10	Rio Maior	1:07.84		349	
	50m: 31.86	100m: 1:07.84					
4.	Tiago Frazao Barra	10	Rio Maior	1:09.91		319	
	50m: 32.04	100m: 1:09.91					
5.	Francisco Sa Lopes	10	Torres Novas	1:13.40		275	
	50m: 34.46	100m: 1:13.40					
6.	Lourenco Vicente Geada	10	Torres Novas	1:14.46		264	
	50m: 35.23	100m: 1:14.46					
7.	Luis Miguel Reis	10	Rio Maior	1:16.36		244	
	50m: 36.75	100m: 1:16.36					
8.	Vicente Jose Carrilho	10	BUZIOS-Coruche	1:19.94		213	
	50m: 36.63	100m: 1:19.94					



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 27, Masc., 100m Mariposa, Juvenil B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Afonso Goncalves Leite	10	CLAC-Entroncamento	1:20.77		207	
	50m: 37.34	100m: 1:20.77					
10.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	1:22.97		190	
	50m: 38.44	100m: 1:22.97					

Prova 27 Masc., 100m Mariposa Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	53.39	Paulo Vakulyuk	CNTN	Leiria	10/12/2022
Recorde Distrital ANDS Juv A	56.43	Pedro Diogo Oliveira	CNRM	Abrantes	31/01/2004

: 1:27.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Luis Suissas Rato	09	Nautico Salvaterra Magos	1:04.69		402	
	50m: 30.65	100m: 1:04.69					
2.	Miguel Silva Lima	09	Nautico Abrantes	1:04.93		398	
	50m: 30.01	100m: 1:04.93					
3.	Pedro Morgado Costa	09	Rio Maior	1:05.26		392	
	50m: 30.65	100m: 1:05.26					
4.	Rodrigo Duque Dias	09	CLAC-Entroncamento	1:20.75		207	
	50m: 36.42	100m: 1:20.75					
5.	Jose Tomas Martins	09	BUZIOS-Coruche	1:42.18		102	
	<i>FTL</i>						
	50m: 44.30	100m: 1:42.18					

Prova 27 Masc., 100m Mariposa Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	53.39	Paulo Vakulyuk	CNTN	Leiria	10/12/2022
Recorde Distrital ANDS Jun18	54.60	Paulo Vakulyuk	ROU	Abrantes	15/05/2021
Recorde Distrital ANDS Jun17	54.09	Paulo Vakulyuk	CNTN	Felgueiras	21/12/2019

Jun/Sen: 1:19.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rodolfo Charrua Gago	08	Viver Santarem	1:05.78		383	
	50m: 29.18	100m: 1:05.78					
2.	Leonardo Gomes Silva	08	Rio Maior	1:07.59		353	
	50m: 30.75	100m: 1:07.59					
3.	Simao Pedro Oliveira	07	Torres Novas	1:08.49		339	
	50m: 31.46	100m: 1:08.49					
4.	Bernardo Pereira Simoes	07	Torres Novas	1:09.45		325	
	50m: 32.02	100m: 1:09.45					



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Prova 27, Masc., 100m Mariposa

Prova 27 Masc., 100m Mariposa Senior
08/03/2025 Resultados

Recorde Distrital ANDS Open	53.39	Paulo Vakulyuk	CNTN	Leiria	10/12/2022
Recorde Distrital ANDS Sen	53.39	Paulo Vakulyuk	VNTN	Leiria	10/12/2022

Jun/Sen: 1:19.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Artur Rafael Saramago	97	BUZIOS-Coruche	1:00.01		504	
	50m: 27.96 100m: 1:00.01						
2.	Goncalo Catarino Dias	00	Gualdim Pais	1:02.23		452	
	50m: 28.83 100m: 1:02.23						
3.	Guilherme Filipe Gaboleiro	05	Rio Maior	1:02.27		451	
	50m: 27.21 100m: 1:02.27						
4.	Joao Antonio Pires	05	Torres Novas	1:03.24		431	
	50m: 28.64 100m: 1:03.24						
5.	Afonso Formigo Pinho	06	Torres Novas	1:03.82		419	
	50m: 30.08 100m: 1:03.82						
6.	Pedro Pereira Lopes	99	BUZIOS-Coruche	1:04.98		397	
	50m: 28.33 100m: 1:04.98						
7.	Ricardo Filipe Gaboleiro	05	Rio Maior	1:05.79		383	
	50m: 29.26 100m: 1:05.79						
8.	Tiago Manuel Silva	05 S3	CLAC-Entroncamento	3:10.11		15	
	RECORDE NACIONAL S3, FTL						
	50m: 1:30.65 100m: 3:10.11						

Prova 27 Masc., 100m Mariposa S3,SB3,SM3
08/03/2025 Resultados

Recorde Distrital ANDS Open	53.39	Paulo Vakulyuk	CNTN	Leiria	10/12/2022
Recorde Distrital ANDS Sen	53.39	Paulo Vakulyuk	VNTN	Leiria	10/12/2022
Recorde Distrital ANDS Jun18	54.60	Paulo Vakulyuk	ROU	Abrantes	15/05/2021
Recorde Distrital ANDS Jun17	54.09	Paulo Vakulyuk	CNTN	Felgueiras	21/12/2019
Recorde Distrital ANDS Juv A	56.43	Pedro Diogo Oliveira	CNRM	Abrantes	31/01/2004
Recorde Distrital ANDS Juv B	57.72	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003
Recorde Distrital ANDS Inf A	1:01.82	Pedro Diogo Oliveira	CNRM	Samora Correia	12/05/2002
Recorde Distrital ANDS Inf B	1:06.88	Fábio Miguel Samouco	CNTN	Coruche	10/05/2008

Inf A: 1:42.50; Inf B: 1:49.00; Juv A: 1:27.00; Juv B: 1:35.00; Jun/Sen: 1:19.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Artur Rafael Saramago	97	BUZIOS-Coruche	1:00.01		504	
	50m: 27.96 100m: 1:00.01						
2.	Goncalo Catarino Dias	00	Gualdim Pais	1:02.23		452	
	50m: 28.83 100m: 1:02.23						
3.	Guilherme Filipe Gaboleiro	05	Rio Maior	1:02.27		451	
	50m: 27.21 100m: 1:02.27						
4.	Joao Antonio Pires	05	Torres Novas	1:03.24		431	
	50m: 28.64 100m: 1:03.24						
5.	Afonso Formigo Pinho	06	Torres Novas	1:03.82		419	
	50m: 30.08 100m: 1:03.82						
6.	Luis Suissas Rato	09	Nautico Salvaterra Magos	1:04.69		402	
	50m: 30.65 100m: 1:04.69						
7.	Miguel Silva Lima	09	Nautico Abrantes	1:04.93		398	
	50m: 30.01 100m: 1:04.93						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 27, Masc., 100m Mariposa, S3,SB3,SM3

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	David Filipe Pacheco	10	BUZIOS-Coruche	1:04.96		397	
	50m: 30.90 100m: 1:04.96						
9.	Pedro Pereira Lopes	99	BUZIOS-Coruche	1:04.98		397	
	50m: 28.33 100m: 1:04.98						
10.	Pedro Morgado Costa	09	Rio Maior	1:05.26		392	
	50m: 30.65 100m: 1:05.26						
11.	Francisco Manuel Cadete	10	Nautico Abrantes	1:05.34		391	
	50m: 30.07 100m: 1:05.34						
12.	Rodolfo Charrua Gago	08	Viver Santarem	1:05.78		383	
	50m: 29.18 100m: 1:05.78						
13.	Ricardo Filipe Gaboleiro	05	Rio Maior	1:05.79		383	
	50m: 29.26 100m: 1:05.79						
14.	Martim Maria Salvador	11	Nautico Salvaterra Magos	1:07.45		355	
	50m: 31.30 100m: 1:07.45						
15.	Leonardo Gomes Silva	08	Rio Maior	1:07.59		353	
	50m: 30.75 100m: 1:07.59						
16.	Daniel Filipe Jorge	10	Rio Maior	1:07.84		349	
	50m: 31.86 100m: 1:07.84						
17.	Simao Pedro Oliveira	07	Torres Novas	1:08.49		339	
	50m: 31.46 100m: 1:08.49						
18.	Duarte Moura Mendes	11	Torres Novas	1:09.38		326	
	50m: 33.48 100m: 1:09.38						
19.	Bernardo Pereira Simoes	07	Torres Novas	1:09.45		325	
	50m: 32.02 100m: 1:09.45						
20.	Tiago Frazao Barra	10	Rio Maior	1:09.91		319	
	50m: 32.04 100m: 1:09.91						
21.	Francisco Sa Lopes	10	Torres Novas	1:13.40		275	
	50m: 34.46 100m: 1:13.40						
22.	Lourenco Vicente Geada	10	Torres Novas	1:14.46		264	
	50m: 35.23 100m: 1:14.46						
23.	Luca Cristian Irimia	11	Uniao Samorense	1:16.35		245	
	50m: 35.14 100m: 1:16.35						
24.	Luis Miguel Reis	10	Rio Maior	1:16.36		244	
	50m: 36.75 100m: 1:16.36						
25.	Artur Alexandre Silva	11	20Km de Almeirim	1:18.42		226	
	50m: 36.71 100m: 1:18.42						
26.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	1:18.85		222	
	50m: 37.32 100m: 1:18.85						
27.	Martim Miguel Santos	11	Rio Maior	1:19.22		219	
	50m: 35.84 100m: 1:19.22						
28.	Vicente Jose Carrilho	10	BUZIOS-Coruche	1:19.94		213	
	50m: 36.63 100m: 1:19.94						
29.	Matias Rafael Pacheco	12	BUZIOS-Coruche	1:20.31		210	
	50m: 37.49 100m: 1:20.31						
30.	Rodrigo Duque Dias	09	CLAC-Entroncamento	1:20.75		207	
	50m: 36.42 100m: 1:20.75						
31.	Afonso Goncalves Leite	10	CLAC-Entroncamento	1:20.77		207	
	50m: 37.34 100m: 1:20.77						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 27, Masc., 100m Mariposa, S3,SB3,SM3

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
32.	Rodrigo Miranda Rosa	12		Uniao Samorense	1:21.11		204	
	50m: 37.74	100m: 1:21.11						
33.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	1:22.97		190	
	50m: 38.44	100m: 1:22.97						
34.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	1:28.30		158	
	50m: 40.26	100m: 1:28.30						
35.	Lourenco Filipe Costa	12		20Km de Almeirim	1:28.92		155	
	50m: 38.63	100m: 1:28.92						
36.	Jose Tomas Martins	09		BUZIOS-Coruche	1:42.18		102	
	<i>FTL</i>							
	50m: 44.30	100m: 1:42.18						
37.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	1:52.74		76	
	<i>FTL</i>							
	50m: 50.30	100m: 1:52.74						
38.	Tiago Manuel Silva	05	S3	CLAC-Entroncamento	3:10.11		15	
	<i>RECORDE NACIONAL S3, FTL</i>							
	50m: 1:30.65	100m: 3:10.11						

Prova 28

Femin., 4 x 50m Estilos

Juvenil

08/03/2025

Resultados

Recorde Distrital ANDS Juv A	2:16.29	Clube de Natacao de Torres Novas	CNTN	Tomar	14/11/2015
Recorde Distrital ANDS Juv	2:10.82	Clube de Natacao de Torres Novas	CNTN	Coruche	24/02/2018
Recorde Distrital ANDS Juv B	2:16.03	CNTN	CNTN	Tomar	01/03/2015
Recorde Distrital ANDS Abs	2:03.86	CNTN	CNTN	Felgueiras	21/12/2019

Juv A: 2:45.00; Juv B: 2:52.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts		
1. Torres Novas 1		Torres Novas	2:20.83		383			
	50m: 33.91	33.91	100m: 1:12.67	38.76	150m: 1:50.19	37.52	200m: 2:20.83	30.64
2. BUZIOS-Coruche 2		BUZIOS-Coruche	2:21.20		380			
	50m: 34.21	34.21	100m: 1:16.45	42.24	150m: 1:51.91	35.46	200m: 2:21.20	29.29

Prova 28

Femin., 4 x 50m Estilos

Junior/Senior

08/03/2025

Resultados

Recorde Distrital ANDS 18 +	2:17.69	SCALABISPORT	SCALAB	Tomar	19/11/2011
Recorde Distrital ANDS 16 - 17	2:03.86	CNTN	CNTN	Felgueiras	21/12/2019
Recorde Distrital ANDS Abs	2:03.86	CNTN	CNTN	Felgueiras	21/12/2019

: 2:41.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts		
1. Viver Santarem 3		Viver Santarem	2:18.33		405			
	50m: 34.29	34.29	100m: 1:12.18	37.89	150m: 1:46.58	34.40	200m: 2:18.33	31.75
2. CLAC-Entroncamento 1		CLAC-Entroncamento	2:23.42		363			
	50m: 38.63	38.63	100m: 1:19.71	41.08	150m: 1:52.87	33.16	200m: 2:23.42	30.55
3. BUZIOS-Coruche 1		BUZIOS-Coruche	2:24.21		357			
	50m: 36.59	36.59	100m: 1:16.41	39.82	150m: 1:53.48	37.07	200m: 2:24.21	30.73



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 29 Masc., 4 x 50m Estilos Juvenil
08/03/2025 Resultados

Recorde Distrital ANDS Juv A	1:55.57	Viver Santarem-Soc Cult Desporto TV Ssmo Ge:CorucheEM SA	16/03/2019
Recorde Distrital ANDS Juv	1:55.57	Viver Santarem-Soc Cult Desporto TV Ssmo Ge:CorucheEM SA	16/03/2019
Recorde Distrital ANDS Juv B	2:01.56	CNTN CNTN Almeirim	27/06/2010
Recorde Distrital ANDS Abs	1:47.14	Viver Santarem-Soc Cult Desporto TV Ssmo Ge:Tomar'b EM SA	19/11/2022

Juv A: 2:30.00; Juv B: 2:35.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Nautico Abrantes 7		Nautico Abrantes	1:59.14		427	
50m: 29.19 29.19	100m: 1:02.41	33.22 150m: 1:30.95	28.54	200m: 1:59.14	28.19	
2. BUZIOS-Coruche 2		BUZIOS-Coruche	2:27.03		227	
50m: 38.12 38.12	100m: 1:16.23	38.11 150m: 1:52.11	35.88	200m: 2:27.03	34.92	

Prova 29 Masc., 4 x 50m Estilos Junior/Senior
08/03/2025 Resultados

Recorde Distrital ANDS Sen	1:50.40	CNTN CNTN Obidos	15/12/2007
Recorde Distrital ANDS Jun18	1:59.99	SFUS SFUS Tomar	24/12/2012
Recorde Distrital ANDS Jun17	1:52.49	Viver Santarem-Soc Cult Desporto TV Ssmo Ge:Santar�m:M SA	07/03/2020
Recorde Distrital ANDS Abs	1:47.14	Viver Santarem-Soc Cult Desporto TV Ssmo Ge:Tomar'b EM SA	19/11/2022

: 2:28.50

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. BUZIOS-Coruche 1		BUZIOS-Coruche	1:56.68		454	
50m: 32.04 32.04	100m: 1:02.77	30.73 150m: 1:30.36	27.59	200m: 1:56.68	26.32	
2. Rio Maior 1		Rio Maior	1:58.43		434	
50m: 30.05 30.05	100m: 1:01.42	31.37 150m: 1:30.87	29.45	200m: 1:58.43	27.56	
3. Torres Novas 1		Torres Novas	2:00.78		409	
50m: 30.80 30.80	100m: 1:03.35	32.55 150m: 1:33.97	30.62	200m: 2:00.78	26.81	

Prova 30 Misto, 4 x 100m Estilos Juvenis
08/03/2025 Resultados

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Rio Maior 1		Rio Maior	4:45.79		400	
50m: 38.38 38.38	150m: 1:54.23	35.78 250m: 3:06.15	30.47	350m: 4:11.30	30.78	
100m: 1:18.45 40.07	200m: 2:35.68	41.45 300m: 3:40.52	34.37	400m: 4:45.79	34.49	

Prova 30 Misto, 4 x 100m Estilos Abs
08/03/2025 Resultados

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Torres Novas 1		Torres Novas	4:43.85		409	
50m: 34.70 34.70	150m: 1:47.77	36.86 250m: 3:02.23	32.48	350m: 4:11.33	29.72	
100m: 1:10.91 36.21	200m: 2:29.75	41.98 300m: 3:41.61	39.38	400m: 4:43.85	32.52	
2. CLAC-Entroncamento 1		CLAC-Entroncamento	5:02.57		337	
50m: 42.60 42.60	150m: 2:00.20	31.29 250m: 3:08.69	32.18	350m: 4:24.58	35.44	
100m: 1:28.91 46.31	200m: 2:36.51	36.31 300m: 3:49.14	40.45	400m: 5:02.57	37.99	
EXH Nautico Abrantes 4		Nautico Abrantes	6:08.95		186	
50m: 50.43 50.43	150m: 2:25.16	42.63 250m: 3:52.64	42.43	350m: 5:23.00	40.35	
100m: 1:42.53 52.10	200m: 3:10.21	45.05 300m: 4:42.65	50.01	400m: 6:08.95	45.95	



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 31, Misto, 4 x 50m Estilos

Prova 31 Misto, 4 x 50m Estilos Infantis Resultados
08/03/2025

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Torres Novas 1		Torres Novas	2:17.49		331	
50m: 36.89 36.89	100m: 1:12.11	35.22 150m: 1:44.88	32.77	200m: 2:17.49	32.61	
2. BUZIOS-Coruche 1		BUZIOS-Coruche	2:21.99		300	
50m: 34.24 34.24	100m: 1:16.02	41.78 150m: 1:50.08	34.06	200m: 2:21.99	31.91	
3. Uniao Samorense 1		Uniao Samorense	2:26.74		272	
50m: 33.15 33.15	100m: 1:15.77	42.62 150m: 1:50.71	34.94	200m: 2:26.74	36.03	
4. Rio Maior 1		Rio Maior	2:29.45		258	
50m: 37.39 37.39	100m: 1:22.10	44.71 150m: 1:55.69	33.59	200m: 2:29.45	33.76	

4 - 4ª SESSÃO

09/03/2025 - 9:00

Prova 32 Masc., 800m Livres Juvenil B Resultados
09/03/2025

Recorde Distrital ANDS Open	7:59.83	Tiago Filipe Campos	CNRM	Albufeira	12/11/2023
Recorde Distrital ANDS Juv B	8:39.75	Pedro Diogo Oliveira	CNRM	Tomar	11/05/2003

: 11:19.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10	BUZIOS-Coruche	9:20.28		485	
50m: 30.38 200m: 2:14.02	350m: 4:00.29	500m: 5:47.92	650m: 7:35.21	800m: 9:20.28			
100m: 1:03.88 250m: 2:49.78	400m: 4:36.40	550m: 6:23.87	700m: 8:11.32				
150m: 1:38.74 300m: 3:24.86	450m: 5:11.97	600m: 6:59.34	750m: 8:46.62				
2.	Tiago Frazao Barra	10	Rio Maior	9:35.60		448	
50m: 31.58 200m: 2:17.84	350m: 4:07.44	500m: 5:57.70	650m: 7:47.78	800m: 9:35.60			
100m: 1:06.30 250m: 2:54.38	400m: 4:44.16	550m: 6:34.49	700m: 8:24.57				
150m: 1:41.81 300m: 3:30.89	450m: 5:20.89	600m: 7:11.10	750m: 9:00.70				
3.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	11:05.64		289	
50m: 37.04 200m: 2:41.20	350m: 4:48.36	500m: 6:56.22	650m: 9:01.95	800m: 11:05.64			
100m: 1:17.35 250m: 3:23.36	400m: 5:30.97	550m: 7:38.36	700m: 9:44.23				
150m: 1:59.26 300m: 4:05.85	450m: 6:13.58	600m: 8:20.75	750m: 10:25.93				
DNS	Daniel Filipe Jorge	10	Rio Maior				

Prova 32 Masc., 800m Livres Juvenil A Resultados
09/03/2025

Recorde Distrital ANDS Open	7:59.83	Tiago Filipe Campos	CNRM	Albufeira	12/11/2023
Recorde Distrital ANDS Juv A	8:09.51	Gustavo Manuel Santa	CNLA	Torres Novas	26/04/2009

: 10:57.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Dinis Maria Garcia	09	Nautico Abrantes	10:06.53		382	
50m: 32.90 200m: 2:25.35	350m: 4:21.36	500m: 6:18.53	650m: 8:13.95	800m: 10:06.53			
100m: 1:09.14 250m: 3:03.79	400m: 5:00.22	550m: 6:57.11	700m: 8:52.55				
150m: 1:47.14 300m: 3:42.60	450m: 5:39.31	600m: 7:35.85	750m: 9:30.42				



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Coruche, 7, 8, e 9 Março 2025

Prova 32, Masc., 800m Livres

Prova 32 Masc., 800m Livres Junior Resultados
09/03/2025

Recorde Distrital ANDS Open	7:59.83	Tiago Filipe Campos	CNRM	Albufeira	12/11/2023
Recorde Distrital ANDS Jun18	8:17.56	Tiago Filipe Campos	Sel POR	Felgueiras	22/04/2014
Recorde Distrital ANDS Jun17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009

Jun/Sen: 10:33.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	9:05.77		525	
	50m: 29.85	200m: 2:09.53	350m: 3:53.54	500m: 5:39.32	650m: 7:23.66	800m: 9:05.77	
	100m: 1:02.24	250m: 2:44.57	400m: 4:28.83	550m: 6:14.32	700m: 7:58.69		
	150m: 1:35.82	300m: 3:19.08	450m: 5:04.07	600m: 6:49.56	750m: 8:33.12		
2.	Tomas Alexandre Santos	07	BUZIOS-Coruche	9:15.59		498	
	50m: 30.07	200m: 2:13.03	350m: 3:57.81	500m: 5:44.13	650m: 7:31.16	800m: 9:15.59	
	100m: 1:03.36	250m: 2:47.89	400m: 4:32.91	550m: 6:19.68	700m: 8:06.84		
	150m: 1:37.96	300m: 3:22.98	450m: 5:08.50	600m: 6:55.42	750m: 8:41.44		
3.	Simao Pedro Oliveira	07	Torres Novas	9:53.08		409	
	50m: 31.38	200m: 2:24.07	350m: 4:19.86	500m: 6:13.61	650m: 8:04.83	800m: 9:53.08	
	100m: 1:07.45	250m: 3:02.82	400m: 4:58.52	550m: 6:50.67	700m: 8:41.86		
	150m: 1:45.39	300m: 3:41.18	450m: 5:36.30	600m: 7:28.00	750m: 9:18.55		

DNF Bernardo Marques Fernandes07 CLAC-Entroncamento
SW 10.2 - O (a) atleta n o completou o percurso

Prova 32 Masc., 800m Livres Senior Resultados
09/03/2025

Recorde Distrital ANDS Open	7:59.83	Tiago Filipe Campos	CNRM	Albufeira	12/11/2023
Recorde Distrital ANDS Sen	7:59.83	Tiago Filipe Campos	CNRM	Albufeira	12/11/2023

Jun/Sen: 10:33.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Hugo Miguel Silva FTL	77	BUZIOS-Coruche	11:18.96		273	
	50m: 34.10	200m: 2:43.56	350m: 4:51.35	500m: 7:02.08	650m: 9:10.89	800m: 11:18.96	
	100m: 1:15.62	250m: 3:25.47	400m: 5:34.03	550m: 7:44.92	700m: 9:54.74		
	150m: 1:59.30	300m: 4:08.46	450m: 6:17.72	600m: 8:28.07	750m: 10:38.39		

Prova 33 Femin., 200m Estilos Infantil B Resultados
09/03/2025

Recorde Distrital ANDS Open	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21/12/2013
Recorde Distrital ANDS Inf B	2:39.45	Mariana Veloso Vitoria	CNAB	Coruche	09/05/2010

: 3:37.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia	13	Torres Novas	3:03.66		292	
	50m: 41.36	100m: 1:27.59	150m: 2:22.70	200m: 3:03.66			
2.	Valentina Rodrigues Feijao	13	Nautico Salvaterra Magos	3:16.97		236	
	50m: 46.24	100m: 1:35.28	150m: 2:32.33	200m: 3:16.97			
3.	Maria Rita Godinho	13	Torres Novas	3:26.50		205	
	50m: 48.27	100m: 1:42.14	150m: 2:39.27	200m: 3:26.50			
4.	Eva Sousa Alfaiate	13	Torres Novas	3:27.59		202	
	50m: 50.36	100m: 1:44.14	150m: 2:42.59	200m: 3:27.59			



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Coruche, 7, 8, e 9 Março 2025

Prova 33, Femin., 200m Estilos, Infantil B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Marta Bento Ferreira	13		Viver Santarem	3:30.61		193	
	50m: 48.04 100m: 1:40.63 150m: 2:43.15 200m: 3:30.61							
6.	Leonor Chambel Santos	13		Nautico Abrantes	3:31.30		191	
	50m: 50.97 100m: 1:42.80 150m: 2:46.87 200m: 3:31.30							
7.	Mariana Beatriz Goncalves	13		Uniao Samorense	3:31.71		190	
	50m: 51.00 100m: 1:46.29 150m: 2:44.09 200m: 3:31.71							
8.	Matilde Maria Neto	13		Uniao Samorense	3:35.09		181	
	50m: 49.78 100m: 1:46.66 150m: 2:48.39 200m: 3:35.09							
9.	Constanca Mendao Silva	13		Rio Maior	3:37.33		176	
	<i>FTL</i> 50m: 49.23 100m: 1:42.53 150m: 2:45.62 200m: 3:37.33							
10.	Mariana Ferreira Silva	13		Torres Novas	3:38.32		173	
	<i>FTL</i> 50m: 52.20 100m: 1:46.36 150m: 2:51.48 200m: 3:38.32							
11.	Mafalda Ines Martinho	13		CLAC-Entroncamento	3:38.53		173	
	<i>FTL</i> 50m: 56.39 100m: 1:51.52 150m: 2:52.14 200m: 3:38.53							
DNS	Mariana Grangeia Massot	13		Natacao do Tejo				

Prova 33

Femin., 200m Estilos

Infantil A

09/03/2025

Resultados

Recorde Distrital ANDS Open	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21/12/2013
Recorde Distrital ANDS Inf A	2:31.59	Joana Filipa Vilhena	CNLA	Entroncamento	19/06/2005

: 3:25.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	2:40.22		439	
	50m: 34.03 100m: 1:14.57 150m: 2:02.78 200m: 2:40.22							
2.	Rita Gomes Valentim	12		Torres Novas	2:49.35		372	
	50m: 37.17 100m: 1:20.80 150m: 2:12.69 200m: 2:49.35							
3.	Marta Costa Soares	12		Uniao Samorense	2:55.60		334	
	50m: 38.59 100m: 1:23.45 150m: 2:15.32 200m: 2:55.60							
4.	Alicia Lopes Deep	12		BUZIOS-Coruche	2:56.30		330	
	50m: 39.00 100m: 1:25.97 150m: 2:16.22 200m: 2:56.30							
5.	Diana Marques Maquilao	12		Nautico Salvaterra Magos	3:00.23		309	
	50m: 42.52 100m: 1:29.52 150m: 2:19.59 200m: 3:00.23							
6.	Juliana Antunes Monteiro	12		Gualdim Pais	3:02.33		298	
	50m: 41.41 100m: 1:31.88 150m: 2:22.64 200m: 3:02.33							
7.	Rita Balsa Alves	12		BUZIOS-Coruche	3:03.98		290	
	50m: 43.64 100m: 1:29.48 150m: 2:25.30 200m: 3:03.98							
8.	Margarida Madeira Pires	12		Rio Maior	3:04.39		288	
	50m: 44.12 100m: 1:30.59 150m: 2:24.58 200m: 3:04.39							
9.	Matilde Abelho Vaz	12		CLAC-Entroncamento	3:12.54		253	
	50m: 43.60 100m: 1:33.77 150m: 2:28.37 200m: 3:12.54							
10.	Maria Pais Santos	12		BUZIOS-Coruche	3:14.46		246	
	50m: 43.58 100m: 1:31.98 150m: 2:33.18 200m: 3:14.46							
11.	Ana Leonor Lopes	12		Rio Maior	3:16.74		237	
	50m: 45.67 100m: 1:37.97 150m: 2:35.22 200m: 3:16.74							



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Prova 33, Femin., 200m Estilos, Infantil A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Laura Sofia Graca <i>FTL</i>	12		Uniao Samorense	3:30.68		193	
	50m: 48.74	100m: 1:39.93	150m: 2:46.80	200m: 3:30.68				
13.	Carolina Maria Quinta <i>FTL</i>	12		Torres Novas	3:32.31		189	
	50m: 48.48	100m: 1:46.05	150m: 2:44.71	200m: 3:32.31				
14.	Laura Amaro Marques <i>FTL</i>	12		Torres Novas	3:39.11		172	
	50m: 52.58	100m: 1:48.35	150m: 2:48.63	200m: 3:39.11				

Prova 33
09/03/2025

Femin., 200m Estilos

Juvenil B
Resultados

Recorde Distrital ANDS Open	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21/12/2013
Recorde Distrital ANDS Juv B	2:26.86	Mariana Veloso Vitoria	SANDS	Abrantes	14/04/2012

: 3:17.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11		Torres Novas	2:35.30		483	
	50m: 34.18	100m: 1:13.74	150m: 1:59.06	200m: 2:35.30				
2.	Sofia Barroca Pereira	11		BUZIOS-Coruche	2:41.30		431	
	50m: 36.68	100m: 1:17.05	150m: 2:05.72	200m: 2:41.30				
3.	Margarida Pinho Formigo	11		Torres Novas	2:50.52		364	
	50m: 40.47	100m: 1:24.72	150m: 2:13.40	200m: 2:50.52				
4.	Mariana Freitas Mota	11		Torres Novas	2:52.33		353	
	50m: 39.73	100m: 1:24.12	150m: 2:12.65	200m: 2:52.33				
5.	Carolina Reis Lopes	11		Torres Novas	2:58.02		320	
	50m: 41.17	100m: 1:28.91	150m: 2:17.71	200m: 2:58.02				
6.	Rita Lino Ferreira	11		BUZIOS-Coruche	2:58.60		317	
	50m: 40.01	100m: 1:26.94	150m: 2:18.76	200m: 2:58.60				
7.	Beatriz Isabel Moura <i>FTL</i>	11		Nautico Abrantes	3:20.84		223	
	50m: 44.83	100m: 1:37.59	150m: 2:37.70	200m: 3:20.84				

Prova 33
09/03/2025

Femin., 200m Estilos

Juvenil A
Resultados

Recorde Distrital ANDS Open	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21/12/2013
Recorde Distrital ANDS Juv A	2:27.45	Catia Iordan Agostinho	SANDS	Abrantes	04/03/2017

: 3:12.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreireiro Martins	10		BUZIOS-Coruche	2:39.19		448	
	50m: 34.05	100m: 1:14.60	150m: 2:03.48	200m: 2:39.19				
2.	Maria Leonor Lopes	10		Torres Novas	2:42.41		422	
	50m: 35.68	100m: 1:19.24	150m: 2:08.11	200m: 2:42.41				
3.	Flor Fortunata Ferreira	10		Gualdim Pais	2:50.00		368	
	50m: 34.34	100m: 1:20.44	150m: 2:11.67	200m: 2:50.00				
4.	Maria Carmo Rodrigues	10		BUZIOS-Coruche	2:54.68		339	
	50m: 35.75	100m: 1:20.76	150m: 2:13.75	200m: 2:54.68				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 33, Femin., 200m Estilos, Juvenil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Angela Maria Pereira	10	Nautico Salvaterra Magos	3:01.32		303	
	50m: 39.87	100m: 1:25.48	150m: 2:20.91	200m: 3:01.32			

Prova 33 Femin., 200m Estilos Junior Resultados
09/03/2025

Recorde Distrital ANDS Open	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21/12/2013
Recorde Distrital ANDS 18 +	2:23.05	Maria Madalena Silva	CNAB	Porto	12/12/2015
Recorde Distrital ANDS 17	2:23.31	Maria Madalena Silva	CNAB	Porto	20/12/2014
Recorde Distrital ANDS 17	2:23.31	Ariana Esp�rito Louro Louro	SFGP	Coruche	06/03/2022
Recorde Distrital ANDS Jun16	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21/12/2013

Jun/Sen: 3:10.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	2:27.25		566	
	50m: 31.15	100m: 1:07.65	150m: 1:53.12	200m: 2:27.25			
2.	Catarina Maria Fragoso	07	Viver Santarem	2:40.59		436	
	50m: 33.95	100m: 1:16.82	150m: 2:02.93	200m: 2:40.59			
3.	Laura Brites Costa	09	Rio Maior	2:41.57		429	
	50m: 34.70	100m: 1:16.37	150m: 2:02.94	200m: 2:41.57			
4.	Maria Madalena Monteiro	08	Gualdim Pais	2:43.43		414	
	50m: 34.55	100m: 1:18.85	150m: 2:06.85	200m: 2:43.43			
5.	Madalena Nunes Domingos	07	Viver Santarem	3:03.91		290	
	50m: 36.79	100m: 1:26.17	150m: 2:19.96	200m: 3:03.91			
6.	Catarina Isabel Galvao	09	BUZIOS-Coruche	3:04.22		289	
	50m: 38.32	100m: 1:27.19	150m: 2:21.24	200m: 3:04.22			
7.	Daniela Santos Carrilho	08	CLAC-Entroncamento	3:04.34		288	
	50m: 39.38	100m: 1:27.39	150m: 2:18.70	200m: 3:04.34			
8.	Iris Simoes Martins	08	CLAC-Entroncamento	3:06.44		279	
	50m: 37.50	100m: 1:27.42	150m: 2:22.56	200m: 3:06.44			
9.	Carolina Santos Carrilho	08	CLAC-Entroncamento	3:07.57		274	
	50m: 40.84	100m: 1:29.99	150m: 2:23.79	200m: 3:07.57			

Prova 33 Femin., 200m Estilos Senior Resultados
09/03/2025

Recorde Distrital ANDS Open	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21/12/2013
Recorde Distrital ANDS 18 +	2:23.05	Maria Madalena Silva	CNAB	Porto	12/12/2015

Jun/Sen: 3:10.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Isabel Carlota	05	BUZIOS-Coruche	2:43.79		411	
	50m: 34.54	100m: 1:16.80	150m: 2:05.80	200m: 2:43.79			
2.	Marta Chambel Dias	02	CLAC-Entroncamento	2:47.03		388	
	50m: 36.72	100m: 1:21.66	150m: 2:07.66	200m: 2:47.03			
3.	Ana Patricia Oliveira	03	Viver Santarem	2:47.69		383	
	50m: 36.04	100m: 1:21.46	150m: 2:07.73	200m: 2:47.69			



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 34
09/03/2025

Masc., 200m Estilos

Infantil B
Resultados

Recorde Distrital ANDS Open	2:06.56	Luis Afonso Lopes	VC	Leiria	10/12/2022
Recorde Distrital ANDS Inf B	2:30.29	João Paulo Paias	CNLA	Abrantes	21/05/2005

: 3:29.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matias Rafael Pacheco	12		BUZIOS-Coruche	2:48.17		277	
	50m: 36.48 100m: 1:17.47 150m: 2:10.94 200m: 2:48.17							
2.	Salvador Henrique Vieira	12		Torres Novas	2:49.03		272	
	50m: 39.19 100m: 1:20.56 150m: 2:10.10 200m: 2:49.03							
3.	Rodrigo Miranda Rosa	12		Uniao Samorense	2:55.54		243	
	50m: 37.71 100m: 1:22.49 150m: 2:17.73 200m: 2:55.54							
4.	Martim Rocha Silva	12		Gualdim Pais	3:03.25		214	
	50m: 44.04 100m: 1:29.61 150m: 2:27.48 200m: 3:03.25							
5.	Santiago Raposo Fernandes	12		20Km de Almeirim	3:04.09		211	
	50m: 43.42 100m: 1:28.68 150m: 2:23.63 200m: 3:04.09							
6.	Gabriel Mocanu	12		Uniao Samorense	3:09.24		194	
	50m: 42.10 100m: 1:32.99 150m: 2:28.54 200m: 3:09.24							
7.	Lourenco Filipe Costa	12		20Km de Almeirim	3:11.65		187	
	50m: 40.96 100m: 1:33.94 150m: 2:28.23 200m: 3:11.65							
8.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	3:25.49		151	
	50m: 50.12 100m: 1:41.82 150m: 2:41.20 200m: 3:25.49							
9.	Cassiel Xavier Cabral	12		Uniao Samorense	3:32.14		138	
	<i>FTL</i> 50m: 52.93 100m: 1:44.80 150m: 2:48.60 200m: 3:32.14							
10.	Dinis Alexandre Santos	12		Torres Novas	3:35.95		130	
	<i>FTL</i> 50m: 46.08 100m: 1:41.47 150m: 2:46.04 200m: 3:35.95							
11.	Sandro Jose Tomas	12		BUZIOS-Coruche	3:50.21		107	
	<i>FTL</i> 50m: 51.75 100m: 1:45.49 150m: 3:02.75 200m: 3:50.21							
12.	Isaac Lourenco Marques	12		BUZIOS-Coruche	4:07.65		86	
	<i>FTL</i> 50m: 1:04.66 100m: 2:04.16 150m: 3:09.09 200m: 4:07.65							
DSQ	Gabriel Fernandes Samouco	12		Natacao do Tejo				
	<i>SW 7.2 - O (a) atleta efectuou movimento alternado de braços durante o percurso, Após a viragem dos 125 metros (percurso de braços)</i>							
DNS	Artur Miguel Silva	12		Natacao do Tejo				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 34, Masc., 200m Estilos

Prova 34 Masc., 200m Estilos Infantil A
09/03/2025 Resultados

Recorde Distrital ANDS Open 2:06.56 Luis Afonso Lopes VC Leiria 10/12/2022
Recorde Distrital ANDS Inf A 2:19.63 Paulo Vakulyuk CNTN Sines 09/04/2017

: 3:20.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Duarte Moura Mendes	11	Torres Novas	2:29.27		396	
	50m: 32.56 100m: 1:11.00 150m: 1:54.27 200m: 2:29.27						
2.	Martim Maria Salvador	11	Nautico Salvaterra Magos	2:35.14		352	
	50m: 30.94 100m: 1:12.02 150m: 1:59.40 200m: 2:35.14						
3.	Diogo Chambel Santos	11	Nautico Abrantes	2:40.23		320	
	50m: 35.24 100m: 1:17.76 150m: 2:03.58 200m: 2:40.23						
4.	Manuel Maria Moniz	11	20Km de Almeirim	2:46.15		287	
	50m: 37.92 100m: 1:18.73 150m: 2:08.61 200m: 2:46.15						
5.	Luca Cristian Irimia	11	Uniao Samorense	2:47.45		280	
	50m: 35.36 100m: 1:16.43 150m: 2:11.07 200m: 2:47.45						
6.	Artur Alexandre Silva	11	20Km de Almeirim	2:53.16		253	
	50m: 36.08 100m: 1:22.80 150m: 2:15.59 200m: 2:53.16						
7.	Dinis Oliveira Nunes	11	BUZIOS-Coruche	2:55.91		242	
	50m: 40.31 100m: 1:26.55 150m: 2:17.65 200m: 2:55.91						
8.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	2:56.18		240	
	50m: 39.79 100m: 1:24.00 150m: 2:18.85 200m: 2:56.18						
9.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	2:58.53		231	
	50m: 36.10 100m: 1:20.84 150m: 2:19.50 200m: 2:58.53						
10.	Gabriel Antonio Marques	11	Nautico Abrantes	2:59.43		228	
	50m: 40.84 100m: 1:26.60 150m: 2:20.90 200m: 2:59.43						
11.	Afonso Tomas Antunes	11	Natacao do Tejo	3:17.11		172	
	50m: 42.13 100m: 1:36.94 150m: 2:34.06 200m: 3:17.11						
12.	Salvador Miguel Silva	11	Viver Santarem	3:23.96		155	
	<i>FTL</i> 50m: 44.93 100m: 1:39.26 150m: 2:40.32 200m: 3:23.96						

Prova 34 Masc., 200m Estilos Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open 2:06.56 Luis Afonso Lopes VC Leiria 10/12/2022
Recorde Distrital ANDS Juv B 2:13.93 Pedro Diogo Oliveira CNRM Rio Maior 12/07/2003

: 3:10.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Francisco Manuel Cadete	10	Nautico Abrantes	2:28.38		403	
	50m: 31.62 100m: 1:09.70 150m: 1:53.23 200m: 2:28.38						
2.	Tiago Goncalves Vieira	10	Gualdim Pais	2:36.14		346	
	50m: 33.88 100m: 1:16.65 150m: 2:00.16 200m: 2:36.14						
3.	Lourenco Vicente Geada	10	Torres Novas	2:36.95		340	
	50m: 34.69 100m: 1:14.47 150m: 2:03.00 200m: 2:36.95						
4.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	2:37.89		334	
	50m: 35.40 100m: 1:16.57 150m: 2:01.94 200m: 2:37.89						
5.	Guilherme Martins Conceicao	10	Viver Santarem	2:38.07		333	
	50m: 35.27 100m: 1:18.18 150m: 2:01.88 200m: 2:38.07						



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Coruche, 7, 8, e 9 Março 2025

Prova 34, Masc., 200m Estilos, Juvenil B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Andre Guilherme Anastacio	10	Nautico Abrantes	2:41.64		311	
	50m: 34.85	100m: 1:15.30	150m: 2:03.87	200m: 2:41.64			
7.	Francisco Sa Lopes	10	Torres Novas	2:43.23		302	
	50m: 35.23	100m: 1:16.09	150m: 2:07.05	200m: 2:43.23			
8.	Afonso Goncalves Leite	10	CLAC-Entroncamento	2:51.61		260	
	50m: 33.39	100m: 1:18.99	150m: 2:10.15	200m: 2:51.61			

Prova 34
09/03/2025

Masc., 200m Estilos

Junior
Resultados

Recorde Distrital ANDS Open	2:06.56	Luis Afonso Lopes	VC	Leiria	10/12/2022
Recorde Distrital ANDS Jun18	2:07.68	Luis Afonso Lopes	VS	Leiria	14/11/2020
Recorde Distrital ANDS Jun17	2:09.14	Tiago Filipe Campos	SCALABIS	Torres Novas	08/05/2016

Jun/Sen: 3:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	2:22.33		456	
	50m: 30.38	100m: 1:08.79	150m: 1:49.79	200m: 2:22.33			
2.	Martim Silva Oliveira	08	Torres Novas	2:37.67		336	
	50m: 35.10	100m: 1:16.81	150m: 2:02.80	200m: 2:37.67			

Prova 34
09/03/2025

Masc., 200m Estilos

Senior
Resultados

Recorde Distrital ANDS Open	2:06.56	Luis Afonso Lopes	VC	Leiria	10/12/2022
Recorde Distrital ANDS Sen	2:07.29	Luis Afonso Lopes	VS	Leiria	27/11/2021

Jun/Sen: 3:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Artur Rafael Saramago	97	BUZIOS-Coruche	2:19.29		487	
	50m: 29.15	100m: 1:05.37	150m: 1:46.70	200m: 2:19.29			
2.	Goncalo Catarino Dias	00	Gualdim Pais	2:24.52		436	
	50m: 29.87	100m: 1:08.14	150m: 1:50.87	200m: 2:24.52			
3.	Afonso Formigo Pinho	06	Torres Novas	2:24.65		435	
	50m: 29.37	100m: 1:06.81	150m: 1:51.25	200m: 2:24.65			
4.	Eliseu Manuel Tavares	99	Uniao Samorense	2:41.61		312	
	50m: 33.60	100m: 1:14.89	150m: 2:05.21	200m: 2:41.61			



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Coruche, 7, 8, e 9 Março 2025

Prova 35
09/03/2025

Femin., 200m Costas

Infantil B
Resultados

Recorde Distrital ANDS Open	2:20.73	Mariana Veloso Vitória	CNAB	Tomar	29/06/2013
Recorde Distrital ANDS Inf B	2:39.44	Raquel Mendes Poço	CNTN	Alcobaça	16/03/1999

: 3:45.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Amelia Torres	13		Viver Santarem	2:56.18		307	
	50m: 41.90	100m: 1:27.40	150m: 2:13.12	200m: 2:56.18				
2.	Joana Ines Antunes	13		CPFZ - Natacao	3:12.24		236	
	50m: 46.61	100m: 1:36.43	150m: 2:24.87	200m: 3:12.24				
3.	Valentina Rodrigues Feijao	13		Nautico Salvaterra Magos	3:15.56		224	
	50m: 44.87	100m: 1:35.22	150m: 2:25.93	200m: 3:15.56				
4.	Barbara Godinho Simoes	13		CPFZ - Natacao	3:21.39		206	
	50m: 47.85	100m: 1:38.49	150m: 2:28.81	200m: 3:21.39				
5.	Mariana Ferreira Silva	13		Torres Novas	3:31.16		178	
	50m: 52.18	100m: 1:45.70	150m: 2:40.80	200m: 3:31.16				
6.	Mafalda Ines Martinho	13		CLAC-Entroncamento	3:41.08		155	
	50m: 52.94	100m: 1:49.69	150m: 2:46.64	200m: 3:41.08				
7.	Matilde Maria Neto	13		Uniao Samorense	3:48.40		141	
	<i>FTL</i>							
	50m: 54.47	100m: 1:54.82	150m: 2:52.66	200m: 3:48.40				

Prova 35
09/03/2025

Femin., 200m Costas

Infantil A
Resultados

Recorde Distrital ANDS Open	2:20.73	Mariana Veloso Vitória	CNAB	Tomar	29/06/2013
Recorde Distrital ANDS Inf A	2:29.81	Mariana Veloso Vitoria	CNAB	Sines	13/03/2011

: 3:26.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	2:40.60		406	
	50m: 37.05	100m: 1:17.50	150m: 1:59.56	200m: 2:40.60				
2.	Rita Gomes Valentim	12		Torres Novas	2:46.58		364	
	50m: 40.09	100m: 1:23.31	150m: 2:05.77	200m: 2:46.58				
3.	Marta Costa Soares	12		Uniao Samorense	2:52.85		325	
	50m: 41.67	100m: 1:26.74	150m: 2:11.61	200m: 2:52.85				
4.	Rita Balsa Alves	12		BUZIOS-Coruche	3:03.98		270	
	50m: 44.52	100m: 1:30.34	150m: 2:18.37	200m: 3:03.98				
5.	Diana Marques Maquilao	12		Nautico Salvaterra Magos	3:04.25		269	
	50m: 45.62	100m: 1:33.54	150m: 2:20.65	200m: 3:04.25				
6.	Maria Pais Santos	12		BUZIOS-Coruche	3:07.46		255	
	50m: 44.46	100m: 1:32.51	150m: 2:22.00	200m: 3:07.46				
7.	Matilde Abelho Vaz	12		CLAC-Entroncamento	3:15.62		224	
	50m: 46.18	100m: 1:36.37	150m: 2:26.99	200m: 3:15.62				
8.	Ana Marisa Simples	12		Uniao Samorense	3:24.75		196	
	50m: 49.02	100m: 1:42.32	150m: 2:35.70	200m: 3:24.75				
9.	Laura Sofia Graca	12		Uniao Samorense	3:25.02		195	
	50m: 49.65	100m: 1:42.44	150m: 2:36.11	200m: 3:25.02				
10.	Joana Verissimo Tavares	12		CLAC-Entroncamento	3:26.29		191	
	<i>FTL</i>							
	50m: 48.31	100m: 1:41.36	150m: 2:35.85	200m: 3:26.29				



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Prova 35, Femin., 200m Costas, Infantil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Maria Francisca Pinheiro <i>FTL</i>	12	Nautico Abrantes	3:26.84		190	
	50m: 49.77	100m: 1:42.37	150m: 2:36.37	200m: 3:26.84			

Prova 35 Femin., 200m Costas Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	2:20.73	Mariana Veloso Vit�ria	CNAB	Tomar	29/06/2013
Recorde Distrital ANDS Juv B	2:25.27	Mariana Veloso Vit�ria	CNAB	Coruche	04/03/2012

: 3:21.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	2:36.77		436	
	50m: 37.63	100m: 1:17.32	150m: 1:57.36	200m: 2:36.77			
2.	Benedita Maria Lagarinhos	11	Viver Santarem	2:48.86		349	
	50m: 38.02	100m: 1:20.08	150m: 2:04.50	200m: 2:48.86			
3.	Beatriz Agostinho Duque	11	20Km de Almeirim	2:56.96		303	
	50m: 42.84	100m: 1:28.20	150m: 2:13.62	200m: 2:56.96			

Prova 35 Femin., 200m Costas Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	2:20.73	Mariana Veloso Vit�ria	CNAB	Tomar	29/06/2013
Recorde Distrital ANDS Juv A	2:20.73	Mariana Veloso Vit�ria	CNAB	Tomar	29/06/2013

: 3:15.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	2:39.58		414	
	50m: 37.10	100m: 1:17.78	150m: 1:59.56	200m: 2:39.58			
2.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	2:58.20		297	
	50m: 42.51	100m: 1:27.00	150m: 2:13.51	200m: 2:58.20			
3.	Raquel Fernandes Samouco	10	Natacao do Tejo	3:39.44		159	
	<i>FTL</i>						
	50m: 53.67	100m: 1:50.75	150m: 2:46.49	200m: 3:39.44			

Prova 35 Femin., 200m Costas Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	2:20.73	Mariana Veloso Vit�ria	CNAB	Tomar	29/06/2013
Recorde Distrital ANDS 18 +	2:23.56	Maria Madalena Silva	CNAB	Tomar	14/11/2015
Recorde Distrital ANDS 17	2:23.49	In�s Asseiceira Ramos	CNTN	Santar�m	08/03/2020
Recorde Distrital ANDS Jun16	2:24.14	In�s Asseiceira Ramos	CNTN	Santo Ant�nio Cavaleiros	09/12/2018

Jun/Sen: 3:02.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Prates Moraes	09	Viver Santarem	2:31.26		486	
	50m: 35.73	100m: 1:14.45	150m: 1:53.36	200m: 2:31.26			
2.	Leonor Margarida Mateus	09	BUZIOS-Coruche	2:50.26		340	
	50m: 39.43	100m: 1:22.19	150m: 2:06.78	200m: 2:50.26			
3.	Diana Goncalves Oliveira	07	Viver Santarem	2:50.83		337	
	50m: 38.92	100m: 1:21.06	150m: 2:06.00	200m: 2:50.83			
4.	Vera Almeida Rosa	09	Nautico Abrantes	2:51.22		335	
	50m: 40.41	100m: 1:24.76	150m: 2:09.71	200m: 2:51.22			



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Prova 35, Femin., 200m Costas, Junior

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Mariana Mauricio Coelho	07		BUZIOS-Coruche	2:52.55		327	
	50m: 39.30	100m: 1:23.28	150m: 2:09.14	200m: 2:52.55				
6.	Leonor Marques Carvalho	09		Rio Maior	2:59.86		289	
	50m: 43.59	100m: 1:29.05	150m: 2:15.41	200m: 2:59.86				
7.	Carolina Cupertino Marchante	09		CLAC-Entroncamento	3:03.43		272	
	<i>FTL</i>							
	50m: 44.21	100m: 1:31.12	150m: 2:18.89	200m: 3:03.43				
8.	Daniela Santos Carrilho	08		CLAC-Entroncamento	3:05.84		262	
	<i>FTL</i>							
	50m: 43.33	100m: 1:31.02	150m: 2:18.82	200m: 3:05.84				
9.	Maria Ines Campos	09		Nautico Abrantes	3:07.28		256	
	<i>FTL</i>							
	50m: 45.47	100m: 1:33.86	150m: 2:22.12	200m: 3:07.28				
10.	Carolina Santos Carrilho	08		CLAC-Entroncamento	3:13.22		233	
	<i>FTL</i>							
	50m: 45.30	100m: 1:34.08	150m: 2:23.73	200m: 3:13.22				

Prova 35

Femin., 200m Costas

Senior

09/03/2025

Resultados

Recorde Distrital ANDS Open	2:20.73	Mariana Veloso Vitória	CNAB	Tomar	29/06/2013
Recorde Distrital ANDS 18 +	2:23.56	Maria Madalena Silva	CNAB	Tomar	14/11/2015

Jun/Sen: 3:02.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Marta Chambel Dias	02		CLAC-Entroncamento	2:58.85		294	
	50m: 41.93	100m: 1:27.26	150m: 2:13.15	200m: 2:58.85				

Prova 36

Masc., 200m Costas

Infantil B

09/03/2025

Resultados

Recorde Distrital ANDS Open	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22/11/2012
Recorde Distrital ANDS Inf B	2:22.57	João Paulo Paias	CNLA	Tomar	09/04/2005

: 3:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matias Rafael Pacheco	12		BUZIOS-Coruche	2:44.41		265	
	50m: 39.23	100m: 1:20.89	150m: 2:03.69	200m: 2:44.41				
2.	Francisco Grave Reis	12		Rio Maior	2:45.08		261	
	50m: 38.79	100m: 1:20.96	150m: 2:04.25	200m: 2:45.08				
3.	Salvador Henrique Vieira	12		Torres Novas	2:47.87		249	
	50m: 40.93	100m: 1:24.40	150m: 2:06.90	200m: 2:47.87				
4.	Rodrigo Miranda Rosa	12		Uniao Samorense	2:56.47		214	
	50m: 41.69	100m: 1:27.95	150m: 2:14.33	200m: 2:56.47				
5.	Santiago Raposo Fernandes	12		20Km de Almeirim	2:58.60		206	
	50m: 41.68	100m: 1:26.71	150m: 2:13.84	200m: 2:58.60				
6.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	3:28.48		130	
	50m: 50.12	100m: 1:42.33	150m: 2:36.69	200m: 3:28.48				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 36, Masc., 200m Costas

Prova 36 Masc., 200m Costas Infantil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22/11/2012
Recorde Distrital ANDS Inf A	2:16.13	Pedro Diogo Oliveira	CNRM	Tavira	04/05/2002

: 3:17.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Duarte Moura Mendes	11		Torres Novas	2:34.17		321	
	50m: 37.76 100m: 1:17.31 150m: 1:56.06 200m: 2:34.17							
2.	Francisco Maria Dias	11		Viver Santarem	2:34.43		320	
	50m: 36.00 100m: 1:14.89 150m: 1:55.61 200m: 2:34.43							
3.	Luca Cristian Irimia	11		Uniao Samorense	2:37.41		302	
	50m: 37.46 100m: 1:17.73 150m: 1:59.10 200m: 2:37.41							
4.	Martim Maria Salvador	11		Nautico Salvaterra Magos	2:39.76		289	
	50m: 36.96 100m: 1:17.91 150m: 2:00.00 200m: 2:39.76							
5.	Manuel Maria Moniz	11		20Km de Almeirim	2:46.55		255	
	50m: 40.60 100m: 1:23.24 150m: 2:05.70 200m: 2:46.55							
6.	Martim Miguel Santos	11		Rio Maior	2:46.59		254	
	50m: 40.26 100m: 1:22.87 150m: 2:05.80 200m: 2:46.59							
7.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	2:54.33		222	
	50m: 42.97 100m: 1:27.78 150m: 2:12.01 200m: 2:54.33							
8.	Rodrigo Miguel Alcobia	11	S10	CPFZ - Natacao	3:16.52		155	
	50m: 46.52 100m: 1:36.21 150m: 2:27.59 200m: 3:16.52							
DSQ	Gabriel Antonio Marques	11		Nautico Abrantes				
	<i>SW 6.4 - O (a) atleta n�o efectua a viragem dos 100 metros ap�s terminar o movimento cont�nuo de braçoes</i>							

Prova 36 Masc., 200m Costas Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22/11/2012
Recorde Distrital ANDS Juv B	2:07.15	Pedro Diogo Oliveira	CNRM	Tomar	11/05/2003

: 3:09.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10		BUZIOS-Coruche	2:26.74		373	
	50m: 34.43 100m: 1:12.19 150m: 1:49.85 200m: 2:26.74							
2.	Luis Miguel Reis	10		Rio Maior	2:34.29		320	
	50m: 36.79 100m: 1:16.49 150m: 1:56.00 200m: 2:34.29							
3.	Lourenco Vicente Geada	10		Torres Novas	2:34.76		317	
	50m: 37.35 100m: 1:17.34 150m: 1:57.09 200m: 2:34.76							
4.	Vicente Jose Carrilho	10		BUZIOS-Coruche	2:57.26		211	
	50m: 42.61 100m: 1:27.96 150m: 2:13.77 200m: 2:57.26							



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Prova 36, Masc., 200m Costas

Prova 36 Masc., 200m Costas Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22/11/2012
Recorde Distrital ANDS Juv A	2:04.29	Pedro Diogo Oliveira	CNRM	Abrantes	01/02/2004

: 3:02.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Miguel Silva Lima	09	Nautico Abrantes	2:25.95		379	
	50m: 31.29 100m: 1:07.39 150m: 1:46.24 200m: 2:25.95						
2.	Dinis Maria Garcia	09	Nautico Abrantes	2:31.56		338	
	50m: 36.22 100m: 1:15.91 150m: 1:54.37 200m: 2:31.56						
3.	Gabriel Sa Chambel	09	CLAC-Entroncamento	2:34.85		317	
	50m: 35.24 100m: 1:15.01 150m: 1:55.23 200m: 2:34.85						
4.	Luis Suissas Rato	09	Nautico Salvaterra Magos	2:36.89		305	
	50m: 36.89 100m: 1:17.20 150m: 1:57.03 200m: 2:36.89						
5.	Gabriel Antunes Ramos	09	Rio Maior	2:37.16		303	
	50m: 37.09 100m: 1:16.90 150m: 1:57.68 200m: 2:37.16						

Prova 36 Masc., 200m Costas Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22/11/2012
Recorde Distrital ANDS Jun18	1:58.46	Ricardo Matias Matias	CPFZ	Leiria	09/12/2022
Recorde Distrital ANDS Jun17	2:04.34	Ricardo Matias Santos	CPFZ	Leiria	26/11/2021

Jun/Sen: 3:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Bernardo Evaristo	08	Gualdim Pais	2:14.88		480	
	50m: 31.22 100m: 1:04.91 150m: 1:40.24 200m: 2:14.88						
2.	Bernardo Marques Fernandes07		CLAC-Entroncamento	2:43.82		268	
	50m: 40.44 100m: 1:21.61 150m: 2:03.25 200m: 2:43.82						

Prova 36 Masc., 200m Costas Senior
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22/11/2012
Recorde Distrital ANDS Sen	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22/11/2012

Jun/Sen: 3:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Pedro Pereira Lopes	99	BUZIOS-Coruche	2:35.44		313	
	50m: 34.86 100m: 1:14.93 150m: 1:55.55 200m: 2:35.44						
2.	Diogo Miguel Balsa	95	BUZIOS-Coruche	2:35.76		311	
	50m: 35.54 100m: 1:14.98 150m: 1:56.19 200m: 2:35.76						



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Prova 36, Masc., 200m Costas

Prova 36	Masc., 200m Costas	S110
09/03/2025		Resultados
Recorde Distrital ANDS Open	1:53.06 Pedro Diogo Oliveira	INDANDS Chartres (FRA) 22/11/2012
Recorde Distrital ANDS Sen	1:53.06 Pedro Diogo Oliveira	INDANDS Chartres (FRA) 22/11/2012
Recorde Distrital ANDS Jun18	1:58.46 Ricardo Matias Matias	CPFZ Leiria 09/12/2022
Recorde Distrital ANDS Jun17	2:04.34 Ricardo Matias Santos	CPFZ Leiria 26/11/2021
Recorde Distrital ANDS Juv A	2:04.29 Pedro Diogo Oliveira	CNRM Abrantes 01/02/2004
Recorde Distrital ANDS Juv B	2:07.15 Pedro Diogo Oliveira	CNRM Tomar 11/05/2003
Recorde Distrital ANDS Inf A	2:16.13 Pedro Diogo Oliveira	CNRM Tavira 04/05/2002
Recorde Distrital ANDS Inf B	2:22.57 Jo�o Paulo Paias	CNLA Tomar 09/04/2005

Inf A: 3:17.00; Inf B: 3:35.00; Juv A: 3:02.00; Juv B: 3:09.00; Jun/Sen: 3:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Bernardo Evaristo	08		Gualdim Pais	2:14.88		480	
	50m: 31.22 100m: 1:04.91 150m: 1:40.24 200m: 2:14.88							
2.	Miguel Silva Lima	09		Nautico Abrantes	2:25.95		379	
	50m: 31.29 100m: 1:07.39 150m: 1:46.24 200m: 2:25.95							
3.	David Filipe Pacheco	10		BUZIOS-Coruche	2:26.74		373	
	50m: 34.43 100m: 1:12.19 150m: 1:49.85 200m: 2:26.74							
4.	Dinis Maria Garcia	09		Nautico Abrantes	2:31.56		338	
	50m: 36.22 100m: 1:15.91 150m: 1:54.37 200m: 2:31.56							
5.	Duarte Moura Mendes	11		Torres Novas	2:34.17		321	
	50m: 37.76 100m: 1:17.31 150m: 1:56.06 200m: 2:34.17							
6.	Luis Miguel Reis	10		Rio Maior	2:34.29		320	
	50m: 36.79 100m: 1:16.49 150m: 1:56.00 200m: 2:34.29							
7.	Francisco Maria Dias	11		Viver Santarem	2:34.43		320	
	50m: 36.00 100m: 1:14.89 150m: 1:55.61 200m: 2:34.43							
8.	Lourenco Vicente Geada	10		Torres Novas	2:34.76		317	
	50m: 37.35 100m: 1:17.34 150m: 1:57.09 200m: 2:34.76							
9.	Gabriel Sa Chambel	09		CLAC-Entroncamento	2:34.85		317	
	50m: 35.24 100m: 1:15.01 150m: 1:55.23 200m: 2:34.85							
10.	Pedro Pereira Lopes	99		BUZIOS-Coruche	2:35.44		313	
	50m: 34.86 100m: 1:14.93 150m: 1:55.55 200m: 2:35.44							
11.	Diogo Miguel Balsa	95		BUZIOS-Coruche	2:35.76		311	
	50m: 35.54 100m: 1:14.98 150m: 1:56.19 200m: 2:35.76							
12.	Luis Suissas Rato	09		Nautico Salvaterra Magos	2:36.89		305	
	50m: 36.89 100m: 1:17.20 150m: 1:57.03 200m: 2:36.89							
13.	Gabriel Antunes Ramos	09		Rio Maior	2:37.16		303	
	50m: 37.09 100m: 1:16.90 150m: 1:57.68 200m: 2:37.16							
14.	Luca Cristian Irimia	11		Uniao Samorense	2:37.41		302	
	50m: 37.46 100m: 1:17.73 150m: 1:59.10 200m: 2:37.41							
15.	Martim Maria Salvador	11		Nautico Salvaterra Magos	2:39.76		289	
	50m: 36.96 100m: 1:17.91 150m: 2:00.00 200m: 2:39.76							
16.	Bernardo Marques Fernandes	07		CLAC-Entroncamento	2:43.82		268	
	50m: 40.44 100m: 1:21.61 150m: 2:03.25 200m: 2:43.82							
17.	Matias Rafael Pacheco	12		BUZIOS-Coruche	2:44.41		265	
	50m: 39.23 100m: 1:20.89 150m: 2:03.69 200m: 2:44.41							
18.	Francisco Grave Reis	12		Rio Maior	2:45.08		261	
	50m: 38.79 100m: 1:20.96 150m: 2:04.25 200m: 2:45.08							
19.	Manuel Maria Moniz	11		20Km de Almeirim	2:46.55		255	
	50m: 40.60 100m: 1:23.24 150m: 2:05.70 200m: 2:46.55							



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Prova 36, Masc., 200m Costas, S110

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	Martim Miguel Santos	11		Rio Maior	2:46.59		254	
	50m: 40.26 100m: 1:22.87 150m: 2:05.80 200m: 2:46.59							
21.	Salvador Henrique Vieira	12		Torres Novas	2:47.87		249	
	50m: 40.93 100m: 1:24.40 150m: 2:06.90 200m: 2:47.87							
22.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	2:54.33		222	
	50m: 42.97 100m: 1:27.78 150m: 2:12.01 200m: 2:54.33							
23.	Rodrigo Miranda Rosa	12		Uniao Samorense	2:56.47		214	
	50m: 41.69 100m: 1:27.95 150m: 2:14.33 200m: 2:56.47							
24.	Vicente Jose Carrilho	10		BUZIOS-Coruche	2:57.26		211	
	50m: 42.61 100m: 1:27.96 150m: 2:13.77 200m: 2:57.26							
25.	Santiago Raposo Fernandes	12		20Km de Almeirim	2:58.60		206	
	50m: 41.68 100m: 1:26.71 150m: 2:13.84 200m: 2:58.60							
26.	Rodrigo Miguel Alcobia	11	S10	CPFZ - Natacao	3:16.52		155	
	50m: 46.52 100m: 1:36.21 150m: 2:27.59 200m: 3:16.52							
27.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	3:28.48		130	
	50m: 50.12 100m: 1:42.33 150m: 2:36.69 200m: 3:28.48							
DSQ	Gabriel Antonio Marques	11		Nautico Abrantes				
	<i>SW 6.4 - O (a) atleta n�o efectua a viragem dos 100 metros ap�s terminar o movimento cont�nuo de braços</i>							

Prova 37

Femin., 50m Livres

Juvenil B

09/03/2025

Resultados

Recorde Distrital ANDS Open	27.06	Sarah Dias	CLAC	Leiria	08/12/2013
Recorde Distrital ANDS Juv B	27.39	Sarah Dias	CLAC	Tomar	29/06/2013

: 38.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11		BUZIOS-Coruche	29.57		466	
2.	Margarida Pinho Formigo	11		Torres Novas	31.27		394	
3.	Mariana Freitas Mota	11		Torres Novas	33.01		335	
4.	Carolina Reis Lopes	11		Torres Novas	34.05		305	
5.	Beatriz Isabel Moura	11		Nautico Abrantes	34.62		290	
6.	Catarina Leonor Pereira	11		CLAC-Entroncamento	35.71		264	
7.	Beatriz Agostinho Duque	11		20Km de Almeirim	35.99		258	

Prova 37

Femin., 50m Livres

Juvenil A

09/03/2025

Resultados

Recorde Distrital ANDS Open	27.06	Sarah Dias	CLAC	Leiria	08/12/2013
Recorde Distrital ANDS Juv A	27.06	Sarah Dias	CLAC	Leiria	08/12/2013

: 37.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Leonor Lopes	10		Torres Novas	29.31		478	
2.	Debora Sofia Santos	10		Rio Maior	30.49		425	
3.	Lara Paixao Silva	10		Rio Maior	30.52		424	
4.	Flor Fortunata Ferreira	10		Gualdim Pais	31.04		403	
5.	Angela Maria Pereira	10		Nautico Salvaterra Magos	33.70		315	
6.	Raquel Fernandes Samouco	10		Natacao do Tejo	36.60		245	



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Prova 37, Femin., 50m Livres

Prova 37 Femin., 50m Livres Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	27.06	Sarah Dias	CLAC	Leiria	08/12/2013
Recorde Distrital ANDS 18 +	27.16	Maria Madalena Silva	CNAB	Caldas da Rainha	29/11/2015
Recorde Distrital ANDS 17	27.09	Ariana Esp�rito Louro	SFGP	Leiria (ROU)	27/11/2021
Recorde Distrital ANDS Jun16	27.10	Sarah Dias	CLAC	Saint-Yrieix-Sur-Charente (FR)	18/12/2015

Jun/Sen: 35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	27.94		552	
2.	Leonor Margarida Mateus	09	BUZIOS-Coruche	30.48		425	
3.	Iris Simoes Martins	08	CLAC-Entroncamento	30.91		408	
4.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	31.29		393	
5.	Vera Almeida Rosa	09	Nautico Abrantes	33.17		330	
6.	Leonor Marques Carvalho	09	Rio Maior	33.34		325	
7.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	33.65		316	
8.	Maria Ines Campos	09	Nautico Abrantes	34.89		283	
9.	Ines Silva Lima	09	Nautico Abrantes	35.17		277	
<i>FTL</i>							
DNS	Carlota Pereira Sousa	08	Viver Santarem				

Prova 37 Femin., 50m Livres Senior
09/03/2025 Resultados

Recorde Distrital ANDS Open	27.06	Sarah Dias	CLAC	Leiria	08/12/2013
Recorde Distrital ANDS 18 +	27.16	Maria Madalena Silva	CNAB	Caldas da Rainha	29/11/2015

Jun/Sen: 35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Goncalves Casal	03	Torres Novas	27.87		556	
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	30.74		415	
DNS	Joana Patricia Antunes	06	CLAC-Entroncamento				

Prova 38 Masc., 50m Livres Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	22.60	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Juv B	24.88	Sim�o Dinis Rosa	CNTN	Leiria	14/12/2019

: 34.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Francisco Manuel Cadete	10	Nautico Abrantes	26.73		429	
2.	Afonso Goncalves Leite	10	CLAC-Entroncamento	27.79		381	
3.	Francisco Sa Lopes	10	Torres Novas	28.07		370	
4.	Tiago Goncalves Vieira	10	Gualdim Pais	28.09		369	
5.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	29.23		328	
6.	Andre Guilherme Anastacio	10	Nautico Abrantes	30.16		298	
7.	Luis Miguel Reis	10	Rio Maior	30.26		295	
8.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	31.91		252	
9.	Guilherme Ferreira Leitao	10	Viver Santarem	34.42		200	
<i>FTL</i>							



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Prova 38, Masc., 50m Livres

Prova 38 Masc., 50m Livres Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	22.60	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Juv A	24.11	Paulo Vakulyuk	SANDS	Abrantes	26/01/2019

: 32.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Pedro Morgado Costa	09	Rio Maior	26.46		442	
2.	Luis Suissas Rato	09	Nautico Salvaterra Magos	27.17		408	
3.	Gabriel Antunes Ramos	09	Rio Maior	29.55		317	
4.	Diogo Rodrigues Gomes	09	Natacao do Tejo	29.65		314	
5.	Miguel Silva Lima	09	Nautico Abrantes	33.45		218	
	<i>FTL</i>						
6.	Jose Tomas Martins	09	BUZIOS-Coruche	34.36		201	
	<i>FTL</i>						

Prova 38 Masc., 50m Livres Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	22.60	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Jun18	23.21	Frederico Sucena Riachos	NSCG	Porto	12/12/2015
Recorde Distrital ANDS Jun17	23.45	Frederico Sucena Riachos	NSCG	Porto	20/12/2014

Jun/Sen: 31.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tomas Alexandre Santos	07	BUZIOS-Coruche	26.73		429	
2.	Afonso Bernardo Evaristo	08	Gualdim Pais	26.87		422	
3.	Rodolfo Charrua Gago	08	Viver Santarem	27.18		408	
4.	Simao Pedro Oliveira	07	Torres Novas	27.40		398	
5.	Leonardo Gomes Silva	08	Rio Maior	27.68		386	
6.	Bernardo Pereira Simoes	07	Torres Novas	28.25		363	
7.	Afonso Costa Soares	07	CPFZ - Natacao	29.04		334	
8.	Martim Silva Oliveira	08	Torres Novas	29.61		315	
9.	Miguel Tomas Amaral	08	Natacao do Tejo	30.63		285	

Prova 38 Masc., 50m Livres Senior
09/03/2025 Resultados

Recorde Distrital ANDS Open	22.60	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Sen	22.60	Vakulyuk	CNTN	Albufeira	13/11/2022

Jun/Sen: 31.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Antonio Pires	05	Torres Novas	24.76		539	
2.	Artur Rafael Saramago	97	BUZIOS-Coruche	25.30		505	
3.	Afonso Formigo Pinho	06	Torres Novas	25.93		469	
4.	Goncalo Catarino Dias	00	Gualdim Pais	26.79		426	
5.	Pedro Pereira Lopes	99	BUZIOS-Coruche	27.06		413	
6.	Eliseu Manuel Tavares	99	Uniao Samorense	30.06		301	
7.	Hugo Miguel Silva	77	BUZIOS-Coruche	30.38		292	
8.	Diogo Miguel Balsa	95	BUZIOS-Coruche	30.74		282	
9.	Miguel Dores Martins	90	Natacao do Tejo	31.60		259	
	<i>FTL</i>						
10.	Tiago Manuel Silva	05 S3	CLAC-Entroncamento	1:04.00		31	
	<i>RECORDE NACIONAL S3, FTL</i>						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 38, Masc., 50m Livres

Prova 38	Masc., 50m Livres				S3,SB3,SM3
09/03/2025					Resultados
Recorde Distrital ANDS Open	22.60	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Sen	22.60	Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Jun18	23.21	Frederico Sucena Riachos	NSCG	Porto	12/12/2015
Recorde Distrital ANDS Jun17	23.45	Frederico Sucena Riachos	NSCG	Porto	20/12/2014
Recorde Distrital ANDS Juv A	24.11	Paulo Vakulyuk	SANDS	Abrantes	26/01/2019
Recorde Distrital ANDS Juv B	24.88	Sim�o Dinis Rosa	CNTN	Leiria	14/12/2019
Recorde Distrital ANDS Inf A	26.33	Jo�o Diogo Lopes	SANDS	Abrantes	21/02/2015
Recorde Distrital ANDS Inf B	27.90	F�bio Miguel Samouco	CNTN	Torres Novas	09/02/2008

Juv A: 32.00; Juv B: 34.00; Jun/Sen: 31.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Antonio Pires	05	Torres Novas	24.76		539	
2.	Artur Rafael Saramago	97	BUZIOS-Coruche	25.30		505	
3.	Afonso Formigo Pinho	06	Torres Novas	25.93		469	
4.	Pedro Morgado Costa	09	Rio Maior	26.46		442	
5.	Tomas Alexandre Santos	07	BUZIOS-Coruche	26.73		429	
	Francisco Manuel Cadete	10	Nautico Abrantes	26.73		429	
7.	Goncalo Catarino Dias	00	Gualdim Pais	26.79		426	
8.	Afonso Bernardo Evaristo	08	Gualdim Pais	26.87		422	
9.	Pedro Pereira Lopes	99	BUZIOS-Coruche	27.06		413	
10.	Luis Suissas Rato	09	Nautico Salvaterra Magos	27.17		408	
11.	Rodolfo Charrua Gago	08	Viver Santarem	27.18		408	
12.	Simao Pedro Oliveira	07	Torres Novas	27.40		398	
13.	Leonardo Gomes Silva	08	Rio Maior	27.68		386	
14.	Afonso Goncalves Leite	10	CLAC-Entroncamento	27.79		381	
15.	Francisco Sa Lopes	10	Torres Novas	28.07		370	
16.	Tiago Goncalves Vieira	10	Gualdim Pais	28.09		369	
17.	Bernardo Pereira Simoes	07	Torres Novas	28.25		363	
18.	Afonso Costa Soares	07	CPFZ - Natacao	29.04		334	
19.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	29.23		328	
20.	Gabriel Antunes Ramos	09	Rio Maior	29.55		317	
21.	Martim Silva Oliveira	08	Torres Novas	29.61		315	
22.	Diogo Rodrigues Gomes	09	Natacao do Tejo	29.65		314	
23.	Eliseu Manuel Tavares	99	Uniao Samorense	30.06		301	
24.	Andre Guilherme Anastacio	10	Nautico Abrantes	30.16		298	
25.	Luis Miguel Reis	10	Rio Maior	30.26		295	
26.	Hugo Miguel Silva	77	BUZIOS-Coruche	30.38		292	
27.	Miguel Tomas Amaral	08	Natacao do Tejo	30.63		285	
28.	Diogo Miguel Balsa	95	BUZIOS-Coruche	30.74		282	
29.	Miguel Dores Martins	90	Natacao do Tejo	31.60		259	
	<i>FTL</i>						
30.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	31.91		252	
31.	Miguel Silva Lima	09	Nautico Abrantes	33.45		218	
	<i>FTL</i>						
32.	Jose Tomas Martins	09	BUZIOS-Coruche	34.36		201	
	<i>FTL</i>						
33.	Guilherme Ferreira Leitao	10	Viver Santarem	34.42		200	
	<i>FTL</i>						
34.	Tiago Manuel Silva	05 S3	CLAC-Entroncamento	1:04.00		31	
	<i>RECORDE NACIONAL S3, FTL</i>						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 39 Femin., 4 x 100m Estilos Infantil
09/03/2025 Resultados

Recorde Distrital ANDS Inf A	5:00.37	CNLA	CNLA	Ponte de Sor	19/03/2005
Recorde Distrital ANDS Inf	5:00.37	CNLA	CNLA	Ponte de S�r	19/03/2005
Recorde Distrital ANDS Inf B	5:26.00	CNTN	CNTN	Tomar	30/06/2013
Recorde Distrital ANDS Abs	4:33.23	CNTN	CNTN	Estarreja	01/12/2023

INF A E B : 7:02.00 / Inf A: 6:52.00; Inf B: 7:07.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. BUZIOS-Coruche 3		BUZIOS-Coruche	5:37.82		292	
50m: 41.82 41.82	150m: 2:06.25	39.78	250m: 3:32.58	40.42	350m: 4:57.52	34.96
100m: 1:26.47 44.65	200m: 2:52.16	45.91	300m: 4:22.56	49.98	400m: 5:37.82	40.30
2. CLAC-Entroncamento 2		CLAC-Entroncamento	6:30.51		189	
50m: 47.01 47.01	150m: 2:30.56	52.21	250m: 4:11.26	41.31	350m: 5:44.07	42.20
100m: 1:38.35 51.34	200m: 3:29.95	59.39	300m: 5:01.87	50.61	400m: 6:30.51	46.44
3. Torres Novas 2		Torres Novas	6:34.79		183	
50m: 48.73 48.73	150m: 2:27.65	47.52	250m: 4:13.25	48.32	350m: 5:48.05	40.30
100m: 1:40.13 51.40	200m: 3:24.93	57.28	300m: 5:07.75	54.50	400m: 6:34.79	46.74

Prova 39 Femin., 4 x 100m Estilos Juvenil
09/03/2025 Resultados

Recorde Distrital ANDS Juv A	4:54.62	CNTN	CNTN	Caldas da Rainha	28/11/2015
Recorde Distrital ANDS Juv	4:50.81	Clube de Natacao de Torres Novas	CNTN	Tomar	18/11/2017
Recorde Distrital ANDS Juv B	4:59.16	CNTN	CNTN	Leiria	13/12/2014
Recorde Distrital ANDS Abs	4:33.23	CNTN	CNTN	Estarreja	01/12/2023

JUV A E B : 6:39.00 / Juv A: 5:52.00; Juv B: 6:35.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Torres Novas 1		Torres Novas	4:58.72		423	
50m: 35.04 35.04	150m: 1:52.46	40.77	250m: 3:12.83	34.72	350m: 4:23.96	31.28
100m: 1:11.69 36.65	200m: 2:38.11	45.65	300m: 3:52.68	39.85	400m: 4:58.72	34.76
2. BUZIOS-Coruche 2		BUZIOS-Coruche	5:13.56		366	
50m: 36.71 36.71	150m: 1:59.84	44.01	250m: 3:23.70	35.96	350m: 4:40.09	29.94
100m: 1:15.83 39.12	200m: 2:47.74	47.90	300m: 4:10.15	46.45	400m: 5:13.56	33.47

Prova 39 Femin., 4 x 100m Estilos Junior/Senior
09/03/2025 Resultados

Recorde Distrital ANDS 16 - 17	4:43.58	Clube Natacao de Rio Maior	CNRM	Coruche	17/03/2019
Recorde Distrital ANDS Abs	4:33.23	CNTN	CNTN	Estarreja	01/12/2023

: 5:48.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Viver Santarem 4		Viver Santarem	5:05.97		394	
50m: 35.63 35.63	150m: 1:52.31	37.85	250m: 3:11.13	35.41	350m: 4:28.78	32.76
100m: 1:14.46 38.83	200m: 2:35.72	43.41	300m: 3:56.02	44.89	400m: 5:05.97	37.19
2. BUZIOS-Coruche 1		BUZIOS-Coruche	5:18.77		348	
50m: 39.33 39.33	150m: 2:02.81	41.52	250m: 3:26.82	36.99	350m: 4:42.81	32.11
100m: 1:21.29 41.96	200m: 2:49.83	47.02	300m: 4:10.70	43.88	400m: 5:18.77	35.96
3. CLAC-Entroncamento 1		CLAC-Entroncamento	5:49.22		265	
<i>FTL</i>						
50m: 40.41 40.41	150m: 2:10.05	43.44	250m: 3:44.57	40.90	350m: 5:10.25	34.81
100m: 1:26.61 46.20	200m: 3:03.67	53.62	300m: 4:35.44	50.87	400m: 5:49.22	38.97



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 40 Masc., 4 x 100m Estilos Infantil
09/03/2025 Resultados

Recorde Distrital ANDS Open	3:57.51	CNTN	CNTN	Abrantes	27/11/2016
Recorde Distrital ANDS Inf A	4:38.45	VS	VS	Sines	09/04/2017
Recorde Distrital ANDS Inf	4:38.60	AVQA	AVQA	Silves	29/03/2015
Recorde Distrital ANDS Inf B	5:03.85	SCALABISPORT	SCALAB	Santo Ant ^o Cavaleiros	18/03/2012

INF A E B : 6:48.00 / Inf A: 6:40.00; Inf B: 6:59.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	
1. BUZIOS-Coruche 3		BUZIOS-Coruche	5:34.27			210	
50m: 41.88	41.88	150m: 2:09.75	44.36	250m: 3:38.27	38.64	350m: 4:57.40	33.99
100m: 1:25.39	43.51	200m: 2:59.63	49.88	300m: 4:23.41	45.14	400m: 5:34.27	36.87

Prova 40 Masc., 4 x 100m Estilos Juvenil
09/03/2025 Resultados

Recorde Distrital ANDS Open	3:57.51	CNTN	CNTN	Abrantes	27/11/2016
Recorde Distrital ANDS Juv A	4:10.24	Soc Cult Desp Turismo Gestao Urb	VSitar�m, E	Tomar	16/12/2018
Recorde Distrital ANDS Juv	4:10.24	Soc Cult Desp Turismo Gestao Urb	VSitar�m, E	Tomar	16/12/2018
Recorde Distrital ANDS Juv B	4:25.50	Soc Cult Desp Turismo Gestao Urb	VSitar�m, E	Albufeira	17/12/2017

JUV A E B : 5:39.00 / Juv A: 5:36.00; Juv B: 5:42.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	
1. Nautico Abrantes 5		Nautico Abrantes	4:24.17			427	
50m: 30.40	30.40	150m: 1:37.34	34.03	250m: 2:45.41	29.29	350m: 3:51.21	29.33
100m: 1:03.31	32.91	200m: 2:16.12	38.78	300m: 3:21.88	36.47	400m: 4:24.17	32.96
2. Rio Maior 1		Rio Maior	4:47.32			332	
50m: 35.89	35.89	150m: 1:52.10	39.20	250m: 3:08.90	30.67	350m: 4:14.27	30.32
100m: 1:12.90	37.01	200m: 2:38.23	46.13	300m: 3:43.95	35.05	400m: 4:47.32	33.05
3. BUZIOS-Coruche 2		BUZIOS-Coruche	5:23.32			233	
50m: 40.20	40.20	150m: 2:01.93	39.78	250m: 3:22.01	37.18	350m: 4:42.04	36.78
100m: 1:22.15	41.95	200m: 2:44.83	42.90	300m: 4:05.26	43.25	400m: 5:23.32	41.28

Prova 40 Masc., 4 x 100m Estilos Junior/Senior
09/03/2025 Resultados

Recorde Distrital ANDS Open	3:57.51	CNTN	CNTN	Abrantes	27/11/2016
Recorde Distrital ANDS Jun18	4:30.13	SFUS	SFUS	Tomar	25/11/2012
Recorde Distrital ANDS Jun	3:57.51	CNTN	CNTN	Abrantes	27/11/2016
Recorde Distrital ANDS Jun17	3:57.94	CNTN	CNTN	Sines	21/12/2008

: 5:30.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	
1. BUZIOS-Coruche 1		BUZIOS-Coruche	4:24.84			424	
50m: 34.09	34.09	150m: 1:43.92	31.94	250m: 2:51.96	30.22	350m: 3:54.80	27.40
100m: 1:11.98	37.89	200m: 2:21.74	37.82	300m: 3:27.40	35.44	400m: 4:24.84	30.04
2. Torres Novas 1		Torres Novas	4:28.08			408	
50m: 31.82	31.82	150m: 1:42.42	37.06	250m: 2:54.88	27.85	350m: 3:57.40	27.67
100m: 1:05.36	33.54	200m: 2:27.03	44.61	300m: 3:29.73	34.85	400m: 4:28.08	30.68



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

5 - 5ª SESSÃO

09/03/2025 - 15:15

Prova 41 Masc., 400m Estilos Infantil B
09/03/2025 Resultados

Recorde Distrital ANDS Open 4:24.97 Tiago Filipe Campos CNRM Santar m 07/03/2020
Recorde Distrital ANDS Inf B 5:18.20 Jo o Jos  Calado CNAB Campo Maior 28/03/2014

: 7:28.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Salvador Henrique Vieira	12		Torres Novas	5:59.43		278	
	50m: 41.58 150m: 2:15.57 250m: 3:51.79 350m: 5:23.01							
	100m: 1:30.43 200m: 3:00.96 300m: 4:43.63 400m: 5:59.43							
2.	Matias Rafael Pacheco	12		BUZIOS-Coruche	5:59.64		278	
	50m: 40.18 150m: 2:11.10 250m: 3:49.27 350m: 5:22.73							
	100m: 1:27.70 200m: 2:53.83 300m: 4:43.99 400m: 5:59.64							
3.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	7:38.90		133	
	<i>FTL</i>							
	50m: 52.14 150m: 2:53.39 250m: 4:54.28 350m: 6:51.11							
	100m: 1:54.59 200m: 3:49.64 300m: 5:59.84 400m: 7:38.90							

DSQ Rodrigo Miranda Rosa 12 Uniao Samorense
SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso, de bra os

Prova 41 Masc., 400m Estilos Infantil A
09/03/2025 Resultados

Recorde Distrital ANDS Open 4:24.97 Tiago Filipe Campos CNRM Santar m 07/03/2020
Recorde Distrital ANDS Inf A 4:55.60 Paulo Vakulyuk CNTN Sines 07/04/2017

: 7:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Duarte Moura Mendes	11		Torres Novas	5:20.97		391	
	50m: 36.16 150m: 1:58.96 250m: 3:23.57 350m: 4:44.93							
	100m: 1:18.04 200m: 2:39.42 300m: 4:08.56 400m: 5:20.97							
2.	Francisco Maria Dias	11		Viver Santarem	5:43.82		318	
	50m: 35.92 150m: 2:03.29 250m: 3:35.45 350m: 5:07.47							
	100m: 1:20.14 200m: 2:44.37 300m: 4:28.20 400m: 5:43.82							
3.	Diogo Chambel Santos	11		Nautico Abrantes	5:59.75		278	
	50m: 44.08 150m: 2:20.93 250m: 3:53.02 350m: 5:21.34							
	100m: 1:35.40 200m: 3:05.56 300m: 4:42.21 400m: 5:59.75							
4.	Luca Cristian Irimia	11		Uniao Samorense	6:04.37		267	
	50m: 38.31 150m: 2:10.65 250m: 3:50.62 350m: 5:27.21							
	100m: 1:25.59 200m: 2:54.58 300m: 4:46.43 400m: 6:04.37							
5.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	6:16.47		242	
	50m: 43.85 150m: 2:21.53 250m: 4:03.77 350m: 5:39.50							
	100m: 1:35.69 200m: 3:07.09 300m: 5:00.69 400m: 6:16.47							
6.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	6:21.68		232	
	50m: 38.31 150m: 2:13.93 250m: 3:58.65 350m: 5:40.53							
	100m: 1:25.65 200m: 3:00.75 300m: 4:57.84 400m: 6:21.68							

DSQ Martim Maria Salvador 11 Nautico Salvaterra Magos
SW 6.4 - O (a) atleta n o efectua a viragem dos 150 metros ap s terminar o movimento cont nuo de bra os, (costas)



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Prova 41, Masc., 400m Estilos

Prova 41 Masc., 400m Estilos Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	4:24.97	Tiago Filipe Campos	CNRM	Santar�m	07/03/2020
Recorde Distrital ANDS Juv B	4:44.55	Paulo Vakulyuk	CNTN	Torres Novas	06/05/2018

: 6:48.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Lourenco Vicente Geada	10	Torres Novas	5:24.78		377	
	50m: 35.96 150m: 1:59.28 250m: 3:28.30 350m: 4:50.54						
	100m: 1:18.25 200m: 2:39.34 300m: 4:15.59 400m: 5:24.78						
2.	Guilherme Martins Conceicao	10	Viver Santarem	5:26.88		370	
	50m: 36.07 150m: 2:01.11 250m: 3:28.47 350m: 4:50.34						
	100m: 1:17.92 200m: 2:44.22 300m: 4:13.65 400m: 5:26.88						
3.	Tiago Frazao Barra	10	Rio Maior	5:39.28		331	
	50m: 37.15 150m: 2:05.84 250m: 3:36.93 350m: 5:03.58						
	100m: 1:20.20 200m: 2:49.18 300m: 4:25.60 400m: 5:39.28						
4.	Afonso Goncalves Leite	10	CLAC-Entroncamento	6:17.07		241	
	50m: 39.08 150m: 2:14.87 250m: 3:57.07 350m: 5:33.87						
	100m: 1:25.75 200m: 3:02.71 300m: 4:49.75 400m: 6:17.07						
DNS	Daniel Filipe Jorge	10	Rio Maior				

Prova 41 Masc., 400m Estilos Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	4:24.97	Tiago Filipe Campos	CNRM	Santar�m	07/03/2020
Recorde Distrital ANDS Juv A	4:33.58	Paulo Vakulyuk	CNTN	S Antonio dos Cavaleiros	09/12/2018

: 6:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Dinis Maria Garcia	09	Nautico Abrantes	5:18.82		399	
	50m: 36.68 150m: 2:01.32 250m: 3:22.67 350m: 4:42.76						
	100m: 1:19.54 200m: 2:41.80 300m: 4:05.08 400m: 5:18.82						
2.	Rodrigo Duque Dias	09	CLAC-Entroncamento	6:25.13		226	
	50m: 39.70 150m: 2:14.16 250m: 3:56.55 350m: 5:41.73						
	100m: 1:27.68 200m: 2:59.87 300m: 4:56.21 400m: 6:25.13						

Prova 41 Masc., 400m Estilos Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	4:24.97	Tiago Filipe Campos	CNRM	Santar�m	07/03/2020
Recorde Distrital ANDS Jun18	4:34.82	Luis Afonso Lopes	VS	Praia da Vit�ria	09/04/2021
Recorde Distrital ANDS Jun17	4:35.64	Gustavo Manuel Santa	CNLA	Leiria	04/12/2009

Jun/Sen: 6:30.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Bernardo Evaristo	08	Gualdim Pais	4:57.88		489	
	50m: 32.03 150m: 1:47.91 250m: 3:06.62 350m: 4:23.10						
	100m: 1:10.50 200m: 2:25.09 300m: 3:48.94 400m: 4:57.88						
2.	Martim Silva Oliveira	08	Torres Novas	5:38.13		334	
	50m: 38.01 150m: 2:08.06 250m: 3:37.15 350m: 5:01.53						
	100m: 1:24.46 200m: 2:50.46 300m: 4:23.86 400m: 5:38.13						



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Prova 41, Masc., 400m Estilos

Prova 41 Masc., 400m Estilos Senior
09/03/2025 Resultados

Recorde Distrital ANDS Open	4:24.97	Tiago Filipe Campos	CNRM	Santarém	07/03/2020
Recorde Distrital ANDS Sen	4:24.97	Tiago Filipe Campos	CNRM	Santarém	07/03/2020

Jun/Sen: 6:30.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Artur Rafael Saramago	97	BUZIOS-Coruche	5:03.38		463	
	50m: 30.73 150m: 1:47.23 250m: 3:11.14 350m: 4:29.32						
	100m: 1:07.29 200m: 2:27.75 300m: 3:54.33 400m: 5:03.38						
2.	Goncalo Catarino Dias	00	Gualdim Pais	5:13.20		421	
	50m: 32.54 150m: 1:54.24 250m: 3:19.34 350m: 4:39.48						
	100m: 1:10.67 200m: 2:34.97 300m: 4:03.60 400m: 5:13.20						

Prova 42 Femin., 400m Estilos Infantil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Inf B	5:41.97	Beatriz Grave Reis	CNRM	Sines	07/04/2017

: 7:40.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Amelia Torres	13	Viver Santarem	6:15.44		328	
	50m: 41.48 150m: 2:17.46 250m: 3:56.86 350m: 5:34.77						
	100m: 1:28.84 200m: 3:03.59 300m: 4:51.04 400m: 6:15.44						
2.	Laura Conde Correia	13	Torres Novas	6:28.25		296	
	50m: 44.95 150m: 2:28.29 250m: 4:10.83 350m: 5:47.71						
	100m: 1:39.20 200m: 3:17.47 300m: 5:03.99 400m: 6:28.25						
3.	Maria Rita Godinho	13	Torres Novas	7:23.50		199	
	50m: 53.42 150m: 2:53.08 250m: 4:47.39 350m: 6:35.52						
	100m: 1:54.82 200m: 3:49.57 300m: 5:44.59 400m: 7:23.50						
4.	Barbara Godinho Simoes	13	CPFZ - Natacao	7:26.37		195	
	50m: 49.70 150m: 2:41.55 250m: 4:41.48 350m: 6:39.51						
	100m: 1:47.35 200m: 3:35.34 300m: 5:49.62 400m: 7:26.37						
5.	Mafalda Ines Martinho	13	CLAC-Entroncamento	7:41.73		176	
	<i>FTL</i>						
	50m: 56.05 150m: 3:00.64 250m: 4:58.68 350m: 6:52.53						
	100m: 2:02.16 200m: 3:57.96 300m: 6:00.35 400m: 7:41.73						

Prova 42 Femin., 400m Estilos Infantil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Inf A	5:21.39	Mariana Veloso Vitoria	CNAB	Coruche	25/02/2011

: 7:06.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	5:40.10		441	
	50m: 35.73 150m: 2:03.40 250m: 3:34.25 350m: 5:02.58						
	100m: 1:19.74 200m: 2:45.90 300m: 4:23.56 400m: 5:40.10						
2.	Alicia Lopes Deep	12	BUZIOS-Coruche	6:16.49		325	
	50m: 42.79 150m: 2:24.56 250m: 4:04.08 350m: 5:36.63						
	100m: 1:36.48 200m: 3:12.68 300m: 4:55.68 400m: 6:16.49						



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Prova 42, Femin., 400m Estilos, Infantil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Matilde Abelho Vaz	12	CLAC-Entroncamento	6:48.93		253	
	50m: 49.04	150m: 2:38.94	250m: 4:25.26	350m: 6:05.72			
	100m: 1:46.45	200m: 3:31.08	300m: 5:18.48	400m: 6:48.93			

Prova 42 Femin., 400m Estilos Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Juv B	5:16.20	Catia Iordan Agostinho	CNRM	Abrantes	22/11/2015

: 7:00.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	5:31.41		476	
	50m: 35.15	150m: 2:01.01	250m: 3:28.98	350m: 4:53.61			
	100m: 1:17.75	200m: 2:42.54	300m: 4:15.12	400m: 5:31.41			
2.	Mariana Freitas Mota	11	Torres Novas	6:03.04		362	
	50m: 43.08	150m: 2:18.90	250m: 3:52.71	350m: 5:23.12			
	100m: 1:32.22	200m: 3:03.84	300m: 4:41.63	400m: 6:03.04			
3.	Rita Lino Ferreira	11	BUZIOS-Coruche	6:10.21		342	
	50m: 40.76	150m: 2:17.92	250m: 3:56.39	350m: 5:30.10			
	100m: 1:27.88	200m: 3:06.41	300m: 4:47.70	400m: 6:10.21			

Prova 42 Femin., 400m Estilos Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Juv A	5:12.61	Cátia Iordan Agostinho	CNRM	Guarda	02/12/2016

: 6:45.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	5:24.54		507	
	50m: 35.09	150m: 1:57.03	250m: 3:26.53	350m: 4:50.54			
	100m: 1:15.47	200m: 2:38.67	300m: 4:14.50	400m: 5:24.54			

Prova 42 Femin., 400m Estilos Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS 18 +	5:06.03	Carolina Silverio Carpinteiro	CNTEJO	Santarém	08/03/2020
Recorde Distrital ANDS Jun16	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021

Jun/Sen: 6:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Maria Fragoso	07	Viver Santarem	5:45.96		419	
	50m: 35.43	150m: 2:05.85	250m: 3:39.33	350m: 5:07.30			
	100m: 1:18.17	200m: 2:52.93	300m: 4:26.43	400m: 5:45.96			
2.	Carolina Santos Carrilho	08	CLAC-Entroncamento	6:25.09		304	
	50m: 41.25	150m: 2:21.06	250m: 4:04.39	350m: 5:41.99			
	100m: 1:30.85	200m: 3:10.16	300m: 4:59.00	400m: 6:25.09			
3.	Daniela Santos Carrilho	08	CLAC-Entroncamento	6:30.44		291	
	50m: 41.56	150m: 2:23.54	250m: 4:05.96	350m: 5:45.19			
	100m: 1:33.29	200m: 3:13.87	300m: 4:58.90	400m: 6:30.44			
4.	Catarina Isabel Galvao	09	BUZIOS-Coruche	6:36.54		278	
	FTL						
	50m: 40.03	150m: 2:21.38	250m: 4:10.46	350m: 5:53.86			



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Prova 42, Femin., 400m Estilos, Junior

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
	100m: 1:27.62	200m: 3:14.36	300m: 5:08.07	400m: 6:36.54			
doente	Maria Madalena Monteiro	08	Gualdim Pais				

Prova 43
09/03/2025

Masc., 200m Livres

Infantil B
Resultados

Recorde Distrital ANDS Open	1:50.19	Tiago Filipe Campos	CNRM	Leiria	11/12/2022
Recorde Distrital ANDS Inf B	2:09.72	Jo�o Diogo Lopes	VS	Coruche	16/03/2014
: 3:03.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Salvador Henrique Vieira	12	Torres Novas	2:29.85		291	
	50m: 35.06	100m: 1:13.74	150m: 1:52.18	200m: 2:29.85			
2.	Francisco Grave Reis	12	Rio Maior	2:30.46		288	
	50m: 34.14	100m: 1:12.46	150m: 1:52.52	200m: 2:30.46			
3.	Matias Rafael Pacheco	12	BUZIOS-Coruche	2:32.01		279	
	50m: 35.96	100m: 1:15.04	150m: 1:54.65	200m: 2:32.01			
4.	Santiago Raposo Fernandes	12	20Km de Almeirim	2:36.40		256	
	50m: 35.38	100m: 1:15.90	150m: 1:57.40	200m: 2:36.40			
5.	Rodrigo Miranda Rosa	12	Uniao Samorense	2:36.57		255	
	50m: 35.72	100m: 1:16.53	150m: 1:58.14	200m: 2:36.57			
6.	Martim Rocha Silva	12	Gualdim Pais	2:40.62		236	
	50m: 37.05	100m: 1:19.67	150m: 2:01.26	200m: 2:40.62			
7.	Lourenco Filipe Costa	12	20Km de Almeirim	2:51.04		196	
	50m: 38.89	100m: 1:23.16	150m: 2:08.70	200m: 2:51.04			
8.	Cassiel Xavier Cabral	12	Uniao Samorense	2:54.91		183	
	50m: 39.59	100m: 1:25.22	150m: 2:11.68	200m: 2:54.91			
9.	Sandro Jose Tomas	12	BUZIOS-Coruche	2:58.91		171	
	50m: 39.87	100m: 1:25.58	150m: 2:13.08	200m: 2:58.91			
10.	Afonso Ferreira Cruz	12	CLAC-Entroncamento	3:06.50		151	
	<i>FTL</i>						
	50m: 43.85	100m: 1:33.92	150m: 2:23.43	200m: 3:06.50			
11.	Gabriel Fernandes Samouco	12	Natacao do Tejo	3:06.96		150	
	<i>FTL</i>						
	50m: 41.54	100m: 1:29.47	150m: 2:18.81	200m: 3:06.96			
12.	Dinis Alexandre Santos	12	Torres Novas	3:13.32		135	
	<i>FTL</i>						
	50m: 41.88	100m: 1:31.90	150m: 2:24.84	200m: 3:13.32			
13.	Isaac Lourenco Marques	12	BUZIOS-Coruche	3:50.52		80	
	<i>FTL</i>						
	50m: 51.19	100m: 1:51.39	150m: 2:53.32	200m: 3:50.52			
DSQ	Gabriel Mocanu	12	Uniao Samorense				
	<i>SW 10.2 - O (a) atleta n�o completou o percurso</i>						
DNS	Artur Miguel Silva	12	Natacao do Tejo				



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Prova 43, Masc., 200m Livres

Prova 43 Masc., 200m Livres Infantil A
09/03/2025 Resultados

Recorde Distrital ANDS Open 1:50.19 Tiago Filipe Campos CNRM Leiria 11/12/2022
Recorde Distrital ANDS Inf A 2:03.75 Jose Henriques Luz NSCG Tomar 30/06/2013

: 2:52.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Martim Maria Salvador	11		Nautico Salvaterra Magos	2:16.62		384	
	50m: 30.99 100m: 1:05.77 150m: 1:41.71 200m: 2:16.62							
2.	Duarte Moura Mendes	11		Torres Novas	2:18.82		366	
	50m: 32.18 100m: 1:07.36 150m: 1:43.31 200m: 2:18.82							
3.	Manuel Maria Moniz	11		20Km de Almeirim	2:23.75		330	
	50m: 32.99 100m: 1:10.55 150m: 1:48.51 200m: 2:23.75							
4.	Martim Miguel Santos	11		Rio Maior	2:28.08		302	
	50m: 33.81 100m: 1:12.61 150m: 1:52.10 200m: 2:28.08							
5.	Luca Cristian Irimia	11		Uniao Samorense	2:28.66		298	
	50m: 33.93 100m: 1:12.90 150m: 1:52.46 200m: 2:28.66							
6.	Diogo Chambel Santos	11		Nautico Abrantes	2:29.65		292	
	50m: 35.30 100m: 1:13.78 150m: 1:52.79 200m: 2:29.65							
7.	Dinis Oliveira Nunes	11		BUZIOS-Coruche	2:32.11		278	
	50m: 35.50 100m: 1:14.41 150m: 1:54.28 200m: 2:32.11							
8.	Artur Alexandre Silva	11		20Km de Almeirim	2:33.08		273	
	50m: 35.10 100m: 1:14.86 150m: 1:55.55 200m: 2:33.08							
9.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	2:37.82		249	
	50m: 36.85 100m: 1:17.77 150m: 1:58.92 200m: 2:37.82							
10.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	2:39.49		241	
	50m: 35.96 100m: 1:16.51 150m: 1:57.92 200m: 2:39.49							
11.	Gabriel Antonio Marques	11		Nautico Abrantes	2:41.03		234	
	50m: 36.27 100m: 1:17.70 150m: 2:00.49 200m: 2:41.03							
12.	Afonso Tomas Antunes	11		Natacao do Tejo	2:47.59		208	
	50m: 39.00 100m: 1:23.52 150m: 2:06.77 200m: 2:47.59							
13.	Rodrigo Miguel Alcobia	11	S10	CPFZ - Natacao	2:51.33		195	
	50m: 38.73 100m: 1:22.50 150m: 2:06.86 200m: 2:51.33							
14.	Salvador Miguel Silva	11		Viver Santarem	2:57.82		174	
	<i>FTL</i> 50m: 40.38 100m: 1:25.95 150m: 2:12.25 200m: 2:57.82							
15.	Antonio Francisco Rouxinol	11		BUZIOS-Coruche	2:58.81		171	
	<i>FTL</i> 50m: 39.44 100m: 1:28.08 150m: 2:15.99 200m: 2:58.81							
16.	Sebastiao Maria Borlinhas	11		BUZIOS-Coruche	2:59.45		169	
	<i>FTL</i> 50m: 40.65 100m: 1:28.83 150m: 2:16.98 200m: 2:59.45							



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Prova 43, Masc., 200m Livres

Prova 43 Masc., 200m Livres Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:50.19	Tiago Filipe Campos	CNRM	Leiria	11/12/2022
Recorde Distrital ANDS Juv B	1:57.53	Pedro Diogo Oliveira	CNRM	Tomar	08/03/2003

: 2:40.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10		BUZIOS-Coruche	2:07.75		470	
	50m: 29.66 100m: 1:02.30 150m: 1:35.97 200m: 2:07.75							
2.	Francisco Manuel Cadete	10		Nautico Abrantes	2:10.63		440	
	50m: 29.91 100m: 1:03.59 150m: 1:38.19 200m: 2:10.63							
3.	Tiago Frazao Barra	10		Rio Maior	2:12.86		418	
	50m: 30.65 100m: 1:04.51 150m: 1:39.30 200m: 2:12.86							
4.	Lourenco Vicente Geada	10		Torres Novas	2:15.03		398	
	50m: 31.40 100m: 1:05.67 150m: 1:40.70 200m: 2:15.03							
5.	Andre Guilherme Anastacio	10		Nautico Abrantes	2:16.44		386	
	50m: 31.66 100m: 1:06.79 150m: 1:42.04 200m: 2:16.44							
6.	Guilherme Gomes Nunes	10		Nautico Salvaterra Magos	2:17.26		379	
	50m: 31.32 100m: 1:05.16 150m: 1:40.67 200m: 2:17.26							
7.	Luis Miguel Reis	10		Rio Maior	2:22.52		338	
	50m: 32.86 100m: 1:09.45 150m: 1:46.57 200m: 2:22.52							
8.	Francisco Sa Lopes	10		Torres Novas	2:27.50		305	
	50m: 33.88 100m: 1:11.87 150m: 1:49.70 200m: 2:27.50							
9.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	2:30.60		287	
	50m: 34.95 100m: 1:13.11 150m: 1:52.76 200m: 2:30.60							
10.	Vicente Jose Carrilho	10		BUZIOS-Coruche	2:31.73		280	
	50m: 34.88 100m: 1:13.21 150m: 1:53.01 200m: 2:31.73							
11.	Guilherme Ferreira Leitao	10		Viver Santarem	3:01.74		163	
	<i>FTL</i>							
	50m: 40.84 100m: 1:30.19 150m: 2:20.90 200m: 3:01.74							

Prova 43 Masc., 200m Livres Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:50.19	Tiago Filipe Campos	CNRM	Leiria	11/12/2022
Recorde Distrital ANDS Juv A	1:53.75	Paulo Vakulyuk	CNTN	Coimbra	16/06/2019

: 2:35.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Miguel Silva Lima	09		Nautico Abrantes	2:06.71		482	
	50m: 28.90 100m: 1:00.37 150m: 1:33.03 200m: 2:06.71							
2.	Pedro Morgado Costa	09		Rio Maior	2:07.25		476	
	50m: 29.50 100m: 1:01.83 150m: 1:35.12 200m: 2:07.25							
3.	Luis Suissas Rato	09		Nautico Salvaterra Magos	2:11.24		434	
	50m: 30.48 100m: 1:04.00 150m: 1:37.74 200m: 2:11.24							
4.	Dinis Maria Garcia	09		Nautico Abrantes	2:14.61		402	
	50m: 31.09 100m: 1:05.52 150m: 1:40.41 200m: 2:14.61							
5.	Gabriel Sa Chambel	09		CLAC-Entroncamento	2:20.79		351	
	50m: 31.91 100m: 1:07.86 150m: 1:44.58 200m: 2:20.79							
6.	Gabriel Antunes Ramos	09		Rio Maior	2:23.84		329	
	50m: 33.29 100m: 1:10.10 150m: 1:47.92 200m: 2:23.84							



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Prova 43, Masc., 200m Livres, Juvenil A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Jose Tomas Martins <i>FTL</i>	09	BUZIOS-Coruche	2:50.63		197	
	50m: 38.29	100m: 1:21.03	150m: 2:06.60	200m: 2:50.63			

Prova 43 Masc., 200m Livres Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:50.19	Tiago Filipe Campos	CNRM	Leiria	11/12/2022
Recorde Distrital ANDS Jun18	1:52.48	Tiago Filipe Campos	CNRM	Funchal	11/12/2016
Recorde Distrital ANDS Jun17	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009

Jun/Sen: 2:31.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	2:03.35		522	
	50m: 28.76	100m: 1:00.05	150m: 1:31.74	200m: 2:03.35			
2.	Tomas Alexandre Santos	07	BUZIOS-Coruche	2:07.15		477	
	50m: 29.08	100m: 1:01.42	150m: 1:34.82	200m: 2:07.15			
3.	Simao Pedro Oliveira	07	Torres Novas	2:09.96		447	
	50m: 30.09	100m: 1:03.65	150m: 1:37.68	200m: 2:09.96			
4.	Bernardo Pereira Simoes	07	Torres Novas	2:13.13		415	
	50m: 30.43	100m: 1:04.38	150m: 1:38.84	200m: 2:13.13			
5.	Leonardo Gomes Silva	08	Rio Maior	2:14.27		405	
	50m: 30.17	100m: 1:04.91	150m: 1:39.09	200m: 2:14.27			
6.	Martim Silva Oliveira	08	Torres Novas	2:19.24		363	
	50m: 31.71	100m: 1:06.85	150m: 1:43.25	200m: 2:19.24			
7.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	2:20.89		350	
	50m: 32.46	100m: 1:07.89	150m: 1:44.65	200m: 2:20.89			
8.	Afonso Costa Soares	07	CPFZ - Natacao	2:24.72		323	
	50m: 33.23	100m: 1:09.71	150m: 1:47.49	200m: 2:24.72			

Prova 43 Masc., 200m Livres Senior
09/03/2025 Resultados

Recorde Distrital ANDS Open	1:50.19	Tiago Filipe Campos	CNRM	Leiria	11/12/2022
Recorde Distrital ANDS Sen	1:50.19	Tiago Filipe Campos	CNRM	Leiria	11/12/2022

Jun/Sen: 2:31.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Formigo Pinho	06	Torres Novas	2:03.05		526	
	50m: 28.92	100m: 59.86	150m: 1:32.01	200m: 2:03.05			
2.	Pedro Pereira Lopes	99	BUZIOS-Coruche	2:14.17		406	
	50m: 31.42	100m: 1:05.31	150m: 1:40.22	200m: 2:14.17			
3.	Eliseu Manuel Tavares	99	Uniao Samorense	2:21.05		349	
	50m: 31.24	100m: 1:07.88	150m: 1:44.90	200m: 2:21.05			
4.	Diogo Miguel Balsa	95	BUZIOS-Coruche	2:24.11		327	
	50m: 31.42	100m: 1:06.59	150m: 1:44.74	200m: 2:24.11			
5.	Hugo Miguel Silva	77	BUZIOS-Coruche	2:27.10		308	
	50m: 32.46	100m: 1:10.79	150m: 1:50.13	200m: 2:27.10			



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 43, Masc., 200m Livres

Prova 43	Masc., 200m Livres				S110
09/03/2025					Resultados
Recorde Distrital ANDS Open	1:50.19	Tiago Filipe Campos	CNRM	Leiria	11/12/2022
Recorde Distrital ANDS Sen	1:50.19	Tiago Filipe Campos	CNRM	Leiria	11/12/2022
Recorde Distrital ANDS Jun18	1:52.48	Tiago Filipe Campos	CNRM	Funchal	11/12/2016
Recorde Distrital ANDS Jun17	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	1:53.75	Paulo Vakulyuk	CNTN	Coimbra	16/06/2019
Recorde Distrital ANDS Juv B	1:57.53	Pedro Diogo Oliveira	CNRM	Tomar	08/03/2003
Recorde Distrital ANDS Inf A	2:03.75	Jose Henriques Luz	NSCG	Tomar	30/06/2013
Recorde Distrital ANDS Inf B	2:09.72	Jo�o Diogo Lopes	VS	Coruche	16/03/2014

Inf A: 2:52.00; Inf B: 3:03.00; Juv A: 2:35.00; Juv B: 2:40.00; Jun/Sen: 2:31.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Formigo Pinho	06	Torres Novas	2:03.05		526	
	50m: 28.92 100m: 59.86 150m: 1:32.01 200m: 2:03.05						
2.	Joao Pedro Monteiro	08	BUZIOS-Coruche	2:03.35		522	
	50m: 28.76 100m: 1:00.05 150m: 1:31.74 200m: 2:03.35						
3.	Miguel Silva Lima	09	Nautico Abrantes	2:06.71		482	
	50m: 28.90 100m: 1:00.37 150m: 1:33.03 200m: 2:06.71						
4.	Tomas Alexandre Santos	07	BUZIOS-Coruche	2:07.15		477	
	50m: 29.08 100m: 1:01.42 150m: 1:34.82 200m: 2:07.15						
5.	Pedro Morgado Costa	09	Rio Maior	2:07.25		476	
	50m: 29.50 100m: 1:01.83 150m: 1:35.12 200m: 2:07.25						
6.	David Filipe Pacheco	10	BUZIOS-Coruche	2:07.75		470	
	50m: 29.66 100m: 1:02.30 150m: 1:35.97 200m: 2:07.75						
7.	Simao Pedro Oliveira	07	Torres Novas	2:09.96		447	
	50m: 30.09 100m: 1:03.65 150m: 1:37.68 200m: 2:09.96						
8.	Francisco Manuel Cadete	10	Nautico Abrantes	2:10.63		440	
	50m: 29.91 100m: 1:03.59 150m: 1:38.19 200m: 2:10.63						
9.	Luis Suissas Rato	09	Nautico Salvaterra Magos	2:11.24		434	
	50m: 30.48 100m: 1:04.00 150m: 1:37.74 200m: 2:11.24						
10.	Tiago Frazao Barra	10	Rio Maior	2:12.86		418	
	50m: 30.65 100m: 1:04.51 150m: 1:39.30 200m: 2:12.86						
11.	Bernardo Pereira Simoes	07	Torres Novas	2:13.13		415	
	50m: 30.43 100m: 1:04.38 150m: 1:38.84 200m: 2:13.13						
12.	Pedro Pereira Lopes	99	BUZIOS-Coruche	2:14.17		406	
	50m: 31.42 100m: 1:05.31 150m: 1:40.22 200m: 2:14.17						
13.	Leonardo Gomes Silva	08	Rio Maior	2:14.27		405	
	50m: 30.17 100m: 1:04.91 150m: 1:39.09 200m: 2:14.27						
14.	Dinis Maria Garcia	09	Nautico Abrantes	2:14.61		402	
	50m: 31.09 100m: 1:05.52 150m: 1:40.41 200m: 2:14.61						
15.	Lourenco Vicente Geada	10	Torres Novas	2:15.03		398	
	50m: 31.40 100m: 1:05.67 150m: 1:40.70 200m: 2:15.03						
16.	Andre Guilherme Anastacio	10	Nautico Abrantes	2:16.44		386	
	50m: 31.66 100m: 1:06.79 150m: 1:42.04 200m: 2:16.44						
17.	Martim Maria Salvador	11	Nautico Salvaterra Magos	2:16.62		384	
	50m: 30.99 100m: 1:05.77 150m: 1:41.71 200m: 2:16.62						
18.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	2:17.26		379	
	50m: 31.32 100m: 1:05.16 150m: 1:40.67 200m: 2:17.26						
19.	Duarte Moura Mendes	11	Torres Novas	2:18.82		366	
	50m: 32.18 100m: 1:07.36 150m: 1:43.31 200m: 2:18.82						



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Prova 43, Masc., 200m Livres, S110

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	Martim Silva Oliveira	08		Torres Novas	2:19.24		363	
	50m: 31.71 100m: 1:06.85 150m: 1:43.25 200m: 2:19.24							
21.	Gabriel Sa Chambel	09		CLAC-Entroncamento	2:20.79		351	
	50m: 31.91 100m: 1:07.86 150m: 1:44.58 200m: 2:20.79							
22.	Bernardo Marques Fernandes	07		CLAC-Entroncamento	2:20.89		350	
	50m: 32.46 100m: 1:07.89 150m: 1:44.65 200m: 2:20.89							
23.	Eliseu Manuel Tavares	99		Uniao Samorense	2:21.05		349	
	50m: 31.24 100m: 1:07.88 150m: 1:44.90 200m: 2:21.05							
24.	Luis Miguel Reis	10		Rio Maior	2:22.52		338	
	50m: 32.86 100m: 1:09.45 150m: 1:46.57 200m: 2:22.52							
25.	Manuel Maria Moniz	11		20Km de Almeirim	2:23.75		330	
	50m: 32.99 100m: 1:10.55 150m: 1:48.51 200m: 2:23.75							
26.	Gabriel Antunes Ramos	09		Rio Maior	2:23.84		329	
	50m: 33.29 100m: 1:10.10 150m: 1:47.92 200m: 2:23.84							
27.	Diogo Miguel Balsa	95		BUZIOS-Coruche	2:24.11		327	
	50m: 31.42 100m: 1:06.59 150m: 1:44.74 200m: 2:24.11							
28.	Afonso Costa Soares	07		CPFZ - Natacao	2:24.72		323	
	50m: 33.23 100m: 1:09.71 150m: 1:47.49 200m: 2:24.72							
29.	Hugo Miguel Silva	77		BUZIOS-Coruche	2:27.10		308	
	50m: 32.46 100m: 1:10.79 150m: 1:50.13 200m: 2:27.10							
30.	Francisco Sa Lopes	10		Torres Novas	2:27.50		305	
	50m: 33.88 100m: 1:11.87 150m: 1:49.70 200m: 2:27.50							
31.	Martim Miguel Santos	11		Rio Maior	2:28.08		302	
	50m: 33.81 100m: 1:12.61 150m: 1:52.10 200m: 2:28.08							
32.	Luca Cristian Irimia	11		Uniao Samorense	2:28.66		298	
	50m: 33.93 100m: 1:12.90 150m: 1:52.46 200m: 2:28.66							
33.	Diogo Chambel Santos	11		Nautico Abrantes	2:29.65		292	
	50m: 35.30 100m: 1:13.78 150m: 1:52.79 200m: 2:29.65							
34.	Salvador Henrique Vieira	12		Torres Novas	2:29.85		291	
	50m: 35.06 100m: 1:13.74 150m: 1:52.18 200m: 2:29.85							
35.	Francisco Grave Reis	12		Rio Maior	2:30.46		288	
	50m: 34.14 100m: 1:12.46 150m: 1:52.52 200m: 2:30.46							
36.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	2:30.60		287	
	50m: 34.95 100m: 1:13.11 150m: 1:52.76 200m: 2:30.60							
37.	Vicente Jose Carrilho	10		BUZIOS-Coruche	2:31.73		280	
	50m: 34.88 100m: 1:13.21 150m: 1:53.01 200m: 2:31.73							
38.	Matias Rafael Pacheco	12		BUZIOS-Coruche	2:32.01		279	
	50m: 35.96 100m: 1:15.04 150m: 1:54.65 200m: 2:32.01							
39.	Dinis Oliveira Nunes	11		BUZIOS-Coruche	2:32.11		278	
	50m: 35.50 100m: 1:14.41 150m: 1:54.28 200m: 2:32.11							
40.	Artur Alexandre Silva	11		20Km de Almeirim	2:33.08		273	
	50m: 35.10 100m: 1:14.86 150m: 1:55.55 200m: 2:33.08							
41.	Santiago Raposo Fernandes	12		20Km de Almeirim	2:36.40		256	
	50m: 35.38 100m: 1:15.90 150m: 1:57.40 200m: 2:36.40							
42.	Rodrigo Miranda Rosa	12		Uniao Samorense	2:36.57		255	
	50m: 35.72 100m: 1:16.53 150m: 1:58.14 200m: 2:36.57							
43.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	2:37.82		249	
	50m: 36.85 100m: 1:17.77 150m: 1:58.92 200m: 2:37.82							



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Prova 43, Masc., 200m Livres, S110

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
44.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	2:39.49		241	
	50m: 35.96 100m: 1:16.51 150m: 1:57.92 200m: 2:39.49							
45.	Martim Rocha Silva	12		Gualdim Pais	2:40.62		236	
	50m: 37.05 100m: 1:19.67 150m: 2:01.26 200m: 2:40.62							
46.	Gabriel Antonio Marques	11		Nautico Abrantes	2:41.03		234	
	50m: 36.27 100m: 1:17.70 150m: 2:00.49 200m: 2:41.03							
47.	Afonso Tomas Antunes	11		Natacao do Tejo	2:47.59		208	
	50m: 39.00 100m: 1:23.52 150m: 2:06.77 200m: 2:47.59							
48.	Jose Tomas Martins	09		BUZIOS-Coruche	2:50.63		197	
	<i>FTL</i>							
	50m: 38.29 100m: 1:21.03 150m: 2:06.60 200m: 2:50.63							
49.	Lourenco Filipe Costa	12		20Km de Almeirim	2:51.04		196	
	50m: 38.89 100m: 1:23.16 150m: 2:08.70 200m: 2:51.04							
50.	Rodrigo Miguel Alcobia	11	S10	CPFZ - Natacao	2:51.33		195	
	50m: 38.73 100m: 1:22.50 150m: 2:06.86 200m: 2:51.33							
51.	Cassiel Xavier Cabral	12		Uniao Samorense	2:54.91		183	
	50m: 39.59 100m: 1:25.22 150m: 2:11.68 200m: 2:54.91							
52.	Salvador Miguel Silva	11		Viver Santarem	2:57.82		174	
	<i>FTL</i>							
	50m: 40.38 100m: 1:25.95 150m: 2:12.25 200m: 2:57.82							
53.	Antonio Francisco Rouxinol	11		BUZIOS-Coruche	2:58.81		171	
	<i>FTL</i>							
	50m: 39.44 100m: 1:28.08 150m: 2:15.99 200m: 2:58.81							
54.	Sandro Jose Tomas	12		BUZIOS-Coruche	2:58.91		171	
	50m: 39.87 100m: 1:25.58 150m: 2:13.08 200m: 2:58.91							
55.	Sebastiao Maria Borlinhas	11		BUZIOS-Coruche	2:59.45		169	
	<i>FTL</i>							
	50m: 40.65 100m: 1:28.83 150m: 2:16.98 200m: 2:59.45							
56.	Guilherme Ferreira Leitao	10		Viver Santarem	3:01.74		163	
	<i>FTL</i>							
	50m: 40.84 100m: 1:30.19 150m: 2:20.90 200m: 3:01.74							
57.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	3:06.50		151	
	<i>FTL</i>							
	50m: 43.85 100m: 1:33.92 150m: 2:23.43 200m: 3:06.50							
58.	Gabriel Fernandes Samouco	12		Natacao do Tejo	3:06.96		150	
	<i>FTL</i>							
	50m: 41.54 100m: 1:29.47 150m: 2:18.81 200m: 3:06.96							
59.	Dinis Alexandre Santos	12		Torres Novas	3:13.32		135	
	<i>FTL</i>							
	50m: 41.88 100m: 1:31.90 150m: 2:24.84 200m: 3:13.32							
60.	Isaac Lourenco Marques	12		BUZIOS-Coruche	3:50.52		80	
	<i>FTL</i>							
	50m: 51.19 100m: 1:51.39 150m: 2:53.32 200m: 3:50.52							
DSQ	Gabriel Mocanu	12		Uniao Samorense				
	<i>SW 10.2 - O (a) atleta n�o completou o percurso</i>							
DNS	Artur Miguel Silva	12		Natacao do Tejo				



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Prova 44 Femin., 200m Livres Infantil B
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Recorde Distrital ANDS Open	2:04.85	Carolina Marques Neves	CNTN	Porto	10/12/2017
Recorde Distrital ANDS Inf B	2:21.98	Mafalda Sofia Rosa	CNRM	Silves	27/03/2015

: 3:20.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Conde Correia	13		Torres Novas	2:44.69		300	
	50m: 37.97	100m: 1:20.47	150m: 2:03.44	200m: 2:44.69				
2.	Joana Ines Antunes	13		CPFZ - Natacao	2:54.70		251	
	50m: 39.69	100m: 1:24.38	150m: 2:10.44	200m: 2:54.70				
3.	Valentina Rodrigues Feijao	13		Nautico Salvaterra Magos	2:57.68		239	
	50m: 39.25	100m: 1:24.95	150m: 2:12.64	200m: 2:57.68				
4.	Eva Sousa Alfaiate	13		Torres Novas	3:00.51		228	
	50m: 41.66	100m: 1:28.49	150m: 2:16.63	200m: 3:00.51				
5.	Marta Bento Ferreira	13		Viver Santarem	3:01.55		224	
	50m: 41.46	100m: 1:29.30	150m: 2:17.61	200m: 3:01.55				
6.	Mariana Ferreira Silva	13		Torres Novas	3:05.99		208	
	50m: 43.09	100m: 1:31.88	150m: 2:20.49	200m: 3:05.99				
7.	Leonor Chambel Santos	13		Nautico Abrantes	3:10.41		194	
	50m: 43.24	100m: 1:34.71	150m: 2:23.76	200m: 3:10.41				
8.	Matilde Maria Neto	13		Uniao Samorense	3:16.81		176	
	50m: 44.39	100m: 1:36.42	150m: 2:28.58	200m: 3:16.81				
9.	Mariana Grangeia Massot	13		Natacao do Tejo	3:18.52		171	
	50m: 42.26	100m: 1:31.62	150m: 2:25.35	200m: 3:18.52				
10.	Constanca Mendao Silva	13		Rio Maior	3:20.36		166	
	<i>FTL</i>							
	50m: 44.86	100m: 1:36.18	150m: 2:29.84	200m: 3:20.36				

Prova 44 Femin., 200m Livres Infantil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	2:04.85	Carolina Marques Neves	CNTN	Porto	10/12/2017
Recorde Distrital ANDS Inf A	2:15.24	Mafalda Sofia Rosa	CNRM	Tomar	20/03/2016

: 3:10.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	2:24.96		440	
	50m: 34.11	100m: 1:11.48	150m: 1:48.84	200m: 2:24.96				
2.	Rita Gomes Valentim	12		Torres Novas	2:26.88		423	
	50m: 34.07	100m: 1:11.83	150m: 1:49.70	200m: 2:26.88				
3.	Rita Balsa Alves	12		BUZIOS-Coruche	2:31.31		387	
	50m: 35.74	100m: 1:13.68	150m: 1:53.04	200m: 2:31.31				
4.	Marta Costa Soares	12		Uniao Samorense	2:35.06		360	
	50m: 35.33	100m: 1:14.83	150m: 1:55.72	200m: 2:35.06				
5.	Alicia Lopes Deep	12		BUZIOS-Coruche	2:36.41		350	
	50m: 35.28	100m: 1:15.46	150m: 1:56.84	200m: 2:36.41				
6.	Margarida Madeira Pires	12		Rio Maior	2:36.46		350	
	50m: 37.25	100m: 1:17.75	150m: 1:57.69	200m: 2:36.46				
7.	Maria Pais Santos	12		BUZIOS-Coruche	2:41.02		321	
	50m: 37.06	100m: 1:18.12	150m: 2:00.24	200m: 2:41.02				



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 44, Femin., 200m Livres, Infantil A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Juliana Antunes Monteiro	12		Gualdim Pais	2:43.39		307	
	50m: 38.03 100m: 1:20.94 150m: 2:04.32 200m: 2:43.39							
9.	Diana Marques Maquilao	12		Nautico Salvaterra Magos	2:43.72		305	
	50m: 38.62 100m: 1:21.54 150m: 2:04.86 200m: 2:43.72							
10.	Ana Leonor Lopes	12		Rio Maior	2:51.01		268	
	50m: 39.63 100m: 1:24.98 150m: 2:12.61 200m: 2:51.01							
11.	Matilde Abelho Vaz	12		CLAC-Entroncamento	2:57.38		240	
	50m: 40.33 100m: 1:25.51 150m: 2:12.64 200m: 2:57.38							
12.	Laura Sofia Graca	12		Uniao Samorense	3:01.09		226	
	50m: 41.06 100m: 1:26.92 150m: 2:14.64 200m: 3:01.09							
13.	Maria Francisca Pinheiro	12		Nautico Abrantes	3:05.74		209	
	50m: 41.92 100m: 1:29.36 150m: 2:18.13 200m: 3:05.74							
14.	Joana Verissimo Tavares	12		CLAC-Entroncamento	3:09.54		197	
	50m: 42.32 100m: 1:31.60 150m: 2:21.99 200m: 3:09.54							
15.	Carolina Maria Quinta <i>FTL</i>	12		Torres Novas	3:10.30		194	
	50m: 43.57 100m: 1:32.81 150m: 2:23.16 200m: 3:10.30							
16.	Laura Amaro Marques <i>FTL</i>	12		Torres Novas	3:16.02		178	
	50m: 43.37 100m: 1:34.18 150m: 2:26.70 200m: 3:16.02							
17.	Ana Marisa Simples <i>FTL</i>	12		Uniao Samorense	3:16.69		176	
	50m: 44.98 100m: 1:36.02 150m: 2:28.38 200m: 3:16.69							
18.	Ines Santos Pina <i>FTL</i>	12		CLAC-Entroncamento	3:17.46		174	
	50m: 46.10 100m: 1:37.90 150m: 2:29.61 200m: 3:17.46							

Prova 44
09/03/2025

Femin., 200m Livres

Juvenil B
Resultados

Recorde Distrital ANDS Open	2:04.85	Carolina Marques Neves	CNTN	Porto	10/12/2017
Recorde Distrital ANDS Juv B	2:12.10	Ana Rita Boavista	CNLA	Ourém	07/07/2002
: 3:04.50					

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11		BUZIOS-Coruche	2:16.60		526	
	50m: 31.58 100m: 1:06.31 150m: 1:42.29 200m: 2:16.60							
2.	Margarida Pinho Formigo	11		Torres Novas	2:30.56		393	
	50m: 34.49 100m: 1:13.04 150m: 1:52.23 200m: 2:30.56							
3.	Carolina Reis Lopes	11		Torres Novas	2:38.85		334	
	50m: 37.50 100m: 1:17.51 150m: 1:59.85 200m: 2:38.85							
4.	Beatriz Agostinho Duque	11		20Km de Almeirim	2:46.82		289	
	50m: 38.67 100m: 1:21.61 150m: 2:05.42 200m: 2:46.82							
5.	Beatriz Isabel Moura	11		Nautico Abrantes	2:49.91		273	
	50m: 38.21 100m: 1:22.36 150m: 2:07.56 200m: 2:49.91							
6.	Catarina Leonor Pereira	11		CLAC-Entroncamento	2:56.00		246	
	50m: 38.82 100m: 1:23.86 150m: 2:11.26 200m: 2:56.00							



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 44, Femin., 200m Livres

Prova 44 Femin., 200m Livres Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	2:04.85	Carolina Marques Neves	CNTN	Porto	10/12/2017
Recorde Distrital ANDS Juv A	2:09.96	Carolina Marques Neves	CNTN	Sines	25/04/2016

: 3:01.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreiro Martins	10	BUZIOS-Coruche	2:14.63		550	
	50m: 31.72	100m: 1:05.89	150m: 1:40.92	200m: 2:14.63			
2.	Maria Leonor Lopes	10	Torres Novas	2:21.24		476	
	50m: 33.34	100m: 1:09.15	150m: 1:46.54	200m: 2:21.24			
3.	Lara Paixao Silva	10	Rio Maior	2:21.68		471	
	50m: 32.47	100m: 1:08.27	150m: 1:45.39	200m: 2:21.68			
4.	Flor Fortunata Ferreira	10	Gualdim Pais	2:32.75		376	
	50m: 34.63	100m: 1:13.02	150m: 1:53.43	200m: 2:32.75			
5.	Angela Maria Pereira	10	Nautico Salvaterra Magos	2:38.08		339	
	50m: 36.91	100m: 1:17.14	150m: 1:58.92	200m: 2:38.08			
6.	Raquel Fernandes Samouco	10	Natacao do Tejo	2:54.60		252	
	50m: 39.87	100m: 1:24.82	150m: 2:10.39	200m: 2:54.60			

Prova 44 Femin., 200m Livres Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	2:04.85	Carolina Marques Neves	CNTN	Porto	10/12/2017
Recorde Distrital ANDS 18 +	2:04.86	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Recorde Distrital ANDS 17	2:04.85	Caroliona Marques Neves	CNTN	Porto	10/12/2017
Recorde Distrital ANDS Jun16	2:06.28	Carolina Marques Neves	CNTN	Funchal	11/12/2016

Jun/Sen: 2:52.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	2:09.71		615	
	50m: 29.69	100m: 1:01.89	150m: 1:35.20	200m: 2:09.71			
2.	Laura Prates Morais	09	Viver Santarem	2:20.43		484	
	50m: 33.16	100m: 1:08.41	150m: 1:44.71	200m: 2:20.43			
3.	Catarina Maria Fragoso	07	Viver Santarem	2:23.25		456	
	50m: 34.63	100m: 1:11.25	150m: 1:47.77	200m: 2:23.25			
4.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	2:24.65		443	
	50m: 33.63	100m: 1:10.84	150m: 1:48.05	200m: 2:24.65			
5.	Leonor Margarida Mateus	09	BUZIOS-Coruche	2:30.17		396	
	50m: 34.63	100m: 1:12.87	150m: 1:52.43	200m: 2:30.17			
6.	Diana Goncalves Oliveira	07	Viver Santarem	2:32.46		378	
	50m: 34.00	100m: 1:11.86	150m: 1:51.97	200m: 2:32.46			
7.	Vera Almeida Rosa	09	Nautico Abrantes	2:38.98		334	
	50m: 36.02	100m: 1:17.30	150m: 1:59.89	200m: 2:38.98			
8.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	2:47.55		285	
	50m: 38.74	100m: 1:21.40	150m: 2:05.07	200m: 2:47.55			
9.	Iris Simoes Martins	08	CLAC-Entroncamento	2:48.05		282	
	50m: 37.84	100m: 1:21.04	150m: 2:07.08	200m: 2:48.05			
10.	Carolina Santos Carrilho	08	CLAC-Entroncamento	2:49.59		275	
	50m: 38.67	100m: 1:22.28	150m: 2:06.44	200m: 2:49.59			



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 44, Femin., 200m Livres, Junior

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Ines Silva Lima	09	Nautico Abrantes	2:49.77		274	
	50m: 37.10 100m: 1:19.13 150m: 2:04.84 200m: 2:49.77						
12.	Maria Ines Campos	09	Nautico Abrantes	2:55.47		248	
	<i>FTL</i>						
	50m: 39.25 100m: 1:23.56 150m: 2:09.98 200m: 2:55.47						
doente	Maria Madalena Monteiro	08	Gualdim Pais				

Prova 44 Femin., 200m Livres Senior Resultados

Recorde Distrital ANDS Open	2:04.85	Carolina Marques Neves	CNTN	Porto	10/12/2017
Recorde Distrital ANDS 18 +	2:04.86	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Jun/Sen: 2:52.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Isabel Carlota	05	BUZIOS-Coruche	2:20.95		479	
	50m: 32.30 100m: 1:07.77 150m: 1:44.15 200m: 2:20.95						

Prova 45 Masc., 50m Mariposa Juvenil B Resultados

Recorde Distrital ANDS Open	23.92	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Juv B	26.46	Simao Dinis Rosa	CNTN	Torres Novas	15/02/2020
: 39.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Francisco Manuel Cadete	10	Nautico Abrantes	28.42		448	
2.	David Filipe Pacheco	10	BUZIOS-Coruche	29.38		405	
3.	Afonso Goncalves Leite	10	CLAC-Entroncamento	29.93		383	
4.	Francisco Sa Lopes	10	Torres Novas	30.99		345	
5.	Tiago Goncalves Vieira	10	Gualdim Pais	32.16		309	
6.	Andre Guilherme Anastacio	10	Nautico Abrantes	32.99		286	
7.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	33.53		272	
8.	Vicente Jose Carrilho	10	BUZIOS-Coruche	36.25		216	

Prova 45 Masc., 50m Mariposa Juvenil A Resultados

Recorde Distrital ANDS Open	23.92	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Juv A	25.50	Paulo Vakulyuk	CNTN	Torres Novas	13/04/2019
: 37.00					

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Luis Suissas Rato	09	Nautico Salvaterra Magos	29.23		411	
2.	Miguel Silva Lima	09	Nautico Abrantes	29.62		395	
3.	Gabriel Sa Chambel	09	CLAC-Entroncamento	31.13		341	
4.	Rodrigo Duque Dias	09	CLAC-Entroncamento	32.99		286	
5.	Jose Tomas Martins	09	BUZIOS-Coruche	42.36		135	
	<i>FTL</i>						



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 45, Masc., 50m Mariposa

Prova 45 Masc., 50m Mariposa Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	23.92	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Jun18	25.22	Paulo Vakulyuk	CNTN	Leiria	15/11/2020
Recorde Distrital ANDS Jun17	25.04	Paulo Vakulyuk	CNTN	Felgueiras	20/12/2019

Jun/Sen: 35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rodolfo Charrua Gago	08	Viver Santarem	28.82		429	
2.	Simao Pedro Oliveira	07	Torres Novas	29.34		407	
3.	Joao Pedro Monteiro	08	BUZIOS-Coruche	29.43		403	
4.	Leonardo Gomes Silva	08	Rio Maior	29.73		391	
5.	Bernardo Pereira Simoes	07	Torres Novas	30.87		349	
6.	Tomas Alexandre Santos	07	BUZIOS-Coruche	31.91		316	
7.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	34.04		260	
8.	Miguel Tomas Amaral	08	Natacao do Tejo	34.47		251	

Prova 45 Masc., 50m Mariposa Senior
09/03/2025 Resultados

Recorde Distrital ANDS Open	23.92	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022
Recorde Distrital ANDS Sen	23.92	Paulo Vakulyuk	CNTN	Albufeira	13/11/2022

Jun/Sen: 35.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Antonio Pires	05	Torres Novas	26.98		523	
2.	Artur Rafael Saramago	97	BUZIOS-Coruche	27.41		499	
3.	Pedro Pereira Lopes	99	BUZIOS-Coruche	27.65		486	
4.	Diogo Miguel Balsa	95	BUZIOS-Coruche	31.49		329	
5.	Diogo Daniel Simoes	99	Rio Maior	31.64		324	
6.	Miguel Dores Martins	90	Natacao do Tejo	38.44		181	

FTL

Prova 46 Femin., 50m Mariposa Juvenil B
09/03/2025 Resultados

Recorde Distrital ANDS Open	28.57	Ariana Esp�rito Louro	SFGP	Albufeira	12/11/2021
Recorde Distrital ANDS Juv B	30.13	Marta Filipa Vinagre	CNTN	Torres Novas	26/04/2009

: 44.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	32.31		429	
2.	Benedita Maria Lagarinhos	11	Viver Santarem	32.76		412	
3.	Sofia Barroca Pereira	11	BUZIOS-Coruche	35.78		316	
4.	Margarida Pinho Formigo	11	Torres Novas	36.76		291	
5.	Rita Lino Ferreira	11	BUZIOS-Coruche	37.84		267	
6.	Carolina Reis Lopes	11	Torres Novas	38.23		259	
7.	Beatriz Isabel Moura	11	Nautico Abrantes	40.40		219	
8.	Catarina Leonor Pereira	11	CLAC-Entroncamento	43.31		178	



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 46, Femin., 50m Mariposa

Prova 46 Femin., 50m Mariposa Juvenil A
09/03/2025 Resultados

Recorde Distrital ANDS Open	28.57	Ariana Esp�rito Louro	SFGP	Albufeira	12/11/2021
Recorde Distrital ANDS Juv A	29.14	Margarida Claudino Nicolau	CNTN	Torres Novas	15/02/2020

: 42.00

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Flor Fortunata Ferreira	10	Gualdim Pais	32.67		415	
2.	Maria Leonor Lopes	10	Torres Novas	33.78		375	
3.	Debora Sofia Santos	10	Rio Maior	34.34		357	
4.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	35.80		315	
5.	Angela Maria Pereira	10	Nautico Salvaterra Magos	38.71		249	

Prova 46 Femin., 50m Mariposa Junior
09/03/2025 Resultados

Recorde Distrital ANDS Open	28.57	Ariana Esp�rito Louro	SFGP	Albufeira	12/11/2021
Recorde Distrital ANDS 18 +	28.62	Ariana Esp�rito Louro	SFGP	Albufeira	13/11/2022
Recorde Distrital ANDS 17	28.57	Ariana Esp�rito Louro	SFGP	Albufeira	12/11/2021
Recorde Distrital ANDS Jun16	29.43	Ariana Esp�rito Louro	SFGP	Leiria	15/11/2020

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	29.89		542	
2.	Laura Brites Costa	09	Rio Maior	33.39		389	
3.	Madalena Nunes Domingos	07	Viver Santarem	35.70		318	
4.	Leonor Marques Carvalho	09	Rio Maior	36.61		295	
5.	Vera Almeida Rosa	09	Nautico Abrantes	37.21		281	
6.	Catarina Isabel Galvao	09	BUZIOS-Coruche	37.54		273	
7.	Daniela Santos Carrilho	08	CLAC-Entroncamento	37.60		272	
8.	Iris Simoes Martins	08	CLAC-Entroncamento	39.21		240	
9.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	41.56		201	
DNS	Carlota Pereira Sousa	08	Viver Santarem				

Prova 46 Femin., 50m Mariposa Senior
09/03/2025 Resultados

Recorde Distrital ANDS Open	28.57	Ariana Esp�rito Louro	SFGP	Albufeira	12/11/2021
Recorde Distrital ANDS 18 +	28.62	Ariana Esp�rito Louro	SFGP	Albufeira	13/11/2022

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Patricia Oliveira	03	Viver Santarem	35.48		324	



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 7, 8, e 9 Março 2025

Prova 47 Masc., 4 x 100m Livres Infantil
09/03/2025 Resultados

Recorde Distrital ANDS Inf A	4:01.44	CNTN	CNTN	Pinhal Novo	08/03/2009
Recorde Distrital ANDS Inf	4:01.44	CNTN	CNTN	Pinhal Novo	08/03/2009
Recorde Distrital ANDS Inf B	4:24.07	Soc Cult Desp Turismo Gestao Urb	V Sitarém, E	Tomar	19/03/2016
Recorde Distrital ANDS Abs	3:29.76	CNLA	CNLA	Ponte de Sor	12/12/2009

INF A E B : 5:43.00 / Inf A: 5:38.00; Inf B: 5:50.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. BUZIOS-Coruche 3		BUZIOS-Coruche	4:44.96			263					
50m:	34.69	34.69	150m:	1:46.28	34.30	250m:	2:58.72	34.63	350m:	4:08.71	32.27
100m:	1:11.98	37.29	200m:	2:24.09	37.81	300m:	3:36.44	37.72	400m:	4:44.96	36.25

Prova 47 Masc., 4 x 100m Livres Juvenil
09/03/2025 Resultados

Recorde Distrital ANDS Juv A	3:42.18	Soc Cult Desp Turismo Gestao Urb	V Sitarém, E	Tomar	15/12/2018
Recorde Distrital ANDS Juv	3:42.18	Soc Cult Desp Turismo Gestao Urb	V Sitarém, E	Tomar	15/12/2018
Recorde Distrital ANDS Juv B	3:50.09	Soc Cult Desp Turismo Gestao Urb	V Sitarém, E	Coruche	25/02/2018
Recorde Distrital ANDS Abs	3:29.76	CNLA	CNLA	Ponte de Sor	12/12/2009

JUV A E B : 4:53.00 / Juv A: 4:43.00; Juv B: 5:10.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. Nautico Abrantes 3		Nautico Abrantes	4:04.11			419					
50m:	28.01	28.01	150m:	1:27.90	29.48	250m:	2:31.06	30.96	350m:	3:33.57	27.77
100m:	58.42	30.41	200m:	2:00.10	32.20	300m:	3:05.80	34.74	400m:	4:04.11	30.54
2. Rio Maior 1		Rio Maior	4:12.12			380					
50m:	27.80	27.80	150m:	1:29.05	31.18	250m:	2:35.63	31.62	350m:	3:40.14	29.85
100m:	57.87	30.07	200m:	2:04.01	34.96	300m:	3:10.29	34.66	400m:	4:12.12	31.98
3. BUZIOS-Coruche 2		BUZIOS-Coruche	4:42.81			269					
50m:	29.20	29.20	150m:	1:34.91	34.15	250m:	2:46.44	34.71	350m:	4:00.72	36.84
100m:	1:00.76	31.56	200m:	2:11.73	36.82	300m:	3:23.88	37.44	400m:	4:42.81	42.09

Prova 47 Masc., 4 x 100m Livres Junior/Senior
09/03/2025 Resultados

Recorde Distrital ANDS Sen	3:33.27	CNTN	CNTN	Silves	21/12/2007
Recorde Distrital ANDS Jun18	3:59.26	SFUS	SFUS	Tomar	25/11/2012
Recorde Distrital ANDS Jun	4:02.33	Clube Nautico de Abrantes	CNAB	Tomar	19/11/2023
Recorde Distrital ANDS Jun17	3:39.86	Viver Santarem-Soc Cult Desporto	V Ssmo Ge	Santarém:M SA	08/03/2020
Recorde Distrital ANDS Abs	3:29.76	CNLA	CNLA	Ponte de Sor	12/12/2009

: 4:43.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. Torres Novas 1		Torres Novas	3:46.50			525					
50m:	25.81	25.81	150m:	1:23.60	29.35	250m:	2:22.42	27.59	350m:	3:18.42	25.55
100m:	54.25	28.44	200m:	1:54.83	31.23	300m:	2:52.87	30.45	400m:	3:46.50	28.08
2. BUZIOS-Coruche 1		BUZIOS-Coruche	3:46.92			522					
50m:	28.12	28.12	150m:	1:25.47	27.13	250m:	2:22.87	27.57	350m:	3:18.18	25.61
100m:	58.34	30.22	200m:	1:55.30	29.83	300m:	2:52.57	29.70	400m:	3:46.92	28.74



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
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Prova 48 Femin., 4 x 100m Livres Infantil
09/03/2025 Resultados

Recorde Distrital ANDS Inf A	4:33.44	CNTN	CNTN	Campo Maior	30/03/2014
Recorde Distrital ANDS Inf	4:32.74	CNRM	CNRM	Coruche	15/03/2015
Recorde Distrital ANDS Inf B	4:38.72	CNRM	CNRM	Tomar	30/11/2014
Recorde Distrital ANDS Abs	4:05.02	CNTN	CNTN	Leiria	14/12/2019

INF A E B : 6:00.00 / Inf A: 6:02.00; Inf B: 6:08.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. BUZIOS-Coruche 3		BUZIOS-Coruche	4:48.20		362						
50m:	35.37	35.37	150m:	1:48.19	35.85	250m:	3:02.09	34.28	350m:	4:12.87	32.14
100m:	1:12.34	36.97	200m:	2:27.81	39.62	300m:	3:40.73	38.64	400m:	4:48.20	35.33
2. Torres Novas 2		Torres Novas	5:46.45		208						
50m:	38.86	38.86	150m:	2:05.30	40.94	250m:	3:35.78	43.39	350m:	5:00.91	40.29
100m:	1:24.36	45.50	200m:	2:52.39	47.09	300m:	4:20.62	44.84	400m:	5:46.45	45.54
3. CLAC-Entroncamento 2		CLAC-Entroncamento	5:51.50		199						
50m:	39.21	39.21	150m:	2:05.07	43.54	250m:	3:38.47	44.70	350m:	5:06.03	40.99
100m:	1:21.53	42.32	200m:	2:53.77	48.70	300m:	4:25.04	46.57	400m:	5:51.50	45.47

Prova 48 Femin., 4 x 100m Livres Juvenil
09/03/2025 Resultados

Recorde Distrital ANDS Juv A	4:18.41	Clube de Natacao de Torres Novas	CNTN	Tomar	15/11/2015
Recorde Distrital ANDS Juv	4:15.57	Clube Natacao de Rio Maior	CNRM	Tomar	19/11/2017
Recorde Distrital ANDS Juv B	4:25.37	CNTN	CNTN	Leiria	14/12/2014
Recorde Distrital ANDS Abs	4:05.02	CNTN	CNTN	Leiria	14/12/2019

JUV A E B : 5:53.00 / Juv B: 5:50.00; Juv A: 5:36.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. Torres Novas 1		Torres Novas	4:23.64		473						
50m:	31.29	31.29	150m:	1:35.85	32.16	250m:	2:44.35	33.53	350m:	3:50.82	30.89
100m:	1:03.69	32.40	200m:	2:10.82	34.97	300m:	3:19.93	35.58	400m:	4:23.64	32.82
2. BUZIOS-Coruche 2		BUZIOS-Coruche	4:28.85		446						
50m:	30.66	30.66	150m:	1:37.31	34.50	250m:	2:49.27	34.04	350m:	3:55.67	30.09
100m:	1:02.81	32.15	200m:	2:15.23	37.92	300m:	3:25.58	36.31	400m:	4:28.85	33.18

Prova 48 Femin., 4 x 100m Livres Junior/Senior
09/03/2025 Resultados

Recorde Distrital ANDS 16 - 17	4:15.63	Clube Nautico de Abrantes	CNAB	Coruche	15/03/2015
Recorde Distrital ANDS Abs	4:05.02	CNTN	CNTN	Leiria	14/12/2019

: 5:20.00

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts					
1. Viver Santarem 5		Viver Santarem	4:33.73		422						
50m:	32.31	32.31	150m:	1:41.17	34.29	250m:	2:49.82	31.49	350m:	3:57.16	32.77
100m:	1:06.88	34.57	200m:	2:18.33	37.16	300m:	3:24.39	34.57	400m:	4:33.73	36.57
2. BUZIOS-Coruche 1		BUZIOS-Coruche	4:40.80		391						
50m:	31.62	31.62	150m:	1:38.36	32.64	250m:	2:45.56	32.05	350m:	3:59.19	38.47
100m:	1:05.72	34.10	200m:	2:13.51	35.15	300m:	3:20.72	35.16	400m:	4:40.80	41.61
3. CLAC-Entroncamento 1		CLAC-Entroncamento	5:01.67		315						
50m:	36.61	36.61	150m:	1:52.29	35.82	250m:	3:08.79	36.70	350m:	4:23.45	33.46
100m:	1:16.47	39.86	200m:	2:32.09	39.80	300m:	3:49.99	41.20	400m:	5:01.67	38.22