



Campeonato Interdistrital de Infantis - Piscina Curta - ANCNP | ANC | ANDL
Mealhada, 7 - 8/2/2026

Prova 1

Femin., 400m Livres

Infantis B
Resultados

07/02/2026 - 9:30

R N 25m Open 4:04.57 Francisca Soares Martins POR Otopeni (ROU) 10/12/2023
R N 25m Inf B 13 4:25.30 Alexandra Maria Silva FCP Porto 19/07/1980

TAC-N Inf B : 5:14.09 / TAC-Z Inf B : 5:27.07 / TAC ID INF B 50m: 6:34.42 - 25m: 6:30.10

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.				Tempo Final	Pts	Obs
1.	Maria Luis Duarte TAC Nacional	F	216655	13	Galitos / Bresimar	4:53.43				4:50.72	496	
	50m: 33.94 33.94 150m: 1:47.47 37.18 250m: 3:01.49 37.19 350m: 4:15.11 36.37 100m: 1:10.29 36.35 200m: 2:24.30 36.83 300m: 3:38.74 37.25 400m: 4:50.72 35.61											
2.	Sofia Cioga Moreira TAC Nacional	F	220455	13	Condeixa Aqua Clube	5:20.07				5:07.83	418	
	50m: 35.73 35.73 150m: 1:53.28 38.94 250m: 3:12.45 39.59 350m: 4:30.05 38.39 100m: 1:14.34 38.61 200m: 2:32.86 39.58 300m: 3:51.66 39.21 400m: 5:07.83 37.78											
3.	Matilde Goncalves Silva TAC Nacional	F	220456	13	Condeixa Aqua Clube	5:22.25				5:12.29	400	
	50m: 35.18 35.18 150m: 1:53.97 39.67 250m: 3:13.84 39.79 350m: 4:33.43 39.15 100m: 1:14.30 39.12 200m: 2:34.05 40.08 300m: 3:54.28 40.44 400m: 5:12.29 38.86											
4.	Anastacia Dimitrii Cocovici TAC Zonal	F	211835	13	Galitos / Bresimar	5:18.21				5:16.01	386	
	50m: 34.79 34.79 150m: 1:54.16 40.29 250m: 3:15.15 40.59 350m: 4:36.42 40.74 100m: 1:13.87 39.08 200m: 2:34.56 40.40 300m: 3:55.68 40.53 400m: 5:16.01 39.59											
5.	Eva Ferreira Goncalves TAC Zonal	F	215495	13	Academico Viseu Futebol Clube	5:27.96				5:17.56	381	
	50m: 36.27 36.27 150m: 1:56.94 40.71 250m: 3:18.71 40.69 350m: 4:39.64 40.23 100m: 1:16.23 39.96 200m: 2:38.02 41.08 300m: 3:59.41 40.70 400m: 5:17.56 37.92											
6.	Gabriela Riquito Oliveira TAC Zonal	F	215189	13	Galitos / Bresimar	5:24.33				5:19.32	374	
	50m: 35.06 35.06 150m: 1:54.84 40.41 250m: 3:18.26 42.05 350m: 4:40.19 40.97 100m: 1:14.43 39.37 200m: 2:36.21 41.37 300m: 3:59.22 40.96 400m: 5:19.32 39.13											
7.	Leticia Melo Lopes TAC Zonal	F	217870	13	Algés e Águeda XXI	5:39.13				5:19.96	372	
	50m: 35.83 35.83 150m: 1:57.05 41.06 250m: 3:19.00 39.88 350m: 4:40.74 40.54 100m: 1:15.99 40.16 200m: 2:39.12 42.07 300m: 4:00.20 41.20 400m: 5:19.96 39.22											
8.	Leonor Matias Rosa TAC Zonal	F	220443	13	Louzan Natacao/EFAPEL	5:44.91				5:20.07	372	
	50m: 36.27 36.27 150m: 1:57.45 41.14 250m: 3:19.33 40.60 350m: 4:41.64 40.82 100m: 1:16.31 40.04 200m: 2:38.73 41.28 300m: 4:00.82 41.49 400m: 5:20.07 38.43											
9.	Maria Joao Bernardo TAC Zonal	F	217872	13	Algés e Águeda XXI	5:20.18				5:20.28	371	
	50m: 35.58 35.58 150m: 1:53.84 39.91 250m: 3:16.92 41.82 350m: 4:40.29 41.23 100m: 1:13.93 38.35 200m: 2:35.10 41.26 300m: 3:59.06 42.14 400m: 5:20.28 39.99											
10.	Rita Veiga Martins TAC Zonal	F	218947	13	Algés e Águeda XXI	5:45.37				5:20.62	370	
	50m: 37.35 37.35 150m: 1:58.90 41.23 250m: 3:21.68 41.40 350m: 4:43.07 40.40 100m: 1:17.67 40.32 200m: 2:40.28 41.38 300m: 4:02.67 40.99 400m: 5:20.62 37.55											
11.	Julia Melo Amorim TAC Zonal	F	218284	13	Galitos / Bresimar	5:43.01				5:23.94	369	
	50m: 33.94 33.94 150m: 1:52.11 39.78 250m: 3:17.75 45.54 350m: 4:44.02 42.59 100m: 1:12.33 38.39 200m: 2:32.21 40.10 300m: 4:01.43 43.68 400m: 5:23.94 39.92											
12.	Maria Mar Jesus TAC Zonal	F	214637	13	Columbofia Cantanhedense	5:37.60				5:25.27	354	
	50m: 36.22 36.22 150m: 1:57.22 40.78 250m: 3:20.42 41.59 350m: 4:44.86 42.68 100m: 1:16.44 40.22 200m: 2:38.83 41.61 300m: 4:02.18 41.76 400m: 5:25.27 40.41											
13.	Leonor Pinho Silva TAC Zonal	F	220877	13	Clube Desportivo Feirense	5:35.55				5:29.47	341	
	50m: 37.97 37.97 150m: 2:02.54 42.76 250m: 3:27.12 42.20 350m: 4:52.04 41.77 100m: 1:19.78 41.81 200m: 2:44.92 42.38 300m: 4:10.27 43.15 400m: 5:29.47 37.43											
14.	Sofia Pereira Costa TAC Zonal	F	215174	13	Clube Desportivo Feirense	5:35.79				5:29.66	340	
	50m: 37.70 37.70 150m: 2:02.18 42.57 250m: 3:26.69 42.32 350m: 4:51.72 41.96 100m: 1:19.61 41.91 200m: 2:44.37 42.19 300m: 4:09.76 43.07 400m: 5:29.66 37.94											





Campeonato Interdistrital de Infantis - Piscina Curta - ANCNP | ANC | ANDL
Mealhada, 7 - 8/2/2026

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

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.		Tempo Final	Pts	Obs
15.	Mafalda Assuncao Almeida 50m: 36.84 100m: 1:18.25	F	216918	13	Estamos Juntos	150m: 2:01.26 200m: 2:45.11	250m: 3:28.33 300m: 4:11.38	43.22 43.05	350m: 4:54.53 400m: 5:35.51	323 43.15 40.98
16.	Maria Joao Oliveira 50m: 38.45 100m: 1:20.10	F	216912	13	Alcobaca	150m: 2:02.27 200m: 2:45.18	250m: 3:27.61 300m: 4:10.84	42.43 43.23	350m: 4:53.81 400m: 5:36.10	321 42.97 42.29
17.	Camila Santos Rodrigues 50m: 37.39 100m: 1:19.61	F	220148	13	Clube Desportivo de Estarreja	150m: 2:02.75 200m: 2:45.69	250m: 3:29.00 300m: 4:12.40	43.31 43.40	350m: 4:56.62 400m: 5:37.30	318 44.22 40.68
18.	Elisa Rodrigues Simoes 50m: 38.40 100m: 1:19.17	F	217812	13	Benedita Sport Club Nataçao	150m: 2:01.18 200m: 2:43.75	250m: 3:27.31 300m: 4:11.71	43.56 44.40	350m: 4:56.82 400m: 5:40.24	309 45.11 43.42
19.	Laura Silva Martins 50m: 37.61 100m: 1:20.94	F	217035	13	Ba Leiria / Sk Coffee	150m: 2:05.88 200m: 2:51.30	250m: 3:35.85 300m: 4:21.11	44.55 45.26	350m: 5:05.44 400m: 5:46.60	293 44.33 41.16
20.	Fabiola Valentina Valente 50m: 39.07 100m: 1:23.43	F	220154	13	Clube Desportivo de Estarreja	150m: 2:08.41 200m: 2:53.43	250m: 44.98 300m: 4:24.00	3:38.46 45.54	350m: 5:08.79 400m: 5:50.71	282 44.79 41.92
21.	Maria Jose Ribeiro 50m: 37.07 100m: 1:20.50	F	214739	13	Campinho	150m: 2:05.97 200m: 2:51.34	250m: 45.47 300m: 4:24.00	3:37.43 46.57	350m: 5:09.30 400m: 5:50.92	282 45.30 41.62
22.	Camila Andrea Ferreira 50m: 39.73 100m: 1:24.52	F	223405	13	Clube Desportivo de Estarreja	150m: 2:09.81 200m: 2:55.50	250m: 45.29 300m: 4:26.80	3:41.30 45.50	350m: 5:11.92 400m: 5:53.22	276 45.12 41.30
23.	Matilde Mamede Cecilio 50m: 39.36 100m: 1:23.27	F	219546	13	Naval de Peniche	150m: 2:09.03 200m: 2:55.01	250m: 45.76 300m: 4:27.00	3:41.24 46.23	350m: 5:12.53 400m: 5:55.88	270 45.53 43.35
24.	Catarina Franco Rodrigues 50m: 39.93 100m: 1:24.23	F	219947	13	Naval de Peniche	150m: 2:09.32 200m: 2:55.06	250m: 45.09 300m: 4:26.78	3:40.65 46.13	350m: 5:12.79 400m: 5:56.10	270 46.01 43.31
25.	Benedita Goncalves Silva 50m: 40.15 100m: 1:25.16	F	218945	13	Academica de Coimbra	150m: 2:10.86 200m: 2:56.46	250m: 45.70 300m: 4:30.33	3:42.59 46.13	350m: 5:16.88 400m: 6:03.24	254 46.55 46.36
26.	Leonor Ribeiro Silva 50m: 42.81 100m: 1:29.02	F	214828	13	Estamos Juntos	150m: 2:16.80 200m: 3:05.22	250m: 47.78 300m: 4:41.48	3:53.27 48.21	350m: 5:29.27 400m: 6:11.73	237 47.79 42.46
DSQ	Raissa Melo Patriani 501 - Não tocou na parede na viragem aos 25 metros - SW 5.2	F	220296	13	Sanjoanense/FEPSA			6:15.98		DSQ

Prova 1 Femin., 400m Livres Infantis A
07/02/2026 - 9:30 Resultados

R N 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
R N 25m Inf A 14	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15/05/2004
TAC-N Inf A : 5:06.30 / TAC-Z Inf A : 5:14.09 / TAC ID INF A 50m: 6:12.71 - 25m: 6:08.70					

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.		Tempo Final	Pts	Obs
1.	Maria Luisa Nogueira TAC Nacional	F	215775	12	Academica de Coimbra	150m: 1:44.02 200m: 2:20.33	250m: 2:56.84 300m: 3:33.61	36.51 36.77	350m: 4:10.09 400m: 4:45.02	527 36.48 34.93
2.	Maria Miguel Lopes TAC Nacional	F	220311	12	Academico Viseu Futebol Clube	150m: 1:50.46 200m: 2:28.81	250m: 3:06.60 300m: 3:44.35	37.79 37.75	350m: 4:22.07 400m: 4:56.44	468 37.72 34.37
3.	Maria Leonor Lobo TAC Nacional	F	216720	12	Condeixa Aqua Clube	150m: 1:48.05 200m: 2:25.85	250m: 3:03.62 300m: 3:41.79	37.77 38.17	350m: 4:19.97 400m: 4:56.56	468 38.18 36.59
4.	Carolina Melo Homem TAC Nacional	F	216658	12	Galitos / Bresimar	150m: 1:49.99 200m: 2:28.23	250m: 3:06.40 300m: 3:44.15	38.17 37.75	350m: 4:22.27 400m: 4:59.72	453 38.12 37.45
5.	Constanca Sousa Fontinha TAC Nacional	F	212496	12	O Crasto	150m: 1:51.35 200m: 2:29.96	250m: 3:07.84 300m: 3:46.22	37.88 38.38	350m: 4:24.29 400m: 5:01.58	445 38.07 37.29





Campeonato Interdistrital de Infantis - Piscina Curta - ANCNP | ANC | ANDL
Mealhada, 7 - 8/2/2026

Prova 1, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
6.	Leonor Martins Silva <i>TAC Nacional</i>	F	211830	12	Estamos Juntos	5:17.27	5:03.76	435	
	50m: 35.22 100m: 1:13.11	35.22 37.89	150m: 1:51.20 200m: 2:29.28	38.09 38.08	250m: 3:07.84 300m: 3:46.87	38.56 39.03	350m: 4:25.52 400m: 5:03.76	38.65 38.24	
7.	Sofia Apalyonova Monteiro <i>TAC Nacional</i>	F	212125	12	CN Vagos	5:06.23	5:04.30	433	
	50m: 35.03 100m: 1:12.73	35.03 37.70	150m: 1:51.72 200m: 2:29.75	38.99 38.03	250m: 3:08.41 300m: 3:47.29	38.66 38.88	350m: 4:25.77 400m: 5:04.30	38.48 38.53	
8.	Leonor Ribeiro Ferreira <i>TAC Zonal</i>	F	214500	12	Columbofilia Cantanhedense	5:07.59	5:08.37	416	
	50m: 35.56 100m: 1:13.94	35.56 38.38	150m: 1:52.45 200m: 2:31.18	38.51 38.73	250m: 3:09.88 300m: 3:49.23	38.70 39.35	350m: 4:28.91 400m: 5:08.37	39.68 39.46	
9.	Luna Francisco Pereira <i>TAC Zonal</i>	F	215677	12	Nucleo de Pombal	5:04.24	5:10.99	405	
	50m: 34.38 100m: 1:12.66	34.38 38.28	150m: 1:51.60 200m: 2:31.37	38.94 39.77	250m: 3:11.00 300m: 3:51.14	39.63 40.14	350m: 4:31.34 400m: 5:10.99	40.20 39.65	
10.	Filipa Carneiro Dias <i>TAC Zonal</i>	F	214183	12	Academico Viseu Futebol Clube	5:20.75	5:11.47	403	
	50m: 34.96 100m: 1:13.77	34.96 38.81	150m: 1:53.60 200m: 2:33.32	39.83 39.72	250m: 3:12.43 300m: 3:52.96	39.11 40.53	350m: 4:33.42 400m: 5:11.47	40.46 38.05	
11.	Dania Pereira Cardoso <i>TAC Zonal</i>	F	214825	12	Estamos Juntos	5:12.48	5:11.89	402	
	50m: 35.03 100m: 1:13.28	35.03 38.25	150m: 1:52.19 200m: 2:31.81	38.91 39.62	250m: 3:11.69 300m: 3:52.30	39.88 40.61	350m: 4:32.86 400m: 5:11.89	40.56 39.03	
12.	Mafalda Varela Bernardino	F	216727	12	Alcobaca	5:17.03	5:15.19	389	
	50m: 35.34 100m: 1:14.80	35.34 39.46	150m: 1:55.05 200m: 2:35.31	40.25 40.26	250m: 3:15.27 300m: 3:55.12	39.96 39.85	350m: 4:35.49 400m: 5:15.19	40.37 39.70	
13.	Margarida Paiva Correia	F	213860	12	Miranda do Corvo	5:22.74	5:16.61	384	
	50m: 34.76 100m: 1:13.80	34.76 39.04	150m: 1:53.50 200m: 2:33.80	40.30	250m: 3:14.11 300m: 3:54.41	40.31 40.30	350m: 4:35.62 400m: 5:16.61	41.21 40.99	
14.	Eva Valente Marques	F	216653	12	Galitos / Bresimar	5:30.09	5:17.58	381	
	50m: 36.14 100m: 1:16.22	36.14 40.08	150m: 1:56.83 200m: 2:37.56	40.61 40.73	250m: 3:18.23 300m: 3:58.76	40.67 40.53	350m: 4:38.67 400m: 5:17.58	39.91 38.91	
15.	Yaroslava Tabunskyk	F	214273	12	CNLeiria - VOID	5:20.16	5:25.76	353	
	50m: 35.33 100m: 1:14.62	35.33 39.29	150m: 1:55.31 200m: 2:35.83	40.69 40.52	250m: 3:17.40 300m: 4:00.03	41.57 42.63	350m: 4:42.65 400m: 5:25.76	42.62 43.11	
16.	Madalena Ramos Fraga	F	217077	12	Clube Desportivo de Estarreja	5:44.59	5:32.90	330	
	50m: 37.78 100m: 1:19.53	37.78 41.75	150m: 2:01.76 200m: 2:43.80	42.23 42.04	250m: 3:25.89 300m: 4:08.52	42.09 42.63	350m: 4:51.56 400m: 5:32.90	43.04 41.34	
17.	Carminho Traquina Andre	F	214894	12	Alcobaca	5:45.84	5:38.17	315	
	50m: 36.43 100m: 1:17.65	36.43 41.22	150m: 2:00.29 200m: 2:44.19	42.64 43.90	250m: 3:26.97 300m: 4:10.83	42.78 43.86	350m: 4:54.62 400m: 5:38.17	43.79 43.55	
18.	Guiomar Dionisio Carreira	F	222892	12	Pimpoes/Cimai	5:49.95	5:39.11	313	
	50m: 39.12 100m: 1:22.95	39.12 43.83	150m: 2:05.58 200m: 2:49.89	42.63 44.31	250m: 3:32.08 300m: 4:15.05	42.19 42.97	350m: 4:57.96 400m: 5:39.11	42.91 41.15	
19.	Clara Lopes Fernandes	F	214424	12	Louzan Natacao/EFAPEL	5:33.51	5:44.10	299	
	50m: 44.06 100m: 1:24.79	44.06 40.73	150m: 2:07.53 200m: 2:50.94	42.74 43.41	250m: 3:34.42 300m: 4:18.19	43.48 43.77	350m: 5:01.92 400m: 5:44.10	43.73 42.18	
20.	Miriam Jesus Manarte	F	215060	12	Clube Desportivo de Estarreja	6:08.01	5:50.05	284	
	50m: 39.51 100m: 1:24.45	39.51 44.94	150m: 2:08.24 200m: 2:53.04	43.79 44.80	250m: 3:37.72 300m: 4:22.16	44.68 44.44	350m: 5:06.93 400m: 5:50.05	44.77 43.12	
21.	Rita Alexandra Jordao	F	210822	12	Uniao Juncalense	5:47.36	5:50.68	283	
	50m: 39.44 100m: 1:21.78	39.44 42.34	150m: 2:06.74 200m: 2:51.70	44.96 44.96	250m: 3:36.49 300m: 4:21.19	44.79 44.70	350m: 5:06.79 400m: 5:50.68	45.60 43.89	
22.	Jessica Garcia Ferreira	F	216997	12	Obidos Criativa, EEM	6:03.22	5:53.14	277	
	50m: 39.77 100m: 1:25.14	39.77 45.37	150m: 2:10.45 200m: 2:55.22	45.31 44.77	250m: 3:40.30 300m: 4:25.36	45.08 45.06	350m: 5:11.03 400m: 5:53.14	45.67 42.11	
23.	Ines Frias Oliveira	F	222894	12	Sanjoanense/FEPSA	5:59.83	5:55.69	271	
	50m: 39.88 100m: 1:24.34	39.88 44.46	150m: 2:09.71 200m: 2:55.73	45.37 46.02	250m: 3:41.19 300m: 4:27.74	45.46 46.55	350m: 5:13.79 400m: 5:55.69	46.05 41.90	
24.	Carolina Matos Correia	F	216976	12	Nucleo de Pombal	5:46.01	5:57.52	267	
	50m: 39.03 100m: 1:23.29	39.03 44.26	150m: 2:08.48 200m: 2:53.48	45.19 45.00	250m: 3:39.63 300m: 4:26.20	46.15 46.57	350m: 5:12.83 400m: 5:57.52	46.63 44.69	
25.	Daniela Carvalho Ferreira	F	143629	12	Nucleo de Pombal	NT	6:04.32	252	
	50m: 39.34 100m: 1:23.58	39.34 44.24	150m: 2:09.36 200m: 2:56.32	45.78 46.96	250m: 3:43.36 300m: 4:30.79	47.04 47.43	350m: 5:18.03 400m: 6:04.32	47.24 46.29	
26.	Maria Antonia Vazao	F	221840	12	Uniao Juncalense	6:01.04	6:05.56	249	
	50m: 39.98 100m: 1:25.32	39.98 45.34	150m: 2:11.56 200m: 2:58.41	46.24 46.85	250m: 3:44.71 300m: 4:32.29	46.30 47.58	350m: 5:20.55 400m: 6:05.56	48.26 45.01	





Campeonato Interdistrital de Infantis - Piscina Curta - ANCNP | ANC | ANDL
Mealhada, 7 - 8/2/2026

Prova 1, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs			
27.	Ana Francisca Querido <i>FTL</i>	F	213838	12	Pimpoes/Cimai	6:08.24	6:23.99	215				
	50m:	40.72	40.72	150m:	2:17.89	49.97	250m:	3:56.32	49.48	350m:	5:36.81	50.13
	100m:	1:27.92	47.20	200m:	3:06.84	48.95	300m:	4:46.68	50.36	400m:	6:23.99	47.18

Prova 1
07/02/2026 - 9:30
Femin., 400m Livres
Infantis Resultados

R N 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
R N 25m Inf A 14	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15/05/2004
R N 25m Inf B 13	4:25.30	Alexandra Maria Silva	FCP	Porto	19/07/1980

TAC-N Inf A Inf A 14: 5:06.30 / TAC-N Inf B Inf B 13: 5:14.09 / TAC-Z Inf A Inf A 14: 5:14.09 / TAC-Z Inf B Inf B 13: 5:27.07 / TAC ID INF A Inf A 14 50m: 6:12.71 - 25m: 6:08.70 / TAC ID INF B Inf B 13 50m: 6:34.42 - 25m: 6:30.10

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs			
1.	Maria Luisa Nogueira <i>TAC Nacional</i>	F	215775	12	Academica de Coimbra	4:49.68	4:45.02	527				
	50m:	32.73	32.73	150m:	1:44.02	36.19	250m:	2:56.84	36.51	350m:	4:10.09	36.48
	100m:	1:07.83	35.10	200m:	2:20.33	36.31	300m:	3:33.61	36.77	400m:	4:45.02	34.93
2.	Maria Luis Duarte <i>TAC Nacional</i>	F	216655	13	Galitos / Bresimar	4:53.43	4:50.72	496				
	50m:	33.94	33.94	150m:	1:47.47	37.18	250m:	3:01.49	37.19	350m:	4:15.11	36.37
	100m:	1:10.29	36.35	200m:	2:24.30	36.83	300m:	3:38.74	37.25	400m:	4:50.72	35.61
3.	Maria Miguel Lopes <i>TAC Nacional</i>	F	220311	12	Academico Viseu Futebol Clube	4:59.83	4:56.44	468				
	50m:	34.11	34.11	150m:	1:50.46	38.48	250m:	3:06.60	37.79	350m:	4:22.07	37.72
	100m:	1:11.98	37.87	200m:	2:28.81	38.35	300m:	3:44.35	37.75	400m:	4:56.44	34.37
4.	Maria Leonor Lobo <i>TAC Nacional</i>	F	216720	12	Condeixa Aqua Clube	4:53.60	4:56.56	468				
	50m:	33.56	33.56	150m:	1:48.05	37.42	250m:	3:03.62	37.77	350m:	4:19.97	38.18
	100m:	1:10.63	37.07	200m:	2:25.85	37.80	300m:	3:41.79	38.17	400m:	4:56.56	36.59
5.	Carolina Melo Homem <i>TAC Nacional</i>	F	216658	12	Galitos / Bresimar	5:05.06	4:59.72	453				
	50m:	34.20	34.20	150m:	1:49.99	37.95	250m:	3:06.40	38.17	350m:	4:22.27	38.12
	100m:	1:12.04	37.84	200m:	2:28.23	38.24	300m:	3:44.15	37.75	400m:	4:59.72	37.45
6.	Constanca Sousa Fontinha <i>TAC Nacional</i>	F	212496	12	O Crasto	4:59.05	5:01.58	445				
	50m:	34.71	34.71	150m:	1:51.35	38.66	250m:	3:07.84	37.88	350m:	4:24.29	38.07
	100m:	1:12.69	37.98	200m:	2:29.96	38.61	300m:	3:46.22	38.38	400m:	5:01.58	37.29
7.	Leonor Martins Silva <i>TAC Nacional</i>	F	211830	12	Estamos Juntos	5:17.27	5:03.76	435				
	50m:	35.22	35.22	150m:	1:51.20	38.09	250m:	3:07.84	38.56	350m:	4:25.52	38.65
	100m:	1:13.11	37.89	200m:	2:29.28	38.08	300m:	3:46.87	39.03	400m:	5:03.76	38.24
8.	Sofia Apalyonova Monteiro <i>TAC Nacional</i>	F	212125	12	CN Vagos	5:06.23	5:04.30	433				
	50m:	35.03	35.03	150m:	1:51.72	38.99	250m:	3:08.41	38.66	350m:	4:25.77	38.48
	100m:	1:12.73	37.70	200m:	2:29.75	38.03	300m:	3:47.29	38.88	400m:	5:04.30	38.53
9.	Sofia Cioga Moreira <i>TAC Nacional</i>	F	220455	13	Condeixa Aqua Clube	5:20.07	5:07.83	418				
	50m:	35.73	35.73	150m:	1:53.28	38.94	250m:	3:12.45	39.59	350m:	4:30.05	38.39
	100m:	1:14.34	38.61	200m:	2:32.86	39.58	300m:	3:51.66	39.21	400m:	5:07.83	37.78
10.	Leonor Ribeiro Ferreira <i>TAC Zonal</i>	F	214500	12	Columbofila Cantanhedense	5:07.59	5:08.37	416				
	50m:	35.56	35.56	150m:	1:52.45	38.51	250m:	3:09.88	38.70	350m:	4:28.91	39.68
	100m:	1:13.94	38.38	200m:	2:31.18	38.73	300m:	3:49.23	39.35	400m:	5:08.37	39.46
11.	Luna Francisco Pereira <i>TAC Zonal</i>	F	215677	12	Nucleo de Pombal	5:04.24	5:10.99	405				
	50m:	34.38	34.38	150m:	1:51.60	38.94	250m:	3:11.00	39.63	350m:	4:31.34	40.20
	100m:	1:12.66	38.28	200m:	2:31.37	39.77	300m:	3:51.14	40.14	400m:	5:10.99	39.65



Campeonato Interdistrital de Infantis - Piscina Curta - ANCNP | ANC | ANDL
Mealhada, 7 - 8/2/2026

Prova 1, Femin., 400m Livres, Infantis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
12.	Filipa Carneiro Dias <i>TAC Zonal</i>	F	214183	12	Academico Viseu Futebol Clube	5:20.75	5:11.47	403	
	50m: 34.96 100m: 1:13.77	34.96 38.81	150m: 1:53.60 200m: 2:33.32	39.83 39.72	250m: 3:12.43 300m: 3:52.96	39.11 40.53	350m: 4:33.42 400m: 5:11.47	40.46 38.05	
13.	Dania Pereira Cardoso <i>TAC Zonal</i>	F	214825	12	Estamos Juntos	5:12.48	5:11.89	402	
	50m: 35.03 100m: 1:13.28	35.03 38.25	150m: 1:52.19 200m: 2:31.81	38.91 39.62	250m: 3:11.69 300m: 3:52.30	39.88 40.61	350m: 4:32.86 400m: 5:11.89	40.56 39.03	
14.	Matilde Goncalves Silva <i>TAC Nacional</i>	F	220456	13	Condeixa Aqna Clube	5:22.25	5:12.29	400	
	50m: 35.18 100m: 1:14.30	35.18 39.12	150m: 1:53.97 200m: 2:34.05	39.67 40.08	250m: 3:13.84 300m: 3:54.28	39.79 40.44	350m: 4:33.43 400m: 5:12.29	39.15 38.86	
15.	Mafalda Varela Bernardino	F	216727	12	Alcobaca	5:17.03	5:15.19	389	
	50m: 34.76 100m: 1:14.80	35.34 39.46	150m: 1:55.05 200m: 2:35.31	40.25 40.26	250m: 3:15.27 300m: 3:55.12	39.96 39.85	350m: 4:35.49 400m: 5:15.19	40.37 39.70	
16.	Anastacia Dimitrii Cocovici <i>TAC Zonal</i>	F	211835	13	Galitos / Bresimar	5:18.21	5:16.01	386	
	50m: 34.79 100m: 1:13.87	34.79 39.08	150m: 1:54.16 200m: 2:34.56	40.29 40.40	250m: 3:15.15 300m: 3:55.68	40.59 40.53	350m: 4:36.42 400m: 5:16.01	40.74 39.59	
17.	Margarida Paiva Correia	F	213860	12	Miranda do Corvo	5:22.74	5:16.61	384	
	50m: 34.76 100m: 1:13.80	34.76 39.04	150m: 1:53.50 200m: 2:33.80	39.70 40.30	250m: 3:14.11 300m: 3:54.41	40.31 40.30	350m: 4:35.62 400m: 5:16.61	41.21 40.99	
18.	Eva Ferreira Goncalves <i>TAC Zonal</i>	F	215495	13	Academico Viseu Futebol Clube	5:27.96	5:17.56	381	
	50m: 36.27 100m: 1:16.23	36.27 39.96	150m: 1:56.94 200m: 2:38.02	40.71 41.08	250m: 3:18.71 300m: 3:59.41	40.69 40.70	350m: 4:39.64 400m: 5:17.56	40.23 37.92	
19.	Eva Valente Marques	F	216653	12	Galitos / Bresimar	5:30.09	5:17.58	381	
	50m: 36.14 100m: 1:16.22	36.14 40.08	150m: 1:56.83 200m: 2:37.56	40.61 40.73	250m: 3:18.23 300m: 3:58.76	40.67 40.53	350m: 4:38.67 400m: 5:17.58	39.91 38.91	
20.	Gabriela Riquito Oliveira <i>TAC Zonal</i>	F	215189	13	Galitos / Bresimar	5:24.33	5:19.32	374	
	50m: 35.06 100m: 1:14.43	35.06 39.37	150m: 1:54.84 200m: 2:36.21	40.41 41.37	250m: 3:18.26 300m: 3:59.22	42.05 40.96	350m: 4:40.19 400m: 5:19.32	40.97 39.13	
21.	Leticia Melo Lopes <i>TAC Zonal</i>	F	217870	13	Algés e Águeda XXI	5:39.13	5:19.96	372	
	50m: 35.83 100m: 1:15.99	35.83 40.16	150m: 1:57.05 200m: 2:39.12	41.06 42.07	250m: 3:19.00 300m: 4:00.20	39.88 41.20	350m: 4:40.74 400m: 5:19.96	40.54 39.22	
22.	Leonor Matias Rosa <i>TAC Zonal</i>	F	220443	13	Louzan Natacao/EFAPEL	5:44.91	5:20.07	372	
	50m: 36.27 100m: 1:16.31	36.27 40.04	150m: 1:57.45 200m: 2:38.73	41.14 41.28	250m: 3:19.33 300m: 4:00.82	40.60 41.49	350m: 4:41.64 400m: 5:20.07	40.82 38.43	
23.	Maria Joao Bernardo <i>TAC Zonal</i>	F	217872	13	Algés e Águeda XXI	5:20.18	5:20.28	371	
	50m: 35.58 100m: 1:13.93	35.58 38.35	150m: 1:53.84 200m: 2:35.10	39.91 41.26	250m: 3:16.92 300m: 3:59.06	41.82 42.14	350m: 4:40.29 400m: 5:20.28	41.23 39.99	
24.	Rita Veiga Martins <i>TAC Zonal</i>	F	218947	13	Algés e Águeda XXI	5:45.37	5:20.62	370	
	50m: 37.35 100m: 1:17.67	37.35 40.32	150m: 1:58.90 200m: 2:40.28	41.23 41.38	250m: 3:21.68 300m: 4:02.67	41.40 40.99	350m: 4:43.07 400m: 5:20.62	40.40 37.55	
25.	Julia Melo Amorim <i>TAC Zonal</i>	F	218284	13	Galitos / Bresimar	5:43.01	5:23.94	359	
	50m: 33.94 100m: 1:12.33	33.94 38.39	150m: 1:52.11 200m: 2:32.21	39.78 40.10	250m: 3:17.75 300m: 4:01.43	45.54 43.68	350m: 4:44.02 400m: 5:23.94	42.59 39.92	
26.	Maria Mar Jesus <i>TAC Zonal</i>	F	214637	13	Columbofila Cantanhedense	5:37.60	5:25.27	354	
	50m: 36.22 100m: 1:16.44	36.22 40.22	150m: 1:57.22 200m: 2:38.83	40.78 41.61	250m: 3:20.42 300m: 4:02.18	41.59 41.76	350m: 4:44.86 400m: 5:25.27	42.68 40.41	
27.	Yaroslava Tabunskyk	F	214273	12	CNLeiria - VOID	5:20.16	5:25.76	353	
	50m: 35.33 100m: 1:14.62	35.33 39.29	150m: 1:55.31 200m: 2:35.83	40.69 40.52	250m: 3:17.40 300m: 4:00.03	41.57 42.63	350m: 4:42.65 400m: 5:25.76	42.62 43.11	
28.	Leonor Pinho Silva	F	220877	13	Clube Desportivo Feirense	5:35.55	5:29.47	341	
	50m: 37.97 100m: 1:19.78	37.97 41.81	150m: 2:02.54 200m: 2:44.92	42.76 42.38	250m: 3:27.12 300m: 4:10.27	42.20 43.15	350m: 4:52.04 400m: 5:29.47	41.77 37.43	





Campeonato Interdistrital de Infantis - Piscina Curta - ANCNP | ANC | ANDL
Mealhada, 7 - 8/2/2026

Prova 1, Femin., 400m Livres, Infantis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
29.	Sofia Pereira Costa 50m: 37.70 100m: 1:19.61	F	215174	13	Clube Desportivo Feirense 150m: 2:02.18 200m: 2:44.37	42.32 43.07	5:35.79 350m: 4:51.72 400m: 5:29.66	340 41.96 37.94	
30.	Madalena Ramos Fraga 50m: 37.78 100m: 1:19.53	F	217077	12	Clube Desportivo de Estarreja 150m: 2:01.76 200m: 2:43.80	42.09 42.63	5:44.59 350m: 4:51.56 400m: 5:32.90	330 43.04 41.34	
31.	Mafalda Assuncao Almeida 50m: 36.84 100m: 1:18.25	F	216918	13	Estamos Juntos 150m: 2:01.26 200m: 2:45.11	43.22 43.05	5:35.77 350m: 4:54.53 400m: 5:35.51	323 43.15 40.98	
32.	Maria Joao Oliveira 50m: 38.45 100m: 1:20.10	F	216912	13	Alcobaca 150m: 2:02.27 200m: 2:45.18	42.43 43.23	5:27.77 350m: 4:53.81 400m: 5:36.10	321 42.97 42.29	
33.	Camila Santos Rodrigues 50m: 37.39 100m: 1:19.61	F	220148	13	Clube Desportivo de Estarreja 150m: 2:02.75 200m: 2:45.69	43.31 43.40	5:42.78 350m: 4:56.62 400m: 5:37.30	318 44.22 40.68	
34.	Carminho Traquina Andre 50m: 36.43 100m: 1:17.65	F	214894	12	Alcobaca 150m: 2:00.29 200m: 2:44.19	42.78 43.86	5:45.84 350m: 4:54.62 400m: 5:38.17	315 43.79 43.55	
35.	Guimar Dionisio Carreira 50m: 38.40 100m: 1:22.95	F	222892	12	Pimpoes/Cimai 150m: 2:05.58 200m: 2:49.89	42.19 42.97	5:49.95 350m: 4:57.96 400m: 5:39.11	313 42.91 41.15	
36.	Elisa Rodrigues Simoes 50m: 38.40 100m: 1:19.17	F	217812	13	Benedita Sport Club Nataçao 150m: 2:01.18 200m: 2:43.75	43.56 44.40	5:36.69 350m: 4:56.82 400m: 5:40.24	309 45.11 43.42	
37.	Clara Lopes Fernandes 50m: 44.06 100m: 1:24.79	F	214424	12	Louzan Natacao/EFAPEL 150m: 2:07.53 200m: 2:50.94	43.48 43.77	5:33.51 350m: 5:01.92 400m: 5:44.10	299 43.73 42.18	
38.	Laura Silva Martins 50m: 37.61 100m: 1:20.94	F	217035	13	Ba Leiria / Sk Coffee 150m: 2:05.88 200m: 2:51.30	44.55 45.26	5:52.62 350m: 5:05.44 400m: 5:46.60	293 44.33 41.16	
39.	Miriam Jesus Manarte 50m: 39.51 100m: 1:24.45	F	215060	12	Clube Desportivo de Estarreja 150m: 2:08.24 200m: 2:53.04	44.68 44.44	6:08.01 350m: 5:06.93 400m: 5:50.05	284 44.77 43.12	
40.	Rita Alexandra Jordao 50m: 39.44 100m: 1:21.78	F	210822	12	Uniao Juncalense 150m: 2:06.74 200m: 2:51.70	44.79 44.70	5:47.36 350m: 5:06.79 400m: 5:50.68	283 45.60 43.89	
41.	Fabiola Valentina Valente 50m: 39.07 100m: 1:23.43	F	220154	13	Clube Desportivo de Estarreja 150m: 2:08.41 200m: 2:53.43	45.03 45.54	5:57.38 350m: 5:08.79 400m: 5:50.71	282 44.79 41.92	
42.	Maria Jose Ribeiro 50m: 37.07 100m: 1:20.50	F	214739	13	Campinho 150m: 2:05.97 200m: 2:51.34	46.09 46.57	6:08.78 350m: 5:09.30 400m: 5:50.92	282 45.30 41.62	
43.	Jessica Garcia Ferreira 50m: 39.77 100m: 1:25.14	F	216997	12	Obidos Criativa, EEM 150m: 2:10.45 200m: 2:55.22	45.08 45.06	6:03.22 350m: 5:11.03 400m: 5:53.14	277 45.67 42.11	
44.	Camila Andrea Ferreira 50m: 39.73 100m: 1:24.52	F	223405	13	Clube Desportivo de Estarreja 150m: 2:09.81 200m: 2:55.50	45.80 45.50	6:03.41 350m: 5:11.92 400m: 5:53.22	276 45.12 41.30	
45.	Ines Frias Oliveira 50m: 39.88 100m: 1:24.34	F	222894	12	Sanjoanense/FEPSA 150m: 2:09.71 200m: 2:55.73	45.46 46.55	5:59.83 350m: 5:13.79 400m: 5:55.69	271 46.05 41.90	
46.	Matilde Mamede Cecilio 50m: 39.36 100m: 1:23.27	F	219546	13	Naval de Peniche 150m: 2:09.03 200m: 2:55.01	46.23 45.76	6:20.42 350m: 5:12.53 400m: 5:55.88	270 45.53 43.35	
47.	Catarina Franco Rodrigues 50m: 39.93 100m: 1:24.23	F	219947	13	Naval de Peniche 150m: 2:09.32 200m: 2:55.06	45.59 46.13	6:12.99 350m: 5:12.79 400m: 5:56.10	270 46.01 43.31	
48.	Carolina Matos Correia 50m: 39.03 100m: 1:23.29	F	216976	12	Nucleo de Pombal 150m: 2:08.48 200m: 2:53.48	46.15 46.57	5:46.01 350m: 5:12.83 400m: 5:57.52	267 46.63 44.69	
49.	Benedita Goncalves Silva 50m: 40.15 100m: 1:25.16	F	218945	13	Academica de Coimbra 150m: 2:10.86 200m: 2:56.46	46.13 47.74	6:07.48 350m: 5:16.88 400m: 6:03.24	254 46.55 46.36	
50.	Daniela Carvalho Ferreira 50m: 39.34 100m: 1:23.58	F	143629	12	Nucleo de Pombal 150m: 2:09.36 200m: 2:56.32	47.04 47.43	NT 350m: 5:18.03 400m: 6:04.32	252 47.24 46.29	
51.	Maria Antonia Vazao 50m: 39.98 100m: 1:25.32	F	221840	12	Uniao Juncalense 150m: 2:11.56 200m: 2:58.41	46.30 47.58	6:01.04 350m: 5:20.55 400m: 6:05.56	249 48.26 45.01	
52.	Leonor Ribeiro Silva 50m: 42.81 100m: 1:29.02	F	214828	13	Estamos Juntos 150m: 2:16.80 200m: 3:05.22	48.05 48.21	6:11.22 350m: 5:29.27 400m: 6:11.73	237 47.79 42.46	
53.	Ana Francisca Querido FTL 50m: 40.72 100m: 1:27.92	F	213838	12	Pimpoes/Cimai 150m: 2:17.89 200m: 3:06.84	49.48 50.36	6:08.24 350m: 5:36.81 400m: 6:23.99	215 50.13 47.18	





Campeonato Interdistrital de Infantis - Piscina Curta - ANCNP | ANC | ANDL
Mealhada, 7 - 8/2/2026

Prova 1, Femin., 400m Livres, Infantis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs			
DSQ	Raissa Melo Patriani <i>501 - Não tocou na parede na viragem aos 25 metros - SW 5.2</i>	F	220296	13	Sanjoanense/FEPSA	6:15.98			DSQ			
EXH	Rylie Ann Crous <i>TAC Nacional</i>	F	217432	12	Condeixa Aqua Clube	4:46.61	4:43.83	533	EXH			
	50m:	32.33	32.33	150m:	1:42.59	35.46	250m:	2:55.14	36.65	350m:	4:08.61	36.86
	100m:	1:07.13	34.80	200m:	2:18.49	35.90	300m:	3:31.75	36.61	400m:	4:43.83	35.22

