

Torneio Nadador Completo  
Odemira, 1/5/2026

Prova 8 Femin., 200m Estilos 13 anos e mais velhos  
01/05/2026 - 15:50 Resultados

Recordes Regionais Piscina Curta Open	2:24.23	Ana Reis SOUSA	CNLA	Felgueiras	14/04/2018
Recordes Regionais Piscina Curta 18 +	2:27.59	Nicoleta LASCU	CNLA	Sines	30/11/2019
Recordes Regionais Piscina Curta 17	2:27.66	Nicoleta LASCU	CNLA	Felgueiras	22/12/2018
Recordes Regionais Piscina Curta 16	2:24.23	Ana Reis SOUSA	CNLA	Felgueiras	14/04/2018
Recordes Regionais Piscina Curta 15	2:26.40	Ana Reis SOUSA	CNLA	Sines	13/11/2016
Recordes Regionais Piscina Curta 14	2:31.59	Ana Reis SOUSA	CNLA	Setubal	05/12/2015
Recordes Regionais Piscina Curta 13	2:37.62	Joana ESCARIA	AMINATA	Lagoa	31/05/2003

Pontos: AQUA 2025

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>Infantil B</b>									
1.	Lara Amorim PEREIRA	13	Litoral Alentejano	<b>2:42.66</b>	418	36.52	42.12	47.06	36.96
2.	Alice Fortunato CORREIA	13	GSC Grândola Sports Club	<b>3:02.72</b>	294	43.07	47.20	52.95	39.50
3.	Maria Leonor SANTOS	13	Litoral Alentejano	<b>3:03.76</b>	289	42.46	47.59	52.62	41.09
4.	Diana Sofia ROSADO	13	Litoral Alentejano	<b>3:09.47</b>	264	44.31	47.67	55.34	42.15
5.	Maria Vitoria HRYNIV	13	GSC Grândola Sports Club	<b>3:10.18</b>	261	43.01	49.00	55.85	42.32
6.	Alice Cardoso SILVA	13	Litoral Alentejano	<b>3:12.45</b>	252	48.18	49.36	54.96	39.95
7.	Ana VIERU	13	Litoral Alentejano	<b>3:12.88</b>	250	46.51	49.57	55.46	41.34
8.	Sara Araujo SILVA	13	Ndco	<b>3:22.05</b>	218	43.62	54.22	1:00.92	43.29
9.	Maria Leonor CALCAO	13	Acmn	<b>3:23.92</b>	212	46.13	52.23	59.01	46.55
10.	M. CASMARRINHA	13	Acmn	<b>3:26.78</b>	203	49.74	53.88	1:02.23	40.93
11.	Renata Nunes NOBRE	13	Ndco	<b>3:41.07</b>	166	50.16	54.82	1:13.61	42.48
DSQ	Carolina Neves MESTRE	13	Aljustrelense			50.33	25.33		
	102 - Não completou a prova - SW 10.2								

**Infantil A**

1.	Maria Brito PALMA	14	Zona Azul	<b>2:46.73</b>	388	36.00	42.31	50.72	37.70
2.	Ines Borges COSTA	14	Ndco	<b>2:50.48</b>	363	37.06	44.31	51.55	37.56
3.	M. MACHADO	14	Ndco	<b>2:51.15</b>	358	38.16	42.94	51.15	38.90
4.	Inês Mendes ROCHA	14	Litoral Alentejano	<b>2:53.73</b>	343	36.55	48.80	48.95	39.43
5.	Lara Sofia GONCALVES	14	Litoral Alentejano	<b>2:58.07</b>	318	38.71	46.07	51.47	41.82
6.	Sofia MEDEIRO HORTA	14	Zona Azul	<b>2:59.40</b>	311	42.16	46.36	52.86	38.02
7.	Alice Maria NUNES	14	Acmn	<b>3:04.52</b>	286	40.55	46.54	53.45	43.98
8.	L. REBOCHO	14	Zona Azul	<b>3:05.73</b>	280	45.17	46.67	51.84	42.05
9.	Daniela Varela SILVA	14	Acmn	<b>3:06.97</b>	275	43.87	45.56	57.79	39.75
10.	Valentina Guerrero NAVA	14	Litoral Alentejano	<b>3:09.21</b>	265	40.54	51.23	55.68	41.76
11.	Ines Oliveira GOMES	14	Ndco	<b>3:10.13</b>	261	41.57	50.48	58.13	39.95
12.	Ariana Nunes BATISTA	14	GSC Grândola Sports Club	<b>3:10.86</b>	258	45.64	47.21	55.14	42.87
13.	Carolina Paixao CENICO	14	Acmn	<b>3:11.70</b>	255	43.27	50.63	57.69	40.11
14.	Catia Mendes FIDALGO	14	GSC Grândola Sports Club	<b>3:14.04</b>	246	45.65	47.43	59.56	41.40
15.	Diana Domingos SANTOS	14	GSC Grândola Sports Club	<b>3:18.70</b>	229	44.40	54.81	55.01	44.48
16.	Lucia Cristina SEQUEIRA	14	Aminata	<b>3:19.01</b>	228	47.02	50.97	58.00	43.02
17.	Maria Leonor MARTINS	14	Cnbe	<b>3:21.41</b>	220	44.01	51.34	1:01.35	44.71
18.	Teresa Filipe BANHA	14	Acmn	<b>3:28.72</b>	197	50.82	56.29	50.86	50.75
19.	Clárisse Alexandra NUNE	14	Litoral Alentejano	<b>3:30.52</b>	192	46.43	55.65	1:01.56	46.88
20.	Leonor Alinho MAGNA	14	Cnbe	<b>3:32.15</b>	188	42.99	52.62	1:11.38	45.16
21.	M. MONTEIRO	14	Cnbe	<b>3:40.30</b>	168	45.58	51.19	1:16.02	47.51
22.	Daniela Costa COLACO	14	Cnbe	<b>3:43.38</b>	161	53.80	57.36	1:05.48	46.74

**Juvenil B**

1.	Margarida Maria BEATO	15	GSC Grândola Sports Club	<b>2:46.99</b>	386	36.26	47.18	46.46	37.09
2.	Teresa Ribeiro ROCHA	15	Aminata	<b>2:49.92</b>	366	36.27	43.63	52.52	37.50
3.	M. BARRADAS	15	Zona Azul	<b>3:01.98</b>	298	40.30	49.37	50.68	41.63
4.	M. MARQUES	15	Acmn	<b>3:06.92</b>	275	40.50	47.79	56.00	42.63
5.	R. GUERREIRO	15	GSC Grândola Sports Club	<b>3:17.26</b>	234	42.24	50.99	57.95	46.08

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Prova 8, Femin., 200m Estilos

Juvenil A

1. Mariana Rosado GOMES	16	Aminata	<b>2:47.16</b>	385	36.12	43.62	51.20	36.22
2. L. GONCALVES	16	Ndco	<b>2:47.28</b>	384	37.76	43.63	49.02	36.87
3. Leonor Barao GUERREIR	16	Aljustrelense	<b>2:51.78</b>	354	36.40	44.09	53.42	37.87

Juniores/Seniores

1. Joana Afonso BANZA	17	Aljustrelense	<b>2:47.87</b>	380	35.15	42.60	53.42	36.70
2. Maria Lua PISCO	19	Acmn	<b>3:07.43</b>	273	40.29	48.50	54.42	44.22
EXH Maria Ines LUIS	15	Aljustrelense	<b>2:57.56</b>	321	42.37	43.99	51.98	39.22
EXH Filipa Serrão ROSÁRIO	14	Litoral Alentejano	<b>3:21.20</b>	220	46.53	50.02	56.67	47.98