



Campeonatos Regionais de Verão da ARNN e Torregri III
Vinhais, 27 - 28/6/2026



Prova 63

28/06/2026 - 18:30

Femin., 200m Costas

Infantis

Resultados

Recordes Regionais (25m) Open	2:16.30	Ana Margarida Guedes	GCVR	Quarteira	21/12/2025
Recordes Regionais (25m) Inf A	2:22.79	Ana Margarida Guedes	GCVR	Estarreja	14/12/2014
Recordes Regionais (25m) Inf B	2:27.37	Ana Margarida Guedes	GCVR	Cantanhede	30/03/2014

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Susana Pedro Carvalhinha	214488	13	Gcvr	2:54.63	-
	50m: 39.91 39.91	100m: 1:24.23 44.32		150m: 150m:	200m: 2:54.63	
2.	Leonor Ferreira Sousa	222428	14	Fnc	3:00.93	5,00
	50m: 40.64 40.64	100m: 1:25.89 45.25		150m: 150m:	200m: 3:00.93	
3.	Alice Silva Costa	224051	14	Gcvr	3:09.97	-
	50m: 45.00 45.00	100m: 1:33.25 48.25		150m: 150m:	200m: 3:09.97	
4.	Amalia Jose Quintelas	223398	13	Gcvr	3:21.11	-
	50m: 50.15 50.15	100m: 1:40.00 49.85		150m: 150m:	200m: 3:21.11	
5.	Iris Pereira Santos	225117	14	Durius Ac Pesqueira	3:32.87	-
	50m: 50.84 50.84	100m: 1:45.55 54.71		150m: 150m:	200m: 3:32.87	

Prova 63

28/06/2026 - 18:30

Femin., 200m Costas

Juvenis

Resultados

Recordes Regionais (25m) Open	2:16.30	Ana Margarida Guedes	GCVR	Quarteira	21/12/2025
Recordes Regionais (25m) Juv A	2:21.94	Ana Sofia Leite	GCVR	Sines	21/12/2008
Recordes Regionais (25m) Juv B	2:18.78	Ana Margarida Guedes	GCVR	Cantanhede	06/12/2015

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Maria Silva Poeta	212032	16	Gcvr	2:36.56	-
	50m: 36.46 36.46	100m: 1:16.63 40.17		150m: 150m:	200m: 2:36.56	
2.	Margarida Nunes Maio	225717	15	Gcvr	2:45.31	-
	50m: 38.50 38.50	100m: 1:20.15 41.65		150m: 150m:	200m: 2:45.31	
3.	Ines Rua Fernandes	213137	15	Gcvr	2:47.92	-
	50m: 39.09 39.09	100m: 1:21.53 42.44		150m: 150m:	200m: 2:47.92	
4.	Maria Ines Mesquita	214677	16	Gcvr	2:51.16	-
	50m: 40.72 40.72	100m: 1:23.34 42.62		150m: 150m:	200m: 2:51.16	
5.	Renata Daniela Rangel	220398	15	Gcvr	2:57.25	-
	50m: 40.90 40.90	100m: 1:25.40 44.50		150m: 150m:	200m: 2:57.25	
6.	Matilde Pinto Teixeira	211225	15	Escola Natacao Braganca	3:07.08	4,00
	50m: 43.19 43.19	100m: 1:30.40 47.21		150m: 150m:	200m: 3:07.08	

Prova 63

28/06/2026 - 18:30

Femin., 200m Costas

Juniores e Seniores

Resultados

Recordes Regionais (25m) Open	2:16.30	Ana Margarida Guedes	GCVR	Quarteira	21/12/2025
Recordes Regionais (25m) 18 +	2:16.30	Ana Margarida Guedes	GCVR	Quarteira	21/12/2025
Recordes Regionais (25m) 17	2:19.15	Maria Carolina Eira	GCVR	Leiria	26/11/2021

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Leonor Carnide Silva	151721	17	Gcvr	2:30.12	7,00
	50m: 34.84 34.84	100m: 1:13.78 38.94		150m: 150m:	200m: 2:30.12	
2.	Maria Manuel Braz	209417	17	Gcvr	2:37.56	-
	50m: 39.35 39.35	100m: 1:16.31 36.96		150m: 150m:	200m: 2:37.56	
3.	Maria Julia Cardoso	220507	17	Durius Ac Pesqueira	3:12.75	3,00
	50m: 44.50 44.50	100m: 1:33.93 49.43		150m: 150m:	200m: 3:12.75	



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Vinhais, 27 - 28/6/2026



Prova 63, Femin., 200m Costas

Prova 63		Femin., 200m Costas				Absoluto
28/06/2026 - 18:30						Resultados
Recordes Regionais (25m) Open	2:16.30	Ana Margarida Guedes	GCVR	Quarteira	21/12/2025	
Recordes Regionais (25m) 18 +	2:16.30	Ana Margarida Guedes	GCVR	Quarteira	21/12/2025	
Recordes Regionais (25m) 17	2:19.15	Maria Carolina Eira	GCVR	Leiria	26/11/2021	
Recordes Regionais (25m) Juv A	2:21.94	Ana Sofia Leite	GCVR	Sines	21/12/2008	
Recordes Regionais (25m) Juv B	2:18.78	Ana Margarida Guedes	GCVR	Cantanhede	06/12/2015	
Recordes Regionais (25m) Inf A	2:22.79	Ana Margarida Guedes	GCVR	Estarreja	14/12/2014	
Recordes Regionais (25m) Inf B	2:27.37	Ana Margarida Guedes	GCVR	Cantanhede	30/03/2014	

Lugar	Nome			Licença	Idade		Clube	Tempo Final		Pts
1.	Leonor Carnide Silva			151721	17		Gcvr	2:30.12		7,00
	50m:	34.84	34.84	100m:	1:13.78	38.94	150m:	200m:	2:30.12	
2.	Maria Silva Poeta			212032	16		Gcvr	2:36.56		-
	50m:	36.46	36.46	100m:	1:16.63	40.17	150m:	200m:	2:36.56	
3.	Maria Manuel Braz			209417	17		Gcvr	2:37.56		-
	50m:	39.35	39.35	100m:	1:16.31	36.96	150m:	200m:	2:37.56	
4.	Margarida Nunes Maio			225717	15		Gcvr	2:45.31		-
	50m:	38.50	38.50	100m:	1:20.15	41.65	150m:	200m:	2:45.31	
5.	Ines Rua Fernandes			213137	15		Gcvr	2:47.92		-
	50m:	39.09	39.09	100m:	1:21.53	42.44	150m:	200m:	2:47.92	
6.	Maria Ines Mesquita			214677	16		Gcvr	2:51.16		-
	50m:	40.72	40.72	100m:	1:23.34	42.62	150m:	200m:	2:51.16	
7.	Susana Pedro Carvalhinha			214488	13		Gcvr	2:54.63		-
	50m:	39.91	39.91	100m:	1:24.23	44.32	150m:	200m:	2:54.63	
8.	Renata Daniela Rangel			220398	15		Gcvr	2:57.25		-
	50m:	40.90	40.90	100m:	1:25.40	44.50	150m:	200m:	2:57.25	
9.	Leonor Ferreira Sousa			222428	14		Fnc	3:00.93		5,00
	50m:	40.64	40.64	100m:	1:25.89	45.25	150m:	200m:	3:00.93	
10.	Matilde Pinto Teixeira			211225	15		Escola Natacao Braganca	3:07.08		4,00
	50m:	43.19	43.19	100m:	1:30.40	47.21	150m:	200m:	3:07.08	
11.	Alice Silva Costa			224051	14		Gcvr	3:09.97		-
	50m:	45.00	45.00	100m:	1:33.25	48.25	150m:	200m:	3:09.97	
12.	Maria Julia Cardoso			220507	17		Durius Ac Pesqueira	3:12.75		3,00
	50m:	44.50	44.50	100m:	1:33.93	49.43	150m:	200m:	3:12.75	
13.	Amalia Jose Quintelas			223398	13		Gcvr	3:21.11		-
	50m:	50.15	50.15	100m:	1:40.00	49.85	150m:	200m:	3:21.11	
14.	Iris Pereira Santos			225117	14		Durius Ac Pesqueira	3:32.87		-
	50m:	50.84	50.84	100m:	1:45.55	54.71	150m:	200m:	3:32.87	