

**Campeonato Regional de Natação Adaptada / ANC - 2026-2027**  
**Pedrulha - Coimbra, 11/10/2026**

**Prova 21** **Femin., 200m Livres**  
**11/10/2026 - 15:35** **10 anos e mais velhos**  
**Resultados**

|           |          |                            |        |                            |  |            |
|-----------|----------|----------------------------|--------|----------------------------|--|------------|
| S1 - 25m  | 59:00.00 | start,                     |        |                            |  | 01/01/1800 |
| S2 - 25m  | 59:00.00 | start,                     |        |                            |  | 01/01/1800 |
| S3 - 25m  | 9:53.67  | Carolina Carvalho, Silva   | FVCD   | Guarda                     |  | 07/12/2024 |
| S4 - 25m  | 7:27.99  | Gabriela Maria, Guedes     | FVCD   | Lousada                    |  | 09/11/2024 |
| S5 - 25m  | 6:10.38  | Teresa Raquel, Barbosa     | FCP    | Guarda                     |  | 17/02/2019 |
| S6 - 25m  | 5:07.75  | Diana Goncalves, Mendes    | CNG    | Ponte de Sor               |  | 11/01/2026 |
| S7 - 25m  | 4:11.91  | Carlota Girao, Ferreira    | ADADA  | Estarreja                  |  | 16/02/2025 |
| S8 - 25m  | 2:46.02  | Ana Filipa, Castro         | FVCD   | Abrantes                   |  | 02/07/2022 |
| S9 - 25m  | 2:18.34  | Susana Pereira, Veiga      | CNCVG  | Felgueiras                 |  | 10/04/2021 |
| S21 - 25m | 3:20.05  | Filipa Sa, Reis            | POR    | Albufeira                  |  | 28/10/2025 |
| S11 - 25m | 59:00.00 | ,                          |        |                            |  | 01/01/1800 |
| S12 - 25m | 59:00.00 | start,                     |        |                            |  | 01/01/1800 |
| S13 - 25m | 59:00.00 | start,                     |        |                            |  | 01/01/1800 |
| S14 - 25m | 2:51.05  | Sonia Castanheiro, Resende | SCA    | Santa Maria da Feira       |  | 22/01/2017 |
| S15 - 25m | 2:34.67  | Eunice Evora, Almeida      | SCP    | Recarei                    |  | 16/12/2018 |
| S16 - 25m | 59:00.00 | start,                     |        |                            |  | 01/01/1800 |
| S17 - 25m | 2:17.43  | Joana Lopes, Salgueiro     | RIAACT | Vila Real de Santo António |  | 08/02/2026 |
| S10 - 25m | 2:34.47  | Teresa Lamego, Neves       | SCP    | Lisboa                     |  | 19/05/2013 |

Pontos: KNZB NED WPS 2025

| Lugar                       | Nome                      | Ano | Classe | Licença | Clube | Tempo final | Pts | 50m     | 100m    | 150m    | 200m    |
|-----------------------------|---------------------------|-----|--------|---------|-------|-------------|-----|---------|---------|---------|---------|
| <b>Classe S21-Absolutos</b> |                           |     |        |         |       |             |     |         |         |         |         |
| 1.                          | Matilde Lucia, Gaspar     | 06  | S21    | 201275  | APCC  | 3:24.45     |     | 48.39   | 52.39   | 53.11   | 50.56   |
| <b>Classe S21-Seniores</b>  |                           |     |        |         |       |             |     |         |         |         |         |
| 1.                          | Matilde Lucia, Gaspar     | 06  | S21    | 201275  | APCC  | 3:24.45     |     | 48.39   | 52.39   | 53.11   | 50.56   |
| EXH                         | Diana Vieira, Simoes      | 98  | S14    | 147096  | SCA   | 3:19.33     | 236 | 46.02   | 50.52   | 52.87   | 49.92   |
| EXH                         | Raquel Rocilio, Monteiro  | 98  | S14    | 147090  | FVCD  | 3:36.21     | 185 | 50.15   | 56.20   | 56.34   | 53.52   |
| EXH                         | Ines Silva, Neto          | 12  | S117   |         | FVCD  | 4:00.35     |     | 53.99   | 1:03.10 | 1:00.75 | 1:02.51 |
| EXH                         | Adriana Godinho, Reis     | 95  | S21    | 133132  | FVCD  | 4:07.17     |     | 56.33   | 1:02.40 | 1:04.08 | 1:04.36 |
| EXH                         | Gabriela Pereira, Tavares | 11  | S14    | 223591  | FVCD  | 4:09.14     | 121 | 57.74   | 1:02.15 | 1:02.76 | 1:06.49 |
| EXH                         | Gabriela Chambel, Matos   | 05  | S14    | 202858  | ASC   | 4:46.43     | 79  | 1:03.47 | 1:11.03 | 1:15.24 | 1:16.69 |
| EXH                         | Sara Daniela, Barbosa     | 96  | S14    | 209710  | FVCD  | 4:51.10     | 76  | 1:04.93 | 1:13.20 | 1:15.03 | 1:17.94 |
| EXH                         | Mara Filipa, Nunes        | 06  | S17    | 222015  | ASC   | 5:34.44     |     | 1:18.06 | 1:23.59 | 1:26.97 | 1:25.82 |
| EXH                         | Gabriela Maria, Guedes    | 02  | S5     | 219177  | FVCD  | 6:28.63     | 76  | 1:35.00 | 1:39.37 | 1:38.21 | 1:36.05 |
| EXH                         | Claudia Filipa, Penetro   | 00  | S5     | 213508  | ASC   | 8:31.85     | 33  | 2:02.19 | 2:09.40 | 2:10.34 | 2:09.92 |