

Prova 9	Femin., 200m Costas					GO (SEN+JUN)
06.01.2024 - 17:10						Resultados
Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria		2021
Rec. Nac SEN	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria		2021
Rec. Nac 17	2:11.13	Camila Rodrigues, REBELO	ALN	Felgueiras		2019
Rec. Nac 16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras		2018

Pontos: FINA 2023

Lugar	Ano		Tempo final				Pts
1. Carolina Martins, CAMACHO	06	Benfica	2:23.33	9.00	571		
50m: 34.05 34.05	100m: 1:09.86 35.81	150m: 1:46.68 36.82	200m: 2:23.33 36.65				
2. Ana Francisca, SILVA	06	Alcobaca	2:25.69	7.00	544		
50m: 34.33 34.33	100m: 1:10.73 36.40	150m: 1:48.34 37.61	200m: 2:25.69 37.35				
3. Helena Nunes, RODRIGUES	03	Condeixa Aqua Clube	2:33.77	6.00	462		
50m: 35.48 35.48	100m: 1:14.53 39.05	150m: 1:54.80 40.27	200m: 2:33.77 38.97				
4. Claudia Beatriz, MARTINS	03	Geslours	2:40.12	5.00	409		
50m: 35.88 35.88	100m: 1:16.47 40.59	150m: 1:58.88 42.41	200m: 2:40.12 41.24				
5. Beatriz Luz, MARTINS	06	Pimpoes/Cimai	2:40.86	4.00	404		
50m: 38.87 38.87	100m: 1:20.34 41.47	150m: 2:01.32 40.98	200m: 2:40.86 39.54				
6. Marta Oliveira, FERREIRA	08	Col�gio Vasco da Gama	2:43.98	3.00	381		
50m: 38.57 38.57	100m: 1:19.57 41.00	150m: 2:01.60 42.03	200m: 2:43.98 42.38				
7. Helena Carolina, DINIS	05	Academica de Coimbra	2:52.30	2.00	328		
50m: 40.84 40.84	100m: 1:24.43 43.59	150m: 2:08.86 44.43	200m: 2:52.30 43.44				

Prova 9	Femin., 200m Costas					Juvenil A
06.01.2024 - 17:10						Resultados
Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria		2021
Rec. Nac JUV A	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa		2018

Pontos: FINA 2023

Lugar	Ano		Tempo final				Pts
1. Beatriz Belo, CLARA	09	CNLeiria	2:30.59	9.00	492		
50m: 35.28 35.28	100m: 1:13.43 38.15	150m: 1:52.47 39.04	200m: 2:30.59 38.12				
2. Alana Costa, MATIAS	09	Clube Uni�o 1919	2:31.25	7.00	486		
50m: 35.58 35.58	100m: 1:13.48 37.90	150m: 1:52.69 39.21	200m: 2:31.25 38.56				
3. Rita Calado, CRUZ	09	N�utico Acad�mico Coimbra	2:39.03	6.00	418		
50m: 38.34 38.34	100m: 1:18.50 40.16	150m: 1:59.60 41.10	200m: 2:39.03 39.43				
4. Clara Sobreiro, RODRIGUES	09	Pimpoes/Cimai	2:42.00	5.00	395		
50m: 39.54 39.54	100m: 1:20.71 41.17	150m: 2:01.91 41.20	200m: 2:42.00 40.09				
5. Margarida Maia, LOPES	09	Geslours	2:49.20	4.00	347		
50m: 38.98 38.98	100m: 1:21.87 42.89	150m: 2:06.06 44.19	200m: 2:49.20 43.14				

DSQ Ana Margarida, MARQUES 09 Ba-Leiria -  
*A atleta n o efetuou o movimento cont nuo na viragem aos 50 metros.*

Prova 9, Femin., 200m Costas, Juvenil A

Lugar	Ano	Tempo final	Pts
DNS Leonor Valerio, ADRIANO	09 Alcobaca	-	

Prova 9 Femin., 200m Costas Juvenil B  
06.01.2024 - 17:10 Resultados

Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac JUV B	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	2008

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Madalena Gracio, PEDROSO 50m: 38.15 38.15	10 Nautico Marinha Grande	2:36.15 9.00	441
2. Mariana Bernardo, SILVESTRE 50m: 37.42 37.42	10 N�utico Acad�mico Coimbra	2:37.50 7.00	430
3. Debora Silva, INACIO 50m: 40.79 40.79	10 Pimpoes/Cimai	2:52.12 6.00	329
4. Elisa Henriques, SOUTO 50m: 40.76 40.76	10 �bidos	2:54.36 5.00	317
5. Luana Filipe, REIS 50m: 42.71 42.71	10 Alcobaca	2:59.69 4.00	290
6. Alice Fernandes, RODRIGUES 50m: 44.16 44.16	10 Geslours	3:05.54 3.00	263
DNS Laura Nobre, MONTEIRO	10 Columbofila Cantanhedense	-	

Prova 9 Femin., 200m Costas Infantil A  
06.01.2024 - 17:10 Resultados

Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac INF A	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Alg�s	2015

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Carolina Damas, PITA 50m: 40.50 40.50	11 N�utico Acad�mico Coimbra	2:49.99 9.00	342
2. Carolina Silva, CASTANHEIRA 50m: 39.57 39.57	11 CNLeiria	2:50.02 7.00	342
3. Joana Cura, NEVES 50m: 40.58 40.58	11 Condeixa Aqua Clube	2:50.46 6.00	339
4. Mafalda Teles, SOUSA 50m: 40.82 40.82	11 Pimpoes/Cimai	2:54.38 5.00	317
5. Francisca Meneses, GONÇALVES 50m: 40.74 40.74	11 Benfica	2:56.00 4.00	308

Prova 9, Femin., 200m Costas, Infantil A

Lugar	Ano	Tempo final	Pts
6. Maria Fatima, PAGANI 50m: 41.65 41.65	11 Bombeiros Estoris	2:57.77 3.00	299
7. Maria Ines, FERREIRA 50m: 47.54 47.54	11 Torres Novas	3:24.42 2.00	196
8. Kelly Simao, COSTA 50m: 48.24 48.24	11 �bidos	3:35.28 1.00	168
DNS Carolina Fidalgo, VENANCIO	11 Col�gio Vasco da Gama	-	

Prova 9 Femin., 200m Costas Infantil B  
06.01.2024 - 17:10 Resultados

Rec. Nac Open	2:07.58	Camila Rodrigues, REBELO	ALN	Leiria	2021
Rec. Nac INF B	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	2017

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Maria Leonor, LOBO 50m: 41.43 41.43	12 Condeixa Aqua Clube	2:56.35 9.00	306
2. Leonor Simoes, SOUSA 50m: 42.76 42.76	12 N�utico Acad�mico Coimbra	3:01.25 7.00	282
3. Mafalda Varela, BERNARDINO 50m: 46.15 46.15	12 Alcobaca	3:11.86 6.00	238
4. Ana Luisa, VIEIRA 50m: 47.96 47.96	12 Col�gio Vasco da Gama	3:22.58 5.00	202
5. Maria Pedro, PINTO 50m: 50.01 50.01	12 Columbofila Cantanhedense	3:23.47 4.00	199
EXH Rita Rocha, SILVA 50m: 37.93 37.93	08 Alcobaca	2:39.71 -	413
EXH Mariana Sousa, MENDES 50m: 42.40 42.40	11 Alcobaca	2:58.73 -	294
EXH Daniela Patricia, LARGUINHO 50m: 41.73 41.73	05 Col�gio Vasco da Gama	2:59.78 -	289
EXH Jessica Garcia, FERREIRA 50m: 50.29 50.29	12 �bidos	3:37.68 -	163
EXH Maria Leonor, FERREIRA 50m: 59.55 59.55	12 �bidos	4:09.29 -	108