

**Campeonato Nacional de Juvenis, Juniores e Seniores**  
**Oeiras, 12 - 14/7/2024**

Prova 28	Femin., 4 x 200m Livres					Absolutos
13/07/2024 - 20:05						Resultados
Rec Nac Open	8:18.33	Sport Lisboa e Benfica	SLB	Coimbra		04/04/2024
Rec Nac Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra		18/03/2018
Rec Nac Jun	8:37.33	Sport Lisboa e Benfica	SLB	Oeiras		26/07/2018
Rec Nac Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra		01/04/2015
Rec Nac Juv	8:46.61	Futebol Clube do Porto	FCP	Coimbra		23/07/2015
Rec Nac Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras		26/07/2012

EST\_JUV\_Fem Juv 50m: 9:25.95 - 25m: 9:14.63 / EST\_JUN\_Fem Jun 50m: 9:09.78 - 25m: 8:58.78 / EST\_SEN\_Fem Sen 50m: 8:59.00 - 25m: 8:48.22

Pontos: FINA 2024

Lugar	Nac	Clube	TFinal				TReac	AQUA
<b>Juvenis</b>								
<b>1. Galitos / Bresimar 1</b>	<b>POR</b>	<b>Galitos / Bresimar</b>	<b>9:12.83</b>				<b>+0,73</b>	<b>566</b>
TAVEIRA, Carolina Ratola	10	+0,73	30.14	32.87	35.30	35.42	2:13.73	
MELO, Ines Ribeiro	10	+0,46	31.24	35.78	35.67	36.84	2:19.53	
JESUS, Leonor Silva	10	+0,43	31.92	36.16	37.61	36.72	2:22.41	
VASCONCELOS, Sofia Rodrigues	10	+0,52	30.52	34.76	36.32	35.56	2:17.16	
<b>2. Porto 3</b>	<b>POR</b>	<b>Porto</b>	<b>9:15.11</b>				<b>+0,90</b>	<b>559</b>
RICARDO, Francisca Martingo	09	+0,90	31.13	34.78	36.51	35.55	2:17.97	
BRANCO, Francisca Sousa	10	+0,48	31.76	35.76	38.13	36.10	2:21.75	
AMBRUS, Beatriz Alves	09	+0,34	30.60	34.97	37.25	34.90	2:17.72	
MARTINS, Carolina Correia	09	+0,36	31.05	35.11	35.45	36.06	2:17.67	
<b>3. Vilacondense 1</b>	<b>POR</b>	<b>Vilacondense</b>	<b>9:23.19</b>				<b>+0,84</b>	<b>536</b>
GREGORIO, Bruna Bacelar	10	+0,84	32.83	36.79	36.65	34.97	2:21.24	
REGO, Filipa Correia	10	+0,27	31.25	34.79	35.60	34.08	2:15.72	
GALANTE, Filipa Carvalho	09	+0,38	31.28	36.13	38.26	37.38	2:23.05	
SANTOS, Ines Sousa	09	+0,15	32.13	37.91	37.90	35.24	2:23.18	
<b>4. Sport Alges e Dafundo 1</b>	<b>POR</b>	<b>Sport Alges e Dafundo</b>	<b>9:24.88</b>				<b>+0,67</b>	<b>531</b>
PEDRO, Alice Lucas	09	+0,67	31.94	35.44	37.51	37.87	2:22.76	
DINIS, Maria Luisa	09	+0,50	31.70	35.33	36.80	36.88	2:20.71	
FERNANDES, Maria Madalena	10	+0,54	33.08	37.20	37.85	36.20	2:24.33	
UVA, Sofia Monteiro	09	+0,44	31.39	34.43	35.72	35.54	2:17.08	
<b>5. Braga 1</b>	<b>POR</b>	<b>Braga</b>	<b>9:25.04</b>				<b>+0,90</b>	<b>530</b>
NOGUEIRA, Ana Laura	10	+0,90	32.70	35.67	37.43	37.27	2:23.07	
MARQUES, Ana Jose	10	+0,48	31.74	35.42	36.66	36.38	2:20.20	
FERNANDES, Mariana Mesquita	10	+0,73	32.54	35.80	37.79	37.04	2:23.17	
CASTRO, Leticia Alves	10	+0,45	31.48	34.96	36.51	35.65	2:18.60	
<b>6. Columbofila Cantanhedense 1</b>	<b>POR</b>	<b>Columbofila Cantanhedense</b>	<b>9:30.91</b>				<b>+0,80</b>	<b>514</b>
<i>FTL</i>								
FERNANDES, Maria Miguel	10	+0,80	32.47	35.96	37.27	36.26	2:21.96	
CAVALEIRO, Leonor Mercês	09	+0,40	31.81	35.66	37.03	36.07	2:20.57	
SILVA, Leonor Mosca	10	+0,20	33.26	37.14	38.18	37.43	2:26.01	
PROTOLYUK, Anastacia	09	+0,44	31.37	35.55	37.56	37.89	2:22.37	
<b>7. Sporting 1</b>	<b>POR</b>	<b>Sporting</b>	<b>9:38.55</b>				<b>+0,74</b>	<b>494</b>
<i>FTL</i>								
GOMES, Rita Braga	10	+0,74	32.79	36.27	38.18	37.23	2:24.47	
SIMÕES, Bruna Sofia	10	+0,55	31.44	36.21	38.78	39.93	2:26.36	
CALCADA, Maria Leonor	09	+0,36	30.50	35.74	38.58	38.84	2:23.66	

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	MESSIAS, Madalena Azevedo	09	+0,40	31.80	36.77	38.06	37.43	2:24.06

Juniores

1. Benfica 2	POR	Benfica				<b>9:04.62</b>	+0,81	592
FERRARI, Maria Carlotta	07	+0,81	31.72	35.33	37.39	38.52	2:22.96	
LOPES, Catarina Maria	08	+0,45	31.08	33.62	34.67	34.25	2:13.62	
TOJO, Clara Vieira	07	+0,53	33.40	36.64	36.59	35.94	2:22.57	
FRANCO, Catarina Andrade	07	+0,43	28.43	31.34	32.66	33.04	2:05.47	
2. Braga 1	POR	Braga				<b>9:08.12</b>	+0,63	581
NEVES, Maria Gomes	08	+0,63	30.14	33.38	34.30	34.26	2:12.08	
BARROS, Adriana Ribeiro	08	+0,33	31.03	35.05	36.91	35.82	2:18.81	
LEITE, Maria Alexandra	08	+0,43	31.65	35.88	37.88	38.06	2:23.47	
PINTO, Margarida Vieira	07	+0,51	29.79	33.06	34.92	35.99	2:13.76	
3. Estarreja/PROZINCO 1	POR	Estarreja/PROZINCO				<b>9:08.83</b>	+0,83	579
SILVA, Carolina Martins	07	+0,83	31.05	33.84	35.31	34.93	2:15.13	
AMADOR, Erica Domitila	07	+0,45	29.75	33.16	35.44	36.52	2:14.87	
CASALINHO, Catarina Castro	07	+0,22	31.82	36.65	38.24	34.89	2:21.60	
NUNES, Carolina Mendes	08	+0,55	30.61	33.64	36.22	36.76	2:17.23	
4. Cnac 1	POR	Cnac				<b>9:13.96</b>		563
FTL								
CORTESAO, Maria Manuel	08		32.37	34.71	36.05	35.91	2:19.04	
AGUILAR, Marta Andre	07	+0,26	31.21	34.32	36.83	35.95	2:18.31	
MANO, Leonor Mil	07	+0,33	29.29	33.43	35.66	36.23	2:14.61	
DIOGO, Ines Miranda	07	+0,19	30.96	35.41	37.48	38.15	2:22.00	

Seniores

1. Sporting 1	POR	Sporting				<b>8:28.44</b>	+0,62	728
MOURA, Maria Ferreira	04	+0,62	29.55	31.72	32.97	32.96	2:07.20	
FOMINA, Anna	02	+0,48	28.73	31.64	32.83	32.43	2:05.63	
VIANA, Carolina Pereira	04	+0,45	29.56	31.78	33.10	33.41	2:07.85	
FRISCHKNECHT, Rita Barros	98	+0,38	28.43	31.72	33.95	33.66	2:07.76	
2. Benfica 1	POR	Benfica				<b>8:40.14</b>	+0,82	680
LIMA, Lia Ana	01	+0,82	30.76	33.18	35.50	35.71	2:15.15	
COELHO, Maria Leonor	06	+0,22	29.29	32.74	34.24	33.70	2:09.97	
CONCEICAO, Ema Jeronimo	03	+0,58	29.59	32.76	34.50	33.99	2:10.84	
DURAES, Diana Margarida	96	+0,40	29.31	31.30	31.81	31.76	2:04.18	