

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 25 Femin., 200m Livres 14 anos e mais velhos
22/03/2025 - 15:42 Resultados

Rec Nacionais Open	1:58.55	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	13/05/2023
Rec Nacionais 18 +	1:58.55	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	13/05/2023
Rec Nacionais Jun 17	2:03.11	Francisca Soares, MARTINS	POR	Loule	16/08/2020
Rec Nacionais Jun 16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	06/07/2018
Rec Nacionais Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27/07/2018
Rec Nacionais Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25/07/2014

TA SEN-FEM Sen: 2:26.29 / TA JUN-FEM Jun: 2:29.93 / TA JUVA-FEM Juv A: 2:33.57 / TA JUVB-FEM Juv B: 2:37.21

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m		
Juv B										
1.		Zoe Pinho, NUNES	11	Galitos / Bresimar	2:16.48	565	32.24	1:06.51	1:41.84	2:16.48
2.		Leonor Marques, MENDES	11	Galitos / Bresimar	2:21.41	508	32.28	1:08.28	1:44.79	2:21.41
3.		B., PORTULEZ	11	Cumbobfila Cantanhedens	2:22.82	493	33.42	1:09.71		2:22.82
4.		Filipa Ferreira, LOISAS	11	Cumbobfila Cantanhedens	2:23.20	489	34.47	1:10.27	1:47.48	2:23.20
5.		Sara Ferreira, SANTOS	11	Cumbobfila Cantanhedens	2:23.31	488	32.23	1:09.09	1:46.29	2:23.31
6.		Eva Miranda, ALMEIDA	11	Cumbobfila Cantanhedens	2:23.89	482	33.75	1:10.85	1:48.30	2:23.89
7.		Alice Maria, RODRIGUES	11	Academico de Viseu	2:23.93	482	33.66	1:09.88	1:47.57	2:23.93
8.		Ana Teresa, ROLDAO	11	Academico de Viseu	2:25.05	470	33.37	1:10.52	1:48.75	2:25.05
9.		Maria Joao, VALA	11	Pimpoes/Cimai	2:26.27	459	33.52	1:10.27	1:48.54	2:26.27
10.		A., PRYMACHENKO	11	Nucleo de Pombal	2:27.40	448	33.22	1:10.41	1:49.07	2:27.40
11.		Leonor Cioga, MOREIRA	11	Condeixa Clube	2:28.74	436	34.55	1:12.26	1:51.92	2:28.74
12.		Carlota Sa, SANTOS	11	Nucleo de Pombal	2:29.72	428	34.33	1:12.05	1:50.84	2:29.72
13.		C., SANTOS	11	Nautico Academico	2:29.88	426	34.47	1:12.41	1:52.14	2:29.88
14.		Frederica Vinhas, VIEIRA	11	Campinho	2:30.20	424	34.21	1:12.40	1:52.24	2:30.20
15.		Ines Sousa, RIBEIRO	11	Feirense	2:31.14	416	33.33	1:13.75	1:54.24	2:31.14
16.		Nicole Melo, OLIVEIRA	11	Estarreja	2:31.25	415	34.31	1:13.00	1:53.23	2:31.25
17.		Lia Tome, MATEUS	11	Natacao de Vagos	2:33.78	395	36.15	1:14.55	1:54.66	2:33.78
18.		Matilde Sofia, PINTO	11	Sao Joao de Ver	2:37.90	365	37.14	1:19.56	2:01.60	2:37.90
		<i>FTL</i>								
19.		Ines Afonso, BORGES	11	Sporting de Espinho	2:38.56	360	32.86	1:11.27	1:54.22	2:38.56
		<i>FTL</i>								

Juv A

1.		Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	2:12.45	618	30.21	1:03.72	1:38.49	2:12.45
2.		Rita Lucas, SANTOS	10	Condeixa Clube	2:13.38	605	30.62	1:04.55	1:39.50	2:13.38
3.		S., VASCONCELOS	10	Galitos / Bresimar	2:17.73	550	32.22	1:06.79	1:42.44	2:17.73
4.		Leonor Silva, JESUS	10	Galitos / Bresimar	2:18.79	537	32.20	1:07.60	1:43.29	2:18.79
5.		Ines Ribeiro, MELO	10	Galitos / Bresimar	2:19.93	535	31.47	1:06.41	1:42.78	2:18.93
6.		Maria Carolina, ALVES	10	Bairro dos Anjos	2:20.88	513	31.56	1:06.79	1:43.75	2:20.88
7.		M., FERNANDES	10	Cumbobfila Cantanhedens	2:21.13	511	33.17	1:09.69	1:45.94	2:21.13
8.		Matilde Santos, VIEIRA	10	Nautico Marinha Grande	2:21.20	510	33.02	1:08.73	1:46.05	2:21.20
9.		Leonor Nunes, CARDEAL	10	Condeixa Clube	2:22.39	497	32.94	1:09.12	1:46.59	2:22.39
10.		Bianca Balbino, MENDES	10	Naval de Peniche	2:22.76	493	32.82	1:08.76	1:45.67	2:22.76
11.		Leonor Mosca, SILVA	10	Cumbobfila Cantanhedens	2:23.18	489	33.56	1:09.91	1:46.98	2:23.18
12.		Barbara Balbino, MENDES	10	Naval de Peniche	2:23.63	485	33.21	1:09.89	1:46.70	2:23.63
13.		Leonor Pereira, SILVA	10	Obidos Criativa	2:26.64	455	33.26	1:10.19	1:49.01	2:26.64
14.		Diana Isabel, ALVES	10	Pimpoes/Cimai	2:26.66	455	33.26	1:10.78	1:48.52	2:26.66
15.		Laura Nobre, MONTEIRO	10	Cumbobfila Cantanhedens	2:27.37	449	33.01	1:10.19	1:48.74	2:27.37
16.		Constanca Rolim, PEDRC	10	Bairro dos Anjos	2:27.58	447	33.37	1:10.57	1:49.95	2:27.58
17.		Maria Ines, RODRIGUES	10	Condeixa Clube	2:28.77	436	33.67	1:11.92	1:50.69	2:28.77
18.		Mariana Dias, PEREIRA	10	Algés e Águeda XXI	2:29.08	433	33.60	1:10.75	1:50.25	2:29.08
19.		Beatriz Ribeiro, VELOSO	10	Vigor da Mocidade	2:29.68	428	34.21	1:12.32	1:51.54	2:29.68
20.		Rafaela Santos, AFONSO	10	Naval de Peniche	2:31.31	414	34.24	1:13.48	1:53.36	2:31.31
21.		Mariana Pina, MACEDO	10	Estamos Juntos	2:31.71	411	32.76	1:11.41	1:51.63	2:31.71
22.		Isabella Scavone, LOPES	10	Miranda do Corvo	2:32.28	406	33.89	1:12.35	1:52.21	2:32.28
23.		Eva Santos, FERREIRA	10	O Crasto	2:37.92	364	1:58.14	1:16.24		2:37.92
		<i>FTL</i>								

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 25, Femin., 200m Livres, Juv A

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
24.	M., CARVALHO	10	Miranda do Corvo	2:38.58	360	35.34	1:15.84	1:58.49	2:38.58
	<i>FTL</i>								

Jun

1.	Carolina Vizinho, CABRAL	07	Natação de Vagos	2:09.47	662	30.44	1:03.23	1:36.85	2:09.47
2.	Leonor Mil, MANO	07	Nautico Academico	2:12.72	614	30.36	1:04.73	1:38.60	2:12.72
	Alana Costa, MATIAS	09	Nautico Academico	2:12.72	614	30.50	1:03.89	1:38.47	2:12.72
4.	C., TOMAS	09	Alcobaca	2:13.95	597	30.92	1:05.01	1:39.77	2:13.95
5.	Leonor Vendima, COELH	07	Nautico de Leiria - VOID	2:14.57	589	30.25	1:04.06	1:39.15	2:14.57
6.	Luana Ferreira, CRAVEIR	09	Nautico Marinha Grande	2:15.51	577	30.67	1:04.83	1:40.10	2:15.51
7.	Matilde Violante, VIANA	07	Nautico de Leiria - VOID	2:15.93	572	31.53	1:05.86	1:41.52	2:15.93
8.	Erica Domitila, AMADOR	07	Estarreja	2:16.22	568	31.41	1:05.45	1:40.89	2:16.22
9.	Lara Catarina, MAIA	09	Estarreja	2:17.73	550	31.16	1:06.11	1:41.87	2:17.73
10.	Maria Manuel, CORTESAC	08	Nautico Academico	2:18.78	537	31.98	1:06.91	1:43.15	2:18.78
11.	Dania Simoes, RODRIGU	07	Louzan Natacao/EFAPEL	2:18.83	537	32.00	1:07.25	1:43.16	2:18.83
12.	Ines Miranda, DIOGO	07	Nautico Academico	2:20.49	518	31.50	1:06.57	1:43.03	2:20.49
13.	Cristiana Sofia, DUARTE	07	Académica de Coimbra	2:21.14	511	32.19	1:08.51	1:44.40	2:21.14
14.	Lara Pinho, SILVA	07	Feirense	2:21.65	505	32.74	1:09.78	1:47.72	2:21.65
15.	R., CANCELA	09	Louzan Natacao/EFAPEL	2:24.50	476	31.73	1:08.72	1:47.31	2:24.50
16.	F., PEDREIRO	09	Galitos / Bresimar	2:24.60	475	32.78	1:09.11	1:46.98	2:24.60
17.	C., CASALINHO	07	Estarreja	2:24.84	472	34.93	1:12.76	1:50.32	2:24.84
18.	Lara Sofia, FONSECA	08	Academico de Viseu	2:25.80	463	33.39	1:10.15	1:48.47	2:25.80
19.	Ana Jorge, GONCALVES	08	Estarreja	2:27.26	450	33.51	1:10.17	1:49.23	2:27.26
20.	Francisca Ramos, NUNE	09	Naval de Peniche	2:27.84	444	32.12	1:09.05	1:48.31	2:27.84
21.	Sofia Pereira, JORGE	08	Galitos / Bresimar	2:28.42	439	33.58	1:10.67	1:49.94	2:28.42
22.	G., FERNANDES	09	O Crasto	2:32.00	409	35.14	1:14.36	1:53.65	2:32.00
	<i>FTL</i>								
23.	Leonor Oliveira, TEIXEIRA	08	Estarreja	2:32.90	402	34.15	1:12.14	1:52.46	2:32.90
	<i>FTL</i>								
24.	Carolina Mortagua, MELO	09	Estarreja	2:35.78	380	35.02	1:13.74	1:54.57	2:35.78
	<i>FTL</i>								

Sen

1.	Joana Nunes, CARDEAL	02	Condeixa Clube	2:06.82	704	29.47	1:01.33	1:34.18	2:06.82
2.	M., MONTEIRO	02	Galitos / Bresimar	2:14.62	589	31.80	1:05.74	1:40.49	2:14.62
3.	M., SOARES	06	Galitos / Bresimar	2:18.52	540	32.37	1:07.35	1:42.92	2:18.52
4.	Ana Teresa, ROMAO	06	Académica de Coimbra	2:20.24	521	33.94	1:10.18	1:45.52	2:20.24
5.	Joana Silva, ALVES	05	Pimpoes/Cimai	2:21.46	507	32.84	1:09.05	1:45.92	2:21.46
6.	L., VASCONCELOS	05	Galitos / Bresimar	2:21.76	504	31.83	1:07.06	1:44.71	2:21.76
7.	Beatriz Ferreira, GASPAS	04	Académica de Coimbra	2:22.30	498	33.15	1:08.62	1:45.59	2:22.30
8.	Kateryna, DZYAKANAVA	05	Louzan Natacao/EFAPEL	2:26.26	459	34.43	1:12.31	1:50.06	2:26.26
9.	Dalila Leal, BERNARDINC	06	Nucleo de Pombal	2:31.72	411	33.55	1:11.39	1:51.73	2:31.72
	<i>FTL</i>								

Juv B/Abs

1.	Joana Nunes, CARDEAL	02	Condeixa Clube	2:06.82	704	29.47	1:01.33	1:34.18	2:06.82
2.	Carolina Vizinho, CABRAL	07	Natação de Vagos	2:09.47	662	30.44	1:03.23	1:36.85	2:09.47
3.	Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	2:12.45	618	30.21	1:03.72	1:38.49	2:12.45
4.	Leonor Mil, MANO	07	Nautico Academico	2:12.72	614	30.36	1:04.73	1:38.60	2:12.72
	Alana Costa, MATIAS	09	Nautico Academico	2:12.72	614	30.50	1:03.89	1:38.47	2:12.72
6.	Rita Lucas, SANTOS	10	Condeixa Clube	2:13.38	605	30.62	1:04.55	1:39.50	2:13.38
7.	C., TOMAS	09	Alcobaca	2:13.95	597	30.92	1:05.01	1:39.77	2:13.95
8.	Leonor Vendima, COELH	07	Nautico de Leiria - VOID	2:14.57	589	30.25	1:04.06	1:39.15	2:14.57
9.	M., MONTEIRO	02	Galitos / Bresimar	2:14.62	589	31.80	1:05.74	1:40.49	2:14.62
10.	Luana Ferreira, CRAVEIR	09	Nautico Marinha Grande	2:15.51	577	30.67	1:04.83	1:40.10	2:15.51
11.	Matilde Violante, VIANA	07	Nautico de Leiria - VOID	2:15.93	572	31.53	1:05.86	1:41.52	2:15.93

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 25, Femin., 200m Livres, Juv B/Abs

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
12.	Erica Domitila, AMADOR	07	Estarreja	2:16.22	568	31.41	1:05.45	1:40.89	2:16.22
13.	Zoe Pinho, NUNES	11	Galitos / Bresimar	2:16.48	565	32.24	1:06.51	1:41.84	2:16.48
14.	S., VASCONCELOS	10	Galitos / Bresimar	2:17.73	550	32.22	1:06.79	1:42.44	2:17.73
	Lara Catarina, MAIA	09	Estarreja	2:17.73	550	31.16	1:06.11	1:41.87	2:17.73
16.	M., SOARES	06	Galitos / Bresimar	2:18.52	540	32.37	1:07.35	1:42.92	2:18.52
17.	Maria Manuel, CORTESAC	08	Nautico Academico	2:18.78	537	31.98	1:06.91	1:43.15	2:18.78
18.	Leonor Silva, JESUS	10	Galitos / Bresimar	2:18.79	537	32.20	1:07.60	1:43.29	2:18.79
19.	Dania Simoes, RODRIGU	07	Louzan Natacao/EFAPEL	2:18.83	537	32.00	1:07.25	1:43.16	2:18.83
20.	Ines Ribeiro, MELO	10	Galitos / Bresimar	2:18.93	535	31.47	1:06.41	1:42.78	2:18.93
21.	Ana Teresa, ROMAO	06	Académica de Coimbra	2:20.24	521	33.94	1:10.18	1:45.52	2:20.24
22.	Ines Miranda, DIOGO	07	Nautico Academico	2:20.49	518	31.50	1:06.57	1:43.03	2:20.49
23.	Maria Carolina, ALVES	10	Bairro dos Anjos	2:20.88	513	31.56	1:06.79	1:43.75	2:20.88
24.	M., FERNANDES	10	Columbofila Cantanhedens	2:21.13	511	33.17	1:09.69	1:45.94	2:21.13
25.	Cristiana Sofia, DUARTE	07	Académica de Coimbra	2:21.14	511	32.19	1:08.51	1:44.40	2:21.14
26.	Matilde Santos, VIEIRA	10	Nautico Marinha Grande	2:21.20	510	33.02	1:08.73	1:46.05	2:21.20
27.	Leonor Marques, MENDE	11	Galitos / Bresimar	2:21.41	508	32.28	1:08.28	1:44.79	2:21.41
28.	Joana Silva, ALVES	05	Pimpoes/Cimai	2:21.46	507	32.84	1:09.05	1:45.92	2:21.46
29.	Lara Pinho, SILVA	07	Feirense	2:21.65	505	32.74	1:09.78	1:47.72	2:21.65
30.	L., VASCONCELOS	05	Galitos / Bresimar	2:21.76	504	31.83	1:07.06	1:44.71	2:21.76
31.	Beatriz Ferreira, GASPAR	04	Académica de Coimbra	2:22.30	498	33.15	1:08.62	1:45.59	2:22.30
32.	Leonor Nunes, CARDEAL	10	Condeixa Clube	2:22.39	497	32.94	1:09.12	1:46.59	2:22.39
33.	Bianca Balbino, MENDES	10	Naval de Peniche	2:22.76	493	32.82	1:08.76	1:45.67	2:22.76
34.	B., PORTULEZ	11	Columbofila Cantanhedens	2:22.82	493	33.42	1:09.71		2:22.82
35.	Leonor Mosca, SILVA	10	Columbofila Cantanhedens	2:23.18	489	33.56	1:09.91	1:46.98	2:23.18
36.	Filipa Ferreira, LOISAS	11	Columbofila Cantanhedens	2:23.20	489	34.47	1:10.27	1:47.48	2:23.20
37.	Sara Ferreira, SANTOS	11	Columbofila Cantanhedens	2:23.31	488	32.23	1:09.09	1:46.29	2:23.31
38.	Barbara Balbino, MENDE	10	Naval de Peniche	2:23.63	485	33.21	1:09.89	1:46.70	2:23.63
39.	Eva Miranda, ALMEIDA	11	Columbofila Cantanhedens	2:23.89	482	33.75	1:10.85	1:48.30	2:23.89
40.	Alice Maria, RODRIGUES	11	Academico de Viseu	2:23.93	482	33.66	1:09.88	1:47.57	2:23.93
41.	R., CANCELA	09	Louzan Natacao/EFAPEL	2:24.50	476	31.73	1:08.72	1:47.31	2:24.50
42.	F., PEDREIRO	09	Galitos / Bresimar	2:24.60	475	32.78	1:09.11	1:46.98	2:24.60
43.	C., CASALINHO	07	Estarreja	2:24.84	472	34.93	1:12.76	1:50.32	2:24.84
44.	Ana Teresa, ROLDAO	11	Academico de Viseu	2:25.05	470	33.37	1:10.52	1:48.75	2:25.05
45.	Lara Sofia, FONSECA	08	Academico de Viseu	2:25.80	463	33.39	1:10.15	1:48.47	2:25.80
46.	Kateryna, DZYAKANAVA	05	Louzan Natacao/EFAPEL	2:26.26	459	34.43	1:12.31	1:50.06	2:26.26
47.	Maria Joao, VALA	11	Pimpoes/Cimai	2:26.27	459	33.52	1:10.27	1:48.54	2:26.27
48.	Leonor Pereira, SILVA	10	Obidos Criativa	2:26.64	455	33.26	1:10.19	1:49.01	2:26.64
49.	Diana Isabel, ALVES	10	Pimpoes/Cimai	2:26.66	455	33.26	1:10.78	1:48.52	2:26.66
50.	Ana Jorge, GONCALVES	08	Estarreja	2:27.26	450	33.51	1:10.17	1:49.23	2:27.26
51.	Laura Nobre, MONTEIRO	10	Columbofila Cantanhedens	2:27.37	449	33.01	1:10.19	1:48.74	2:27.37
52.	A., PRYMACHENKO	11	Nucleo de Pombal	2:27.40	448	33.22	1:10.41	1:49.07	2:27.40
53.	Constanca Rolim, PEDR	10	Bairro dos Anjos	2:27.58	447	33.37	1:10.57	1:49.95	2:27.58
54.	Francisca Ramos, NUNE	09	Naval de Peniche	2:27.84	444	32.12	1:09.05	1:48.31	2:27.84
55.	Sofia Pereira, JORGE	08	Galitos / Bresimar	2:28.42	439	33.58	1:10.67	1:49.94	2:28.42
56.	Leonor Cioga, MOREIRA	11	Condeixa Clube	2:28.74	436	34.55	1:12.26	1:51.92	2:28.74
57.	Maria Ines, RODRIGUES	10	Condeixa Clube	2:28.77	436	33.67	1:11.92	1:50.69	2:28.77
58.	Mariana Dias, PEREIRA	10	Algés e Águeda XXI	2:29.08	433	33.60	1:10.75	1:50.25	2:29.08
59.	Beatriz Ribeiro, VELOSO	10	Vigor da Mocidade	2:29.68	428	34.21	1:12.32	1:51.54	2:29.68
60.	Carlota Sa, SANTOS	11	Nucleo de Pombal	2:29.72	428	34.33	1:12.05	1:50.84	2:29.72
61.	C., SANTOS	11	Nautico Academico	2:29.88	426	34.47	1:12.41	1:52.14	2:29.88
62.	Frederica Vinhas, VIEIRA	11	Campinho	2:30.20	424	34.21	1:12.40	1:52.24	2:30.20
63.	Ines Sousa, RIBEIRO	11	Feirense	2:31.14	416	33.33	1:13.75	1:54.24	2:31.14
64.	Nicole Melo, OLIVEIRA	11	Estarreja	2:31.25	415	34.31	1:13.00	1:53.23	2:31.25
65.	Rafaela Santos, AFONSO	10	Naval de Peniche	2:31.31	414	34.24	1:13.48	1:53.36	2:31.31
66.	Mariana Pina, MACEDO	10	Estamos Juntos	2:31.71	411	32.76	1:11.41	1:51.63	2:31.71
67.	Dalila Leal, BERNARDIN	06	Nucleo de Pombal	2:31.72	411	33.55	1:11.39	1:51.73	2:31.72
	FTL								
68.	G., FERNANDES	09	O Crasto	2:32.00	409	35.14	1:14.36	1:53.65	2:32.00
	FTL								
69.	Isabella Scavone, LOPES	10	Miranda do Corvo	2:32.28	406	33.89	1:12.35	1:52.21	2:32.28

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 25, Femin., 200m Livres, Juv B/Abs

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
70. Leonor Oliveira, TEIXEIRA <i>FTL</i>	08	Estarreja	2:32.90	402	34.15	1:12.14	1:52.46	2:32.90
71. Lia Tome, MATEUS	11	Natação de Vagos	2:33.78	395	36.15	1:14.55	1:54.66	2:33.78
72. Carolina Mortagua, MELO <i>FTL</i>	09	Estarreja	2:35.78	380	35.02	1:13.74	1:54.57	2:35.78
73. Matilde Sofia, PINTO <i>FTL</i>	11	Sao Joao de Ver	2:37.90	365	37.14	1:19.56	2:01.60	2:37.90
74. Eva Santos, FERREIRA <i>FTL</i>	10	O Crasto	2:37.92	364	1:58.14	1:16.24		2:37.92
75. Ines Afonso, BORGES <i>FTL</i>	11	Sporting de Espinho	2:38.56	360	32.86	1:11.27	1:54.22	2:38.56
76. M., CARVALHO <i>FTL</i>	10	Miranda do Corvo	2:38.58	360	35.34	1:15.84	1:58.49	2:38.58
EXH Anna Leena, TIELMANN	08	Naval de Peniche	2:17.98	547	32.06	1:06.92	1:43.10	2:17.98