

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

Prova 45 Femin., 200m Costas 14 anos e mais velhos  
23/03/2025 - 17:00 Resultados

Rec Nacionais Open	2:08.95	Camila Rodrigues, REBELO	POR	Belgrado (SRB)	18/06/2024
Rec Nacionais 18 +	2:08.95	Camila Rodrigues, REBELO	POR	Belgrado (SRB)	18/06/2024
Rec Nacionais Jun 17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	02/04/2015
Rec Nacionais Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra	07/04/2019
Rec Nacionais Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05/04/2012
Rec Nacionais Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras	21/07/2017

TA SEN-FEM Sen: 2:47.33 / TA JUN-FEM Jun: 2:51.49 / TA JUVA-FEM Juv A: 2:55.65 / TA JUVB-FEM Juv B: 2:59.82

Pontos: AQUA 2024

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
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Juv B

1. Frederica Vinhas, VIEIRA	11	Campinho	<b>2:36.26</b>	489	36.40	1:17.05	1:57.74	2:36.26
2. C., CASTANHEIRA	11	Nautico de Leiria - VOID	<b>2:40.93</b>	448	37.37	1:18.97	2:00.93	2:40.93
3. Leonor Mota, ALVES	11	Nautico Marinha Grande	<b>2:41.62</b>	442	38.31	1:19.38	2:01.03	2:41.62
4. Sara Ferreira, SANTOS	11	Columbofila Cantanhedens	<b>2:43.05</b>	430	38.96	1:19.93	2:01.84	2:43.05
5. Matilde Sofia, PINTO	11	Sao Joao de Ver	<b>2:44.56</b>	419	38.07	1:21.43	2:04.67	2:44.56
6. Carlota Sa, SANTOS	11	Nucleo de Pombal	<b>2:49.23</b>	385	38.71	1:21.65	2:05.20	2:49.23
7. Ines Afonso, BORGES	11	Sporting de Espinho	<b>2:54.59</b>	350	39.75	1:23.57	2:08.67	2:54.59
8. F., LUCENA	11	O Crasto	<b>2:58.02</b>	330	41.78	1:26.99	2:14.15	2:58.02

Juv A

1. A., TRINDADE	10	Sporting de Espinho	<b>2:36.97</b>	482	36.49	1:16.59	1:57.64	2:36.97
2. Sara Marques, LIMA	10	Amigos da Escola	<b>2:38.22</b>	471	37.37	1:17.66	1:58.73	2:38.22
3. Vida Sofia, VELEZ	10	Bairro dos Anjos	<b>2:38.31</b>	470	37.54	1:17.98	1:59.72	2:38.31
4. M., PEDROSO	10	Nautico Marinha Grande	<b>2:40.00</b>	455	37.24	1:17.55	1:59.71	2:40.00
5. Beatriz Ribeiro, MOREIRA	10	Sporting de Espinho	<b>2:44.32</b>	420	38.15	1:19.53	2:02.55	2:44.32
6. L., ROCHA	10	Sao Joao de Ver	<b>2:48.68</b>	389	39.02	1:20.88	2:05.29	2:48.68
7. Leonor Fonseca, FERREI	10	Estarreja	<b>2:51.12</b>	372	38.14	1:20.50	2:05.21	2:51.12
8. Debora Silva, INACIO	10	Pimpoes/Cimai	<b>2:51.58</b>	369	40.19	1:24.15	2:09.39	2:51.58
9. Laura Helena, AMORIM	10	Nautico Marinha Grande	<b>2:54.28</b>	352	41.16	1:24.65	2:10.38	2:54.28
10. M., CARVALHO	10	Miranda do Corvo	<b>2:58.26</b>	329	42.23	1:27.59	2:13.72	2:58.26

FTL

Jun

1. Carolina Sofia, BAPTISTA	09	Estarreja	<b>2:26.91</b>	588	34.88	1:11.89	1:49.96	2:26.91
2. Joana Almeida, SANTOS	09	Galitos / Bresimar	<b>2:27.17</b>	585	35.55	1:12.46	1:50.55	2:27.17
3. Cristiana Sofia, DUARTE	07	Académica de Coimbra	<b>2:31.24</b>	539	36.16	1:14.30	1:53.63	2:31.24
4. Beatriz Belo, CLARA	09	Nautico de Leiria - VOID	<b>2:32.28</b>	528	35.18	1:14.09	1:53.75	2:32.28
5. M., MENDES	08	Galitos / Bresimar	<b>2:34.55</b>	505	36.03	1:15.27	1:55.35	2:34.55
6. Caetana Amado, SANTOS	09	Miranda do Corvo	<b>2:34.68</b>	504	34.76	1:15.27	1:55.97	2:34.68
7. Maria Emilia, ALMEIDA	07	Galitos / Bresimar	<b>2:36.11</b>	490	36.79	1:16.88	1:56.30	2:36.11
8. Matilde Violante, VIANA	07	Nautico de Leiria - VOID	<b>2:41.43</b>	443	38.42	1:19.98	2:00.79	2:41.43
9. M., FIGUEIRA	07	Academico de Viseu	<b>2:41.58</b>	442	36.91	1:17.70	1:59.85	2:41.58
10. Lara Sofia, FONSECA	08	Academico de Viseu	<b>2:41.74</b>	441	37.40	1:17.82	2:00.14	2:41.74
11. Rita Rocha, SILVA	08	Alcobaca	<b>2:43.73</b>	425	38.19	1:19.52	2:01.80	2:43.73
12. Ana Jorge, GONCALVES	08	Estarreja	<b>2:46.25</b>	406	39.53	1:22.21	2:04.29	2:46.25
13. Leonor Oliveira, TEIXEIRA	08	Estarreja	<b>2:48.94</b>	387	38.53	1:20.80	2:04.79	2:48.94
14. Ana Margarida, MARQUES	09	Bairro dos Anjos	<b>2:51.48</b>	370	39.59	1:23.40	2:08.08	2:51.48

Sen

1. Lara Roque, COTRIM	03	Pimpoes/Cimai	<b>2:38.29</b>	470	37.17	1:16.93	1:59.04	2:38.29
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Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno  
Coimbra, 21 - 23/3/2025

Prova 45, Femin., 200m Costas

Juv B/Abs

1.	Carolina Sofia, BAPTISTA	09	Estarreja	<b>2:26.91</b>	588	34.88	1:11.89	1:49.96	2:26.91
2.	Joana Almeida, SANTOS	09	Galitos / Bresimar	<b>2:27.17</b>	585	35.55	1:12.46	1:50.55	2:27.17
3.	Cristiana Sofia, DUARTE	07	Académica de Coimbra	<b>2:31.24</b>	539	36.16	1:14.30	1:53.63	2:31.24
4.	Beatriz Belo, CLARA	09	Nautico de Leiria - VOID	<b>2:32.28</b>	528	35.18	1:14.09	1:53.75	2:32.28
5.	M., MENDES	08	Galitos / Bresimar	<b>2:34.55</b>	505	36.03	1:15.27	1:55.35	2:34.55
6.	Caetana Amado, SANTOS	09	Miranda do Corvo	<b>2:34.68</b>	504	34.76	1:15.27	1:55.97	2:34.68
7.	Maria Emilia, ALMEIDA	07	Galitos / Bresimar	<b>2:36.11</b>	490	36.79	1:16.88	1:56.30	2:36.11
8.	Frederica Vinhas, VIEIRA	11	Campinho	<b>2:36.26</b>	489	36.40	1:17.05	1:57.74	2:36.26
9.	A., TRINDADE	10	Sporting de Espinho	<b>2:36.97</b>	482	36.49	1:16.59	1:57.64	2:36.97
10.	Sara Marques, LIMA	10	Amigos da Escola	<b>2:38.22</b>	471	37.37	1:17.66	1:58.73	2:38.22
11.	Lara Roque, COTRIM	03	Pimpoes/Cimai	<b>2:38.29</b>	470	37.17	1:16.93	1:59.04	2:38.29
12.	Vida Sofia, VELEZ	10	Bairro dos Anjos	<b>2:38.31</b>	470	37.54	1:17.98	1:59.72	2:38.31
13.	M., PEDROSO	10	Nautico Marinha Grande	<b>2:40.00</b>	455	37.24	1:17.55	1:59.71	2:40.00
14.	C., CASTANHEIRA	11	Nautico de Leiria - VOID	<b>2:40.93</b>	448	37.37	1:18.97	2:00.93	2:40.93
15.	Matilde Violante, VIANA	07	Nautico de Leiria - VOID	<b>2:41.43</b>	443	38.42	1:19.98	2:00.79	2:41.43
16.	M., FIGUEIRA	07	Academico de Viseu	<b>2:41.58</b>	442	36.91	1:17.70	1:59.85	2:41.58
17.	Leonor Mota, ALVES	11	Nautico Marinha Grande	<b>2:41.62</b>	442	38.31	1:19.38	2:01.03	2:41.62
18.	Lara Sofia, FONSECA	08	Academico de Viseu	<b>2:41.74</b>	441	37.40	1:17.82	2:00.14	2:41.74
19.	Sara Ferreira, SANTOS	11	Columbofila Cantanhedens	<b>2:43.05</b>	430	38.96	1:19.93	2:01.84	2:43.05
20.	Rita Rocha, SILVA	08	Alcobaca	<b>2:43.73</b>	425	38.19	1:19.52	2:01.80	2:43.73
21.	Beatriz Ribeiro, MOREIRA	10	Sporting de Espinho	<b>2:44.32</b>	420	38.15	1:19.53	2:02.55	2:44.32
22.	Matilde Sofia, PINTO	11	Sao Joao de Ver	<b>2:44.56</b>	419	38.07	1:21.43	2:04.67	2:44.56
23.	Ana Jorge, GONCALVES	08	Estarreja	<b>2:46.25</b>	406	39.53	1:22.21	2:04.29	2:46.25
24.	L., ROCHA	10	Sao Joao de Ver	<b>2:48.68</b>	389	39.02	1:20.88	2:05.29	2:48.68
25.	Leonor Oliveira, TEIXEIRA	08	Estarreja	<b>2:48.94</b>	387	38.53	1:20.80	2:04.79	2:48.94
26.	Carlota Sa, SANTOS	11	Nucleo de Pombal	<b>2:49.23</b>	385	38.71	1:21.65	2:05.20	2:49.23
27.	Leonor Fonseca, FERREI	10	Estarreja	<b>2:51.12</b>	372	38.14	1:20.50	2:05.21	2:51.12
28.	Ana Margarida, MARQUES	09	Bairro dos Anjos	<b>2:51.48</b>	370	39.59	1:23.40	2:08.08	2:51.48
29.	Debora Silva, INACIO	10	Pimpoes/Cimai	<b>2:51.58</b>	369	40.19	1:24.15	2:09.39	2:51.58
30.	Laura Helena, AMORIM	10	Nautico Marinha Grande	<b>2:54.28</b>	352	41.16	1:24.65	2:10.38	2:54.28
31.	Ines Afonso, BORGES	11	Sporting de Espinho	<b>2:54.59</b>	350	39.75	1:23.57	2:08.67	2:54.59
32.	F., LUCENA	11	O Crasto	<b>2:58.02</b>	330	41.78	1:26.99	2:14.15	2:58.02
33.	M., CARVALHO	10	Miranda do Corvo	<b>2:58.26</b>	329	42.23	1:27.59	2:13.72	2:58.26
<i>FTL</i>									
EXH	C., AZEVEDO	10	Lagoa AC	<b>2:29.78</b>	555	35.38	1:13.89	1:52.69	2:29.78
EXH	Anna Leena, TIELMANN	08	Naval de Peniche	<b>2:31.31</b>	539	36.10	1:14.07	1:53.09	2:31.31