

Prova 11  
08/11/2025 - 10:45

Femin., 200m Estilos

Absolutos  
Resultados

Rec Nac Open	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	14/12/2024
Rec Nac SEN	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	12/12/2024
Rec Nac JUN 18	2:13.83	Mariana Pacheco, CUNHA	CNCE	Felgueiras	07/05/2022
Rec Nac JUN 17	2:15.10	Mariana Pacheco, CUNHA	CNCE	Felgueiras	10/04/2021
Rec Nac JUV A	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19/12/2009
Rec Nac JUV B	2:18.13	Mariana Pacheco, CUNHA	CFP	Felgueiras	27/04/2019
Rec Nac INF A	2:19.79	Mariana Pacheco, CUNHA	CFP	Felgueiras	14/04/2018
Rec Nac INF B	2:21.36	Carolina Miranda, FERNANDES	CGA	Felgueiras	10/03/2018

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
1.	Maria Freitas, CASTRO	03	124809	Natação Clube de Fafe	+0,75	<b>2:33.54</b>	19,00 -
	50m: 33.39 33.39	100m: 1:13.89	40.50	150m: 1:54.79	40.90	200m: 2:33.54	38.75
2.	Leonor Sobreiro, ALMEIDA	10	213045	Caspae	+0,74	<b>2:37.63</b>	17,00 -
	50m: 34.86 34.86	100m: 1:16.11	41.25	150m: 2:00.49	44.38	200m: 2:37.63	37.14
3.	Rita Maria, LOURA	12	213759	RIA Aqua Tavira	+0,80	<b>2:37.72</b>	16,00 -
	50m: 33.39 33.39	100m: 1:13.86	40.47	150m: 2:02.00	48.14	200m: 2:37.72	35.72
4.	Maria Abreu, ARROJADO	11	213028	Naval Praia da Vitoria		<b>2:37.97</b>	15,00 -
5.	Laura Brites, COSTA	09	211108	Rio Maior	+0,75	<b>2:39.12</b>	14,00 -
	50m: 33.57 33.57	100m: 1:14.55	40.98	150m: 2:00.32	45.77	200m: 2:39.12	38.80
6.	Nuria Resende, SILVA	07	210934	Sporting de Espinho	+0,75	<b>2:39.81</b>	13,00 -
	50m: 34.46 34.46	100m: 1:13.76	39.30	150m: 2:03.86	50.10	200m: 2:39.81	35.95
7.	Andreia Monteiro, BARREIRA	06	204638	Peso da Regua	+0,75	<b>2:42.91</b>	12,00 -
	50m: 34.20 34.20	100m: 1:17.12	42.92	150m: 2:03.14	46.02	200m: 2:42.91	39.77
8.	Ariana Oliveira, FERREIRA	12	211631	O Crasto	+0,97	<b>2:45.23</b>	11,00 -
	50m: 36.66 36.66	100m: 1:20.39	43.73	150m: 2:06.20	45.81	200m: 2:45.23	39.03
9.	Leonor Pereira, SILVA	10	210858	Obidos Criativa, EEM	+0,81	<b>2:45.33</b>	10,00 -
	50m: 35.13 35.13	100m: 1:18.78	43.65	150m: 2:04.35	45.57	200m: 2:45.33	40.98
10.	Rafaela Santos, AFONSO	10	205573	Naval de Peniche	+0,85	<b>2:46.14</b>	9,00 -
	50m: 37.58 37.58	100m: 1:22.07	44.49	150m: 2:08.71	46.64	200m: 2:46.14	37.43
11.	Ines Diogo, MESTRE	11	209575	Aljustrelense	+0,80	<b>2:47.14</b>	8,00 -
	50m: 34.84 34.84	100m: 1:17.18	42.34	150m: 2:06.85	49.67	200m: 2:47.14	40.29
12.	Eliana Beatriz, LUIS	11	211998	Lousada Séc.XXI	+0,90	<b>2:47.46</b>	7,00 -
	50m: 34.80 34.80	100m: 1:18.02	43.22	150m: 2:08.02	50.00	200m: 2:47.46	39.44
13.	Lara Gil, DAMASCENO	13	215351	Clube Desportivo Escolar de Ag		<b>2:47.85</b>	6,00 -
14.	Ines Sofia, RUSSO	09	213065	Clube Naval de Ponta Delgada		<b>2:48.46</b>	5,00 -
15.	Mariana Sousa, MONTEIRO	12	219621	Penafiel	+0,91	<b>3:01.30</b>	4,00 -
	50m: 41.82 41.82	100m: 1:30.61	48.79	150m: 2:21.55	50.94	200m: 3:01.30	39.75
16.	Matilde Abelho, VAZ	12	217627	CLAC-Entroncamento	+0,97	<b>3:03.51</b>	3,00 -
	50m: 39.93 39.93	100m: 1:28.62	48.69	150m: 2:20.44	51.82	200m: 3:03.51	43.07
17.	Carolina Campos, SILVA	12	217529	Natacao Guarda	+0,77	<b>3:19.86</b>	2,00 -
	50m: 44.57 44.57	100m: 1:37.50	52.93	150m: 2:32.41	54.91	200m: 3:19.86	47.45
18.	Mafalda Gil, BAPTISTA	12	223257	Sporting Clube de Aveiro	+0,68	<b>3:28.62</b>	1,00 -
	50m: 49.52 49.52	100m: 1:39.82	50.30	150m: 2:40.94	1:01.12	200m: 3:28.62	47.68