

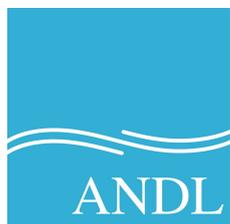
Centro
Natural
de Portugal

12º Torneio de Natação Cidade de Pombal INF e ABS
Pombal, 1/3/2026

Prova 22	Femin., 200m Estilos				Absolutos (JUV+JUN+SEN)	
01/03/2026 - 16:41					Resultados	
Recordes Nacionais 25m Open	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	14/12/2024	
Recordes Nacionais 25m 19 +	2:11.70	Camila Rodrigues, REBELO	ALN	Tomar	12/12/2024	
Recordes Nacionais 25m 18	2:13.83	Mariana Pacheco, CUNHA	CNCE	Felgueiras	07/05/2022	
Recordes Nacionais 25m 17	2:15.10	Mariana Pacheco, CUNHA	CNCE	Felgueiras	10/04/2021	
Recordes Nacionais 25m 16	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19/12/2009	
Recordes Nacionais 25m 15	2:18.13	Mariana Pacheco, CUNHA	CFP	Felgueiras	27/04/2019	

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	Helena Nunes, RODRIGUES	03	Condeixa Aqua Clube					2:25.76	581
	50m: 31.64 31.64	100m: 1:08.45	36.81	150m: 1:52.88	44.43	200m: 2:25.76	32.88		
2.	Teresa Maria, LOPES	09	Benedita					2:38.88	448
	50m: 34.22 34.22	100m: 1:15.79	41.57	150m: 2:02.91	47.12	200m: 2:38.88	35.97		
3.	Raquel Rodrigues, AUGUSTO	07	Gesloures					2:39.25	445
	50m: 33.87 33.87	100m: 1:16.19	42.32	150m: 2:00.77	44.58	200m: 2:39.25	38.48		
4.	Matilde Sofia, PEREIRA	11	Condeixa Aqua Clube					2:42.08	422
	50m: 35.29 35.29	100m: 1:16.13	40.84	150m: 2:06.25	50.12	200m: 2:42.08	35.83		
5.	Anastasiya, PRYMACHENKO	11	Núcleo de Pombal					2:44.41	404
	50m: 33.78 33.78	100m: 1:16.21	42.43	150m: 2:06.50	50.29	200m: 2:44.41	37.91		
6.	Isabela Lourenco, COSTA	11	Benedita					2:45.03	400
	50m: 35.06 35.06	100m: 1:18.42	43.36	150m: 2:08.58	50.16	200m: 2:45.03	36.45		
7.	Alice Fernandes, RODRIGUES	10	Gesloures					2:45.99	393
	50m: 35.88 35.88	100m: 1:18.94	43.06	150m: 2:08.62	49.68	200m: 2:45.99	37.37		
8.	Carlota Sa, SANTOS	11	Núcleo de Pombal					2:47.08	385
	50m: 35.69 35.69	100m: 1:17.34	41.65	150m: 2:09.22	51.88	200m: 2:47.08	37.86		
9.	Georgiana Mariana, CHIRILA	11	Natacao Guarda					2:52.25	352
	50m: 35.54 35.54	100m: 1:19.64	44.10	150m: 2:12.61	52.97	200m: 2:52.25	39.64		
10.	Margarida Soares, MAIA	11	Nautico Marinha Grande					2:54.19	340
	50m: 40.29 40.29	100m: 1:27.60	47.31	150m: 2:15.41	47.81	200m: 2:54.19	38.78		
11.	Maria Santos, FONSECA	11	CNLeiria - VOID					2:55.52	332
	50m: 40.13 40.13	100m: 1:27.76	47.63	150m: 2:14.73	46.97	200m: 2:55.52	40.79		
12.	Isabela Maria, CARREIRA	11	Uniao Juncalense					2:58.89	314
	50m: 40.69 40.69	100m: 1:25.65	44.96	150m: 2:17.72	52.07	200m: 2:58.89	41.17		
13.	Joana Nobre, JESUS	11	Natacao Guarda					3:00.31	306
	50m: 38.71 38.71	100m: 1:24.19	45.48	150m: 2:20.57	56.38	200m: 3:00.31	39.74		
14.	Margarida Lopes, RODRIGUES	11	Uniao Juncalense					3:00.41	306
	50m: 38.82 38.82	100m: 1:24.95	46.13	150m: 2:21.96	57.01	200m: 3:00.41	38.45		
15.	Diana Morais, CARLOS	11	Pimpoes/Cimai					3:03.45	291
	50m: 39.54 39.54	100m: 1:25.35	45.81	150m: 2:18.49	53.14	200m: 3:03.45	44.96		
16.	Maria Leonor, OLIVEIRA	11	CNLeiria - VOID					3:36.14	178
	50m: 46.88 46.88	100m: 1:43.10	56.22	150m: 2:46.77	1:03.67	200m: 3:36.14	49.37		
DNS	Beatriz Nunes, CARDEAL	04	Condeixa Aqua Clube						
EXH	Maria Lucas, SANTOS	05	Condeixa Aqua Clube					2:48.74	374
	50m: 34.03 34.03	100m: 1:19.17	45.14	150m: 2:09.05	49.88	200m: 2:48.74	39.69		
EXH	Erica Felix, RODRIGUES	11	Uniao Juncalense					3:01.68	300
	50m: 38.75 38.75	100m: 1:25.95	47.20	150m: 2:21.51	55.56	200m: 3:01.68	40.17		



12^o Torneio de Nata o Cidade de Pombal INF e ABS
Pombal, 1/3/2026

Prova 22, Femin., 200m Estilos

Lugar	Ano	Tempo final	Pts
EXH Mariana Silva, CONCEICAO	11 Uniao Juncalense	3:18.47	230
50m: 44.90 44.90	100m: 1:35.41 50.51 150m: 2:33.02 57.61	200m: 3:18.47	45.45