

Prova 11
30/05/2026

Femin., 200m Livres
Open
Resultados Final

| | | | | | |
|------------------------|---------|--------------------------|------|----------------|------------|
| Recorde Nacional Sen | 1:57.85 | MARTINS Francisca Soares | POR | Berlin (GER) | 22/07/2025 |
| Recorde Nacional Jun A | 2:02.68 | CUNHA Mariana Pacheco | CNCE | Porto | 05/06/2022 |
| Recorde Nacional Jun B | 2:03.11 | MARTINS Francisca Soares | POR | Loule | 16/08/2020 |
| Recorde Nacional Juv A | 2:02.89 | SOUSA Ana Reis | POR | Helsinki (FIN) | 06/07/2018 |
| Recorde Nacional Juv B | 2:05.85 | MARTINS Francisca Soares | FOCA | Oeiras | 27/07/2018 |
| Recorde Nacional Inf A | 2:07.40 | CABRAL Maria Francisca | FCP | Oeiras | 25/07/2014 |
| Recorde Nacional Inf B | 2:10.86 | FRAZAO Alexandra Couto | CNA | Oeiras | 11/04/2015 |

TAC Juv Fem - 16: 2:26.72 / TAC Abs Fem 17 +: 2:17.12

Pontos: AQUA 2026

| Lugar | Nome | Ano | Classe | Clube | Tempo Final | TReac | FINA | Pontos |
|------------------------------|--|---------------|--------|-----------------------|----------------|---------------|-------|---------|
| 17 anos e mais velhos | | | | | | | | |
| 1. | FOMINA Anna <i>Meeting Record</i> | 02 | | Sporting | 2:01.88 | +0.71 | 780 | 24.0(-) |
| | 50m: 29.23 29.23 | 100m: 1:00.29 | 31.06 | 150m: 1:31.45 | 31.16 | 200m: 2:01.88 | 30.43 | |
| 2. | REBELO Camila Rodrigues | 03 | | Louzan Natacao/EFAPEL | 2:04.44 | +0.75 | 733 | 20.0(-) |
| | 50m: 29.53 29.53 | 100m: 1:01.38 | 31.85 | 150m: 1:33.20 | 31.82 | 200m: 2:04.44 | 31.24 | |
| 3. | BARBEITO Laura Espinola | 06 | | Sporting | 2:04.52 | +0.68 | 732 | 16.0(-) |
| | 50m: 29.09 29.09 | 100m: 1:00.62 | 31.53 | 150m: 1:32.59 | 31.97 | 200m: 2:04.52 | 31.93 | |
| 4. | NEVES Maria Gomes | 08 | | Braga | 2:07.40 | +0.57 | 683 | 14.0(-) |
| | 50m: 30.02 30.02 | 100m: 1:02.32 | 32.30 | 150m: 1:35.24 | 32.92 | 200m: 2:07.40 | 32.16 | |
| 5. | CARDEAL Joana Nunes | 02 | | Condeixa Aqua Clube | 2:07.61 | +0.72 | 680 | 12.0(-) |
| | 50m: 29.89 29.89 | 100m: 1:02.00 | 32.11 | 150m: 1:34.84 | 32.84 | 200m: 2:07.61 | 32.77 | |
| 6. | LOURO Beatriz Silva | 07 | | Sporting | 2:10.59 | +0.66 | 634 | 10.0(-) |
| | 50m: 29.66 29.66 | 100m: 1:02.40 | 32.74 | 150m: 1:36.18 | 33.78 | 200m: 2:10.59 | 34.41 | |
| 7. | RODRIGUES Joana Francisca | 04 | | Leixoes Sport Clube | 2:11.95 | +0.69 | 615 | 8.0(-) |
| | 50m: 30.63 30.63 | 100m: 1:04.20 | 33.57 | 150m: 1:38.12 | 33.92 | 200m: 2:11.95 | 33.83 | |
| 8. | CABRAL Carolina Vizinho | 07 | | Galitos / Bresimar | 2:12.42 | +0.70 | 608 | 6.0(-) |
| | 50m: 31.03 31.03 | 100m: 1:04.70 | 33.67 | 150m: 1:38.30 | 33.60 | 200m: 2:12.42 | 34.12 | |
| 9. | SANTOS Leonor Castanho | 07 | | Sporting | 2:16.85 | +0.74 | 551 | 4.0(-) |
| | 50m: 32.18 32.18 | 100m: 1:06.85 | 34.67 | 150m: 1:42.55 | 35.70 | 200m: 2:16.85 | 34.30 | |
| 10. | MADEIRA Carolina Marques <i>FTL</i> | 09 | | Nacional de Nataçao | 2:17.62 | +0.82 | 542 | 2.0(-) |
| | 50m: 32.08 32.08 | 100m: 1:06.54 | 34.46 | 150m: 1:42.05 | 35.51 | 200m: 2:17.62 | 35.57 | |
| 16 anos e mais novos | | | | | | | | |
| 1. | CARDEAL Leonor Nunes | 10 | | Condeixa Aqua Clube | 2:12.03 | +0.57 | 614 | 12.00 |
| | 50m: 30.64 30.64 | 100m: 1:04.38 | 33.74 | 150m: 1:39.45 | 35.07 | 200m: 2:12.03 | 32.58 | |
| 2. | PEREIRA Sofia Barroca | 11 | | Seleccao de Santarem | 2:12.59 | +0.76 | 606 | 10.00 |
| | 50m: 31.06 31.06 | 100m: 1:04.69 | 33.63 | 150m: 1:39.26 | 34.57 | 200m: 2:12.59 | 33.33 | |
| 3. | NUNES Zoe Pinho | 11 | | Galitos / Bresimar | 2:13.82 | +0.68 | 589 | 8.00 |
| | 50m: 31.17 31.17 | 100m: 1:04.79 | 33.62 | 150m: 1:39.55 | 34.76 | 200m: 2:13.82 | 34.27 | |
| 4. | GREGORIO Bruna Bacelar | 10 | | Vilacondense | 2:16.97 | +0.74 | 550 | 7.00 |
| | 50m: 31.75 31.75 | 100m: 1:06.99 | 35.24 | 150m: 1:41.78 | 34.79 | 200m: 2:16.97 | 35.19 | |
| | NOGUEIRA Maria Luisa | 12 | | Academica de Coimbra | 2:16.97 | +0.68 | 550 | 7.00 |
| | 50m: 31.69 31.69 | 100m: 1:06.56 | 34.87 | 150m: 1:42.01 | 35.45 | 200m: 2:16.97 | 34.96 | |

Prova 11, Femin., 200m Livres, Final, 16 anos e mais novos

| Lugar | Nome | Ano | Classe | Clube | Tempo Final | TReac | FINA | Pontos |
|-------|-----------------------------|---------------|--------|-------------------------------|----------------|---------------|-------|--------|
| 6. | VASCONCELOS Sofia Rodrigues | 10 | | Galitos / Bresimar | 2:18.07 | +0.78 | 537 | 5.00 |
| | 50m: 31.86 31.86 | 100m: 1:07.23 | 35.37 | 150m: 1:42.76 | 35.53 | 200m: 2:18.07 | 35.31 | |
| 7. | MATEUS Ines Filipa | 10 | | Lagoa Academico Clube | 2:19.03 | +0.77 | 526 | 4.00 |
| | 50m: 31.62 31.62 | 100m: 1:06.53 | 34.91 | 150m: 1:42.81 | 36.28 | 200m: 2:19.03 | 36.22 | |
| 8. | VELOSO Beatriz Ribeiro | 10 | | Caspae | 2:22.06 | +0.78 | 493 | 3.00 |
| | 50m: 31.98 31.98 | 100m: 1:07.41 | 35.43 | 150m: 1:44.53 | 37.12 | 200m: 2:22.06 | 37.53 | |
| 9. | ROLDAO Ana Teresa | 11 | | Academico Viseu Futebol Clube | 2:23.16 | +0.77 | 481 | 2.00 |
| | 100m: 1:08.22 1:08.22 | 150m: 1:46.27 | 38.05 | 200m: 2:23.16 | 36.89 | | | |
| 10. | FALEIRO Sira Valentim | 10 | | Lagoa Academico Clube | 2:23.41 | +0.73 | 479 | 1.00 |
| | 50m: 31.91 31.91 | 100m: 1:08.04 | 36.13 | 150m: 1:45.48 | 37.44 | 200m: 2:23.41 | 37.93 | |