

Prova 20
08.03.2025

Femin., 200m Costas

Absolutos
Resultados

Rec Nacional Absoluto	2:08.95	Camila Rodrigues Rebelo	ALN	Belgrade (SRB)	2024
Rec Regional Absoluto	2:15.02	Rita Barros Frischknecht	SAD	Lisboa	2020
Rec Regional 18 +	2:15.02	Rita Barros Frischknecht	SAD	Lisboa	2020
Rec Regional Jun 17	2:15.53	Rita Barros Frischknecht	SAD	Coimbra	2015
Rec Regional Jun 16	2:18.61	Rafaela Gomes Azevedo	SAD	Coimbra	2018
Rec Regional Juv A	2:20.26	Rafaela Gomes Azevedo	SAD	Geneva (SUI)	2017
Rec Regional Juv B	2:22.91	Rafaela Gomes Azevedo	SAD	Oeiras	2016

TAC - Fem Juv B: 2:51.85; Juv A: 2:46.85; Jun17-18: 2:41.96; Jun 16: 2:43.58; Sen 19: 2:40.51; Sen 20+: 2:38.91

Pontos: AQUA 2025

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
Juvenis B								
1.	Ines Silva Paiva <i>Campe�o Regional Juvenis B</i>	11	Colegio Int Monte Maior	2:40.32	2:41.69	441	1:18.86	1:22.83
2.	Carolina Melo Camejo	11	Sporting	2:44.65	2:44.46	419	1:19.14	1:25.32
3.	Rita Ribeiro Pereira	11	Geslours	2:49.27	2:48.71	388	1:20.94	1:27.77
4.	Maria Lucas Pedro <i>FTL (Fora Tempo Limite)</i>	11	Alg�s	2:49.51	2:57.63	333	1:21.79	1:35.84

Juvenis A

1.	Maria Rita Filipe <i>Campe�o Regional Juvenis A</i>	10	Geslours	2:36.45	2:36.91	483	1:16.29	1:20.62
2.	Maria Francisca Moreira	10	Bombeiros dos Estoris	2:36.94	2:39.93	456	1:17.76	1:22.17
3.	Catarina Nobre Pardelha	10	Colegio Int Monte Maior	2:40.53	2:43.45	427	1:19.08	1:24.37

Juniores

1.	Carolina Marques Madeira <i>Campe�o Regional Juniores</i>	09	Nacional de Nata��o	2:29.75	2:30.77	544	1:14.68	1:16.09
2.	Maria Leonor Rodrigues	07	Alg�s	2:30.48	2:34.54	505	1:14.61	1:19.93
3.	Joana Monteiro Caetano	08	Geslours	2:32.93	2:34.93	502	1:15.27	1:19.66
4.	Matilde Lopes Fialho	09	Palmela Desporto	2:27.95	2:35.37	497	1:14.04	1:21.33
5.	Barbara Maria Neves	08	Alg�s	2:32.28	2:35.91	492	1:14.59	1:21.32
6.	Laura Maria Cruz	07	Colegio Int Monte Maior	2:32.52	2:36.95	482	1:16.57	1:20.38
7.	Lis Fatima Melo	08	Geslours	2:36.74	2:37.77	475	1:13.65	1:24.12
8.	Catarina Alexandra Alves	07	Geslours	2:35.76	2:37.86	474	1:16.90	1:20.96
9.	Joana Sofia Fernandes	09	Nacional de Nata��o	2:33.78	2:38.31	470	1:16.05	1:22.26
10.	Daniela Pina Rodrigues	09	Geslours	2:35.49	2:40.39	452	1:17.32	1:23.07
11.	Joana Pontes Prior <i>FTL (Fora Tempo Limite)</i>	08	Laranjeiro	2:39.90	2:47.67	396	1:19.49	1:28.18
12.	Beatriz Ribeiro Lima <i>FTL (Fora Tempo Limite)</i>	09	Geslours	2:41.16	2:51.59	369	1:22.34	1:29.25

DNS	Leticia Rodrigues Magalhaes	07	Despertarecorde	2:39.00				
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Seniores

1.	Rita Barros Frischknecht <i>Campe�o Regional Seniores</i>	98	Benfica	2:13.10	2:18.97	695	1:07.15	1:11.82
2.	Luana Cardoso Magalhaes	06	Alg�s	2:18.38	2:21.75	655	1:08.86	1:12.89
3.	Sofia Alexandra Nunes	00	Laranjeiro	2:26.42	2:32.54	526	1:14.80	1:17.74
4.	Ana Sebastiao Mendes	04	Benfica	2:31.08	2:35.74	494	1:15.43	1:20.31
5.	Maria Ornelas Armas	98	Colegio Int Monte Maior	2:28.08	2:37.80	475	1:16.20	1:21.60

Prova 20, Femin., 200m Costas, Seniores

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
6.	Lia Ana Lima <i>FTL (Fora Tempo Limite)</i>	01	Os Belenenses	2:39.14	2:40.09	455	1:18.22	1:21.87
7.	Lidiana Correia Rodrigues <i>FTL (Fora Tempo Limite)</i>	04	Os Belenenses	2:38.91	2:40.78	449	1:18.12	1:22.66
8.	Bruna Martins Riesenberger <i>FTL (Fora Tempo Limite)</i>	97	Laranjeiro	2:34.40	2:42.92	431	1:17.83	1:25.09

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