

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

| Prova 22 | Femin., 200m Costas | | | | Absoluto |
|--------------------|---------------------|--------------------------|-------|-----------------|-------------------|
| 05-08-2011 - 12:00 | | | | | Resultados Elimin |
| Rec Nac Absoluto | 2:16.28 | Ana Antas Barros | FPN | Sheffield (GBR) | 08-08-1993 |
| Rec Nac Inf B | 2:33.03 | Keissy Joselin Sousa | FCP | Famalicao | 27-07-1997 |
| Rec Nac Inf A | 2:24.42 | Catia Raquel Martinheira | LDC | Madrid (ESP) | 04-07-2008 |
| Rec Nac Juv | 2:22.61 | Joana Carina Silva | LSXXI | Povoa de Varzim | 06-02-2011 |
| Rec Nac Jun | 2:18.75 | Catia Raquel Martinheira | LDC | Cádiz (ESP) | 19-03-2011 |
| Rec Nac Sen | 2:16.28 | Ana Antas Barros | FPN | Sheffield (GBR) | 08-08-1993 |

TAC SEN/JUN2 Fem 16 +: 2:33.50 / TAC JUN1 Fem 15: 2:34.10 / TAC JUV Fem Juv: 2:41.50

| Lugar | Ano | | Tempo final | 50m | 100m | 150m | 200m |
|-------------|-----|---------------------------|------------------|-------|-------|-------|-------|
| Open | | | | | | | |
| 1. | 93 | Swim Wales | 2:16.86 A | 33.12 | 34.22 | 34.70 | 34.82 |
| 2. | 93 | Swim Wales | 2:18.51 A | 32.62 | 34.88 | 36.07 | 34.94 |
| 3. | 95 | Louletano/Loule Concelho | 2:19.76 A | 33.07 | 35.10 | 35.93 | 35.66 |
| 4. | 93 | Vlaamse Zwemfederatie | 2:21.29 A | 33.50 | 35.20 | 36.45 | 36.14 |
| 5. | 96 | Swim Wales | 2:23.53 A | 33.85 | 35.90 | 36.76 | 37.02 |
| 6. | 95 | Amadora | 2:24.46 A | 33.08 | 36.78 | 37.22 | 37.38 |
| | 97 | Alges | 2:24.46 A | 33.84 | 36.97 | 36.85 | 36.80 |
| 8. | 97 | Lousada SXXI | 2:24.63 A | 33.36 | 37.72 | 38.98 | 34.57 |
| 9. | 92 | Porto/Dolce Vita | 2:24.92 A | 34.60 | 36.25 | 37.46 | 36.61 |
| 10. | 94 | Sporting | 2:24.95 A | 33.76 | 36.47 | 38.12 | 36.60 |
| 11. | 96 | Nautico/Matobra | 2:25.22 A | 34.29 | 36.82 | 37.74 | 36.37 |
| 12. | 95 | Ginasio Figueirense | 2:26.33 A | 34.90 | 36.71 | 37.60 | 37.12 |
| 13. | 97 | Uniao Piedense | 2:27.50 R | 34.66 | 37.04 | 38.38 | 37.42 |
| 14. | 92 | BA/Mr.Pizza | 2:27.90 ? | 34.65 | 38.27 | 38.56 | 36.42 |
| | 94 | Ines Catarina Agostinho | 2:27.90 ? | 35.10 | 38.07 | 38.25 | 36.48 |
| 16. | 88 | Lisnave | 2:27.94 B | 34.74 | 36.80 | 38.64 | 37.76 |
| 17. | 95 | Gesloures | 2:28.56 R | 35.17 | 37.21 | 38.52 | 37.66 |
| 18. | 94 | Leixoes | 2:28.79 R | 33.86 | 37.51 | 39.19 | 38.23 |
| 19. | 95 | Porto/Dolce Vita | 2:28.98 | 34.97 | 37.30 | 38.58 | 38.13 |
| 20. | 93 | BA/Mr.Pizza | 2:29.17 | 34.58 | 37.48 | 38.75 | 38.36 |
| 21. | 96 | Natacao de Olhao | 2:29.34 | 34.14 | 37.93 | 38.38 | 38.89 |
| 22. | 95 | Swim Wales | 2:29.55 | 34.29 | 37.69 | 38.98 | 38.59 |
| 23. | 93 | Ginasio de Vila Real | 2:29.65 | 33.07 | 37.07 | 39.68 | 39.83 |
| 24. | 95 | Nautico/Matobra | 2:30.72 | 34.14 | 38.27 | 38.39 | 39.92 |
| 25. | 97 | Desportiva de Viana | 2:31.14 | 34.34 | 37.87 | 40.33 | 38.60 |
| 26. | 95 | Nautico da Marinha Grande | 2:31.84 | 36.17 | 37.74 | 39.03 | 38.90 |
| 27. | 97 | Louletano/Loule Concelho | 2:32.23 | 34.87 | 38.35 | 39.34 | 39.67 |
| 28. | 96 | Desportiva de Viana | 2:33.17 | 35.22 | 39.17 | 39.51 | 39.27 |
| 29. | 94 | Amadora | 2:33.27 | 33.92 | 38.25 | 40.61 | 40.49 |
| 30. | 97 | Belenenses | 2:33.95 | 35.99 | 39.13 | 39.93 | 38.90 |
| 31. | 96 | Alcobaca | 2:34.21 | 35.06 | 39.15 | 39.82 | 40.18 |
| | | <i>FTL</i> | | | | | |
| 32. | 94 | Academico Viseu | 2:34.26 | 36.52 | 38.85 | 39.65 | 39.24 |
| | | <i>FTL</i> | | | | | |
| 33. | 97 | Desportiva Limiana | 2:34.70 | 35.35 | 39.82 | 40.29 | 39.24 |
| 34. | 97 | Alcobaca | 2:34.92 | 36.20 | 38.99 | 40.27 | 39.46 |
| 35. | 95 | Braga | 2:34.97 | 37.00 | 38.91 | 40.34 | 38.72 |
| | | <i>FTL</i> | | | | | |
| 36. | 96 | Amadora | 2:35.00 | 36.00 | 39.48 | 40.56 | 38.96 |
| | | <i>FTL</i> | | | | | |

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 22, Femin., 200m Costas, Elimin, Open

| Lugar | Ano | | Tempo final | 50m | 100m | 150m | 200m |
|-------|-----|--|----------------|-------|-------|-------|-------|
| 37. | 96 | Leonor Rebelo Pereira Desporto de Barcelos <i>FTL</i> | 2:35.09 | 35.09 | 38.77 | 41.02 | 40.21 |
| 38. | 97 | Daniela Teixeira Moreira Amadora | 2:35.60 | 35.99 | 39.03 | 40.67 | 39.91 |
| 39. | 97 | M. Mascarenhas Naval Setubalense | 2:35.92 | 36.27 | 39.04 | 40.62 | 39.99 |
| 40. | 97 | Beatriz Oliveira Luis Pimpoes/Cimai | 2:36.49 | 36.49 | 39.80 | 40.55 | 39.65 |
| 41. | 97 | Cintia Mariana Fernandes Academica de Coimbra | 2:36.78 | 37.00 | 40.63 | 40.42 | 38.73 |
| 42. | 97 | Sara Faria Costa Braga | 2:37.35 | 36.55 | 39.79 | 41.21 | 39.80 |
| 43. | 97 | Claudia Isabel Semiao Aminata | 2:37.39 | 35.40 | 39.77 | 42.32 | 39.90 |
| 44. | 95 | Filipa Maria Rompante Famalicao <i>FTL</i> | 2:37.71 | 37.50 | 40.01 | 40.61 | 39.59 |
| 45. | 97 | Catarina Brito Ferreira Naval Setubalense | 2:37.83 | 36.86 | 39.71 | 40.86 | 40.40 |
| 46. | 96 | Claudia Susana Teixeira Gespacos <i>FTL</i> | 2:37.84 | 35.71 | 39.56 | 41.17 | 41.40 |
| 47. | 97 | Maria Alves Ferreira Famalicao | 2:38.40 | 37.82 | 40.13 | 40.51 | 39.94 |
| 48. | 92 | Ana Filipa Goncalves Ancorensis/Serralharia Ribeira <i>FTL</i> | 2:38.96 | 35.91 | 40.48 | 41.49 | 41.08 |
| 49. | 97 | Joana Faria Lobo Alges | 2:39.57 | 37.21 | 40.53 | 41.24 | 40.59 |
| 50. | 97 | Andreia Fatima Gomes Viana Natacao | 2:39.73 | 37.24 | 39.52 | 41.61 | 41.36 |
| 51. | 97 | Filipa Oliveira Andrade Estamos Juntos | 2:40.36 | 36.81 | 40.18 | 42.56 | 40.81 |
| 52. | 97 | Violante Pascoal Fontoura Viana Natacao | 2:41.40 | 37.89 | 40.39 | 42.10 | 41.02 |
| 53. | 97 | Sonia Alexandra Leite Vitoria de Guimaraes <i>FTL</i> | 2:41.59 | 37.29 | 40.93 | 41.88 | 41.49 |
| 54. | 97 | Joana Varela Joaquim Portinado <i>FTL</i> | 2:42.14 | 36.32 | 41.20 | 42.54 | 42.08 |
| 55. | 97 | Mafalda Dias Filipe Nautico/Matobra <i>FTL</i> | 2:43.13 | 38.27 | 42.26 | 41.89 | 40.71 |
| 56. | 96 | Ana Catarina Sousa Vitoria de Guimaraes <i>FTL</i> | 2:46.14 | 35.96 | 41.10 | 43.62 | 45.46 |
| 57. | 97 | Liane Saraiva Ruivaco Industrial Viegense <i>FTL</i> | 2:48.02 | 37.58 | 41.81 | 44.37 | 44.26 |

Juvenis

| | | | | | | | |
|-----|----|--|------------------|-------|-------|-------|-------|
| 1. | 97 | Francisca Gomes Azevedo Alges | 2:24.46 A | 33.84 | 36.97 | 36.85 | 36.80 |
| 2. | 97 | Joana Carina Silva Lousada SXXI | 2:24.63 A | 33.36 | 37.72 | 38.98 | 34.57 |
| 3. | 97 | Ana Rita Cruz Uniao Piedense | 2:27.50 R | 34.66 | 37.04 | 38.38 | 37.42 |
| 4. | 97 | Juliana Lima Freixo Desportiva de Viana | 2:31.14 | 34.34 | 37.87 | 40.33 | 38.60 |
| 5. | 97 | Rute Rocha Ines Louletano/Loule Concelho | 2:32.23 | 34.87 | 38.35 | 39.34 | 39.67 |
| 6. | 97 | Rita Teixeira Costa Belenenses | 2:33.95 | 35.99 | 39.13 | 39.93 | 38.90 |
| 7. | 97 | M. Monteiro Desportiva Limiana | 2:34.70 | 35.35 | 39.82 | 40.29 | 39.24 |
| 8. | 97 | Bruna Elisabete Paulino Alcobaca | 2:34.92 | 36.20 | 38.99 | 40.27 | 39.46 |
| 9. | 97 | Daniela Teixeira Moreira Amadora | 2:35.60 | 35.99 | 39.03 | 40.67 | 39.91 |
| 10. | 97 | M. Mascarenhas Naval Setubalense | 2:35.92 | 36.27 | 39.04 | 40.62 | 39.99 |
| 11. | 97 | Beatriz Oliveira Luis Pimpoes/Cimai | 2:36.49 | 36.49 | 39.80 | 40.55 | 39.65 |
| 12. | 97 | Cintia Mariana Fernandes Academica de Coimbra | 2:36.78 | 37.00 | 40.63 | 40.42 | 38.73 |
| 13. | 97 | Sara Faria Costa Braga | 2:37.35 | 36.55 | 39.79 | 41.21 | 39.80 |
| 14. | 97 | Claudia Isabel Semiao Aminata | 2:37.39 | 35.40 | 39.77 | 42.32 | 39.90 |
| 15. | 97 | Catarina Brito Ferreira Naval Setubalense | 2:37.83 | 36.86 | 39.71 | 40.86 | 40.40 |
| 16. | 97 | Maria Alves Ferreira Famalicao | 2:38.40 | 37.82 | 40.13 | 40.51 | 39.94 |
| 17. | 97 | Joana Faria Lobo Alges | 2:39.57 | 37.21 | 40.53 | 41.24 | 40.59 |
| 18. | 97 | Andreia Fatima Gomes Viana Natacao | 2:39.73 | 37.24 | 39.52 | 41.61 | 41.36 |
| 19. | 97 | Filipa Oliveira Andrade Estamos Juntos | 2:40.36 | 36.81 | 40.18 | 42.56 | 40.81 |

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Prova 22, Femin., 200m Costas, Elimin, Juvenis

| Lugar | Ano | Tempo final | 50m | 100m | 150m | 200m | |
|-------------------------------|-----|----------------------|----------------|-------|-------|-------|-------|
| 20. Violante Pascoal Fontoura | 97 | Viana Natacao | 2:41.40 | 37.89 | 40.39 | 42.10 | 41.02 |
| 21. Sonia Alexandra Leite | 97 | Vitoria de Guimaraes | 2:41.59 | 37.29 | 40.93 | 41.88 | 41.49 |
| <i>FTL</i> | | | | | | | |
| 22. Joana Varela Joaquim | 97 | Portinado | 2:42.14 | 36.32 | 41.20 | 42.54 | 42.08 |
| <i>FTL</i> | | | | | | | |
| 23. Mafalda Dias Filipe | 97 | Nautico/Matobra | 2:43.13 | 38.27 | 42.26 | 41.89 | 40.71 |
| <i>FTL</i> | | | | | | | |
| 24. Liane Saraiva Ruivaco | 97 | Industrial Viegense | 2:48.02 | 37.58 | 41.81 | 44.37 | 44.26 |
| <i>FTL</i> | | | | | | | |

Absolutos

| | | | | | | | |
|------------------------------|----|---------------------------|------------------|-------|-------|-------|-------|
| 1. Catia Raquel Martinheira | 95 | Louletano/Loule Concelho | 2:19.76 A | 33.07 | 35.10 | 35.93 | 35.66 |
| 2. Francisca Gomes Azevedo | 97 | Alges | 2:24.46 A | 33.84 | 36.97 | 36.85 | 36.80 |
| Lisa Marisa Soares | 95 | Amadora | 2:24.46 A | 33.08 | 36.78 | 37.22 | 37.38 |
| 4. Joana Carina Silva | 97 | Lousada SXXI | 2:24.63 A | 33.36 | 37.72 | 38.98 | 34.57 |
| 5. Marta Pereira Abreu | 92 | Porto/Dolce Vita | 2:24.92 A | 34.60 | 36.25 | 37.46 | 36.61 |
| 6. Mafalda Gomes Beleza | 94 | Sporting | 2:24.95 A | 33.76 | 36.47 | 38.12 | 36.60 |
| 7. Maria Ines Almeida | 96 | Nautico/Matobra | 2:25.22 A | 34.29 | 36.82 | 37.74 | 36.37 |
| 8. Tatiana Filipa Santos | 95 | Ginasio Figueirense | 2:26.33 A | 34.90 | 36.71 | 37.60 | 37.12 |
| 9. Ana Rita Cruz | 97 | Uniao Piedense | 2:27.50 R | 34.66 | 37.04 | 38.38 | 37.42 |
| 10. Ines Catarina Agostinho | 94 | Sporting | 2:27.90 ? | 35.10 | 38.07 | 38.25 | 36.48 |
| Andreia Filipa Anjos | 92 | BA/Mr.Pizza | 2:27.90 ? | 34.65 | 38.27 | 38.56 | 36.42 |
| 12. Andreia Silva Cruz | 88 | Lisnave | 2:27.94 B | 34.74 | 36.80 | 38.64 | 37.76 |
| 13. Paula Cristina Yang | 95 | Gesloures | 2:28.56 R | 35.17 | 37.21 | 38.52 | 37.66 |
| 14. Patricia Isabel Oliveira | 94 | Leixoes | 2:28.79 R | 33.86 | 37.51 | 39.19 | 38.23 |
| 15. Maria Luis Amorim | 95 | Porto/Dolce Vita | 2:28.98 | 34.97 | 37.30 | 38.58 | 38.13 |
| 16. Mara Lisboa e Silva | 93 | BA/Mr.Pizza | 2:29.17 | 34.58 | 37.48 | 38.75 | 38.36 |
| 17. Rafaela Marques Bodiao | 96 | Natacao de Olhao | 2:29.34 | 34.14 | 37.93 | 38.38 | 38.89 |
| 18. Ana Sofia Leite | 93 | Ginasio de Vila Real | 2:29.65 | 33.07 | 37.07 | 39.68 | 39.83 |
| 19. Adriana Correia Lopes | 95 | Nautico/Matobra | 2:30.72 | 34.14 | 38.27 | 38.39 | 39.92 |
| 20. Juliana Lima Freixo | 97 | Desportiva de Viana | 2:31.14 | 34.34 | 37.87 | 40.33 | 38.60 |
| 21. Catia Andreia Clara | 95 | Nautico da Marinha Grande | 2:31.84 | 36.17 | 37.74 | 39.03 | 38.90 |
| 22. Rute Rocha Ines | 97 | Louletano/Loule Concelho | 2:32.23 | 34.87 | 38.35 | 39.34 | 39.67 |
| 23. Flavia Daniela Goncalves | 96 | Desportiva de Viana | 2:33.17 | 35.22 | 39.17 | 39.51 | 39.27 |
| 24. Susana Correia Oliveira | 94 | Amadora | 2:33.27 | 33.92 | 38.25 | 40.61 | 40.49 |
| 25. Rita Teixeira Costa | 97 | Belenenses | 2:33.95 | 35.99 | 39.13 | 39.93 | 38.90 |
| 26. Mariana Jesus Costa | 96 | Alcobaca | 2:34.21 | 35.06 | 39.15 | 39.82 | 40.18 |
| <i>FTL</i> | | | | | | | |
| 27. Ines Sofia Sampaio | 94 | Academico Viseu | 2:34.26 | 36.52 | 38.85 | 39.65 | 39.24 |
| <i>FTL</i> | | | | | | | |
| 28. M. Monteiro | 97 | Desportiva Limiana | 2:34.70 | 35.35 | 39.82 | 40.29 | 39.24 |
| 29. Bruna Elisabete Paulino | 97 | Alcobaca | 2:34.92 | 36.20 | 38.99 | 40.27 | 39.46 |
| 30. Ana Joaquina Goncalves | 95 | Braga | 2:34.97 | 37.00 | 38.91 | 40.34 | 38.72 |
| <i>FTL</i> | | | | | | | |
| 31. Ana Rita Martins | 96 | Amadora | 2:35.00 | 36.00 | 39.48 | 40.56 | 38.96 |
| <i>FTL</i> | | | | | | | |
| 32. Leonor Rebelo Pereira | 96 | Desporto de Barcelos | 2:35.09 | 35.09 | 38.77 | 41.02 | 40.21 |
| <i>FTL</i> | | | | | | | |
| 33. Daniela Teixeira Moreira | 97 | Amadora | 2:35.60 | 35.99 | 39.03 | 40.67 | 39.91 |
| 34. M. Mascarenhas | 97 | Naval Setubalense | 2:35.92 | 36.27 | 39.04 | 40.62 | 39.99 |
| 35. Beatriz Oliveira Luis | 97 | Pimpoes/Cimai | 2:36.49 | 36.49 | 39.80 | 40.55 | 39.65 |

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Prova 22, Femin., 200m Costas, Elimin, Absolutos

| Lugar | Ano | | Tempo final | 50m | 100m | 150m | 200m | |
|-------|---------------------------|----|--------------------------------|----------------|-------|-------|-------|-------|
| 36. | Cintia Mariana Fernandes | 97 | Academica de Coimbra | 2:36.78 | 37.00 | 40.63 | 40.42 | 38.73 |
| 37. | Sara Faria Costa | 97 | Braga | 2:37.35 | 36.55 | 39.79 | 41.21 | 39.80 |
| 38. | Claudia Isabel Semiao | 97 | Aminata | 2:37.39 | 35.40 | 39.77 | 42.32 | 39.90 |
| 39. | Filipa Maria Rompante | 95 | Famalicao | 2:37.71 | 37.50 | 40.01 | 40.61 | 39.59 |
| | <i>FTL</i> | | | | | | | |
| 40. | Catarina Brito Ferreira | 97 | Naval Setubalense | 2:37.83 | 36.86 | 39.71 | 40.86 | 40.40 |
| 41. | Claudia Susana Teixeira | 96 | Gespacos | 2:37.84 | 35.71 | 39.56 | 41.17 | 41.40 |
| | <i>FTL</i> | | | | | | | |
| 42. | Maria Alves Ferreira | 97 | Famalicao | 2:38.40 | 37.82 | 40.13 | 40.51 | 39.94 |
| 43. | Ana Filipa Goncalves | 92 | Ancorensis/Serralharia Ribeira | 2:38.96 | 35.91 | 40.48 | 41.49 | 41.08 |
| | <i>FTL</i> | | | | | | | |
| 44. | Joana Faria Lobo | 97 | Alges | 2:39.57 | 37.21 | 40.53 | 41.24 | 40.59 |
| 45. | Andreia Fatima Gomes | 97 | Viana Natacao | 2:39.73 | 37.24 | 39.52 | 41.61 | 41.36 |
| 46. | Filipa Oliveira Andrade | 97 | Estamos Juntos | 2:40.36 | 36.81 | 40.18 | 42.56 | 40.81 |
| 47. | Violante Pascoal Fontoura | 97 | Viana Natacao | 2:41.40 | 37.89 | 40.39 | 42.10 | 41.02 |
| 48. | Sonia Alexandra Leite | 97 | Vitoria de Guimaraes | 2:41.59 | 37.29 | 40.93 | 41.88 | 41.49 |
| | <i>FTL</i> | | | | | | | |
| 49. | Joana Varela Joaquim | 97 | Portinado | 2:42.14 | 36.32 | 41.20 | 42.54 | 42.08 |
| | <i>FTL</i> | | | | | | | |
| 50. | Mafalda Dias Filipe | 97 | Nautico/Matobra | 2:43.13 | 38.27 | 42.26 | 41.89 | 40.71 |
| | <i>FTL</i> | | | | | | | |
| 51. | Ana Catarina Sousa | 96 | Vitoria de Guimaraes | 2:46.14 | 35.96 | 41.10 | 43.62 | 45.46 |
| | <i>FTL</i> | | | | | | | |
| 52. | Liane Saraiva Ruivaco | 97 | Industrial Vieirense | 2:48.02 | 37.58 | 41.81 | 44.37 | 44.26 |
| | <i>FTL</i> | | | | | | | |

Jun1

| | | | | | | | | |
|----|--------------------------|----|----------------------|------------------|-------|-------|-------|-------|
| 1. | Maria Ines Almeida | 96 | Nautico/Matobra | 2:25.22 A | 34.29 | 36.82 | 37.74 | 36.37 |
| 2. | Rafaela Marques Bodiao | 96 | Natacao de Olhao | 2:29.34 | 34.14 | 37.93 | 38.38 | 38.89 |
| 3. | Flavia Daniela Goncalves | 96 | Desportiva de Viana | 2:33.17 | 35.22 | 39.17 | 39.51 | 39.27 |
| 4. | Mariana Jesus Costa | 96 | Alcobaca | 2:34.21 | 35.06 | 39.15 | 39.82 | 40.18 |
| | <i>FTL</i> | | | | | | | |
| 5. | Ana Rita Martins | 96 | Amadora | 2:35.00 | 36.00 | 39.48 | 40.56 | 38.96 |
| | <i>FTL</i> | | | | | | | |
| 6. | Leonor Rebelo Pereira | 96 | Desporto de Barcelos | 2:35.09 | 35.09 | 38.77 | 41.02 | 40.21 |
| | <i>FTL</i> | | | | | | | |
| 7. | Claudia Susana Teixeira | 96 | Gespacos | 2:37.84 | 35.71 | 39.56 | 41.17 | 41.40 |
| | <i>FTL</i> | | | | | | | |
| 8. | Ana Catarina Sousa | 96 | Vitoria de Guimaraes | 2:46.14 | 35.96 | 41.10 | 43.62 | 45.46 |
| | <i>FTL</i> | | | | | | | |

Sen/Jun2

| | | | | | | | | |
|----|--------------------------|----|--------------------------|------------------|-------|-------|-------|-------|
| 1. | Catia Raquel Martinheira | 95 | Louletano/Loule Concelho | 2:19.76 A | 33.07 | 35.10 | 35.93 | 35.66 |
| 2. | Lisa Marisa Soares | 95 | Amadora | 2:24.46 A | 33.08 | 36.78 | 37.22 | 37.38 |
| 3. | Marta Pereira Abreu | 92 | Porto/Dolce Vita | 2:24.92 A | 34.60 | 36.25 | 37.46 | 36.61 |
| 4. | Mafalda Gomes Beleza | 94 | Sporting | 2:24.95 A | 33.76 | 36.47 | 38.12 | 36.60 |
| 5. | Tatiana Filipa Santos | 95 | Ginasio Figueirense | 2:26.33 A | 34.90 | 36.71 | 37.60 | 37.12 |
| 6. | Andreia Filipa Anjos | 92 | BA/Mr.Pizza | 2:27.90 ? | 34.65 | 38.27 | 38.56 | 36.42 |
| | Ines Catarina Agostinho | 94 | Sporting | 2:27.90 ? | 35.10 | 38.07 | 38.25 | 36.48 |
| 8. | Andreia Silva Cruz | 88 | Lisnave | 2:27.94 B | 34.74 | 36.80 | 38.64 | 37.76 |

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Prova 22, Femin., 200m Costas, Elimin, Sen/Jun2

| Lugar | Ano | | Tempo final | 50m | 100m | 150m | 200m |
|-------|-----|--------------------------------|------------------|-------|-------|-------|-------|
| 9. | 95 | Gesloures | 2:28.56 R | 35.17 | 37.21 | 38.52 | 37.66 |
| 10. | 94 | Leixoes | 2:28.79 R | 33.86 | 37.51 | 39.19 | 38.23 |
| 11. | 95 | Porto/Dolce Vita | 2:28.98 | 34.97 | 37.30 | 38.58 | 38.13 |
| 12. | 93 | BA/Mr.Pizza | 2:29.17 | 34.58 | 37.48 | 38.75 | 38.36 |
| 13. | 93 | Ginasio de Vila Real | 2:29.65 | 33.07 | 37.07 | 39.68 | 39.83 |
| 14. | 95 | Nautico/Matobra | 2:30.72 | 34.14 | 38.27 | 38.39 | 39.92 |
| 15. | 95 | Nautico da Marinha Grande | 2:31.84 | 36.17 | 37.74 | 39.03 | 38.90 |
| 16. | 94 | Amadora | 2:33.27 | 33.92 | 38.25 | 40.61 | 40.49 |
| 17. | 94 | Academico Viseu | 2:34.26 | 36.52 | 38.85 | 39.65 | 39.24 |
| | | <i>FTL</i> | | | | | |
| 18. | 95 | Braga | 2:34.97 | 37.00 | 38.91 | 40.34 | 38.72 |
| | | <i>FTL</i> | | | | | |
| 19. | 95 | Famalicao | 2:37.71 | 37.50 | 40.01 | 40.61 | 39.59 |
| | | <i>FTL</i> | | | | | |
| 20. | 92 | Ancorensis/Serralharia Ribeira | 2:38.96 | 35.91 | 40.48 | 41.49 | 41.08 |
| | | <i>FTL</i> | | | | | |