

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 30
01/08/2021 - 17:25

Femin., 200m Costas

Juvenis B
Resultados

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21/07/2017

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	2:31.69	+0,74	537	
	50m: 36.65 36.65 100m: 1:15.54 38.89 150m: 1:54.69 39.15 200m: 2:31.69 37.00						
2.	MAGALHAES Leticia Rodrigues	07	Palmela	2:34.07	+0,66	513	
	50m: 35.72 35.72 100m: 1:14.42 38.70 150m: 1:54.78 40.36 200m: 2:34.07 39.29						
3.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:35.82	+0,78	496	
	50m: 36.49 36.49 100m: 1:16.29 39.80 150m: 1:56.55 40.26 200m: 2:35.82 39.27						
4.	CONCEICAO Sara Oliveira	07	Feirense	2:36.68	+0,74	487	
	50m: 35.84 35.84 100m: 1:15.63 39.79 150m: 1:56.57 40.94 200m: 2:36.68 40.11						
5.	PARENTE Leonor Peso	07	Palmela	2:36.76	+0,66	487	
	50m: 37.31 37.31 100m: 1:17.11 39.80 150m: 1:57.48 40.37 200m: 2:36.76 39.28						
6.	ALVES Sara Sofia	07	Naval Setubalense	2:37.22	+0,87	482	
	50m: 36.06 36.06 100m: 1:16.28 40.22 150m: 1:57.09 40.81 200m: 2:37.22 40.13						
7.	FERRARI Maria Carlotta	07	Gesloures	2:38.72	+0,79	469	
	50m: 37.12 37.12 100m: 1:17.44 40.32 150m: 1:58.68 41.24 200m: 2:38.72 40.04						
8.	RODRIGUES Laura Sofia	07	Juventude Atlantico	2:38.91	+0,73	467	
	50m: 37.20 37.20 100m: 1:16.94 39.74 150m: 1:57.54 40.60 200m: 2:38.91 41.37						
9.	ANTONIO Rafaela Mariano	07	Portinado	2:39.09	+0,74	466	
	50m: 36.59 36.59 100m: 1:16.66 40.07 150m: 1:58.50 41.84 200m: 2:39.09 40.59						
10.	TSHESNOVSKA Anastacia	07	Sporting	2:39.17	+0,75	465	
	50m: 37.21 37.21 100m: 1:18.62 41.41 150m: 1:59.22 40.60 200m: 2:39.17 39.95						
11.	VIANA Matilde Violante	07	Ba-Leiria	2:40.18	+0,77	456	
	50m: 37.88 37.88 100m: 1:18.18 40.30 150m: 1:59.38 41.20 200m: 2:40.18 40.80						
12.	DIOGO Ines Miranda	07	Fundacao Beatriz Santos	2:40.89	+0,75	450	
	50m: 37.51 37.51 100m: 1:17.95 40.44 150m: 1:59.61 41.66 200m: 2:40.89 41.28						
13.	CASALINHO Catarina Castro	07	Estarreja	2:41.64	+0,73	444	
	50m: 38.25 38.25 100m: 1:20.41 42.16 150m: 2:02.80 42.39 200m: 2:41.64 38.84						
14.	FERNANDES Leonor Garcia	07	O Crasto	2:41.66	+0,84	444	
	50m: 37.76 37.76 100m: 1:18.26 40.50 150m: 2:00.58 42.32 200m: 2:41.66 41.08						
15.	SANTOS Leonor Castanho	07	Sporting	2:42.41	+0,66	438	
	50m: 37.70 37.70 100m: 1:21.64 43.94 150m: 2:01.85 40.21 200m: 2:42.41 40.56						
16.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:42.91	+0,72	434	
	50m: 36.46 36.46 100m: 1:17.65 41.19 150m: 2:00.58 42.93 200m: 2:42.91 42.33						
17.	SOARES Rita Marques	07	Famalicao	2:43.32	+0,69	430	
	50m: 37.94 37.94 100m: 1:19.38 41.44 150m: 2:02.47 43.09 200m: 2:43.32 40.85						
18.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	2:43.46	+0,69	429	
	50m: 38.82 38.82 100m: 1:20.28 41.46 150m: 2:02.64 42.36 200m: 2:43.46 40.82						

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 30, Femin., 200m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	GONCALVES Valentina Jose	07	Desportivo Nacional	2:45.01	+0,79	417	
	50m: 38.79 38.79	100m: 1:20.71 41.92	150m: 2:02.90	42.19	200m: 2:45.01	42.11	
20.	ALMEIDA Rita Sacadura	07	Alges	2:46.32	+0,84	407	
	50m: 37.97 37.97	100m: 1:20.32 42.35	150m: 2:03.58	43.26	200m: 2:46.32	42.74	

Prova 30 Femin., 200m Costas Juvenis A
01/08/2021 - 17:25 Resultados

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05/04/2012

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	2:26.84	+0,68	592	
	50m: 34.18 34.18	100m: 1:11.52 37.34	150m: 1:49.83	38.31	200m: 2:26.84	37.01	
2.	CAMACHO Carolina Martins	06	Uniao Piedense	2:27.54	+0,69	584	
	50m: 34.47 34.47	100m: 1:12.05 37.58	150m: 1:49.64	37.59	200m: 2:27.54	37.90	
3.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:28.13	+0,64	577	
	50m: 34.56 34.56	100m: 1:11.86 37.30	150m: 1:50.06	38.20	200m: 2:28.13	38.07	
4.	MAGALHAES Luana Cardoso	06	Alges	2:31.35	+0,62	541	
	50m: 34.50 34.50	100m: 1:12.83 38.33	150m: 1:51.99	39.16	200m: 2:31.35	39.36	
5.	PINTO Leonor Filipa	06	Porto	2:32.58	+0,79	528	
	50m: 35.16 35.16	100m: 1:14.04 38.88	150m: 1:53.76	39.72	200m: 2:32.58	38.82	
6.	SILVA Beatriz Machado	06	Braga	2:34.57	+0,68	508	
	50m: 34.86 34.86	100m: 1:13.98 39.12	150m: 1:54.15	40.17	200m: 2:34.57	40.42	
7.	ROMAO Ana Teresa	06	Louletano/Loule Concelho	2:34.94	+0,69	504	
	50m: 35.21 35.21	100m: 1:15.39 40.18	150m: 1:56.15	40.76	200m: 2:34.94	38.79	
8.	RIGOR Maria Miguel	06	Viana Natacao	2:35.76	+0,65	496	
	50m: 36.08 36.08	100m: 1:14.79 38.71	150m: 1:55.06	40.27	200m: 2:35.76	40.70	
9.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	2:36.46	+0,75	490	
	50m: 37.13 37.13	100m: 1:16.89 39.76	150m: 1:57.05	40.16	200m: 2:36.46	39.41	
10.	DINIS Filipa Paiva	06	Ba-Leiria	2:36.87	+0,76	486	
	50m: 36.01 36.01	100m: 1:16.51 40.50	150m: 1:57.68	41.17	200m: 2:36.87	39.19	
11.	JESUS Mariana Teixeira	06	Estarreja	2:38.37	+0,69	472	
	50m: 36.42 36.42	100m: 1:16.22 39.80	150m: 1:57.82	41.60	200m: 2:38.37	40.55	
12.	SILVA Ana Francisca	06	Alcobaca	2:39.17	+0,68	465	
	50m: 37.47 37.47	100m: 1:17.56 40.09	150m: 1:58.42	40.86	200m: 2:39.17	40.75	
13.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	2:39.88	+0,80	459	
	50m: 37.43 37.43	100m: 1:17.99 40.56	150m: 1:58.45	40.46	200m: 2:39.88	41.43	
14.	COSTA Maria Jardim	06	Desportivo Nacional	2:40.61	+0,70	453	
	50m: 35.71 35.71	100m: 1:15.66 39.95	150m: 1:57.75	42.09	200m: 2:40.61	42.86	
15.	SILVA Maria Seixeira	06	Viana Natacao	2:40.77	+0,80	451	
	50m: 37.65 37.65	100m: 1:18.67 41.02	150m: 2:00.46	41.79	200m: 2:40.77	40.31	

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Prova 30, Femin., 200m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	COSTA Daniela Alexandra	06	Leixoes				

Prova 30
01/08/2021 - 17:25

Femin., 200m Costas

Juvenis [A e B]
Resultados

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05/04/2012
Rec Nac Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21/07/2017

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	2:26.84	+0,68	592	
	50m: 34.18 34.18 100m: 1:11.52 37.34 150m: 1:49.83			38.31 200m: 2:26.84		37.01	
2.	CAMACHO Carolina Martins	06	Uniao Piedense	2:27.54	+0,69	584	
	50m: 34.47 34.47 100m: 1:12.05 37.58 150m: 1:49.64			37.59 200m: 2:27.54		37.90	
3.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:28.13	+0,64	577	
	50m: 34.56 34.56 100m: 1:11.86 37.30 150m: 1:50.06			38.20 200m: 2:28.13		38.07	
4.	MAGALHAES Luana Cardoso	06	Alges	2:31.35	+0,62	541	
	50m: 34.50 34.50 100m: 1:12.83 38.33 150m: 1:51.99			39.16 200m: 2:31.35		39.36	
5.	MESQUITA Mafalda Martins	07	Famalicao	2:31.69	+0,74	537	
	50m: 36.65 36.65 100m: 1:15.54 38.89 150m: 1:54.69			39.15 200m: 2:31.69		37.00	
6.	PINTO Leonor Filipa	06	Porto	2:32.58	+0,79	528	
	50m: 35.16 35.16 100m: 1:14.04 38.88 150m: 1:53.76			39.72 200m: 2:32.58		38.82	
7.	MAGALHAES Leticia Rodrigues	07	Palmela	2:34.07	+0,66	513	
	50m: 35.72 35.72 100m: 1:14.42 38.70 150m: 1:54.78			40.36 200m: 2:34.07		39.29	
8.	SILVA Beatriz Machado	06	Braga	2:34.57	+0,68	508	
	50m: 34.86 34.86 100m: 1:13.98 39.12 150m: 1:54.15			40.17 200m: 2:34.57		40.42	
9.	ROMAO Ana Teresa	06	Louletano/Loule Concelho	2:34.94	+0,69	504	
	50m: 35.21 35.21 100m: 1:15.39 40.18 150m: 1:56.15			40.76 200m: 2:34.94		38.79	
10.	RIGOR Maria Miguel	06	Viana Natacao	2:35.76	+0,65	496	
	50m: 36.08 36.08 100m: 1:14.79 38.71 150m: 1:55.06			40.27 200m: 2:35.76		40.70	
11.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:35.82	+0,78	496	
	50m: 36.49 36.49 100m: 1:16.29 39.80 150m: 1:56.55			40.26 200m: 2:35.82		39.27	
12.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	2:36.46	+0,75	490	
	50m: 37.13 37.13 100m: 1:16.89 39.76 150m: 1:57.05			40.16 200m: 2:36.46		39.41	
13.	CONCEICAO Sara Oliveira	07	Feirense	2:36.68	+0,74	487	
	50m: 35.84 35.84 100m: 1:15.63 39.79 150m: 1:56.57			40.94 200m: 2:36.68		40.11	
14.	PARENTE Leonor Peso	07	Palmela	2:36.76	+0,66	487	
	50m: 37.31 37.31 100m: 1:17.11 39.80 150m: 1:57.48			40.37 200m: 2:36.76		39.28	
15.	DINIS Filipa Paiva	06	Ba-Leiria	2:36.87	+0,76	486	
	50m: 36.01 36.01 100m: 1:16.51 40.50 150m: 1:57.68			41.17 200m: 2:36.87		39.19	
16.	ALVES Sara Sofia	07	Naval Setubalense	2:37.22	+0,87	482	
	50m: 36.06 36.06 100m: 1:16.28 40.22 150m: 1:57.09			40.81 200m: 2:37.22		40.13	

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 30, Femin., 200m Costas, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	JESUS Mariana Teixeira 50m: 36.42 36.42	06	Estarreja	2:38.37	+0,69	472	
	100m: 1:16.22 39.80			150m: 1:57.82	41.60	200m: 2:38.37	40.55
18.	FERRARI Maria Carlotta 50m: 37.12 37.12	07	Gesloures	2:38.72	+0,79	469	
	100m: 1:17.44 40.32			150m: 1:58.68	41.24	200m: 2:38.72	40.04
19.	RODRIGUES Laura Sofia 50m: 37.20 37.20	07	Juventude Atlantico	2:38.91	+0,73	467	
	100m: 1:16.94 39.74			150m: 1:57.54	40.60	200m: 2:38.91	41.37
20.	ANTONIO Rafaela Mariano 50m: 36.59 36.59	07	Portinado	2:39.09	+0,74	466	
	100m: 1:16.66 40.07			150m: 1:58.50	41.84	200m: 2:39.09	40.59
21.	SILVA Ana Francisca 50m: 37.47 37.47	06	Alcobaca	2:39.17	+0,68	465	
	100m: 1:17.56 40.09			150m: 1:58.42	40.86	200m: 2:39.17	40.75
	TSHESNOVSKA Anastacia 50m: 37.21 37.21	07	Sporting	2:39.17	+0,75	465	
	100m: 1:18.62 41.41			150m: 1:59.22	40.60	200m: 2:39.17	39.95
23.	FERREIRA Maria Neto 50m: 37.43 37.43	06	Fundacao Beatriz Santos	2:39.88	+0,80	459	
	100m: 1:17.99 40.56			150m: 1:58.45	40.46	200m: 2:39.88	41.43
24.	VIANA Matilde Violante 50m: 37.88 37.88	07	Ba-Leiria	2:40.18	+0,77	456	
	100m: 1:18.18 40.30			150m: 1:59.38	41.20	200m: 2:40.18	40.80
25.	COSTA Maria Jardim 50m: 35.71 35.71	06	Desportivo Nacional	2:40.61	+0,70	453	
	100m: 1:15.66 39.95			150m: 1:57.75	42.09	200m: 2:40.61	42.86
26.	SILVA Maria Seixeira 50m: 37.65 37.65	06	Viana Natacao	2:40.77	+0,80	451	
	100m: 1:18.67 41.02			150m: 2:00.46	41.79	200m: 2:40.77	40.31
27.	DIOGO Ines Miranda 50m: 37.51 37.51	07	Fundacao Beatriz Santos	2:40.89	+0,75	450	
	100m: 1:17.95 40.44			150m: 1:59.61	41.66	200m: 2:40.89	41.28
28.	CASALINHO Catarina Castro 50m: 38.25 38.25	07	Estarreja	2:41.64	+0,73	444	
	100m: 1:20.41 42.16			150m: 2:02.80	42.39	200m: 2:41.64	38.84
29.	FERNANDES Leonor Garcia 50m: 37.76 37.76	07	O Crasto	2:41.66	+0,84	444	
	100m: 1:18.26 40.50			150m: 2:00.58	42.32	200m: 2:41.66	41.08
30.	SANTOS Leonor Castanho 50m: 37.70 37.70	07	Sporting	2:42.41	+0,66	438	
	100m: 1:21.64 43.94			150m: 2:01.85	40.21	200m: 2:42.41	40.56
31.	FIGUEIRA Madalena Almeida 50m: 36.46 36.46	07	Academico Viseu	2:42.91	+0,72	434	
	100m: 1:17.65 41.19			150m: 2:00.58	42.93	200m: 2:42.91	42.33
32.	SOARES Rita Marques 50m: 37.94 37.94	07	Famalicao	2:43.32	+0,69	430	
	100m: 1:19.38 41.44			150m: 2:02.47	43.09	200m: 2:43.32	40.85
33.	SOUSA Matilde Filipe 50m: 38.82 38.82	07	Nucleo Sporting da Terceira	2:43.46	+0,69	429	
	100m: 1:20.28 41.46			150m: 2:02.64	42.36	200m: 2:43.46	40.82
34.	GONCALVES Valentina Jose 50m: 38.79 38.79	07	Desportivo Nacional	2:45.01	+0,79	417	
	100m: 1:20.71 41.92			150m: 2:02.90	42.19	200m: 2:45.01	42.11
35.	ALMEIDA Rita Sacadura 50m: 37.97 37.97	07	Alges	2:46.32	+0,84	407	
	100m: 1:20.32 42.35			150m: 2:03.58	43.26	200m: 2:46.32	42.74
DNS	COSTA Daniela Alexandra	06	Leixoes				

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Prova 30, Femin., 200m Costas

Prova 30 Femin., 200m Costas Juniores
01/08/2021 - 17:25 Resultados

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02/04/2015
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07/04/2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:23.38	+0,65	636	
	50m: 32.54 32.54	100m: 1:08.57 36.03	150m: 1:46.08	37.51	200m: 2:23.38	37.30	
2.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	2:24.95	+0,63	616	
	50m: 34.33 34.33	100m: 1:10.67 36.34	150m: 1:47.93	37.26	200m: 2:24.95	37.02	
3.	EIRA Maria Carolina	05	Ginasio de Vila Real	2:25.67	+0,69	607	
	50m: 33.47 33.47	100m: 1:10.05 36.58	150m: 1:48.07	38.02	200m: 2:25.67	37.60	
4.	REIS Erica Cristina	05	Sporting	2:28.14	+0,57	577	
	50m: 34.75 34.75	100m: 1:12.07 37.32	150m: 1:50.52	38.45	200m: 2:28.14	37.62	
5.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:28.51	+0,67	572	
	50m: 33.72 33.72	100m: 1:10.12 36.40	150m: 1:48.96	38.84	200m: 2:28.51	39.55	
6.	LAGOA Carlota Macedo	05	Ba-Leiria	2:30.20	+0,68	553	
	50m: 35.42 35.42	100m: 1:14.19 38.77	150m: 1:52.50	38.31	200m: 2:30.20	37.70	
7.	CANINHAS Maria Pinto	05	Natacao do Fundao	2:30.73	+0,72	548	
	50m: 34.64 34.64	100m: 1:12.38 37.74	150m: 1:51.56	39.18	200m: 2:30.73	39.17	
8.	CAMACHO Laura Fernandes	04	Naval do Funchal	2:32.66	+0,65	527	
	50m: 35.63 35.63	100m: 1:14.01 38.38	150m: 1:53.79	39.78	200m: 2:32.66	38.87	
9.	VENTURA Barbara Cunha	05	Benfica	2:32.72	+0,78	526	
	50m: 35.46 35.46	100m: 1:13.81 38.35	150m: 1:52.87	39.06	200m: 2:32.72	39.85	
10.	GONCALVES Rita Abibe	05	Gesloures	2:32.98	+0,74	524	
	50m: 34.22 34.22	100m: 1:12.23 38.01	150m: 1:52.69	40.46	200m: 2:32.98	40.29	
11.	FERREIRA Maria Leonor	04	Desportivo Nacional	2:33.26	+0,61	521	
	50m: 34.70 34.70	100m: 1:13.26 38.56	150m: 1:53.43	40.17	200m: 2:33.26	39.83	
12.	PEREIRA Isabel dos Santos	05	Colegio Efanor	2:33.60	+0,66	517	
	50m: 34.46 34.46	100m: 1:12.97 38.51	150m: 1:53.17	40.20	200m: 2:33.60	40.43	
13.	MARTINS Ines Correia	04	Porto	2:33.90	+0,71	514	
	50m: 36.04 36.04	100m: 1:14.49 38.45	150m: 1:54.30	39.81	200m: 2:33.90	39.60	
14.	SILVA Maria Ines	05	Porto	2:34.15	+0,78	512	
	50m: 35.04 35.04	100m: 1:14.24 39.20	150m: 1:54.69	40.45	200m: 2:34.15	39.46	
15.	ESTEVENES Laura Fabiana	05	Naval de Faro	2:34.88	+0,69	505	
	50m: 35.71 35.71	100m: 1:15.17 39.46	150m: 1:55.53	40.36	200m: 2:34.88	39.35	
16.	NARCISO Susana Chanoca	04	CPCD-Povoa St Iria	2:35.47	+0,84	499	
	50m: 35.53 35.53	100m: 1:14.23 38.70	150m: 1:54.84	40.61	200m: 2:35.47	40.63	
17.	SALGADO Soraia Maria	05	Fisica de Torres Vedras	2:35.61	+0,89	498	
	50m: 33.54 33.54	100m: 1:12.55 39.01	150m: 1:54.46	41.91	200m: 2:35.61	41.15	
18.	COSTA Joana Santos	04	Galitos/ Bresimar	2:37.46	+0,67	480	
	50m: 35.59 35.59	100m: 1:14.80 39.21	150m: 1:55.89	41.09	200m: 2:37.46	41.57	



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Campeonato Nacional de Juvenis
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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 30, Femin., 200m Costas

Prova 30	Femin., 200m Costas					Absolutos
01/08/2021 - 17:25						Resultados
Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020	
Rec Nac Sen	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020	
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02/04/2015	
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07/04/2019	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	2:16.03	+0,63	745	
	50m: 32.18 32.18	100m: 1:06.58 34.40	150m: 1:41.53	34.95	200m: 2:16.03	34.50	
2.	AZEVEDO Rafaela Gomes	02	Alges	2:18.82	+0,63	701	
	50m: 31.81 31.81	100m: 1:07.48 35.67	150m: 1:43.40	35.92	200m: 2:18.82	35.42	
3.	CABRAL Maria Francisca	00	Porto	2:21.18	+0,67	666	
	50m: 33.77 33.77	100m: 1:09.57 35.80	150m: 1:45.72	36.15	200m: 2:21.18	35.46	
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	2:21.45	+0,62	663	
	50m: 32.38 32.38	100m: 1:08.00 35.62	150m: 1:45.34	37.34	200m: 2:21.45	36.11	
5.	CARDEAL Joana Nunes	02	Academico Viseu	2:21.57	+0,66	661	
	50m: 33.17 33.17	100m: 1:08.79 35.62	150m: 1:45.56	36.77	200m: 2:21.57	36.01	
6.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:23.38	+0,65	636	
	50m: 32.54 32.54	100m: 1:08.57 36.03	150m: 1:46.08	37.51	200m: 2:23.38	37.30	
7.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	2:24.95	+0,63	616	
	50m: 34.33 34.33	100m: 1:10.67 36.34	150m: 1:47.93	37.26	200m: 2:24.95	37.02	
8.	EIRA Maria Carolina	05	Ginasio de Vila Real	2:25.67	+0,69	607	
	50m: 33.47 33.47	100m: 1:10.05 36.58	150m: 1:48.07	38.02	200m: 2:25.67	37.60	
9.	REIS Erica Cristina	05	Sporting	2:28.14	+0,57	577	
	50m: 34.75 34.75	100m: 1:12.07 37.32	150m: 1:50.52	38.45	200m: 2:28.14	37.62	
10.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:28.51	+0,67	572	
	50m: 33.72 33.72	100m: 1:10.12 36.40	150m: 1:48.96	38.84	200m: 2:28.51	39.55	
11.	MARQUES Mariana Nunes	03	Estarreja	2:29.71	+0,55	559	
	50m: 34.12 34.12	100m: 1:11.90 37.78	150m: 1:50.96	39.06	200m: 2:29.71	38.75	
12.	RODRIGUES Luana Correia	01	Belenenses	2:29.91	+0,56	557	
	50m: 34.84 34.84	100m: 1:12.90 38.06	150m: 1:51.64	38.74	200m: 2:29.91	38.27	
13.	LAGOA Carlota Macedo	05	Ba-Leiria	2:30.20	+0,68	553	
	50m: 35.42 35.42	100m: 1:14.19 38.77	150m: 1:52.50	38.31	200m: 2:30.20	37.70	
14.	CANINHAS Maria Pinto	05	Natacao do Fundao	2:30.73	+0,72	548	
	50m: 34.64 34.64	100m: 1:12.38 37.74	150m: 1:51.56	39.18	200m: 2:30.73	39.17	
15.	NUNES Sofia Alexandra	00	Laranjeiro	2:31.87	+0,67	535	
	50m: 34.59 34.59	100m: 1:13.49 38.90	150m: 1:52.58	39.09	200m: 2:31.87	39.29	
16.	ARMAS Maria Ornelas	98	Vikings	2:32.45	+0,67	529	
	50m: 34.20 34.20	100m: 1:12.21 38.01	150m: 1:52.21	40.00	200m: 2:32.45	40.24	
17.	CAMACHO Laura Fernandes	04	Naval do Funchal	2:32.66	+0,65	527	
	50m: 35.63 35.63	100m: 1:14.01 38.38	150m: 1:53.79	39.78	200m: 2:32.66	38.87	

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
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Prova 30, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	VENTURA Barbara Cunha 50m: 35.46 35.46	05	Benfica	2:32.72 100m: 1:13.81 38.35 150m: 1:52.87 39.06	+0,78	526	39.85
19.	GONCALVES Rita Abibe 50m: 34.22 34.22	05	Gesloures	2:32.98 100m: 1:12.23 38.01 150m: 1:52.69 40.46	+0,74	524	40.29
20.	FERREIRA Maria Leonor 50m: 34.70 34.70	04	Desportivo Nacional	2:33.26 100m: 1:13.26 38.56 150m: 1:53.43 40.17	+0,61	521	39.83
21.	SOARES Ines Apolinario 50m: 35.15 35.15	03	Pimpoes/Cimai	2:33.50 100m: 1:14.02 38.87 150m: 1:54.31 40.29	+0,59	518	39.19
22.	PEREIRA Isabel dos Santos 50m: 34.46 34.46	05	Colegio Efanor	2:33.60 100m: 1:12.97 38.51 150m: 1:53.17 40.20	+0,66	517	40.43
23.	MARTINS Ines Correia 50m: 36.04 36.04	04	Porto	2:33.90 100m: 1:14.49 38.45 150m: 1:54.30 39.81	+0,71	514	39.60
24.	SILVA Maria Ines 50m: 35.04 35.04	05	Porto	2:34.15 100m: 1:14.24 39.20 150m: 1:54.69 40.45	+0,78	512	39.46
25.	ESTEVENS Laura Fabiana 50m: 35.71 35.71	05	Naval de Faro	2:34.88 100m: 1:15.17 39.46 150m: 1:55.53 40.36	+0,69	505	39.35
26.	NARCISO Susana Chanoca 50m: 35.53 35.53	04	CPCD-Povoa St Iria	2:35.47 100m: 1:14.23 38.70 150m: 1:54.84 40.61	+0,84	499	40.63
27.	SALGADO Soraia Maria 50m: 33.54 33.54	05	Fisica de Torres Vedras	2:35.61 100m: 1:12.55 39.01 150m: 1:54.46 41.91	+0,89	498	41.15
28.	COSTA Joana Santos 50m: 35.59 35.59	04	Galitos/ Bresimar	2:37.46 100m: 1:14.80 39.21 150m: 1:55.89 41.09	+0,67	480	41.57
DNS	FRISCHKNECHT Rita Barros	98	Individual ANL				

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Prova 30, Femin., 200m Costas

Prova 30 Femin., 200m Costas Open
01/08/2021 - 17:25 Resultados

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Sen	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02/04/2015
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07/04/2019
Rec Nac Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05/04/2012
Rec Nac Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21/07/2017
Rec Nac Inf A	2:23.57	AZEVEDO Rafaela Gomes	POR	Genova (ITA)	20/06/2015
Rec Nac Inf B	2:33.03	SOUSA Keissy Joselin	FCP	Famalicao	27/07/1997

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	2:16.03	+0,63	745	
	50m: 32.18 32.18 100m: 1:06.58 34.40 150m: 1:41.53			34.95 200m: 2:16.03		34.50	
2.	AZEVEDO Rafaela Gomes	02	Alges	2:18.82	+0,63	701	
	50m: 31.81 31.81 100m: 1:07.48 35.67 150m: 1:43.40			35.92 200m: 2:18.82		35.42	
3.	CABRAL Maria Francisca	00	Porto	2:21.18	+0,67	666	
	50m: 33.77 33.77 100m: 1:09.57 35.80 150m: 1:45.72			36.15 200m: 2:21.18		35.46	
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	2:21.45	+0,62	663	
	50m: 32.38 32.38 100m: 1:08.00 35.62 150m: 1:45.34			37.34 200m: 2:21.45		36.11	
5.	CARDEAL Joana Nunes	02	Academico Viseu	2:21.57	+0,66	661	
	50m: 33.17 33.17 100m: 1:08.79 35.62 150m: 1:45.56			36.77 200m: 2:21.57		36.01	
6.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:23.38	+0,65	636	
	50m: 32.54 32.54 100m: 1:08.57 36.03 150m: 1:46.08			37.51 200m: 2:23.38		37.30	
7.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	2:24.95	+0,63	616	
	50m: 34.33 34.33 100m: 1:10.67 36.34 150m: 1:47.93			37.26 200m: 2:24.95		37.02	
8.	EIRA Maria Carolina	05	Ginasio de Vila Real	2:25.67	+0,69	607	
	50m: 33.47 33.47 100m: 1:10.05 36.58 150m: 1:48.07			38.02 200m: 2:25.67		37.60	
9.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	2:26.84	+0,68	592	
	50m: 34.18 34.18 100m: 1:11.52 37.34 150m: 1:49.83			38.31 200m: 2:26.84		37.01	
10.	CAMACHO Carolina Martins	06	Uniao Piedense	2:27.54	+0,69	584	
	50m: 34.47 34.47 100m: 1:12.05 37.58 150m: 1:49.64			37.59 200m: 2:27.54		37.90	
11.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:28.13	+0,64	577	
	50m: 34.56 34.56 100m: 1:11.86 37.30 150m: 1:50.06			38.20 200m: 2:28.13		38.07	
12.	REIS Erica Cristina	05	Sporting	2:28.14	+0,57	577	
	50m: 34.75 34.75 100m: 1:12.07 37.32 150m: 1:50.52			38.45 200m: 2:28.14		37.62	
13.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:28.51	+0,67	572	
	50m: 33.72 33.72 100m: 1:10.12 36.40 150m: 1:48.96			38.84 200m: 2:28.51		39.55	
14.	MARQUES Mariana Nunes	03	Estarreja	2:29.71	+0,55	559	
	50m: 34.12 34.12 100m: 1:11.90 37.78 150m: 1:50.96			39.06 200m: 2:29.71		38.75	
15.	RODRIGUES Luana Correia	01	Belenenses	2:29.91	+0,56	557	
	50m: 34.84 34.84 100m: 1:12.90 38.06 150m: 1:51.64			38.74 200m: 2:29.91		38.27	
16.	LAGOA Carlota Macedo	05	Ba-Leiria	2:30.20	+0,68	553	
	50m: 35.42 35.42 100m: 1:14.19 38.77 150m: 1:52.50			38.31 200m: 2:30.20		37.70	

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Prova 30, Femin., 200m Costas, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CANINHAS Maria Pinto 50m: 34.64 34.64 100m: 1:12.38 37.74 150m: 1:51.56	05	Natacao do Fundao	2:30.73	+0,72	548	39.18 200m: 2:30.73 39.17
18.	MAGALHAES Luana Cardoso 50m: 34.50 34.50 100m: 1:12.83 38.33 150m: 1:51.99	06	Alges	2:31.35	+0,62	541	39.16 200m: 2:31.35 39.36
19.	MESQUITA Mafalda Martins 50m: 36.65 36.65 100m: 1:15.54 38.89 150m: 1:54.69	07	Famalicao	2:31.69	+0,74	537	39.15 200m: 2:31.69 37.00
20.	NUNES Sofia Alexandra 50m: 34.59 34.59 100m: 1:13.49 38.90 150m: 1:52.58	00	Laranjeiro	2:31.87	+0,67	535	39.09 200m: 2:31.87 39.29
21.	ARMAS Maria Ornelas 50m: 34.20 34.20 100m: 1:12.21 38.01 150m: 1:52.21	98	Vikings	2:32.45	+0,67	529	40.00 200m: 2:32.45 40.24
22.	PINTO Leonor Filipa 50m: 35.16 35.16 100m: 1:14.04 38.88 150m: 1:53.76	06	Porto	2:32.58	+0,79	528	39.72 200m: 2:32.58 38.82
23.	CAMACHO Laura Fernandes 50m: 35.63 35.63 100m: 1:14.01 38.38 150m: 1:53.79	04	Naval do Funchal	2:32.66	+0,65	527	39.78 200m: 2:32.66 38.87
24.	VENTURA Barbara Cunha 50m: 35.46 35.46 100m: 1:13.81 38.35 150m: 1:52.87	05	Benfica	2:32.72	+0,78	526	39.06 200m: 2:32.72 39.85
25.	GONCALVES Rita Abibe 50m: 34.22 34.22 100m: 1:12.23 38.01 150m: 1:52.69	05	Gesloures	2:32.98	+0,74	524	40.46 200m: 2:32.98 40.29
26.	FERREIRA Maria Leonor 50m: 34.70 34.70 100m: 1:13.26 38.56 150m: 1:53.43	04	Desportivo Nacional	2:33.26	+0,61	521	40.17 200m: 2:33.26 39.83
27.	SOARES Ines Apolinario 50m: 35.15 35.15 100m: 1:14.02 38.87 150m: 1:54.31	03	Pimpoes/Cimai	2:33.50	+0,59	518	40.29 200m: 2:33.50 39.19
28.	PEREIRA Isabel dos Santos 50m: 34.46 34.46 100m: 1:12.97 38.51 150m: 1:53.17	05	Colegio Efanor	2:33.60	+0,66	517	40.20 200m: 2:33.60 40.43
29.	MARTINS Ines Correia 50m: 36.04 36.04 100m: 1:14.49 38.45 150m: 1:54.30	04	Porto	2:33.90	+0,71	514	39.81 200m: 2:33.90 39.60
30.	MAGALHAES Leticia Rodrigues 50m: 35.72 35.72 100m: 1:14.42 38.70 150m: 1:54.78	07	Palmela	2:34.07	+0,66	513	40.36 200m: 2:34.07 39.29
31.	SILVA Maria Ines 50m: 35.04 35.04 100m: 1:14.24 39.20 150m: 1:54.69	05	Porto	2:34.15	+0,78	512	40.45 200m: 2:34.15 39.46
32.	SILVA Beatriz Machado 50m: 34.86 34.86 100m: 1:13.98 39.12 150m: 1:54.15	06	Braga	2:34.57	+0,68	508	40.17 200m: 2:34.57 40.42
33.	ESTEVENES Laura Fabiana 50m: 35.71 35.71 100m: 1:15.17 39.46 150m: 1:55.53	05	Naval de Faro	2:34.88	+0,69	505	40.36 200m: 2:34.88 39.35
34.	ROMAO Ana Teresa 50m: 35.21 35.21 100m: 1:15.39 40.18 150m: 1:56.15	06	Louletano/Loule Concelho	2:34.94	+0,69	504	40.76 200m: 2:34.94 38.79
35.	NARCISO Susana Chanoca 50m: 35.53 35.53 100m: 1:14.23 38.70 150m: 1:54.84	04	CPCD-Povoa St Iria	2:35.47	+0,84	499	40.61 200m: 2:35.47 40.63
36.	SALGADO Soraia Maria 50m: 33.54 33.54 100m: 1:12.55 39.01 150m: 1:54.46	05	Fisica de Torres Vedras	2:35.61	+0,89	498	41.91 200m: 2:35.61 41.15

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Prova 30, Femin., 200m Costas, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	RIGOR Maria Miguel 50m: 36.08 36.08	06	Viana Natacao	2:35.76 40.27 200m: 2:35.76	+0,65	496	40.70
38.	SIMOES Dania Rodrigues 50m: 36.49 36.49	07	Louzan Natacao/EFAPEL	2:35.82 40.26 200m: 2:35.82	+0,78	496	39.27
39.	RAMOS Joana Barbas 50m: 37.13 37.13	06	Gafanha da Encarnacao	2:36.46 40.16 200m: 2:36.46	+0,75	490	39.41
40.	CONCEICAO Sara Oliveira 50m: 35.84 35.84	07	Feirense	2:36.68 40.94 200m: 2:36.68	+0,74	487	40.11
41.	PARENTE Leonor Peso 50m: 37.31 37.31	07	Palmela	2:36.76 40.37 200m: 2:36.76	+0,66	487	39.28
42.	DINIS Filipa Paiva 50m: 36.01 36.01	06	Ba-Leiria	2:36.87 41.17 200m: 2:36.87	+0,76	486	39.19
43.	ALVES Sara Sofia 50m: 36.06 36.06	07	Naval Setubalense	2:37.22 40.81 200m: 2:37.22	+0,87	482	40.13
44.	COSTA Joana Santos 50m: 35.59 35.59	04	Galitos/ Bresimar	2:37.46 41.09 200m: 2:37.46	+0,67	480	41.57
45.	JESUS Mariana Teixeira 50m: 36.42 36.42	06	Estarreja	2:38.37 41.60 200m: 2:38.37	+0,69	472	40.55
46.	FERRARI Maria Carlotta 50m: 37.12 37.12	07	Gesloures	2:38.72 41.24 200m: 2:38.72	+0,79	469	40.04
47.	RODRIGUES Laura Sofia 50m: 37.20 37.20	07	Juventude Atlantico	2:38.91 40.60 200m: 2:38.91	+0,73	467	41.37
48.	ANTONIO Rafaela Mariano 50m: 36.59 36.59	07	Portinado	2:39.09 41.84 200m: 2:39.09	+0,74	466	40.59
49.	SILVA Ana Francisca 50m: 37.47 37.47	06	Alcobaca	2:39.17 40.86 200m: 2:39.17	+0,68	465	40.75
	TSHESNOVSKA Anastacia 50m: 37.21 37.21	07	Sporting	2:39.17 40.60 200m: 2:39.17	+0,75	465	39.95
51.	FERREIRA Maria Neto 50m: 37.43 37.43	06	Fundacao Beatriz Santos	2:39.88 40.46 200m: 2:39.88	+0,80	459	41.43
52.	VIANA Matilde Violante 50m: 37.88 37.88	07	Ba-Leiria	2:40.18 41.20 200m: 2:40.18	+0,77	456	40.80
53.	COSTA Maria Jardim 50m: 35.71 35.71	06	Desportivo Nacional	2:40.61 42.09 200m: 2:40.61	+0,70	453	42.86
54.	SILVA Maria Seixeira 50m: 37.65 37.65	06	Viana Natacao	2:40.77 41.79 200m: 2:40.77	+0,80	451	40.31
55.	DIOGO Ines Miranda 50m: 37.51 37.51	07	Fundacao Beatriz Santos	2:40.89 41.66 200m: 2:40.89	+0,75	450	41.28
56.	CASALINHO Catarina Castro 50m: 38.25 38.25	07	Estarreja	2:41.64 42.39 200m: 2:41.64	+0,73	444	38.84

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Prova 30, Femin., 200m Costas, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	FERNANDES Leonor Garcia	07	O Crasto	2:41.66	+0,84	444	
	50m: 37.76 37.76 100m: 1:18.26 40.50 150m: 2:00.58 42.32 200m: 2:41.66 41.08						
58.	SANTOS Leonor Castanho	07	Sporting	2:42.41	+0,66	438	
	50m: 37.70 37.70 100m: 1:21.64 43.94 150m: 2:01.85 40.21 200m: 2:42.41 40.56						
59.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:42.91	+0,72	434	
	50m: 36.46 36.46 100m: 1:17.65 41.19 150m: 2:00.58 42.93 200m: 2:42.91 42.33						
60.	SOARES Rita Marques	07	Famalicao	2:43.32	+0,69	430	
	50m: 37.94 37.94 100m: 1:19.38 41.44 150m: 2:02.47 43.09 200m: 2:43.32 40.85						
61.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	2:43.46	+0,69	429	
	50m: 38.82 38.82 100m: 1:20.28 41.46 150m: 2:02.64 42.36 200m: 2:43.46 40.82						
62.	GONCALVES Valentina Jose	07	Desportivo Nacional	2:45.01	+0,79	417	
	50m: 38.79 38.79 100m: 1:20.71 41.92 150m: 2:02.90 42.19 200m: 2:45.01 42.11						
63.	ALMEIDA Rita Sacadura	07	Alges	2:46.32	+0,84	407	
	50m: 37.97 37.97 100m: 1:20.32 42.35 150m: 2:03.58 43.26 200m: 2:46.32 42.74						
DNS	BURRI Valentina	03	Schwimm-Klub Bern				
DNS	FRISCHKNECHT Rita Barros	98	Individual ANL				
DNS	COSTA Daniela Alexandra	06	Leixoes				

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