

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)  
Rio Maior, 29 e 30 de Maio de 2021

Prova 22  
30-05-2021 - 10:05

Femin., 200m Bra os

Absolutos  
Resultados

RN50 Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25-07-2019
RN50 Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25-07-2019
RN50 Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
RN50 Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005
RN50 Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004
RN50 Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003

TAC Sen19+ 50m: 2:48.13 - 25m: 2:42.69; Sen18 50m: 2:53.37 - 25m: 2:48.59; Jun17 50m: 2:54.23 - 25m: 2:49.43; Jun16 50m: 3:00.68 - 25m: 2:54.45; Juv A 50m: 3:04.52 - 25m: 2:59.14; Juv B 50m: 3:08.03 - 25m: 3:02.55

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
<b>Juvenis B</b>							
1.	BERGAMO Emma Aguiar	07	Alges	<b>2:50.82</b>		540	
	50m: 38.29 38.29	100m: 1:21.45	43.16	150m: 2:06.68	45.23	200m: 2:50.82	44.14
2.	SANTOS Rita Machita	07	Naval Setubalense	<b>2:51.77</b>		531	
	50m: 39.48 39.48	100m: 1:22.80	43.32	150m: 2:07.40	44.60	200m: 2:51.77	44.37
3.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	<b>2:53.44</b>		515	
	50m: 38.33 38.33	100m: 1:22.38	44.05	150m: 2:07.80	45.42	200m: 2:53.44	45.64
4.	RODRIGUES Laura Sofia	07	Juventude Atlantico	<b>2:53.92</b>		511	
	50m: 39.29 39.29	100m: 1:22.63	43.34	150m: 2:08.76	46.13	200m: 2:53.92	45.16
5.	MAGALHAES Leticia Rodrigues	07	Palmela	<b>2:55.46</b>		498	
	50m: 39.58 39.58	100m: 1:24.93	45.35	150m: 2:10.63	45.70	200m: 2:55.46	44.83
6.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	<b>2:55.96</b>		494	
	50m: 40.26 40.26	100m: 1:24.61	44.35	150m: 2:10.42	45.81	200m: 2:55.96	45.54
7.	BERNAT Elena Del Rio	07	Alges	<b>2:57.07</b>		484	
	50m: 41.47 41.47	100m: 1:25.78	44.31	150m: 2:11.64	45.86	200m: 2:57.07	45.43
8.	DURAO Alice Gomes	07	Benfica	<b>3:03.54</b>		435	
	50m: 41.62 41.62	100m: 1:28.57	46.95	150m: 2:17.21	48.64	200m: 3:03.54	46.33
9.	RODRIGUES Leonor Carreiro	07	Benfica	<b>3:04.28</b>		430	
	50m: 40.60 40.60	100m: 1:26.79	46.19	150m: 2:15.25	48.46	200m: 3:04.28	49.03
10.	FRISCHKNECHT Matilde Anjos	07	Naval Setubalense	<b>3:06.78</b>		413	
	50m: 42.81 42.81	100m: 1:30.35	47.54	150m: 2:19.10	48.75	200m: 3:06.78	47.68
11.	GONCALVES Valentina Jose	07	Desportivo Nacional	<b>3:06.81</b>		412	
	50m: 39.81 39.81	100m: 1:26.38	46.57	150m: 2:16.06	49.68	200m: 3:06.81	50.75
12.	SOUSA Ines Tonel	07	Naval Praia da Vitoria	<b>3:07.50</b>		408	
	50m: 41.29 41.29	100m: 1:29.10	47.81	150m: 2:18.70	49.60	200m: 3:07.50	48.80
13.	SIMOES Ana Madalena	07	Geslours	<b>3:10.62</b>		388	
	50m: 42.38 42.38	100m: 1:30.59	48.21	150m: 2:20.81	50.22	200m: 3:10.62	49.81

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)  
Rio Maior, 29 e 30 de Maio de 2021

Prova 22, Femin., 200m Bru os, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DNS	MATEUS Clarisse Vieira	07	Desportivo Nacional				
DNS	ESTEVES Maria Leonor	07	Nautico Marinha Grande				

Juvenis A

1.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	<b>2:51.74</b>		531	
	50m: 39.78 39.78 100m: 1:23.88 44.10 150m: 2:08.31 44.43 200m: 2:51.74 43.43						
2.	ANTUNES Rebeca Leonor	06	Alges	<b>2:52.61</b>		523	
	50m: 37.53 37.53 100m: 1:21.05 43.52 150m: 2:07.25 46.20 200m: 2:52.61 45.36						
3.	MORAGAS Marta Infante	06	Louletano / Loule Concelho	<b>2:55.10</b>		501	
	50m: 39.07 39.07 100m: 1:23.92 44.85 150m: 2:09.64 45.72 200m: 2:55.10 45.46						
4.	BRIZIDA Filipa Roma	06	Ba-Leiria	<b>2:55.52</b>		497	
	50m: 39.31 39.31 100m: 1:24.35 45.04 150m: 2:10.76 46.41 200m: 2:55.52 44.76						
5.	BELO Catarina Machado	06	Benedita	<b>2:56.33</b>		491	
	50m: 40.01 40.01 100m: 1:24.77 44.76 150m: 2:10.78 46.01 200m: 2:56.33 45.55						
6.	SA Madalena Correia	06	Geslourses	<b>2:56.44</b>		490	
	50m: 41.04 41.04 100m: 1:26.15 45.11 150m: 2:12.09 45.94 200m: 2:56.44 44.35						
7.	ALVES Maria Madalena	06	Ba-Leiria	<b>2:56.64</b>		488	
	50m: 41.08 41.08 100m: 1:24.33 43.25 150m: 2:10.49 46.16 200m: 2:56.64 46.15						
8.	LOPES Matilde Nunes	06	Benfica	<b>2:56.68</b>		488	
	50m: 39.57 39.57 100m: 1:24.33 44.76 150m: 2:09.43 45.10 200m: 2:56.68 47.25						
9.	FERREIRA Francisca Santos	06	Alges	<b>2:56.83</b>		486	
	50m: 39.19 39.19 100m: 1:24.14 44.95 150m: 2:10.63 46.49 200m: 2:56.83 46.20						
10.	DEUS Ines Portugal	06	Naval do Funchal	<b>3:00.08</b>		460	
	50m: 40.51 40.51 100m: 1:25.77 45.26 150m: 2:12.98 47.21 200m: 3:00.08 47.10						
11.	SERRA Rita Joao	06	Vikings	<b>3:00.89</b>		454	
	50m: 39.63 39.63 100m: 1:24.80 45.17 150m: 2:12.75 47.95 200m: 3:00.89 48.14						
12.	GAMA Beatriz Fernandes	06	Sporting	<b>3:03.54</b>		435	
	50m: 40.43 40.43 100m: 1:26.73 46.30 150m: 2:15.41 48.68 200m: 3:03.54 48.13						
13.	DELGADO Irene Escot	06	Louletano / Loule Concelho	<b>3:06.10</b>		417	
	50m: 41.57 41.57 100m: 1:28.64 47.07 150m: 2:17.25 48.61 200m: 3:06.10 48.85						
14.	CALDES Ana Sofia	06	Elvense	<b>3:06.15</b>		417	
	50m: 40.55 40.55 100m: 1:27.03 46.48 150m: 2:16.53 49.50 200m: 3:06.15 49.62						
15.	SEQUEIRA Beatriz Meneses	06	Naval do Funchal	<b>3:07.16</b>		410	
	50m: 41.12 41.12 100m: 1:27.86 46.74 150m: 2:17.86 50.00 200m: 3:07.16 49.30						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)  
Rio Maior, 29 e 30 de Maio de 2021

Prova 22, Femin., 200m Bru os, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
16.	DIAS Salome Silva	06	CCDSerta	<b>3:08.21</b>		403	
	50m: 41.97 41.97	100m: 1:29.76	47.79 150m: 2:19.60	49.84 200m: 3:08.21		48.61	

Juniores

1.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:38.09</b>		681	
	50m: 35.59 35.59	100m: 1:14.39	38.80 150m: 1:55.86	41.47 200m: 2:38.09		42.23	
2.	NUNES Margarida Domingues	05	Sporting	<b>2:41.37</b>		640	
	50m: 36.88 36.88	100m: 1:17.56	40.68 150m: 1:59.24	41.68 200m: 2:41.37		42.13	
3.	DOMINGUEZ Marta Recio	04	Louletano / Loule Concelho	<b>2:46.09</b>		587	
	50m: 37.52 37.52	100m: 1:19.71	42.19 150m: 2:03.02	43.31 200m: 2:46.09		43.07	
4.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>2:46.51</b>		583	
	50m: 36.01 36.01	100m: 1:17.40	41.39 150m: 2:01.32	43.92 200m: 2:46.51		45.19	
5.	ESTEVENES Laura Fabiana	05	Naval de Faro	<b>2:47.09</b>		577	
	50m: 38.08 38.08	100m: 1:20.21	42.13 150m: 2:03.05	42.84 200m: 2:47.09		44.04	
6.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>2:50.42</b>		543	
	50m: 37.63 37.63	100m: 1:20.61	42.98 150m: 2:05.07	44.46 200m: 2:50.42		45.35	
7.	FRANCO Barbara Garrido	04	Elvense	<b>2:51.56</b>		533	
	50m: 38.85 38.85	100m: 1:22.60	43.75 150m: 2:07.41	44.81 200m: 2:51.56		44.15	
8.	REIS Juliana Branco	05	Alcobaca	<b>2:52.40</b>		525	
	50m: 38.19 38.19	100m: 1:22.08	43.89 150m: 2:07.27	45.19 200m: 2:52.40		45.13	
9.	DOMINGOS Marta Pereira	04	Uniao Piedense	<b>2:54.12</b>		509	
	50m: 38.79 38.79	100m: 1:23.27	44.48 150m: 2:08.85	45.58 200m: 2:54.12		45.27	
10.	MORAIS Margarida Mateus	04	Torres Novas	<b>2:54.18</b>		509	
	50m: 38.29 38.29	100m: 1:21.99	43.70 150m: 2:07.71	45.72 200m: 2:54.18		46.47	
11.	VARGAS Maria Carolina	05	Benfica	<b>2:57.09</b>		484	
	50m: 41.17 41.17	100m: 1:26.08	44.91 150m: 2:11.76	45.68 200m: 2:57.09		45.33	
12.	FERNANDES Maria Teresa	05	Alges	<b>2:59.49</b>		465	
	50m: 40.65 40.65	100m: 1:27.05	46.40 150m: 2:14.18	47.13 200m: 2:59.49		45.31	
13.	ENGELEN Zoe	05	Louletano / Loule Concelho	<b>3:00.09</b>		460	
	50m: 41.13 41.13	100m: 1:27.81	46.68 150m: 2:15.05	47.24 200m: 3:00.09		45.04	
14.	SILVEIRA Sofia Pereira	05	Bombeiros Ponta Delgada	<b>3:03.53</b>		435	
	50m: 41.30 41.30	100m: 1:27.15	45.85 150m: 2:14.98	47.83 200m: 3:03.53		48.55	
15.	DELGADO Soraia Alexandra	05	Sporting	<b>3:04.08</b>		431	
	50m: 42.23 42.23	100m: 1:28.11	45.88 150m: 2:15.68	47.57 200m: 3:04.08		48.40	

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Prova 22, Femin., 200m Bruços, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
16.	PIRES Laura Joao	05	Natacao do Fundao	<b>3:08.55</b>		401	
	50m: 42.20 42.20	100m: 1:29.79	47.59 150m: 2:18.76	48.97 200m: 3:08.55		49.79	

Absolutos

1.	CERDEIRA Madalena Reis	03	Sporting	<b>2:35.01</b>		722	
	50m: 35.75 35.75	100m: 1:14.54	38.79 150m: 1:56.08	41.54 200m: 2:35.01		38.93	
2.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:38.09</b>		681	
	50m: 35.59 35.59	100m: 1:14.39	38.80 150m: 1:55.86	41.47 200m: 2:38.09		42.23	
3.	NUNES Margarida Domingues	05	Sporting	<b>2:41.37</b>		640	
	50m: 36.88 36.88	100m: 1:17.56	40.68 150m: 1:59.24	41.68 200m: 2:41.37		42.13	
4.	DOMINGUEZ Marta Recio	04	Louletano / Loule Concelho	<b>2:46.09</b>		587	
	50m: 37.52 37.52	100m: 1:19.71	42.19 150m: 2:03.02	43.31 200m: 2:46.09		43.07	
5.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>2:46.51</b>		583	
	50m: 36.01 36.01	100m: 1:17.40	41.39 150m: 2:01.32	43.92 200m: 2:46.51		45.19	
6.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>2:47.09</b>		577	
	50m: 38.08 38.08	100m: 1:20.21	42.13 150m: 2:03.05	42.84 200m: 2:47.09		44.04	
7.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>2:50.42</b>		543	
	50m: 37.63 37.63	100m: 1:20.61	42.98 150m: 2:05.07	44.46 200m: 2:50.42		45.35	
8.	BERGAMO Emma Aguiar	07	Alges	<b>2:50.82</b>		540	
	50m: 38.29 38.29	100m: 1:21.45	43.16 150m: 2:06.68	45.23 200m: 2:50.82		44.14	
9.	FRANCO Barbara Garrido	04	Elvense	<b>2:51.56</b>		533	
	50m: 38.85 38.85	100m: 1:22.60	43.75 150m: 2:07.41	44.81 200m: 2:51.56		44.15	
10.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	<b>2:51.74</b>		531	
	50m: 39.78 39.78	100m: 1:23.88	44.10 150m: 2:08.31	44.43 200m: 2:51.74		43.43	
11.	SANTOS Rita Machita	07	Naval Setubalense	<b>2:51.77</b>		531	
	50m: 39.48 39.48	100m: 1:22.80	43.32 150m: 2:07.40	44.60 200m: 2:51.77		44.37	
12.	REIS Juliana Branco	05	Alcobaca	<b>2:52.40</b>		525	
	50m: 38.19 38.19	100m: 1:22.08	43.89 150m: 2:07.27	45.19 200m: 2:52.40		45.13	
13.	ANTUNES Rebeca Leonor	06	Alges	<b>2:52.61</b>		523	
	50m: 37.53 37.53	100m: 1:21.05	43.52 150m: 2:07.25	46.20 200m: 2:52.61		45.36	
14.	LEITAO Rita Fernandes	96	Natacao de Lisboa	<b>2:52.80</b>		521	
	50m: 39.08 39.08	100m: 1:22.92	43.84 150m: 2:08.04	45.12 200m: 2:52.80		44.76	
15.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	<b>2:53.44</b>		515	
	50m: 38.33 38.33	100m: 1:22.38	44.05 150m: 2:07.80	45.42 200m: 2:53.44		45.64	

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Rio Maior, 29 e 30 de Maio de 2021

Prova 22, Femin., 200m Bru os, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
16.	RODRIGUES Laura Sofia	07	Juventude Atlantico	<b>2:53.92</b>		511	
	50m: 39.29 39.29	100m: 1:22.63	43.34	150m: 2:08.76	46.13	200m: 2:53.92	45.16
17.	DOMINGOS Marta Pereira	04	Uniao Piedense	<b>2:54.12</b>		509	
	50m: 38.79 38.79	100m: 1:23.27	44.48	150m: 2:08.85	45.58	200m: 2:54.12	45.27
18.	MORAIS Margarida Mateus	04	Torres Novas	<b>2:54.18</b>		509	
	50m: 38.29 38.29	100m: 1:21.99	43.70	150m: 2:07.71	45.72	200m: 2:54.18	46.47
19.	SILVA Natacha Sofia	02	Benfica	<b>2:55.03</b>		502	
	50m: 40.21 40.21	100m: 1:24.55	44.34	150m: 2:09.89	45.34	200m: 2:55.03	45.14
20.	MORAGAS Marta Infante	06	Louletano / Loule Concelho	<b>2:55.10</b>		501	
	50m: 39.07 39.07	100m: 1:23.92	44.85	150m: 2:09.64	45.72	200m: 2:55.10	45.46
21.	MAGALHAES Leticia Rodrigues	07	Palmela	<b>2:55.46</b>		498	
	50m: 39.58 39.58	100m: 1:24.93	45.35	150m: 2:10.63	45.70	200m: 2:55.46	44.83
22.	BRIZIDA Filipa Roma	06	Ba-Leiria	<b>2:55.52</b>		497	
	50m: 39.31 39.31	100m: 1:24.35	45.04	150m: 2:10.76	46.41	200m: 2:55.52	44.76
23.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	<b>2:55.96</b>		494	
	50m: 40.26 40.26	100m: 1:24.61	44.35	150m: 2:10.42	45.81	200m: 2:55.96	45.54
24.	BELO Catarina Machado	06	Benedita	<b>2:56.33</b>		491	
	50m: 40.01 40.01	100m: 1:24.77	44.76	150m: 2:10.78	46.01	200m: 2:56.33	45.55
25.	SA Madalena Correa	06	Geslours	<b>2:56.44</b>		490	
	50m: 41.04 41.04	100m: 1:26.15	45.11	150m: 2:12.09	45.94	200m: 2:56.44	44.35
26.	ALVES Maria Madalena	06	Ba-Leiria	<b>2:56.64</b>		488	
	50m: 41.08 41.08	100m: 1:24.33	43.25	150m: 2:10.49	46.16	200m: 2:56.64	46.15
27.	LOPES Matilde Nunes	06	Benfica	<b>2:56.68</b>		488	
	50m: 39.57 39.57	100m: 1:24.33	44.76	150m: 2:09.43	45.10	200m: 2:56.68	47.25
28.	FERREIRA Francisca Santos	06	Alges	<b>2:56.83</b>		486	
	50m: 39.19 39.19	100m: 1:24.14	44.95	150m: 2:10.63	46.49	200m: 2:56.83	46.20
29.	BERNAT Elena Del Rio	07	Alges	<b>2:57.07</b>		484	
	50m: 41.47 41.47	100m: 1:25.78	44.31	150m: 2:11.64	45.86	200m: 2:57.07	45.43
30.	VARGAS Maria Carolina	05	Benfica	<b>2:57.09</b>		484	
	50m: 41.17 41.17	100m: 1:26.08	44.91	150m: 2:11.76	45.68	200m: 2:57.09	45.33
31.	FERNANDES Maria Teresa	05	Alges	<b>2:59.49</b>		465	
	50m: 40.65 40.65	100m: 1:27.05	46.40	150m: 2:14.18	47.13	200m: 2:59.49	45.31
32.	DEUS Ines Portugal	06	Naval do Funchal	<b>3:00.08</b>		460	
	50m: 40.51 40.51	100m: 1:25.77	45.26	150m: 2:12.98	47.21	200m: 3:00.08	47.10

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Prova 22, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
33.	ENGELEN Zoe	05	Louletano / Loule Concelho	<b>3:00.09</b>		460	
	50m: 41.13 41.13	100m: 1:27.81	46.68	150m: 2:15.05	47.24	200m: 3:00.09	45.04
34.	SERRA Rita Joao	06	Vikings	<b>3:00.89</b>		454	
	50m: 39.63 39.63	100m: 1:24.80	45.17	150m: 2:12.75	47.95	200m: 3:00.89	48.14
35.	SILVEIRA Sofia Pereira	05	Bombeiros Ponta Delgada	<b>3:03.53</b>		435	
	50m: 41.30 41.30	100m: 1:27.15	45.85	150m: 2:14.98	47.83	200m: 3:03.53	48.55
36.	DURAO Alice Gomes	07	Benfica	<b>3:03.54</b>		435	
	50m: 41.62 41.62	100m: 1:28.57	46.95	150m: 2:17.21	48.64	200m: 3:03.54	46.33
	GAMA Beatriz Fernandes	06	Sporting	<b>3:03.54</b>		435	
	50m: 40.43 40.43	100m: 1:26.73	46.30	150m: 2:15.41	48.68	200m: 3:03.54	48.13
38.	DELGADO Soraia Alexandra	05	Sporting	<b>3:04.08</b>		431	
	50m: 42.23 42.23	100m: 1:28.11	45.88	150m: 2:15.68	47.57	200m: 3:04.08	48.40
39.	RODRIGUES Leonor Carreiro	07	Benfica	<b>3:04.28</b>		430	
	50m: 40.60 40.60	100m: 1:26.79	46.19	150m: 2:15.25	48.46	200m: 3:04.28	49.03
40.	DELGADO Irene Escot	06	Louletano / Loule Concelho	<b>3:06.10</b>		417	
	50m: 41.57 41.57	100m: 1:28.64	47.07	150m: 2:17.25	48.61	200m: 3:06.10	48.85
41.	CALDES Ana Sofia	06	Elvense	<b>3:06.15</b>		417	
	50m: 40.55 40.55	100m: 1:27.03	46.48	150m: 2:16.53	49.50	200m: 3:06.15	49.62
42.	FRISCHKNECHT Matilde Anjos	07	Naval Setubalense	<b>3:06.78</b>		413	
	50m: 42.81 42.81	100m: 1:30.35	47.54	150m: 2:19.10	48.75	200m: 3:06.78	47.68
43.	GONCALVES Valentina Jose	07	Desportivo Nacional	<b>3:06.81</b>		412	
	50m: 39.81 39.81	100m: 1:26.38	46.57	150m: 2:16.06	49.68	200m: 3:06.81	50.75
44.	SEQUEIRA Beatriz Meneses	06	Naval do Funchal	<b>3:07.16</b>		410	
	50m: 41.12 41.12	100m: 1:27.86	46.74	150m: 2:17.86	50.00	200m: 3:07.16	49.30
45.	SOUSA Ines Tonel	07	Naval Praia da Vitoria	<b>3:07.50</b>		408	
	50m: 41.29 41.29	100m: 1:29.10	47.81	150m: 2:18.70	49.60	200m: 3:07.50	48.80
46.	DIAS Salome Silva	06	CCDSerta	<b>3:08.21</b>		403	
	50m: 41.97 41.97	100m: 1:29.76	47.79	150m: 2:19.60	49.84	200m: 3:08.21	48.61
47.	PIRES Laura Joao	05	Natacao do Fundao	<b>3:08.55</b>		401	
	50m: 42.20 42.20	100m: 1:29.79	47.59	150m: 2:18.76	48.97	200m: 3:08.55	49.79
48.	SIMOES Ana Madalena	07	Gesloures	<b>3:10.62</b>		388	
	50m: 42.38 42.38	100m: 1:30.59	48.21	150m: 2:20.81	50.22	200m: 3:10.62	49.81
DNS	MATEUS Clarisse Vieira	07	Desportivo Nacional				
DNS	ESTEVEES Maria Leonor	07	Nautico Marinha Grande				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)  
Rio Maior, 29 e 30 de Maio de 2021

Prova 22, Femin., 200m Bruços

Seniores

1.	CERDEIRA Madalena Reis	03	Sporting	<b>2:35.01</b>	722		
	50m: 35.75 35.75	100m: 1:14.54	38.79	150m: 1:56.08	41.54	200m: 2:35.01	38.93
2.	LEITAO Rita Fernandes	96	Natacao de Lisboa	<b>2:52.80</b>	521		
	50m: 39.08 39.08	100m: 1:22.92	43.84	150m: 2:08.04	45.12	200m: 2:52.80	44.76
3.	SILVA Natacha Sofia	02	Benfica	<b>2:55.03</b>	502		
	50m: 40.21 40.21	100m: 1:24.55	44.34	150m: 2:09.89	45.34	200m: 2:55.03	45.14