Prova 5 — Femin., 200m Bruços — Absolutos
24/10/2026 - 10:30 — Resultados

Recorde Regional Open	2:32.35	QUINTAL Fabiana Maria	CDN	Guimaraes	06/12/2008
Recorde Regional Sen	2:32.35	QUINTAL Fabiana Maria	CDN	Guimaraes	06/12/2008
Recorde Regional Jun18	2:34.51	RODRIGUES Laura Sofia	JACL	Tomar	14/12/2024
Recorde Regional Jun17	2:37.74	RODRIGUES Laura Sofia	JACL	Leiria	09/12/2023
Recorde Regional Juv A	2:38.79	ABREU Laura Catarina	CDN	Funchal	08/07/2016
Recorde Regional Juv B	2:41.54	ABREU Laura Catarina	CDN	Funchal	11/07/2015
Recorde Regional Inf A	2:43.10	ABREU Laura Catarina	CDN	Tomar	14/12/2013
Recorde Regional Inf B	2:47.89	ABREU Laura Catarina	CDN	Funchal	06/04/2013

TAC Zonal Inf B: 3:18.56; Inf A: 3:10.68; Juv B: 3:03.26; Juv A: 2:56.83 / TAC Nacional Inf B: 3:12.60; Inf A: 3:04.96; Jun17: 2:48.61; Jun18: 2:45.43; Sub21: 2:43.84 / TAC Nacional Março Juv B: 3:01.44; Juv A: 2:55.08 / TAC Nacional Julho Juv B: 2:58.76; Juv A: 2:52.49 / TAC Nacional Sen. Sen: 2:42.25 / TAC Nacional Abs. Sen: 2:37.74

Pontos: AQUA 2026

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	COSTA Rafaela Tome	11	216268	Naval do Funchal	**2:55.15**	+0,64	432	-
	TAC ZONAL: Leiria, 4 a 6 Dezembro 2026							
	50m: 38.79 (38.79) 100m: 1:22.57 (43.78) 150m: 2:08.54 (45.97) 200m: 2:55.15 (46.61)							
EXH	ROSA Clara Sofia	10	210050	Desportivo Nacional	**2:59.51**	+0,79	402	-
	50m: 40.14 (40.14) 100m: 1:25.45 (45.31) 150m: 2:12.50 (47.05) 200m: 2:59.51 (47.01)							
EXH	TEMTEM Maria Clara	13	213379	Desportivo Nacional	**3:07.34**	+0,84	353	-
	TAC ZONAL: Sines, 26 a 18 Fevereiro 2027							
	50m: 41.91 (41.91) 100m: 1:30.67 (48.76) 150m: 2:19.01 (48.34) 200m: 3:07.34 (48.33)							
EXH	FREITAS Maria Silva	12	217743	Naval do Funchal	**3:07.78**	+0,74	351	-
	50m: 42.21 (42.21) 100m: 1:30.12 (47.91) 150m: 2:19.50 (49.38) 200m: 3:07.78 (48.28)							
EXH	RODRIGUES Andreia Carolina	14	217703	Juventude Atlantico	**3:11.23**	+0,77	332	-
	TAC ZONAL: Sines, 26 a 18 Fevereiro 2027, TAC NACIONAL: R. Monsaraz, 23 a 25 Julho 2027							
	50m: 44.71 (44.71) 100m: 1:33.18 (48.47) 150m: 2:22.79 (49.61) 200m: 3:11.23 (48.44)							
EXH	BAPTISTA Valeria Sofia	14	218377	Juventude Atlantico	**3:17.25**	+0,86	303	-
	TAC ZONAL: Sines, 26 a 18 Fevereiro 2027							
	50m: 45.13 (45.13) 100m: 1:34.91 (49.78) 150m: 2:28.33 (53.42) 200m: 3:17.25 (48.92)							
EXH	JESUS Mariana Franca	14	217553	Naval do Funchal	**3:22.23**	+0,75	281	-
	50m: 45.72 (45.72) 100m: 1:38.15 (52.43) 150m: 2:30.45 (52.30) 200m: 3:22.23 (51.78)							
EXH	SA Margarida Fernandes	14	216425	Naval do Funchal	**3:26.53**	+0,79	264	-
	50m: 47.34 (47.34) 100m: 1:41.66 (54.32) 150m: 2:35.42 (53.76) 200m: 3:26.53 (51.11)							
EXH	FERNANDES Ema Vasconcelo	14	215765	Desportivo Nacional	**3:30.35**	+0,60	249	-
	50m: 46.93 (46.93) 100m: 1:40.31 (53.38) 150m: 2:35.22 (54.91) 200m: 3:30.35 (55.13)							
EXH	GOUVEIA Maria Mendonca	14	217201	Desportivo Nacional	**3:31.17**	+0,71	247	-
	50m: 45.74 (45.74) 100m: 1:39.75 (54.01) 150m: 2:35.50 (55.75) 200m: 3:31.17 (55.67)							