

Campeonato Regional ALVES BANDEIRA 3
Mealhada, 30 - 31/5/2026

| Prova 7 30/05/2026 - 10:47 | Femin., 200m Mariposa | | | | Absolutos Resultados |
|---------------------------------|-----------------------|----------------------------|------|---------------------|-------------------------|
| Rec Nac 25m Open | 2:05.74 | Ana Catarina Monteiro | POR | Hangzhou (CHN) | 12/12/2018 |
| Rec Nac 25m Sen | 2:05.74 | Ana Catarina Monteiro | POR | Hangzhou (CHN) | 12/12/2018 |
| Rec Nac 25m Jun 18 | 2:11.46 | Mariana Pacheco Cunha | CNCE | Leiria | 08/05/2022 |
| Rec Nac 25m Jun17 | 2:10.12 | Sara Francisco Cruz | ADBA | Leiria | 04/12/2009 |
| Rec Nac 25m Juv A 16 | 2:13.60 | Ana Rita Francisco | POR | Gelsenkirchen (GER) | 11/02/1996 |
| Rec Nac 25m Juv B 15 | 2:17.51 | Raquel Maria Felgueiras | SCB | Algés | 05/03/1995 |
| Recordes Reg ANCNP 25m Open | 2:15.33 | Beatriz Nunes Cardeal | AVFC | Leiria | 11/12/2022 |
| Recordes Reg ANCNP 25m Sen | 2:15.33 | Beatriz Nunes Cardeal | AVFC | Leiria | 11/12/2022 |
| Recordes Reg ANCNP 25m Jun 18 | 2:16.94 | Beatriz Nunes Cardeal | AVFC | Gafanha da Nazaré | 14/05/2022 |
| Recordes Reg ANCNP 25m Jun17 | 2:16.51 | Maria Carolina Almeida | CGA | Leiria | 28/11/2021 |
| Recordes Reg ANCNP 25m Juv A 16 | 2:17.03 | Carolina Miranda Fernandes | CGA | Gafanha de Nazaré | 25/04/2021 |
| Recordes Reg ANCNP 25m Juv B 15 | 2:22.00 | Maria Carolina Almeida | CGA | Viseu | 16/11/2019 |

TAC-N Jun 17 Jun17: 2:30.46 / TAC-N JUL Juv A Juv A 16: 2:33.30 / TAC-N JUL Juv B Juv B 15: 2:38.97 / TAC-N Jun 18 Jun 18: 2:27.62 / TAC-N Sen 22+ 22 +: 2:24.78 / TAC-N Sen Sub 21 19 - 21: 2:26.20 / TAC-ID Juv A Juv A 16: 2:49.39 / TAC-ID Juv B Juv B 15: 2:53.40 / TAC-ID Jun Jun: 2:45.37 / TAC-ID Sen Sen: 2:41.36 / TFO REGIONAL - SEN Sen: 2:51.71 / TFO REGIONAL - JUN Jun: 2:58.34 / TFO REGIONAL - JUV A Juv A 16: 3:02.09 / TFO REGIONAL - JUV B Juv B 15: 3:11.67

Pontos: AQUA 2025

| Lugar | Idade | | Tp. insc. | Tempo final | Pts | 50m | 100m | 150m | 200m |
|------------------|---|----|-----------|-------------|-----|-----|------|------|------|
| Juvenis A | | | | | | | | | |
| DSQ | Carolina Ratola Taveira 403 - Falsa partida - SW 4.4 | 16 | CGA | 2:27.38 | | | | | |

Seniores

| | | | | | | | | | | |
|----|---|----|------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Maria Emilia Almeida <i>TAC Nacional</i> | 19 | CGA | 2:24.13 | 2:23.86 | 570 | 32.93 | 36.31 | 36.96 | 37.66 |
| 2. | Maria Joao Ribeiro <i>TAC InterDistrital</i> | 21 | CDF | 2:25.35 | 2:28.56 | 518 | 32.78 | 36.86 | 38.42 | 40.50 |
| 3. | Beatriz Rocha Santos <i>TAC InterDistrital</i> | 24 | CDCA | 2:26.55 | 2:32.36 | 480 | 33.75 | 38.42 | 39.96 | 40.23 |