



ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA
RECORDES REGIONAIS FEMININOS - TP

	Infantis B (12 anos)	Infantis A (13 anos)	Juvenis B (14 anos)	Juvenis A (15 anos)	Juniores B (16 anos)	Juniores A (17 anos)	Seniores (18+ anos)	Absolutos
50 Livres	SCC 00:28,93 10 Mariana C Guerra	ALN 00:28,55 16 Camila R Rebelo	SCC 00:27,85 11 Maria M Costa	CNAC 00:27,58 04 Nadia A Laezza	CNAC 00:27,42 05 Nadia A Laezza	AAC 00:26,89 17 Matilde F Moreira	AAC 00:26,69 14 Raquel M Taveira	AAC 00:26,69 14 Raquel M Taveira
100 Livres	SCC 01:01,73 10 Mariana C Guerra	ALN 01:00,68 16 Camila R Rebelo	ALN 00:59,09 16 Camila R Rebelo	IND 00:58,34 17 Alexandra C Frazão	SCC 00:58,46 13 Mariana C Guerra	CNAC 00:57,93 06 Nadia A Laezza	AAC 00:57,81 14 Raquel M Taveira	AAC 00:57,81 14 Raquel M Taveira
200 Livres	SCC 02:15,31 10 Mariana C Guerra	SCC 02:12,07 11 Maria M Costa	ALN 02:04,38 17 Camila R Rebelo	IND 02:04,01 17 Alexandra C Frazão	FBSC 02:04,95 17 Alexandra C Frazão	CAQC 02:03,70 18 Alexandra C Frazão	SCC 02:06,65 13 Florbela C Machado	CAQC 02:03,70 18 Alexandra C Frazão
400 Livres	SCC 04:45,02 13 Sara S Alves	SCC 04:34,72 14 Sara S Alves	CNAC 04:30,37 07 Maria M Veloso	SCC 04:25,67 15 Sara S Alves	CASPAE 04:22,18 18 Alexandra C Frazão	CNAC 04:18,48 09 Maria M Veloso	SCC 04:20,62 13 Florbela C Machado	CNAC 04:18,48 09 Maria M Veloso
800 Livres	SCC 09:42,07 03 Mariana C Guerra	SCC 09:26,38 14 Sara S Alves	CNAC 09:08,07 07 Maria M Veloso	CNAC 08:57,30 07 Maria M Veloso	FBSC 08:47,74 17 Alexandra C Frazão	CNAC 08:46,72 09 Maria M Veloso	SCC 08:51,95 13 Florbela C Machado	CNAC 08:46,72 09 Maria M Veloso
1500 Livres	ACM 20:12,30 91 Ana Silva	SCC 18:29,04 09 Florbela C Machado	CNAC 17:34,28 07 Maria M Veloso	CNAC 17:15,20 08 Maria M Veloso	FBSC 16:50,34 17 Alexandra C Frazão	SCC 16:46,35 13 Florbela C Machado	SCC 16:50,98 13 Florbela C Machado	SCC 16:46,35 13 Florbela C Machado
50 Bruços	AAC 00:36,81 94 Mariana Cunha	CAQC 00:35,28 14 Joana V Henriques	AAC 00:34,33 97 Mariana Cunha	AAC 00:34,63 98 Mariana Cunha	CNAC 00:32,88 09 Gabriela O Andrade	CAQC 00:34,24 17 Joana V Henriques	CNAC 00:34,16 11 Gabriela O Andrade	CNAC 00:32,88 09 Gabriela O Andrade
100 Bruços	AAC 01:17,79 95 Mariana Cunha	CNAC 01:16,24 95 Ana Tsukagoshi	AAC 01:12,39 97 Mariana Cunha	AAC 01:14,02 98 Mariana Cunha	CNAC 01:11,26 09 Gabriela O Andrade	CAQC 01:13,72 18 Joana V Henriques	CNAC 01:13,64 11 Gabriela O Andrade	CNAC 01:11,26 09 Gabriela O Andrade
200 Bruços	AAC 02:46,41 95 Mariana Cunha	CNAC 02:43,17 95 Ana Tsukagoshi	AAC 02:35,61 97 Mariana Cunha	AAC 02:36,43 98 Mariana Cunha	CNAC 02:30,82 09 Gabriela O Andrade	CNMC 02:39,09 14 Mariana D Paz	CNMC 02:38,84 16 Mariana D Paz	CNAC 02:30,82 09 Gabriela O Andrade
50 Costas	ALN 00:34,67 15 Camila R Rebelo	SCC 00:32,08 11 Maria M Costa	SCC 00:30,92 12 Maria M Costa	ALN 00:30,14 18 Camila R Rebelo	ALN 00:30,08 18 Camila R Rebelo	AAC 00:30,45 16 Ana C Neves	AAC 00:30,40 17 Ana C Neves	ALN 00:30,08 18 Camila R Rebelo
100 Costas	ALN 01:11,48 15 Camila R Rebelo	ALN 01:06,31 16 Camila R Rebelo	ALN 01:03,70 17 Camila R Rebelo	ALN 01:02,75 17 Camila R Rebelo	ALN 01:04,17 18 Camila R Rebelo	CNAC 01:05,30 11 Adriana C Lopes	AAC 01:05,51 17 Ana C Neves	ALN 01:02,75 17 Camila R Rebelo
200 Costas	GCF 02:34,18 07 Tatiana F Santos	ALN 02:26,15 16 Camila R Rebelo	ALN 02:19,06 16 Camila R Rebelo	ALN 02:14,11 18 Camila R Rebelo	ALN 02:18,21 18 Camila R Rebelo	CNAC 02:19,54 98 Ana Russo	CNAC 02:16,24 99 Ana Russo	ALN 02:14,11 18 Camila R Rebelo
50 Mariposa	CAQC 00:31,21 14 Inês P Silva	CAQC 00:30,49 15 Inês P Silva	CAQC 00:29,68 16 Inês P Silva	CAQC 00:29,50 17 Inês P. Silva	CAQC 00:28,55 17 Inês P Silva	CNAC 00:29,72 14 Beatriz N Craveiro	AAC 00:29,50 15 Raquel M Taveira	CAQC 00:28,55 17 Inês P Silva
100 Mariposa	CAQC 01:09,47 14 Inês P Silva	SCC 01:06,56 11 Mariana C Guerra	SCC 01:04,12 11 Mariana C Guerra	CAQC 01:03,51 17 Inês P. Silva	CAQC 01:03,01 18 Inês P Silva	CNM 01:05,80 02 Ana R Gonçalves	CNAC 01:04,39 16 Beatriz N Craveiro	CAQC 01:03,01 18 Inês P Silva
200 Mariposa	CAQC 02:36,49 14 Inês P Silva	SCC 02:26,78 11 Mariana C Guerra	SCC 02:22,94 12 Mariana C Guerra	CUC 02:21,56 18 Maria C Rebelo	CAQC 02:20,32 18 Inês P Silva	CNM 02:18,79 02 Ana R Gonçalves	CNAC 02:22,58 16 Beatriz N Craveiro	CNM 02:18,79 02 Ana R Gonçalves
100 Estilos	CAQC 01:13,22 13 Joana V Henriques	CAQC 01:09,62 14 Joana V Henriques	CAQC 01:09,60 14 Joana V Henriques	CAQC 01:07,58 15 Joana V Henriques	ALN 01:07,24 18 Camila R Rebelo	CAQC 01:05,82 17 Joana V Henriques	CNAC 01:07,27 09 Maria Inês Ribeiro	CAQC 01:05,82 17 Joana V Henriques
200 Estilos	CNAC 02:34,63 12 Teresa M Veloso	SCC 02:29,55 11 Mariana C Guerra	ALN 02:23,40 17 Camila R Rebelo	ALN 02:21,52 18 Camila R Rebelo	CAQC 02:21,14 17 Joana V Henriques	CAQC 02:22,08 18 Joana V Henriques	CNAC 02:21,75 17 Teresa M Veloso	CAQC 02:21,14 17 Joana V Henriques
400 Estilos	SCC 05:25,15 12 Ana Miguel Reis	SCC 05:14,11 11 Mariana C Guerra	SCC 05:04,01 11 Mariana C Guerra	ALN 04:58,18 18 Camila R Rebelo	CAQC 04:59,28 17 Joana V Henriques	CNAC 04:52,71 09 Maria M Veloso	CNAC 05:00,10 00 Patrícia Silva	CNAC 04:52,71 09 Maria M Veloso

 Recorde Nacional de P25 em vigor
 Recorde Nacional de P25 à época

 Recorde Regional estabelecido na presente época