ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA

RECORDES REGIONAIS FEMININOS - P 50

	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 00:29,79 10 Mariana C Guerra	CNAC 00:28,62 03 Nadia A Laezza	ALN 00:28,12 17 Camila R Rebelo	CNAC 00:27,88 22 Leonor Mil Mano	AAC 00:27,50 17 Matilde F Moreira	AAC 00:27,24 18 Matilde F Moreira	AAC 00:27,23 15 Raquel M Taveira	AAC 00:27,23 15 Raquel M Taveira
100 Livres	SCC 01:03,47 10 Mariana C Guerra	SCC 01:02,36 11 Mariana C Guerra	ALN 00:59,91 17 Camila R Rebelo	ALN 00:59,44 18 Camila R Rebelo	ALN 00:59,11 19 Camila R Rebelo	ALN 00:58,66 20 Camila R Rebelo	AAC 00:58,84 15 Raquel M Taveira	ALN 00:58,66 20 Camila R Rebelo
200 Livres	SCC 02:17,92 10 Mariana C Guerra	SCC 02:12,61 18 Marisa I Nobre	ALN 02:08,93 19 Mariana Carmo Rosa	IND 02:05,94 17 Alexandra C Frazão	ALN 02:05,85 19 Camila R Rebelo	CNAC 02:05,56 07 Nadia A Laezza	ALN 02:05,29 23 CamilaR Rebelo	ALN 02:05,29 23 CamilaR Rebelo
400 Livres	SCC 04:46,19 10 Mariana C Guerra	SCC 04:36,99 11 Mariana C Guerra	CNAC 04:30,37 07 Maria M Veloso	IND 04:25,30 17 Alexandra C Frazão	CNAC 04:23,05 09 Maria M Veloso	SCC 04:19,98 13 Florbela C Machado	SCC 04:22,19 15 Florbela C Machado	SCC 04:19,98 13 Florbela C Machado
800 Livres	SCC 10:03,06 13 Sara S Alves	SCC 09:33,85 14 Sara S Alves	CNAC 09:16,02 07 Maria M Veloso	IND 08:59,54 17 Alexandra C Frazão	FBSC 08:54,79 18 Alexandra C Frazão	SCC 08:49,86 13 Florbela C Machado	SCC 08:54,50 14 Florbela C Machado	SCC 08:49,86 13 Florbela C Machado
1500 Livres	AAC 21:05,22 18 Matilde N Craveiro	SCC 18:29,04 09 Florbela C Machado	CNAC 17:34,28 07 Maria M Veloso	CNAC 17:15,20 08 Maria M Veloso	CASPAE 17:01,21 18 Alexandra C Frazão	SCC 16:46,35 13 Florbela C Machado	SCC 17:02,64 15 Florbela C Machado	SCC 16:46,35 13 Florbela C Machado
3 km	-- -- --	-- -- --	SCC 37:25,43 12 Mariana C Guerra	SCC 36:09,36 11 Florbela C Machado	-- -- --	-- -- --	-- -- --	-- -- --
5 km	-- -- --	-- -- --	-- -- --	SCC 1:02:54,64 16 Sara S Alves	SCC 59:30,20 12 Florbela C Machado	SCC 57:53,99 13 Florbela C Machado	SCC 59:26,88 14 Florbela C Machado	SCC 57:53,99 13 Florbela C Machado
50 Bruços	CAQC 00:37,07 13 Joana V Henriques	CAQC 00:36,58 14 Joana V Henriques	AAC 00:35,65 97 Mariana Cunha	CNAC 00:35,18 09 Gabriela O Andrade	CNAC 00:34,46 10 Gabriela O Andrade	CNAC 00:34,75 11 Gabriela O Andrade	ALN 00:34,83 21 Maria C Rebelo	CNAC 00:34,46 10 Gabriela O Andrade
100 Bruços	CNAC 01:20,76 94 Ana Tsukagoshi	AAC 01:17,55 96 Mariana Cunha	AAC 01:15,51 97 Mariana Cunha	AAC 01:15,26 98 Mariana Cunha	CNAC 01:13,42 10 Gabriela O Andrade	CNMC 01:16,38 15 Mariana D Paz	ALN 01:13,62 21 Maria C Rebelo	CNAC 01:13,42 10 Gabriela O Andrade
200 Bruços	CNAC 02:53,19 94 Ana Tsukagoshi	CNAC 02:43,78 95 Ana Tsukagoshi	AAC 02:42,02 97 Mariana Cunha	CUC 02:40,66 18 Maria C Rebelo	CNAC 02:39,55 10 Gabriela O Andrade	CNMC 02:39,87 15 Mariana D Paz	ALN 02:37,36 21 Maria C Rebelo	ALN 02:37,36 21 Maria C Rebelo
50 Costas	ALN 00:34,67 15 Camila R Rebelo	CNAC 00:32,70 10 Beatriz N Craveiro	ALN 00:30,99 17 Camila R Rebelo	ALN 00:30,51 18 Camila R Rebelo	ALN 00:29,74 19 Camila R Rebelo	ALN 00:29,45 20 Camila R Rebelo	ALN 00:28,65 23 Camila R Rebelo	ALN 00:28,65 23 Camila R Rebelo
100 Costas	ALN 01:11,48 15 Camila R Rebelo	ALN 01:08,43 16 Camila R Rebelo	ALN 01:05,37 17 Camila R Rebelo	ALN 01:04,80 18 Camila R Rebelo	ALN 01:03,21 19 Camila R Rebelo	ALN 01:02,92 20 Camila R Rebelo	ALN 01:00.52 23 Camila R Rebelo	ALN 01:00.52 23 Camila R Rebelo
200 Costas	ALN 02:35,38 15 Camila R Rebelo	SCC 02:30,49 11 Maria M Costa	ALN 02:20,53 17 Camila R Rebelo	ALN 02:20,34 18 Camila R Rebelo	ALN 02:15,72 19 Camila R Rebelo	ALN 02:18,29 20 Camila R Rebelo	ALN 02:09,84 23 Camila R Rebelo	ALN 02:09,84 23 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	AAC 00:29,04 18 Beatriz C Tejo	AAC 00:29,00 19 Beatriz C Tejo	AAC 00:28,24 23 Beatriz C Tejo	AAC 00:28,24 23 Beatriz C Tejo
100 Mariposa	CAQC 01:09,89 14 Inês P Silva	SCC 01:06,56 11 Mariana C Guerra	SCC 01:05,59 12 Mariana C Guerra	CAQC 01:05,31 17 Inês P Silva	SCC 01:05,05 14 Mariana C Guerra	AAC 01:04,30 19 Beatriz C Tejo	ALN 01:02,13 23 Inês Henriques	ALN 01:02,13 23 Inês Henriques
200 Mariposa	CAQC 02:38,34 14 Inês P Silva	SCC 02:26,78 11 Mariana C Guerra	SCC 02:24,79 12 Mariana C Guerra	CUC 02:22,78 19 Ana C Monteiro	CNAC 02:20,69 09 Maria M Veloso	CNM 02:22,75 02 Ana R Gonçalves	ALN 02:12,13 23 Inês Henriques	ALN 02:12,13 23 Inês Henriques
200 Estilos	SCC 02:36,34 10 Mariana C Guerra	SCC 02:29,95 11 Mariana C Guerra	SCC 02:28,27 12 Mariana C Guerra	CUC 02:25,74 18 Maria C Rebelo	ALN 02:23,52 19 Maria C Rebelo	CAQC 02:25,52 18 Joana V Henriques	ALN 02:20,51 23 Camila R Rebelo	ALN 02:20,51 23 Camila R Rebelo
400 Estilos	SCC 05:27,57 10 Mariana C Guerra	SCC 05:14,11 11 Mariana C Guerra	SCC 05:09,21 12 Mariana C Guerra	ALN 05:07,83 18 Camila R Rebelo	CNAC 05:01,62 09 Maria M Veloso	CNM 05:05,27 02 Ana R Gonçalves	ALN 04:55,63 23 Inês Henriques	ALN 04:55,63 23 Inês Henriques

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