

Sporting Clube Espinho | Recordes do Clube | Femininos | Piscina Longa (50m)

	ABSOLUTO	SENIOR	JUNIOR	JUVENIL A	JUVENIL B	INFANTIL - A	INFANTIL - B	
50L	Teresa Aires - 11/12 28,29 Coimbra 10-03-2012	Teresa Aires - 13/14 28,95 Coimbra 06-07-2014	Teresa Aires - 11/12 28,29 Coimbra 10-03-2012	Carolina Silva-13/14 30,24 Coimbra 06-07-2014	Inês Borges - 24/25 30,38 Coimbra 13/07/2025	Inês Borges - 23/24 32,35 Coimbra 07/07/2024	Inês Freitas-05/06 33,75 SJMadeira 22-07-2006 (Parcial)	50L
100L	Teresa Aires - 11/12 1,03,36 Coimbra 10-03-2012	A. Carolina M. - 16/17 1,05,27 Coimbra 19/03/2017	Teresa Aires - 11/12 1,03,36 Coimbra 10-03-2012	Carolina Silva-13/14 1,05,23 Coimbra 06-07-2014	Carolina Silva-12/13 1,07,33 Coimbra 10-03-2013	M.João Oliveira-07/08 1,08,19 SJMadeira 28-06-2008	Inês Freitas-05/06 1,10,40 SJMadeira 22-07-2006	100L
200L	A. Carolina M. - 16/17 2,22,93 Coimbra 19/03/2017	A. Carolina M. - 16/17 2,22,93 Coimbra 19/03/2017	Salomé Monteiro - 14/15 2,25,84 Coimbra 16-03-2015	Sara Castelo-13/14 2,31,15 Coimbra 23-03-2014	Salomé Monteiro -11/12 2,27,76 Coimbra 10-03-2012	Salomé Monteiro -10/11 2,29,78 Rio Maior 3-07-2011	Catarina Lei -10/11 2,35,85 Rio Maior 03-07-2011	200L
400L	Teresa Aires - 10/11 5,03,02 Coimbra 16-07-2011	Teresa Aires - 13/14 5,08,42 Coimbra 06-07-2014	Teresa Aires - 10/11 5,03,02 Coimbra 16-07-2011	Leonor Rocha - 22/23 5,21,83 Coimbra 16/07/2023	Salomé Monteiro -11/12 5,08,25 Coimbra 08-07-2012	Carla Cruz-08/09 5,16,27 Povoas Varzim 06-06-2009	Inês Freitas-05/06 5,30,02 SJMadeira 23-07-2006	400L
800L	Teresa Aires - 11/12 10,15,02 Coimbra 08-07-2012	Teresa Aires - 13/14 10,33,26 Coimbra 06-07-2014	Teresa Aires - 11/12 10,15,02 Coimbra 08-07-2012	Leonor Rocha - 22/23 11.12,42 (Parcial) Coimbra 14/07/2023	Salomé Monteiro -11/12 10,32,46 Coimbra 08-07-2012	Inês Freitas-06/07 10,56,29 Coimbra 07-07-2008	Inês Freitas-05/06 11,22,47 SJMadeira 22-07-2006	800L
1500L	Salomé Monteiro-12/13 20,29,62 Coimbra 30-06-2013	-	Salomé Monteiro-12/13 20,29,62 Coimbra 30-06-2013	Leonor Rocha - 22/23 21,13,70 Coimbra 14/07/2023	-	-	-	1500L
50C	Carla Cruz -12/13 32,23 Coimbra 30-06-2013	Carla Cruz -12/13 32,23 Coimbra 30-06-2013	Carla Cruz -11/12 33,16 Coimbra 07-04-2012	Adriana Trindade - 24/25 33,30 Coimbra 25/07/2025	Adriana Trindade - 23/24 35,01 Coimbra 22/06/2024	Catarina Dias - 2010/2011 37,39 Lisboa 22-07-2011	Inês Freitas-05/06 39,14 SJMadeira (Parcial) 21-07-2006	50C
100C	Carla Cruz -12/13 1,11,36 Coimbra 10-03-2013	Carla Cruz -12/13 1,11,36 Coimbra 10-03-2013	Carla Cruz -11/12 1,12,92 Coimbra 10-03-2012	Adriana Trindade - 24/25 1,13,83 Coimbra 23/03/2025	Carla Cruz-09/10 1,13,94 Coimbra 30-07-2010	Carla Cruz - 2008/2009 1,16,08 - SJMadeira 24-07-2009	Inês Freitas-05/06 1,22,45 SJMadeira 22-07-2006	100C
200C	Adriana Trindade - 24/25 2,36,81 Coimbra 27/07/2025	Inês Freitas - 10/11 2,44,94 Coimbra 15-07-2011	Inês Freitas-09/10 2,44,96 Coimbra 28-02-2010	Adriana Trindade - 24/25 2,36,81 Coimbra 27/07/2025	Adriana Trindade - 23/24 2,37,72 Coimbra 07/04/2024	Carla Cruz-08/09 2,41,36 SJMadeira 12-07-2009	Inês Freitas -05/06 2,56,17 Famalicão 01-07-2006	200C
50B	Mariana Azevedo - 24/25 35,33 Póvoa Varzim 01/02/2025	Teresa Aires - 13/14 38,04 Coimbra 23-03-2014	Patricia Silva-08/09 36,41 Nacionais Lisboa 29-03-2009	Mariana Azevedo - 24/25 35,33 Póvoa Varzim 01/02/2025	Mariana Azevedo - 23/24 35,61 Coimbra 05/04/2024	Patricia Silva-05/06 37,65 S.J.Madeira (Parcial) 23-07-2006	Inês Dias-05/06 39,40 SJMadeira (Parcial) 23-07-2006	50B
100B	Patricia Silva-08/09 1,18,30 Lisboa 28-03-2009	Ines Dias - 10/11 1,24,79 Coimbra 15-07-2011	Patricia Silva-08/09 1,18,30 Lisboa 28-03-2009	Mariana Azevedo - 24/25 1,19,39 Coimbra 26/07/2025	Patricia Silva-06/07 1,18,91 Coimbra 25-03-2007	Patricia Silva-05/06 1,19,62 SJMadeira 23-07-2006	Inês Dias-05/06 1,24,10 SJMadeira 23-07-2206	100B
200B	Patricia Silva-08/09 2,47,14 Lisboa 27-03-2009	Ines Dias - 10/11 3,03,05 Coimbra 12-03-2011	Patricia Silva-08/09 2,47,14 Nacionais Lisboa 27-03-2009	Mafalda Cardoso - 21/22 2,53,91 Coimbra 13/03/2022	Patricia Silva-06/07 2,49,76 Coimbra 10-03-2007	Patricia Silva-05/06 2,54,10 SJMadeira 22-07-2006	Inês Dias-05/06 3,00,94 SJMadeira 22-07-2006	200B
50M	Teresa Aires - 11/12 29,57 Coimbra 10-03-2012	Teresa Aires - 13/14 29,92 Lisboa 24-07-2014	Teresa Aires - 11/12 29,57 Coimbra 10-03-2012	Adriana Trindade - 24/25 32,49 Coimbra 23/03/2025	Adriana Trindade - 23/24 33,39 Coimbra 23-06-2024	M.João Oliveira-07/08 33,92 Famalicao 19-07-2008 (Parcial)	Constança Silva - 24/25 36,13 Coimbra 05/07/2025	50M
100M	Teresa Aires - 11/12 1,07,55 Coimbra 10-03-2012	A. Carolina M. - 16/17 1,12,87 SJ Maderia 15/06/2017	Teresa Aires - 11/12 1,07,55 Coimbra 10-03-2012	Inês Melo - 15/16 1,18,99 Coimbra 03-07-2016	Teresa Aires-09/10 1,15,31 Coimbra 17-07-2010	M.João Oliveira-07/08 1,15,65 S.J.Madeira 29-06-2008	Teresa Aires-07/08 1,29,84 SJMadeira 29-06-2008	100M
200M	Inês Melo - 17/18 2,49,19 Coimbra 11/03/2018	-	Inês Melo - 17/18 2,49,19 Coimbra 11/03/2018	Inês Melo - 15/16 2,52,89 Coimbra 03-07-2016	Patricia Silva-06/07 2,52,92 Coimbra 10-03-2007	M.João Oliveira-07/08 2,51,93 Coimbra 06-07-2008	Constança Silva - 24/25 3,23,10 Loulé 20/07/2025	200M
200E	Teresa Aires-09/10 2,37,75 Coimbra 07-04-2012	Teresa Aires - 13/14 2,40,70 Coimbra 06-07-2014	Teresa Aires-09/10 2,37,75 Coimbra 07-04-2012	Sara Castelo-13/14 2,49,80 Coimbra 23-03-2014	Teresa Aires-09/10 2,45,03 Coimbra 17-07-2010	Carla Cruz - 08/09 2,43,15 SJ Madeira 11-07-2009	Teresa Aires - 2007/2008 3,00,70 Coimbra 6-07-2008	200E
400E	Teresa Aires-09/10 5,41,37 Coimbra 15-07-2011	-	Teresa Aires-09/10 5,41,37 Coimbra 15-07-2011	Leonor Rocha - 22/23 6,27,04 SJ Madera 17/06/2023	M.João Oliveira-08/09 6,13,61 Coimbra 27-02-2009	Teresa Aires - 2008/2009 6,01,08 SJMadeira 10-07-2009	M.João Oliveira -06/07 6,46,49 Coimbra 06-07-2007	400E
	Recordes Regionais ANCNP	Recordes Absolutos	Recordes da Época 24/25					