

Prova 35
14.07.2019 - 16:00
Femin., 1500m Livres
Absolutos
Resultados

Rec Regional Sen	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	16:48.10	Mariana Amaral Mendes	ADRCIMM	Felgueiras	2018
Rec Regional Jun 1	16:54.48	Beatriz Paulo Ranito	SCP	Porto	2014
Rec Regional Juv A	17:49.40	Barbara Marques Rodrigues	SAD	Algés	2012
Rec Regional Juv B	17:32.97	Ana Cláudia Correia Santos	SFUAP	Loures	2003
Rec Regional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018

TAC - Fem Juv B 50m: 20:27.41; Juv A 50m: 20:27.41; Jun 1 50m: 20:27.41; Jun 2 50m: 20:15.48; Sen 50m: 20:09.53

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Ines Jacinto Henriques	00	Sporting	17:05.85	17:01.03	730
	100m: 1:06.62 1:06.62	500m: 5:41.45 1:08.68	900m: 10:14.03 1:07.98	1300m: 14:46.11 1:08.30		
	200m: 2:15.53 1:08.91	600m: 6:49.81 1:08.36	1000m: 11:22.23 1:08.20	1400m: 15:54.23 1:08.12		
	300m: 3:24.25 1:08.72	700m: 7:57.98 1:08.17	1100m: 12:29.96 1:07.73	1500m: 17:01.03 1:06.80		
	400m: 4:32.77 1:08.52	800m: 9:06.05 1:08.07	1200m: 13:37.81 1:07.85			
2.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	16:48.10	17:03.66	725
	100m: 1:06.50 1:06.50	500m: 5:41.59 1:08.43	900m: 10:15.15 1:08.34	1300m: 14:48.04 1:08.33		
	200m: 2:16.69 1:09.19	600m: 6:50.21 1:08.62	1000m: 11:23.45 1:08.30	1400m: 15:56.61 1:08.57		
	300m: 3:24.46 1:08.77	700m: 7:58.46 1:08.25	1100m: 12:31.41 1:07.96	1500m: 17:03.66 1:07.05		
	400m: 4:33.16 1:08.70	800m: 9:06.81 1:08.35	1200m: 13:39.71 1:08.30			
3.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	18:05.67	17:25.17	681
	100m: 1:07.07 1:07.07	500m: 5:46.93 1:09.85	900m: 10:26.67 1:10.16	1300m: 15:08.04 1:10.34		
	200m: 2:16.92 1:09.85	600m: 6:56.47 1:09.54	1000m: 11:36.89 1:10.22	1400m: 16:18.02 1:09.98		
	300m: 3:26.93 1:10.01	700m: 8:06.72 1:10.25	1100m: 12:47.12 1:10.23	1500m: 17:25.17 1:07.15		
	400m: 4:37.08 1:10.15	800m: 9:16.51 1:09.79	1200m: 13:57.70 1:10.58			
4.	Leonor Esteves Santos <i>Rec Regional</i>	04	Avançado EULx	20:02.86	17:40.84	651
	100m: 1:07.69 1:07.69	500m: 5:50.49 1:10.48	900m: 10:34.43 1:11.24	1300m: 15:19.83 1:11.21		
	200m: 2:18.63 1:10.94	600m: 7:00.92 1:10.43	1000m: 11:45.69 1:11.26	1400m: 16:31.18 1:11.35		
	300m: 3:29.47 1:10.84	700m: 8:11.81 1:10.89	1100m: 12:57.16 1:11.47	1500m: 17:40.84 1:09.66		
	400m: 4:40.01 1:10.54	800m: 9:23.19 1:11.38	1200m: 14:08.62 1:11.46			
5.	Mafalda Santos Costa	05	Colegio Int Monte Maior	20:02.86	18:15.48	591
	100m: 1:08.22 1:08.22	500m: 5:57.62 1:12.87	900m: 10:51.92 1:13.98	1300m: 15:48.32 1:14.26		
	200m: 2:19.66 1:11.44	600m: 7:11.22 1:13.60	1000m: 12:06.18 1:14.26	1400m: 17:02.31 1:13.99		
	300m: 3:31.98 1:12.32	700m: 8:24.48 1:13.26	1100m: 13:20.02 1:13.84	1500m: 18:15.48 1:13.17		
	400m: 4:44.75 1:12.77	800m: 9:37.94 1:13.46	1200m: 14:34.06 1:14.04			
6.	Maria Ines Ribeiro	03	Individual ANL	18:56.97	18:54.19	533
	100m: 1:10.28 1:10.28	500m: 6:12.21 1:15.65	900m: 11:16.87 1:15.91	1300m: 16:23.79 1:16.98		
	200m: 2:25.08 1:14.80	600m: 7:28.37 1:16.16	1000m: 12:33.74 1:16.87	1400m: 17:39.56 1:15.77		
	300m: 3:40.70 1:15.62	700m: 8:44.55 1:16.18	1100m: 13:50.43 1:16.69	1500m: 18:54.19 1:14.63		
	400m: 4:56.56 1:15.86	800m: 10:00.96 1:16.41	1200m: 15:06.81 1:16.38			