

Prova 11 Femin., 1500m Livres Absolutos
 22.11.2019 - 9:00 Resultados

Rec Regional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
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 Nacional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Sen	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Jun 2	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	2014

TAC Jun 1: 20:02.86; Jun 2: 19:51.17; Sen: 19:45.34

Pontos: FINA 2019

Pos. Nadador Ano Clube T.Inscr. Tempo Final Pts

Juniores

1. Ema Jeronimo Conceicao	03	Fisica Torres Vedras	17:25.17	17:33.09	666
50m: 32.45 32.45	450m: 5:10.07 34.63	850m: 9:51.42 35.37	1250m: 14:37.47 36.00		
100m: 1:06.98 34.53	500m: 5:45.20 35.13	900m: 10:27.02 35.60	1300m: 15:13.53 36.06		
150m: 1:41.53 34.55	550m: 6:20.19 34.99	950m: 11:02.76 35.74	1350m: 15:49.06 35.53		
200m: 2:16.07 34.54	600m: 6:55.53 35.34	1000m: 11:38.61 35.85	1400m: 16:25.11 36.05		
250m: 2:50.95 34.88	650m: 7:30.80 35.27	1050m: 12:14.23 35.62	1450m: 17:00.31 35.20		
300m: 3:25.80 34.85	700m: 8:05.94 35.14	1100m: 12:50.14 35.91	1500m: 17:33.09 32.78		
350m: 4:00.44 34.64	750m: 8:41.31 35.37	1150m: 13:25.68 35.54			
400m: 4:35.44 35.00	800m: 9:16.05 34.74	1200m: 14:01.47 35.79			
2. Daniela Alexandra Pedro	04	Sporting	20:02.86	18:52.93	534
50m: 34.23 34.23	450m: 5:33.95 38.15	850m: 10:38.01 38.44	1250m: 15:44.53 38.59		
100m: 1:11.68 37.45	500m: 6:11.96 38.01	900m: 11:16.08 38.07	1300m: 16:23.51 38.98		
150m: 1:48.79 37.11	550m: 6:49.89 37.93	950m: 11:54.37 38.29	1350m: 17:01.78 38.27		
200m: 2:26.01 37.22	600m: 7:28.11 38.22	1000m: 12:31.84 37.47	1400m: 17:39.52 37.74		
250m: 3:03.69 37.68	650m: 8:06.23 38.12	1050m: 13:10.50 38.66	1450m: 18:16.97 37.45		
300m: 3:40.71 37.02	700m: 8:43.71 37.48	1100m: 13:48.43 37.93	1500m: 18:52.93 35.96		
350m: 4:18.21 37.50	750m: 9:21.52 37.81	1150m: 14:27.09 38.66			
400m: 4:55.80 37.59	800m: 9:59.57 38.05	1200m: 15:05.94 38.85			
3. Anais Cloe Pereira	04	Sporting	20:02.86	18:53.73	533
50m: 34.00 34.00	450m: 5:38.58 37.97	850m: 10:43.03 37.75	1250m: 15:46.80 38.44		
100m: 1:10.70 36.70	500m: 6:16.83 38.25	900m: 11:20.67 37.64	1300m: 16:24.20 37.40		
150m: 1:48.62 37.92	550m: 6:55.00 38.17	950m: 11:58.20 37.53	1350m: 17:02.61 38.41		
200m: 2:26.82 38.20	600m: 7:33.13 38.13	1000m: 12:36.43 38.23	1400m: 17:39.95 37.34		
250m: 3:05.43 38.61	650m: 8:11.65 38.52	1050m: 13:14.03 37.60	1450m: 18:17.56 37.61		
300m: 3:43.87 38.44	700m: 8:49.52 37.87	1100m: 13:51.88 37.85	1500m: 18:53.73 36.17		
350m: 4:22.50 38.63	750m: 9:27.27 37.75	1150m: 14:29.84 37.96			
400m: 5:00.61 38.11	800m: 10:05.28 38.01	1200m: 15:08.36 38.52			
4. Vera Figueiredo Narra	04	Amadora	20:02.86	19:06.80	515
50m: 35.09 35.09	450m: 5:37.66 37.75	850m: 10:44.08 38.72	1250m: 15:55.14 39.12		
100m: 1:11.51 36.42	500m: 6:15.44 37.78	900m: 11:22.75 38.67	1300m: 16:34.37 39.23		
150m: 1:49.59 38.08	550m: 6:53.63 38.19	950m: 12:01.11 38.36	1350m: 17:12.81 38.44		
200m: 2:27.66 38.07	600m: 7:31.55 37.92	1000m: 12:40.20 39.09	1400m: 17:51.13 38.32		
250m: 3:05.43 37.77	650m: 8:09.67 38.12	1050m: 13:19.27 39.07	1450m: 18:29.15 38.02		
300m: 3:43.80 38.37	700m: 8:48.70 39.03	1100m: 13:58.05 38.78	1500m: 19:06.80 37.65		
350m: 4:22.23 38.43	750m: 9:26.83 38.13	1150m: 14:37.36 39.31			
400m: 4:59.91 37.68	800m: 10:05.36 38.53	1200m: 15:16.02 38.66			
5. Daniela Mascarenhas Henriques	03	Geslours	19:51.17	19:09.07	512
50m: 34.28 34.28	450m: 5:37.41 38.32	850m: 10:45.25 38.74	1250m: 15:56.40 38.68		
100m: 1:11.62 37.34	500m: 6:15.78 38.37	900m: 11:24.19 38.94	1300m: 16:35.41 39.01		
150m: 1:49.24 37.62	550m: 6:54.00 38.22	950m: 12:03.00 38.81	1350m: 17:14.08 38.67		
200m: 2:27.06 37.82	600m: 7:32.50 38.50	1000m: 12:42.17 39.17	1400m: 17:53.07 38.99		
250m: 3:04.94 37.88	650m: 8:10.87 38.37	1050m: 13:21.43 39.26	1450m: 18:31.81 38.74		
300m: 3:42.74 37.80	700m: 8:49.48 38.61	1100m: 14:00.27 38.84	1500m: 19:09.07 37.26		
350m: 4:20.97 38.23	750m: 9:27.96 38.48	1150m: 14:39.02 38.75			
400m: 4:59.09 38.12	800m: 10:06.51 38.55	1200m: 15:17.72 38.70			
6. Mariana Marques Mercedes	03	Olivais e Moscavide	19:51.17	20:25.74	422
<i>Fora Tempo Acesso</i>					
50m: 33.92 33.92	450m: 5:49.42 40.55	850m: 11:21.14 42.16	1250m: 16:59.69 42.32		
100m: 1:11.32 37.40	500m: 6:30.26 40.84	900m: 12:03.32 42.18	1300m: 17:41.93 42.24		
150m: 1:50.33 39.01	550m: 7:11.09 40.83	950m: 12:45.48 42.16	1350m: 18:23.68 41.75		
200m: 2:29.74 39.41	600m: 7:52.20 41.11	1000m: 13:28.26 42.78	1400m: 19:05.17 41.49		
250m: 3:09.18 39.44	650m: 8:33.37 41.17	1050m: 14:10.61 42.35	1450m: 19:45.78 40.61		
300m: 3:48.74 39.56	700m: 9:14.90 41.53	1100m: 14:52.72 42.11	1500m: 20:25.74 39.96		
350m: 4:28.47 39.73	750m: 9:56.90 42.00	1150m: 15:35.04 42.32			
400m: 5:08.87 40.40	800m: 10:38.98 42.08	1200m: 16:17.37 42.33			

Prova 11, Femin., 1500m Livres
Seniores

1. Ines Jacinto Henriques			00	Sporting		17:01.03	17:05.96	720
50m:	31.49	31.49	450m:	5:02.71	34.12	850m:	9:37.89	34.77
100m:	1:05.29	33.80	500m:	5:36.68	33.97	900m:	10:12.47	34.58
150m:	1:39.22	33.93	550m:	6:10.84	34.16	950m:	10:46.89	34.42
200m:	2:12.99	33.77	600m:	6:45.16	34.32	1000m:	11:21.76	34.87
250m:	2:47.04	34.05	650m:	7:19.50	34.34	1050m:	11:56.25	34.49
300m:	3:20.88	33.84	700m:	7:54.06	34.56	1100m:	12:30.67	34.42
350m:	3:54.77	33.89	750m:	8:28.58	34.52	1150m:	13:05.42	34.75
400m:	4:28.59	33.82	800m:	9:03.12	34.54	1200m:	13:40.15	34.73
2. Beatriz Paulo Ranito			99	Gesloures		18:13.17	17:51.62	632
50m:	31.51	31.51	450m:	5:14.74	35.79	850m:	9:58.96	36.26
100m:	1:05.48	33.97	500m:	5:50.48	35.74	900m:	10:35.12	36.16
150m:	1:40.60	35.12	550m:	6:25.83	35.35	950m:	11:11.24	36.12
200m:	2:16.33	35.73	600m:	7:01.69	35.86	1000m:	11:47.57	36.33
250m:	2:51.85	35.52	650m:	7:37.15	35.46	1050m:	12:23.56	35.99
300m:	3:27.23	35.38	700m:	8:12.79	35.64	1100m:	13:00.04	36.48
350m:	4:03.00	35.77	750m:	8:47.66	34.87	1150m:	13:36.47	36.43
400m:	4:38.95	35.95	800m:	9:22.70	35.04	1200m:	14:13.03	36.56

Absolutos

1. Ines Jacinto Henriques			00	Sporting		17:01.03	17:05.96	720
<i>Campeã Regional</i>								
50m:	31.49	31.49	450m:	5:02.71	34.12	850m:	9:37.89	34.77
100m:	1:05.29	33.80	500m:	5:36.68	33.97	900m:	10:12.47	34.58
150m:	1:39.22	33.93	550m:	6:10.84	34.16	950m:	10:46.89	34.42
200m:	2:12.99	33.77	600m:	6:45.16	34.32	1000m:	11:21.76	34.87
250m:	2:47.04	34.05	650m:	7:19.50	34.34	1050m:	11:56.25	34.49
300m:	3:20.88	33.84	700m:	7:54.06	34.56	1100m:	12:30.67	34.42
350m:	3:54.77	33.89	750m:	8:28.58	34.52	1150m:	13:05.42	34.75
400m:	4:28.59	33.82	800m:	9:03.12	34.54	1200m:	13:40.15	34.73
2. Ema Jeronimo Conceicao			03	Fisica Torres Vedras		17:25.17	17:33.09	666
50m:	32.45	32.45	450m:	5:10.07	34.63	850m:	9:51.42	35.37
100m:	1:06.98	34.53	500m:	5:45.20	35.13	900m:	10:27.02	35.60
150m:	1:41.53	34.55	550m:	6:20.19	34.99	950m:	11:02.76	35.74
200m:	2:16.07	34.54	600m:	6:55.53	35.34	1000m:	11:38.61	35.85
250m:	2:50.95	34.88	650m:	7:30.80	35.27	1050m:	12:14.23	35.62
300m:	3:25.80	34.85	700m:	8:05.94	35.14	1100m:	12:50.14	35.91
350m:	4:00.44	34.64	750m:	8:41.31	35.37	1150m:	13:25.68	35.54
400m:	4:35.44	35.00	800m:	9:16.05	34.74	1200m:	14:01.47	35.79
3. Beatriz Paulo Ranito			99	Gesloures		18:13.17	17:51.62	632
50m:	31.51	31.51	450m:	5:14.74	35.79	850m:	9:58.96	36.26
100m:	1:05.48	33.97	500m:	5:50.48	35.74	900m:	10:35.12	36.16
150m:	1:40.60	35.12	550m:	6:25.83	35.35	950m:	11:11.24	36.12
200m:	2:16.33	35.73	600m:	7:01.69	35.86	1000m:	11:47.57	36.33
250m:	2:51.85	35.52	650m:	7:37.15	35.46	1050m:	12:23.56	35.99
300m:	3:27.23	35.38	700m:	8:12.79	35.64	1100m:	13:00.04	36.48
350m:	4:03.00	35.77	750m:	8:47.66	34.87	1150m:	13:36.47	36.43
400m:	4:38.95	35.95	800m:	9:22.70	35.04	1200m:	14:13.03	36.56
4. Daniela Alexandra Pedro			04	Sporting		20:02.86	18:52.93	534
50m:	34.23	34.23	450m:	5:33.95	38.15	850m:	10:38.01	38.44
100m:	1:11.68	37.45	500m:	6:11.96	38.01	900m:	11:16.08	38.07
150m:	1:48.79	37.11	550m:	6:49.89	37.93	950m:	11:54.37	38.29
200m:	2:26.01	37.22	600m:	7:28.11	38.22	1000m:	12:31.84	37.47
250m:	3:03.69	37.68	650m:	8:06.23	38.12	1050m:	13:10.50	38.66
300m:	3:40.71	37.02	700m:	8:43.71	37.48	1100m:	13:48.43	37.93
350m:	4:18.21	37.50	750m:	9:21.52	37.81	1150m:	14:27.09	38.66
400m:	4:55.80	37.59	800m:	9:59.57	38.05	1200m:	15:05.94	38.85
5. Anais Cloe Pereira			04	Sporting		20:02.86	18:53.73	533
50m:	34.00	34.00	450m:	5:38.58	37.97	850m:	10:43.03	37.75
100m:	1:10.70	36.70	500m:	6:16.83	38.25	900m:	11:20.67	37.64
150m:	1:48.62	37.92	550m:	6:55.00	38.17	950m:	11:58.20	37.53
200m:	2:26.82	38.20	600m:	7:33.13	38.13	1000m:	12:36.43	38.23
250m:	3:05.43	38.61	650m:	8:11.65	38.52	1050m:	13:14.03	37.60
300m:	3:43.87	38.44	700m:	8:49.52	37.87	1100m:	13:51.88	37.85
350m:	4:22.50	38.63	750m:	9:27.27	37.75	1150m:	14:29.84	37.96
400m:	5:00.61	38.11	800m:	10:05.28	38.01	1200m:	15:08.36	38.52

Prova 11, Femin., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
6.	Vera Figueiredo Narra	04	Amadora	20:02.86	19:06.80	515
	50m: 35.09 35.09	450m: 5:37.66 37.75	850m: 10:44.08 38.72	1250m: 15:55.14 39.12		
	100m: 1:11.51 36.42	500m: 6:15.44 37.78	900m: 11:22.75 38.67	1300m: 16:34.37 39.23		
	150m: 1:49.59 38.08	550m: 6:53.63 38.19	950m: 12:01.11 38.36	1350m: 17:12.81 38.44		
	200m: 2:27.66 38.07	600m: 7:31.55 37.92	1000m: 12:40.20 39.09	1400m: 17:51.13 38.32		
	250m: 3:05.43 37.77	650m: 8:09.67 38.12	1050m: 13:19.27 39.07	1450m: 18:29.15 38.02		
	300m: 3:43.80 38.37	700m: 8:48.70 39.03	1100m: 13:58.05 38.78	1500m: 19:06.80 37.65		
	350m: 4:22.23 38.43	750m: 9:26.83 38.13	1150m: 14:37.36 39.31			
	400m: 4:59.91 37.68	800m: 10:05.36 38.53	1200m: 15:16.02 38.66			
7.	Daniela Mascarenhas Henriques	03	Gesloures	19:51.17	19:09.07	512
	50m: 34.28 34.28	450m: 5:37.41 38.32	850m: 10:45.25 38.74	1250m: 15:56.40 38.68		
	100m: 1:11.62 37.34	500m: 6:15.78 38.37	900m: 11:24.19 38.94	1300m: 16:35.41 39.01		
	150m: 1:49.24 37.62	550m: 6:54.00 38.22	950m: 12:03.00 38.81	1350m: 17:14.08 38.67		
	200m: 2:27.06 37.82	600m: 7:32.50 38.50	1000m: 12:42.17 39.17	1400m: 17:53.07 38.99		
	250m: 3:04.94 37.88	650m: 8:10.87 38.37	1050m: 13:21.43 39.26	1450m: 18:31.81 38.74		
	300m: 3:42.74 37.80	700m: 8:49.48 38.61	1100m: 14:00.27 38.84	1500m: 19:09.07 37.26		
	350m: 4:20.97 38.23	750m: 9:27.96 38.48	1150m: 14:39.02 38.75			
	400m: 4:59.09 38.12	800m: 10:06.51 38.55	1200m: 15:17.72 38.70			
8.	Mariana Marques Mercedes <i>Fora Tempo Acesso</i>	03	Olivais e Moscavide	19:51.17	20:25.74	422
	50m: 33.92 33.92	450m: 5:49.42 40.55	850m: 11:21.14 42.16	1250m: 16:59.69 42.32		
	100m: 1:11.32 37.40	500m: 6:30.26 40.84	900m: 12:03.32 42.18	1300m: 17:41.93 42.24		
	150m: 1:50.33 39.01	550m: 7:11.09 40.83	950m: 12:45.48 42.16	1350m: 18:23.68 41.75		
	200m: 2:29.74 39.41	600m: 7:52.20 41.11	1000m: 13:28.26 42.78	1400m: 19:05.17 41.49		
	250m: 3:09.18 39.44	650m: 8:33.37 41.17	1050m: 14:10.61 42.35	1450m: 19:45.78 40.61		
	300m: 3:48.74 39.56	700m: 9:14.90 41.53	1100m: 14:52.72 42.11	1500m: 20:25.74 39.96		
	350m: 4:28.47 39.73	750m: 9:56.90 42.00	1150m: 15:35.04 42.32			
	400m: 5:08.87 40.40	800m: 10:38.98 42.08	1200m: 16:17.37 42.33			