

Prova 31  
01.03.2020 - 16:00

Femin., 1500m Livres

Absolutos  
Resultados

Rec Nacional Absoluto	16:15.12	Diana Margarida Duraes	SLB	Lisboa	2020
Rec Regional Absoluto	16:15.12	Diana Margarida Duraes	SLB	Lisboa	2020
Rec Regional Sen	16:15.12	Diana Margarida Duraes	SLB	Lisboa	2020
Rec Regional Jun 2	17:19.16	Mariana Amaral Mendes	ADRCIMM	Coimbra	2019
Rec Regional Jun 1	17:24.20	Mariana Amaral Mendes	ADRCIMM	Oeiras	2018

TAC - Fem Jun 2: 20:15.48; Jun 1: 20:27.41; Sen: 20:09.53

Pontos: FINA 2020

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
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### Juniores

1.	Leonor Esteves Santos <i>Campeã Regional Júnior</i>	04	Avançado EULx	17:55.98	<b>18:05.66</b>	609
	100m: 1:09.93 1:09.93	500m: 6:06.36 1:13.63	900m: 10:53.69 1:10.74	1300m: 15:42.75 1:12.44		
	200m: 2:24.22 1:14.29	600m: 7:18.51 1:12.15	1000m: 12:05.99 1:12.30	1400m: 16:55.74 1:12.99		
	300m: 3:38.40 1:14.18	700m: 8:31.03 1:12.52	1100m: 13:17.72 1:11.73	1500m: 18:05.66 1:09.92		
	400m: 4:52.73 1:14.33	800m: 9:42.95 1:11.92	1200m: 14:30.31 1:12.59			
2.	Ema Jeronimo Conceicao	03	Associacao Ed. Fisica Desp. Torres Ve	17:46.07	<b>18:17.05</b>	590
	100m: 1:10.04 1:10.04	500m: 6:06.45 1:13.78	900m: 10:55.57 1:12.28	1300m: 15:52.88 1:14.51		
	200m: 2:24.31 1:14.27	600m: 7:18.65 1:12.20	1000m: 12:10.10 1:14.53	1400m: 17:06.45 1:13.57		
	300m: 3:38.60 1:14.29	700m: 8:31.20 1:12.55	1100m: 13:24.20 1:14.10	1500m: 18:17.05 1:10.60		
	400m: 4:52.67 1:14.07	800m: 9:43.29 1:12.09	1200m: 14:38.37 1:14.17			
3.	Daniela Alexandra Pedro	04	Sporting Clube de Portugal	18:38.88	<b>19:35.23</b>	480
	100m: 1:12.37 1:12.37	500m: 6:22.92 1:18.47	900m: 11:41.64 1:19.79	1300m: 16:59.09 1:18.80		
	200m: 2:28.77 1:16.40	600m: 7:42.34 1:19.42	1000m: 13:01.68 1:20.04	1400m: 18:17.76 1:18.67		
	300m: 3:46.20 1:17.43	700m: 9:01.97 1:19.63	1100m: 14:21.00 1:19.32	1500m: 19:35.23 1:17.47		
	400m: 5:04.45 1:18.25	800m: 10:21.85 1:19.88	1200m: 15:40.29 1:19.29			
4.	Beatriz Moreira Carvalho	03	Vikings Sports Club	20:15.48	<b>20:04.54</b>	446
	100m: 1:14.97 1:14.97	500m: 6:36.02 1:20.73	900m: 12:00.11 1:21.44	1300m: 17:25.07 1:20.89		
	200m: 2:34.85 1:19.88	600m: 7:56.93 1:20.91	1000m: 13:21.42 1:21.31	1400m: 18:45.28 1:20.21		
	300m: 3:55.27 1:20.42	700m: 9:17.71 1:20.78	1100m: 14:43.28 1:21.86	1500m: 20:04.54 1:19.26		
	400m: 5:15.29 1:20.02	800m: 10:38.67 1:20.96	1200m: 16:04.18 1:20.90			
5.	Mariana Marques Mercedes <i>FTL (Fora Tempo Limite)</i>	03	Clube Desportivo Olivais e Moscavide	20:15.48	<b>20:22.16</b>	427
	100m: 1:14.87 1:14.87	500m: 6:40.55 1:22.23	900m: 12:10.55 1:22.21	1300m: 17:41.00 1:22.24		
	200m: 2:35.48 1:20.61	600m: 8:02.91 1:22.36	1000m: 13:33.55 1:23.00	1400m: 19:03.35 1:22.35		
	300m: 3:56.84 1:21.36	700m: 9:25.61 1:22.70	1100m: 14:56.26 1:22.71	1500m: 20:22.16 1:18.81		
	400m: 5:18.32 1:21.48	800m: 10:48.34 1:22.73	1200m: 16:18.76 1:22.50			

### Seniores

1.	Margarida Messias Ribeiro <i>Campeã Regional Júnior</i>	98	Geslours - Gestão Equipamentos E.M.	20:09.53	<b>18:33.86</b>	564
	100m: 1:10.39 1:10.39	500m: 6:08.50 1:15.12	900m: 11:06.25 1:14.07	1300m: 16:04.96 1:14.77		
	200m: 2:24.51 1:14.12	600m: 7:23.38 1:14.88	1000m: 12:20.29 1:14.04	1400m: 17:20.27 1:15.31		
	300m: 3:39.08 1:14.57	700m: 8:37.98 1:14.60	1100m: 13:34.72 1:14.43	1500m: 18:33.86 1:13.59		
	400m: 4:53.38 1:14.30	800m: 9:52.18 1:14.20	1200m: 14:50.19 1:15.47			
2.	Beatriz Paulo Ranito	99	Geslours - Gestão Equipamentos E.M.	18:13.05	<b>18:47.34</b>	544
	100m: 1:10.00 1:10.00	500m: 6:08.12 1:15.09	900m: 11:10.47 1:16.57	1300m: 16:17.29 1:17.04		
	200m: 2:24.04 1:14.04	600m: 7:23.40 1:15.28	1000m: 12:27.51 1:17.04	1400m: 17:33.23 1:15.94		
	300m: 3:38.45 1:14.41	700m: 8:38.27 1:14.87	1100m: 13:43.59 1:16.08	1500m: 18:47.34 1:14.11		
	400m: 4:53.03 1:14.58	800m: 9:53.90 1:15.63	1200m: 15:00.25 1:16.66			
3.	Maria Ornelas Armas	98	Avançado EULx	20:09.53	<b>19:08.92</b>	514
	100m: 1:11.65 1:11.65	500m: 6:17.44 1:17.27	900m: 11:26.44 1:17.11	1300m: 16:35.55 1:17.18		
	200m: 2:27.14 1:15.49	600m: 7:34.34 1:16.90	1000m: 12:44.22 1:17.78	1400m: 17:52.43 1:16.88		
	300m: 3:43.46 1:16.32	700m: 8:52.01 1:17.67	1100m: 14:01.55 1:17.33	1500m: 19:08.92 1:16.49		
	400m: 5:00.17 1:16.71	800m: 10:09.33 1:17.32	1200m: 15:18.37 1:16.82			

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100m: 1:09.93 1:09.93	500m: 6:06.36 1:13.63	900m: 10:53.69 1:10.74	1300m: 15:42.75 1:12.44		
200m: 2:24.22 1:14.29	600m: 7:18.51 1:12.15	1000m: 12:05.99 1:12.30	1400m: 16:55.74 1:12.99		
300m: 3:38.40 1:14.18	700m: 8:31.03 1:12.52	1100m: 13:17.72 1:11.73	1500m: 18:05.66 1:09.92		
400m: 4:52.73 1:14.33	800m: 9:42.95 1:11.92	1200m: 14:30.31 1:12.59			
2. Ema Jeronimo Conceicao	03	Associacao Ed. Fisica Desp. Torres Ve	17:46.07	<b>18:17.05</b>	590
100m: 1:10.04 1:10.04	500m: 6:06.45 1:13.78	900m: 10:55.57 1:12.28	1300m: 15:52.88 1:14.51		
200m: 2:24.31 1:14.27	600m: 7:18.65 1:12.20	1000m: 12:10.10 1:14.53	1400m: 17:06.45 1:13.57		
300m: 3:38.60 1:14.29	700m: 8:31.20 1:12.55	1100m: 13:24.20 1:14.10	1500m: 18:17.05 1:10.60		
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100m: 1:10.39 1:10.39	500m: 6:08.50 1:15.12	900m: 11:06.25 1:14.07	1300m: 16:04.96 1:14.77		
200m: 2:24.51 1:14.12	600m: 7:23.38 1:14.88	1000m: 12:20.29 1:14.04	1400m: 17:20.27 1:15.31		
300m: 3:39.08 1:14.57	700m: 8:37.98 1:14.60	1100m: 13:34.72 1:14.43	1500m: 18:33.86 1:13.59		
400m: 4:53.38 1:14.30	800m: 9:52.18 1:14.20	1200m: 14:50.19 1:15.47			
4. Beatriz Paulo Ranito	99	Geslours - Gestão Equipamentos E.M.	18:13.05	<b>18:47.34</b>	544
100m: 1:10.00 1:10.00	500m: 6:08.12 1:15.09	900m: 11:10.47 1:16.57	1300m: 16:17.29 1:17.04		
200m: 2:24.04 1:14.04	600m: 7:23.40 1:15.28	1000m: 12:27.51 1:17.04	1400m: 17:33.23 1:15.94		
300m: 3:38.45 1:14.41	700m: 8:38.27 1:14.87	1100m: 13:43.59 1:16.08	1500m: 18:47.34 1:14.11		
400m: 4:53.03 1:14.58	800m: 9:53.90 1:15.63	1200m: 15:00.25 1:16.66			
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100m: 1:11.65 1:11.65	500m: 6:17.44 1:17.27	900m: 11:26.44 1:17.11	1300m: 16:35.55 1:17.18		
200m: 2:27.14 1:15.49	600m: 7:34.34 1:16.90	1000m: 12:44.22 1:17.78	1400m: 17:52.43 1:16.88		
300m: 3:43.46 1:16.32	700m: 8:52.01 1:17.67	1100m: 14:01.55 1:17.33	1500m: 19:08.92 1:16.49		
400m: 5:00.17 1:16.71	800m: 10:09.33 1:17.32	1200m: 15:18.37 1:16.82			
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100m: 1:12.37 1:12.37	500m: 6:22.92 1:18.47	900m: 11:41.64 1:19.79	1300m: 16:59.09 1:18.80		
200m: 2:28.77 1:16.40	600m: 7:42.34 1:19.42	1000m: 13:01.68 1:20.04	1400m: 18:17.76 1:18.67		
300m: 3:46.20 1:17.43	700m: 9:01.97 1:19.63	1100m: 14:21.00 1:19.32	1500m: 19:35.23 1:17.47		
400m: 5:04.45 1:18.25	800m: 10:21.85 1:19.88	1200m: 15:40.29 1:19.29			
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100m: 1:14.97 1:14.97	500m: 6:36.02 1:20.73	900m: 12:00.11 1:21.44	1300m: 17:25.07 1:20.89		
200m: 2:34.85 1:19.88	600m: 7:56.93 1:20.91	1000m: 13:21.42 1:21.31	1400m: 18:45.28 1:20.21		
300m: 3:55.27 1:20.42	700m: 9:17.71 1:20.78	1100m: 14:43.28 1:21.86	1500m: 20:04.54 1:19.26		
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<i>FTL (Fora Tempo Limite)</i>					
100m: 1:14.87 1:14.87	500m: 6:40.55 1:22.23	900m: 12:10.55 1:22.21	1300m: 17:41.00 1:22.24		
200m: 2:35.48 1:20.61	600m: 8:02.91 1:22.36	1000m: 13:33.55 1:23.00	1400m: 19:03.35 1:22.35		
300m: 3:56.84 1:21.36	700m: 9:25.61 1:22.70	1100m: 14:56.26 1:22.71	1500m: 20:22.16 1:18.81		
400m: 5:18.32 1:21.48	800m: 10:48.34 1:22.73	1200m: 16:18.76 1:22.50			