

Prova 2
11.03.2022 - 15:40

Femin., 800m Livres

Absolutos
Resultados

Rec Nacional Absoluto	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Absoluto	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Sen	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 2	9:05.04	Marta Andreia Lopes Ferreira	SCP	Lisboa	2003
Rec Regional Jun 1	8:57.14	Marta Andreia Lopes Ferreira	SCP		2002
Rec Regional Juv A	9:03.83	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	9:06.60	Ana Cláudia Correia Santos	SFUAP	Lisboa	2004

TAC - Fem Juv B: 11:09.43; Juv A: 10:50.83; Jun 2: 10:26.49; Jun 1: 10:32.63; Sen: 10:23.41

Pontos: FINA 2021

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis B						
1.	Constanca Santos Ferreira <i>Campeã Regional Juvenil B</i>	08	Sport Alges e Dafundo	10:11.56	10:21.07	475
	50m: 1:12.34	250m: 3:47.90	450m: 6:25.55	650m: 9:03.49		
	100m: 2:29.49	300m: 5:06.60	500m: 7:44.63	700m: 10:21.07		
	150m: 3:51.27	350m: 6:27.31	550m: 9:05.77	750m: 10:23.25		
	200m: 5:10.00	400m: 7:46.24	600m: 10:23.25	800m: 10:23.25		
2.	Ana Beatriz Pires	08	Soc.Filarmónica União A. Piedense	11:09.43	10:23.25	470
	50m: 1:14.05	250m: 3:51.27	450m: 6:27.31	650m: 9:05.77		
	100m: 2:32.98	300m: 5:10.00	500m: 7:46.24	700m: 10:23.25		
	150m: 6:32.01	350m: 7:52.56	550m: 10:30.92	750m: 10:30.92		
	200m: 7:52.56	400m: 10:30.92	600m: 10:30.92	800m: 10:30.92		
3.	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	11:09.43	10:30.92	453
	50m: 1:14.27	250m: 3:52.10	450m: 6:32.01	650m: 9:13.23		
	100m: 2:33.06	300m: 5:12.05	500m: 7:52.56	700m: 10:30.92		
	150m: 7:52.56	350m: 10:30.92	550m: 10:30.92	750m: 10:30.92		
	200m: 10:30.92	400m: 10:30.92	600m: 10:30.92	800m: 10:30.92		
4.	Patricia Subtil Henriques	08	Gesloures - Gestão Equipamentos E.M.	11:09.43	10:42.53	429
	50m: 1:14.55	250m: 3:54.18	450m: 6:38.55	650m: 9:23.98		
	100m: 2:33.66	300m: 5:16.77	500m: 8:01.19	700m: 10:42.53		
	150m: 8:01.19	350m: 10:42.53	550m: 10:42.53	750m: 10:42.53		
	200m: 10:42.53	400m: 10:42.53	600m: 10:42.53	800m: 10:42.53		
5.	Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i>	08	Centro Popular de Cultura e Desporto	11:09.26	11:30.87	345
	50m: 1:14.98	250m: 4:08.69	450m: 7:07.59	650m: 10:06.20		
	100m: 2:40.12	300m: 5:38.04	500m: 8:37.44	700m: 11:30.87		
	150m: 8:37.44	350m: 11:30.87	550m: 11:30.87	750m: 11:30.87		
	200m: 11:30.87	400m: 11:30.87	600m: 11:30.87	800m: 11:30.87		

Juvenis A

1.	Leonor Castanho Santos <i>Campeã Regional Juvenil A</i>	07	Sporting Clube de Portugal	10:03.43	10:05.26	513
	50m: 1:11.28	250m: 3:43.08	450m: 6:15.69	650m: 8:49.45		
	100m: 2:27.03	300m: 4:59.35	500m: 7:32.59	700m: 10:05.26		
	150m: 7:32.59	350m: 10:05.26	550m: 10:05.26	750m: 10:05.26		
	200m: 10:05.26	400m: 10:05.26	600m: 10:05.26	800m: 10:05.26		
2.	Elena Del Rio Bernat	07	Sport Alges e Dafundo	10:22.62	10:11.69	497
	50m: 1:12.39	250m: 3:46.51	450m: 6:22.03	650m: 8:57.29		
	100m: 2:28.93	300m: 5:04.35	500m: 7:39.61	700m: 10:11.69		
	150m: 7:39.61	350m: 10:11.69	550m: 10:11.69	750m: 10:11.69		
	200m: 10:11.69	400m: 10:11.69	600m: 10:11.69	800m: 10:11.69		
3.	Maria Bandarra Matos	07	Sporting Clube de Portugal	10:52.73	10:21.26	475
	50m: 1:12.64	250m: 3:47.39	450m: 6:24.77	650m: 9:03.73		
	100m: 2:29.83	300m: 5:05.60	500m: 7:44.48	700m: 10:21.26		
	150m: 7:44.48	350m: 10:21.26	550m: 10:21.26	750m: 10:21.26		
	200m: 10:21.26	400m: 10:21.26	600m: 10:21.26	800m: 10:21.26		

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Juniores

1.	Leonor Tavares Catalao <i>Campeã Regional Junior</i>	06	Sporting Clube de Portugal	9:42.33	9:41.29	580
	50m: 1:09.51	250m: 3:36.80	450m: 6:03.91	650m: 8:30.96		
	100m: 2:23.06	300m: 4:50.55	500m: 7:17.54	700m: 9:41.29		
	150m:	350m:	600m:	800m:		
	200m:	400m:				
2.	Mafalda Santos Costa	05	ADR Colegio Int Monte Maior	9:48.42	9:54.46	542
	50m: 1:09.26	250m: 3:36.73	450m: 6:06.92	650m: 8:39.43		
	100m: 2:22.50	300m: 4:51.59	500m: 7:23.36	700m: 9:54.46		
	150m:	350m:	600m:	800m:		
	200m:	400m:				
3.	Maria Teresa Fernandes	05	Sport Alges e Dafundo	10:01.13	9:58.99	530
	50m: 1:10.22	250m: 3:39.88	450m: 6:11.42	650m: 8:43.54		
	100m: 2:25.19	300m: 4:55.42	500m: 7:27.45	700m: 9:58.99		
	150m:	350m:	600m:	800m:		
	200m:	400m:				
4.	Maria Del Rio Bernat	05	Sport Alges e Dafundo	10:26.49	10:14.74	490
	50m: 1:10.19	250m: 3:42.53	450m: 6:18.67	650m: 8:57.16		
	100m: 2:25.76	300m: 4:59.97	500m: 7:38.04	700m: 10:14.74		
	150m:	350m:	600m:	800m:		
	200m:	400m:				
5.	Margarida Barbara Marques	06	Sport Alges e Dafundo	10:32.63	10:24.19	468
	50m: 1:10.52	250m: 3:42.49	450m: 6:20.53	650m: 9:01.94		
	100m: 2:25.93	300m: 5:00.22	500m: 7:41.03	700m: 10:24.19		
	150m:	350m:	600m:	800m:		
	200m:	400m:				
6.	Ines Gaspar Silva	06	Gesloures - Gestão Equipamentos E.M.	10:45.56	10:27.09	462
	50m: 1:10.97	250m: 3:48.69	450m: 6:29.90	650m: 9:10.95		
	100m: 2:29.37	300m: 5:08.56	500m: 7:50.74	700m: 10:27.09		
	150m:	350m:	600m:	800m:		
	200m:	400m:				
7.	Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i>	06	Soc.Filarmónica União A. Piedense	10:42.98	10:59.16	397
	50m: 1:12.60	250m: 3:53.14	450m: 6:43.87	650m: 9:35.62		
	100m: 2:31.28	300m: 5:18.19	500m: 8:09.53	700m: 10:59.16		
	150m:	350m:	600m:	800m:		
	200m:	400m:				

Seniores

1.	Maria Ornelas Armas <i>Campeã Regional Sénior</i>	98	Vikings Sports Club	9:36.15	9:38.73	587
	50m: 1:07.13	250m: 3:31.64	450m: 5:58.15	650m: 8:25.90		
	100m: 2:19.06	300m: 4:44.77	500m: 7:11.55	700m: 9:38.73		
	150m:	350m:	600m:	800m:		
	200m:	400m:				
2.	Maria Jardim Fidalgo	04	Clube Natacao Colegio Vasco da Gama	10:13.42	10:07.97	507
	50m: 1:11.60	250m: 3:44.05	450m: 6:16.25	650m: 8:52.18		
	100m: 2:28.01	300m: 4:59.50	500m: 7:34.44	700m: 10:07.97		
	150m:	350m:	600m:	800m:		
	200m:	400m:				
3.	Diana Valadas Horta	04	Soc.Filarmónica União A. Piedense	9:56.03	10:11.52	498
	50m: 1:11.57	250m: 3:46.43	450m: 6:21.33	650m: 8:55.59		
	100m: 2:29.01	300m: 5:03.90	500m: 7:38.59	700m: 10:11.52		
	150m:	350m:	600m:	800m:		
	200m:	400m:				

Absolutos

1.	Maria Ornelas Armas	98	Vikings Sports Club	9:36.15	9:38.73	587
	50m: 1:07.13	250m: 3:31.64	450m: 5:58.15	650m: 8:25.90		
	100m: 2:19.06	300m: 4:44.77	500m: 7:11.55	700m: 9:38.73		
	150m:	350m:	600m:	800m:		
	200m:	400m:				

Prova 2, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
2.	Leonor Tavares Catalao	06	Sporting Clube de Portugal	9:42.33	9:41.29	580
	50m: 1:09.51	250m: 3:36.80	450m: 6:03.91	650m: 8:30.96		
	100m: 2:23.06	300m: 4:50.55	500m: 7:17.54	700m: 9:41.29		
	150m:	350m:	600m:	800m:		
3.	Mafalda Santos Costa	05	ADR Colegio Int Monte Maior	9:48.42	9:54.46	542
	50m: 1:09.26	250m: 3:36.73	450m: 6:06.92	650m: 8:39.43		
	100m: 2:22.50	300m: 4:51.59	500m: 7:23.36	700m: 9:54.46		
	150m:	350m:	600m:	800m:		
4.	Maria Teresa Fernandes	05	Sport Alges e Dafundo	10:01.13	9:58.99	530
	50m: 1:10.22	250m: 3:39.88	450m: 6:11.42	650m: 8:43.54		
	100m: 2:25.19	300m: 4:55.42	500m: 7:27.45	700m: 9:58.99		
	150m:	350m:	600m:	800m:		
5.	Leonor Castanho Santos	07	Sporting Clube de Portugal	10:03.43	10:05.26	513
	50m: 1:11.28	250m: 3:43.08	450m: 6:15.69	650m: 8:49.45		
	100m: 2:27.03	300m: 4:59.35	500m: 7:32.59	700m: 10:05.26		
	150m:	350m:	600m:	800m:		
6.	Maria Jardim Fidalgo	04	Clube Natacao Colegio Vasco da Gama	10:13.42	10:07.97	507
	50m: 1:11.60	250m: 3:44.05	450m: 6:16.25	650m: 8:52.18		
	100m: 2:28.01	300m: 4:59.50	500m: 7:34.44	700m: 10:07.97		
	150m:	350m:	600m:	800m:		
7.	Diana Valadas Horta	04	Soc.Filarmónica União A. Piedense	9:56.03	10:11.52	498
	50m: 1:11.57	250m: 3:46.43	450m: 6:21.33	650m: 8:55.59		
	100m: 2:29.01	300m: 5:03.90	500m: 7:38.59	700m: 10:11.52		
	150m:	350m:	600m:	800m:		
8.	Elena Del Rio Bernat	07	Sport Alges e Dafundo	10:22.62	10:11.69	497
	50m: 1:12.39	250m: 3:46.51	450m: 6:22.03	650m: 8:57.29		
	100m: 2:28.93	300m: 5:04.35	500m: 7:39.61	700m: 10:11.69		
	150m:	350m:	600m:	800m:		
9.	Maria Del Rio Bernat	05	Sport Alges e Dafundo	10:26.49	10:14.74	490
	50m: 1:10.19	250m: 3:42.53	450m: 6:18.67	650m: 8:57.16		
	100m: 2:25.76	300m: 4:59.97	500m: 7:38.04	700m: 10:14.74		
	150m:	350m:	600m:	800m:		
10.	Constanca Santos Ferreira	08	Sport Alges e Dafundo	10:11.56	10:21.07	475
	50m: 1:12.34	250m: 3:47.90	450m: 6:25.55	650m: 9:03.49		
	100m: 2:29.49	300m: 5:06.60	500m: 7:44.63	700m: 10:21.07		
	150m:	350m:	600m:	800m:		
11.	Maria Bandarra Matos	07	Sporting Clube de Portugal	10:52.73	10:21.26	475
	50m: 1:12.64	250m: 3:47.39	450m: 6:24.77	650m: 9:03.73		
	100m: 2:29.83	300m: 5:05.60	500m: 7:44.48	700m: 10:21.26		
	150m:	350m:	600m:	800m:		
12.	Ana Beatriz Pires	08	Soc.Filarmónica União A. Piedense	11:09.43	10:23.25	470
	50m: 1:14.05	250m: 3:51.27	450m: 6:27.31	650m: 9:05.77		
	100m: 2:32.98	300m: 5:10.00	500m: 7:46.24	700m: 10:23.25		
	150m:	350m:	600m:	800m:		
13.	Margarida Barbara Marques	06	Sport Alges e Dafundo	10:32.63	10:24.19	468
	50m: 1:10.52	250m: 3:42.49	450m: 6:20.53	650m: 9:01.94		
	100m: 2:25.93	300m: 5:00.22	500m: 7:41.03	700m: 10:24.19		
	150m:	350m:	600m:	800m:		
14.	Ines Gaspar Silva	06	Gesloures - Gestão Equipamentos E.M.	10:45.56	10:27.09	462
	50m: 1:10.97	250m: 3:48.69	450m: 6:29.90	650m: 9:10.95		
	100m: 2:29.37	300m: 5:08.56	500m: 7:50.74	700m: 10:27.09		
	150m:	350m:	600m:	800m:		
15.	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	11:09.43	10:30.92	453
	50m: 1:14.27	250m: 3:52.10	450m: 6:32.01	650m: 9:13.23		
	100m: 2:33.06	300m: 5:12.05	500m: 7:52.56	700m: 10:30.92		
	150m:	350m:	600m:	800m:		

Prova 2, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
16.	Patricia Subtil Henriques	08	Gesloures - Gestão Equipamentos E.M.	11:09.43	10:42.53	429
	50m: 1:14.55	250m: 3:54.18	450m: 6:38.55	650m: 9:23.98		
	100m: 2:33.66	300m: 5:16.77	500m: 8:01.19	700m: 10:42.53		
	150m:	350m:	550m:	750m:		
	200m:	400m:	600m:	800m:		
17.	Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i>	06	Soc.Filarmónica União A. Piedense	10:42.98	10:59.16	397
	50m: 1:12.60	250m: 3:53.14	450m: 6:43.87	650m: 9:35.62		
	100m: 2:31.28	300m: 5:18.19	500m: 8:09.53	700m: 10:59.16		
	150m:	350m:	550m:	750m:		
	200m:	400m:	600m:	800m:		
18.	Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i>	08	Centro Popular de Cultura e Desporto	11:09.26	11:30.87	345
	50m: 1:14.98	250m: 4:08.69	450m: 7:07.59	650m: 10:06.20		
	100m: 2:40.12	300m: 5:38.04	500m: 8:37.44	700m: 11:30.87		
	150m:	350m:	550m:	750m:		
	200m:	400m:	600m:	800m:		