

Prova 31 Femin., 1500m Livres Absolutos
13.03.2022 - 15:30 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
Rec Regional Juv A	17:26.88	Ana Catarina Gomes	SFUAP	Coimbra	2006
Rec Regional Juv B	18:12.05	Ana Catarina Gomes	SFUAP	Famalicao	2005

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

Pontos: FINA 2021

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
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Juvenis B

1.	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	20:27.41	20:15.63	434
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Campeã Regional Juvenil B

50m:	36.69	36.69	450m:	5:59.80	40.57	850m:	11:26.74	41.34	1250m:	16:54.59	40.82
100m:	1:16.66	39.97	500m:	6:40.64	40.84	900m:	12:07.39	40.65	1300m:	17:35.72	41.13
150m:	1:56.76	40.10	550m:	7:20.97	40.33	950m:	12:48.53	41.14	1350m:	18:16.95	41.23
200m:	2:36.96	40.20	600m:	8:01.78	40.81	1000m:	13:29.85	41.32	1400m:	18:57.37	40.42
250m:	3:17.50	40.54	650m:	8:42.41	40.63	1050m:	14:10.76	40.91	1450m:	19:37.25	39.88
300m:	3:58.35	40.85	700m:	9:23.23	40.82	1100m:	14:51.52	40.76	1500m:	20:15.63	38.38
350m:	4:38.57	40.22	750m:	10:04.21	40.98	1150m:	15:32.69	41.17			
400m:	5:19.23	40.66	800m:	10:45.40	41.19	1200m:	16:13.77	41.08			

2.	Patricia Subtil Henriques	08	Geslours - Gestão Equipamentos E.M.	20:27.41	20:51.50	397
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FTL (Fora Tempo Limite)

50m:	35.73	35.73	450m:	6:06.52	42.36	850m:	11:44.73	42.65	1250m:	17:26.11	43.40
100m:	1:15.00	39.27	500m:	6:48.68	42.16	900m:	12:26.50	41.77	1300m:	18:08.07	41.96
150m:	1:56.33	41.33	550m:	7:31.37	42.69	950m:	13:09.77	43.27	1350m:	18:50.52	42.45
200m:	2:37.12	40.79	600m:	8:13.28	41.91	1000m:	13:51.56	41.79	1400m:	19:32.79	42.27
250m:	3:18.73	41.61	650m:	8:55.37	42.09	1050m:	14:34.43	42.87	1450m:	20:12.90	40.11
300m:	3:59.61	40.88	700m:	9:37.61	42.24	1100m:	15:16.49	42.06	1500m:	20:51.50	38.60
350m:	4:41.65	42.04	750m:	10:20.54	42.93	1150m:	16:00.03	43.54			
400m:	5:24.16	42.51	800m:	11:02.08	41.54	1200m:	16:42.71	42.68			

Juvenis A

1.	Elena Del Rio Bernat	07	Sport Alges e Dafundo	20:27.41	19:18.30	501
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Campeã Regional Juvenil A

50m:			450m:	5:42.94	39.03	850m:	10:53.22	38.96	1250m:	16:04.72	38.90
100m:	1:12.30		500m:	6:21.76	38.82	900m:	11:32.26	39.04	1300m:	16:43.76	39.04
150m:	1:50.78	38.48	550m:	7:00.61	38.85	950m:	12:11.57	39.31	1350m:	17:22.35	38.59
200m:	2:29.12	38.34	600m:	7:39.46	38.85	1000m:	12:50.98	39.41	1400m:	18:01.53	39.18
250m:	3:08.01	38.89	650m:	8:18.16	38.70	1050m:	13:30.03	39.05	1450m:	18:40.10	38.57
300m:	3:46.44	38.43	700m:	8:56.69	38.53	1100m:	14:08.82	38.79	1500m:	19:18.30	38.20
350m:	4:25.06	38.62	750m:	9:35.56	38.87	1150m:	14:47.02	38.20			
400m:	5:03.91	38.85	800m:	10:14.26	38.70	1200m:	15:25.82	38.80			

2.	Catarina Andrade Franco	07	Geslours - Gestão Equipamentos E.M.	20:27.41	19:25.76	492
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50m:	33.36	33.36	450m:	5:40.82	39.12	850m:	10:53.08	38.76	1250m:	16:07.94	39.79
100m:	1:10.67	37.31	500m:	6:19.99	39.17	900m:	11:32.31	39.23	1300m:	16:47.87	39.93
150m:	1:48.79	38.12	550m:	6:59.38	39.39	950m:	12:11.52	39.21	1350m:	17:26.92	39.05
200m:	2:27.17	38.38	600m:	7:39.15	39.77	1000m:	12:50.84	39.32	1400m:	18:07.01	40.09
250m:	3:05.45	38.28	650m:	8:18.28	39.13	1050m:	13:30.30	39.46	1450m:		
300m:	3:44.18	38.73	700m:	8:56.42	38.14	1100m:	14:09.51	39.21	1500m:	19:25.76	
350m:	4:22.91	38.73	750m:	9:36.03	39.61	1150m:	14:48.56	39.05			
400m:	5:01.70	38.79	800m:	10:14.32	38.29	1200m:	15:28.15	39.59			

Juniore

Prova 31, Femin., 1500m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Mafalda Santos Costa <i>Campeã Regional Junior</i>	05	ADR Colegio Int Monte Maior	18:31.00	18:54.66	533
	50m: 34.02 34.02	450m: 5:38.40 37.90	850m: 10:42.99 37.81	1250m: 15:47.58 38.07		
	100m: 1:11.15 37.13	500m: 6:16.53 38.13	900m: 11:20.97 37.98	1300m: 16:25.42 37.84		
	150m: 1:48.91 37.76	550m: 6:54.56 38.03	950m: 11:58.88 37.91	1350m: 17:03.07 37.65		
	200m: 2:27.20 38.29	600m: 7:32.75 38.19	1000m: 12:36.81 37.93	1400m: 17:40.78 37.71		
	250m: 3:05.29 38.09	650m: 8:10.80 38.05	1050m: 13:14.74 37.93	1450m: 18:17.80 37.02		
	300m: 3:43.89 38.60	700m: 8:49.04 38.24	1100m: 13:53.06 38.32	1500m: 18:54.66 36.86		
	350m: 4:22.10 38.21	750m: 9:27.14 38.10	1150m: 14:31.25 38.19			
	400m: 5:00.50 38.40	800m: 10:05.18 38.04	1200m: 15:09.51 38.26			
2.	Ines Gaspar Silva	06	Geslours - Gestão Equipamentos E.M.	20:27.41	20:20.48	428
	50m: 35.13 35.13	450m: 5:58.92 41.63	850m: 11:32.53 42.00	1250m: 17:04.76 41.21		
	100m: 1:14.00 38.87	500m: 6:40.34 41.42	900m: 12:14.67 42.14	1300m: 17:45.76 41.00		
	150m: 1:53.69 39.69	550m: 7:22.43 42.09	950m: 12:57.04 42.37	1350m: 18:26.18 40.42		
	200m: 2:33.55 39.86	600m: 8:04.17 41.74	1000m: 13:38.62 41.58	1400m: 19:04.82 38.64		
	250m: 3:14.11 40.56	650m: 8:45.89 41.72	1050m: 14:21.48 42.86	1450m: 19:44.02 39.20		
	300m: 3:54.96 40.85	700m: 9:27.20 41.31	1100m: 15:01.72 40.24	1500m: 20:20.48 36.46		
	350m: 4:36.67 41.71	750m: 10:09.63 42.43	1150m: 15:42.73 41.01			
	400m: 5:17.29 40.62	800m: 10:50.53 40.90	1200m: 16:23.55 40.82			
3.	Clara Sofia Herminio	06	Soc.Filarmónica União A. Piedense	20:56.72	20:26.79	422
	50m: 35.13 35.13	450m: 6:02.45 41.08	850m: 11:29.11 41.27	1250m: 17:01.97 42.02		
	100m: 1:16.35 40.99	500m: 6:43.18 40.73	900m: 12:10.40 41.29	1300m: 17:43.50 41.53		
	150m: 1:57.34 40.99	550m: 7:22.43 42.09	950m: 12:52.33 41.93	1350m: 18:24.78 41.28		
	200m: 2:37.79 40.45	600m: 8:04.37 41.62	1000m: 13:33.95 41.62	1400m: 19:05.33 40.55		
	250m: 3:18.62 40.83	650m: 8:49.54 45.17	1050m: 14:15.51 41.56	1450m: 19:46.52 41.19		
	300m: 3:59.34 40.72	700m: 9:26.05 36.51	1100m: 14:57.01 41.50	1500m: 20:26.79 40.27		
	350m: 4:40.48 41.14	750m: 10:06.98 40.93	1150m: 15:38.77 41.76			
	400m: 5:21.37 40.89	800m: 10:47.84 40.86	1200m: 16:19.95 41.18			

Seniores

1.	Diana Valadas Horta <i>Campeã Regional Sénior</i>	04	Soc.Filarmónica União A. Piedense	20:09.53	19:16.92	503
	50m: 35.24 35.24	450m: 5:47.27 39.17	850m: 10:57.99 38.89	1250m: 16:06.23 38.37		
	100m: 1:14.05 38.81	500m: 6:26.63 39.36	900m: 11:36.49 38.50	1300m: 16:44.50 38.27		
	150m: 1:57.34 40.99	550m: 7:05.13 38.50	950m: 12:15.16 38.67	1350m: 17:22.48 37.98		
	200m: 2:32.06 38.29	600m: 7:44.14 39.01	1000m: 12:54.10 38.94	1400m: 18:01.31 38.83		
	250m: 3:10.87 38.81	650m: 8:22.86 38.72	1050m: 13:32.38 38.28	1450m: 18:39.54 38.23		
	300m: 3:50.07 39.20	700m: 9:01.85 38.99	1100m: 14:11.07 38.69	1500m: 19:16.92 37.38		
	350m: 4:29.05 38.98	750m: 9:40.36 38.51	1150m: 14:49.48 38.41			
	400m: 5:08.10 39.05	800m: 10:19.10 38.74	1200m: 15:27.86 38.38			

Absolutos

1.	Mafalda Santos Costa	05	ADR Colegio Int Monte Maior	18:31.00	18:54.66	533
	50m: 34.02 34.02	450m: 5:38.40 37.90	850m: 10:42.99 37.81	1250m: 15:47.58 38.07		
	100m: 1:11.15 37.13	500m: 6:16.53 38.13	900m: 11:20.97 37.98	1300m: 16:25.42 37.84		
	150m: 1:48.91 37.76	550m: 6:54.56 38.03	950m: 11:58.88 37.91	1350m: 17:03.07 37.65		
	200m: 2:27.20 38.29	600m: 7:32.75 38.19	1000m: 12:36.81 37.93	1400m: 17:40.78 37.71		
	250m: 3:05.29 38.09	650m: 8:10.80 38.05	1050m: 13:14.74 37.93	1450m: 18:17.80 37.02		
	300m: 3:43.89 38.60	700m: 8:49.04 38.24	1100m: 13:53.06 38.32	1500m: 18:54.66 36.86		
	350m: 4:22.10 38.21	750m: 9:27.14 38.10	1150m: 14:31.25 38.19			
	400m: 5:00.50 38.40	800m: 10:05.18 38.04	1200m: 15:09.51 38.26			
2.	Diana Valadas Horta	04	Soc.Filarmónica União A. Piedense	20:09.53	19:16.92	503
	50m: 35.24 35.24	450m: 5:47.27 39.17	850m: 10:57.99 38.89	1250m: 16:06.23 38.37		
	100m: 1:14.05 38.81	500m: 6:26.63 39.36	900m: 11:36.49 38.50	1300m: 16:44.50 38.27		
	150m: 1:57.34 40.99	550m: 7:05.13 38.50	950m: 12:15.16 38.67	1350m: 17:22.48 37.98		
	200m: 2:32.06 38.29	600m: 7:44.14 39.01	1000m: 12:54.10 38.94	1400m: 18:01.31 38.83		
	250m: 3:10.87 38.81	650m: 8:22.86 38.72	1050m: 13:32.38 38.28	1450m: 18:39.54 38.23		
	300m: 3:50.07 39.20	700m: 9:01.85 38.99	1100m: 14:11.07 38.69	1500m: 19:16.92 37.38		
	350m: 4:29.05 38.98	750m: 9:40.36 38.51	1150m: 14:49.48 38.41			
	400m: 5:08.10 39.05	800m: 10:19.10 38.74	1200m: 15:27.86 38.38			
3.	Elena Del Rio Bernat	07	Sport Alges e Dafundo	20:27.41	19:18.30	501
	50m: 35.24 35.24	450m: 5:42.94 39.03	850m: 10:53.22 38.96	1250m: 16:04.72 38.90		
	100m: 1:12.30 38.48	500m: 6:21.76 38.82	900m: 11:32.26 39.04	1300m: 16:43.76 39.04		
	150m: 1:50.78 38.48	550m: 7:00.61 38.85	950m: 12:11.57 39.31	1350m: 17:22.35 38.59		
	200m: 2:29.12 38.34	600m: 7:39.46 38.85	1000m: 12:50.98 39.41	1400m: 18:01.53 39.18		
	250m: 3:08.01 38.89	650m: 8:18.16 38.70	1050m: 13:30.03 39.05	1450m: 18:40.10 38.57		
	300m: 3:46.44 38.43	700m: 8:56.69 38.53	1100m: 14:08.82 38.79	1500m: 19:18.30 38.20		
	350m: 4:25.06 38.62	750m: 9:35.56 38.87	1150m: 14:47.02 38.20			
	400m: 5:03.91 38.85	800m: 10:14.26 38.70	1200m: 15:25.82 38.80			

Prova 31, Femin., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
4.	Catarina Andrade Franco	07	Gesloures - Gestão Equipamentos E.M.	20:27.41	19:25.76	492
	50m: 33.36 33.36	450m: 5:40.82 39.12	850m: 10:53.08 38.76	1250m: 16:07.94 39.79		
	100m: 1:10.67 37.31	500m: 6:19.99 39.17	900m: 11:32.31 39.23	1300m: 16:47.87 39.93		
	150m: 1:48.79 38.12	550m: 6:59.38 39.39	950m: 12:11.52 39.21	1350m: 17:26.92 39.05		
	200m: 2:27.17 38.38	600m: 7:39.15 39.77	1000m: 12:50.84 39.32	1400m: 18:07.01 40.09		
	250m: 3:05.45 38.28	650m: 8:18.28 39.13	1050m: 13:30.30 39.46	1450m: 19:25.76		
	300m: 3:44.18 38.73	700m: 8:56.42 38.14	1100m: 14:09.51 39.21			
	350m: 4:22.91 38.73	750m: 9:36.03 39.61	1150m: 14:48.56 39.05			
	400m: 5:01.70 38.79	800m: 10:14.32 38.29	1200m: 15:28.15 39.59			
5.	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	20:27.41	20:15.63	434
	50m: 36.69 36.69	450m: 5:59.80 40.57	850m: 11:26.74 41.34	1250m: 16:54.59 40.82		
	100m: 1:16.66 39.97	500m: 6:40.64 40.84	900m: 12:07.39 40.65	1300m: 17:35.72 41.13		
	150m: 1:56.76 40.10	550m: 7:20.97 40.33	950m: 12:48.53 41.14	1350m: 18:16.95 41.23		
	200m: 2:36.96 40.20	600m: 8:01.78 40.81	1000m: 13:29.85 41.32	1400m: 18:57.37 40.42		
	250m: 3:17.50 40.54	650m: 8:42.41 40.63	1050m: 14:10.76 40.91	1450m: 19:37.25 39.88		
	300m: 3:58.35 40.85	700m: 9:23.23 40.82	1100m: 14:51.52 40.76	1500m: 20:15.63 38.38		
	350m: 4:38.57 40.22	750m: 10:04.21 40.98	1150m: 15:32.69 41.17			
	400m: 5:19.23 40.66	800m: 10:45.40 41.19	1200m: 16:13.77 41.08			
6.	Ines Gaspar Silva	06	Gesloures - Gestão Equipamentos E.M.	20:27.41	20:20.48	428
	50m: 35.13 35.13	450m: 5:58.92 41.63	850m: 11:32.53 42.00	1250m: 17:04.76 41.21		
	100m: 1:14.00 38.87	500m: 6:40.34 41.42	900m: 12:14.67 42.14	1300m: 17:45.76 41.00		
	150m: 1:53.69 39.69	550m: 7:22.43 42.09	950m: 12:57.04 42.37	1350m: 18:26.18 40.42		
	200m: 2:33.55 39.86	600m: 8:04.17 41.74	1000m: 13:38.62 41.58	1400m: 19:04.82 38.64		
	250m: 3:14.11 40.56	650m: 8:45.89 41.72	1050m: 14:21.48 42.86	1450m: 19:44.02 39.20		
	300m: 3:54.96 40.85	700m: 9:27.20 41.31	1100m: 15:01.72 40.24	1500m: 20:20.48 36.46		
	350m: 4:36.67 41.71	750m: 10:09.63 42.43	1150m: 15:42.73 41.01			
	400m: 5:17.29 40.62	800m: 10:50.53 40.90	1200m: 16:23.55 40.82			
7.	Clara Sofia Herminio	06	Soc.Filarmónica União A. Piedense	20:56.72	20:26.79	422
	50m: 35.73 35.73	450m: 6:02.45 41.08	850m: 11:29.11 41.27	1250m: 17:01.97 42.02		
	100m: 1:16.35 40.99	500m: 6:43.18 40.73	900m: 12:10.40 41.29	1300m: 17:43.50 41.53		
	150m: 1:57.34 40.99	550m: 7:24.33 41.93	950m: 12:52.33 41.93	1350m: 18:24.78 41.28		
	200m: 2:37.79 40.45	600m: 8:04.37 41.62	1000m: 13:33.95 41.62	1400m: 19:05.33 40.55		
	250m: 3:18.62 40.83	650m: 8:49.54 45.17	1050m: 14:15.51 41.56	1450m: 19:46.52 41.19		
	300m: 3:59.34 40.72	700m: 9:26.05 36.51	1100m: 14:57.01 41.50	1500m: 20:26.79 40.27		
	350m: 4:40.48 41.14	750m: 10:06.98 40.93	1150m: 15:38.77 41.76			
	400m: 5:21.37 40.89	800m: 10:47.84 40.86	1200m: 16:19.95 41.18			
8.	Patricia Subtil Henriques <i>FTL (Fora Tempo Limite)</i>	08	Gesloures - Gestão Equipamentos E.M.	20:27.41	20:51.50	397
	50m: 35.73 35.73	450m: 6:06.52 42.36	850m: 11:44.73 42.65	1250m: 17:26.11 43.40		
	100m: 1:15.00 39.27	500m: 6:48.68 42.16	900m: 12:26.50 41.77	1300m: 18:08.07 41.96		
	150m: 1:56.33 41.33	550m: 7:31.37 42.69	950m: 13:09.77 43.27	1350m: 18:50.52 42.45		
	200m: 2:37.12 40.79	600m: 8:13.28 41.91	1000m: 13:51.56 41.79	1400m: 19:32.79 42.27		
	250m: 3:18.73 41.61	650m: 8:55.37 42.09	1050m: 14:34.43 42.87	1450m: 20:12.90 40.11		
	300m: 3:59.61 40.88	700m: 9:37.61 42.24	1100m: 15:16.49 42.06	1500m: 20:51.50 38.60		
	350m: 4:41.65 42.04	750m: 10:20.54 42.93	1150m: 16:00.03 43.54			
	400m: 5:24.16 42.51	800m: 11:02.08 41.54	1200m: 16:42.71 42.68			