

Prova 10 Femin., 800m Livres
10.03.2023 - 18:14 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: 11:00.52; Juv A: 10:41.28; Jun 2: 10:22.48; Jun 1: 10:28.71; Sen 18: 10:16.93; Sen 18+: 10:10.76

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis B						
1.	Carolina Marques Madeira <i>Campeã Regional Juvenil B</i>	09	Clube Nacional de Natação	10:33.80	10:13.44	493
	100m: 1:13.40 1:13.40 300m: 3:47.64 1:17.47 500m: 6:22.42 1:17.14 700m: 8:57.89 1:18.03 200m: 2:30.17 1:16.77 400m: 5:05.28 1:17.64 600m: 7:39.86 1:17.44 800m: 10:13.44 1:15.55					
2.	Matilde Lopes Fialho	09	Palmela Desporto, E.M.	10:32.17	10:23.07	471
	100m: 1:10.87 1:10.87 300m: 3:48.57 1:19.02 500m: 6:25.17 1:18.69 700m: 9:04.84 1:19.95 200m: 2:29.55 1:18.68 400m: 5:06.48 1:17.91 600m: 7:44.89 1:19.72 800m: 10:23.07 1:18.23					
3.	Beatriz Silva Jordão	09	Vikings Sports Club	10:21.90	10:30.65	454
	100m: 1:15.03 1:15.03 300m: 3:53.91 1:19.40 500m: 6:33.56 1:19.49 700m: 9:12.70 1:19.23 200m: 2:34.51 1:19.48 400m: 5:14.07 1:20.16 600m: 7:53.47 1:19.91 800m: 10:30.65 1:17.95					
4.	Sofia Monteiro Uva	09	Sport Alges e Dafundo	10:26.49	10:30.73	454
	100m: 1:16.29 1:16.29 300m: 3:56.15 1:19.41 500m: 6:35.31 1:19.75 700m: 9:14.40 1:19.12 200m: 2:36.74 1:20.45 400m: 5:15.56 1:19.41 600m: 7:55.28 1:19.97 800m: 10:30.73 1:16.33					
5.	Sofia Carlos Arede	09	Sporting Clube de Portugal	10:51.33	10:36.66	441
	100m: 1:13.52 1:13.52 300m: 3:52.05 1:20.01 500m: 6:34.36 1:22.69 700m: 9:18.02 1:22.28 200m: 2:32.04 1:18.52 400m: 5:11.67 1:19.62 600m: 7:55.74 1:21.38 800m: 10:36.66 1:18.64					
6.	Ines Maria Lanca	09	Soc.Filarmónica União A. Piedense	11:00.00	10:54.58	406
	100m: 1:16.13 1:16.13 300m: 3:59.46 1:21.87 500m: 6:44.89 1:23.85 700m: 9:32.76 1:24.41 200m: 2:37.59 1:21.46 400m: 5:21.04 1:21.58 600m: 8:08.35 1:23.46 800m: 10:54.58 1:21.82					
7.	Beatriz Ribeiro Lima	09	Geslours - Gestão Equipamentos E.M.	10:48.75	10:55.67	404
	100m: 1:13.98 1:13.98 300m: 3:57.40 1:23.69 500m: 6:46.93 1:24.32 700m: 9:35.07 1:23.30 200m: 2:33.71 1:19.73 400m: 5:22.61 1:25.21 600m: 8:11.77 1:24.84 800m: 10:55.67 1:20.60					

Juvenis A

1.	Teresa Oliveira Santos <i>Campeã Regional Juvenil A</i>	08	Sport Alges e Dafundo	10:32.99	10:27.05	462
	100m: 1:16.48 1:16.48 300m: 3:55.46 1:18.49 500m: 6:34.08 1:19.16 700m: 9:13.71 1:19.47 200m: 2:36.97 1:20.49 400m: 5:14.92 1:19.46 600m: 7:54.24 1:20.16 800m: 10:27.05 1:13.34					
2.	Marta Matos Laranjeira	08	Vikings Sports Club	11:00.00	10:28.47	458
	100m: 1:13.50 1:13.50 300m: 3:50.46 1:18.47 500m: 6:31.32 1:21.23 700m: 9:10.98 1:19.29 200m: 2:31.99 1:18.49 400m: 5:10.09 1:19.63 600m: 7:51.69 1:20.37 800m: 10:28.47 1:17.49					
3.	Clarisse Teixeira Teles <i>FTL (Fora Tempo Limite)</i>	08	Clube Naval Setubalense	10:46.97	10:59.89	396
	100m: 1:18.08 1:18.08 300m: 4:04.85 1:23.25 500m: 6:51.68 1:23.48 700m: 9:38.75 1:23.42 200m: 2:41.60 1:23.52 400m: 5:28.20 1:23.35 600m: 8:15.33 1:23.65 800m: 10:59.89 1:21.14					
DNS	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	10:21.32		

Absolutos

1.	Diana Margarida Duraes <i>Campeã Regional Absolutos</i>	96	Sport Lisboa e Benfica	8:36.93	8:50.89	761
	100m: 1:04.75 1:04.75 300m: 3:18.91 1:07.12 500m: 5:32.59 1:06.49 700m: 7:45.27 1:06.25 200m: 2:11.79 1:07.04 400m: 4:26.10 1:07.19 600m: 6:39.02 1:06.43 800m: 8:50.89 1:05.62					
2.	Maria Ornelas Armas	98	Vikings Sports Club	9:24.65	9:30.77	612
	100m: 1:05.48 1:05.48 300m: 3:28.41 1:12.48 500m: 5:53.44 1:12.12 700m: 8:19.57 1:13.00 200m: 2:15.93 1:10.45 400m: 4:41.32 1:12.91 600m: 7:06.57 1:13.13 800m: 9:30.77 1:11.20					

Prova 10, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts		
3.	Joana Rocha Ferreira	05	Sport Lisboa e Benfica	9:42.09	9:39.01	586		
	100m: 1:07.09 1:07.09	300m: 3:32.23 1:12.78	500m: 5:58.44 1:13.09	700m: 8:26.50 1:13.97	1:12.36	400m: 4:45.35 1:13.12	600m: 7:12.53 1:14.09	800m: 9:39.01 1:12.51
4.	Leonor Castanho Santos	07	Sporting Clube de Portugal	9:51.68	9:51.37	550		
	100m: 1:08.54 1:08.54	300m: 3:36.45 1:14.50	500m: 6:03.99 1:14.45	700m: 8:32.09 1:13.11	1:13.41	400m: 4:49.54 1:13.09	600m: 7:18.98 1:14.99	800m: 9:51.37 1:19.28
5.	Mafalda Santos Costa	05	ADRC Colegio Int Monte Maior	9:53.31	9:59.47	528		
	100m: 1:10.66 1:10.66	300m: 3:40.04 1:14.81	500m: 6:10.21 1:14.99	700m: 8:43.54 1:17.01	1:14.57	400m: 4:55.22 1:15.18	600m: 7:26.53 1:16.32	800m: 9:59.47 1:15.93
6.	Natacha Sofia Silva	02	Sport Lisboa e Benfica	10:01.96	10:02.32	521		
	100m: 1:09.54 1:09.54	300m: 3:38.82 1:14.86	500m: 6:12.08 1:16.63	700m: 8:46.89 1:17.32	1:14.42	400m: 4:55.45 1:16.63	600m: 7:29.57 1:17.49	800m: 10:02.32 1:15.43
7.	Maria Teresa Fernandes	05	Sport Alges e Dafundo	9:57.41	10:03.52	518		
	100m: 1:08.11 1:08.11	300m: 3:37.49 1:15.45	500m: 6:09.79 1:16.46	700m: 8:48.30 1:19.39	1:13.93	400m: 4:53.33 1:15.84	600m: 7:28.91 1:19.12	800m: 10:03.52 1:15.22
8.	Rita Machita Santos	07	Clube Naval Setubalense	9:48.68	10:10.73	500		
	100m: 1:12.02 1:12.02	300m: 3:45.30 1:17.12	500m: 6:20.06 1:17.28	700m: 8:54.72 1:17.34	1:16.16	400m: 5:02.78 1:17.48	600m: 7:37.38 1:17.32	800m: 10:10.73 1:16.01
9.	Elena Del Rio Bernat	07	Sport Alges e Dafundo	10:11.05	10:11.19	499		
	100m: 1:12.69 1:12.69	300m: 3:46.32 1:17.06	500m: 6:20.96 1:17.64	700m: 8:56.33 1:17.69	1:16.57	400m: 5:03.32 1:17.00	600m: 7:38.64 1:17.68	800m: 10:11.19 1:14.86
10.	Sara Sofia Alves	07	Clube Naval Setubalense	10:05.71	10:14.07	492		
	100m: 1:13.04 1:13.04	300m: 3:48.54 1:17.87	500m: 6:23.38 1:16.60	700m: 8:59.39 1:17.46	1:17.63	400m: 5:06.78 1:18.24	600m: 7:41.93 1:18.55	800m: 10:14.07 1:14.68
11.	Margarida Santos Botelho	07	Clube Naval Setubalense	10:15.50	10:17.14	484		
	100m: 1:13.26 1:13.26	300m: 3:48.78 1:17.83	500m: 6:25.28 1:18.03	700m: 9:01.61 1:18.58	1:13.26	400m: 5:07.25 1:18.47	600m: 7:43.03 1:17.75	800m: 10:17.14 1:15.53
12.	Catarina Alexandra Alves	07	Geslours - Gestão Equipamentos E.M.	10:36.82	10:17.53	483		
	100m: 1:11.83 1:11.83	300m: 3:49.40 1:19.10	500m: 6:25.57 1:17.76	700m: 9:01.82 1:18.14	1:18.47	400m: 5:07.81 1:18.41	600m: 7:43.68 1:18.11	800m: 10:17.53 1:15.71
13.	Maria Del Rio Bernat <i>FTL (Fora Tempo Limite)</i>	05	Sport Alges e Dafundo	10:14.74	10:20.65	476		
	100m: 1:11.14 1:11.14	300m: 3:45.48 1:17.79	500m: 6:22.47 1:18.68	700m: 9:01.84 1:19.95	1:11.14	400m: 5:03.79 1:18.31	600m: 7:41.89 1:19.42	800m: 10:20.65 1:18.81
14.	Diana Valadas Horta <i>FTL (Fora Tempo Limite)</i>	04	Soc.Filarmónica União A. Piedense	10:09.68	10:21.55	474		
	100m: 1:13.24 1:13.24	300m: 3:48.08 1:17.27	500m: 6:23.98 1:18.08	700m: 9:03.03 1:20.08	1:13.24	400m: 5:05.90 1:17.82	600m: 7:42.95 1:18.97	800m: 10:21.55 1:18.52
15.	Leticia Rodrigues Magalhaes	07	Clube Naval Setubalense	10:07.12	10:22.10	473		
	100m: 1:11.63 1:11.63	300m: 3:46.49 1:18.15	500m: 6:24.70 1:19.59	700m: 9:04.26 1:19.59	1:11.63	400m: 5:05.11 1:18.62	600m: 7:44.67 1:19.97	800m: 10:22.10 1:17.84
16.	Marta Nascimento Ribeiro <i>FTL (Fora Tempo Limite)</i>	07	Clube de Natação e Triatlo de Lisboa	10:33.40	10:52.59	409		
	100m: 1:11.55 1:11.55	300m: 3:53.25 1:21.96	500m: 6:40.18 1:24.47	700m: 9:30.15 1:24.91	1:11.55	400m: 5:15.71 1:22.46	600m: 8:05.24 1:25.06	800m: 10:52.59 1:22.44
17.	Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i>	07	Sporting Clube de Portugal	10:43.49	11:00.75	394		
	100m: 1:15.97 1:15.97	300m: 3:57.92 1:21.00	500m: 6:45.76 1:24.59	700m: 9:35.79 1:25.30	1:15.97	400m: 5:21.17 1:23.25	600m: 8:10.49 1:24.73	800m: 11:00.75 1:24.96