

Prova 39 Absolutos
12.03.2023 - 17:32 Resultados

Rec	Tempo	Nadador	Clube	Local	Ano
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: 21:21.53; Juv A: 20:44.20; Jun 2: 20:07.73; Jun 1: 20:19.81; Sen 18: 19:56.96

Pontos: FINA 2022

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

Juvenis B

1.	Beatriz Silva Jordão <i>Campeã Regional Juvenil B</i>	09	Vikings Sports Club	21:45.00	19:54.60	457
	100m: 1:14.37 1:14.37		500m: 6:31.93 1:19.59	900m: 11:53.18 1:20.35	1300m: 17:16.09 1:21.03	
	200m: 2:34.47 1:20.10		600m: 7:51.58 1:19.65	1000m: 13:13.89 1:20.71	1400m: 18:36.10 1:20.01	
	300m: 3:53.39 1:18.92		700m: 9:12.06 1:20.48	1100m: 14:34.56 1:20.67	1500m: 19:54.60 1:18.50	
	400m: 5:12.34 1:18.95		800m: 10:32.83 1:20.77	1200m: 15:55.06 1:20.50		
2.	Ines Maria Lanca	09	Soc.Filarmónica União A. Piedense	21:45.00	20:38.71	410
	100m: 1:17.63 1:17.63		500m: 6:41.84 1:21.89	900m: 12:14.99 1:24.06	1300m: 17:52.69 1:25.39	
	200m: 2:38.88 1:21.25		600m: 8:04.22 1:22.38	1000m: 13:38.97 1:23.98	1400m: 19:16.92 1:24.23	
	300m: 3:59.06 1:20.18		700m: 9:26.83 1:22.61	1100m: 15:02.54 1:23.57	1500m: 20:38.71 1:21.79	
	400m: 5:19.95 1:20.89		800m: 10:50.93 1:24.10	1200m: 16:27.30 1:24.76		
3.	Beatriz Ribeiro Lima	09	Geslours - Gestão Equipamentos E.M.	21:43.42	20:59.50	390
	100m: 1:15.04 1:15.04		500m: 6:48.43 1:24.15	900m: 12:27.05 1:24.32	1300m: 18:11.84 1:26.87	
	200m: 2:37.10 1:22.06		600m: 8:12.55 1:24.12	1000m: 13:52.09 1:25.04	1400m: 19:37.86 1:26.02	
	300m: 4:00.02 1:22.92		700m: 9:37.67 1:25.12	1100m: 15:18.87 1:26.78	1500m: 20:59.50 1:21.64	
	400m: 5:24.28 1:24.26		800m: 11:02.73 1:25.06	1200m: 16:44.97 1:26.10		

Juvenis A

1.	Marta Matos Laranjeira <i>Campeã Regional Juvenil A</i>	08	Vikings Sports Club	20:50.00	19:27.11	490
	100m: 1:13.31 1:13.31		500m: 6:29.78 1:19.03	900m: 11:40.92 1:16.94	1300m: 16:52.76 1:19.08	
	200m: 2:33.08 1:19.77		600m: 7:48.05 1:18.27	1000m: 12:58.00 1:17.08	1400m: 18:10.73 1:17.97	
	300m: 3:51.86 1:18.78		700m: 9:05.95 1:17.90	1100m: 14:15.55 1:17.55	1500m: 19:27.11 1:16.38	
	400m: 5:10.75 1:18.89		800m: 10:23.98 1:18.03	1200m: 15:33.68 1:18.13		
2.	Ana Beatriz Pires	08	Soc.Filarmónica União A. Piedense	20:50.00	19:42.26	471
	100m: 1:13.83 1:13.83		500m: 6:27.94 1:19.00	900m: 11:41.29 1:18.31	1300m: 17:00.51 1:20.07	
	200m: 2:32.41 1:18.58		600m: 7:46.45 1:18.51	1000m: 12:59.45 1:18.16	1400m: 18:21.21 1:20.70	
	300m: 3:50.50 1:18.09		700m: 9:04.35 1:17.90	1100m: 14:19.64 1:20.19	1500m: 19:42.26 1:21.05	
	400m: 5:08.94 1:18.44		800m: 10:22.98 1:18.63	1200m: 15:40.44 1:20.80		
DNS	Margarida Carreiro Sousa	08	Clube Desportivo Escolar de Agua de P	20:47.80		
DNS	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	20:15.63		

Absolutos

1.	Maria Leonor Coelho <i>Campeã Regional Absolutos</i>	06	Sport Lisboa e Benfica	20:00.00	18:19.97	586
	100m: 1:10.93 1:10.93		500m: 6:06.89 1:14.01	900m: 11:01.96 1:13.54	1300m: 15:54.42 1:12.93	
	200m: 2:25.10 1:14.17		600m: 7:20.97 1:14.08	1000m: 12:15.28 1:13.32	1400m: 17:08.46 1:14.04	
	300m: 3:38.59 1:13.49		700m: 8:34.74 1:13.77	1100m: 13:28.57 1:13.29	1500m: 18:19.97 1:11.51	
	400m: 4:52.88 1:14.29		800m: 9:48.42 1:13.68	1200m: 14:41.49 1:12.92		
2.	Natacha Sofia Silva	02	Sport Lisboa e Benfica	18:59.74	18:57.77	529
	100m: 1:10.65 1:10.65		500m: 6:10.95 1:15.73	900m: 11:15.45 1:17.01	1300m: 16:24.35 1:17.61	
	200m: 2:25.46 1:14.81		600m: 7:26.34 1:15.39	1000m: 12:32.59 1:17.14	1400m: 17:41.77 1:17.42	
	300m: 3:40.08 1:14.62		700m: 8:41.96 1:15.62	1100m: 13:49.19 1:16.60	1500m: 18:57.77 1:16.00	
	400m: 4:55.22 1:15.14		800m: 9:58.44 1:16.48	1200m: 15:06.74 1:17.55		
3.	Maria Carolina Vargas	05	Sport Lisboa e Benfica	19:30.00	19:10.86	511
	100m: 1:12.98 1:12.98		500m: 6:12.83 1:15.62	900m: 11:22.96 1:17.79	1300m: 16:35.70 1:18.50	
	200m: 2:27.46 1:14.48		600m: 7:29.90 1:17.07	1000m: 12:40.80 1:17.84	1400m: 17:53.93 1:18.23	
	300m: 3:41.90 1:14.44		700m: 8:47.28 1:17.38	1100m: 13:58.68 1:17.88	1500m: 19:10.86 1:16.93	
	400m: 4:57.21 1:15.31		800m: 10:05.17 1:17.89	1200m: 15:17.20 1:18.52		

Prova 39, Femin., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts		
4.	Alice Gomes Durao	07	Sport Lisboa e Benfica	20:00.00	19:24.64	493		
	100m: 1:14.41	1:14.41	500m: 6:26.81	1:17.99	900m: 11:38.10	1:17.98	1300m: 16:50.76	1:17.94
	200m: 2:32.08	1:17.67	600m: 7:44.67	1:17.86	1000m: 12:56.14	1:18.04	1400m: 18:08.38	1:17.62
	300m: 3:50.35	1:18.27	700m: 9:02.36	1:17.69	1100m: 14:14.48	1:18.34	1500m: 19:24.64	1:16.26
	400m: 5:08.82	1:18.47	800m: 10:20.12	1:17.76	1200m: 15:32.82	1:18.34		
5.	Clara Vieira Tojo	07	Sport Lisboa e Benfica	20:00.00	19:56.75	455		
	100m: 1:15.82	1:15.82	500m: 6:37.09	1:20.89	900m: 11:58.29	1:20.39	1300m: 17:19.66	1:20.41
	200m: 2:35.52	1:19.70	600m: 7:57.08	1:19.99	1000m: 13:18.36	1:20.07	1400m: 18:39.14	1:19.48
	300m: 3:55.69	1:20.17	700m: 9:17.25	1:20.17	1100m: 14:38.82	1:20.46	1500m: 19:56.75	1:17.61
	400m: 5:16.20	1:20.51	800m: 10:37.90	1:20.65	1200m: 15:59.25	1:20.43		
6.	Diana Valadas Horta	04	Soc.Filarmónica União A. Piedense	19:16.92	19:56.78	454		
	100m: 1:15.04	1:15.04	500m: 6:37.59	1:20.81	900m: 12:00.49	1:20.75	1300m: 17:21.36	1:20.07
	200m: 2:35.95	1:20.91	600m: 7:58.05	1:20.46	1000m: 13:20.85	1:20.36	1400m: 18:40.43	1:19.07
	300m: 3:56.39	1:20.44	700m: 9:18.41	1:20.36	1100m: 14:41.11	1:20.26	1500m: 19:56.78	1:16.35
	400m: 5:16.78	1:20.39	800m: 10:39.74	1:21.33	1200m: 16:01.29	1:20.18		