

Prova 43

Femin., 1500m Livres

Absolutos

05.07.2026 - 17:12

Resultados

Rec Nacional Absoluto	16:15.12	Diana Margarida Duraes	SLB	Lisboa	2020
Rec Nacional Sen	16:15.12	Diana Margarida Duraes	SLB	Lisboa	2020
Rec Nacional Jun 18	16:24.05	Tamila Hryhorivna Holub	POR	Budapeste (HUN)	2017
Rec Nacional Jun 17	16:20.80	Tamila Hryhorivna Holub	POR	Hodmezovasarhely (HUN)	2016
Rec Nacional Juv A	16:43.22	Tamila Hryhorivna Holub	SCB	Singapore (SGP)	2015
Rec Nacional Juv B	16:54.60	Tamila Hryhorivna Holub	POR	Dordrecht (NED)	2014

TAC Juv B: 21:59.97; Juv A: 21:09.20; Jun 17: 20:32.23; Jun 18: 20:08.07; 19: 19:44.38; 20 +: 19:32.54

Pontos: AQUA 2026

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis						
1.	Margarida Almeida Ferreira	11	Sporting Clube de Portugal	18:30.91	18:25.52	577
	<i>Campeão Regional Juvenis B</i>					
	100m: 1:09.61	1:09.61	500m: 6:07.60	1:13.93	900m: 11:04.38	1:14.34
	200m: 2:24.51	1:14.90	600m: 7:21.70	1:14.10	1000m: 12:18.23	1:13.85
	300m: 3:39.49	1:14.98	700m: 8:35.82	1:14.12	1100m: 13:32.54	1:14.31
	400m: 4:53.67	1:14.18	800m: 9:50.04	1:14.22	1200m: 14:46.80	1:14.26
2.	Francisca Cunha Monteiro	11	Sport Lisboa e Benfica	19:31.68	19:24.48	493
	100m: 1:13.12	1:13.12	500m: 6:24.92	1:18.02	900m: 11:37.60	1:18.50
	200m: 2:31.04	1:17.92	600m: 7:42.51	1:17.59	1000m: 12:54.91	1:17.31
	300m: 3:48.89	1:17.85	700m: 9:00.98	1:18.47	1100m: 14:13.12	1:18.21
	400m: 5:06.90	1:18.01	800m: 10:19.10	1:18.12	1200m: 15:31.78	1:18.66

Absolutos

1.	Marta Lima Pimentel	04	ADRCCI Monte Maior	18:28.79	18:41.75	552
	<i>Campeão Regional Seniores</i>					
	100m: 1:10.53	1:10.53	500m: 6:09.13	1:14.55	900m: 11:09.33	1:15.29
	200m: 2:25.00	1:14.47	600m: 7:23.80	1:14.67	1000m: 12:24.82	1:15.49
	300m: 3:39.89	1:14.89	700m: 8:38.64	1:14.84	1100m: 13:40.09	1:15.27
	400m: 4:54.58	1:14.69	800m: 9:54.04	1:15.40	1200m: 14:55.79	1:15.70
2.	Jolina Widders	06	Geslours - Gestão Equipamentos E.M.	19:29.89	19:44.62	469
	<i>FTL (Fora Tempo Limite)</i>					
	100m: 1:12.58	1:12.58	500m: 6:28.12	1:19.79	900m: 11:48.46	1:20.68
	200m: 2:30.17	1:17.59	600m: 7:47.61	1:19.49	1000m: 13:09.40	1:20.94
	300m: 3:49.39	1:19.22	700m: 9:07.48	1:19.87	1100m: 14:29.58	1:20.18
	400m: 5:08.33	1:18.94	800m: 10:27.78	1:20.30	1200m: 15:49.36	1:19.78