

Prova 31 Femin., 1500m Livres Absolutos
28.2.16 - 9:00 Resultados

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|-----------------------|----------|---------------------------|-------|-----------------|------|
| Rec Regional Juv B | 18:12.05 | Ana Catarina Gomes | SFUAP | Famalicao | 2005 |
| Rec Regional Juv A | 17:26.88 | Ana Catarina Gomes | SFUAP | Coimbra | 2006 |
| Rec Regional Jun 1 | 17:27.50 | Carolina Mantua Guedes | SCP | Oeiras | 2014 |
| Rec Regional Jun 2 | 17:34.40 | Barbara Marques Rodrigues | SAD | Oeiras | 2014 |
| Rec Regional Sen | 17:14.62 | Daniela Guerra Inacio | CFB | Coimbra | 2008 |
| Rec Regional Absoluto | 17:14.62 | Daniela Guerra Inacio | CFB | Coimbra | 2008 |
| Rec Nacional Absoluto | 16:43.22 | Tamila Hryhorivna Holub | SCB | Singapore (SIN) | 2015 |

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 2015

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

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|--------------------|---------|------------------------------|----------|-----------------|---------|
| 1. Ana Pires Brito | 99 | ADRC Colegio Int Monte Maior | 20:15.48 | 18:54.52 | 547 |
| 100m: 1:12.56 | 1:12.56 | 500m: 6:19.67 | 1:16.55 | 900m: 11:22.34 | 1:15.38 |
| 200m: 2:29.86 | 1:17.30 | 600m: 7:36.04 | 1:16.37 | 1000m: 12:38.12 | 1:15.78 |
| 300m: 3:46.67 | 1:16.81 | 700m: 8:51.90 | 1:15.86 | 1100m: 13:54.08 | 1:15.96 |
| 400m: 5:03.12 | 1:16.45 | 800m: 10:06.96 | 1:15.06 | 1200m: 15:09.50 | 1:15.42 |
| | | | | 1300m: 16:25.20 | 1:15.70 |
| | | | | 1400m: 17:41.27 | 1:16.07 |
| | | | | 1500m: 18:54.52 | 1:13.25 |

Seniores

| | | | | | |
|--------------------|---------|------------------------|----------|-----------------|---------|
| 1. Ana Luisa Santo | 95 | Sport Lisboa e Benfica | 20:09.53 | 18:30.41 | 584 |
| 100m: 1:10.34 | 1:10.34 | 500m: 6:08.69 | 1:14.49 | 900m: 11:05.38 | 1:14.04 |
| 200m: 2:25.23 | 1:14.89 | 600m: 7:22.91 | 1:14.22 | 1000m: 12:19.76 | 1:14.38 |
| 300m: 3:39.93 | 1:14.70 | 700m: 8:37.43 | 1:14.52 | 1100m: 13:33.91 | 1:14.15 |
| 400m: 4:54.20 | 1:14.27 | 800m: 9:51.34 | 1:13.91 | 1200m: 14:47.94 | 1:14.03 |
| | | | | 1300m: 16:02.28 | 1:14.34 |
| | | | | 1400m: 17:16.99 | 1:14.71 |
| | | | | 1500m: 18:30.41 | 1:13.42 |

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|----------------------------|---------|---------------------------|----------|-----------------|---------|
| 2. Carolina Madeira Santos | 96 | Associação Naval Amorense | 18:15.57 | 19:10.24 | 525 |
| 100m: 1:09.09 | 1:09.09 | 500m: 6:15.31 | 1:17.55 | 900m: 11:23.70 | 1:16.74 |
| 200m: 2:24.67 | 1:15.58 | 600m: 7:32.44 | 1:17.13 | 1000m: 12:41.73 | 1:18.03 |
| 300m: 3:41.03 | 1:16.36 | 700m: 8:49.84 | 1:17.40 | 1100m: 13:59.74 | 1:18.01 |
| 400m: 4:57.76 | 1:16.73 | 800m: 10:06.96 | 1:17.12 | 1200m: 15:17.94 | 1:18.20 |
| | | | | 1300m: 16:36.54 | 1:18.60 |
| | | | | 1400m: 17:54.09 | 1:17.55 |
| | | | | 1500m: 19:10.24 | 1:16.15 |

Absolutos

| | | | | | |
|--------------------|---------|------------------------|----------|-----------------|---------|
| 1. Ana Luisa Santo | 95 | Sport Lisboa e Benfica | 20:09.53 | 18:30.41 | 584 |
| 100m: 1:10.34 | 1:10.34 | 500m: 6:08.69 | 1:14.49 | 900m: 11:05.38 | 1:14.04 |
| 200m: 2:25.23 | 1:14.89 | 600m: 7:22.91 | 1:14.22 | 1000m: 12:19.76 | 1:14.38 |
| 300m: 3:39.93 | 1:14.70 | 700m: 8:37.43 | 1:14.52 | 1100m: 13:33.91 | 1:14.15 |
| 400m: 4:54.20 | 1:14.27 | 800m: 9:51.34 | 1:13.91 | 1200m: 14:47.94 | 1:14.03 |
| | | | | 1300m: 16:02.28 | 1:14.34 |
| | | | | 1400m: 17:16.99 | 1:14.71 |
| | | | | 1500m: 18:30.41 | 1:13.42 |

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| 2. Filipa Serrano Rodrigues | 01 | Soc.Filarmónica União A. Piedense | 18:16.51 | 18:47.50 | 558 |
| 100m: 1:10.25 | 1:10.25 | 500m: 6:08.95 | 1:14.52 | 900m: 11:14.27 | 1:17.02 |
| 200m: 2:24.93 | 1:14.68 | 600m: 7:23.67 | 1:14.72 | 1000m: 12:31.28 | 1:17.01 |
| 300m: 3:39.86 | 1:14.93 | 700m: 8:40.09 | 1:16.42 | 1100m: 13:47.78 | 1:16.50 |
| 400m: 4:54.43 | 1:14.57 | 800m: 9:57.25 | 1:17.16 | 1200m: 15:03.59 | 1:15.81 |
| | | | | 1300m: 16:19.46 | 1:15.87 |
| | | | | 1400m: 17:34.32 | 1:14.86 |
| | | | | 1500m: 18:47.50 | 1:13.18 |

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|--------------------|---------|------------------------------|----------|-----------------|---------|
| 3. Ana Pires Brito | 99 | ADRC Colegio Int Monte Maior | 20:15.48 | 18:54.52 | 547 |
| 100m: 1:12.56 | 1:12.56 | 500m: 6:19.67 | 1:16.55 | 900m: 11:22.34 | 1:15.38 |
| 200m: 2:29.86 | 1:17.30 | 600m: 7:36.04 | 1:16.37 | 1000m: 12:38.12 | 1:15.78 |
| 300m: 3:46.67 | 1:16.81 | 700m: 8:51.90 | 1:15.86 | 1100m: 13:54.08 | 1:15.96 |
| 400m: 5:03.12 | 1:16.45 | 800m: 10:06.96 | 1:15.06 | 1200m: 15:09.50 | 1:15.42 |
| | | | | 1300m: 16:25.20 | 1:15.70 |
| | | | | 1400m: 17:41.27 | 1:16.07 |
| | | | | 1500m: 18:54.52 | 1:13.25 |

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|----------------------------|---------|---------------------------|----------|-----------------|---------|
| 4. Carolina Madeira Santos | 96 | Associação Naval Amorense | 18:15.57 | 19:10.24 | 525 |
| 100m: 1:09.09 | 1:09.09 | 500m: 6:15.31 | 1:17.55 | 900m: 11:23.70 | 1:16.74 |
| 200m: 2:24.67 | 1:15.58 | 600m: 7:32.44 | 1:17.13 | 1000m: 12:41.73 | 1:18.03 |
| 300m: 3:41.03 | 1:16.36 | 700m: 8:49.84 | 1:17.40 | 1100m: 13:59.74 | 1:18.01 |
| 400m: 4:57.76 | 1:16.73 | 800m: 10:06.96 | 1:17.12 | 1200m: 15:17.94 | 1:18.20 |
| | | | | 1300m: 16:36.54 | 1:18.60 |
| | | | | 1400m: 17:54.09 | 1:17.55 |
| | | | | 1500m: 19:10.24 | 1:16.15 |

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|---------------------------|---------|---------------------------------------|----------|-----------------|---------|
| 5. Alexandra Couto Frazao | 02 | Individual da Assoc Natacao de Lisboa | 19:16.92 | 19:58.64 | 464 |
| 100m: 1:13.58 | 1:13.58 | 500m: 6:29.11 | 1:20.86 | 900m: 11:53.27 | 1:20.86 |
| 200m: 2:30.73 | 1:17.15 | 600m: 7:50.70 | 1:21.59 | 1000m: 13:13.95 | 1:20.68 |
| 300m: 3:48.39 | 1:17.66 | 700m: 9:11.83 | 1:21.13 | 1100m: 14:35.20 | 1:21.25 |
| 400m: 5:08.25 | 1:19.86 | 800m: 10:32.41 | 1:20.58 | 1200m: 15:56.71 | 1:21.51 |
| | | | | 1300m: 17:18.06 | 1:21.35 |
| | | | | 1400m: 18:38.83 | 1:20.77 |
| | | | | 1500m: 19:58.64 | 1:19.81 |

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|----------------------------|---------|---------------------------------------|----------|-----------------|---------|
| 6. Luana Correia Rodrigues | 01 | Individual da Assoc Natacao de Lisboa | 20:27.41 | 20:07.17 | 454 |
| 100m: 1:14.05 | 1:14.05 | 500m: 6:32.92 | 1:20.39 | 900m: 11:57.41 | 1:21.38 |
| 200m: 2:32.79 | 1:18.74 | 600m: 7:53.56 | 1:20.64 | 1000m: 13:19.46 | 1:22.05 |
| 300m: 3:52.50 | 1:19.71 | 700m: 9:14.64 | 1:21.08 | 1100m: 14:41.62 | 1:22.16 |
| 400m: 5:12.53 | 1:20.03 | 800m: 10:36.03 | 1:21.39 | 1200m: 16:03.21 | 1:21.59 |
| | | | | 1300m: 17:25.38 | 1:22.17 |
| | | | | 1400m: 18:47.44 | 1:22.06 |
| | | | | 1500m: 20:07.17 | 1:19.73 |

Resultados online em: www.anlisboa.pt ou goo.gl/4cMkha