

Prova 49 Femin., 1500m Livres Absolutos  
11.07.2021 - 10:59 Resultados

Rec Regional Sen	16:15.12	Diana Margarida Duraes	POR	Lisboa	2020
Rec Regional Jun A	17:19.16	Mariana Amaral Mendes	POR	Coimbra	2019
Rec Regional Jun B	17:24.20	Mariana Amaral Mendes	POR	Oeiras	2018
Rec Regional Juv A	17:26.88	Ana Catarina Gomes	POR	Coimbra	2006
Rec Regional Juv B	18:12.05	Ana Catarina Gomes	POR	Famalicao	2005
Rec Regional Absoluto	16:15.12	Diana Margarida Duraes	POR	Lisboa	2020
Rec Nacional Absoluto	16:15.12	Diana Margarida Duraes	POR	Lisboa	2020

Pontos: FINA 2021

Pos.	Nadador	Ano	Clube	Tempo	Pts			
<b>Juvenis A</b>								
1.	Maria Leonor Coelho	06	Benfica	<b>18:48.14</b>	543			
	100m: 1:09.25	1:09.25	500m: 6:11.99	1:16.02	900m: 11:15.36	1:15.79	1300m: 16:17.97	1:15.88
	200m: 2:24.09	1:14.84	600m: 7:27.48	1:15.49	1000m: 12:31.10	1:15.74	1400m: 17:34.67	1:16.70
	300m: 3:39.79	1:15.70	700m: 8:43.38	1:15.90	1100m: 13:45.98	1:14.88	1500m: 18:48.14	1:13.47
	400m: 4:55.97	1:16.18	800m: 9:59.57	1:16.19	1200m: 15:02.09	1:16.11		
2.	Maria Esteves Valente	06	Benfica	<b>18:58.82</b>	528			
	100m: 1:12.26	1:12.26	500m: 6:15.38	1:15.75	900m: 11:19.85	1:16.60	1300m: 16:27.85	1:17.39
	200m: 2:28.34	1:16.08	600m: 7:30.74	1:15.36	1000m: 12:36.47	1:16.62	1400m: 17:44.63	1:16.78
	300m: 3:43.98	1:15.64	700m: 8:46.79	1:16.05	1100m: 13:53.65	1:17.18	1500m: 18:58.82	1:14.19
	400m: 4:59.63	1:15.65	800m: 10:03.25	1:16.46	1200m: 15:10.46	1:16.81		
3.	Rita João Serra	06	Vikings Sports Club	<b>20:31.11</b>	417			
	100m: 1:12.42	1:12.42	500m: 6:38.64	1:24.15	900m: 12:13.28	1:24.14	1300m: 17:46.90	1:23.10
	200m: 2:31.59	1:19.17	600m: 8:02.27	1:23.63	1000m: 13:37.01	1:23.73	1400m: 19:10.21	1:23.31
	300m: 3:52.17	1:20.58	700m: 9:25.79	1:23.52	1100m: 15:00.27	1:23.26	1500m: 20:31.11	1:20.90
	400m: 5:14.49	1:22.32	800m: 10:49.14	1:23.35	1200m: 16:23.80	1:23.53		

**Seniores**

1.	Maria Ornelas Armas	98	Vikings Sports Club	<b>18:37.95</b>	558			
	100m: 1:08.14	1:08.14	500m: 6:04.13	1:15.10	900m: 11:04.61	1:15.42	1300m: 16:06.97	1:15.47
	200m: 2:20.82	1:12.68	600m: 7:19.00	1:14.87	1000m: 12:20.14	1:15.53	1400m: 17:23.17	1:16.20
	300m: 3:34.99	1:14.17	700m: 8:34.05	1:15.05	1100m: 13:35.62	1:15.48	1500m: 18:37.95	1:14.78
	400m: 4:49.03	1:14.04	800m: 9:49.19	1:15.14	1200m: 14:51.50	1:15.88		

**Absolutos**

1.	Maria Ornelas Armas	98	Vikings Sports Club	<b>18:37.95</b>	558			
	100m: 1:08.14	1:08.14	500m: 6:04.13	1:15.10	900m: 11:04.61	1:15.42	1300m: 16:06.97	1:15.47
	200m: 2:20.82	1:12.68	600m: 7:19.00	1:14.87	1000m: 12:20.14	1:15.53	1400m: 17:23.17	1:16.20
	300m: 3:34.99	1:14.17	700m: 8:34.05	1:15.05	1100m: 13:35.62	1:15.48	1500m: 18:37.95	1:14.78
	400m: 4:49.03	1:14.04	800m: 9:49.19	1:15.14	1200m: 14:51.50	1:15.88		
2.	Maria Leonor Coelho	06	Benfica	<b>18:48.14</b>	543			
	100m: 1:09.25	1:09.25	500m: 6:11.99	1:16.02	900m: 11:15.36	1:15.79	1300m: 16:17.97	1:15.88
	200m: 2:24.09	1:14.84	600m: 7:27.48	1:15.49	1000m: 12:31.10	1:15.74	1400m: 17:34.67	1:16.70
	300m: 3:39.79	1:15.70	700m: 8:43.38	1:15.90	1100m: 13:45.98	1:14.88	1500m: 18:48.14	1:13.47
	400m: 4:55.97	1:16.18	800m: 9:59.57	1:16.19	1200m: 15:02.09	1:16.11		
3.	Maria Esteves Valente	06	Benfica	<b>18:58.82</b>	528			
	100m: 1:12.26	1:12.26	500m: 6:15.38	1:15.75	900m: 11:19.85	1:16.60	1300m: 16:27.85	1:17.39
	200m: 2:28.34	1:16.08	600m: 7:30.74	1:15.36	1000m: 12:36.47	1:16.62	1400m: 17:44.63	1:16.78
	300m: 3:43.98	1:15.64	700m: 8:46.79	1:16.05	1100m: 13:53.65	1:17.18	1500m: 18:58.82	1:14.19
	400m: 4:59.63	1:15.65	800m: 10:03.25	1:16.46	1200m: 15:10.46	1:16.81		
4.	Rita João Serra	06	Vikings Sports Club	<b>20:31.11</b>	417			
	100m: 1:12.42	1:12.42	500m: 6:38.64	1:24.15	900m: 12:13.28	1:24.14	1300m: 17:46.90	1:23.10
	200m: 2:31.59	1:19.17	600m: 8:02.27	1:23.63	1000m: 13:37.01	1:23.73	1400m: 19:10.21	1:23.31
	300m: 3:52.17	1:20.58	700m: 9:25.79	1:23.52	1100m: 15:00.27	1:23.26	1500m: 20:31.11	1:20.90
	400m: 5:14.49	1:22.32	800m: 10:49.14	1:23.35	1200m: 16:23.80	1:23.53		