

Prova 10
15.03.2024 - 18:13

Femin., 800m Livres

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 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis B						
1.	Maria Madalena Fernandes <i>Campeão Regional Juvenis B</i>	10	Sport Alges e Dafundo	10:29.74	10:19.17	479
	100m: 1:12.72 1:12.72	300m: 3:49.31 1:18.10	500m: 6:25.62 1:17.95	700m: 9:03.25 1:18.60		
	200m: 2:31.21 1:18.49	400m: 5:07.67 1:18.36	600m: 7:44.65 1:19.03	800m: 10:19.17 1:15.92		
2.	Victoria Sales Proenca	10	Sport Lisboa e Benfica	11:18.57	10:24.96	466
	100m: 1:13.58 1:13.58	300m: 3:50.93 1:18.78	500m: 6:30.42 1:19.68	700m: 9:09.00 1:18.79		
	200m: 2:32.15 1:18.57	400m: 5:10.74 1:18.81	600m: 7:50.21 1:19.79	800m: 10:24.96 1:15.96		
DNS	Maria Duarte Carvalho	10	Sport Lisboa e Benfica	10:53.74		

Juvenis A

1.	Carolina Marques Madeira <i>Campeão Regional Juvenis A</i>	09	Clube Nacional de Natação	9:56.81	10:09.12	504
	100m: 1:09.45 1:09.45	300m: 3:43.13 1:17.18	500m: 6:18.81 1:18.02	700m: 8:52.94 1:16.69		
	200m: 2:25.95 1:16.50	400m: 5:00.79 1:17.66	600m: 7:36.25 1:17.44	800m: 10:09.12 1:16.18		
2.	Joana Melo Gaspar	09	Clube Nacional de Natação	10:05.57	10:13.85	492
	100m: 1:13.28 1:13.28	300m: 3:47.87 1:17.09	500m: 6:22.77 1:17.42	700m: 8:58.15 1:17.94		
	200m: 2:30.78 1:17.50	400m: 5:05.35 1:17.48	600m: 7:40.21 1:17.44	800m: 10:13.85 1:15.70		
3.	Constanca Lopes Cruz	09	ADRC Colegio Int Monte Maior	10:02.94	10:18.59	481
	100m: 1:11.45 1:11.45	300m: 3:46.60 1:18.13	500m: 6:22.87 1:18.08	700m: 9:01.98 1:19.49		
	200m: 2:28.47 1:17.02	400m: 5:04.79 1:18.19	600m: 7:42.49 1:19.62	800m: 10:18.59 1:16.61		
4.	Ines Maria Lanca	09	Sport Lisboa e Benfica	10:26.82	10:25.61	465
	100m: 1:14.56 1:14.56	300m: 3:49.87 1:16.92	500m: 6:25.53 1:18.04	700m: 9:06.73 1:20.69		
	200m: 2:32.95 1:18.39	400m: 5:07.49 1:17.62	600m: 7:46.04 1:20.51	800m: 10:25.61 1:18.88		
5.	Alice Lucas Pedro	09	Sport Alges e Dafundo	10:44.68	10:26.80	462
	100m: 1:14.31 1:14.31	300m: 3:50.25 1:17.57	500m: 6:27.67 1:18.69	700m: 9:09.32 1:21.28		
	200m: 2:32.68 1:18.37	400m: 5:08.98 1:18.73	600m: 7:48.04 1:20.37	800m: 10:26.80 1:17.48		
6.	Beatriz Silva Jordao	09	Individual ANL	10:09.53	10:31.80	451
	100m: 1:11.75 1:11.75	300m: 3:47.56 1:18.84	500m: 6:29.07 1:20.80	700m: 9:11.74 1:21.09		
	200m: 2:28.72 1:16.97	400m: 5:08.27 1:20.71	600m: 7:50.65 1:21.58	800m: 10:31.80 1:20.06		
7.	Raquel Sofia Bras	09	Clube Futebol Os Belenenses	10:41.28	10:33.62	447
	100m: 1:11.98 1:11.98	300m: 3:51.06 1:19.69	500m: 6:33.50 1:21.74	700m: 9:16.48 1:21.06		
	200m: 2:31.37 1:19.39	400m: 5:11.76 1:20.70	600m: 7:55.42 1:21.92	800m: 10:33.62 1:17.14		
8.	Matilde Lopes Fialho	09	Palmela Desporto, E.M.	10:21.38	10:34.19	446
	100m: 1:10.06 1:10.06	300m: 3:47.00 1:19.32	500m: 6:28.67 1:21.36	700m: 9:14.17 1:23.49		
	200m: 2:27.68 1:17.62	400m: 5:07.31 1:20.31	600m: 7:50.68 1:22.01	800m: 10:34.19 1:20.02		
9.	Beatriz Ribeiro Lima	09	Geslours - Gestão Equip. E.M.	10:24.92	10:34.91	445
	100m: 1:13.82 1:13.82	300m: 3:53.96 1:20.50	500m: 6:36.78 1:21.22	700m: 9:17.46 1:20.18		
	200m: 2:33.46 1:19.64	400m: 5:15.56 1:21.60	600m: 7:57.28 1:20.50	800m: 10:34.91 1:17.45		

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Juniores

1.	Catarina Andrade Franco <i>Campeão Regional Juniores</i>	07	Sport Lisboa e Benfica	9:23.24	9:29.76	616
	100m: 1:07.40 1:07.40 200m: 2:19.96 1:12.56		300m: 3:32.19 1:12.23 400m: 4:44.63 1:12.44	500m: 5:56.52 1:11.89 600m: 7:08.81 1:12.29	700m: 8:20.24 1:11.43 800m: 9:29.76 1:09.52	
2.	Sara Sofia Alves	07	Palmela Desporto, E.M.	9:41.47	9:42.35	576
	100m: 1:08.81 1:08.81 200m: 2:21.70 1:12.89		300m: 3:35.25 1:13.55 400m: 4:48.97 1:13.72	500m: 6:02.77 1:13.80 600m: 7:16.24 1:13.47	700m: 8:30.69 1:14.45 800m: 9:42.35 1:11.66	
3.	Catarina Maria Lopes	08	Sport Lisboa e Benfica	9:39.91	9:53.10	546
	100m: 1:09.06 1:09.06 200m: 2:22.43 1:13.37		300m: 3:36.92 1:14.49 400m: 4:51.54 1:14.62	500m: 6:06.96 1:15.42 600m: 7:23.22 1:16.26	700m: 8:39.30 1:16.08 800m: 9:53.10 1:13.80	
4.	Raquel Santos Baiona	08	ADRC Colegio Int Monte Maior	10:03.43	10:03.59	518
	100m: 1:10.77 1:10.77 200m: 2:26.09 1:15.32		300m: 3:42.26 1:16.17 400m: 4:58.65 1:16.39	500m: 6:14.97 1:16.32 600m: 7:31.36 1:16.39	700m: 8:48.01 1:16.65 800m: 10:03.59 1:15.58	
5.	Teresa Oliveira Santos	08	Sport Alges e Dafundo	10:06.12	10:04.42	515
	100m: 1:11.72 1:11.72 200m: 2:27.85 1:16.13		300m: 3:43.88 1:16.03 400m: 5:00.75 1:16.87	500m: 6:17.94 1:17.19 600m: 7:35.45 1:17.51	700m: 8:52.12 1:16.67 800m: 10:04.42 1:12.30	
6.	Leonor Castanho Santos	07	Sporting Clube de Portugal	9:43.19	10:12.39	496
	100m: 1:10.57 1:10.57 200m: 2:25.16 1:14.59		300m: 3:40.55 1:15.39 400m: 4:58.02 1:17.47	500m: 6:17.59 1:19.57 600m: 7:36.23 1:18.64	700m: 8:54.74 1:18.51 800m: 10:12.39 1:17.65	
7.	Ines Ferreira Franco <i>FTL (Fora Tempo Limite)</i>	08	Individual ANL	11:29.94	12:02.44	302
	100m: 1:22.32 1:22.32 200m: 2:52.70 1:30.38		300m: 4:25.16 1:32.46 400m: 5:56.90 1:31.74	500m: 7:28.17 1:31.27 600m: 9:00.77 1:32.60	700m: 10:32.00 1:31.23 800m: 12:02.44 1:30.44	
DSQ	Joana Pontes Prior <i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 500 metros. (SW 10.2)</i>	08	Clube Instr. e Recreio do Laranjeiro	10:36.46		
	100m: 1:15.53 1:15.53 200m: 2:35.23 1:19.70		300m: 3:58.14 1:22.91 400m: 5:23.07 1:24.93	500m: 6:51.48 1:28.41 600m: 8:00m:	700m: 9:00m:	
DNS	Catarina Alexandra Alves	07	Geslours - Gestão Equip. E.M.	10:08.55		

Seniores

1.	Diana Margarida Duraes <i>Campeão Regional Seniores</i>	96	Sport Lisboa e Benfica	8:40.48	8:46.02	782
	100m: 1:03.66 1:03.66 200m: 2:09.66 1:06.00		300m: 3:15.62 1:05.96 400m: 4:21.50 1:05.88	500m: 5:27.53 1:06.03 600m: 6:33.42 1:05.89	700m: 7:39.76 1:06.34 800m: 8:46.02 1:06.26	
2.	Anna Fomina	02	Sporting Clube de Portugal	10:10.76	9:27.79	622
	100m: 1:05.61 1:05.61 200m: 2:16.68 1:11.07		300m: 3:28.35 1:11.67 400m: 4:39.99 1:11.64	500m: 5:52.68 1:12.69 600m: 7:05.38 1:12.70	700m: 8:17.66 1:12.28 800m: 9:27.79 1:10.13	
3.	Ana Rita Matos	02	Clube Futebol Os Belenenses	9:45.54	9:43.66	573
	100m: 1:09.24 1:09.24 200m: 2:22.07 1:12.83		300m: 3:35.69 1:13.62 400m: 4:49.35 1:13.66	500m: 6:03.25 1:13.90 600m: 7:16.93 1:13.68	700m: 8:30.77 1:13.84 800m: 9:43.66 1:12.89	
4.	Joana Silva Alves	05	Sporting Clube de Portugal	9:41.29	9:57.03	535
	100m: 1:10.20 1:10.20 200m: 2:24.73 1:14.53		300m: 3:39.73 1:15.00 400m: 4:55.52 1:15.79	500m: 6:11.57 1:16.05 600m: 7:27.04 1:15.47	700m: 8:42.84 1:15.80 800m: 9:57.03 1:14.19	
5.	Natacha Sofia Silva	02	Sport Lisboa e Benfica	9:50.39	10:03.63	518
	100m: 1:11.05 1:11.05 200m: 2:24.25 1:13.20		300m: 3:37.63 1:13.38 400m: 4:53.02 1:15.39	500m: 6:09.89 1:16.87 600m: 7:27.82 1:17.93	700m: 8:45.90 1:18.08 800m: 10:03.63 1:17.73	
6.	Susana Pereira Veiga <i>FTL (Fora Tempo Limite)</i>	00	Clube Nat Colégio Vasco da Gama	10:23.54	10:31.68	452
	100m: 1:12.80 1:12.80 200m: 2:30.64 1:17.84		300m: 3:49.58 1:18.94 400m: 5:09.15 1:19.57	500m: 6:30.36 1:21.21 600m: 7:50.95 1:20.59	700m: 9:11.93 1:20.98 800m: 10:31.68 1:19.75	

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Absolutos

1.	Diana Margarida Duraes	96	Sport Lisboa e Benfica	8:40.48	8:46.02	782
	100m: 1:03.66 1:03.66	300m: 3:15.62 1:05.96	500m: 5:27.53 1:06.03	700m: 7:39.76 1:06.34		
	200m: 2:09.66 1:06.00	400m: 4:21.50 1:05.88	600m: 6:33.42 1:05.89	800m: 8:46.02 1:06.26		
2.	Anna Fomina	02	Sporting Clube de Portugal	10:10.76	9:27.79	622
	100m: 1:05.61 1:05.61	300m: 3:28.35 1:11.67	500m: 5:52.68 1:12.69	700m: 8:17.66 1:12.28		
	200m: 2:16.68 1:11.07	400m: 4:39.99 1:11.64	600m: 7:05.38 1:12.70	800m: 9:27.79 1:10.13		
3.	Catarina Andrade Franco	07	Sport Lisboa e Benfica	9:23.24	9:29.76	616
	100m: 1:07.40 1:07.40	300m: 3:32.19 1:12.23	500m: 5:56.52 1:11.89	700m: 8:20.24 1:11.43		
	200m: 2:19.96 1:12.56	400m: 4:44.63 1:12.44	600m: 7:08.81 1:12.29	800m: 9:29.76 1:09.52		
4.	Sara Sofia Alves	07	Palmela Desporto, E.M.	9:41.47	9:42.35	576
	100m: 1:08.81 1:08.81	300m: 3:35.25 1:13.55	500m: 6:02.77 1:13.80	700m: 8:30.69 1:14.45		
	200m: 2:21.70 1:12.89	400m: 4:48.97 1:13.72	600m: 7:16.24 1:13.47	800m: 9:42.35 1:11.66		
5.	Ana Rita Matos	02	Clube Futebol Os Belenenses	9:45.54	9:43.66	573
	100m: 1:09.24 1:09.24	300m: 3:35.69 1:13.62	500m: 6:03.25 1:13.90	700m: 8:30.77 1:13.84		
	200m: 2:22.07 1:12.83	400m: 4:49.35 1:13.66	600m: 7:16.93 1:13.68	800m: 9:43.66 1:12.89		
6.	Catarina Maria Lopes	08	Sport Lisboa e Benfica	9:39.91	9:53.10	546
	100m: 1:09.06 1:09.06	300m: 3:36.92 1:14.49	500m: 6:06.96 1:15.42	700m: 8:39.30 1:16.08		
	200m: 2:22.43 1:13.37	400m: 4:51.54 1:14.62	600m: 7:23.22 1:16.26	800m: 9:53.10 1:13.80		
7.	Joana Silva Alves	05	Sporting Clube de Portugal	9:41.29	9:57.03	535
	100m: 1:10.20 1:10.20	300m: 3:39.73 1:15.00	500m: 6:11.57 1:16.05	700m: 8:42.84 1:15.80		
	200m: 2:24.73 1:14.53	400m: 4:55.52 1:15.79	600m: 7:27.04 1:15.47	800m: 9:57.03 1:14.19		
8.	Raquel Santos Baiona	08	ADRC Colegio Int Monte Maior	10:03.43	10:03.59	518
	100m: 1:10.77 1:10.77	300m: 3:42.26 1:16.17	500m: 6:14.97 1:16.32	700m: 8:48.01 1:16.65		
	200m: 2:26.09 1:15.32	400m: 4:58.65 1:16.39	600m: 7:31.36 1:16.39	800m: 10:03.59 1:15.58		
9.	Natacha Sofia Silva	02	Sport Lisboa e Benfica	9:50.39	10:03.63	518
	100m: 1:11.05 1:11.05	300m: 3:37.63 1:13.38	500m: 6:09.89 1:16.87	700m: 8:45.90 1:18.08		
	200m: 2:24.25 1:13.20	400m: 4:53.02 1:15.39	600m: 7:27.82 1:17.93	800m: 10:03.63 1:17.73		
10.	Teresa Oliveira Santos	08	Sport Alges e Dafundo	10:06.12	10:04.42	515
	100m: 1:11.72 1:11.72	300m: 3:43.88 1:16.03	500m: 6:17.94 1:17.19	700m: 8:52.12 1:16.67		
	200m: 2:27.85 1:16.13	400m: 5:00.75 1:16.87	600m: 7:35.45 1:17.51	800m: 10:04.42 1:12.30		
11.	Carolina Marques Madeira	09	Clube Nacional de Natação	9:56.81	10:09.12	504
	100m: 1:09.45 1:09.45	300m: 3:43.13 1:17.18	500m: 6:18.81 1:18.02	700m: 8:52.94 1:16.69		
	200m: 2:25.95 1:16.50	400m: 5:00.79 1:17.66	600m: 7:36.25 1:17.44	800m: 10:09.12 1:16.18		
12.	Leonor Castanho Santos	07	Sporting Clube de Portugal	9:43.19	10:12.39	496
	100m: 1:10.57 1:10.57	300m: 3:40.55 1:15.39	500m: 6:17.59 1:19.57	700m: 8:54.74 1:18.51		
	200m: 2:25.16 1:14.59	400m: 4:58.02 1:17.47	600m: 7:36.23 1:18.64	800m: 10:12.39 1:17.65		
13.	Joana Melo Gaspar	09	Clube Nacional de Natação	10:05.57	10:13.85	492
	100m: 1:13.28 1:13.28	300m: 3:47.87 1:17.09	500m: 6:22.77 1:17.42	700m: 8:58.15 1:17.94		
	200m: 2:30.78 1:17.50	400m: 5:05.35 1:17.48	600m: 7:40.21 1:17.44	800m: 10:13.85 1:15.70		
14.	Constanca Lopes Cruz	09	ADRC Colegio Int Monte Maior	10:02.94	10:18.59	481
	100m: 1:11.45 1:11.45	300m: 3:46.60 1:18.13	500m: 6:22.87 1:18.08	700m: 9:01.98 1:19.49		
	200m: 2:28.47 1:17.02	400m: 5:04.79 1:18.19	600m: 7:42.49 1:19.62	800m: 10:18.59 1:16.61		
15.	Maria Madalena Fernandes	10	Sport Alges e Dafundo	10:29.74	10:19.17	479
	100m: 1:12.72 1:12.72	300m: 3:49.31 1:18.10	500m: 6:25.62 1:17.95	700m: 9:03.25 1:18.60		
	200m: 2:31.21 1:18.49	400m: 5:07.67 1:18.36	600m: 7:44.65 1:19.03	800m: 10:19.17 1:15.92		
16.	Victoria Sales Proenca	10	Sport Lisboa e Benfica	11:18.57	10:24.96	466
	100m: 1:13.58 1:13.58	300m: 3:50.93 1:18.78	500m: 6:30.42 1:19.68	700m: 9:09.00 1:18.79		
	200m: 2:32.15 1:18.57	400m: 5:10.74 1:19.81	600m: 7:50.21 1:19.79	800m: 10:24.96 1:15.96		
17.	Ines Maria Lanca	09	Sport Lisboa e Benfica	10:26.82	10:25.61	465
	100m: 1:14.56 1:14.56	300m: 3:49.87 1:16.92	500m: 6:25.53 1:18.04	700m: 9:06.73 1:20.69		
	200m: 2:32.95 1:18.39	400m: 5:07.49 1:17.62	600m: 7:46.04 1:20.51	800m: 10:25.61 1:18.88		
18.	Alice Lucas Pedro	09	Sport Alges e Dafundo	10:44.68	10:26.80	462
	100m: 1:14.31 1:14.31	300m: 3:50.25 1:17.57	500m: 6:27.67 1:18.69	700m: 9:09.32 1:21.28		
	200m: 2:32.68 1:18.37	400m: 5:08.98 1:18.73	600m: 7:48.04 1:20.37	800m: 10:26.80 1:17.48		
19.	Susana Pereira Veiga FTL (Fora Tempo Limite)	00	Clube Nat Colégio Vasco da Gama	10:23.54	10:31.68	452
	100m: 1:12.80 1:12.80	300m: 3:49.58 1:18.94	500m: 6:30.36 1:21.21	700m: 9:11.93 1:20.98		
	200m: 2:30.64 1:17.84	400m: 5:09.15 1:19.57	600m: 7:50.95 1:20.59	800m: 10:31.68 1:19.75		
20.	Beatriz Silva Jordao	09	Individual ANL	10:09.53	10:31.80	451
	100m: 1:11.75 1:11.75	300m: 3:47.56 1:18.84	500m: 6:29.07 1:20.80	700m: 9:11.74 1:21.09		
	200m: 2:28.72 1:16.97	400m: 5:08.27 1:20.71	600m: 7:50.65 1:21.58	800m: 10:31.80 1:20.06		

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Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
21.	Raquel Sofia Bras	09	Clube Futebol Os Belenenses	10:41.28	10:33.62	447
	100m: 1:11.98 1:11.98 200m: 2:31.37 1:19.39		300m: 3:51.06 1:19.69 400m: 5:11.76 1:20.70	500m: 6:33.50 1:21.74 600m: 7:55.42 1:21.92	700m: 9:16.48 1:21.06 800m: 10:33.62 1:17.14	
22.	Matilde Lopes Fialho	09	Palmela Desporto, E.M.	10:21.38	10:34.19	446
	100m: 1:10.06 1:10.06 200m: 2:27.68 1:17.62		300m: 3:47.00 1:19.32 400m: 5:07.31 1:20.31	500m: 6:28.67 1:21.36 600m: 7:50.68 1:22.01	700m: 9:14.17 1:23.49 800m: 10:34.19 1:20.02	
23.	Beatriz Ribeiro Lima	09	Geslours - Gestão Equip. E.M.	10:24.92	10:34.91	445
	100m: 1:13.82 1:13.82 200m: 2:33.46 1:19.64		300m: 3:53.96 1:20.50 400m: 5:15.56 1:21.60	500m: 6:36.78 1:21.22 600m: 7:57.28 1:20.50	700m: 9:17.46 1:20.18 800m: 10:34.91 1:17.45	
24.	Ines Ferreira Franco <i>FTL (Fora Tempo Limite)</i>	08	Individual ANL	11:29.94	12:02.44	302
	100m: 1:22.32 1:22.32 200m: 2:52.70 1:30.38		300m: 4:25.16 1:32.46 400m: 5:56.90 1:31.74	500m: 7:28.17 1:31.27 600m: 9:00.77 1:32.60	700m: 10:32.00 1:31.23 800m: 12:02.44 1:30.44	
DSQ	Joana Pontes Prior	08	Clube Instr. e Recreio do Laranjeiro	10:36.46		
	<i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 500 metros. (SW 10.2)</i>					
	100m: 1:15.53 1:15.53 200m: 2:35.23 1:19.70		300m: 3:58.14 1:22.91 400m: 5:23.07 1:24.93	500m: 6:51.48 1:28.41 600m: 800m:		
DNS	Maria Duarte Carvalho	10	Sport Lisboa e Benfica	10:53.74		
DNS	Catarina Alexandra Alves	07	Geslours - Gestão Equip. E.M.	10:08.55		