

Prova 43  
17.03.2024 - 17:38

Femin., 1500m Livres

Absolutos  
Resultados

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; Sen 18+: 19:44.99

Pontos: FINA 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
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Juvenis B

1.	Maria Madalena Fernandes	10	Sport Alges e Dafundo	21:21.53	<b>20:05.78</b>	444
	<i>Campeão Regional Juvenis B</i>					
	100m: 1:16.24	1:16.24	500m: 6:37.81	1:20.77	900m: 12:00.67	1:21.12
	200m: 2:36.15	1:19.91	600m: 7:58.10	1:20.29	1000m: 13:21.24	1:20.57
	300m: 3:56.92	1:20.77	700m: 9:18.69	1:20.59	1100m: 14:42.65	1:21.41
	400m: 5:17.04	1:20.12	800m: 10:39.55	1:20.86	1200m: 16:04.50	1:21.85
					1300m: 17:26.29	1:21.79
					1400m: 18:47.38	1:21.09
					1500m: 20:05.78	1:18.40

Juvenis A

1.	Sofia Monteiro Uva	09	Sport Alges e Dafundo	20:44.20	<b>19:33.99</b>	482
	<i>Campeão Regional Juvenis A</i>					
	100m: 1:13.76	1:13.76	500m: 6:29.13	1:18.51	900m: 11:42.34	1:17.87
	200m: 2:32.98	1:19.22	600m: 7:47.36	1:18.23	1000m: 13:01.06	1:18.72
	300m: 3:52.05	1:19.07	700m: 9:05.60	1:18.24	1100m: 14:19.74	1:18.68
	400m: 5:10.62	1:18.57	800m: 10:24.47	1:18.87	1200m: 15:38.18	1:18.44
					1300m: 16:57.24	1:19.06
					1400m: 18:16.22	1:18.98
					1500m: 19:33.99	1:17.77
2.	Constança Lopes Cruz	09	ADRC Colegio Int Monte Maior	19:08.15	<b>19:52.10</b>	460
	100m: 1:12.09	1:12.09	500m: 6:25.38	1:19.65	900m: 11:46.58	1:21.14
	200m: 2:28.45	1:16.36	600m: 7:45.82	1:20.44	1000m: 13:06.78	1:20.20
	300m: 3:46.53	1:18.08	700m: 9:05.46	1:19.64	1100m: 14:27.78	1:21.00
	400m: 5:05.73	1:19.20	800m: 10:25.44	1:19.98	1200m: 15:49.59	1:21.81
					1300m: 17:12.11	1:22.52
					1400m: 18:33.75	1:21.64
					1500m: 19:52.10	1:18.35
3.	Beatriz Ferreira Batista	09	C.Pop.Cult e Desp da Povoa Sta Iria	20:44.20	<b>20:13.51</b>	436
	100m: 1:15.31	1:15.31	500m: 6:39.95	1:21.74	900m: 12:05.14	1:21.84
	200m: 2:35.60	1:20.29	600m: 8:01.49	1:21.54	1000m: 13:27.52	1:22.38
	300m: 3:56.72	1:21.12	700m: 9:23.10	1:21.61	1100m: 14:49.50	1:21.98
	400m: 5:18.21	1:21.49	800m: 10:43.30	1:20.20	1200m: 16:11.48	1:21.98
					1300m: 17:33.65	1:22.17
					1400m: 18:55.92	1:22.27
					1500m: 20:13.51	1:17.59
4.	Beatriz Silva Jordao	09	Individual ANL	19:20.15	<b>20:27.23</b>	421
	100m: 1:14.19	1:14.19	500m: 6:38.59	1:23.50	900m: 12:12.28	1:23.82
	200m: 2:32.18	1:17.99	600m: 8:01.18	1:22.59	1000m: 13:35.60	1:23.32
	300m: 3:53.11	1:20.93	700m: 9:24.86	1:23.68	1100m: 14:59.37	1:23.77
	400m: 5:15.09	1:21.98	800m: 10:48.46	1:23.60	1200m: 16:24.21	1:24.84
					1300m: 17:45.87	1:21.66
					1400m: 19:07.65	1:21.78
					1500m: 20:27.23	1:19.58
5.	Beatriz Ribeiro Lima	09	Geslours - Gestão Equip. E.M.	19:57.28	<b>20:28.46</b>	420
	100m: 1:13.54	1:13.54	500m: 6:39.93	1:22.00	900m: 12:09.72	1:22.03
	200m: 2:34.38	1:20.84	600m: 8:01.96	1:22.03	1000m: 13:33.20	1:23.48
	300m: 3:56.10	1:21.72	700m: 9:24.64	1:22.68	1100m: 14:56.89	1:23.69
	400m: 5:17.93	1:21.83	800m: 10:47.69	1:23.05	1200m: 16:19.90	1:23.01
					1300m: 17:43.74	1:23.84
					1400m: 19:07.33	1:23.59
					1500m: 20:28.46	1:21.13

Juniores

1.	Sara Sofia Alves	07	Palmela Desporto, E.M.	18:35.72	<b>18:44.40</b>	548
	<i>Campeão Regional Juniores</i>					
	100m: 1:08.92	1:08.92	500m: 6:09.25	1:15.52	900m: 11:11.99	1:16.05
	200m: 2:23.17	1:14.25	600m: 7:24.85	1:15.60	1000m: 12:27.78	1:15.79
	300m: 3:38.21	1:15.04	700m: 8:40.36	1:15.51	1100m: 13:43.84	1:16.06
	400m: 4:53.73	1:15.52	800m: 9:55.94	1:15.58	1200m: 14:59.89	1:16.05
					1300m: 16:15.36	1:15.47
					1400m: 17:30.52	1:15.16
					1500m: 18:44.40	1:13.88
2.	Raquel Santos Baiona	08	ADRC Colegio Int Monte Maior	19:04.22	<b>19:03.74</b>	521
	100m: 1:12.79	1:12.79	500m: 6:16.16	1:16.12	900m: 11:23.34	1:16.82
	200m: 2:28.54	1:15.75	600m: 7:32.89	1:16.73	1000m: 12:40.04	1:16.70
	300m: 3:44.24	1:15.70	700m: 8:49.49	1:16.60	1100m: 13:56.84	1:16.80
	400m: 5:00.04	1:15.80	800m: 10:06.52	1:17.03	1200m: 15:13.89	1:17.05
					1300m: 16:30.75	1:16.86
					1400m: 17:47.89	1:17.14
					1500m: 19:03.74	1:15.85

Prova 43, Femin., 1500m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
3.	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	19:40.86	<b>19:50.03</b>	462
	100m: 1:12.32 1:12.32	500m: 6:25.66 1:19.72	900m: 11:47.33 1:21.16	1300m: 17:09.68 1:21.39		
	200m: 2:29.50 1:17.18	600m: 7:45.22 1:19.56	1000m: 13:07.50 1:20.17	1400m: 18:30.80 1:21.12		
	300m: 3:47.26 1:17.76	700m: 9:05.90 1:20.68	1100m: 14:27.96 1:20.46	1500m: 19:50.03 1:19.23		
	400m: 5:05.94 1:18.68	800m: 10:26.17 1:20.27	1200m: 15:48.29 1:20.33			
4.	Teresa Oliveira Santos	08	Sport Alges e Dafundo	20:33.23	<b>19:57.51</b>	454
	100m: 1:07.70 1:07.70	500m: 6:33.71 1:44.12	900m: 11:59.51 1:19.98	1300m: 17:22.70 1:20.58		
	200m: 2:22.41 1:14.71	600m: 7:57.04 1:23.33	1000m: 13:19.77 1:20.26	1400m: 18:41.85 1:19.15		
	300m: 3:37.30 1:14.89	700m: 9:18.32 1:21.28	1100m: 14:40.03 1:20.26	1500m: 19:57.51 1:15.66		
	400m: 4:49.59 1:12.29	800m: 10:39.53 1:21.21	1200m: 16:02.12 1:22.09			
5.	Ines Azevedo Baraona <i>FTL (Fora Tempo Limite)</i>	07	Palmela Desporto, E.M.	20:07.73	<b>21:36.03</b>	358
	100m: 1:16.95 1:16.95	500m: 7:05.02 1:26.94	900m: 12:53.67 1:27.31	1300m: 18:44.79 1:28.59		
	200m: 2:42.60 1:25.65	600m: 8:32.26 1:27.24	1000m: 14:20.97 1:27.30	1400m: 20:11.93 1:27.14		
	300m: 4:09.53 1:26.93	700m: 9:58.77 1:26.51	1100m: 15:48.26 1:27.29	1500m: 21:36.03 1:24.10		
	400m: 5:38.08 1:28.55	800m: 11:26.36 1:27.59	1200m: 17:16.20 1:27.94			
6.	Ines Ferreira Franco <i>FTL (Fora Tempo Limite)</i>	08	Individual ANL	22:18.18	<b>23:10.61</b>	290
	100m: 1:23.15 1:23.15	500m: 7:31.17 1:33.02	900m: 13:45.41 1:33.39	1300m: 20:04.65 1:34.49		
	200m: 2:54.56 1:31.41	600m: 9:04.06 1:32.89	1000m: 15:19.62 1:34.21	1400m: 21:37.44 1:32.79		
	300m: 4:26.89 1:32.33	700m: 10:37.47 1:33.41	1100m: 16:54.71 1:35.09	1500m: 23:10.61 1:33.17		
	400m: 5:58.15 1:31.26	800m: 12:12.02 1:34.55	1200m: 18:30.16 1:35.45			

Seniores

1.	Maria Ornelas Armas <i>Campeão Regional Seniores</i>	98	Clube Oriental de Lisboa	17:53.66	<b>18:12.52</b>	598
	100m: 1:06.75 1:06.75	500m: 5:55.48 1:13.36	900m: 10:51.32 1:14.09	1300m: 15:46.36 1:13.67		
	200m: 2:17.61 1:10.86	600m: 7:08.92 1:13.44	1000m: 12:05.10 1:13.78	1400m: 17:00.00 1:13.64		
	300m: 3:29.42 1:11.81	700m: 8:22.71 1:13.79	1100m: 13:19.10 1:14.00	1500m: 18:12.52 1:12.52		
	400m: 4:42.12 1:12.70	800m: 9:37.23 1:14.52	1200m: 14:32.69 1:13.59			
2.	Ana Rita Matos	02	Clube Futebol Os Belenenses	18:25.27	<b>18:38.14</b>	557
	100m: 1:08.23 1:08.23	500m: 6:01.71 1:13.93	900m: 11:02.31 1:15.72	1300m: 16:07.92 1:16.35		
	200m: 2:20.65 1:12.42	600m: 7:16.31 1:14.60	1000m: 12:18.69 1:16.38	1400m: 17:23.58 1:15.66		
	300m: 3:34.06 1:13.41	700m: 8:31.05 1:14.74	1100m: 13:35.06 1:16.37	1500m: 18:38.14 1:14.56		
	400m: 4:47.78 1:13.72	800m: 9:46.59 1:15.54	1200m: 14:51.57 1:16.51			
3.	Maria Jardim Fidalgo	04	Clube Nat Colégio Vasco da Gama	19:44.99	<b>19:00.13</b>	526
	100m: 1:09.92 1:09.92	500m: 6:10.69 1:15.55	900m: 11:15.97 1:16.83	1300m: 16:27.67 1:18.57		
	200m: 2:25.02 1:15.10	600m: 7:26.74 1:16.05	1000m: 12:33.65 1:17.68	1400m: 17:45.19 1:17.52		
	300m: 3:40.22 1:15.20	700m: 8:42.81 1:16.07	1100m: 13:51.28 1:17.63	1500m: 19:00.13 1:14.94		
	400m: 4:55.14 1:14.92	800m: 9:59.14 1:16.33	1200m: 15:09.10 1:17.82			

Absolutos

1.	Maria Ornelas Armas	98	Clube Oriental de Lisboa	17:53.66	<b>18:12.52</b>	598
	100m: 1:06.75 1:06.75	500m: 5:55.48 1:13.36	900m: 10:51.32 1:14.09	1300m: 15:46.36 1:13.67		
	200m: 2:17.61 1:10.86	600m: 7:08.92 1:13.44	1000m: 12:05.10 1:13.78	1400m: 17:00.00 1:13.64		
	300m: 3:29.42 1:11.81	700m: 8:22.71 1:13.79	1100m: 13:19.10 1:14.00	1500m: 18:12.52 1:12.52		
	400m: 4:42.12 1:12.70	800m: 9:37.23 1:14.52	1200m: 14:32.69 1:13.59			
2.	Ana Rita Matos	02	Clube Futebol Os Belenenses	18:25.27	<b>18:38.14</b>	557
	100m: 1:08.23 1:08.23	500m: 6:01.71 1:13.93	900m: 11:02.31 1:15.72	1300m: 16:07.92 1:16.35		
	200m: 2:20.65 1:12.42	600m: 7:16.31 1:14.60	1000m: 12:18.69 1:16.38	1400m: 17:23.58 1:15.66		
	300m: 3:34.06 1:13.41	700m: 8:31.05 1:14.74	1100m: 13:35.06 1:16.37	1500m: 18:38.14 1:14.56		
	400m: 4:47.78 1:13.72	800m: 9:46.59 1:15.54	1200m: 14:51.57 1:16.51			
3.	Sara Sofia Alves	07	Palmela Desporto, E.M.	18:35.72	<b>18:44.40</b>	548
	100m: 1:08.92 1:08.92	500m: 6:09.25 1:15.52	900m: 11:11.99 1:16.05	1300m: 16:15.36 1:15.47		
	200m: 2:23.17 1:14.25	600m: 7:24.85 1:15.60	1000m: 12:27.78 1:15.79	1400m: 17:30.52 1:15.16		
	300m: 3:38.21 1:15.04	700m: 8:40.36 1:15.51	1100m: 13:43.84 1:16.06	1500m: 18:44.40 1:13.88		
	400m: 4:53.73 1:15.52	800m: 9:55.94 1:15.58	1200m: 14:59.89 1:16.05			
4.	Maria Jardim Fidalgo	04	Clube Nat Colégio Vasco da Gama	19:44.99	<b>19:00.13</b>	526
	100m: 1:09.92 1:09.92	500m: 6:10.69 1:15.55	900m: 11:15.97 1:16.83	1300m: 16:27.67 1:18.57		
	200m: 2:25.02 1:15.10	600m: 7:26.74 1:16.05	1000m: 12:33.65 1:17.68	1400m: 17:45.19 1:17.52		
	300m: 3:40.22 1:15.20	700m: 8:42.81 1:16.07	1100m: 13:51.28 1:17.63	1500m: 19:00.13 1:14.94		
	400m: 4:55.14 1:14.92	800m: 9:59.14 1:16.33	1200m: 15:09.10 1:17.82			

Prova 43, Femin., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
5.	Raquel Santos Baiona	08	ADRC Colegio Int Monte Maior	19:04.22	<b>19:03.74</b>	521
	100m: 1:12.79 1:12.79	500m: 6:16.16 1:16.12	900m: 11:23.34 1:16.82	1300m: 16:30.75 1:16.86		
	200m: 2:28.54 1:15.75	600m: 7:32.89 1:16.73	1000m: 12:40.04 1:16.70	1400m: 17:47.89 1:17.14		
	300m: 3:44.24 1:15.70	700m: 8:49.49 1:16.60	1100m: 13:56.84 1:16.80	1500m: 19:03.74 1:15.85		
	400m: 5:00.04 1:15.80	800m: 10:06.52 1:17.03	1200m: 15:13.89 1:17.05			
6.	Sofia Monteiro Uva	09	Sport Alges e Dafundo	20:44.20	<b>19:33.99</b>	482
	100m: 1:13.76 1:13.76	500m: 6:29.13 1:18.51	900m: 11:42.34 1:17.87	1300m: 16:57.24 1:19.06		
	200m: 2:32.98 1:19.22	600m: 7:47.36 1:18.23	1000m: 13:01.06 1:18.72	1400m: 18:16.22 1:18.98		
	300m: 3:52.05 1:19.07	700m: 9:05.60 1:18.24	1100m: 14:19.74 1:18.68	1500m: 19:33.99 1:17.77		
	400m: 5:10.62 1:18.57	800m: 10:24.47 1:18.87	1200m: 15:38.18 1:18.44			
7.	Constanca Isabel Carvalho	08	Sport Alges e Dafundo	19:40.86	<b>19:50.03</b>	462
	100m: 1:12.32 1:12.32	500m: 6:25.66 1:19.72	900m: 11:47.33 1:21.16	1300m: 17:09.68 1:21.39		
	200m: 2:29.50 1:17.18	600m: 7:45.22 1:19.56	1000m: 13:07.50 1:20.17	1400m: 18:30.80 1:21.12		
	300m: 3:47.26 1:17.76	700m: 9:05.90 1:20.68	1100m: 14:27.96 1:20.46	1500m: 19:50.03 1:19.23		
	400m: 5:05.94 1:18.68	800m: 10:26.17 1:20.27	1200m: 15:48.29 1:20.33			
8.	Constanca Lopes Cruz	09	ADRC Colegio Int Monte Maior	19:08.15	<b>19:52.10</b>	460
	100m: 1:12.09 1:12.09	500m: 6:25.38 1:19.65	900m: 11:46.58 1:21.14	1300m: 17:12.11 1:22.52		
	200m: 2:28.45 1:16.36	600m: 7:45.82 1:20.44	1000m: 13:06.78 1:20.20	1400m: 18:33.75 1:21.64		
	300m: 3:46.53 1:18.08	700m: 9:05.46 1:19.64	1100m: 14:27.78 1:21.00	1500m: 19:52.10 1:18.35		
	400m: 5:05.73 1:19.20	800m: 10:25.44 1:19.98	1200m: 15:49.59 1:21.81			
9.	Teresa Oliveira Santos	08	Sport Alges e Dafundo	20:33.23	<b>19:57.51</b>	454
	100m: 1:07.70 1:07.70	500m: 6:33.71 1:44.12	900m: 11:59.51 1:19.98	1300m: 17:22.70 1:20.58		
	200m: 2:22.41 1:14.71	600m: 7:57.04 1:23.33	1000m: 13:19.77 1:20.26	1400m: 18:41.85 1:19.15		
	300m: 3:37.30 1:14.89	700m: 9:18.32 1:21.28	1100m: 14:40.03 1:20.26	1500m: 19:57.51 1:15.86		
	400m: 4:49.59 1:12.29	800m: 10:39.53 1:21.21	1200m: 16:02.12 1:22.09			
10.	Maria Madalena Fernandes	10	Sport Alges e Dafundo	21:21.53	<b>20:05.78</b>	444
	100m: 1:16.24 1:16.24	500m: 6:37.81 1:20.77	900m: 12:00.67 1:21.12	1300m: 17:26.29 1:21.79		
	200m: 2:36.15 1:19.91	600m: 7:58.10 1:20.29	1000m: 13:21.24 1:20.57	1400m: 18:47.38 1:21.09		
	300m: 3:56.92 1:20.77	700m: 9:18.69 1:20.59	1100m: 14:42.65 1:21.41	1500m: 20:05.78 1:18.40		
	400m: 5:17.04 1:20.12	800m: 10:39.55 1:20.86	1200m: 16:04.50 1:21.85			
11.	Beatriz Ferreira Batista	09	C.Pop.Cult e Desp da Povoia Sta Iria	20:44.20	<b>20:13.51</b>	436
	100m: 1:15.31 1:15.31	500m: 6:39.95 1:21.74	900m: 12:05.14 1:21.84	1300m: 17:33.65 1:22.17		
	200m: 2:35.60 1:20.29	600m: 8:01.49 1:21.54	1000m: 13:27.52 1:22.38	1400m: 18:55.92 1:22.27		
	300m: 3:56.72 1:21.12	700m: 9:23.10 1:21.61	1100m: 14:49.50 1:21.98	1500m: 20:13.51 1:17.59		
	400m: 5:18.21 1:21.49	800m: 10:43.30 1:20.20	1200m: 16:11.48 1:21.98			
12.	Beatriz Silva Jordao	09	Individual ANL	19:20.15	<b>20:27.23</b>	421
	100m: 1:14.19 1:14.19	500m: 6:38.59 1:23.50	900m: 12:12.28 1:23.82	1300m: 17:45.87 1:21.66		
	200m: 2:32.18 1:17.99	600m: 8:01.18 1:22.59	1000m: 13:35.60 1:23.32	1400m: 19:07.65 1:21.78		
	300m: 3:53.11 1:20.93	700m: 9:24.86 1:23.68	1100m: 14:59.37 1:23.77	1500m: 20:27.23 1:19.58		
	400m: 5:15.09 1:21.98	800m: 10:48.46 1:23.60	1200m: 16:24.21 1:24.84			
13.	Beatriz Ribeiro Lima	09	Geslours - Gestão Equip. E.M.	19:57.28	<b>20:28.46</b>	420
	100m: 1:13.54 1:13.54	500m: 6:39.93 1:22.00	900m: 12:09.72 1:22.03	1300m: 17:43.74 1:23.84		
	200m: 2:34.38 1:20.84	600m: 8:01.96 1:22.03	1000m: 13:33.20 1:23.48	1400m: 19:07.33 1:23.59		
	300m: 3:56.10 1:21.72	700m: 9:24.64 1:22.68	1100m: 14:56.89 1:23.69	1500m: 20:28.46 1:21.13		
	400m: 5:17.93 1:21.83	800m: 10:47.89 1:23.05	1200m: 16:19.90 1:23.01			
14.	Ines Azevedo Baraona FTL (Fora Tempo Limite)	07	Palmela Desporto, E.M.	20:07.73	<b>21:36.03</b>	358
	100m: 1:16.95 1:16.95	500m: 7:05.02 1:26.94	900m: 12:53.67 1:27.31	1300m: 18:44.79 1:28.59		
	200m: 2:42.60 1:25.65	600m: 8:32.26 1:27.24	1000m: 14:20.97 1:27.30	1400m: 20:11.93 1:27.14		
	300m: 4:09.53 1:26.93	700m: 9:58.77 1:26.51	1100m: 15:48.26 1:27.29	1500m: 21:36.03 1:24.10		
	400m: 5:38.08 1:28.55	800m: 11:26.36 1:27.59	1200m: 17:16.20 1:27.94			
15.	Ines Ferreira Franco FTL (Fora Tempo Limite)	08	Individual ANL	22:18.18	<b>23:10.61</b>	290
	100m: 1:23.15 1:23.15	500m: 7:31.17 1:33.02	900m: 13:45.41 1:33.39	1300m: 20:04.65 1:34.49		
	200m: 2:54.56 1:31.41	600m: 9:04.06 1:32.89	1000m: 15:19.62 1:34.21	1400m: 21:37.44 1:32.79		
	300m: 4:26.89 1:32.33	700m: 10:37.47 1:33.41	1100m: 16:54.71 1:35.09	1500m: 23:10.61 1:33.17		
	400m: 5:58.15 1:31.26	800m: 12:12.02 1:34.55	1200m: 18:30.16 1:35.45			