

Prova 10

Femin., 800m Livres

Absolutos

07.03.2025 - 18:14

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 18 +	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 17	9:05.04	Marta Andreia Lopes Ferreira	SCP	Lisboa	2003
Rec Regional Jun 16	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; Jun17-18: 10:22.48; Jun 16: 10:28.71; Sen 19: 10:16.93; Sen 20+: 10:10.76

Pontos: AQUA 2025

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis B						
1.	Margarida Almeida Ferreira <i>Campeão Regional Juvenis B</i>	11	Sporting Clube de Portugal	9:56.94	9:53.65	544
	100m: 1:11.10 1:11.10 200m: 2:25.95 1:14.85		300m: 3:40.68 1:14.73 400m: 4:55.96 1:15.28	500m: 6:11.04 1:15.08 600m: 7:25.95 1:14.91	700m: 8:41.36 1:15.41 800m: 9:53.65 1:12.29	
2.	Francisca Cunha Monteiro	11	Sport Lisboa e Benfica	11:00.52	10:38.62	437
	100m: 1:14.90 1:14.90 200m: 2:34.70 1:19.80		300m: 3:55.10 1:20.40 400m: 5:16.42 1:21.32	500m: 6:38.03 1:21.61 600m: 8:00.66 1:22.63	700m: 9:22.29 1:21.63 800m: 10:38.62 1:16.33	
3.	Raquel Silva Delgadinho	11	Palmela Desporto, E.M.	11:00.26	10:39.14	436
	100m: 1:15.03 1:15.03 200m: 2:35.13 1:20.10		300m: 3:56.88 1:21.75 400m: 5:19.09 1:22.21	500m: 6:41.02 1:21.93 600m: 8:02.77 1:21.75	700m: 9:23.86 1:21.09 800m: 10:39.14 1:15.28	
4.	Natalia Landa Paredes <i>FTL (Fora Tempo Limite)</i>	11	Fundacao Salesianos	11:00.52	11:26.07	352
	100m: 1:20.67 1:20.67 200m: 2:46.17 1:25.50		300m: 4:12.69 1:26.52 400m: 5:39.15 1:26.46	500m: 7:06.91 1:27.76 600m: 8:35.05 1:28.14	700m: 10:03.31 1:28.26 800m: 11:26.07 1:22.76	

Juvenis A

1.	Maria Madalena Fernandes <i>Campeão Regional Juvenis A</i>	10	Sport Alges e Dafundo	10:07.83	10:12.57	495
	100m: 1:12.83 1:12.83 200m: 2:28.88 1:16.05		300m: 3:45.25 1:16.37 400m: 5:02.16 1:16.91	500m: 6:18.89 1:16.73 600m: 7:37.42 1:18.53	700m: 8:55.75 1:18.33 800m: 10:12.57 1:16.82	
2.	Victoria Sales Proenca	10	Sport Lisboa e Benfica	10:24.18	10:13.07	494
	100m: 1:10.52 1:10.52 200m: 2:26.60 1:16.08		300m: 3:44.17 1:17.57 400m: 5:02.84 1:18.67	500m: 6:22.08 1:19.24 600m: 7:41.02 1:18.94	700m: 8:59.29 1:18.27 800m: 10:13.07 1:13.78	
3.	Beatriz Paiva Branco	10	Clube de Instrucao e Recreio do Laranjeiro	10:41.28	10:17.83	483
	100m: 1:11.05 1:11.05 200m: 2:27.88 1:16.83		300m: 3:45.89 1:18.01 400m: 5:04.55 1:18.66	500m: 6:23.57 1:19.02 600m: 7:42.71 1:19.14	700m: 9:01.54 1:18.83 800m: 10:17.83 1:16.29	
4.	Maria Ines Fryxell <i>FTL (Fora Tempo Limite)</i>	10	Assoc Orientadora Natação Desp. em Azóres	10:20.08	10:46.73	421
	100m: 1:11.38 1:11.38 200m: 2:30.56 1:19.18		300m: 3:52.20 1:21.64 400m: 5:15.13 1:22.93	500m: 6:38.28 1:23.15 600m: 8:01.35 1:23.07	700m: 9:24.65 1:23.30 800m: 10:46.73 1:22.08	

Juniores

1.	Sara Sofia Alves <i>Campeão Regional Juniores</i>	07	Palmela Desporto, E.M.	9:35.11	9:44.13	571
	100m: 1:08.14 1:08.14 200m: 2:20.84 1:12.70		300m: 3:33.84 1:13.00 400m: 4:47.47 1:13.63	500m: 6:01.05 1:13.58 600m: 7:15.29 1:14.24	700m: 8:30.26 1:14.97 800m: 9:44.13 1:13.87	
2.	Carolina Marques Madeira	09	Clube Nacional de Natação	9:59.80	9:55.24	540
	100m: 1:11.14 1:11.14 200m: 2:25.17 1:14.03		300m: 3:40.26 1:15.09 400m: 4:55.89 1:15.63	500m: 6:11.83 1:15.94 600m: 7:27.50 1:15.67	700m: 8:42.54 1:15.04 800m: 9:55.24 1:12.70	
3.	Margarida Santos Botelho	07	Clube Naval Setubalense	9:54.88	9:57.63	533
	100m: 1:11.27 1:11.27 200m: 2:27.40 1:16.13		300m: 3:43.83 1:16.43 400m: 5:00.16 1:16.33	500m: 6:15.84 1:15.68 600m: 7:31.29 1:15.45	700m: 8:46.06 1:14.77 800m: 9:57.63 1:11.57	

<http://anlisboa.pt>

Resultados online: anlisboa.pt/live

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apoios
institucionais



parceiros



Prova 10, Femin., 800m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
4.	Catarina Alexandra Alves	07	Geslours - Gestão Equipamentos E.M.	9:49.27	9:58.82	530
	100m: 1:09.18 1:09.18	300m: 3:39.14 1:15.55	500m: 6:10.50 1:16.08	700m: 8:43.79 1:16.58		
	200m: 2:23.59 1:14.41	400m: 4:54.42 1:15.28	600m: 7:27.21 1:16.71	800m: 9:58.82 1:15.03		
5.	Leonor Carvalho Oliveira	07	Clube Naval Setubalense	10:22.48	10:07.32	508
	100m: 1:08.83 1:08.83	300m: 3:39.46 1:15.83	500m: 6:13.58 1:17.25	700m: 8:51.30 1:19.08		
	200m: 2:23.63 1:14.80	400m: 4:56.33 1:16.87	600m: 7:32.22 1:18.64	800m: 10:07.32 1:16.02		
6.	Constancia Lopes Cruz	09	ADRC Cult Colegio Int Monte Maior	10:17.75	10:24.23	468
	100m: 1:13.96 1:13.96	300m: 3:49.07 1:17.02	500m: 6:26.92 1:19.35	700m: 9:07.11 1:19.89		
	200m: 2:32.05 1:18.09	400m: 5:07.57 1:18.50	600m: 7:47.22 1:20.30	800m: 10:24.23 1:17.12		
7.	Joana Melo Gaspar	09	Clube Nacional de Natação	9:58.86	10:28.96	457
	<i>FTL (Fora Tempo Limite)</i>					
	100m: 1:13.41 1:13.41	300m: 3:51.00 1:19.63	500m: 6:30.14 1:19.33	700m: 9:10.43 1:20.43		
	200m: 2:31.37 1:17.96	400m: 5:10.81 1:19.81	600m: 7:50.00 1:19.86	800m: 10:28.96 1:18.53		

Seniores

1.	Beatriz Paulo Ranito	99	Geslours - Gestão Equipamentos E.M.	9:29.56	9:40.66	581
	<i>Campeão Regional Seniores</i>					
	100m: 1:06.58 1:06.58	300m: 3:33.13 1:13.70	500m: 6:01.52 1:14.19	700m: 8:29.78 1:13.92		
	200m: 2:19.43 1:12.85	400m: 4:47.33 1:14.20	600m: 7:15.86 1:14.34	800m: 9:40.66 1:10.88		
2.	Margarida Sobral Pimenta	99	ADRC Cult Colegio Int Monte Maior	10:10.76	9:44.74	569
	100m: 1:09.78 1:09.78	300m: 3:37.48 1:13.65	500m: 6:06.03 1:14.39	700m: 8:33.22 1:13.44		
	200m: 2:23.83 1:14.05	400m: 4:51.64 1:14.16	600m: 7:19.78 1:13.75	800m: 9:44.74 1:11.52		

Absolutos

1.	Beatriz Paulo Ranito	99	Geslours - Gestão Equipamentos E.M.	9:29.56	9:40.66	581
	100m: 1:06.58 1:06.58	300m: 3:33.13 1:13.70	500m: 6:01.52 1:14.19	700m: 8:29.78 1:13.92		
	200m: 2:19.43 1:12.85	400m: 4:47.33 1:14.20	600m: 7:15.86 1:14.34	800m: 9:40.66 1:10.88		
2.	Sara Sofia Alves	07	Palmela Desporto, E.M.	9:35.11	9:44.13	571
	100m: 1:08.14 1:08.14	300m: 3:33.84 1:13.00	500m: 6:01.05 1:13.58	700m: 8:30.26 1:14.97		
	200m: 2:20.84 1:12.70	400m: 4:47.47 1:13.63	600m: 7:15.29 1:14.24	800m: 9:44.13 1:13.87		
3.	Margarida Sobral Pimenta	99	ADRC Cult Colegio Int Monte Maior	10:10.76	9:44.74	569
	100m: 1:09.78 1:09.78	300m: 3:37.48 1:13.65	500m: 6:06.03 1:14.39	700m: 8:33.22 1:13.44		
	200m: 2:23.83 1:14.05	400m: 4:51.64 1:14.16	600m: 7:19.78 1:13.75	800m: 9:44.74 1:11.52		
4.	Margarida Almeida Ferreira	11	Sporting Clube de Portugal	9:56.94	9:53.65	544
	100m: 1:11.10 1:11.10	300m: 3:40.68 1:14.73	500m: 6:11.04 1:15.08	700m: 8:41.36 1:15.41		
	200m: 2:25.95 1:14.85	400m: 4:55.96 1:15.28	600m: 7:25.95 1:14.91	800m: 9:53.65 1:12.29		
5.	Carolina Marques Madeira	09	Clube Nacional de Natação	9:59.80	9:55.24	540
	100m: 1:11.14 1:11.14	300m: 3:40.26 1:15.09	500m: 6:11.83 1:15.94	700m: 8:42.54 1:15.04		
	200m: 2:25.17 1:14.03	400m: 4:55.89 1:15.63	600m: 7:27.50 1:15.67	800m: 9:55.24 1:12.70		
6.	Margarida Santos Botelho	07	Clube Naval Setubalense	9:54.88	9:57.63	533
	100m: 1:11.27 1:11.27	300m: 3:43.83 1:16.43	500m: 6:15.84 1:15.68	700m: 8:46.06 1:14.77		
	200m: 2:27.40 1:16.13	400m: 5:00.16 1:16.33	600m: 7:31.29 1:15.45	800m: 9:57.63 1:11.57		
7.	Catarina Alexandra Alves	07	Geslours - Gestão Equipamentos E.M.	9:49.27	9:58.82	530
	100m: 1:09.18 1:09.18	300m: 3:39.14 1:15.55	500m: 6:10.50 1:16.08	700m: 8:43.79 1:16.58		
	200m: 2:23.59 1:14.41	400m: 4:54.42 1:15.28	600m: 7:27.21 1:16.71	800m: 9:58.82 1:15.03		
8.	Leonor Carvalho Oliveira	07	Clube Naval Setubalense	10:22.48	10:07.32	508
	100m: 1:08.83 1:08.83	300m: 3:39.46 1:15.83	500m: 6:13.58 1:17.25	700m: 8:51.30 1:19.08		
	200m: 2:23.63 1:14.80	400m: 4:56.33 1:16.87	600m: 7:32.22 1:18.64	800m: 10:07.32 1:16.02		
9.	Maria Madalena Fernandes	10	Sport Alges e Dafundo	10:07.83	10:12.57	495
	100m: 1:12.83 1:12.83	300m: 3:45.25 1:16.37	500m: 6:18.89 1:16.73	700m: 8:55.75 1:18.33		
	200m: 2:28.88 1:16.05	400m: 5:02.16 1:16.91	600m: 7:37.42 1:18.53	800m: 10:12.57 1:16.82		
10.	Victoria Sales Proenca	10	Sport Lisboa e Benfica	10:24.18	10:13.07	494
	100m: 1:10.52 1:10.52	300m: 3:44.17 1:17.57	500m: 6:22.08 1:19.24	700m: 8:59.29 1:18.27		
	200m: 2:26.60 1:16.08	400m: 5:02.84 1:18.67	600m: 7:41.02 1:18.94	800m: 10:13.07 1:13.78		
11.	Beatriz Paiva Branco	10	Clube de Instrução e Recreio do Laranjeiro	10:41.28	10:17.83	483
	100m: 1:11.05 1:11.05	300m: 3:45.89 1:18.01	500m: 6:23.57 1:19.02	700m: 9:01.54 1:18.83		
	200m: 2:27.88 1:16.83	400m: 5:04.55 1:18.66	600m: 7:42.71 1:19.14	800m: 10:17.83 1:16.29		

Prova 10, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
12.	Constanca Lopes Cruz	09	ADRC Cult Colegio Int Monte Maior	10:17.75	10:24.23	468
	100m: 1:13.96 1:13.96	300m: 3:49.07 1:17.02	500m: 6:26.92 1:19.35	700m: 9:07.11 1:19.89		
	200m: 2:32.05 1:18.09	400m: 5:07.57 1:18.50	600m: 7:47.22 1:20.30	800m: 10:24.23 1:17.12		
13.	Joana Melo Gaspar <i>FTL (Fora Tempo Limite)</i>	09	Clube Nacional de Natação	9:58.86	10:28.96	457
	100m: 1:13.41 1:13.41	300m: 3:51.00 1:19.63	500m: 6:30.14 1:19.33	700m: 9:10.43 1:20.43		
	200m: 2:31.37 1:17.96	400m: 5:10.81 1:19.81	600m: 7:50.00 1:19.86	800m: 10:28.96 1:18.53		
14.	Francisca Cunha Monteiro	11	Sport Lisboa e Benfica	11:00.52	10:38.62	437
	100m: 1:14.90 1:14.90	300m: 3:55.10 1:20.40	500m: 6:38.03 1:21.61	700m: 9:22.29 1:21.63		
	200m: 2:34.70 1:19.80	400m: 5:16.42 1:21.32	600m: 8:00.66 1:22.63	800m: 10:38.62 1:16.33		
15.	Raquel Silva Delgadinho	11	Palmela Desporto, E.M.	11:00.26	10:39.14	436
	100m: 1:15.03 1:15.03	300m: 3:56.88 1:21.75	500m: 6:41.02 1:21.93	700m: 9:23.86 1:21.09		
	200m: 2:35.13 1:20.10	400m: 5:19.09 1:22.21	600m: 8:02.77 1:21.75	800m: 10:39.14 1:15.28		
16.	Maria Ines Fryxell <i>FTL (Fora Tempo Limite)</i>	10	Assoc Orientadora Natação Desp. em Az	10:20.08	10:46.73	421
	100m: 1:11.38 1:11.38	300m: 3:52.20 1:21.64	500m: 6:38.28 1:23.15	700m: 9:24.65 1:23.30		
	200m: 2:30.56 1:19.18	400m: 5:15.13 1:22.93	600m: 8:01.35 1:23.07	800m: 10:46.73 1:22.08		
17.	Natalia Landa Paredes <i>FTL (Fora Tempo Limite)</i>	11	Fundacao Salesianos	11:00.52	11:26.07	352
	100m: 1:20.67 1:20.67	300m: 4:12.69 1:26.52	500m: 7:06.91 1:27.76	700m: 10:03.31 1:28.26		
	200m: 2:46.17 1:25.50	400m: 5:39.15 1:26.46	600m: 8:35.05 1:28.14	800m: 11:26.07 1:22.76		