

Campeonato Nacional Juniores e Seniores de Piscina Curta
Felgueiras, 20 a 22 de Dezembro de 2019



Prova 12
20-12-2019 - 17:00

Femin., 1500m Livres

Absolutos
Resultados

RN25 Absoluto	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23-11-2019
RN25 Sen	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23-11-2019
RN25 Jun17	16:11.67	HOLUB Tamila Hryhorivna	SCB	Porto	11-12-2015
RN25 Jun16	16:44.26	HOLUB Tamila Hryhorivna	SCB	Porto	19-12-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida			96	Benfica			15:58.30		+0,76		883
	Minimos CMundo PC aos 800m											
	50m:	29.82	29.82	450m:	4:43.75	31.97	850m:	9:00.23	32.15	1250m:	13:18.17	32.40
	100m:	1:01.33	31.51	500m:	5:15.84	32.09	900m:	9:32.34	32.11	1300m:	13:50.48	32.31
	150m:	1:32.97	31.64	550m:	5:47.87	32.03	950m:	10:04.56	32.22	1350m:	14:22.71	32.23
	200m:	2:04.62	31.65	600m:	6:19.81	31.94	1000m:	10:36.78	32.22	1400m:	14:55.01	32.30
	250m:	2:36.41	31.79	650m:	6:51.75	31.94	1050m:	11:09.00	32.22	1450m:	15:27.25	32.24
	300m:	3:08.07	31.66	700m:	7:23.81	32.06	1100m:	11:41.37	32.37	1500m:	15:58.30	31.05
	350m:	3:39.88	31.81	750m:	7:55.91	32.10	1150m:	12:13.48	32.11			
	400m:	4:11.78	31.90	800m:	8:28.08	32.17	1200m:	12:45.77	32.29			
2.	HOLUB Tamila Hryhorivna			99	Braga			16:17.62				832
	50m:	31.08	31.08	450m:	4:48.75	32.60	850m:	9:10.50	32.80	1250m:	13:33.25	32.81
	100m:	1:02.70	31.62	500m:	5:21.43	32.68	900m:	9:43.26	32.76	1300m:	14:06.20	32.95
	150m:	1:34.68	31.98	550m:	5:54.05	32.62	950m:	10:16.27	33.01	1350m:	14:39.14	32.94
	200m:	2:06.96	32.28	600m:	6:26.54	32.49	1000m:	10:49.15	32.88	1400m:	15:12.03	32.89
	250m:	2:39.12	32.16	650m:	6:59.29	32.75	1050m:	11:22.11	32.96	1450m:	15:45.56	33.53
	300m:	3:11.16	32.04	700m:	7:32.04	32.75	1100m:	11:54.89	32.78	1500m:	16:17.62	32.06
	350m:	3:43.63	32.47	750m:	8:04.79	32.75	1150m:	12:27.52	32.63			
	400m:	4:16.15	32.52	800m:	8:37.70	32.91	1200m:	13:00.44	32.92			
3.	ANDRE Angelica Maria			94	Fluvial Portuense			16:50.07		+0,70		754
	50m:	30.27	30.27	450m:	4:54.22	33.74	850m:	9:26.42	34.18	1250m:	13:59.04	34.45
	100m:	1:01.94	31.67	500m:	5:28.12	33.90	900m:	10:00.53	34.11	1300m:	14:33.70	34.66
	150m:	1:34.33	32.39	550m:	6:01.99	33.87	950m:	10:34.69	34.16	1350m:	15:08.20	34.50
	200m:	2:07.31	32.98	600m:	6:35.69	33.70	1000m:	11:08.76	34.07	1400m:	15:42.75	34.55
	250m:	2:40.36	33.05	650m:	7:09.62	33.93	1050m:	11:42.15	33.39	1450m:	16:17.07	34.32
	300m:	3:13.78	33.42	700m:	7:43.82	34.20	1100m:	12:16.21	34.06	1500m:	16:50.07	33.00
	350m:	3:47.14	33.36	750m:	8:17.97	34.15	1150m:	12:50.39	34.18			
	400m:	4:20.48	33.34	800m:	8:52.24	34.27	1200m:	13:24.59	34.20			
4.	MENDES Mariana Amaral			02	Colegio Monte Maior			16:51.59		+1,07		751
	50m:	31.17	31.17	450m:	4:59.60	33.87	850m:	9:30.61	33.76	1250m:	14:03.35	34.09
	100m:	1:04.41	33.24	500m:	5:33.44	33.84	900m:	10:04.53	33.92	1300m:	14:37.55	34.20
	150m:	1:37.87	33.46	550m:	6:07.40	33.96	950m:	10:38.59	34.06	1350m:	15:11.69	34.14
	200m:	2:11.25	33.38	600m:	6:41.45	34.05	1000m:	11:12.52	33.93	1400m:	15:45.80	34.11
	250m:	2:44.75	33.50	650m:	7:15.30	33.85	1050m:	11:46.65	34.13	1450m:	16:19.49	33.69
	300m:	3:18.44	33.69	700m:	7:49.16	33.86	1100m:	12:20.91	34.26	1500m:	16:51.59	32.10
	350m:	3:52.13	33.69	750m:	8:23.08	33.92	1150m:	12:54.97	34.06			
	400m:	4:25.73	33.60	800m:	8:56.85	33.77	1200m:	13:29.26	34.29			
5.	RAMOS Ana Rita			02	Porto			17:12.00		+0,76		707
	50m:	31.94	31.94	450m:	5:01.21	33.85	850m:	9:35.26	34.51	1250m:	14:15.80	35.55
	100m:	1:05.04	33.10	500m:	5:35.77	34.56	900m:	10:09.97	34.71	1300m:	14:51.13	35.33
	150m:	1:38.03	32.99	550m:	6:09.55	33.78	950m:	10:44.81	34.84	1350m:	15:26.61	35.48
	200m:	2:11.77	33.74	600m:	6:44.05	34.50	1000m:	11:19.81	35.00	1400m:	16:02.05	35.44
	250m:	2:45.67	33.90	650m:	7:18.38	34.33	1050m:	11:55.05	35.24	1450m:	16:37.41	35.36
	300m:	3:19.95	34.28	700m:	7:52.33	33.95	1100m:	12:29.89	34.84	1500m:	17:12.00	34.59
	350m:	3:53.52	33.57	750m:	8:26.88	34.55	1150m:	13:05.03	35.14			
	400m:	4:27.36	33.84	800m:	9:00.75	33.87	1200m:	13:40.25	35.22			

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PARCEIROS



Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	QUEIROZ Ana Rita	02	Condeixa Clube	17:16.92	+0,55	697	
	50m: 31.31 31.31	450m: 5:04.25	34.63	850m: 9:42.61	35.61	1250m: 14:23.37	35.06
	100m: 1:05.22 33.91	500m: 5:38.69	34.44	900m: 10:17.53	34.92	1300m: 14:58.70	35.33
	150m: 1:38.69 33.47	550m: 6:13.12	34.43	950m: 10:52.24	34.71	1350m: 15:33.65	34.95
	200m: 2:12.75 34.06	600m: 6:47.63	34.51	1000m: 11:27.36	35.12	1400m: 16:08.66	35.01
	250m: 2:47.00 34.25	650m: 7:22.28	34.65	1050m: 12:02.81	35.45	1450m: 16:42.92	34.26
	300m: 3:21.05 34.05	700m: 7:57.61	35.33	1100m: 12:37.48	34.67	1500m: 17:16.92	34.00
	350m: 3:55.32 34.27	750m: 8:32.66	35.05	1150m: 13:12.71	35.23		
	400m: 4:29.62 34.30	800m: 9:07.00	34.34	1200m: 13:48.31	35.60		

DNS CHEROUATI Souad Nefissa 89 Benfica

Juniores

1.	ROSA Mafalda Sofia	03	Rio Maior	17:00.30		732	
	50m: 31.54 31.54	450m: 5:01.15	33.98	850m: 9:34.45	34.21	1250m: 14:08.45	34.40
	100m: 1:04.64 33.10	500m: 5:35.24	34.09	900m: 10:08.61	34.16	1300m: 14:42.90	34.45
	150m: 1:37.97 33.33	550m: 6:09.32	34.08	950m: 10:42.64	34.03	1350m: 15:17.61	34.71
	200m: 2:11.53 33.56	600m: 6:43.51	34.19	1000m: 11:16.79	34.15	1400m: 15:52.18	34.57
	250m: 2:45.51 33.98	650m: 7:17.75	34.24	1050m: 11:50.98	34.19	1450m: 16:26.68	34.50
	300m: 3:19.53 34.02	700m: 7:51.92	34.17	1100m: 12:25.22	34.24	1500m: 17:00.30	33.62
	350m: 3:53.34 33.81	750m: 8:26.13	34.21	1150m: 12:59.62	34.40		
	400m: 4:27.17 33.83	800m: 9:00.24	34.11	1200m: 13:34.05	34.43		
2.	AMORIM Maria Leonor	03	Porto	17:23.09		685	
	50m: 31.83 31.83	450m: 5:06.89	34.77	850m: 9:46.74	34.94	1250m: 14:28.29	35.32
	100m: 1:05.52 33.69	500m: 5:41.76	34.87	900m: 10:21.93	35.19	1300m: 15:03.46	35.17
	150m: 1:39.55 34.03	550m: 6:16.66	34.90	950m: 10:56.94	35.01	1350m: 15:38.83	35.37
	200m: 2:13.90 34.35	600m: 6:51.76	35.10	1000m: 11:32.32	35.38	1400m: 16:14.09	35.26
	250m: 2:48.20 34.30	650m: 7:26.53	34.77	1050m: 12:07.19	34.87	1450m: 16:49.15	35.06
	300m: 3:22.77 34.57	700m: 8:01.88	35.35	1100m: 12:42.74	35.55	1500m: 17:23.09	33.94
	350m: 3:57.39 34.62	750m: 8:36.78	34.90	1150m: 13:17.79	35.05		
	400m: 4:32.12 34.73	800m: 9:11.80	35.02	1200m: 13:52.97	35.18		
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:37.23		658	
	50m: 31.71 31.71	450m: 5:13.50	35.44	850m: 9:57.80	35.42	1250m: 14:42.57	35.42
	100m: 1:05.93 34.22	500m: 5:49.18	35.68	900m: 10:33.21	35.41	1300m: 15:18.25	35.68
	150m: 1:40.89 34.96	550m: 6:24.88	35.70	950m: 11:09.09	35.88	1350m: 15:53.99	35.74
	200m: 2:16.37 35.48	600m: 7:00.40	35.52	1000m: 11:44.72	35.63	1400m: 16:29.27	35.28
	250m: 2:51.75 35.38	650m: 7:36.09	35.69	1050m: 12:20.36	35.64	1450m: 17:04.24	34.97
	300m: 3:26.96 35.21	700m: 8:11.62	35.53	1100m: 12:56.06	35.70	1500m: 17:37.23	32.99
	350m: 4:02.36 35.40	750m: 8:46.91	35.29	1150m: 13:31.74	35.68		
	400m: 4:38.06 35.70	800m: 9:22.38	35.47	1200m: 14:07.15	35.41		
4.	PINHEIRO Ines Mariana	03	Academica de Coimbra	17:45.14	+0,70	643	
	50m: 31.75 31.75	450m: 5:12.74	35.48	850m: 9:57.26	35.70	1250m: 14:45.90	36.34
	100m: 1:05.99 34.24	500m: 5:48.17	35.43	900m: 10:33.02	35.76	1300m: 15:22.38	36.48
	150m: 1:41.44 35.45	550m: 6:23.45	35.28	950m: 11:09.02	36.00	1350m: 15:58.92	36.54
	200m: 2:16.60 35.16	600m: 6:59.10	35.65	1000m: 11:45.06	36.04	1400m: 16:35.52	36.60
	250m: 2:51.49 34.89	650m: 7:34.76	35.66	1050m: 12:21.40	36.34	1450m: 17:11.75	36.23
	300m: 3:26.49 35.00	700m: 8:10.52	35.76	1100m: 12:57.19	35.79	1500m: 17:45.14	33.39
	350m: 4:01.83 35.34	750m: 8:45.77	35.25	1150m: 13:33.29	36.10		
	400m: 4:37.26 35.43	800m: 9:21.56	35.79	1200m: 14:09.56	36.27		

Campeonato Nacional Juniores e Seniores de Piscina Curta
Felgueiras, 20 a 22 de Dezembro de 2019



Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	RODRIGUES Joana Francisca	04	Uniao Coimbra	17:57.62		621	
	50m: 32.12 32.12	450m: 5:17.68	35.87 850m: 10:06.41	36.06 1250m: 14:57.80	36.61		
	100m: 1:06.93 34.81	500m: 5:53.66	35.98 900m: 10:42.71	36.30 1300m: 15:34.03	36.23		
	150m: 1:42.57 35.64	550m: 6:29.79	36.13 950m: 11:18.86	36.15 1350m: 16:10.44	36.41		
	200m: 2:18.33 35.76	600m: 7:05.76	35.97 1000m: 11:55.03	36.17 1400m: 16:46.82	36.38		
	250m: 2:54.21 35.88	650m: 7:41.81	36.05 1050m: 12:31.39	36.36 1450m: 17:22.67	35.85		
	300m: 3:30.02 35.81	700m: 8:17.97	36.16 1100m: 13:07.90	36.51 1500m: 17:57.62	34.95		
	350m: 4:06.01 35.99	750m: 8:54.25	36.28 1150m: 13:44.47	36.57			
	400m: 4:41.81 35.80	800m: 9:30.35	36.10 1200m: 14:21.19	36.72			
6.	PIMENTEL Marta Lima	04	Fluvial Portuense	18:06.68	+1,75	606	
	50m: 31.65 31.65	450m: 5:16.46	36.68 850m: 10:10.23	36.66 1250m: 15:04.40	36.93		
	100m: 1:05.88 34.23	500m: 5:53.06	36.60 900m: 10:46.80	36.57 1300m: 15:41.27	36.87		
	150m: 1:40.91 35.03	550m: 6:29.92	36.86 950m: 11:23.27	36.47 1350m: 16:18.10	36.83		
	200m: 2:16.48 35.57	600m: 7:06.35	36.43 1000m: 12:00.21	36.94 1400m: 16:54.79	36.69		
	250m: 2:51.96 35.48	650m: 7:42.85	36.50 1050m: 12:36.91	36.70 1450m: 17:31.45	36.66		
	300m: 3:27.65 35.69	700m: 8:19.84	36.99 1100m: 13:13.67	36.76 1500m: 18:06.68	35.23		
	350m: 4:03.39 35.74	750m: 8:56.49	36.65 1150m: 13:50.71	37.04			
	400m: 4:39.78 36.39	800m: 9:33.57	37.08 1200m: 14:27.47	36.76			

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