

Prova 1
27-03-2021 - 10:00

Femin., 1500m Livres

Absolutos
Resultados

RN Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09-02-2020
RN Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09-02-2020
RN Jun 17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
RN Jun 16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29-08-2015
RN Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
RN Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007

TAC Juv 50m: 18:49.77 - 25m: 18:43.12; Jun 50m: 18:06.52 - 25m: 17:59.74; Sen 50m: 17:24.73 - 25m: 17:18.53 / JO Absoluto: 16:32.04 / CMJ_Fem 14 - 17: 16:54.49 / CEPL Abs: 16:34.98 / CEJun_Fem 14 - 17: 17:14.78 / PreJun_Fem Juv: 17:45.82

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida <i>Minimos JO, Minimos CEPL</i>	96	Benfica	16:26.82	+0,76	811	
	50m: 31.21 31.21	450m: 4:54.77	33.21	850m: 9:18.19	32.97	1250m: 13:42.09	33.04
	100m: 1:03.95 32.74	500m: 5:28.03	33.26	900m: 9:51.15	32.96	1300m: 14:14.88	32.79
	150m: 1:36.83 32.88	550m: 6:00.91	32.88	950m: 10:24.26	33.11	1350m: 14:47.82	32.94
	200m: 2:09.53 32.70	600m: 6:33.78	32.87	1000m: 10:57.29	33.03	1400m: 15:21.02	33.20
	250m: 2:42.39 32.86	650m: 7:06.66	32.88	1050m: 11:30.33	33.04	1450m: 15:54.13	33.11
	300m: 3:15.47 33.08	700m: 7:39.42	32.76	1100m: 12:03.27	32.94	1500m: 16:26.82	32.69
	350m: 3:48.53 33.06	750m: 8:12.38	32.96	1150m: 12:36.24	32.97		
	400m: 4:21.56 33.03	800m: 8:45.22	32.84	1200m: 13:09.05	32.81		
2.	HOLUB Tamila Hryhorivna <i>Minimos CEPL</i>	99	Braga	16:32.40	+0,78	797	
	50m: 31.27 31.27	450m: 4:55.18	33.10	850m: 9:18.76	32.92	1250m: 13:43.75	33.56
	100m: 1:04.16 32.89	500m: 5:28.39	33.21	900m: 9:51.68	32.92	1300m: 14:17.50	33.75
	150m: 1:37.13 32.97	550m: 6:01.48	33.09	950m: 10:24.77	33.09	1350m: 14:51.37	33.87
	200m: 2:10.16 33.03	600m: 6:34.37	32.89	1000m: 10:57.72	32.95	1400m: 15:25.62	34.25
	250m: 2:42.97 32.81	650m: 7:07.22	32.85	1050m: 11:30.77	33.05	1450m: 15:59.33	33.71
	300m: 3:15.89 32.92	700m: 7:40.03	32.81	1100m: 12:03.79	33.02	1500m: 16:32.40	33.07
	350m: 3:49.06 33.17	750m: 8:12.91	32.88	1150m: 12:36.89	33.10		
	400m: 4:22.08 33.02	800m: 8:45.84	32.93	1200m: 13:10.19	33.30		
3.	ROSA Mafalda Sofia	03	Rio Maior	17:15.23	+0,79	702	
	50m: 31.86 31.86	450m: 5:07.29	34.51	850m: 9:44.13	34.56	1250m: 14:21.76	34.68
	100m: 1:05.55 33.69	500m: 5:42.17	34.88	900m: 10:18.75	34.62	1300m: 14:56.72	34.96
	150m: 1:39.84 34.29	550m: 6:16.71	34.54	950m: 10:53.34	34.59	1350m: 15:31.41	34.69
	200m: 2:14.53 34.69	600m: 6:51.32	34.61	1000m: 11:28.17	34.83	1400m: 16:06.12	34.71
	250m: 2:48.93 34.40	650m: 7:25.73	34.41	1050m: 12:02.77	34.60	1450m: 16:41.35	35.23
	300m: 3:23.71 34.78	700m: 8:00.23	34.50	1100m: 12:37.59	34.82	1500m: 17:15.23	33.88
	350m: 3:58.14 34.43	750m: 8:34.91	34.68	1150m: 13:12.15	34.56		
	400m: 4:32.78 34.64	800m: 9:09.57	34.66	1200m: 13:47.08	34.93		
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	17:29.89	+0,81	673	
	50m: 32.57 32.57	450m: 5:11.87	35.02	850m: 9:52.13	35.25	1250m: 14:34.25	35.77
	100m: 1:07.06 34.49	500m: 5:46.68	34.81	900m: 10:27.21	35.08	1300m: 15:09.70	35.45
	150m: 1:41.96 34.90	550m: 6:21.74	35.06	950m: 11:02.33	35.12	1350m: 15:45.05	35.35
	200m: 2:16.90 34.94	600m: 6:56.64	34.90	1000m: 11:37.24	34.91	1400m: 16:20.36	35.31
	250m: 2:52.09 35.19	650m: 7:31.69	35.05	1050m: 12:12.43	35.19	1450m: 16:55.67	35.31
	300m: 3:26.96 34.87	700m: 8:06.73	35.04	1100m: 12:47.60	35.17	1500m: 17:29.89	34.22
	350m: 4:02.13 35.17	750m: 8:41.84	35.11	1150m: 13:22.96	35.36		
	400m: 4:36.85 34.72	800m: 9:16.88	35.04	1200m: 13:58.48	35.52		

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	QUEIROZ Ana Rita	02	Condeixa Clube	17:57.77	+0,74	622	
	50m: 32.53 32.53	450m: 5:16.57	35.85 850m: 10:06.44	36.25	1250m: 14:55.40	36.45	
	100m: 1:07.04 34.51	500m: 5:53.00	36.43 900m: 10:42.70	36.26	1300m: 15:32.14	36.74	
	150m: 1:42.37 35.33	550m: 6:29.34	36.34 950m: 11:18.67	35.97	1350m: 16:08.54	36.40	
	200m: 2:17.77 35.40	600m: 7:05.96	36.62 1000m: 11:54.89	36.22	1400m: 16:45.61	37.07	
	250m: 2:53.10 35.33	650m: 7:41.55	35.59 1050m: 12:30.96	36.07	1450m: 17:21.58	35.97	
	300m: 3:29.01 35.91	700m: 8:17.90	36.35 1100m: 13:07.44	36.48	1500m: 17:57.77	36.19	
	350m: 4:04.69 35.68	750m: 8:54.03	36.13 1150m: 13:42.81	35.37			
	400m: 4:40.72 36.03	800m: 9:30.19	36.16 1200m: 14:18.95	36.14			
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	18:00.93	+0,80	617	
	50m: 32.73 32.73	450m: 5:20.03	36.24 850m: 10:08.91	36.05	1250m: 14:59.93	36.61	
	100m: 1:07.63 34.90	500m: 5:56.38	36.35 900m: 10:44.95	36.04	1300m: 15:36.66	36.73	
	150m: 1:43.27 35.64	550m: 6:32.42	36.04 950m: 11:21.24	36.29	1350m: 16:13.14	36.48	
	200m: 2:19.15 35.88	600m: 7:08.55	36.13 1000m: 11:57.58	36.34	1400m: 16:49.68	36.54	
	250m: 2:55.32 36.17	650m: 7:44.65	36.10 1050m: 12:33.68	36.10	1450m: 17:25.90	36.22	
	300m: 3:31.52 36.20	700m: 8:20.51	35.86 1100m: 13:10.43	36.75	1500m: 18:00.93	35.03	
	350m: 4:07.64 36.12	750m: 8:56.60	36.09 1150m: 13:46.64	36.21			
	400m: 4:43.79 36.15	800m: 9:32.86	36.26 1200m: 14:23.32	36.68			
7.	RODRIGUES Joana Francisca	04	Uniao Coimbra	18:27.91	+0,72	573	
	50m: 31.41 31.41	450m: 5:20.58	37.12 850m: 10:19.80	37.49	1250m: 15:21.09	37.88	
	100m: 1:05.75 34.34	500m: 5:57.90	37.32 900m: 10:57.26	37.46	1300m: 15:58.75	37.66	
	150m: 1:41.31 35.56	550m: 6:34.92	37.02 950m: 11:34.64	37.38	1350m: 16:36.36	37.61	
	200m: 2:17.33 36.02	600m: 7:12.53	37.61 1000m: 12:12.41	37.77	1400m: 17:13.80	37.44	
	250m: 2:53.63 36.30	650m: 7:49.82	37.29 1050m: 12:50.16	37.75	1450m: 17:51.03	37.23	
	300m: 3:30.04 36.41	700m: 8:27.61	37.79 1100m: 13:27.71	37.55	1500m: 18:27.91	36.88	
	350m: 4:06.48 36.44	750m: 9:04.72	37.11 1150m: 14:05.33	37.62			
	400m: 4:43.46 36.98	800m: 9:42.31	37.59 1200m: 14:43.21	37.88			
8.	ALVES Joana Silva	05	Benedita	18:31.57	+0,71	567	
	50m: 31.44 31.44	450m: 5:26.30	37.22 850m: 10:25.50	37.33	1250m: 15:26.42	37.81	
	100m: 1:06.78 35.34	500m: 6:03.82	37.52 900m: 11:02.94	37.44	1300m: 16:03.74	37.32	
	150m: 1:43.44 36.66	550m: 6:41.10	37.28 950m: 11:40.90	37.96	1350m: 16:41.58	37.84	
	200m: 2:20.25 36.81	600m: 7:18.67	37.57 1000m: 12:18.17	37.27	1400m: 17:18.89	37.31	
	250m: 2:57.23 36.98	650m: 7:56.16	37.49 1050m: 12:56.31	38.14	1450m: 17:56.18	37.29	
	300m: 3:34.54 37.31	700m: 8:33.34	37.18 1100m: 13:33.72	37.41	1500m: 18:31.57	35.39	
	350m: 4:11.98 37.44	750m: 9:10.83	37.49 1150m: 14:11.52	37.80			
	400m: 4:49.08 37.10	800m: 9:48.17	37.34 1200m: 14:48.61	37.09			
9.	FARIA Leonor Verissimo	06	Nucleo de Pombal	18:44.21	+0,88	548	
	50m: 32.81 32.81	450m: 5:32.54	37.69 850m: 10:32.88	37.59	1250m: 15:36.88	38.30	
	100m: 1:09.27 36.46	500m: 6:10.19	37.65 900m: 11:10.71	37.83	1300m: 16:14.93	38.05	
	150m: 1:47.04 37.77	550m: 6:47.55	37.36 950m: 11:48.45	37.74	1350m: 16:53.04	38.11	
	200m: 2:24.62 37.58	600m: 7:24.91	37.36 1000m: 12:26.55	38.10	1400m: 17:30.65	37.61	
	250m: 3:02.37 37.75	650m: 8:02.43	37.52 1050m: 13:04.42	37.87	1450m: 18:08.17	37.52	
	300m: 3:39.89 37.52	700m: 8:39.93	37.50 1100m: 13:42.56	38.14	1500m: 18:44.21	36.04	
	350m: 4:17.26 37.37	750m: 9:17.79	37.86 1150m: 14:20.50	37.94			
	400m: 4:54.85 37.59	800m: 9:55.29	37.50 1200m: 14:58.58	38.08			

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	COSTA Anita Gouveia	06	Condeixa Clube	19:06.89	+0,70	516	
	50m: 32.81 32.81	450m: 5:34.71	37.81	850m: 10:42.26	39.38	1250m: 15:52.52	38.94
	100m: 1:09.62 36.81	500m: 6:12.82	38.11	900m: 11:20.92	38.66	1300m: 16:31.70	39.18
	150m: 1:47.59 37.97	550m: 6:50.31	37.49	950m: 11:59.34	38.42	1350m: 17:10.84	39.14
	200m: 2:25.88 38.29	600m: 7:28.72	38.41	1000m: 12:38.42	39.08	1400m: 17:49.97	39.13
	250m: 3:03.72 37.84	650m: 8:07.03	38.31	1050m: 13:16.72	38.30	1450m: 18:28.68	38.71
	300m: 3:41.12 37.40	700m: 8:45.55	38.52	1100m: 13:55.57	38.85	1500m: 19:06.89	38.21
	350m: 4:18.92 37.80	750m: 9:24.04	38.49	1150m: 14:33.95	38.38		
	400m: 4:56.90 37.98	800m: 10:02.88	38.84	1200m: 15:13.58	39.63		
DNS	CHEROUATI Souad Nefissa	89	Benfica				

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