

Prova 13
19-12-2020 - 10:40

Femin., 1500m Livres

Absoluto
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
RN Inf A	18:05.56	ROSA Mafalda Sofia	CNRM	Rio Maior	24-06-2016
RN Inf B	18:11.07	RUIVO Filipa Vilas	DNMG	Coimbra	05-07-2009

CEJun_Fem 14 - 17: 17:14.78 / CEPL Abs: 16:34.98 / JO : 16:32.04

Pontos: FINA 2020

Lugar			Ano			Tempo final			Pts
1.	HOLUB Tamila Hryhorivna		99	Braga		16:58.83			737
	50m:	31.06 31.06	450m:	4:57.47 33.78	850m:	9:29.34 34.11	1250m:	14:04.65 34.61	
	100m:	1:03.67 32.61	500m:	5:31.63 34.16	900m:	10:03.63 34.29	1300m:	14:39.41 34.76	
	150m:	1:36.71 33.04	550m:	6:05.49 33.86	950m:	10:37.84 34.21	1350m:	15:14.41 35.00	
	200m:	2:09.75 33.04	600m:	6:39.26 33.77	1000m:	11:12.22 34.38	1400m:	15:49.64 35.23	
	250m:	2:42.86 33.11	650m:	7:13.25 33.99	1050m:	11:46.41 34.19	1450m:	16:24.83 35.19	
	300m:	3:16.29 33.43	700m:	7:47.22 33.97	1100m:	12:21.16 34.75	1500m:	16:58.83 34.00	
	350m:	3:50.01 33.72	750m:	8:21.07 33.85	1150m:	12:55.70 34.54			
	400m:	4:23.69 33.68	800m:	8:55.23 34.16	1200m:	13:30.04 34.34			
2.	ANDRE Angelica Maria		94	Fluvial Portuense		17:15.42			702
	50m:	31.09 31.09	450m:	5:01.54 34.44	850m:	9:39.50 35.11	1250m:	14:22.32 35.55	
	100m:	1:03.79 32.70	500m:	5:35.72 34.18	900m:	10:14.68 35.18	1300m:	14:57.35 35.03	
	150m:	1:37.16 33.37	550m:	6:10.34 34.62	950m:	10:49.96 35.28	1350m:	15:32.78 35.43	
	200m:	2:10.59 33.43	600m:	6:45.03 34.69	1000m:	11:25.23 35.27	1400m:	16:08.26 35.48	
	250m:	2:44.53 33.94	650m:	7:19.71 34.68	1050m:	12:00.59 35.36	1450m:	16:42.65 34.39	
	300m:	3:18.73 34.20	700m:	7:54.43 34.72	1100m:	12:36.04 35.45	1500m:	17:15.42 32.77	
	350m:	3:52.76 34.03	750m:	8:29.44 35.01	1150m:	13:11.49 35.45			
	400m:	4:27.10 34.34	800m:	9:04.39 34.95	1200m:	13:46.77 35.28			
3.	ROSA Mafalda Sofia		03	Rio Maior		17:20.99			691
	50m:	31.61 31.61	450m:	5:09.22 34.92	850m:	9:48.12 34.73	1250m:	14:27.22 34.93	
	100m:	1:05.39 33.78	500m:	5:44.17 34.95	900m:	10:23.20 35.08	1300m:	15:02.14 34.92	
	150m:	1:39.79 34.40	550m:	6:18.87 34.70	950m:	10:58.08 34.88	1350m:	15:37.00 34.86	
	200m:	2:14.43 34.64	600m:	6:53.59 34.72	1000m:	11:33.39 35.31	1400m:	16:11.77 34.77	
	250m:	2:49.50 35.07	650m:	7:28.38 34.79	1050m:	12:08.19 34.80	1450m:	16:46.53 34.76	
	300m:	3:24.37 34.87	700m:	8:03.29 34.91	1100m:	12:42.76 34.57	1500m:	17:20.99 34.46	
	350m:	3:59.41 35.04	750m:	8:38.25 34.96	1150m:	13:17.63 34.87			
	400m:	4:34.30 34.89	800m:	9:13.39 35.14	1200m:	13:52.29 34.66			
4.	MENDES Mariana Amaral		02	Colegio Monte Maior		17:29.96			673
	50m:	32.01 32.01	450m:	5:10.34 35.13	850m:	9:51.23 35.34	1250m:	14:34.65 35.56	
	100m:	1:06.56 34.55	500m:	5:45.23 34.89	900m:	10:26.35 35.12	1300m:	15:10.11 35.46	
	150m:	1:41.31 34.75	550m:	6:20.47 35.24	950m:	11:01.75 35.40	1350m:	15:45.50 35.39	
	200m:	2:16.04 34.73	600m:	6:55.47 35.00	1000m:	11:36.97 35.22	1400m:	16:20.77 35.27	
	250m:	2:51.05 35.01	650m:	7:30.55 35.08	1050m:	12:12.48 35.51	1450m:	16:56.09 35.32	
	300m:	3:25.74 34.69	700m:	8:05.46 34.91	1100m:	12:48.07 35.59	1500m:	17:29.96 33.87	
	350m:	4:00.58 34.84	750m:	8:40.76 35.30	1150m:	13:23.49 35.42			
	400m:	4:35.21 34.63	800m:	9:15.89 35.13	1200m:	13:59.09 35.60			

Prova 13, Femin., 1500m Livres, Absoluto

Lugar			Ano					Tempo final	Pts			
5.	CARDEAL Beatriz Nunes		04	Academico Viseu				18:02.77	614			
	50m:	32.61	32.61	450m:	5:21.86	36.39	850m:	10:12.06	36.10	1250m:	15:02.19	36.37
	100m:	1:07.81	35.20	500m:	5:58.01	36.15	900m:	10:48.07	36.01	1300m:	15:38.72	36.53
	150m:	1:44.11	36.30	550m:	6:34.36	36.35	950m:	11:24.36	36.29	1350m:	16:15.36	36.64
	200m:	2:20.19	36.08	600m:	7:10.62	36.26	1000m:	12:00.52	36.16	1400m:	16:51.74	36.38
	250m:	2:56.43	36.24	650m:	7:47.05	36.43	1050m:	12:36.94	36.42	1450m:	17:28.20	36.46
	300m:	3:32.68	36.25	700m:	8:23.39	36.34	1100m:	13:13.18	36.24	1500m:	18:02.77	34.57
	350m:	4:09.33	36.65	750m:	8:59.65	36.26	1150m:	13:49.41	36.23			
	400m:	4:45.47	36.14	800m:	9:35.96	36.31	1200m:	14:25.82	36.41			
6.	QUEIROZ Ana Rita		02	Condeixa Clube				18:09.97	602			
	50m:	32.40	32.40	450m:	5:19.39	36.61	850m:	10:12.56	36.42	1250m:	15:06.36	37.16
	100m:	1:07.02	34.62	500m:	5:56.24	36.85	900m:	10:49.67	37.11	1300m:	15:43.40	37.04
	150m:	1:42.17	35.15	550m:	6:32.72	36.48	950m:	11:26.18	36.51	1350m:	16:20.11	36.71
	200m:	2:17.80	35.63	600m:	7:09.42	36.70	1000m:	12:03.31	37.13	1400m:	16:56.99	36.88
	250m:	2:53.76	35.96	650m:	7:45.81	36.39	1050m:	12:39.61	36.30	1450m:	17:33.75	36.76
	300m:	3:29.82	36.06	700m:	8:22.78	36.97	1100m:	13:16.04	36.43	1500m:	18:09.97	36.22
	350m:	4:06.48	36.66	750m:	8:59.24	36.46	1150m:	13:52.30	36.26			
	400m:	4:42.78	36.30	800m:	9:36.14	36.90	1200m:	14:29.20	36.90			
7.	ROSA Mariana Carmo		05	Louzan Natacao/EFAPEL				18:19.32	587			
	50m:	32.31	32.31	450m:	5:13.23	35.52	850m:	10:06.18	42.06	1250m:	15:11.02	38.49
	100m:	1:07.08	34.77	500m:	5:49.22	35.99	900m:	10:44.80	38.62	1300m:	15:49.66	38.64
	150m:	1:42.03	34.95	550m:	6:25.52	36.30	950m:	11:23.02	38.22	1350m:	16:27.59	37.93
	200m:	2:17.19	35.16	600m:	7:01.42	35.90	1000m:	12:00.83	37.81	1400m:	17:05.59	38.00
	250m:	2:52.21	35.02	650m:	7:37.36	35.94	1050m:	12:38.66	37.83	1450m:	17:43.09	37.50
	300m:	3:27.28	35.07	700m:	8:13.21	35.85	1100m:	13:16.47	37.81	1500m:	18:19.32	36.23
	350m:	4:02.23	34.95	750m:	8:49.05	35.84	1150m:	13:54.42	37.95			
	400m:	4:37.71	35.48	800m:	9:24.12	35.07	1200m:	14:32.53	38.11			
8.	RODRIGUES Joana Francisca		04	Uniao Coimbra				18:44.92	547			
	50m:	32.61	32.61	450m:	5:27.55	37.42	850m:	10:30.71	38.21	1250m:	15:36.17	38.25
	100m:	1:08.19	35.58	500m:	6:05.23	37.68	900m:	11:08.80	38.09	1300m:	16:14.31	38.14
	150m:	1:44.22	36.03	550m:	6:43.03	37.80	950m:	11:46.76	37.96	1350m:	16:52.34	38.03
	200m:	2:21.16	36.94	600m:	7:20.81	37.78	1000m:	12:24.94	38.18	1400m:	17:30.47	38.13
	250m:	2:57.96	36.80	650m:	7:58.71	37.90	1050m:	13:03.25	38.31	1450m:	18:07.94	37.47
	300m:	3:35.10	37.14	700m:	8:36.75	38.04	1100m:	13:41.62	38.37	1500m:	18:44.92	36.98
	350m:	4:12.53	37.43	750m:	9:14.60	37.85	1150m:	14:19.68	38.06			
	400m:	4:50.13	37.60	800m:	9:52.50	37.90	1200m:	14:57.92	38.24			
9.	RANITO Beatriz Paulo		99	GesLoures				19:04.39	520			
	50m:	32.82	32.82	450m:	5:31.68	37.68	850m:	10:39.14	38.50	1250m:	15:51.90	39.51
	100m:	1:08.72	35.90	500m:	6:10.13	38.45	900m:	11:18.10	38.96	1300m:	16:31.05	39.15
	150m:	1:45.61	36.89	550m:	6:48.21	38.08	950m:	11:57.12	39.02	1350m:	17:09.79	38.74
	200m:	2:22.80	37.19	600m:	7:26.37	38.16	1000m:	12:36.25	39.13	1400m:	17:48.49	38.70
	250m:	3:00.30	37.50	650m:	8:04.81	38.44	1050m:	13:15.27	39.02	1450m:	18:26.67	38.18
	300m:	3:38.23	37.93	700m:	8:43.42	38.61	1100m:	13:54.28	39.01	1500m:	19:04.39	37.72
	350m:	4:15.87	37.64	750m:	9:22.13	38.71	1150m:	14:33.25	38.97			
	400m:	4:54.00	38.13	800m:	10:00.64	38.51	1200m:	15:12.39	39.14			

Prova 13, Femin., 1500m Livres, Absoluto

Lugar			Ano				Tempo final	Pts				
10.	COSTA Mafalda Santos		05	Colegio Monte Maior			19:29.07	488				
	50m:	33.77	33.77	450m:	5:36.79	38.73	850m:	10:52.04	39.70	1250m:	16:10.92	40.01
	100m:	1:09.88	36.11	500m:	6:15.88	39.09	900m:	11:32.20	40.16	1300m:	16:51.14	40.22
	150m:	1:46.74	36.86	550m:	6:55.02	39.14	950m:	12:11.48	39.28	1350m:	17:30.93	39.79
	200m:	2:24.54	37.80	600m:	7:34.50	39.48	1000m:	12:51.28	39.80	1400m:	18:10.86	39.93
	250m:	3:02.38	37.84	650m:	8:13.72	39.22	1050m:	13:30.92	39.64	1450m:	18:49.83	38.97
	300m:	3:41.00	38.62	700m:	8:53.29	39.57	1100m:	14:10.93	40.01	1500m:	19:29.07	39.24
	350m:	4:19.29	38.29	750m:	9:32.69	39.40	1150m:	14:50.72	39.79			
	400m:	4:58.06	38.77	800m:	10:12.34	39.65	1200m:	15:30.91	40.19			