

Prova 12	Femin., 1500m Livres					Absolutos
26-11-2021 - 11:30						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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. DURAES Diana Margarida	96	Benfica	16:08.62	+0,75	851
50m: 30.54 30.54	450m: 4:47.70 32.17	850m: 9:06.28 32.51	1250m: 13:26.57 32.73		
100m: 1:02.60 32.06	500m: 5:19.85 32.15	900m: 9:38.82 32.54	1300m: 13:59.15 32.58		
150m: 1:34.80 32.20	550m: 5:52.19 32.34	950m: 10:11.45 32.63	1350m: 14:31.82 32.67		
200m: 2:06.92 32.12	600m: 6:24.41 32.22	1000m: 10:43.96 32.51	1400m: 15:04.47 32.65		
250m: 2:39.09 32.17	650m: 6:56.72 32.31	1050m: 11:16.33 32.37	1450m: 15:37.01 32.54		
300m: 3:11.23 32.14	700m: 7:29.02 32.30	1100m: 11:48.63 32.30	1500m: 16:08.62 31.61		
350m: 3:43.33 32.10	750m: 8:01.41 32.39	1150m: 12:21.22 32.59			
400m: 4:15.53 32.20	800m: 8:33.77 32.36	1200m: 12:53.84 32.62			
2. ANDRE Angelica Maria	94	Porto	16:18.42	+0,75	825
50m: 30.39 30.39	450m: 4:50.54 32.64	850m: 9:12.87 32.92	1250m: 13:35.44 32.86		
100m: 1:02.72 32.33	500m: 5:23.38 32.84	900m: 9:45.67 32.80	1300m: 14:08.38 32.94		
150m: 1:35.04 32.32	550m: 5:56.08 32.70	950m: 10:18.19 32.52	1350m: 14:41.20 32.82		
200m: 2:07.50 32.46	600m: 6:28.91 32.83	1000m: 10:50.93 32.74	1400m: 15:14.06 32.86		
250m: 2:39.72 32.22	650m: 7:01.68 32.77	1050m: 11:23.67 32.74	1450m: 15:46.72 32.66		
300m: 3:12.26 32.54	700m: 7:34.47 32.79	1100m: 11:56.73 33.06	1500m: 16:18.42 31.70		
350m: 3:45.03 32.77	750m: 8:07.34 32.87	1150m: 12:29.51 32.78			
400m: 4:17.90 32.87	800m: 8:39.95 32.61	1200m: 13:02.58 33.07			
3. MENDES Mariana Amaral	02	Sporting	16:53.76	+0,83	742
50m: 31.59 31.59	450m: 5:01.18 33.93	850m: 9:32.50 34.06	1250m: 14:04.92 34.30		
100m: 1:04.90 33.31	500m: 5:35.10 33.92	900m: 10:06.57 34.07	1300m: 14:39.06 34.14		
150m: 1:38.43 33.53	550m: 6:09.04 33.94	950m: 10:40.45 33.88	1350m: 15:13.33 34.27		
200m: 2:12.02 33.59	600m: 6:43.33 34.29	1000m: 11:14.48 34.03	1400m: 15:47.42 34.09		
250m: 2:45.86 33.84	650m: 7:16.97 33.64	1050m: 11:48.86 34.38	1450m: 16:21.20 33.78		
300m: 3:19.57 33.71	700m: 7:50.74 33.77	1100m: 12:22.74 33.88	1500m: 16:53.76 32.56		
350m: 3:53.50 33.93	750m: 8:24.70 33.96	1150m: 12:56.60 33.86			
400m: 4:27.25 33.75	800m: 8:58.44 33.74	1200m: 13:30.62 34.02			
4. CARDEAL Beatriz Nunes	04	Academico Viseu	17:18.25	+0,67	691
50m: 31.15 31.15	450m: 5:07.33 35.03	850m: 9:46.57 34.87	1250m: 14:25.87 35.06		
100m: 1:04.93 33.78	500m: 5:42.42 35.09	900m: 10:21.29 34.72	1300m: 15:00.86 34.99		
150m: 1:39.15 34.22	550m: 6:17.17 34.75	950m: 10:56.17 34.88	1350m: 15:35.63 34.77		
200m: 2:13.53 34.38	600m: 6:52.20 35.03	1000m: 11:31.08 34.91	1400m: 16:10.53 34.90		
250m: 2:47.94 34.41	650m: 7:27.00 34.80	1050m: 12:06.00 34.92	1450m: 16:44.97 34.44		
300m: 3:22.89 34.95	700m: 8:01.64 34.64	1100m: 12:40.85 34.85	1500m: 17:18.25 33.28		
350m: 3:57.54 34.65	750m: 8:36.50 34.86	1150m: 13:15.93 35.08			
400m: 4:32.30 34.76	800m: 9:11.70 35.20	1200m: 13:50.81 34.88			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	ARMAS Maria Ornelas	98	Vikings	17:48.78	+0,93	633	
	50m: 31.57 31.57	450m: 5:15.03	35.97 850m: 10:02.53	35.86	1250m: 14:50.09	36.43	
	100m: 1:06.01 34.44	500m: 5:51.01	35.98 900m: 10:38.03	35.50	1300m: 15:26.10	36.01	
	150m: 1:40.94 34.93	550m: 6:26.83	35.82 950m: 11:14.10	36.07	1350m: 16:02.14	36.04	
	200m: 2:16.34 35.40	600m: 7:02.86	36.03 1000m: 11:49.91	35.81	1400m: 16:38.11	35.97	
	250m: 2:52.02 35.68	650m: 7:38.75	35.89 1050m: 12:25.50	35.59	1450m: 17:13.92	35.81	
	300m: 3:27.53 35.51	700m: 8:14.82	36.07 1100m: 13:01.74	36.24	1500m: 17:48.78	34.86	
	350m: 4:03.50 35.97	750m: 8:50.63	35.81 1150m: 13:37.59	35.85			
	400m: 4:39.06 35.56	800m: 9:26.67	36.04 1200m: 14:13.66	36.07			

Juniores

1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	17:29.04	+0,74	670	
	50m: 31.32 31.32	450m: 5:08.18	35.10 850m: 9:50.11	35.38	1250m: 14:33.71	35.31	
	100m: 1:04.94 33.62	500m: 5:43.17	34.99 900m: 10:25.43	35.32	1300m: 15:09.18	35.47	
	150m: 1:39.50 34.56	550m: 6:18.28	35.11 950m: 11:00.89	35.46	1350m: 15:44.61	35.43	
	200m: 2:13.96 34.46	600m: 6:53.67	35.39 1000m: 11:36.30	35.41	1400m: 16:20.07	35.46	
	250m: 2:48.57 34.61	650m: 7:28.96	35.29 1050m: 12:11.93	35.63	1450m: 16:55.23	35.16	
	300m: 3:23.43 34.86	700m: 8:04.30	35.34 1100m: 12:47.78	35.85	1500m: 17:29.04	33.81	
	350m: 3:58.24 34.81	750m: 8:39.73	35.43 1150m: 13:23.21	35.43			
	400m: 4:33.08 34.84	800m: 9:14.73	35.00 1200m: 13:58.40	35.19			
2.	ALVES Joana Silva	05	Benedita	17:37.45	+0,77	654	
	50m: 31.36 31.36	450m: 5:12.10	35.39 850m: 9:55.11	35.33	1250m: 14:40.35	35.82	
	100m: 1:05.81 34.45	500m: 5:47.67	35.57 900m: 10:30.63	35.52	1300m: 15:16.20	35.85	
	150m: 1:40.64 34.83	550m: 6:22.65	34.98 950m: 11:06.22	35.59	1350m: 15:52.31	36.11	
	200m: 2:15.61 34.97	600m: 6:57.92	35.27 1000m: 11:41.70	35.48	1400m: 16:27.96	35.65	
	250m: 2:50.73 35.12	650m: 7:33.23	35.31 1050m: 12:17.14	35.44	1450m: 17:03.56	35.60	
	300m: 3:25.85 35.12	700m: 8:08.57	35.34 1100m: 12:52.90	35.76	1500m: 17:37.45	33.89	
	350m: 4:01.20 35.35	750m: 8:44.37	35.80 1150m: 13:28.68	35.78			
	400m: 4:36.71 35.51	800m: 9:19.78	35.41 1200m: 14:04.53	35.85			
3.	PEIXOTO Carolina Esteves	06	Braga	17:52.82	+0,96	626	
	50m: 31.94 31.94	450m: 5:16.29	36.00 850m: 10:03.73	36.13	1250m: 14:53.51	36.62	
	100m: 1:06.44 34.50	500m: 5:52.17	35.88 900m: 10:39.72	35.99	1300m: 15:29.78	36.27	
	150m: 1:41.76 35.32	550m: 6:28.14	35.97 950m: 11:15.83	36.11	1350m: 16:05.74	35.96	
	200m: 2:17.31 35.55	600m: 7:03.92	35.78 1000m: 11:51.77	35.94	1400m: 16:41.96	36.22	
	250m: 2:52.98 35.67	650m: 7:39.86	35.94 1050m: 12:27.94	36.17	1450m: 17:17.85	35.89	
	300m: 3:28.82 35.84	700m: 8:15.73	35.87 1100m: 13:04.22	36.28	1500m: 17:52.82	34.97	
	350m: 4:04.60 35.78	750m: 8:51.61	35.88 1150m: 13:40.51	36.29			
	400m: 4:40.29 35.69	800m: 9:27.60	35.99 1200m: 14:16.89	36.38			
4.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	18:02.97	+0,75	609	
	50m: 32.00 32.00	450m: 5:18.40	35.87 850m: 10:08.67	36.37	1250m: 15:00.55	36.54	
	100m: 1:07.07 35.07	500m: 5:54.71	36.31 900m: 10:45.48	36.81	1300m: 15:37.20	36.65	
	150m: 1:42.62 35.55	550m: 6:30.77	36.06 950m: 11:21.89	36.41	1350m: 16:14.11	36.91	
	200m: 2:18.46 35.84	600m: 7:06.89	36.12 1000m: 11:58.20	36.31	1400m: 16:50.85	36.74	
	250m: 2:54.35 35.89	650m: 7:43.08	36.19 1050m: 12:34.51	36.31	1450m: 17:27.36	36.51	
	300m: 3:30.26 35.91	700m: 8:19.62	36.54 1100m: 13:10.73	36.22	1500m: 18:02.97	35.61	
	350m: 4:06.47 36.21	750m: 8:55.98	36.36 1150m: 13:47.45	36.72			
	400m: 4:42.53 36.06	800m: 9:32.30	36.32 1200m: 14:24.01	36.56			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	COSTA Mafalda Santos	05	Colegio Monte Maior	18:09.22	+0,80	598	
	50m: 32.40 32.40	450m: 5:22.22	36.27 850m: 10:13.41	36.52	1250m: 15:05.70	36.57	
	100m: 1:07.94 35.54	500m: 5:58.63	36.41 900m: 10:49.79	36.38	1300m: 15:42.36	36.66	
	150m: 1:43.83 35.89	550m: 6:34.94	36.31 950m: 11:26.24	36.45	1350m: 16:19.34	36.98	
	200m: 2:19.73 35.90	600m: 7:11.44	36.50 1000m: 12:02.90	36.66	1400m: 16:56.37	37.03	
	250m: 2:55.88 36.15	650m: 7:47.62	36.18 1050m: 12:39.49	36.59	1450m: 17:33.41	37.04	
	300m: 3:32.41 36.53	700m: 8:24.10	36.48 1100m: 13:16.20	36.71	1500m: 18:09.22	35.81	
	350m: 4:09.31 36.90	750m: 9:00.52	36.42 1150m: 13:52.68	36.48			
	400m: 4:45.95 36.64	800m: 9:36.89	36.37 1200m: 14:29.13	36.45			
6.	PIRES Catarina Gaspar	06	Porto	18:20.99	+0,97	579	
	50m: 32.17 32.17	450m: 5:19.59	36.41 850m: 10:16.07	37.10	1250m: 15:14.88	37.43	
	100m: 1:06.73 34.56	500m: 5:56.45	36.86 900m: 10:53.46	37.39	1300m: 15:52.35	37.47	
	150m: 1:42.68 35.95	550m: 6:33.29	36.84 950m: 11:30.67	37.21	1350m: 16:29.65	37.30	
	200m: 2:18.62 35.94	600m: 7:10.46	37.17 1000m: 12:08.07	37.40	1400m: 17:07.09	37.44	
	250m: 2:54.59 35.97	650m: 7:47.48	37.02 1050m: 12:45.53	37.46	1450m: 17:44.17	37.08	
	300m: 3:30.70 36.11	700m: 8:24.75	37.27 1100m: 13:22.87	37.34	1500m: 18:20.99	36.82	
	350m: 4:06.84 36.14	750m: 9:01.94	37.19 1150m: 14:00.17	37.30			
	400m: 4:43.18 36.34	800m: 9:38.97	37.03 1200m: 14:37.45	37.28			
7.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	18:28.13	+0,73	568	
	50m: 32.33 32.33	450m: 5:24.43	37.21 850m: 10:21.10	37.74	1250m: 15:22.28	38.02	
	100m: 1:07.98 35.65	500m: 6:01.21	36.78 900m: 10:58.51	37.41	1300m: 15:59.91	37.63	
	150m: 1:44.03 36.05	550m: 6:38.04	36.83 950m: 11:36.07	37.56	1350m: 16:37.55	37.64	
	200m: 2:20.39 36.36	600m: 7:14.84	36.80 1000m: 12:13.51	37.44	1400m: 17:15.12	37.57	
	250m: 2:56.85 36.46	650m: 7:51.66	36.82 1050m: 12:50.77	37.26	1450m: 17:52.05	36.93	
	300m: 3:33.51 36.66	700m: 8:28.88	37.22 1100m: 13:28.39	37.62	1500m: 18:28.13	36.08	
	350m: 4:10.18 36.67	750m: 9:05.99	37.11 1150m: 14:06.36	37.97			
	400m: 4:47.22 37.04	800m: 9:43.36	37.37 1200m: 14:44.26	37.90			