

Prova 1  
01/12/2023 - 9:00

Femin., 800m Livres  
3ª Divisão

3ª Divisão FEM  
Resultados

Rec Nac Open	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04/12/2019
Rec Nac Sen	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04/12/2019
Rec Nac Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto	13/12/2015
Rec Nac Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto	21/12/2014
Rec Nac Juv A	8:46.74	SANTOS Ana Claudia	SFUAP	Cantanhede	19/12/2004
Rec Nac Juv B	9:00.27	SILVA Alexandra Maria	FCP	Antibes (FRA)	20/12/1980
Rec Nac Inf A	9:03.90	SILVA Alexandra Maria	FCP	Porto	13/07/1980
Rec Nac Inf B	9:33.95	RUIVO Filipa Vilas	DNMG	Nazaré	16/05/2009

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	<b>CRAVEIRO Luana Ferreira</b>	<b>09</b>	<b>Nautico Marinha Grande</b>	<b>9:17.47</b>	<b>+0,79</b>	<b>628</b>		-
	50m: 30.99 30.99	250m: 2:49.59 35.01	450m: 5:09.70 34.39	650m: 7:32.43 36.10				
	100m: 1:04.72 33.73	300m: 3:24.63 35.04	500m: 5:44.97 35.27	700m: 8:07.87 35.44				
	150m: 1:39.40 34.68	350m: 3:59.85 35.22	550m: 6:20.79 35.82	750m: 8:43.44 35.57				
	200m: 2:14.58 35.18	400m: 4:35.31 35.46	600m: 6:56.33 35.54	800m: 9:17.47 34.03				
2.	<b>ALVES Sara Sofia</b>	<b>07</b>	<b>Palmela</b>	<b>9:32.74</b>	<b>+0,79</b>	<b>579</b>		-
	50m: 31.65 31.65	250m: 2:53.21 36.10	450m: 5:18.21 36.36	650m: 7:44.66 36.66				
	100m: 1:06.28 34.63	300m: 3:29.30 36.09	500m: 5:54.62 36.41	700m: 8:21.12 36.46				
	150m: 1:41.34 35.06	350m: 4:05.74 36.44	550m: 6:31.12 36.50	750m: 8:57.19 36.07				
	200m: 2:17.11 35.77	400m: 4:41.85 36.11	600m: 7:08.00 36.88	800m: 9:32.74 35.55				
3.	<b>TOMAS Constanca Baptista</b>	<b>09</b>	<b>Alcobaca</b>	<b>9:41.06</b>	<b>+0,84</b>	<b>554</b>		-
	50m: 32.18 32.18	250m: 2:56.68 36.17	450m: 5:23.80 37.28	650m: 7:51.87 37.17				
	100m: 1:07.69 35.51	300m: 3:32.83 36.15	500m: 6:01.03 37.23	700m: 8:28.72 36.85				
	150m: 1:43.78 36.09	350m: 4:09.65 36.82	550m: 6:37.67 36.64	750m: 9:06.25 37.53				
	200m: 2:20.51 36.73	400m: 4:46.52 36.87	600m: 7:14.70 37.03	800m: 9:41.06 34.81				
4.	<b>MADEIRA Carolina Marques</b>	<b>09</b>	<b>Nacional de Natacao</b>	<b>9:47.25</b>	<b>+0,84</b>	<b>537</b>		-
	50m: 33.14 33.14	250m: 3:00.36 37.33	450m: 5:29.75 37.38	650m: 7:59.75 37.27				
	100m: 1:09.23 36.09	300m: 3:37.68 37.32	500m: 6:07.37 37.62	700m: 8:37.00 37.25				
	150m: 1:45.90 36.67	350m: 4:15.13 37.45	550m: 6:44.95 37.58	750m: 9:13.23 36.23				
	200m: 2:23.03 37.13	400m: 4:52.37 37.24	600m: 7:22.48 37.53	800m: 9:47.25 34.02				
5.	<b>CAMARA Ines Cruz</b>	<b>07</b>	<b>Desportivo Nacional</b>	<b>9:47.63</b>	<b>+0,78</b>	<b>536</b>		-
	50m: 32.57 32.57	250m: 2:57.02 36.47	450m: 5:26.30 37.55	650m: 7:57.74 37.94				
	100m: 1:07.99 35.42	300m: 3:34.06 37.04	500m: 6:03.97 37.67	700m: 8:35.64 37.90				
	150m: 1:44.10 36.11	350m: 4:11.31 37.25	550m: 6:41.74 37.77	750m: 9:12.84 37.20				
	200m: 2:20.55 36.45	400m: 4:48.75 37.44	600m: 7:19.80 38.06	800m: 9:47.63 34.79				
6.	<b>MARTINS Leonor Sombreira10</b>		<b>BUZIOS - Coruche</b>	<b>10:02.30</b>	<b>+0,88</b>	<b>498</b>		-
	50m: 34.01 34.01	250m: 3:05.67 38.45	450m: 5:38.68 38.05	650m: 8:10.83 37.40				
	100m: 1:11.28 37.27	300m: 3:44.24 38.57	500m: 6:17.01 38.33	700m: 8:49.09 38.26				
	150m: 1:49.26 37.98	350m: 4:22.50 38.26	550m: 6:55.80 38.79	750m: 9:26.81 37.72				
	200m: 2:27.22 37.96	400m: 5:00.63 38.13	600m: 7:33.43 37.63	800m: 10:02.30 35.49				
7.	<b>SILVA Rafaela Canano</b>	<b>04</b>	<b>Viver Santarem</b>	<b>10:08.11</b>	<b>+0,88</b>	<b>483</b>		-
	50m: 33.69 33.69	250m: 3:05.03 38.53	450m: 5:40.23 38.68	650m: 8:14.94 38.64				
	100m: 1:10.61 36.92	300m: 3:43.70 38.67	500m: 6:19.02 38.79	700m: 8:53.17 38.23				
	150m: 1:48.38 37.77	350m: 4:22.78 39.08	550m: 6:57.81 38.79	750m: 9:31.43 38.26				
	200m: 2:26.50 38.12	400m: 5:01.55 38.77	600m: 7:36.30 38.49	800m: 10:08.11 36.68				
8.	<b>FERREIRA Lara Mota</b>	<b>08</b>	<b>Fafe</b>	<b>10:11.69</b>	<b>+0,83</b>	<b>475</b>		-
	50m: 33.41 33.41	250m: 3:05.02 38.48	450m: 5:40.24 38.96	650m: 8:16.90 38.87				
	100m: 1:10.19 36.78	300m: 3:43.61 38.59	500m: 6:19.28 39.04	700m: 8:56.41 39.51				
	150m: 1:48.05 37.86	350m: 4:22.28 38.67	550m: 6:58.67 39.39	750m: 9:34.64 38.23				
	200m: 2:26.54 38.49	400m: 5:01.28 39.00	600m: 7:38.03 39.36	800m: 10:11.69 37.05				

Prova 1, Femin., 800m Livres, 3ª Divisão FEM

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	NEVES Carolina Marques	01	Torres Novas	<b>10:12.72</b>	<b>+0,83</b>	<b>473</b>	-	
	50m: 33.47 33.47	250m: 3:02.98 37.96	450m: 5:37.90 39.09	650m: 8:17.41 39.88				
	100m: 1:10.33 36.86	300m: 3:41.28 38.30	500m: 6:17.04 39.14	700m: 8:57.53 40.12				
	150m: 1:47.54 37.21	350m: 4:19.80 38.52	550m: 6:57.06 40.02	750m: 9:36.88 39.35				
	200m: 2:25.02 37.48	400m: 4:58.81 39.01	600m: 7:37.53 40.47	800m: 10:12.72 35.84				
10.	MARGARIDO Paula Aguiar	09	Juventude Atlantico	<b>10:13.69</b>	<b>+0,85</b>	<b>470</b>	-	
	50m: 33.62 33.62	250m: 3:05.36 38.60	450m: 5:40.33 38.89	650m: 8:17.37 39.30				
	100m: 1:10.71 37.09	300m: 3:43.80 38.44	500m: 6:19.63 39.30	700m: 8:56.62 39.25				
	150m: 1:48.53 37.82	350m: 4:22.56 38.76	550m: 6:58.86 39.23	750m: 9:35.97 39.35				
	200m: 2:26.76 38.23	400m: 5:01.44 38.88	600m: 7:38.07 39.21	800m: 10:13.69 37.72				
11.	CAMPOS Alexandra Martins	02	Natacao da Maia	<b>10:16.10</b>	<b>+0,81</b>	<b>465</b>	-	
	50m: 33.66 33.66	250m: 3:07.29 39.07	450m: 5:42.66 38.55	650m: 8:17.54 38.51				
	100m: 1:11.19 37.53	300m: 3:46.58 39.29	500m: 6:21.38 38.72	700m: 8:56.64 39.10				
	150m: 1:49.57 38.38	350m: 4:25.74 39.16	550m: 7:00.29 38.91	750m: 9:36.43 39.79				
	200m: 2:28.22 38.65	400m: 5:04.11 38.37	600m: 7:39.03 38.74	800m: 10:16.10 39.67				
12.	DUARTE Cristiana Sofia	07	Academica de Coimbra	<b>10:19.46</b>	<b>+0,82</b>	<b>457</b>	-	
	50m: 34.69 34.69	250m: 3:10.43 39.23	450m: 5:48.26 39.79	650m: 8:23.61 38.69				
	100m: 1:12.59 37.90	300m: 3:49.69 39.26	500m: 6:27.35 39.09	700m: 9:03.40 39.79				
	150m: 1:51.50 38.91	350m: 4:29.51 39.82	550m: 7:06.41 39.06	750m: 9:42.41 39.01				
	200m: 2:31.20 39.70	400m: 5:08.47 38.96	600m: 7:44.92 38.51	800m: 10:19.46 37.05				
13.	WERUM Mia Alena	07	Lagoa AC	<b>10:20.32</b>	<b>+0,91</b>	<b>455</b>	-	
	50m: 33.81 33.81	250m: 3:07.99 39.62	450m: 5:47.18 40.20	650m: 8:24.70 39.12				
	100m: 1:11.25 37.44	300m: 3:47.59 39.60	500m: 6:27.06 39.88	700m: 9:03.77 39.07				
	150m: 1:49.73 38.48	350m: 4:27.22 39.63	550m: 7:06.64 39.58	750m: 9:42.79 39.02				
	200m: 2:28.37 38.64	400m: 5:06.98 39.76	600m: 7:45.58 38.94	800m: 10:20.32 37.53				
14.	MACEDO Alice Mendes	08	Estamos Juntos	<b>10:21.50</b>	<b>+0,91</b>	<b>453</b>	-	
	50m: 33.82 33.82	250m: 3:05.83 38.54	450m: 5:44.39 40.16	650m: 8:25.51 40.15				
	100m: 1:10.74 36.92	300m: 3:45.04 39.21	500m: 6:24.74 40.35	700m: 9:05.83 40.32				
	150m: 1:49.21 38.47	350m: 4:24.48 39.44	550m: 7:04.95 40.21	750m: 9:45.01 39.18				
	200m: 2:27.29 38.08	400m: 5:04.23 39.75	600m: 7:45.36 40.41	800m: 10:21.50 36.49				
15.	CARVALHO Mariana Bagage	10	Miranda do Corvo	<b>10:22.08</b>	<b>+0,84</b>	<b>452</b>	-	
	50m: 33.20 33.20	250m: 3:08.28 39.26	450m: 5:46.03 39.50	650m: 8:24.94 39.96				
	100m: 1:10.94 37.74	300m: 3:47.72 39.44	500m: 6:25.62 39.59	700m: 9:05.16 40.22				
	150m: 1:49.42 38.48	350m: 4:27.11 39.39	550m: 7:05.21 39.59	750m: 9:44.32 39.16				
	200m: 2:29.02 39.60	400m: 5:06.53 39.42	600m: 7:44.98 39.77	800m: 10:22.08 37.76				
16.	ALMEIDA Isabel Pires	06	Nucleo Sporting da Terceira	<b>10:22.80</b>	<b>+0,72</b>	<b>450</b>	-	
	50m: 34.57 34.57	250m: 3:08.75 39.50	450m: 5:45.54 39.42	650m: 8:24.51 39.43				
	100m: 1:12.06 37.49	300m: 3:48.25 39.50	500m: 6:25.30 39.76	700m: 9:04.74 40.23				
	150m: 1:50.71 38.65	350m: 4:26.84 38.59	550m: 7:05.54 40.24	750m: 9:44.09 39.35				
	200m: 2:29.25 38.54	400m: 5:06.12 39.28	600m: 7:45.08 39.54	800m: 10:22.80 38.71				
17.	PINHEIRO Ana Carmo	02	Ginasio Santo Tirso	<b>10:26.74</b>	<b>+0,81</b>	<b>442</b>	-	
	50m: 32.30 32.30	250m: 3:07.11 39.63	450m: 5:46.39 39.98	650m: 8:27.60 40.44				
	100m: 1:09.50 37.20	300m: 3:46.79 39.68	500m: 6:26.53 40.14	700m: 9:07.97 40.37				
	150m: 1:48.14 38.64	350m: 4:26.62 39.83	550m: 7:06.95 40.42	750m: 9:48.12 40.15				
	200m: 2:27.48 39.34	400m: 5:06.41 39.79	600m: 7:47.16 40.21	800m: 10:26.74 38.62				
18.	BRANDAO Vitoria Maria	07	Salesianos	<b>10:28.22</b>	<b>+0,84</b>	<b>438</b>	-	
	50m: 35.70 35.70	250m: 3:13.65 39.87	450m: 5:52.51 39.71	650m: 8:31.86 39.51				
	100m: 1:14.48 38.78	300m: 3:53.34 39.69	500m: 6:32.64 40.13	700m: 9:11.81 39.95				
	150m: 1:53.74 39.26	350m: 4:33.00 39.66	550m: 7:12.60 39.96	750m: 9:50.98 39.17				
	200m: 2:33.78 40.04	400m: 5:12.80 39.80	600m: 7:52.35 39.75	800m: 10:28.22 37.24				

Prova 1, Femin., 800m Livres, 3ª Divisão FEM

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
19.	CRAVEIRO Leonor Moca	09	Naval Povoense	<b>10:29.15</b>	<b>+0,82</b>	<b>436</b>	-	
	50m: 34.12 34.12	250m: 3:07.89 38.94	450m: 5:48.01 41.30	650m: 8:29.68 40.19				
	100m: 1:11.77 37.65	300m: 3:47.06 39.17	500m: 6:28.18 40.17	700m: 9:10.33 40.65				
	150m: 1:50.22 38.45	350m: 4:26.83 39.77	550m: 7:08.78 40.60	750m: 9:50.51 40.18				
	200m: 2:28.95 38.73	400m: 5:06.71 39.88	600m: 7:49.49 40.71	800m: 10:29.15 38.64				
20.	SILVA Lara Pinho	07	Feirense	<b>10:31.00</b>	<b>+0,67</b>	<b>433</b>	-	
	50m: 33.49 33.49	250m: 3:08.79 40.25	450m: 5:52.08 40.88	650m: 8:33.74 39.71				
	100m: 1:10.81 37.32	300m: 3:49.38 40.59	500m: 6:32.96 40.88	700m: 9:14.02 40.28				
	150m: 1:49.21 38.40	350m: 4:30.16 40.78	550m: 7:13.21 40.25	750m: 9:53.83 39.81				
	200m: 2:28.54 39.33	400m: 5:11.20 41.04	600m: 7:54.03 40.82	800m: 10:31.00 37.17				
21.	TRINDADE Adriana Resende	10	Sporting de Espinho	<b>10:31.84</b>		<b>431</b>	-	
	50m: 34.23 34.23	250m: 3:12.57 40.46	450m: 5:53.40 40.15	650m: 8:34.71 39.96				
	100m: 1:12.69 38.46	300m: 3:52.81 40.24	500m: 6:34.16 40.76	700m: 9:14.76 40.05				
	150m: 1:52.23 39.54	350m: 4:33.20 40.39	550m: 7:14.53 40.37	750m: 9:54.15 39.39				
	200m: 2:32.11 39.88	400m: 5:13.25 40.05	600m: 7:54.75 40.22	800m: 10:31.84 37.69				
22.	COUTINHO Rafaela Calvo	08	Campinho	<b>10:34.25</b>	<b>+0,73</b>	<b>426</b>	-	
	50m: 33.85 33.85	250m: 3:11.38 39.73	450m: 5:51.98 39.99	650m: 8:34.50 40.59				
	100m: 1:12.47 38.62	300m: 3:51.58 40.20	500m: 6:32.58 40.60	700m: 9:15.51 41.01				
	150m: 1:51.82 39.35	350m: 4:31.74 40.16	550m: 7:13.20 40.62	750m: 9:55.82 40.31				
	200m: 2:31.65 39.83	400m: 5:11.99 40.25	600m: 7:53.91 40.71	800m: 10:34.25 38.43				
23.	BARROSO Juliana Bushe	10	FC Ferreiras/AlgarExperience	<b>10:34.96</b>	<b>+0,82</b>	<b>425</b>	-	
	50m: 34.12 34.12	250m: 3:10.12 39.65	450m: 5:50.28 40.64	650m: 8:34.02 41.34				
	100m: 1:11.63 37.51	300m: 3:49.61 39.49	500m: 6:31.18 40.90	700m: 9:14.90 40.88				
	150m: 1:50.44 38.81	350m: 4:29.62 40.01	550m: 7:11.93 40.75	750m: 9:55.78 40.88				
	200m: 2:30.47 40.03	400m: 5:09.64 40.02	600m: 7:52.68 40.75	800m: 10:34.96 39.18				
24.	RAPOSO Eduarda Galvao	09	Natacao do Fundao	<b>10:36.06</b>	<b>+0,97</b>	<b>422</b>	-	
	50m: 34.88 34.88	250m: 3:15.75 40.36	450m: 5:56.12 40.19	650m: 8:36.87 40.25				
	100m: 1:14.20 39.32	300m: 3:56.24 40.49	500m: 6:36.00 39.88	700m: 9:16.41 39.54				
	150m: 1:54.87 40.67	350m: 4:36.30 40.06	550m: 7:16.34 40.34	750m: 9:56.68 40.27				
	200m: 2:35.39 40.52	400m: 5:15.93 39.63	600m: 7:56.62 40.28	800m: 10:36.06 39.38				
25.	SILVA Mariana Medeiros	08	Naval da Horta	<b>10:36.50</b>	<b>+0,97</b>	<b>421</b>	-	
	50m: 35.15 35.15	250m: 3:13.89 40.26	450m: 5:55.65 40.59	650m: 8:36.57 39.90				
	100m: 1:14.05 38.90	300m: 3:53.18 39.29	500m: 6:36.08 40.43	700m: 9:17.34 40.77				
	150m: 1:53.78 39.73	350m: 4:34.09 40.91	550m: 7:16.52 40.44	750m: 9:57.86 40.52				
	200m: 2:33.63 39.85	400m: 5:15.06 40.97	600m: 7:56.67 40.15	800m: 10:36.50 38.64				
26.	NIZA Beatriz Mocego	06	Amadora	<b>10:43.45</b>	<b>+0,83</b>	<b>408</b>	-	
	50m: 36.23 36.23	250m: 3:16.53 39.87	450m: 5:55.11 40.32	650m: 8:40.53 41.17				
	100m: 1:15.86 39.63	300m: 3:56.92 40.39	500m: 6:36.31 41.20	700m: 9:22.06 41.53				
	150m: 1:56.39 40.53	350m: 4:34.93 38.01	550m: 7:17.81 41.50	750m: 10:03.02 40.96				
	200m: 2:36.66 40.27	400m: 5:14.79 39.86	600m: 7:59.36 41.55	800m: 10:43.45 40.43				
27.	SERRA Ana Filipa	11	CPCD-Povoa St Iria	<b>10:44.25</b>	<b>+0,89</b>	<b>406</b>	-	
	50m: 35.18 35.18	250m: 3:14.92 40.08	450m: 5:57.31 41.33	650m: 8:42.63 41.23				
	100m: 1:14.48 39.30	300m: 3:55.44 40.52	500m: 6:39.12 41.81	700m: 9:23.42 40.79				
	150m: 1:54.65 40.17	350m: 4:35.20 39.76	550m: 7:20.26 41.14	750m: 10:04.56 41.14				
	200m: 2:34.84 40.19	400m: 5:15.98 40.78	600m: 8:01.40 41.14	800m: 10:44.25 39.69				
28.	LOPES Jessica Bernardino	10	Fisica Torres Vedras	<b>10:50.77</b>	<b>+0,76</b>	<b>394</b>	-	
	50m: 35.50 35.50	250m: 3:18.03 40.79	450m: 6:03.16 41.48	650m: 8:48.86 41.73				
	100m: 1:15.13 39.63	300m: 3:58.98 40.95	500m: 6:44.47 41.31	700m: 9:30.43 41.57				
	150m: 1:56.11 40.98	350m: 4:40.33 41.35	550m: 7:25.47 41.00	750m: 10:11.32 40.89				
	200m: 2:37.24 41.13	400m: 5:21.68 41.35	600m: 8:07.13 41.66	800m: 10:50.77 39.45				

Prova 1, Femin., 800m Livres, 3ª Divisão FEM

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	VIANA Joana Rebelo	88	Ba-Leiria	<b>11:01.26</b>	<b>+0,77</b>	<b>376</b>	-
	50m: 34.15 34.15	250m: 3:12.36 41.53	450m: 6:00.78 43.07	650m: 8:53.25 42.60			
	100m: 1:12.10 37.95	300m: 3:53.77 41.41	500m: 6:43.81 43.03	700m: 9:36.41 43.16			
	150m: 1:50.90 38.80	350m: 4:35.49 41.72	550m: 7:27.01 43.20	750m: 10:19.95 43.54			
	200m: 2:30.83 39.93	400m: 5:17.71 42.22	600m: 8:10.65 43.64	800m: 11:01.26 41.31			
30.	RICARDO Joana Isabel	08	Litoral Alentejano	<b>11:42.87</b>	<b>+0,98</b>	<b>313</b>	-
	50m: 39.12 39.12	250m: 3:33.92 44.45	450m: 6:32.80 44.87	650m: 9:30.90 44.70			
	100m: 1:21.37 42.25	300m: 4:18.83 44.91	500m: 7:17.36 44.56	700m: 10:14.85 43.95			
	150m: 2:05.04 43.67	350m: 5:03.48 44.65	550m: 8:01.92 44.56	750m: 10:59.58 44.73			
	200m: 2:49.47 44.43	400m: 5:47.93 44.45	600m: 8:46.20 44.28	800m: 11:42.87 43.29			
31.	FONSECA Francisca Moreira	09	Peso da Regua	<b>11:48.06</b>	<b>+0,72</b>	<b>306</b>	-
	50m: 36.11 36.11	250m: 3:30.50 44.62	450m: 6:32.03 45.18	650m: 9:33.84 45.41			
	100m: 1:17.66 41.55	300m: 4:15.96 45.46	500m: 7:17.34 45.31	700m: 10:19.31 45.47			
	150m: 2:01.48 43.82	350m: 5:01.31 45.35	550m: 8:02.57 45.23	750m: 11:04.18 44.87			
	200m: 2:45.88 44.40	400m: 5:46.85 45.54	600m: 8:48.43 45.86	800m: 11:48.06 43.88			
DSQ	GONCALVES M.	04	Gualdim Pais				-
	403 - Falsa partida - SW 4.4						

ORGANIZAÇÃO



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