

**Prova 15** **Femin., 800m Livres** **Open**  
**04/05/2024** **Resultados**

Recorde Nacional Open	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Recorde Nacional Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Recorde Nacional Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28/05/2016
Recorde Nacional Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30/05/2015
Recorde Nacional Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27/07/2014
Recorde Nacional Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10/09/1981
Recorde Nacional Inf A	9:14.85	SILVA Alexandra Maria	POR	Skovde (SWE)	10/08/1980
Recorde Nacional Inf B	9:30.42	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	25/07/2009
Recorde Meeting	8:36.21	HOLUB Tamila Hryhorivna	POR	Coimbra	28/05/2016

TAC : 9:54.00

Pontos: FINA 2024

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
1.	DURAES Diana Margarida	96		Benfica	<b>8:44.59</b>	+0,74	789	16,00
	50m: 30.58 30.58	250m: 2:42.03	33.12	450m: 4:54.08	32.94	650m: 7:06.08	33.09	
	100m: 1:02.80 32.22	300m: 3:15.01	32.98	500m: 5:26.88	32.80	700m: 7:39.27	33.19	
	150m: 1:35.95 33.15	350m: 3:48.16	33.15	550m: 5:59.92	33.04	750m: 8:12.35	33.08	
	200m: 2:08.91 32.96	400m: 4:21.14	32.98	600m: 6:32.99	33.07	800m: 8:44.59	32.24	
2.	HENRIQUES Ines Jacinto	00		Louzan Natacao/EFAPEL	<b>9:04.61</b>	+0,70	705	13,00
	50m: 30.81 30.81	250m: 2:46.81	34.37	450m: 5:04.09	34.53	650m: 7:22.54	34.71	
	100m: 1:04.12 33.31	300m: 3:20.85	34.04	500m: 5:38.49	34.40	700m: 7:57.19	34.65	
	150m: 1:38.41 34.29	350m: 3:55.38	34.53	550m: 6:13.29	34.80	750m: 8:31.57	34.38	
	200m: 2:12.44 34.03	400m: 4:29.56	34.18	600m: 6:47.83	34.54	800m: 9:04.61	33.04	
3.	CARDEAL Beatriz Nunes	04		Individual ANCPN	<b>9:20.52</b>	+0,67	646	11,00
	50m: 31.91 31.91	250m: 2:52.98	35.56	450m: 5:14.20	35.20	650m: 7:35.39	35.44	
	100m: 1:06.80 34.89	300m: 3:28.16	35.18	500m: 5:49.27	35.07	700m: 8:10.99	35.60	
	150m: 1:42.05 35.25	350m: 4:03.62	35.46	550m: 6:24.68	35.41	750m: 8:46.30	35.31	
	200m: 2:17.42 35.37	400m: 4:39.00	35.38	600m: 6:59.95	35.27	800m: 9:20.52	34.22	
4.	CRAVEIRO Luana Ferreira	09		Nautico Marinha Grande	<b>9:24.24</b>	+0,71	634	10,00
	50m: 32.01 32.01	250m: 2:53.82	35.77	450m: 5:16.07	35.28	650m: 7:39.33	35.22	
	100m: 1:06.53 34.52	300m: 3:29.68	35.86	500m: 5:52.28	36.21	700m: 8:15.39	36.06	
	150m: 1:41.99 35.46	350m: 4:04.85	35.17	550m: 6:28.04	35.76	750m: 8:50.03	34.64	
	200m: 2:18.05 36.06	400m: 4:40.79	35.94	600m: 7:04.11	36.07	800m: 9:24.24	34.21	
5.	RODRIGUES Helena Nunes	03		Condeixa Clube	<b>9:24.31</b>	+0,76	634	9,00
	50m: 32.01 32.01	250m: 2:54.13	35.70	450m: 5:16.31	35.70	650m: 7:40.49	35.95	
	100m: 1:07.03 35.02	300m: 3:29.65	35.52	500m: 5:52.32	36.01	700m: 8:16.64	36.15	
	150m: 1:42.65 35.62	350m: 4:04.87	35.22	550m: 6:28.33	36.01	750m: 8:51.11	34.47	
	200m: 2:18.43 35.78	400m: 4:40.61	35.74	600m: 7:04.54	36.21	800m: 9:24.31	33.20	
6.	AMORIM Ines Santos	06		Portugal	<b>9:29.77</b>	+0,79	615	8,00
	50m: 31.70 31.70	250m: 2:50.98	35.07	450m: 5:15.52	35.86	650m: 7:41.92	36.53	
	100m: 1:06.07 34.37	300m: 3:27.08	36.10	500m: 5:51.66	36.14	700m: 8:18.56	36.64	
	150m: 1:40.91 34.84	350m: 4:03.28	36.20	550m: 6:28.21	36.55	750m: 8:54.83	36.27	
	200m: 2:15.91 35.00	400m: 4:39.66	36.38	600m: 7:05.39	37.18	800m: 9:29.77	34.94	
7.	PEIXOTO Carolina Esteves	06		Braga	<b>9:36.42</b>	+0,84	594	7,00
	50m: 32.06 32.06	250m: 2:53.26	35.86	450m: 5:19.27	36.50	650m: 7:46.99	36.61	
	100m: 1:06.40 34.34	300m: 3:29.50	36.24	500m: 5:56.43	37.16	700m: 8:23.88	36.89	
	150m: 1:41.63 35.23	350m: 4:06.04	36.54	550m: 6:33.57	37.14	750m: 9:00.62	36.74	
	200m: 2:17.40 35.77	400m: 4:42.77	36.73	600m: 7:10.38	36.81	800m: 9:36.42	35.80	

**Prova 15, Femin., 800m Livres, Open**

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
8.	<b>FARIA Leonor Verissimo</b>	06		Nautico Academico	<b>9:39.44</b>	<b>+0,78</b>	<b>585</b>	<b>6,00</b>
	50m: 32.54 32.54	250m: 2:57.86	36.86	450m: 5:24.11	35.99	650m: 7:51.22	36.43	
	100m: 1:07.97 35.43	300m: 3:34.72	36.86	500m: 6:01.18	37.07	700m: 8:28.15	36.93	
	150m: 1:44.47 36.50	350m: 4:11.15	36.43	550m: 6:37.93	36.75	750m: 9:04.39	36.24	
	200m: 2:21.00 36.53	400m: 4:48.12	36.97	600m: 7:14.79	36.86	800m: 9:39.44	35.05	
9.	<b>LUIZ Margarida Maria</b> <i>FTL</i>	08		Lagoa AC	<b>10:02.22</b>	<b>+0,63</b>	<b>521</b>	<b>5,00</b>
	50m: 33.36 33.36	250m: 3:02.60	38.28	450m: 5:36.60	38.60	650m: 8:10.05	38.24	
	100m: 1:09.50 36.14	300m: 3:40.95	38.35	500m: 6:15.45	38.85	700m: 8:47.93	37.88	
	150m: 1:46.88 37.38	350m: 4:19.48	38.53	550m: 6:53.81	38.36	750m: 9:25.84	37.91	
	200m: 2:24.32 37.44	400m: 4:58.00	38.52	600m: 7:31.81	38.00	800m: 10:02.22	36.38	
10.	<b>FERREIRA Maria Neto</b> <i>FTL</i>	06		Nautico Academico	<b>10:03.17</b>	<b>+0,85</b>	<b>519</b>	<b>4,00</b>
	50m: 33.00 33.00	250m: 3:03.53	38.67	450m: 5:38.44	38.99	650m: 8:12.48	38.55	
	100m: 1:09.09 36.09	300m: 3:42.12	38.59	500m: 6:17.27	38.83	700m: 8:50.31	37.83	
	150m: 1:47.39 38.30	350m: 4:20.92	38.80	550m: 6:56.04	38.77	750m: 9:28.10	37.79	
	200m: 2:24.86 37.47	400m: 4:59.45	38.53	600m: 7:33.93	37.89	800m: 10:03.17	35.07	
11.	<b>VIANA Matilde Violante</b> <i>FTL</i>	07		CNLeiria	<b>10:04.53</b>	<b>+0,84</b>	<b>515</b>	<b>3,00</b>
	50m: 33.54 33.54	250m: 3:03.69	37.64	450m: 5:36.59	38.09	650m: 8:11.21	38.43	
	100m: 1:10.63 37.09	300m: 3:42.01	38.32	500m: 6:15.47	38.88	700m: 8:49.78	38.57	
	150m: 1:47.74 37.11	350m: 4:19.84	37.83	550m: 6:53.94	38.47	750m: 9:26.77	36.99	
	200m: 2:26.05 38.31	400m: 4:58.50	38.66	600m: 7:32.78	38.84	800m: 10:04.53	37.76	
12.	<b>SANTOS Joana Almeida</b> <i>FTL</i>	09		Galitos / Bresimar	<b>10:10.98</b>	<b>+0,67</b>	<b>499</b>	<b>2,00</b>
	50m: 34.35 34.35	250m: 3:07.75	38.60	450m: 5:43.25	38.59	650m: 8:18.37	39.07	
	100m: 1:11.96 37.61	300m: 3:46.62	38.87	500m: 6:21.68	38.43	700m: 8:57.27	38.90	
	150m: 1:50.67 38.71	350m: 4:25.80	39.18	550m: 7:00.46	38.78	750m: 9:35.44	38.17	
	200m: 2:29.15 38.48	400m: 5:04.66	38.86	600m: 7:39.30	38.84	800m: 10:10.98	35.54	
13.	<b>PEDREIRO Francisca Soreto</b> <i>FTL</i>	09		Galitos / Bresimar	<b>10:28.75</b>	<b>+0,71</b>	<b>458</b>	<b>1,00</b>
	50m: 35.33 35.33	250m: 3:11.82	39.59	450m: 5:50.23	39.54	650m: 8:30.21	39.80	
	100m: 1:13.50 38.17	300m: 3:51.65	39.83	500m: 6:30.34	40.11	700m: 9:10.47	40.26	
	150m: 1:52.86 39.36	350m: 4:31.20	39.55	550m: 7:10.38	40.04	750m: 9:50.14	39.67	
	200m: 2:32.23 39.37	400m: 5:10.69	39.49	600m: 7:50.41	40.03	800m: 10:28.75	38.61	
DNS	<b>WERUM Mia Alena</b>	07		Lagoa AC				-