

Prova 3 Femin., 800m Livres Absoluto  
16/10/2020 - 20:24 Resultados

Recordes Regionais Absoluto	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recordes Regionais Sen	9:21.09	ANDRADE, Rubina Amaro	CDN	Estoril	07/03/1997
Recordes Regionais Jun17	9:13.81	ANDRADE, Rubina Amaro	CDN	Funchal	13/07/1996
Recordes Regionais Jun16	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recordes Regionais Juv A	9:14.78	ANDRADE, Rubina Amaro	CDN	Braga	04/03/1994
Recordes Regionais Juv B	9:15.96	ANDRADE, Rubina Amaro	CDN	Alges	16/02/1993
Recordes Regionais Inf A	9:40.30	ANDRADE, Rubina Amaro	CDN	Funchal	15/02/1992
Recordes Regionais Inf B	10:13.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/06/1991

TAC Zonais Juv B: 10:27.05; Juv A: 10:09.47; Jun16: 9:53.10; Jun17: 9:40.74; Sen18: 9:37.85; 19 +: 9:20.44

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
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Juvenil B - 14 anos

1. RODRIGUES, Laura Sofia	07	Salesianos do Funchal	<b>10:03.82</b>	500
<i>Mínimos   Torneio Zonal Sul - Leiria</i>				
100m: 1:11.58	1:11.58	300m: 3:44.30	1:16.28	500m: 6:16.28
200m: 2:28.02	1:16.44	400m: 5:00.19	1:15.89	600m: 7:31.97
700m: 8:48.65	1:16.68	800m: 10:03.82	1:15.69	1:15.17
2. CAMARA, Ines Cruz	07	CD Nacional	<b>10:45.65</b>	409
100m: 1:15.14	1:15.14	300m: 3:56.45	1:20.79	500m: 6:40.04
200m: 2:35.66	1:20.52	400m: 5:17.91	1:21.46	600m: 8:02.29
700m: 9:24.97	1:22.68	800m: 10:45.65	1:22.25	1:20.68
3. GONCALVES, Valentina Jose	07	CD Nacional	<b>10:50.34</b>	400
100m: 1:14.84	1:14.84	300m: 3:58.79	1:22.34	500m: 6:44.72
200m: 2:36.45	1:21.61	400m: 5:21.82	1:23.03	600m: 8:07.82
700m: 9:30.20	1:22.38	800m: 10:50.34	1:23.10	1:20.14

Juvenil A - 15 anos

1. COSTA, Maria Jardim	06	CD Nacional	<b>9:47.35</b>	543
<i>Mínimos   Torneio Zonal Sul - Leiria</i>				
100m: 1:08.80	1:08.80	300m: 3:35.39	1:13.88	500m: 6:04.19
200m: 2:21.51	1:12.71	400m: 4:49.20	1:13.81	600m: 7:19.26
700m: 8:34.33	1:15.07	800m: 9:47.35	1:15.07	1:13.02
2. FREITAS, Margarida Ramos	06	CD Nacional	<b>10:10.00</b>	485
100m: 1:12.79	1:12.79	300m: 3:45.89	1:16.33	500m: 6:19.34
200m: 2:29.56	1:16.77	400m: 5:02.52	1:16.63	600m: 7:36.75
700m: 8:54.51	1:17.76	800m: 10:10.00	1:17.41	1:15.49
3. SILVA, Silvana Suamade	06	CD Sao Roque	<b>10:17.35</b>	468
100m: 1:13.96	1:13.96	300m: 3:49.35	1:17.67	500m: 6:24.92
200m: 2:31.68	1:17.72	400m: 5:07.11	1:17.76	600m: 7:43.70
700m: 9:02.87	1:19.17	800m: 10:17.35	1:18.78	1:14.48
4. DIAS, Julia Alves	06	CD Nacional	<b>10:20.35</b>	461
100m: 1:14.09	1:14.09	300m: 3:50.99	1:18.36	500m: 6:28.40
200m: 2:32.63	1:18.54	400m: 5:09.45	1:18.46	600m: 7:46.96
700m: 9:05.35	1:18.39	800m: 10:20.35	1:18.56	1:15.00
5. FREITAS, Beatriz Rodrigues	06	Naval do Funchal	<b>10:26.87</b>	447
100m: 1:13.03	1:13.03	300m: 3:48.92	1:18.52	500m: 6:27.91
200m: 2:30.40	1:17.37	400m: 5:08.39	1:19.47	600m: 7:47.26
700m: 9:07.82	1:20.56	800m: 10:26.87	1:19.35	1:19.05

DSQ CANADA, Maria Elvira 06 CD Nacional  
*403 - Falsa partida - SW 4.4*

Juniores - 16, 17 anos

1. SOUSA, Joana Francisca	04	CD Sao Roque	<b>9:33.80</b>	582
<i>Mínimos   Torneio Zonal Sul - Leiria</i>				
100m: 1:08.01	1:08.01	300m: 3:32.38	1:12.46	500m: 5:57.19
200m: 2:19.92	1:11.91	400m: 4:45.03	1:12.65	600m: 7:10.27
700m: 8:22.94	1:12.67	800m: 9:33.80	1:13.08	1:10.86
2. FERREIRA, Maria Leonor	04	CD Nacional	<b>10:00.02</b>	509
100m: 1:10.51	1:10.51	300m: 3:42.55	1:16.18	500m: 6:14.64
200m: 2:26.37	1:15.86	400m: 4:58.73	1:16.18	600m: 7:30.37
700m: 8:45.96	1:15.59	800m: 10:00.02	1:15.73	1:14.06

Prova 3, Femin., 800m Livres

Seniores - 18 e mais velhos

1.	LUIS, Jessica Santos	00	CD Sao Roque					<b>10:28.06</b>	444
	100m: 1:13.57	1:13.57	300m: 3:51.92	1:19.29	500m: 6:31.34	1:19.44	700m: 9:11.88	1:20.10	
	200m: 2:32.63	1:19.06	400m: 5:11.90	1:19.98	600m: 7:51.78	1:20.44	800m: 10:28.06	1:16.18	
2.	JESUS, Filipa Mafalda	03	CD Sao Roque					<b>10:37.64</b>	424
	100m: 1:14.13	1:14.13	300m: 3:56.00	1:21.40	500m: 6:37.33	1:20.33	700m: 9:19.06	1:20.71	
	200m: 2:34.60	1:20.47	400m: 5:17.00	1:21.00	600m: 7:58.35	1:21.02	800m: 10:37.64	1:18.58	