

Event 12 Women, 800m Freestyle
05/03/2022 - 9:29 Race 12: 800m Freestyle (Female) Absolutos Results

Recorde Regional Open	9:23.39	ANDRADE, Rubina Amaro	CDN	Coimbra	06/08/1995
Recorde Regional Sen	9:30.57	ANDRADE, Rubina Amaro	CDN	Lisboa	03/08/1997
Recorde Regional Jun17	9:23.70	ANDRADE, Rubina Amaro	CDN	Famalicao	04/08/1996
Recorde Regional Jun16	9:23.39	ANDRADE, Rubina Amaro	CDN	Coimbra	06/08/1995
Recorde Regional Juv A	9:26.04	ANDRADE, Rubina Amaro	CDN	Nicosia (CYP)	23/04/1994
Recorde Regional Juv B	9:27.06	ANDRADE, Rubina Amaro	CDN	Chiasso (SUI)	11/06/1993

TAC Nacional - PL (Março) Juv B: 10:33.87; Juv A: 10:02.86; Jun16: 9:41.83; Jun17: 9:40.35; Sen: 9:28.08 /
TAC Nacional Juv B: 10:33.87; Juv A: 10:08.62; Jun16: 9:50.21; Jun17: 9:47.28; Sen18: 9:28.08; 19+: 9:28.08

Points: FINA 2021

Rank	YB	Time	Pts
Juvenis B, 14 anos			
1.	ALVES, Juliana Rodrigues	08 Desportivo Nacional	11:12.55 374
	100m: 1:17.21 1:17.21 300m: 4:07.54 1:25.51 500m: 7:00.58 1:27.30 700m: 9:51.38 1:24.35		
	200m: 2:42.03 1:24.82 400m: 5:33.28 1:25.74 600m: 8:27.03 1:26.45 800m: 11:12.55 1:21.17		
2.	NOBREGA, Sara Francisca	08 Desportivo Sao Roque	11:45.74 324
	100m: 1:22.63 1:22.63 300m: 4:20.85 1:28.44 500m: 7:19.25 1:28.80 700m: 10:17.96 1:29.07		
	200m: 2:52.41 1:29.78 400m: 5:50.45 1:29.60 600m: 8:48.89 1:29.64 800m: 11:45.74 1:27.78		

Juvenis A, 15 anos

1.	CAMARA, Ines Cruz	07 Desportivo Nacional	10:05.80 512
	<i>TAC Nacional - OPEN DE PORTUGAL - Julho (Jamor)</i>		
	100m: 1:12.41 1:12.41 300m: 3:46.61 1:17.19 500m: 6:20.18 1:16.37 700m: 8:51.56 1:15.77		
	200m: 2:29.42 1:17.01 400m: 5:03.81 1:17.20 600m: 7:35.79 1:15.61 800m: 10:05.80 1:14.24		

Juniores, 16 e 17 anos

1.	SILVA, Silvana Suamade	06 Desportivo Sao Roque	10:21.71 474
	100m: 1:10.64 1:10.64 300m: 3:48.78 1:19.31 500m: 6:25.08 1:18.67 700m: 9:04.57 1:20.16		
	200m: 2:29.47 1:18.83 400m: 5:06.41 1:17.63 600m: 7:44.41 1:19.33 800m: 10:21.71 1:17.14		
2.	DIAS, Monica Fernandes	06 Desportivo Sao Roque	12:20.24 280
	100m: 1:20.42 1:20.42 300m: 4:21.63 1:31.82 500m: 7:32.52 1:36.38 700m: 10:44.54 1:35.81		
	200m: 2:49.81 1:29.39 400m: 5:56.14 1:34.51 600m: 9:08.73 1:36.21 800m: 12:20.24 1:35.70		
3.	CARDOSO, Isabel Maria	05 Club Sport Maritimo	12:53.40 246
	100m: 1:29.53 1:29.53 300m: 4:46.08 1:38.51 500m: 8:04.06 1:39.24 700m: 11:19.07 1:37.38		
	200m: 3:07.57 1:38.04 400m: 6:24.82 1:38.74 600m: 9:41.69 1:37.63 800m: 12:53.40 1:34.33		

Absolutos, 14 anos e mais velhas

1.	CAMARA, Ines Cruz	07 Desportivo Nacional	10:05.80 512
	<i>TAC Nacional - OPEN DE PORTUGAL - Julho (Jamor)</i>		
	100m: 1:12.41 1:12.41 300m: 3:46.61 1:17.19 500m: 6:20.18 1:16.37 700m: 8:51.56 1:15.77		
	200m: 2:29.42 1:17.01 400m: 5:03.81 1:17.20 600m: 7:35.79 1:15.61 800m: 10:05.80 1:14.24		
2.	SOUSA, Joana Francisca	04 Naval do Funchal	10:09.59 502
	100m: 1:09.78 1:09.78 300m: 3:44.51 1:18.18 500m: 6:19.75 1:17.61 700m: 8:53.06 1:16.86		
	200m: 2:26.33 1:16.55 400m: 5:02.14 1:17.63 600m: 7:36.20 1:16.45 800m: 10:09.59 1:16.53		
3.	SILVA, Silvana Suamade	06 Desportivo Sao Roque	10:21.71 474
	100m: 1:10.64 1:10.64 300m: 3:48.78 1:19.31 500m: 6:25.08 1:18.67 700m: 9:04.57 1:20.16		
	200m: 2:29.47 1:18.83 400m: 5:06.41 1:17.63 600m: 7:44.41 1:19.33 800m: 10:21.71 1:17.14		
4.	ALVES, Juliana Rodrigues	08 Desportivo Nacional	11:12.55 374
	100m: 1:17.21 1:17.21 300m: 4:07.54 1:25.51 500m: 7:00.58 1:27.30 700m: 9:51.38 1:24.35		
	200m: 2:42.03 1:24.82 400m: 5:33.28 1:25.74 600m: 8:27.03 1:26.45 800m: 11:12.55 1:21.17		
5.	NOBREGA, Sara Francisca	08 Desportivo Sao Roque	11:45.74 324
	100m: 1:22.63 1:22.63 300m: 4:20.85 1:28.44 500m: 7:19.25 1:28.80 700m: 10:17.96 1:29.07		
	200m: 2:52.41 1:29.78 400m: 5:50.45 1:29.60 600m: 8:48.89 1:29.64 800m: 11:45.74 1:27.78		



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6.	DIAS, Monica Fernandes								12:20.24	280		
	100m:	1:20.42	1:20.42	300m:	4:21.63	1:31.82	500m:	7:32.52	1:36.38	700m:	10:44.54	1:35.81
	200m:	2:49.81	1:29.39	400m:	5:56.14	1:34.51	600m:	9:08.73	1:36.21	800m:	12:20.24	1:35.70
7.	CARDOSO, Isabel Maria								12:53.40	246		
	100m:	1:29.53	1:29.53	300m:	4:46.08	1:38.51	500m:	8:04.06	1:39.24	700m:	11:19.07	1:37.38
	200m:	3:07.57	1:38.04	400m:	6:24.82	1:38.74	600m:	9:41.69	1:37.63	800m:	12:53.40	1:34.33