

Prova 33	Femin., 1500m Livres				Absolutos
02/07/2022 - 17:49	Absoluto (Juvenis, Juniores e Seniores)				Resultados
Recorde Regional Absoluto	18:55.48	MARQUES, Mariana Sousa	CNF	Coimbra	30/07/2006
Recorde Regional Sen	18:55.48	MARQUES, Mariana Sousa	CNF	Coimbra	30/07/2006
Recorde Regional Jun17	18:57.24	SOUSA, Joana Francisca	CDSR	Funchal	03/07/2021
Recorde Regional Jun16	19:01.67	SOUSA, Joana Francisca	CDSR	Funchal	28/02/2020
Recorde Regional Juv A	19:30.34	AGUILAR, Vera Ines	CDN	Funchal	05/07/2015
Recorde Regional Juv B	19:33.38	ARAUJO, Maria Clara	CNF	Funchal	07/07/2019

TAC Nacional Juv B: 19:55.00; Juv A: 19:45.00; Jun16: 18:35.24; Jun17: 18:35.24; Sen18: 17:55.98; 19 +: 17:55.98

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
Juvenis B, 14 anos					
1.	NOBREGA, Sara Francisca	08	CD São Roque	22:05.21	335
	100m: 1:22.50 1:22.50	500m: 7:16.23 1:29.37	900m: 13:13.05 1:28.61	1300m: 19:08.51 1:28.92	
	200m: 2:50.10 1:27.60	600m: 8:45.33 1:29.10	1000m: 14:41.78 1:28.73	1400m: 20:38.08 1:29.57	
	300m: 4:18.79 1:28.69	700m: 10:15.41 1:30.08	1100m: 16:10.57 1:28.79	1500m: 22:05.21 1:27.13	
	400m: 5:46.86 1:28.07	800m: 11:44.44 1:29.03	1200m: 17:39.59 1:29.02		

Absolutos, 14 anos e mais velhas

1.	NOBREGA, Sara Francisca	08	CD São Roque	22:05.21	335
	100m: 1:22.50 1:22.50	500m: 7:16.23 1:29.37	900m: 13:13.05 1:28.61	1300m: 19:08.51 1:28.92	
	200m: 2:50.10 1:27.60	600m: 8:45.33 1:29.10	1000m: 14:41.78 1:28.73	1400m: 20:38.08 1:29.57	
	300m: 4:18.79 1:28.69	700m: 10:15.41 1:30.08	1100m: 16:10.57 1:28.79	1500m: 22:05.21 1:27.13	
	400m: 5:46.86 1:28.07	800m: 11:44.44 1:29.03	1200m: 17:39.59 1:29.02		