

Prova 36	Femin., 800m Livres				Absolutos
03/07/2022 - 9:46	Absoluto (Juvenis, Juniores e Seniores)				Resultados
Recorde Regional Absoluto	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 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

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
Juvenis B, 14 anos					
1.	NOBREGA, Sara Francisca	08	CD São Roque	11:52.90	314
	100m: 1:22.56 1:22.56	300m: 4:21.40 1:30.36	500m: 7:24.16 1:31.60	700m: 10:24.78 1:29.20	
	200m: 2:51.04 1:28.48	400m: 5:52.56 1:31.16	600m: 8:55.58 1:31.42	800m: 11:52.90 1:28.12	

Juniores, 16 e 17 anos

1.	SILVA, Silvana Suamade	06	CD São Roque	10:20.76	476
	100m: 1:14.68 1:14.68	300m: 3:52.68 1:18.76	500m: 6:28.95 1:17.80	700m: 9:05.14 1:18.22	
	200m: 2:33.92 1:19.24	400m: 5:11.15 1:18.47	600m: 7:46.92 1:17.97	800m: 10:20.76 1:15.62	

Absolutos, 14 anos e mais velhas

1.	SILVA, Silvana Suamade	06	CD São Roque	10:20.76	476
	100m: 1:14.68 1:14.68	300m: 3:52.68 1:18.76	500m: 6:28.95 1:17.80	700m: 9:05.14 1:18.22	
	200m: 2:33.92 1:19.24	400m: 5:11.15 1:18.47	600m: 7:46.92 1:17.97	800m: 10:20.76 1:15.62	
2.	NOBREGA, Sara Francisca	08	CD São Roque	11:52.90	314
	100m: 1:22.56 1:22.56	300m: 4:21.40 1:30.36	500m: 7:24.16 1:31.60	700m: 10:24.78 1:29.20	
	200m: 2:51.04 1:28.48	400m: 5:52.56 1:31.16	600m: 8:55.58 1:31.42	800m: 11:52.90 1:28.12	