

Prova 2 Femin., 1500m Livres Absolutos
03/03/2023 - 19:36 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

Juv. B Fem. Juv B: 20:34.84 / Juv. A Fem. Juv A: 20:06.26 / Júnior 1º Ano Fem. Jun16: 19:37.67 /
Júnior 2º Ano Fem. Jun17: 19:31.95 / Sénior 1.º Fem. Sen18: 19:09.09 / Sénior 2.º Fem. 19 +: 19:03.37 /
OPEN Juvenis Fem. Juv: 20:06.26 / OPEN Júnior Fem. Jun: 19:31.95 / OPEN Sénior Fem. Sen: 19:03.37

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
-------	-----	-------------	-----

Juvenil B - 14 anos

- GONCALVES, Vera Andrade** **09** Juventude Atlantico **19:17.89** 502
Recorde Regional, TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023

100m:	1:11.70	1:11.70	500m:	6:24.32	1:19.22	900m:	11:36.08	1:17.41	1300m:	16:48.06	1:18.41
200m:	2:28.37	1:16.67	600m:	7:42.72	1:18.40	1000m:	12:54.04	1:17.96	1400m:	18:05.80	1:17.74
300m:	3:46.28	1:17.91	700m:	9:00.90	1:18.18	1100m:	14:11.89	1:17.85	1500m:	19:17.89	1:12.09
400m:	5:05.10	1:18.82	800m:	10:18.67	1:17.77	1200m:	15:29.65	1:17.76			
- PEREIRA, Eduarda Ribeiro** **09** Naval do Funchal **20:03.19** 447
TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023

100m:	1:12.73	1:12.73	500m:	6:36.40	1:21.73	900m:	12:01.79	1:21.88	1300m:	17:24.45	1:20.66
200m:	2:32.22	1:19.49	600m:	7:57.76	1:21.36	1000m:	13:22.52	1:20.73	1400m:	18:44.87	1:20.42
300m:	3:53.21	1:20.99	700m:	9:19.32	1:21.56	1100m:	14:42.65	1:20.13	1500m:	20:03.19	1:18.32
400m:	5:14.67	1:21.46	800m:	10:39.91	1:20.59	1200m:	16:03.79	1:21.14			
- MARGARIDO, Paula Aguiar** **09** Juventude Atlantico **20:06.03** 444
TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023

100m:	1:13.37	1:13.37	500m:	6:32.41	1:20.22	900m:	11:58.55	1:21.90	1300m:	17:25.81	1:21.33
200m:	2:32.65	1:19.28	600m:	7:53.33	1:20.92	1000m:	13:20.76	1:22.21	1400m:	18:46.78	1:20.97
300m:	3:52.71	1:20.06	700m:	9:14.69	1:21.36	1100m:	14:42.27	1:21.51	1500m:	20:06.03	1:19.25
400m:	5:12.19	1:19.48	800m:	10:36.65	1:21.96	1200m:	16:04.48	1:22.21			

Juvenil A - 15 anos

- NOBREGA, Sara Francisca** **08** Desportivo Sao Roque **22:06.04** 334

100m:	1:19.38	1:19.38	500m:	7:07.24	1:28.32	900m:	13:07.69	1:29.89	1300m:	19:07.32	1:30.59
200m:	2:45.08	1:25.70	600m:	8:36.64	1:29.40	1000m:	14:35.60	1:27.91	1400m:	20:38.08	1:30.76
300m:	4:11.50	1:26.42	700m:	10:06.84	1:30.20	1100m:	16:06.01	1:30.41	1500m:	22:06.04	1:27.96
400m:	5:38.92	1:27.42	800m:	11:37.80	1:30.96	1200m:	17:36.73	1:30.72			

Absolutos - 14 anos e mais velhas

- GONCALVES, Vera Andrade** **09** Juventude Atlantico **19:17.89** 502
Recorde Regional, TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023

100m:	1:11.70	1:11.70	500m:	6:24.32	1:19.22	900m:	11:36.08	1:17.41	1300m:	16:48.06	1:18.41
200m:	2:28.37	1:16.67	600m:	7:42.72	1:18.40	1000m:	12:54.04	1:17.96	1400m:	18:05.80	1:17.74
300m:	3:46.28	1:17.91	700m:	9:00.90	1:18.18	1100m:	14:11.89	1:17.85	1500m:	19:17.89	1:12.09
400m:	5:05.10	1:18.82	800m:	10:18.67	1:17.77	1200m:	15:29.65	1:17.76			
- PEREIRA, Eduarda Ribeiro** **09** Naval do Funchal **20:03.19** 447
TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023

100m:	1:12.73	1:12.73	500m:	6:36.40	1:21.73	900m:	12:01.79	1:21.88	1300m:	17:24.45	1:20.66
200m:	2:32.22	1:19.49	600m:	7:57.76	1:21.36	1000m:	13:22.52	1:20.73	1400m:	18:44.87	1:20.42
300m:	3:53.21	1:20.99	700m:	9:19.32	1:21.56	1100m:	14:42.65	1:20.13	1500m:	20:03.19	1:18.32
400m:	5:14.67	1:21.46	800m:	10:39.91	1:20.59	1200m:	16:03.79	1:21.14			

Prova 2, Femin., 1500m Livres, Absolutos - 14 anos e mais velhas

Lugar			Ano			Tempo final	Pts	
3.	MARGARIDO, Paula Aguiar		09	Juventude Atlantico		20:06.03	444	
<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>								
	100m:	1:13.37 1:13.37	500m:	6:32.41 1:20.22	900m:	11:58.55 1:21.90	1300m:	17:25.81 1:21.33
	200m:	2:32.65 1:19.28	600m:	7:53.33 1:20.92	1000m:	13:20.76 1:22.21	1400m:	18:46.78 1:20.97
	300m:	3:52.71 1:20.06	700m:	9:14.69 1:21.36	1100m:	14:42.27 1:21.51	1500m:	20:06.03 1:19.25
	400m:	5:12.19 1:19.48	800m:	10:36.65 1:21.96	1200m:	16:04.48 1:22.21		
4.	RODRIGUES, Laura Sofia		07	Juventude Atlantico		20:15.10	434	
	100m:	1:13.86 1:13.86	500m:	6:35.84 1:21.32	900m:	12:01.60 1:21.66	1300m:	17:30.78 1:22.72
	200m:	2:33.30 1:19.44	600m:	7:56.81 1:20.97	1000m:	13:23.71 1:22.11	1400m:	18:53.56 1:22.78
	300m:	3:53.82 1:20.52	700m:	9:18.29 1:21.48	1100m:	14:45.97 1:22.26	1500m:	20:15.10 1:21.54
	400m:	5:14.52 1:20.70	800m:	10:39.94 1:21.65	1200m:	16:08.06 1:22.09		
5.	SILVA, Silvana Suamade		06	Desportivo Sao Roque		20:27.87	421	
	100m:	1:12.63 1:12.63	500m:	6:36.53 1:21.44	900m:	12:05.29 1:22.98	1300m:	17:41.38 1:23.83
	200m:	2:31.79 1:19.16	600m:	7:57.99 1:21.46	1000m:	13:28.77 1:23.48	1400m:	19:05.77 1:24.39
	300m:	3:53.20 1:21.41	700m:	9:20.03 1:22.04	1100m:	14:53.12 1:24.35	1500m:	20:27.87 1:22.10
	400m:	5:15.09 1:21.89	800m:	10:42.31 1:22.28	1200m:	16:17.55 1:24.43		
6.	CARICHAS, Joana Medeiros		06	Juventude Atlantico		20:55.72	393	
	100m:	1:12.87 1:12.87	500m:	6:46.95 1:24.66	900m:	12:29.59 1:26.01	1300m:	18:09.24 1:23.36
	200m:	2:33.67 1:20.80	600m:	8:13.34 1:26.39	1000m:	13:56.18 1:26.59	1400m:	19:34.88 1:25.64
	300m:	3:57.89 1:24.22	700m:	9:37.87 1:24.53	1100m:	15:21.35 1:25.17	1500m:	20:55.72 1:20.84
	400m:	5:22.29 1:24.40	800m:	11:03.58 1:25.71	1200m:	16:45.88 1:24.53		
7.	NOBREGA, Sara Francisca		08	Desportivo Sao Roque		22:06.04	334	
	100m:	1:19.38 1:19.38	500m:	7:07.24 1:28.32	900m:	13:07.69 1:29.89	1300m:	19:07.32 1:30.59
	200m:	2:45.08 1:25.70	600m:	8:36.64 1:29.40	1000m:	14:35.60 1:27.91	1400m:	20:38.08 1:30.76
	300m:	4:11.50 1:26.42	700m:	10:06.84 1:30.20	1100m:	16:06.01 1:30.41	1500m:	22:06.04 1:27.96
	400m:	5:38.92 1:27.42	800m:	11:37.80 1:30.96	1200m:	17:36.73 1:30.72		
8.	BLANDY, Mischa Blue		04	Desportivo Nacional		28:17.88	159	
	100m:	1:38.83 1:38.83	500m:	9:18.03 1:55.67	900m:	17:01.54 1:55.71	1300m:	24:36.60 1:53.86
	200m:	3:30.68 1:51.85	600m:	11:13.77 1:55.74	1000m:	18:56.37 1:54.83	1400m:	26:31.60 1:55.00
	300m:	5:25.91 1:55.23	700m:	13:09.47 1:55.70	1100m:	20:50.56 1:54.19	1500m:	28:17.88 1:46.28
	400m:	7:22.36 1:56.45	800m:	15:05.83 1:56.36	1200m:	22:42.74 1:52.18		