

Prova 31	Femin., 800m Livres				Absolutos
05/03/2023 - 9:38	ABSOLUTO (JUV., JUN. e SEN)				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

Juv. B Fem. Juv B: 10:28.85 / Juv. A Fem. Juv A: 10:14.29 / Júnior 1º Ano Fem. Jun16: 9:59.74 /
Júnior 2º Ano Fem. Jun17: 9:56.83 / Sénior 1.º Fem. Sen18: 9:45.18 / Sénior 2.º Fem. 19 +: 9:42.27 /
OPEN Juvenis Fem. Juv: 10:23.03 / OPEN Júnior Fem. Jun: 9:56.83 / OPEN Sénior Fem. Sen: 9:42.27

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
Juvenil B - 14 anos			
1. GONCALVES, Vera Andrade	09 Juventude Atlantico	10:18.60	481
<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>			
100m: 1:10.48 1:10.48	300m: 3:48.23 1:19.37	500m: 6:27.12 1:19.15	700m: 9:05.88 1:19.39
200m: 2:28.86 1:18.38	400m: 5:07.97 1:19.74	600m: 7:46.49 1:19.37	800m: 10:18.60 1:12.72
2. PEREIRA, Eduarda Ribeiro	09 Naval do Funchal	10:35.84	443
100m: 1:12.62 1:12.62	300m: 3:54.09 1:20.14	500m: 6:35.58 1:20.65	700m: 9:18.17 1:21.43
200m: 2:33.95 1:21.33	400m: 5:14.93 1:20.84	600m: 7:56.74 1:21.16	800m: 10:35.84 1:17.67
3. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	10:48.52	417
100m: 1:14.26 1:14.26	300m: 3:56.37 1:21.43	500m: 6:43.74 1:24.10	700m: 9:29.03 1:22.31
200m: 2:34.94 1:20.68	400m: 5:19.64 1:23.27	600m: 8:06.72 1:22.98	800m: 10:48.52 1:19.49
4. FERREIRA, Natacha Camacho	09 Juventude Atlantico	12:28.22	272
100m: 1:27.42 1:27.42	300m: 4:38.15 1:34.82	500m: 7:48.66 1:34.34	700m: 10:58.76 1:34.29
200m: 3:03.33 1:35.91	400m: 6:14.32 1:36.17	600m: 9:24.47 1:35.81	800m: 12:28.22 1:29.46

Juvenil A - 15 anos

1. NOBREGA, Sara Francisca	08 Desportivo Sao Roque	11:21.46	360
100m: 1:19.59 1:19.59	300m: 4:11.53 1:26.45	500m: 7:05.83 1:27.14	700m: 9:58.46 1:25.47
200m: 2:45.08 1:25.49	400m: 5:38.69 1:27.16	600m: 8:32.99 1:27.16	800m: 11:21.46 1:23.00

Absolutos - 14 anos e mais velhas

1. GONCALVES, Vera Andrade	09 Juventude Atlantico	10:18.60	481
<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>			
100m: 1:10.48 1:10.48	300m: 3:48.23 1:19.37	500m: 6:27.12 1:19.15	700m: 9:05.88 1:19.39
200m: 2:28.86 1:18.38	400m: 5:07.97 1:19.74	600m: 7:46.49 1:19.37	800m: 10:18.60 1:12.72
2. SILVA, Silvana Suamade	06 Desportivo Sao Roque	10:34.97	445
100m: 1:11.70 1:11.70	300m: 3:51.02 1:20.28	500m: 6:33.52 1:21.46	700m: 9:16.55 1:21.08
200m: 2:30.74 1:19.04	400m: 5:12.06 1:21.04	600m: 7:55.47 1:21.95	800m: 10:34.97 1:18.42
3. PEREIRA, Eduarda Ribeiro	09 Naval do Funchal	10:35.84	443
100m: 1:12.62 1:12.62	300m: 3:54.09 1:20.14	500m: 6:35.58 1:20.65	700m: 9:18.17 1:21.43
200m: 2:33.95 1:21.33	400m: 5:14.93 1:20.84	600m: 7:56.74 1:21.16	800m: 10:35.84 1:17.67
4. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	10:48.52	417
100m: 1:14.26 1:14.26	300m: 3:56.37 1:21.43	500m: 6:43.74 1:24.10	700m: 9:29.03 1:22.31
200m: 2:34.94 1:20.68	400m: 5:19.64 1:23.27	600m: 8:06.72 1:22.98	800m: 10:48.52 1:19.49
5. CARICHAS, Joana Medeiros	06 Juventude Atlantico	11:09.45	379
100m: 1:15.72 1:15.72	300m: 4:02.83 1:22.96	500m: 6:55.91 1:25.74	700m: 9:48.54 1:27.32
200m: 2:39.87 1:24.15	400m: 5:30.17 1:27.34	600m: 8:21.22 1:25.31	800m: 11:09.45 1:20.91
6. NOBREGA, Sara Francisca	08 Desportivo Sao Roque	11:21.46	360
100m: 1:19.59 1:19.59	300m: 4:11.53 1:26.45	500m: 7:05.83 1:27.14	700m: 9:58.46 1:25.47
200m: 2:45.08 1:25.49	400m: 5:38.69 1:27.16	600m: 8:32.99 1:27.16	800m: 11:21.46 1:23.00

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Lugar	Ano						Tempo final	Pts			
7. FERREIRA, Natacha Camacho	09 Juventude Atlantico						12:28.22	272			
100m:	1:27.42	1:27.42	300m:	4:38.15	1:34.82	500m:	7:48.66	1:34.34	700m:	10:58.76	1:34.29
200m:	3:03.33	1:35.91	400m:	6:14.32	1:36.17	600m:	9:24.47	1:35.81	800m:	12:28.22	1:29.46
8. BLANDY, Mischa Blue	04 Desportivo Nacional						14:56.58	158			
100m:	1:41.57	1:41.57	300m:	5:30.94	1:55.26	500m:	9:19.85	1:53.64	700m:	13:07.85	1:54.95
200m:	3:35.68	1:54.11	400m:	7:26.21	1:55.27	600m:	11:12.90	1:53.05	800m:	14:56.58	1:48.73