

Prova 31	Femin., 1500m Livres					Absolutos
02/07/2023 - 9:34	Absoluto (Juvenis, Juniores e Seniores)					Resultados
Recorde Regional Open	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	19:17.89	GONCALVES, Vera Andrade	JACL	Funchal	03/03/2023	

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

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
<b>Juvenis B, 14 anos</b>					
1.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico	<b>20:40.80</b>	408
	100m: 1:13.46 1:13.46	500m: 6:45.39 1:24.07	900m: 12:20.95 1:23.87	1300m: 17:56.54 1:22.96	
	200m: 2:34.70 1:21.24	600m: 8:09.25 1:23.86	1000m: 13:44.95 1:24.00	1400m: 19:19.85 1:23.31	
	300m: 3:58.07 1:23.37	700m: 9:32.97 1:23.72	1100m: 15:09.89 1:24.94	1500m: 20:40.80 1:20.95	
	400m: 5:21.32 1:23.25	800m: 10:57.08 1:24.11	1200m: 16:33.58 1:23.69		

<b>Juvenis A, 15 anos</b>					
1.	NOBREGA, Sara Francisca	08	Desportivo Sao Roque	<b>22:33.52</b>	314
	100m: 1:22.13 1:22.13	500m: 7:20.94 1:31.17	900m: 13:27.14 1:32.15	1300m: 19:33.34 1:31.15	
	200m: 2:49.79 1:27.66	600m: 8:52.41 1:31.47	1000m: 14:59.83 1:32.69	1400m: 21:04.29 1:30.95	
	300m: 4:20.50 1:30.71	700m: 10:23.48 1:31.07	1100m: 16:31.21 1:31.38	1500m: 22:33.52 1:29.23	
	400m: 5:49.77 1:29.27	800m: 11:54.99 1:31.51	1200m: 18:02.19 1:30.98		

<b>Juniores, 16 e 17 anos</b>					
1.	CAMARA, Ines Cruz	07	Desportivo Nacional	<b>18:57.72</b>	529
<i>Recorde Regional, TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	100m: 1:10.54 1:10.54	500m: 6:16.07 1:16.37	900m: 11:21.45 1:16.42	1300m: 16:28.48 1:16.47	
	200m: 2:26.72 1:16.18	600m: 7:32.04 1:15.97	1000m: 12:38.39 1:16.94	1400m: 17:44.05 1:15.57	
	300m: 3:43.20 1:16.48	700m: 8:48.57 1:16.53	1100m: 13:55.26 1:16.87	1500m: 18:57.72 1:13.67	
	400m: 4:59.70 1:16.50	800m: 10:05.03 1:16.46	1200m: 15:12.01 1:16.75		

<b>Absolutos, 14 anos e mais velhas</b>					
1.	CAMARA, Ines Cruz	07	Desportivo Nacional	<b>18:57.72</b>	529
<i>Recorde Regional, TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	100m: 1:10.54 1:10.54	500m: 6:16.07 1:16.37	900m: 11:21.45 1:16.42	1300m: 16:28.48 1:16.47	
	200m: 2:26.72 1:16.18	600m: 7:32.04 1:15.97	1000m: 12:38.39 1:16.94	1400m: 17:44.05 1:15.57	
	300m: 3:43.20 1:16.48	700m: 8:48.57 1:16.53	1100m: 13:55.26 1:16.87	1500m: 18:57.72 1:13.67	
	400m: 4:59.70 1:16.50	800m: 10:05.03 1:16.46	1200m: 15:12.01 1:16.75		
2.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico	<b>20:40.80</b>	408
	100m: 1:13.46 1:13.46	500m: 6:45.39 1:24.07	900m: 12:20.95 1:23.87	1300m: 17:56.54 1:22.96	
	200m: 2:34.70 1:21.24	600m: 8:09.25 1:23.86	1000m: 13:44.95 1:24.00	1400m: 19:19.85 1:23.31	
	300m: 3:58.07 1:23.37	700m: 9:32.97 1:23.72	1100m: 15:09.89 1:24.94	1500m: 20:40.80 1:20.95	
	400m: 5:21.32 1:23.25	800m: 10:57.08 1:24.11	1200m: 16:33.58 1:23.69		
3.	NOBREGA, Sara Francisca	08	Desportivo Sao Roque	<b>22:33.52</b>	314
	100m: 1:22.13 1:22.13	500m: 7:20.94 1:31.17	900m: 13:27.14 1:32.15	1300m: 19:33.34 1:31.15	
	200m: 2:49.79 1:27.66	600m: 8:52.41 1:31.47	1000m: 14:59.83 1:32.69	1400m: 21:04.29 1:30.95	
	300m: 4:20.50 1:30.71	700m: 10:23.48 1:31.07	1100m: 16:31.21 1:31.38	1500m: 22:33.52 1:29.23	
	400m: 5:49.77 1:29.27	800m: 11:54.99 1:31.51	1200m: 18:02.19 1:30.98		