

Prova 8	Femin., 800m Livres				Absolutos
30/06/2023 - 20:47	Absoluto (Juvenis, Juniores e Seniores)				Resultados
Recorde Regional Open	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	Famalicão	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

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B, 14 anos			
1. GONCALVES, Vera Andrade	09 Juventude Atlantico	10:04.38	516
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>			
100m: 1:06.59	1:06.59	300m: 3:40.34	1:17.06
200m: 2:23.28	1:16.69	400m: 4:58.06	1:17.72
500m: 6:15.47	1:17.41	600m: 7:32.91	1:17.44
700m: 8:50.58	1:17.67	800m: 10:04.38	1:13.80
2. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	10:21.39	474
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>			
100m: 1:09.45	1:09.45	300m: 3:45.63	1:19.01
200m: 2:26.62	1:17.17	400m: 5:04.98	1:19.35
500m: 6:24.81	1:19.83	600m: 7:44.38	1:19.57
700m: 9:04.95	1:20.57	800m: 10:21.39	1:16.44
3. PEREIRA, Eduarda Ribeiro	09 Naval do Funchal	10:36.41	442
100m: 1:10.44	1:10.44	300m: 3:51.95	1:21.39
200m: 2:30.56	1:20.12	400m: 5:13.27	1:21.32
500m: 6:35.49	1:22.22	600m: 7:57.06	1:21.57
700m: 9:18.26	1:21.20	800m: 10:36.41	1:18.15

Juvenis A, 15 anos

1. NOBREGA, Sara Francisca	08 Desportivo Sao Roque	11:21.33	360
100m: 1:17.76	1:17.76	300m: 4:10.15	1:26.77
200m: 2:43.38	1:25.62	400m: 5:36.39	1:26.24
500m: 7:03.42	1:27.03	600m: 8:30.18	1:26.76
700m: 9:56.25	1:26.07	800m: 11:21.33	1:25.08

Absolutos, 14 anos e mais velhas

1. GONCALVES, Vera Andrade	09 Juventude Atlantico	10:04.38	516
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>			
100m: 1:06.59	1:06.59	300m: 3:40.34	1:17.06
200m: 2:23.28	1:16.69	400m: 4:58.06	1:17.72
500m: 6:15.47	1:17.41	600m: 7:32.91	1:17.44
700m: 8:50.58	1:17.67	800m: 10:04.38	1:13.80
2. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	10:21.39	474
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>			
100m: 1:09.45	1:09.45	300m: 3:45.63	1:19.01
200m: 2:26.62	1:17.17	400m: 5:04.98	1:19.35
500m: 6:24.81	1:19.83	600m: 7:44.38	1:19.57
700m: 9:04.95	1:20.57	800m: 10:21.39	1:16.44
3. PEREIRA, Eduarda Ribeiro	09 Naval do Funchal	10:36.41	442
100m: 1:10.44	1:10.44	300m: 3:51.95	1:21.39
200m: 2:30.56	1:20.12	400m: 5:13.27	1:21.32
500m: 6:35.49	1:22.22	600m: 7:57.06	1:21.57
700m: 9:18.26	1:21.20	800m: 10:36.41	1:18.15
4. NOBREGA, Sara Francisca	08 Desportivo Sao Roque	11:21.33	360
100m: 1:17.76	1:17.76	300m: 4:10.15	1:26.77
200m: 2:43.38	1:25.62	400m: 5:36.39	1:26.24
500m: 7:03.42	1:27.03	600m: 8:30.18	1:26.76
700m: 9:56.25	1:26.07	800m: 11:21.33	1:25.08