

Prova 20 Femin., 800m Livres 16 anos e mais velhos  
28/05/2023 - 11:26 JUNIORES & SENIORES Resultados

Recorde Regional Open	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recorde Regional Sen	9:21.09	ANDRADE, Rubina Amaro	CDN	Estoril	07/03/1997
Recorde Regional Jun17	9:13.81	ANDRADE, Rubina Amaro	CDN	Funchal	13/07/1996
Recorde Regional Jun16	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995

Júnior 1.º Ano Fem. Jun16: 9:42.63 / Júnior 2.º Ano Fem. Jun17: 9:39.80 / Sénior 1.º Fem. Sen18: 9:28.49 /  
Sénior 2.º Fem. 19+: 9:25.66

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
EXH CAMARA, Ines Cruz	07	Desportivo Nacional	<b>9:36.89</b>	573	
<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>					
100m:	1:09.04	1:09.04	300m:	3:35.08	1:12.96
200m:	2:22.12	1:13.08	400m:	4:48.17	1:13.09
500m:	6:00.70	1:12.53	600m:	7:13.93	1:13.23
700m:	8:26.66	1:12.73	800m:	9:36.89	1:10.23
EXH ROJAS, Zara Alejandra	07	Desportivo Nacional	<b>10:19.86</b>	462	
100m:	1:08.51	1:08.51	300m:	3:41.88	1:17.24
200m:	2:24.64	1:16.13	400m:	4:59.36	1:17.48
500m:	6:21.21	1:21.85	600m:	7:41.09	1:19.88
700m:	9:01.89	1:20.80	800m:	10:19.86	1:17.97
EXH SILVA, Silvana Suamade	06	Desportivo Sao Roque	<b>10:22.96</b>	455	
100m:	1:10.62	1:10.62	300m:	3:45.92	1:18.08
200m:	2:27.84	1:17.22	400m:	5:05.07	1:19.15
500m:	6:24.26	1:19.19	600m:	7:44.40	1:20.14
700m:	9:04.71	1:20.31	800m:	10:22.96	1:18.25
EXH CARICHAS, Joana Medeiros	06	Juventude Atlantico	<b>10:34.83</b>	430	
100m:	1:12.84	1:12.84	300m:	3:53.19	1:20.98
200m:	2:32.21	1:19.37	400m:	5:14.73	1:21.54
500m:	6:35.82	1:21.09	600m:	7:56.60	1:20.78
700m:	9:18.50	1:21.90	800m:	10:34.83	1:16.33
EXH FRANCA, Ines Matos	07	Juventude Atlantico	<b>10:35.56</b>	429	
100m:	1:13.08	1:13.08	300m:	3:52.82	1:20.40
200m:	2:32.42	1:19.34	400m:	5:14.41	1:21.59
500m:	6:35.65	1:21.24	600m:	7:57.37	1:21.72
700m:	9:17.99	1:20.62	800m:	10:35.56	1:17.57
EXH MATEUS, Clarisse Vieira	07	Desportivo Nacional	<b>11:05.64</b>	373	
100m:	1:15.83	1:15.83	300m:	4:02.75	1:24.24
200m:	2:38.51	1:22.68	400m:	5:27.90	1:25.15
500m:	6:53.95	1:26.05	600m:	8:19.26	1:25.31
700m:	9:44.94	1:25.68	800m:	11:05.64	1:20.70
EXH BLANDY, Mischa Blue	04	Desportivo Nacional	<b>13:56.32</b>	188	
100m:	1:33.56	1:33.56	300m:	5:06.06	1:47.11
200m:	3:18.95	1:45.39	400m:	6:52.22	1:46.16
500m:	8:40.35	1:48.13	600m:	10:28.28	1:47.93
700m:	12:14.03	1:45.75	800m:	13:56.32	1:42.29