

Prova 1 Femin., 800m Livres Absolutos  
30/10/2022 - 9:00 Resultados

Recorde Regional Absoluto	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
Recorde Regional Juv A	9:14.78	ANDRADE Rubina Amaro	CDN	Braga	04/03/1994
Recorde Regional Juv B	9:15.96	ANDRADE Rubina Amaro	CDN	Alges	16/02/1993
Recorde Regional Inf A	9:40.30	ANDRADE Rubina Amaro	CDN	Funchal	15/02/1992
Recorde Regional Inf B	10:13.00	ANDRADE Rubina Amaro	CDN	Funchal	29/06/1991

ZONAL Juv. B Fem. Juv B: 10:27.05 / ZONAL Juv. A Fem. Juv A: 10:09.47 / OPEN Juvenis Fem. Juv: 9:56.77 /  
OPEN Júnior Fem. Jun: 9:39.80 / OPEN Sénior Fem. Sen: 9:25.66 / Juv. B Fem. Juv B: 10:10.91 / Juv. A Fem. Juv A: 9:56.77 /  
Júnior 1º Ano Fem. Jun16: 9:42.63 / Júnior 2º Ano Fem. Jun17: 9:39.80 / Sénior 1.º Fem. 18: 9:28.49 /  
Sénior 2.º Fem. 19 +: 9:25.66

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>NOBREGA Sara Francisca</b>	08	209056	Clube Desportivo Sao Roq	<b>11:28.55</b>	+0,56	337	25,0(-)
	50m: 37.69 37.69		250m: 3:26.30	42.90	450m: 6:22.12	43.96	650m: 9:20.94	43.90
	100m: 1:18.16 40.47		300m: 4:09.48	43.18	500m: 7:07.30	45.18	700m: 10:04.63	43.69
	150m: 2:00.76 42.60		350m: 4:53.84	44.36	550m: 7:52.11	44.81	750m: 10:47.09	42.46
	200m: 2:43.40 42.64		400m: 5:38.16	44.32	600m: 8:37.04	44.93	800m: 11:28.55	41.46
EXH	<b>CAMARA Ines Cruz</b>	07	131346	Desportivo Nacional	<b>9:48.11</b>	+0,74	541	-
	50m: 33.10 33.10		250m: 3:01.60	37.54	450m: 5:29.39	36.60	650m: 7:58.53	37.46
	100m: 1:09.24 36.14		300m: 3:39.26	37.66	500m: 6:06.36	36.97	700m: 8:36.31	37.78
	150m: 1:46.42 37.18		350m: 4:16.06	36.80	550m: 6:43.59	37.23	750m: 9:13.36	37.05
	200m: 2:24.06 37.64		400m: 4:52.79	36.73	600m: 7:21.07	37.48	800m: 9:48.11	34.75
EXH	<b>RODRIGUES Laura Sofia</b>	07	148425	Juventude Atlantico Clube	<b>10:08.60</b>	+0,80	488	-
	50m: 33.08 33.08		250m: 3:01.07	37.52	450m: 5:33.93	38.55	650m: 8:10.77	39.67
	100m: 1:09.11 36.03		300m: 3:39.02	37.95	500m: 6:12.78	38.85	700m: 8:50.43	39.66
	150m: 1:46.21 37.10		350m: 4:17.27	38.25	550m: 6:51.77	38.99	750m: 9:30.01	39.58
	200m: 2:23.55 37.34		400m: 4:55.38	38.11	600m: 7:31.10	39.33	800m: 10:08.60	38.59
EXH	<b>GONCALVES Vera Andrade</b>	09	204429	Juventude Atlantico Clube	<b>10:14.53</b>	+0,66	474	-
	<i>TAC ZONAL - Guarda (dezembro)</i>							
	50m: 32.64 32.64		250m: 3:05.64	39.23	450m: 5:41.74	38.84	650m: 8:19.45	39.02
	100m: 1:09.55 36.91		300m: 3:45.29	39.65	500m: 6:21.42	39.68	700m: 8:59.14	39.69
	150m: 1:47.60 38.05		350m: 4:24.38	39.09	550m: 7:01.02	39.60	750m: 9:38.06	38.92
	200m: 2:26.41 38.81		400m: 5:02.90	38.52	600m: 7:40.43	39.41	800m: 10:14.53	36.47
EXH	<b>MARGARIDO Paula Aguiar</b>	09	204386	Juventude Atlantico Clube	<b>10:36.88</b>	+0,75	426	-
	50m: 33.86 33.86		250m: 3:12.17	40.18	450m: 5:54.21	40.82	650m: 8:37.99	40.99
	100m: 1:11.61 37.75		300m: 3:52.96	40.79	500m: 6:34.90	40.69	700m: 9:18.86	40.87
	150m: 1:51.54 39.93		350m: 4:33.34	40.38	550m: 7:15.94	41.04	750m: 9:58.87	40.01
	200m: 2:31.99 40.45		400m: 5:13.39	40.05	600m: 7:57.00	41.06	800m: 10:36.88	38.01
EXH	<b>MELIM Sara Beatriz</b>	09	206793	Desportivo Nacional	<b>10:42.45</b>	+0,78	415	-
	50m: 36.46 36.46		250m: 3:20.26	41.30	450m: 6:02.30	40.22	650m: 8:44.71	40.63
	100m: 1:16.93 40.47		300m: 4:00.84	40.58	500m: 6:43.51	41.21	700m: 9:25.21	40.50
	150m: 1:57.85 40.92		350m: 4:41.71	40.87	550m: 7:23.78	40.27	750m: 10:05.04	39.83
	200m: 2:38.96 41.11		400m: 5:22.08	40.37	600m: 8:04.08	40.30	800m: 10:42.45	37.41
EXH	<b>JARDIM Eva Santos</b>	10	211350	Juventude Atlantico Clube	<b>13:32.15</b>	+1,01	205	-
	50m: 41.74 41.74		250m: 4:02.50	51.25	450m: 7:31.97	51.11	650m: 11:01.71	51.13
	100m: 1:29.60 47.86		300m: 4:55.19	52.69	500m: 8:24.99	53.02	700m: 11:52.93	51.22
	150m: 2:20.86 51.26		350m: 5:47.17	51.98	550m: 9:17.91	52.92	750m: 12:44.34	51.41
	200m: 3:11.25 50.39		400m: 6:40.86	53.69	600m: 10:10.58	52.67	800m: 13:32.15	47.81