

Prova 31	Femin., 800m Livres				Absoluto
24/03/2024 - 9:15	Juntos com os 800L Masc. (Pista 5 � 8)				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	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
Recorde Regional Inf A	9:48.78	ANDRADE, Rubina Amaro	CDN	Aveiro	08/08/1992
Recorde Regional Inf B	10:17.67	ANDRADE, Rubina Amaro	CDN	Braga	27/07/1991

J nior 1.  Ano Fem. Jun16: 9:59.74 / J nior 2.  Ano Fem. Jun17: 9:56.83 / S nior 1.  Fem. Sen18: 9:45.18 /
S nior 2.  Fem. 19 +: 9:42.27

Pontos: FINA 2024

Lugar	Ano		Tempo final		Pts
Infantil B - 12 anos					
1.	QUINTAL, Margarida Silva	12	Juventude Atlantico	12:43.05	256
	100m: 1:30.22 1:30.22	300m: 4:42.78 1:37.31	500m: 7:59.05 1:37.80	700m: 11:13.42 1:36.34	
	200m: 3:05.47 1:35.25	400m: 6:21.25 1:38.47	600m: 9:37.08 1:38.03	800m: 12:43.05 1:29.63	

Infantil A - 13 anos					
1.	VELOSA, Ana Matilde	11	Juventude Atlantico	11:50.55	317
	100m: 1:23.09 1:23.09	300m: 4:27.22 1:30.74	500m: 7:30.79 1:32.75	700m: 10:28.77 1:29.22	
	200m: 2:56.48 1:33.39	400m: 5:58.04 1:30.82	600m: 8:59.55 1:28.76	800m: 11:50.55 1:21.78	

Juniores - 16 e 17 anos					
1.	CAMARA, Ines Cruz	07	Desportivo Nacional	10:01.77	522
	100m: 1:11.22 1:11.22	300m: 3:44.39 1:16.66	500m: 6:16.96 1:15.82	700m: 8:49.41 1:16.50	
	200m: 2:27.73 1:16.51	400m: 5:01.14 1:16.75	600m: 7:32.91 1:15.95	800m: 10:01.77 1:12.36	
2.	RODRIGUES, Laura Sofia	07	Juventude Atlantico	10:16.67	485
	100m: 1:11.41 1:11.41	300m: 3:43.70 1:16.39	500m: 6:18.52 1:17.73	700m: 8:57.95 1:20.77	
	200m: 2:27.31 1:15.90	400m: 5:00.79 1:17.09	600m: 7:37.18 1:18.66	800m: 10:16.67 1:18.72	

Absolutos - 12 anos e mais velhos					
1.	CAMARA, Ines Cruz	07	Desportivo Nacional	10:01.77	522
	100m: 1:11.22 1:11.22	300m: 3:44.39 1:16.66	500m: 6:16.96 1:15.82	700m: 8:49.41 1:16.50	
	200m: 2:27.73 1:16.51	400m: 5:01.14 1:16.75	600m: 7:32.91 1:15.95	800m: 10:01.77 1:12.36	
2.	RODRIGUES, Laura Sofia	07	Juventude Atlantico	10:16.67	485
	100m: 1:11.41 1:11.41	300m: 3:43.70 1:16.39	500m: 6:18.52 1:17.73	700m: 8:57.95 1:20.77	
	200m: 2:27.31 1:15.90	400m: 5:00.79 1:17.09	600m: 7:37.18 1:18.66	800m: 10:16.67 1:18.72	