

Prova 1
23/07/2026 - 17:37

Femin., 1500m Livres

Absolutos
Resultados

RN 50m Open	16:15.12	DURAES, Diana Margarida	SLB	Lisboa	09/02/2020
RN 50m Sen	16:15.12	DURAES, Diana Margarida	SLB	Lisboa	09/02/2020
RN 50m Jun 18	16:24.05	HOLUB, Tamila Hryhorivna	POR	Budapeste (HUN)	24/07/2017
RN 50m Jun 17	16:20.80	HOLUB, Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
RN 50m Juv A	16:43.22	HOLUB, Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015
RN 50m Juv B	16:54.60	HOLUB, Tamila Hryhorivna	POR	Dordrecht (NED)	11/07/2014

Pontos: AQUA 2026

Lugar Nome Ano Nac Clube TFinal TReac AQUA

Juvenis

1. HOLUB, Sofia Hryhorivna	11	POR	Vitória Sport Clube	17:59.06	+0,77	620
100m: 1:07.90 1:07.90	500m: 5:52.51	1:10.66	900m: 10:41.58	1:11.94	1300m: 15:35.26	1:13.72
200m: 2:18.84 1:10.94	600m: 7:04.73	1:12.22	1000m: 11:54.75	1:13.17	1400m: 16:48.41	1:13.15
300m: 3:30.35 1:11.51	700m: 8:17.13	1:12.40	1100m: 13:08.43	1:13.68	1500m: 17:59.06	1:10.65
400m: 4:41.85 1:11.50	800m: 9:29.64	1:12.51	1200m: 14:21.54	1:13.11		
2. FERREIRA, Margarida Almeida	11	POR	Sporting	18:16.37	+0,73	591
100m: 1:08.36 1:08.36	500m: 6:02.31	1:13.70	900m: 10:58.03	1:13.90	1300m: 15:51.65	1:13.01
200m: 2:21.75 1:13.39	600m: 7:15.90	1:13.59	1000m: 12:11.93	1:13.90	1400m: 17:05.13	1:13.48
300m: 3:35.01 1:13.26	700m: 8:29.46	1:13.56	1100m: 13:25.38	1:13.45	1500m: 18:16.37	1:11.24
400m: 4:48.61 1:13.60	800m: 9:44.13	1:14.67	1200m: 14:38.64	1:13.26		
3. CUNHA, Maria Rita	10	POR	Colegio Efanor	18:30.28	+0,74	569
100m: 1:09.17 1:09.17	500m: 6:06.39	1:14.52	900m: 11:05.35	1:14.88	1300m: 16:02.54	1:13.89
200m: 2:22.92 1:13.75	600m: 7:21.09	1:14.70	1000m: 12:20.53	1:15.18	1400m: 17:16.73	1:14.19
300m: 3:37.30 1:14.38	700m: 8:35.78	1:14.69	1100m: 13:34.69	1:14.16	1500m: 18:30.28	1:13.55
400m: 4:51.87 1:14.57	800m: 9:50.47	1:14.69	1200m: 14:48.65	1:13.96		
4. CARDOSO, Matilde Paiva	11	POR	Fluvial Portuense	18:43.92		549
100m: 1:08.66 1:08.66	500m: 6:05.59	1:14.47	900m: 11:04.72	1:14.82	1300m: 16:10.30	1:17.70
200m: 2:22.70 1:14.04	600m: 7:20.28	1:14.69	1000m: 12:20.04	1:15.32	1400m: 17:28.11	1:17.81
300m: 3:36.80 1:14.10	700m: 8:35.14	1:14.86	1100m: 13:35.69	1:15.65	1500m: 18:43.92	1:15.81
400m: 4:51.12 1:14.32	800m: 9:49.90	1:14.76	1200m: 14:52.60	1:16.91		
5. HASSAMO, Maria Rita	11	POR	Benfica	18:57.27	+0,68	530
100m: 1:10.20 1:10.20	500m: 6:13.08	1:16.14	900m: 11:20.05	1:16.88	1300m: 16:28.46	1:17.13
200m: 2:25.35 1:15.15	600m: 7:29.41	1:16.33	1000m: 12:37.02	1:16.97	1400m: 17:44.68	1:16.22
300m: 3:40.95 1:15.60	700m: 8:45.99	1:16.58	1100m: 13:54.23	1:17.21	1500m: 18:57.27	1:12.59
400m: 4:56.94 1:15.99	800m: 10:03.17	1:17.18	1200m: 15:11.33	1:17.10		
6. MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	19:13.63	+0,79	507
100m: 1:09.48 1:09.48	500m: 6:13.68	1:17.14	900m: 11:24.20	1:18.39	1300m: 16:39.67	1:19.00
200m: 2:23.90 1:14.42	600m: 7:31.12	1:17.44	1000m: 12:42.76	1:18.56	1400m: 17:58.55	1:18.88
300m: 3:39.73 1:15.83	700m: 8:48.50	1:17.38	1100m: 14:01.42	1:18.66	1500m: 19:13.63	1:15.08
400m: 4:56.54 1:16.81	800m: 10:05.81	1:17.31	1200m: 15:20.67	1:19.25		
7. LOISAS, Filipa Ferreira	11	POR	Columbofila Cantanhedense	19:17.22	+0,76	503
100m: 1:11.10 1:11.10	500m: 6:19.65	1:17.95	900m: 11:30.31	1:17.96	1300m: 16:42.82	1:17.86
200m: 2:28.31 1:17.21	600m: 7:37.04	1:17.39	1000m: 12:48.30	1:17.99	1400m: 18:00.84	1:18.02
300m: 3:44.98 1:16.67	700m: 8:54.74	1:17.70	1100m: 14:06.33	1:18.03	1500m: 19:17.22	1:16.38
400m: 5:01.70 1:16.72	800m: 10:12.35	1:17.61	1200m: 15:24.96	1:18.63		

Prova 1, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
8.	PORTULEZ, Beatriz Oliveira	11	POR	Columbofila Cantanhedense	19:19.59		500
	100m: 1:11.39 1:11.39	500m: 6:20.59	1:17.64	900m: 11:31.45	1:18.21	1300m: 16:44.80	1:19.05
	200m: 2:27.56 1:16.17	600m: 7:38.81	1:18.22	1000m: 12:49.50	1:18.05	1400m: 18:03.18	1:18.38
	300m: 3:45.35 1:17.79	700m: 8:55.44	1:16.63	1100m: 14:07.49	1:17.99	1500m: 19:19.59	1:16.41
	400m: 5:02.95 1:17.60	800m: 10:13.24	1:17.80	1200m: 15:25.75	1:18.26		
9.	RODRIGUES, Alice Maria	11	POR	Academico Viseu Futebol Clube	19:27.94	+0,87	489
	100m: 1:14.15 1:14.15	500m: 6:24.66	1:17.79	900m: 11:35.87	1:18.45	1300m: 16:53.13	1:19.61
	200m: 2:31.65 1:17.50	600m: 7:41.15	1:16.49	1000m: 12:55.11	1:19.24	1400m: 18:12.47	1:19.34
	300m: 3:49.35 1:17.70	700m: 8:58.95	1:17.80	1100m: 14:14.31	1:19.20	1500m: 19:27.94	1:15.47
	400m: 5:06.87 1:17.52	800m: 10:17.42	1:18.47	1200m: 15:33.52	1:19.21		
10.	PIRES, Carlota Gaspar	11	POR	Porto	19:34.21		481
	100m: 1:13.24 1:13.24	500m: 6:22.93	1:18.27	900m: 11:37.81	1:18.96	1300m: 16:56.08	1:19.87
	200m: 2:30.30 1:17.06	600m: 7:41.76	1:18.83	1000m: 12:57.16	1:19.35	1400m: 18:15.50	1:19.42
	300m: 3:47.32 1:17.02	700m: 9:00.29	1:18.53	1100m: 14:16.60	1:19.44	1500m: 19:34.21	1:18.71
	400m: 5:04.66 1:17.34	800m: 10:18.85	1:18.56	1200m: 15:36.21	1:19.61		
11.	FIGUEIREDO, Matilde Conde	11	POR	Condeixa Aqua Clube	19:44.86	+0,87	468
	100m: 1:15.27 1:15.27	500m: 6:30.24	1:19.04	900m: 11:47.99	1:19.47	1300m: 17:07.76	1:19.82
	200m: 2:33.86 1:18.59	600m: 7:49.74	1:19.50	1000m: 13:07.81	1:19.82	1400m: 18:27.02	1:19.26
	300m: 3:52.48 1:18.62	700m: 9:09.03	1:19.29	1100m: 14:27.96	1:20.15	1500m: 19:44.86	1:17.84
	400m: 5:11.20 1:18.72	800m: 10:28.52	1:19.49	1200m: 15:47.94	1:19.98		

Juniores

1.	PINTO, Maria Carvalho	09	POR	Viana Natacao	17:54.53	+0,84	628
	100m: 1:07.17 1:07.17	500m: 5:53.79	1:11.94	900m: 10:40.76	1:12.05	1300m: 15:30.42	1:12.37
	200m: 2:18.18 1:11.01	600m: 7:04.93	1:11.14	1000m: 11:53.25	1:12.49	1400m: 16:43.52	1:13.10
	300m: 3:30.05 1:11.87	700m: 8:17.33	1:12.40	1100m: 13:05.44	1:12.19	1500m: 17:54.53	1:11.01
	400m: 4:41.85 1:11.80	800m: 9:28.71	1:11.38	1200m: 14:18.05	1:12.61		
2.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	18:06.93	+0,72	607
	100m: 1:08.15 1:08.15	500m: 5:55.80	1:11.71	900m: 10:48.76	1:13.35	1300m: 15:41.82	1:13.54
	200m: 2:19.48 1:11.33	600m: 7:08.89	1:13.09	1000m: 12:02.09	1:13.33	1400m: 16:55.11	1:13.29
	300m: 3:31.45 1:11.97	700m: 8:22.40	1:13.51	1100m: 13:15.15	1:13.06	1500m: 18:06.93	1:11.82
	400m: 4:44.09 1:12.64	800m: 9:35.41	1:13.01	1200m: 14:28.28	1:13.13		
3.	AMBRUS, Beatriz Alves	09	POR	Porto	18:06.98	+0,73	607
	100m: 1:08.75 1:08.75	500m: 5:58.44	1:12.36	900m: 10:50.35	1:13.10	1300m: 15:42.80	1:13.29
	200m: 2:21.25 1:12.50	600m: 7:11.45	1:13.01	1000m: 12:03.10	1:12.75	1400m: 16:55.94	1:13.14
	300m: 3:33.67 1:12.42	700m: 8:24.55	1:13.10	1100m: 13:16.27	1:13.17	1500m: 18:06.98	1:11.04
	400m: 4:46.08 1:12.41	800m: 9:37.25	1:12.70	1200m: 14:29.51	1:13.24		
4.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	18:41.63	+0,85	552
	100m: 1:08.44 1:08.44	500m: 6:04.10	1:14.86	900m: 11:05.07	1:15.81	1300m: 16:10.33	1:16.70
	200m: 2:20.48 1:12.04	600m: 7:18.96	1:14.86	1000m: 12:21.03	1:15.96	1400m: 17:26.83	1:16.50
	300m: 3:34.44 1:13.96	700m: 8:33.98	1:15.02	1100m: 13:37.08	1:16.05	1500m: 18:41.63	1:14.80
	400m: 4:49.24 1:14.80	800m: 9:49.26	1:15.28	1200m: 14:53.63	1:16.55		

Prova 1, Femin., 1500m Livres

Seniores

1. VIANA, Carolina Pereira	04	POR	Sporting	17:08.08	+0,72	717
100m: 1:06.07 1:06.07	500m: 5:41.23	1:08.74	900m: 10:16.85	1:09.10	1300m: 14:53.93	1:09.47
200m: 2:14.66 1:08.59	600m: 6:49.87	1:08.64	1000m: 11:26.09	1:09.24	1400m: 16:02.91	1:08.98
300m: 3:23.56 1:08.90	700m: 7:58.77	1:08.90	1100m: 12:35.34	1:09.25	1500m: 17:08.08	1:05.17
400m: 4:32.49 1:08.93	800m: 9:07.75	1:08.98	1200m: 13:44.46	1:09.12		
2. MENDES, Mariana Amaral	02	POR	Sporting	17:08.12	+0,81	717
100m: 1:06.89 1:06.89	500m: 5:41.18	1:08.63	900m: 10:16.52	1:09.01	1300m: 14:52.93	1:09.28
200m: 2:15.55 1:08.66	600m: 6:49.73	1:08.55	1000m: 11:25.47	1:08.95	1400m: 16:01.95	1:09.02
300m: 3:24.08 1:08.53	700m: 7:58.55	1:08.82	1100m: 12:34.43	1:08.96	1500m: 17:08.12	1:06.17
400m: 4:32.55 1:08.47	800m: 9:07.51	1:08.96	1200m: 13:43.65	1:09.22		
3. CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	17:52.71		631
100m: 1:07.39 1:07.39	500m: 5:54.05	1:11.71	900m: 10:41.04	1:11.59	1300m: 15:29.02	1:11.82
200m: 2:18.57 1:11.18	600m: 7:06.10	1:12.05	1000m: 11:52.90	1:11.86	1400m: 16:41.29	1:12.27
300m: 3:30.27 1:11.70	700m: 8:17.94	1:11.84	1100m: 13:05.00	1:12.10	1500m: 17:52.71	1:11.42
400m: 4:42.34 1:12.07	800m: 9:29.45	1:11.51	1200m: 14:17.20	1:12.20		
4. ARMAS, Maria Ornelas	98	POR	ADRCCI Monte Maior	18:36.83		559
100m: 1:08.03 1:08.03	500m: 6:00.46	1:14.00	900m: 11:00.10	1:15.32	1300m: 16:04.47	1:16.83
200m: 2:20.26 1:12.23	600m: 7:14.97	1:14.51	1000m: 12:15.57	1:15.47	1400m: 17:21.06	1:16.59
300m: 3:33.41 1:13.15	700m: 8:29.87	1:14.90	1100m: 13:31.46	1:15.89	1500m: 18:36.83	1:15.77
400m: 4:46.46 1:13.05	800m: 9:44.78	1:14.91	1200m: 14:47.64	1:16.18		
5. SANTOS, Leonor Castanho	07	POR	Sporting	18:48.99	+0,74	541
100m: 1:08.71 1:08.71	500m: 6:07.10	1:15.29	900m: 11:11.12	1:16.23	1300m: 16:17.55	1:17.02
200m: 2:21.88 1:13.17	600m: 7:22.51	1:15.41	1000m: 12:27.55	1:16.43	1400m: 17:33.52	1:15.97
300m: 3:36.60 1:14.72	700m: 8:38.48	1:15.97	1100m: 13:43.66	1:16.11	1500m: 18:48.99	1:15.47
400m: 4:51.81 1:15.21	800m: 9:54.89	1:16.41	1200m: 15:00.53	1:16.87		