

Prova 22
25/07/2026 - 17:28

Femin., 800m Livres

Absolutos
Resultados

RN 50m Open	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	23/06/2018
RN 50m Sen	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	23/06/2018
RN 50m Jun 18	8:38.40	HOLUB, Tamila Hryhorivna	SCB		31/03/2017
RN 50m Jun 17	8:36.21	HOLUB, Tamila Hryhorivna	SCB	Coimbra	28/05/2016
RN 50m Juv A	8:45.53	HOLUB, Tamila Hryhorivna	SCB	Coimbra	30/05/2015
RN 50m Juv B	8:50.68	HOLUB, Tamila Hryhorivna	SCB	Oeiras	27/07/2014

Pontos: AQUA 2026

Lugar Nome Ano Nac Clube TFinal TReac AQUA

Juvenis

1. HOLUB, Sofia Hryhorivna	11	POR	Vitória Sport Clube	9:18.91	+0,79	649
100m: 1:05.96 1:05.96	300m: 3:25.60 1:10.10	500m: 5:47.09 1:11.48	700m: 8:09.82 1:11.09	800m: 9:18.91 1:09.09		
200m: 2:15.50 1:09.54	400m: 4:35.61 1:10.01	600m: 6:58.73 1:11.64				
2. FERREIRA, Margarida Almeida	11	POR	Sporting	9:34.04		599
100m: 1:08.33 1:08.33	300m: 3:35.74 1:13.87	500m: 6:00.84 1:11.59	700m: 8:24.29 1:11.32	800m: 9:34.04 1:09.75		
200m: 2:21.87 1:13.54	400m: 4:49.25 1:13.51	600m: 7:12.97 1:12.13				
3. RHARROUCH, Malak Dias	10	POR	Aquatico Pacense	9:39.00	+0,85	584
100m: 1:09.00 1:09.00	300m: 3:35.28 1:13.28	500m: 6:01.82 1:13.47	700m: 8:28.55 1:12.62	800m: 9:39.00 1:10.45		
200m: 2:22.00 1:13.00	400m: 4:48.35 1:13.07	600m: 7:15.93 1:14.11				
4. BRANCO, Francisca Sousa	10	POR	Porto	9:42.24	+0,73	574
100m: 1:09.04 1:09.04	300m: 3:36.31 1:13.83	500m: 6:03.06 1:13.42	700m: 8:30.36 1:13.36	800m: 9:42.24 1:11.88		
200m: 2:22.48 1:13.44	400m: 4:49.64 1:13.33	600m: 7:17.00 1:13.94				
5. CUNHA, Mariana Fernandes	11	POR	FOCA Quinta Da Lixa - Cnf	9:45.57	+0,84	565
100m: 1:08.84 1:08.84	300m: 3:35.66 1:13.50	500m: 6:03.02 1:13.76	700m: 8:31.77 1:14.50	800m: 9:45.57 1:13.80		
200m: 2:22.16 1:13.32	400m: 4:49.26 1:13.60	600m: 7:17.27 1:14.25				
6. HASSAMO, Maria Rita	11	POR	Benfica	9:49.50	+0,60	553
100m: 1:08.81 1:08.81	300m: 3:36.72 1:14.33	500m: 6:04.78 1:14.22	700m: 8:36.45 1:15.65	800m: 9:49.50 1:13.05		
200m: 2:22.39 1:13.58	400m: 4:50.56 1:13.84	600m: 7:20.80 1:16.02				
7. CUNHA, Maria Rita	10	POR	Colegio Efanor	9:49.82	+0,72	552
100m: 1:09.50 1:09.50	300m: 3:38.14 1:14.47	500m: 6:07.88 1:14.94	700m: 8:36.72 1:14.43	800m: 9:49.82 1:13.10		
200m: 2:23.67 1:14.17	400m: 4:52.94 1:14.80	600m: 7:22.29 1:14.41				
8. CARDOSO, Matilde Paiva	11	POR	Fluvial Portuense	9:55.22	+0,73	538
100m: 1:09.83 1:09.83	300m: 3:39.38 1:15.20	500m: 6:09.80 1:15.24	700m: 8:40.99 1:15.62	800m: 9:55.22 1:14.23		
200m: 2:24.18 1:14.35	400m: 4:54.56 1:15.18	600m: 7:25.37 1:15.57				
9. ALMEIDA, Eva Miranda	11	POR	Columbifila Cantanhedense	10:03.03	+0,73	517
100m: 1:12.43 1:12.43	300m: 3:44.56 1:15.72	500m: 6:15.74 1:15.59	700m: 8:48.40 1:16.29	800m: 10:03.03 1:14.63		
200m: 2:28.84 1:16.41	400m: 5:00.15 1:15.59	600m: 7:32.11 1:16.37				
10. ROLDAO, Ana Teresa	11	POR	Academico Viseu Futebol Clube	10:04.92	+0,87	512
100m: 1:11.50 1:11.50	300m: 3:45.93 1:17.50	500m: 6:20.36 1:16.98	700m: 8:53.11 1:15.68	800m: 10:04.92 1:11.81		
200m: 2:28.43 1:16.93	400m: 5:03.38 1:17.45	600m: 7:37.43 1:17.07				
11. LOISAS, Filipa Ferreira	11	POR	Columbifila Cantanhedense	10:07.36		506
100m: 1:12.58 1:12.58	300m: 3:45.07 1:15.18	500m: 6:18.14 1:16.77	700m: 8:52.09 1:16.62	800m: 10:07.36 1:15.27		
200m: 2:29.89 1:17.31	400m: 5:01.37 1:16.30	600m: 7:35.47 1:17.33				
12. MONTEIRO, Francisca Cunha	11	POR	Benfica	10:07.94	+0,51	504
100m: 1:11.39 1:11.39	300m: 3:44.43 1:16.31	500m: 6:18.65 1:17.63	700m: 8:53.38 1:17.32	800m: 10:07.94 1:14.56		
200m: 2:28.12 1:16.73	400m: 5:01.02 1:16.59	600m: 7:36.06 1:17.41				

Prova 22, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
13.	RODRIGUES, Alice Maria	11	POR	Academico Viseu Futebol Clube	10:09.54	+0,80	501
	100m: 1:12.82 1:12.82	300m: 3:45.79	1:16.75	500m: 6:20.14	1:17.03	700m: 8:54.25	1:16.89
	200m: 2:29.04 1:16.22	400m: 5:03.11	1:17.32	600m: 7:37.36	1:17.22	800m: 10:09.54	1:15.29
14.	MADEIRA, Carmo Rosa	11	POR	Laranjeiro	10:13.42	+0,80	491
	100m: 1:12.75 1:12.75	300m: 3:46.43	1:16.60	500m: 6:22.17	1:18.09	700m: 8:57.56	1:17.95
	200m: 2:29.83 1:17.08	400m: 5:04.08	1:17.65	600m: 7:39.61	1:17.44	800m: 10:13.42	1:15.86
15.	PORTULEZ, Beatriz Oliveira	11	POR	Columbofila Cantanhedense	10:16.83	+0,86	483
	100m: 1:12.41 1:12.41	300m: 3:46.09	1:16.61	500m: 6:21.98	1:18.39	700m: 8:58.82	1:18.32
	200m: 2:29.48 1:17.07	400m: 5:03.59	1:17.50	600m: 7:40.50	1:18.52	800m: 10:16.83	1:18.01
16.	CORREIA, Maria Rendeiro	11	POR	Sport Alges e Dafundo	10:17.61	+0,54	481
	100m: 1:11.15 1:11.15	300m: 3:45.44	1:17.20	500m: 6:22.50	1:19.12	700m: 9:00.23	1:18.61
	200m: 2:28.24 1:17.09	400m: 5:03.38	1:17.94	600m: 7:41.62	1:19.12	800m: 10:17.61	1:17.38

Juniores

1.	PINTO, Maria Carvalho	09	POR	Viana Natacao	9:16.83	+0,88	657
	100m: 1:06.37 1:06.37	300m: 3:25.93	1:09.97	500m: 5:46.25	1:10.26	700m: 8:07.59	1:10.66
	200m: 2:15.96 1:09.59	400m: 4:35.99	1:10.06	600m: 6:56.93	1:10.68	800m: 9:16.83	1:09.24
2.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	9:29.98		612
	100m: 1:06.74 1:06.74	300m: 3:29.98	1:11.91	500m: 5:54.85	1:12.08	700m: 8:19.30	1:12.08
	200m: 2:18.07 1:11.33	400m: 4:42.77	1:12.79	600m: 7:07.22	1:12.37	800m: 9:29.98	1:10.68
3.	TOMAS, Constanca Baptista	09	POR	Alcobaca	9:46.56	+0,76	562
	100m: 1:09.61 1:09.61	300m: 3:39.68	1:14.87	500m: 6:07.87	1:13.85	700m: 8:35.26	1:13.44
	200m: 2:24.81 1:15.20	400m: 4:54.02	1:14.34	600m: 7:21.82	1:13.95	800m: 9:46.56	1:11.30

Seniores

1.	MARTINS, Francisca Soares	03	POR	FOCA Quinta Da Lixa - Cnf	8:36.77	+0,64	822
	100m: 1:00.18 1:00.18	300m: 3:09.54	1:04.81	500m: 5:20.89	1:05.78	700m: 7:32.54	1:05.68
	200m: 2:04.73 1:04.55	400m: 4:15.11	1:05.57	600m: 6:26.86	1:05.97	800m: 8:36.77	1:04.23
2.	CARDEAL, Joana Nunes	02	POR	Condeixa Aqua Clube	8:59.56	+0,80	722
	100m: 1:03.30 1:03.30	300m: 3:18.84	1:08.09	500m: 5:35.34	1:08.51	700m: 7:52.36	1:08.41
	200m: 2:10.75 1:07.45	400m: 4:26.83	1:07.99	600m: 6:43.95	1:08.61	800m: 8:59.56	1:07.20
3.	VIANA, Carolina Pereira	04	POR	Sporting	9:01.21	+0,68	715
	100m: 1:03.77 1:03.77	300m: 3:19.61	1:08.26	500m: 5:36.52	1:08.52	700m: 7:54.00	1:08.95
	200m: 2:11.35 1:07.58	400m: 4:28.00	1:08.39	600m: 6:45.05	1:08.53	800m: 9:01.21	1:07.21
4.	HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	9:08.91	+0,68	686
	100m: 1:03.51 1:03.51	300m: 3:19.02	1:08.18	500m: 5:38.01	1:09.90	700m: 7:59.60	1:10.51
	200m: 2:10.84 1:07.33	400m: 4:28.11	1:09.09	600m: 6:49.09	1:11.08	800m: 9:08.91	1:09.31
5.	MENDES, Mariana Amaral	02	POR	Sporting	9:10.27	+0,79	680
	100m: 1:06.36 1:06.36	300m: 3:24.50	1:09.35	500m: 5:43.52	1:09.56	700m: 8:02.47	1:09.48
	200m: 2:15.15 1:08.79	400m: 4:33.96	1:09.46	600m: 6:52.99	1:09.47	800m: 9:10.27	1:07.80
6.	CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	9:22.51	+0,67	637
	100m: 1:05.59 1:05.59	300m: 3:26.32	1:10.92	500m: 5:49.09	1:10.99	700m: 8:11.79	1:11.55
	200m: 2:15.40 1:09.81	400m: 4:38.10	1:11.78	600m: 7:00.24	1:11.15	800m: 9:22.51	1:10.72

Prova 22, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
7.	SANTOS, Leonor Castanho	07	POR	Sporting	9:55.12	+0,72	538
	100m: 1:08.72 1:08.72	300m: 3:38.51	1:15.24	500m: 6:09.49	1:15.42	700m: 8:41.02	1:15.65
	200m: 2:23.27 1:14.55	400m: 4:54.07	1:15.56	600m: 7:25.37	1:15.88	800m: 9:55.12	1:14.10
EXH	VEIGA, Susana Pereira	00	POR	Os Belenenses	10:12.89	+0,89	492
	<i>Recorde Nacional NA</i>						
	100m: 1:12.18 1:12.18	300m: 3:45.30	1:16.79	500m: 6:20.93	1:18.17	700m: 8:57.78	1:18.39
	200m: 2:28.51 1:16.33	400m: 5:02.76	1:17.46	600m: 7:39.39	1:18.46	800m: 10:12.89	1:15.11