

Campeonato Interdistrital Juvenis, Juniores, Seniores de Verão
Coimbra, 9 - 12/7/2026

Prova 1 Femin., 1500m Livres 15 anos e mais velhos
09/07/2026 - 16:40 Resultados

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

Pontos: AQUA 2025

Lugar Ano Tempo final Pts
Juvenis A/B

1. Alice Maria, RODRIGUES	11	Academico de Viseu	19:10.86	511
100m: 1:13.62 1:13.62	500m: 6:21.07 1:17.28	900m: 11:31.99 1:17.80	1300m: 16:41.78 1:17.78	
200m: 2:30.09 1:16.47	600m: 7:38.63 1:17.56	1000m: 12:49.40 1:17.41	1400m: 17:57.56 1:15.78	
300m: 3:47.29 1:17.20	700m: 8:56.40 1:17.77	1100m: 14:06.55 1:17.15	1500m: 19:10.86 1:13.30	
400m: 5:03.79 1:16.50	800m: 10:14.19 1:17.79	1200m: 15:24.00 1:17.45		
2. Filipa Ferreira, LOISAS	11	Columbofila Cantanhedense	19:18.58	501
100m: 1:12.05 1:12.05	500m: 6:21.96 1:17.71	900m: 11:33.60 1:17.62	1300m: 16:44.66 1:18.04	
200m: 2:29.36 1:17.31	600m: 7:40.01 1:18.05	1000m: 12:50.82 1:17.22	1400m: 18:02.48 1:17.82	
300m: 3:46.77 1:17.41	700m: 8:57.70 1:17.69	1100m: 14:08.85 1:18.03	1500m: 19:18.58 1:16.10	
400m: 5:04.25 1:17.48	800m: 10:15.98 1:18.28	1200m: 15:26.62 1:17.77		
3. Matilde Conde, FIGUEIREDO	11	Condeixa Clube	19:25.08	493
100m: 1:14.49 1:14.49	500m: 6:24.39 1:18.35	900m: 11:38.27 1:18.72	1300m: 16:51.92 1:18.38	
200m: 2:31.68 1:17.19	600m: 7:42.82 1:18.43	1000m: 12:56.25 1:17.98	1400m: 18:09.82 1:17.90	
300m: 3:48.86 1:17.18	700m: 9:01.14 1:18.32	1100m: 14:15.02 1:18.77	1500m: 19:25.08 1:15.26	
400m: 5:06.04 1:17.18	800m: 10:19.55 1:18.41	1200m: 15:33.54 1:18.52		
4. Beatriz Ribeiro, VELOSO	10	CASP AE	20:04.82	445
100m: 1:12.21 1:12.21	500m: 6:23.71 1:18.50	900m: 11:48.79 1:23.25	1300m: 17:20.77 1:22.61	
200m: 2:28.81 1:16.60	600m: 7:43.13 1:19.42	1000m: 13:11.30 1:22.51	1400m: 18:43.86 1:23.09	
300m: 3:46.78 1:17.97	700m: 9:02.63 1:19.50	1100m: 14:34.97 1:23.67	1500m: 20:04.82 1:20.96	
400m: 5:05.21 1:18.43	800m: 10:25.54 1:22.91	1200m: 15:58.16 1:23.19		
5. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	20:20.14	429
100m: 1:14.85 1:14.85	500m: 6:39.66 1:21.05	900m: 12:07.27 1:21.74	1300m: 17:38.16 1:22.87	
200m: 2:35.74 1:20.89	600m: 8:01.35 1:21.69	1000m: 13:29.99 1:22.72	1400m: 19:00.05 1:21.89	
300m: 3:57.44 1:21.70	700m: 9:23.30 1:21.95	1100m: 14:52.62 1:22.63	1500m: 20:20.14 1:20.09	
400m: 5:18.61 1:21.17	800m: 10:45.53 1:22.23	1200m: 16:15.29 1:22.67		

Juniores A/B

1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	18:45.49	547
100m: 1:09.05 1:09.05	500m: 6:04.81 1:14.99	900m: 11:07.17 1:15.77	1300m: 16:13.08 1:17.11	
200m: 2:21.71 1:12.66	600m: 7:19.88 1:15.07	1000m: 12:23.39 1:16.22	1400m: 17:29.83 1:16.75	
300m: 3:35.65 1:13.94	700m: 8:35.46 1:15.58	1100m: 13:39.34 1:15.95	1500m: 18:45.49 1:15.66	
400m: 4:49.82 1:14.17	800m: 9:51.40 1:15.94	1200m: 14:55.97 1:16.63		
2. Constanca Baptista, TOMAS	09	Alcobaca	18:59.27	527
100m: 1:09.46 1:09.46	500m: 6:08.59 1:15.89	900m: 11:16.15 1:17.47	1300m: 16:26.81 1:17.53	
200m: 2:23.58 1:14.12	600m: 7:25.40 1:16.81	1000m: 12:33.50 1:17.35	1400m: 17:44.19 1:17.38	
300m: 3:37.27 1:13.69	700m: 8:41.74 1:16.34	1100m: 13:50.75 1:17.25	1500m: 18:59.27 1:15.08	
400m: 4:52.70 1:15.43	800m: 9:58.68 1:16.94	1200m: 15:09.28 1:18.53		
3. Leonor Pereira, ROCHA	08	Sporting de Espinho	21:22.75	369
100m: 1:16.38 1:16.38	500m: 6:57.32 1:25.75	900m: 12:42.84 1:27.02	1300m: 18:31.49 1:26.87	
200m: 2:39.59 1:23.21	600m: 8:23.78 1:26.46	1000m: 14:09.74 1:26.90	1400m: 19:59.32 1:27.83	
300m: 4:05.41 1:25.82	700m: 9:49.72 1:25.94	1100m: 15:37.32 1:27.58	1500m: 21:22.75 1:23.43	
400m: 5:31.57 1:26.16	800m: 11:15.82 1:26.10	1200m: 17:04.62 1:27.30		

SEN/OPEN

1. Camila Rodrigues, REBELO	03	Louzan Natacao/EFAP EL	17:14.85	703
100m: 1:05.72 1:05.72	500m: 5:39.85 1:09.16	900m: 10:18.38 1:09.71	1300m: 14:57.25 1:09.43	
200m: 2:13.70 1:07.98	600m: 6:49.31 1:09.46	1000m: 11:28.09 1:09.71	1400m: 16:06.46 1:09.21	
300m: 3:21.93 1:08.23	700m: 7:58.94 1:09.63	1100m: 12:37.74 1:09.65	1500m: 17:14.85 1:08.39	
400m: 4:30.69 1:08.76	800m: 9:08.67 1:09.73	1200m: 13:47.82 1:10.08		

Campeonato Interdistrital Juvenis, Juniores, Seniores de Verão
Coimbra, 9 - 12/7/2026

Prova 1, Femin., 1500m Livres, SEN/OPEN

Lugar	Ano								Tempo final	Pts
2.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL						17:46.49	642
	100m: 1:06.27	1:06.27	500m: 5:50.94	1:11.69	900m: 10:39.32	1:12.31	1300m: 15:25.91	1:11.20		
	200m: 2:16.37	1:10.10	600m: 7:02.60	1:11.66	1000m: 11:51.15	1:11.83	1400m: 16:36.29	1:10.38		
	300m: 3:27.33	1:10.96	700m: 8:14.85	1:12.25	1100m: 13:02.75	1:11.60	1500m: 17:46.49	1:10.20		
	400m: 4:39.25	1:11.92	800m: 9:27.01	1:12.16	1200m: 14:14.71	1:11.96				

OPEN

1.	Camila Rodrigues, REBELO	03	Louzan Natacao/EFAPEL						17:14.85	703
	100m: 1:05.72	1:05.72	500m: 5:39.85	1:09.16	900m: 10:18.38	1:09.71	1300m: 14:57.25	1:09.43		
	200m: 2:13.70	1:07.98	600m: 6:49.31	1:09.46	1000m: 11:28.09	1:09.71	1400m: 16:06.46	1:09.21		
	300m: 3:21.93	1:08.23	700m: 7:58.94	1:09.63	1100m: 12:37.74	1:09.65	1500m: 17:14.85	1:08.39		
	400m: 4:30.69	1:08.76	800m: 9:08.67	1:09.73	1200m: 13:47.82	1:10.08				
2.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL						17:46.49	642
	100m: 1:06.27	1:06.27	500m: 5:50.94	1:11.69	900m: 10:39.32	1:12.31	1300m: 15:25.91	1:11.20		
	200m: 2:16.37	1:10.10	600m: 7:02.60	1:11.66	1000m: 11:51.15	1:11.83	1400m: 16:36.29	1:10.38		
	300m: 3:27.33	1:10.96	700m: 8:14.85	1:12.25	1100m: 13:02.75	1:11.60	1500m: 17:46.49	1:10.20		
	400m: 4:39.25	1:11.92	800m: 9:27.01	1:12.16	1200m: 14:14.71	1:11.96				
3.	Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande						18:45.49	547
	100m: 1:09.05	1:09.05	500m: 6:04.81	1:14.99	900m: 11:07.17	1:15.77	1300m: 16:13.08	1:17.11		
	200m: 2:21.71	1:12.66	600m: 7:19.88	1:15.07	1000m: 12:23.39	1:16.22	1400m: 17:29.83	1:16.75		
	300m: 3:35.65	1:13.94	700m: 8:35.46	1:15.58	1100m: 13:39.34	1:15.95	1500m: 18:45.49	1:15.66		
	400m: 4:49.82	1:14.17	800m: 9:51.40	1:15.94	1200m: 14:55.97	1:16.63				
4.	Constanca Baptista, TOMAS	09	Alcobaca						18:59.27	527
	100m: 1:09.46	1:09.46	500m: 6:08.59	1:15.89	900m: 11:16.15	1:17.47	1300m: 16:26.81	1:17.53		
	200m: 2:23.58	1:14.12	600m: 7:25.40	1:16.81	1000m: 12:33.50	1:17.35	1400m: 17:44.19	1:17.38		
	300m: 3:37.27	1:13.69	700m: 8:41.74	1:16.34	1100m: 13:50.75	1:17.25	1500m: 18:59.27	1:15.08		
	400m: 4:52.70	1:15.43	800m: 9:58.68	1:16.94	1200m: 15:09.28	1:18.53				
5.	Alice Maria, RODRIGUES	11	Academico de Viseu						19:10.86	511
	100m: 1:13.62	1:13.62	500m: 6:21.07	1:17.28	900m: 11:31.99	1:17.80	1300m: 16:41.78	1:17.78		
	200m: 2:30.09	1:16.47	600m: 7:38.63	1:17.56	1000m: 12:49.40	1:17.41	1400m: 17:57.56	1:15.78		
	300m: 3:47.29	1:17.20	700m: 8:56.40	1:17.77	1100m: 14:06.55	1:17.15	1500m: 19:10.86	1:13.30		
	400m: 5:03.79	1:16.50	800m: 10:14.19	1:17.79	1200m: 15:24.00	1:17.45				
6.	Filipa Ferreira, LOISAS	11	Columbofila Cantanhedense						19:18.58	501
	100m: 1:12.05	1:12.05	500m: 6:21.96	1:17.71	900m: 11:33.60	1:17.62	1300m: 16:44.66	1:18.04		
	200m: 2:29.36	1:17.31	600m: 7:40.01	1:18.05	1000m: 12:50.82	1:17.22	1400m: 18:02.48	1:17.82		
	300m: 3:46.77	1:17.41	700m: 8:57.70	1:17.69	1100m: 14:08.85	1:18.03	1500m: 19:18.58	1:16.10		
	400m: 5:04.25	1:17.48	800m: 10:15.98	1:18.28	1200m: 15:26.62	1:17.77				
7.	Matilde Conde, FIGUEIREDO	11	Condeixa Clube						19:25.08	493
	100m: 1:14.49	1:14.49	500m: 6:24.39	1:18.35	900m: 11:38.27	1:18.72	1300m: 16:51.92	1:18.38		
	200m: 2:31.68	1:17.19	600m: 7:42.82	1:18.43	1000m: 12:56.25	1:17.98	1400m: 18:09.82	1:17.90		
	300m: 3:48.86	1:17.18	700m: 9:01.14	1:18.32	1100m: 14:15.02	1:18.77	1500m: 19:25.08	1:15.26		
	400m: 5:06.04	1:17.18	800m: 10:19.55	1:18.41	1200m: 15:33.54	1:18.52				
8.	Beatriz Ribeiro, VELOSO	10	CASPAE						20:04.82	445
	100m: 1:12.21	1:12.21	500m: 6:23.71	1:18.50	900m: 11:48.79	1:23.25	1300m: 17:20.77	1:22.61		
	200m: 2:28.81	1:16.60	600m: 7:43.13	1:19.42	1000m: 13:11.30	1:22.51	1400m: 18:43.86	1:23.09		
	300m: 3:46.78	1:17.97	700m: 9:02.63	1:19.50	1100m: 14:34.97	1:23.67	1500m: 20:04.82	1:20.96		
	400m: 5:05.21	1:18.43	800m: 10:25.54	1:22.91	1200m: 15:58.16	1:23.19				
9.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo						20:20.14	429
	100m: 1:14.85	1:14.85	500m: 6:39.66	1:21.05	900m: 12:07.27	1:21.74	1300m: 17:38.16	1:22.87		
	200m: 2:35.74	1:20.89	600m: 8:01.35	1:21.69	1000m: 13:29.99	1:22.72	1400m: 19:00.05	1:21.89		
	300m: 3:57.44	1:21.70	700m: 9:23.30	1:21.95	1100m: 14:52.62	1:22.63	1500m: 20:20.14	1:20.09		
	400m: 5:18.61	1:21.17	800m: 10:45.53	1:22.23	1200m: 16:15.29	1:22.67				
10.	Leonor Pereira, ROCHA	08	Sporting de Espinho						21:22.75	369
	100m: 1:16.38	1:16.38	500m: 6:57.32	1:25.75	900m: 12:42.84	1:27.02	1300m: 18:31.49	1:26.87		
	200m: 2:39.59	1:23.21	600m: 8:23.78	1:26.46	1000m: 14:09.74	1:26.90	1400m: 19:59.32	1:27.83		
	300m: 4:05.41	1:25.82	700m: 9:49.72	1:25.94	1100m: 15:37.32	1:27.58	1500m: 21:22.75	1:23.43		
	400m: 5:31.57	1:26.16	800m: 11:15.82	1:26.10	1200m: 17:04.62	1:27.30				