Prova 1 — Femin., 800m Livres — Absolutos
24/10/2026 - 10:00 — Resultados

RN 25m Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
RN 25m SEN	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
RN 25m JUN 18	8:30.86	Tamila Hryhorivna, HOLUB	SCB	Moscovo (RUS)	03/08/2017
RN 25m JUN 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13/12/2015
RN 25m JUV A	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21/12/2014
RN 25m JUV B	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19/12/2004
RN 25m INF A	9:00.27	Alexandra Maria, SILVA	FCP	Antibbes (FRA)	20/12/1980
RN 25m INF B	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13/07/1980

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos	
1.	Constanca Sousa, FONTINHA	12	212496	O Crasto	+0,58	**10:00.83**	17,00	-

50m:	34.67	34.67	250m:	3:07.42	38.58	450m:	5:40.19	37.27	650m:	8:10.73	37.00
100m:	1:12.08	37.41	300m:	3:45.99	38.57	500m:	6:18.69	38.50	700m:	8:47.76	37.03
150m:	1:50.38	38.30	350m:	4:25.54	39.55	550m:	6:56.79	38.10	750m:	9:26.33	38.57
200m:	2:28.84	38.46	400m:	5:02.92	37.38	600m:	7:33.73	36.94	800m:	10:00.83	34.50

2.	Teresa Maria, LOPES	09	205663	Benedita Sport Club Natação	+0,59	**10:13.86**	15,00	-				
50m:	34.23	34.23	250m:	3:05.25	38.51	450m:	5:39.30	38.90	650m:	8:17.73	39.75
100m:	1:11.02	36.79	300m:	3:43.33	38.08	500m:	6:18.50	39.20	700m:	8:57.27	39.54
150m:	1:48.80	37.78	350m:	4:21.62	38.29	550m:	6:58.27	39.77	750m:	9:36.26	38.99
200m:	2:26.74	37.94	400m:	5:00.40	38.78	600m:	7:37.98	39.71	800m:	10:13.86	37.60

3.	Maria Francisca, SIMOES	11	216456	Aquatico Silves	+0,96	**10:26.07**	14,00	-				
50m:	34.49	34.49	250m:	3:07.84	38.74	450m:	5:44.63	40.03	650m:	8:26.87	40.68
100m:	1:12.19	37.70	300m:	3:46.78	38.94	500m:	6:25.52	40.89	700m:	9:06.89	40.02
150m:	1:50.88	38.69	350m:	4:25.84	39.06	550m:	7:06.04	40.52	750m:	9:47.21	40.32
200m:	2:29.10	38.22	400m:	5:04.60	38.76	600m:	7:46.19	40.15	800m:	10:26.07	38.86

4.	Sara Francisco, CRUZ	93	10732	Alpha Infiniti Athlete		**10:31.44**	13,00	-				
50m:	34.77	34.77	250m:	3:09.67	39.35	450m:	5:48.96	40.12	650m:	8:31.06	40.37
100m:	1:12.55	37.78	300m:	3:49.06	39.39	500m:	6:29.44	40.48	700m:	9:11.57	40.51
150m:	1:51.45	38.90	350m:	4:28.72	39.66	550m:	7:10.11	40.67	750m:	9:52.16	40.59
200m:	2:30.32	38.87	400m:	5:08.84	40.12	600m:	7:50.69	40.58	800m:	10:31.44	39.28

5.	Beatriz Alexandra, MARTINS	13	117581	Aej	+0,79	**10:31.47**	12,00	-				
50m:	34.55	34.55	250m:	3:14.44	40.87	450m:	5:55.32	39.90	650m:	8:36.60	39.79
100m:	1:13.63	39.08	300m:	3:54.70	40.26	500m:	6:36.21	40.89	700m:	9:15.81	39.21
150m:	1:53.41	39.78	350m:	4:35.08	40.38	550m:	7:16.22	40.01	750m:	9:55.19	39.38
200m:	2:33.57	40.16	400m:	5:15.42	40.34	600m:	7:56.81	40.59	800m:	10:31.47	36.28

6.	Leonor Duarte, GONCALVES	10	208323	Ndco	+0,77	**10:56.03**	11,00	-				
50m:	35.19	35.19	250m:	3:16.68	41.43	450m:	6:03.91	41.84	650m:	8:53.11	42.06
100m:	1:13.72	38.53	300m:	3:58.32	41.64	500m:	6:46.64	42.73	700m:	9:34.93	41.82
150m:	1:54.48	40.76	350m:	4:39.84	41.52	550m:	7:28.41	41.77	750m:	10:16.35	41.42
200m:	2:35.25	40.77	400m:	5:22.07	42.23	600m:	8:11.05	42.64	800m:	10:56.03	39.68

7.	Lara Sofia, MARCELINO	13	220304	Vieirense	+0,72	**11:00.26**	10,00	-				
50m:	36.04	36.04	250m:	3:21.52	42.55	450m:	6:10.56	42.33	650m:	8:55.84	41.01
100m:	1:17.00	40.96	300m:	4:02.93	41.41	500m:	6:52.10	41.54	700m:	9:37.68	41.84
150m:	1:58.68	41.68	350m:	4:45.59	42.66	550m:	7:34.39	42.29	750m:	10:19.46	41.78
200m:	2:38.97	40.29	400m:	5:28.23	42.64	600m:	8:14.83	40.44	800m:	11:00.26	40.80

8.	Ines Munhos, SILVA	12	213975	AN Albicastrense		**11:17.67**	9,00	-				
50m:	34.56	34.56	250m:	3:21.20	43.03	450m:	6:14.80	43.87	650m:	9:10.39	44.48
100m:	1:14.16	39.60	300m:	4:04.48	43.28	500m:	6:58.95	44.15	700m:	9:54.31	43.92
150m:	1:55.73	41.57	350m:	4:47.48	43.00	550m:	7:43.05	44.10	750m:	10:36.70	42.39
200m:	2:38.17	42.44	400m:	5:30.93	43.45	600m:	8:25.91	42.86	800m:	11:17.67	40.97

9.	Matilde Campos, LOPES	09	210397	FC Ferreiras/AlgarExperience		**11:20.57**	8,00	-				
50m:	35.34	35.34	250m:	3:21.96	42.47	450m:	6:14.95	43.55	650m:	9:10.85	43.94
100m:	1:15.40	40.06	300m:	4:04.85	42.89	500m:	6:58.70	43.75	700m:	9:55.05	44.20
150m:	1:57.15	41.75	350m:	4:47.78	42.93	550m:	7:42.76	44.06	750m:	10:38.61	43.56
200m:	2:39.49	42.34	400m:	5:31.40	43.62	600m:	8:26.91	44.15	800m:	11:20.57	41.96

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos	
10.	Ana Beatriz, MOREIRA	13	214021	Lousada Séc.XXI	+0,84	**11:26.73**	7,00	-

50m:	36.82	36.82	250m:	3:28.41	43.45	450m:	6:23.01	43.27	650m:	9:19.68	44.30
100m:	1:18.33	41.51	300m:	4:11.96	43.55	500m:	7:07.32	44.31	700m:	10:03.74	44.06
150m:	2:01.51	43.18	350m:	4:55.91	43.95	550m:	7:51.43	44.11	750m:	10:46.22	42.48
200m:	2:44.96	43.45	400m:	5:39.74	43.83	600m:	8:35.38	43.95	800m:	11:26.73	40.51

11.	Leonor Santos, SILVA	13	217595	CCDSerta		**11:33.02**	6,00	-			
50m:	36.40	36.40	250m:	3:26.05	44.02	450m:	6:25.47	44.94	650m:	9:23.74	44.33
100m:	1:16.25	39.85	300m:	4:10.45	44.40	500m:	7:09.93	44.46	700m:	10:07.83	44.09
150m:	1:58.31	42.06	350m:	4:55.39	44.94	550m:	7:54.71	44.78	750m:	10:51.30	43.47
200m:	2:42.03	43.72	400m:	5:40.53	45.14	600m:	8:39.41	44.70	800m:	11:33.02	41.72

12.	Sofia, MEDEIRO HORTA	12	216032	Zona Azul	+0,73	**11:39.17**	5,00	-			
50m:	36.38	36.38	250m:	3:29.68	43.76	450m:	6:27.29	44.79	650m:	9:27.41	44.74
100m:	1:18.64	42.26	300m:	4:13.63	43.95	500m:	7:12.65	45.36	700m:	10:12.60	45.19
150m:	2:01.78	43.14	350m:	4:58.52	44.89	550m:	7:57.68	45.03	750m:	10:57.11	44.51
200m:	2:45.92	44.14	400m:	5:42.50	43.98	600m:	8:42.67	44.99	800m:	11:39.17	42.06

13.	Matilde Magalhaes, SILVA	12	214643	Clube Naval Povoense	+0,63	**11:39.84**	4,00	-			
50m:	38.88	38.88	250m:	3:36.84	44.47	450m:	6:32.66	43.71	650m:	9:28.90	44.24
100m:	1:22.70	43.82	300m:	4:21.20	44.36	500m:	7:16.56	43.90	700m:	10:13.69	44.79
150m:	2:07.60	44.90	350m:	5:05.35	44.15	550m:	8:00.18	43.62	750m:	10:57.23	43.54
200m:	2:52.37	44.77	400m:	5:48.95	43.60	600m:	8:44.66	44.48	800m:	11:39.84	42.61

14.	Ines Santos, PINA	12	217623	CLAC-Entroncamento	+0,69	**11:46.09**	3,00	-			
50m:	39.11	39.11	250m:	3:37.24	44.57	450m:	6:34.47	44.15	650m:	9:34.21	44.85
100m:	1:23.15	44.04	300m:	4:21.57	44.33	500m:	7:19.71	45.24	700m:	10:18.86	44.65
150m:	2:07.88	44.73	350m:	5:05.89	44.32	550m:	8:04.21	44.50	750m:	11:04.15	45.29
200m:	2:52.67	44.79	400m:	5:50.32	44.43	600m:	8:49.36	45.15	800m:	11:46.09	41.94

15.	Maria Francisca, COELHO	14	218542	Sporting Clube de Aveiro		**11:49.60**	2,00	-			
50m:	37.10	37.10	250m:	3:33.91	45.28	450m:	6:36.66	45.96	650m:	9:38.16	45.27
100m:	1:19.63	42.53	300m:	4:19.11	45.20	500m:	7:22.44	45.78	700m:	10:22.83	44.67
150m:	2:03.64	44.01	350m:	5:04.74	45.63	550m:	8:07.85	45.41	750m:	11:06.95	44.12
200m:	2:48.63	44.99	400m:	5:50.70	45.96	600m:	8:52.89	45.04	800m:	11:49.60	42.65

16.	Cecilia Dutra, FARIA	14	217494	Núcleo Sporting		**12:28.14**	1,00	-			