

Torneio Regional de Fundo de Infantis e Juvenis
Cantanhede, 11- - 12-6-2022

Prova 4	Femin., 800m Livres				12 anos e mais velhos
12-06-2022 - 10:15					Resultados
Rec Nac Absoluto	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04-12-2019
Rec Nac 18 +	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04-12-2019
Rec Nac 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13-12-2015
Rec Nac 16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21-12-2014
Rec Nac Juv A	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19-12-2004
Rec Nac Juv B	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20-12-1980
Rec Nac Inf A	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13-07-1980
Rec Nac Inf B	9:33.95	Filipa Vilas, RUIVO	DNMG	Nazaré	16-05-2009
Rec Reg ANC Absoluto	8:45.84	Alexandra Couto, FRAZAO	CAQC		13-06-2018
Rec Reg ANC 18 +	8:51.95	Florbela Cavaco, MACHADO	CNAC		12-06-2013
Rec Reg ANC 17	8:45.84	Alexandra Couto, FRAZÃO	CAQC		12-06-2018
Rec Reg ANC 16	8:47.74	Alexandra Couto, FRAZÃO	FBSC		12-06-2018
Rec Reg ANC Juv A	8:57.30	Maria Miguel, VELOSO	CNAC		12-06-2007
Rec Reg ANC Juv B	9:08.07	Maria Miguel, VELOSO	CNAC		12-06-2007
Rec Reg ANC Inf A	9:26.38	Sara Sofia, ALVES	ASSSCC		11-06-2014
Rec Reg ANC Inf B	9:42.07	Mariana Cunha, GUERRA	ASSSCC		11-06-2003

Pontos: FINA 2021

Lugar	Ano						Tempo final	Pts
Inf B								
1. Camila Duarte, MARCELO	10	Condeixa Clube				10:26.88	447	
100m: 1:12.89 1:12.89	300m: 3:48.07 1:17.97	500m: 6:27.27 1:19.88	700m: 9:07.87 1:19.85	800m: 10:26.88 1:19.01				
200m: 2:30.10 1:17.21	400m: 5:07.39 1:19.32	600m: 7:48.02 1:20.75						
2. Maria Neto, SIMOES	10	Condeixa Clube				10:39.50	421	
100m: 1:17.70 1:17.70	300m: 3:57.24 1:19.85	500m: 6:38.10 1:20.64	700m: 9:20.12 1:21.32	800m: 10:39.50 1:19.38				
200m: 2:37.39 1:19.69	400m: 5:17.46 1:20.22	600m: 7:58.80 1:20.70						
3. Rita Lucas, SANTOS	10	Condeixa Clube				10:46.01	408	
100m: 1:19.61 1:19.61	300m: 4:03.62 1:22.03	500m: 6:48.60 1:22.19	700m: 9:30.47 1:20.02	800m: 10:46.01 1:15.54				
200m: 2:41.59 1:21.98	400m: 5:26.41 1:22.79	600m: 8:10.45 1:21.85						
4. Maria Miguel, FERNANDES	10	Columbifila Cantanhedense				11:19.18	351	
100m: 1:23.45 1:23.45	300m: 4:15.74 1:26.47	500m: 7:08.98 1:26.75	700m: 9:58.93 1:24.33	800m: 11:19.18 1:20.25				
200m: 2:49.27 1:25.82	400m: 5:42.23 1:26.49	600m: 8:34.60 1:25.62						
5. Mariana Bagagem, CARVALHO	10	Miranda do Corvo				11:33.95	329	
100m: 1:23.82 1:23.82	300m: 4:21.64 1:29.25	500m: 7:18.02 1:27.43	700m: 10:11.29 1:26.56	800m: 11:33.95 1:22.66				
200m: 2:52.39 1:28.57	400m: 5:50.59 1:28.95	600m: 8:44.73 1:26.71						
6. Isabella Scavone, LOPES	10	Miranda do Corvo				11:40.62	320	
100m: 1:25.62 1:25.62	300m: 4:23.75 1:28.28	500m: 7:21.04 1:27.99	700m: 10:16.98 1:26.79	800m: 11:40.62 1:23.64				
200m: 2:55.47 1:29.85	400m: 5:53.05 1:29.30	600m: 8:50.19 1:29.15						
7. Leonor Mosca, SILVA	10	Columbifila Cantanhedense				11:52.14	304	
100m: 1:26.22 1:26.22	300m: 4:26.67 1:30.61	500m: 7:28.36 1:31.25	700m: 10:27.72 1:29.36	800m: 11:52.14 1:24.42				
200m: 2:56.06 1:29.84	400m: 5:57.11 1:30.44	600m: 8:58.36 1:30.00						
8. Leonor Sobreiro, ALMEIDA	10	CASPAE				11:57.32	298	
100m: 1:26.55 1:26.55	300m: 4:28.46 1:31.28	500m: 7:30.75 1:30.77	700m: 10:31.76 1:30.01	800m: 11:57.32 1:25.56				
200m: 2:57.18 1:30.63	400m: 5:59.98 1:31.52	600m: 9:01.75 1:31.00						
9. Sofia Daniela, FERREIRA	10	Uniao Coimbra				11:57.38	298	
100m: 1:24.88 1:24.88	300m: 4:24.12 1:29.48	500m: 7:27.40 1:32.43	700m: 10:31.41 1:31.98	800m: 11:57.38 1:25.97				
200m: 2:54.64 1:29.76	400m: 5:54.97 1:30.85	600m: 8:59.43 1:32.03						
10. Maria Ines, GANTE	10	Nautico Academico				12:08.65	284	
100m: 1:26.13 1:26.13	300m: 4:31.00 1:32.57	500m: 7:35.93 1:33.14	700m: 10:40.27 1:31.79	800m: 12:08.65 1:28.38				
200m: 2:58.43 1:32.30	400m: 6:02.79 1:31.79	600m: 9:08.48 1:32.55						
11. Leonor Antunes, PAIVA	10	Nautico Academico				12:17.21	274	
100m: 1:27.29 1:27.29	300m: 4:32.01 1:32.38	500m: 7:37.27 1:32.91	700m: 10:42.12 1:33.26	800m: 12:17.21 1:35.09				
200m: 2:59.63 1:32.34	400m: 6:04.36 1:32.35	600m: 9:08.86 1:31.59						
12. Mariana Bernardo, SILVESTRE	10	Nautico Academico				12:17.82	274	
100m: 1:28.40 1:28.40	300m: 4:31.83 1:32.77	500m: 7:39.50 1:33.92	700m: 10:48.86 1:33.44	800m: 12:17.82 1:28.96				
200m: 2:59.06 1:30.66	400m: 6:05.58 1:33.75	600m: 9:15.42 1:35.92						

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Prova 4, Femin., 800m Livres, Inf B

Lugar			Ano					Tempo final	Pts
13.	Maria Ines, RODRIGUES		10	Nautico Academico				12:27.77	263
	100m:	1:27.92 1:27.92	300m:	4:36.71 1:35.76	500m:	7:47.46 1:35.41	700m:	10:56.58 1:34.16	
	200m:	3:00.95 1:33.03	400m:	6:12.05 1:35.34	600m:	9:22.42 1:34.96	800m:	12:27.77 1:31.19	
14.	Mia Cardoso, BAPTISTA		10	Nautico Academico				12:41.56	249
	100m:	1:31.22 1:31.22	300m:	4:42.63 1:35.96	500m:	7:53.66 1:35.74	700m:	11:07.11 1:37.27	
	200m:	3:06.67 1:35.45	400m:	6:17.92 1:35.29	600m:	9:29.84 1:36.18	800m:	12:41.56 1:34.45	
15.	Sara Marques, LIMA		10	CASPAE				12:50.10	241
	100m:	1:33.76 1:33.76	300m:	4:47.07 1:36.53	500m:	8:03.08 1:37.10	700m:	11:18.86 1:36.71	
	200m:	3:10.54 1:36.78	400m:	6:25.98 1:38.91	600m:	9:42.15 1:39.07	800m:	12:50.10 1:31.24	
16.	Leonor Fonseca, OLIVEIRA		10	Miranda do Corvo				13:07.33	225
	100m:	1:32.83 1:32.83	300m:	4:51.36 1:40.37	500m:	8:12.93 1:40.79	700m:	11:29.53 1:37.52	
	200m:	3:10.99 1:38.16	400m:	6:32.14 1:40.78	600m:	9:52.01 1:39.08	800m:	13:07.33 1:37.80	
17.	Erica Maria, ALMEIDA		10	Vigor da Mocidade				13:08.21	224
	100m:	1:32.95 1:32.95	300m:	4:53.45 1:41.47	500m:	8:13.53 1:41.11	700m:	11:35.45 1:41.13	
	200m:	3:11.98 1:39.03	400m:	6:32.42 1:38.97	600m:	9:54.32 1:40.79	800m:	13:08.21 1:32.76	
18.	Beatriz Ribeiro, VELOSO		10	Vigor da Mocidade				14:13.24	177
	100m:	1:37.64 1:37.64	300m:	5:12.50 1:47.89	500m:	8:49.17 1:47.47	700m:	12:26.40 1:48.50	
	200m:	3:24.61 1:46.97	400m:	7:01.70 1:49.20	600m:	10:37.90 1:48.73	800m:	14:13.24 1:46.84	

Inf A

1.	Alana Costa, MATIAS		09	Academica de Coimbra				10:16.06	471
	100m:	1:14.09 1:14.09	300m:	3:47.75 1:17.09	500m:	6:23.02 1:17.95	700m:	9:00.48 1:19.14	
	200m:	2:30.66 1:16.57	400m:	5:05.07 1:17.32	600m:	7:41.34 1:18.32	800m:	10:16.06 1:15.58	
2.	Rita Calado, CRUZ		09	Academica de Coimbra				11:16.09	356
	100m:	1:23.30 1:23.30	300m:	4:14.22 1:26.11	500m:	7:04.70 1:24.85	700m:	9:54.21 1:24.37	
	200m:	2:48.11 1:24.81	400m:	5:39.85 1:25.63	600m:	8:29.84 1:25.14	800m:	11:16.09 1:21.88	
3.	Caetana Amado, SANTOS		09	Miranda do Corvo				11:26.29	340
	100m:	1:23.51 1:23.51	300m:	4:15.50 1:26.42	500m:	7:08.82 1:26.75	700m:	10:03.70 1:28.00	
	200m:	2:49.08 1:25.57	400m:	5:42.07 1:26.57	600m:	8:35.70 1:26.88	800m:	11:26.29 1:22.59	
4.	Maria Miranda, MACEDO		09	Columbofila Cantanhedense				11:31.49	333
	100m:	1:23.94 1:23.94	300m:	4:17.82 1:26.80	500m:	7:09.96 1:26.51	700m:	10:05.44 1:27.25	
	200m:	2:51.02 1:27.08	400m:	5:43.45 1:25.63	600m:	8:38.19 1:28.23	800m:	11:31.49 1:26.05	
5.	Margarida Pessoa, MONTEIRO		09	Columbofila Cantanhedense				11:36.76	325
	100m:	1:27.14 1:27.14	300m:	4:21.89 1:27.09	500m:	7:18.83 1:28.53	700m:	10:13.16 1:26.22	
	200m:	2:54.80 1:27.66	400m:	5:50.30 1:28.41	600m:	8:46.94 1:28.11	800m:	11:36.76 1:23.60	
6.	Gabriela Leonardo, MEDINA		09	Condeixa Clube				11:50.27	307
	100m:	1:26.80 1:26.80	300m:	4:23.60 1:28.79	500m:	7:23.69 1:30.05	700m:	10:23.64 1:29.57	
	200m:	2:54.81 1:28.01	400m:	5:53.64 1:30.04	600m:	8:54.07 1:30.38	800m:	11:50.27 1:26.63	
7.	Sofia Fonseca, PRIMO		09	Academica de Coimbra				11:50.47	307
	100m:	1:26.77 1:26.77	300m:	4:24.10 1:28.41	500m:	7:22.32 1:29.76	700m:	10:22.93 1:30.64	
	200m:	2:55.69 1:28.92	400m:	5:52.56 1:28.46	600m:	8:52.29 1:29.97	800m:	11:50.47 1:27.54	
8.	Ana Laura, LUCAS		09	Columbofila Cantanhedense				12:08.36	285
	100m:	1:28.76 1:28.76	300m:	4:34.90 1:33.35	500m:	7:39.01 1:31.92	700m:	10:40.65 1:29.62	
	200m:	3:01.55 1:32.79	400m:	6:07.09 1:32.19	600m:	9:11.03 1:32.02	800m:	12:08.36 1:27.71	
9.	Ana Margarida, CRUZ		09	Nautico Academico				12:18.21	273
	100m:	1:28.32 1:28.32	300m:	4:34.82 1:34.03	500m:	7:42.84 1:34.34	700m:	10:50.32 1:33.82	
	200m:	3:00.79 1:32.47	400m:	6:08.50 1:33.68	600m:	9:16.50 1:33.66	800m:	12:18.21 1:27.89	

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Prova 4, Femin., 800m Livres

Juv B

1.	Maria Manuel, CORTESAO	08	Nautico Academico	10:17.13	468
	100m: 1:14.36 1:14.36	300m: 3:48.69 1:17.23	500m: 6:23.76 1:17.97	700m: 9:00.94 1:18.45	
	200m: 2:31.46 1:17.10	400m: 5:05.79 1:17.10	600m: 7:42.49 1:18.73	800m: 10:17.13 1:16.19	
2.	Francisca Santos, FERNANDES	08	Miranda do Corvo	10:36.39	427
	100m: 1:15.80 1:15.80	300m: 3:55.96 1:20.16	500m: 6:36.37 1:20.51	700m: 9:19.09 1:21.80	
	200m: 2:35.80 1:20.00	400m: 5:15.86 1:19.90	600m: 7:57.29 1:20.92	800m: 10:36.39 1:17.30	
3.	Raquel Filipa, JESUS	08	Nautico Academico	10:44.98	410
	100m: 1:15.87 1:15.87	300m: 3:56.50 1:20.64	500m: 6:39.45 1:21.89	700m: 9:24.94 1:22.53	
	200m: 2:35.86 1:19.99	400m: 5:17.56 1:21.06	600m: 8:02.41 1:22.96	800m: 10:44.98 1:20.04	
4.	Laura Carvalho, FERNANDES	08	Nautico Academico	10:50.64	399
	100m: 1:17.17 1:17.17	300m: 4:01.69 1:23.28	500m: 6:47.92 1:23.42	700m: 9:32.46 1:22.26	
	200m: 2:38.41 1:21.24	400m: 5:24.50 1:22.81	600m: 8:10.20 1:22.28	800m: 10:50.64 1:18.18	
5.	Mariana Santos, ALMEIDA	08	Columbofila Cantanhedense	11:06.16	372
	100m: 1:17.28 1:17.28	300m: 4:02.43 1:23.14	500m: 6:51.46 1:23.99	700m: 9:41.66 1:25.02	
	200m: 2:39.29 1:22.01	400m: 5:27.47 1:25.04	600m: 8:16.64 1:25.18	800m: 11:06.16 1:24.50	
6.	Ana Beatriz, DOMINGUES	08	Nautico Academico	11:06.24	372
	100m: 1:18.84 1:18.84	300m: 4:05.52 1:23.53	500m: 6:55.26 1:25.57	700m: 9:46.17 1:25.43	
	200m: 2:41.99 1:23.15	400m: 5:29.69 1:24.17	600m: 8:20.74 1:25.48	800m: 11:06.24 1:20.07	
7.	Ana Beatriz, CAMPOS	08	Academica de Coimbra	11:08.74	368
	100m: 1:16.85 1:16.85	300m: 4:00.84 1:22.93	500m: 6:49.57 1:24.72	700m: 9:43.47 1:27.88	
	200m: 2:37.91 1:21.06	400m: 5:24.85 1:24.01	600m: 8:15.59 1:26.02	800m: 11:08.74 1:25.27	
8.	Rita Isabel, NEVES	08	Academica de Coimbra	11:18.37	352
	100m: 1:24.71 1:24.71	300m: 4:14.25 1:24.70	500m: 7:04.49 1:25.43	700m: 9:57.43 1:27.37	
	200m: 2:49.55 1:24.84	400m: 5:39.06 1:24.81	600m: 8:30.06 1:25.57	800m: 11:18.37 1:20.94	
9.	Laura Silva, FERNANDES	08	Miranda do Corvo	11:49.18	308
	100m: 1:22.43 1:22.43	300m: 4:18.31 1:27.96	500m: 7:17.62 1:28.46	700m: 10:20.10 1:32.52	
	200m: 2:50.35 1:27.92	400m: 5:49.16 1:30.85	600m: 8:47.58 1:29.96	800m: 11:49.18 1:29.08	
10.	Ana Sofia, PARAISO	08	Vigor da Mocidade	11:54.34	302
	100m: 1:25.62 1:25.62	300m: 4:28.40 1:31.94	500m: 7:28.85 1:30.28	700m: 10:28.84 1:29.54	
	200m: 2:56.46 1:30.84	400m: 5:58.57 1:30.17	600m: 8:59.30 1:30.45	800m: 11:54.34 1:25.50	
11.	Ines Serralheiro, SANTOS	08	Columbofila Cantanhedense	12:08.15	285
	100m: 1:23.71 1:23.71	300m: 4:19.93 1:29.04	500m: 7:25.86 1:33.66	700m: 10:34.57 1:34.69	
	200m: 2:50.89 1:27.18	400m: 5:52.20 1:32.27	600m: 8:59.88 1:34.02	800m: 12:08.15 1:33.58	
12.	Francisca Dias, AGANTE	08	Vigor da Mocidade	14:06.41	181
	100m: 1:33.62 1:33.62	300m: 5:08.13 1:48.72	500m: 8:43.18 1:47.27	700m: 12:22.28 1:50.76	
	200m: 3:19.41 1:45.79	400m: 6:55.91 1:47.78	600m: 10:31.52 1:48.34	800m: 14:06.41 1:44.13	

Juv A

1.	Leonor Mil, MANO	07	Nautico Academico	9:29.38	596
	100m: 1:08.64 1:08.64	300m: 3:31.88 1:11.74	500m: 5:55.27 1:11.39	700m: 8:18.84 1:11.52	
	200m: 2:20.14 1:11.50	400m: 4:43.88 1:12.00	600m: 7:07.32 1:12.05	800m: 9:29.38 1:10.54	
2.	Ines Miranda, DIOGO	07	Nautico Academico	9:40.03	564
	100m: 1:10.36 1:10.36	300m: 3:34.88 1:12.40	500m: 6:01.04 1:13.25	700m: 8:27.49 1:12.78	
	200m: 2:22.48 1:12.12	400m: 4:47.79 1:12.91	600m: 7:14.71 1:13.67	800m: 9:40.03 1:12.54	
3.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	9:48.02	541
	100m: 1:10.01 1:10.01	300m: 3:38.20 1:14.23	500m: 6:07.07 1:13.85	700m: 8:35.33 1:13.76	
	200m: 2:23.97 1:13.96	400m: 4:53.22 1:15.02	600m: 7:21.57 1:14.50	800m: 9:48.02 1:12.69	
4.	Marta Andre, AGUILAR	07	Nautico Academico	10:00.65	508
	100m: 1:10.98 1:10.98	300m: 3:41.28 1:15.05	500m: 6:14.59 1:16.81	700m: 8:46.36 1:15.68	
	200m: 2:26.23 1:15.25	400m: 4:57.78 1:16.50	600m: 7:30.68 1:16.09	800m: 10:00.65 1:14.29	
5.	Maria Ines, FERNANDES	07	Nautico Academico	10:50.13	400
	100m: 1:16.76 1:16.76	300m: 3:55.92 1:19.87	500m: 6:38.53 1:22.92	700m: 9:27.54 1:25.16	
	200m: 2:36.05 1:19.29	400m: 5:15.61 1:19.69	600m: 8:02.38 1:23.85	800m: 10:50.13 1:22.59	

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EXH	Mariana Carmo, ROSA	05	Louzan Natacao/EFAPEL	9:17.65	635
	100m: 1:07.32 1:07.32	300m: 3:27.48 1:10.37	500m: 5:47.30 1:09.14	700m: 8:08.15 1:10.15	
	200m: 2:17.11 1:09.79	400m: 4:38.16 1:10.68	600m: 6:58.00 1:10.70	800m: 9:17.65 1:09.50	
EXH	Kateryna, DZYAKANAVA	05	Louzan Natacao/EFAPEL	10:36.03	428
	100m: 1:14.87 1:14.87	300m: 3:54.07 1:19.99	500m: 6:35.67 1:20.83	700m: 9:17.37 1:20.87	
	200m: 2:34.08 1:19.21	400m: 5:14.84 1:20.77	600m: 7:56.50 1:20.83	800m: 10:36.03 1:18.66	