



Campeonato Distrital de JUV, JUN, SEN)  
Tomar, 19 e 20 de Novembro de 2022

Prova 25 Femin., 1500m Livres Juvenil  
20/11/2022 - 9:00 Resultados

|                                 |          |                    |      |           |            |
|---------------------------------|----------|--------------------|------|-----------|------------|
| Recorde Distrital ANDS Absoluto | 16:42.70 | Mafalda Sofia Rosa | cnrm | aLBUFEIRA | 12/11/2021 |
| Recorde Distrital ANDS Juv A    | 17:22.70 | Mafalda Sofia Rosa | CNRM | Tomar     | 18/11/2017 |
| Recorde Distrital ANDS Juv B    | 17:57.44 | Mafalda Sofia Rosa | CNRM | Santarem  | 15/01/2017 |

Juv A: 23:49.00

Pontos: FINA 2021

| Lugar | Nome                    | Ano           | Clube          | Tempo Final     | TReac    | Pts |
|-------|-------------------------|---------------|----------------|-----------------|----------|-----|
| 1.    | Catarina Maria Lopes    | 08            | BUZIOS-Coruche | <b>19:52.41</b> |          | 456 |
|       | 50m: 35.16 35.16        | 200m: 2:30.06 | 1:16.72        | 800m: 10:25.63  | 5:19.47  |     |
|       | 100m: 1:13.34 38.18     | 400m: 5:06.16 | 2:36.10        | 1500m: 19:52.41 | 9:26.78  |     |
| 2.    | Leonor Margarida Mateus | 09            | BUZIOS-Coruche | <b>23:44.79</b> |          | 267 |
|       | 50m: 40.69 40.69        | 200m: 3:03.79 | 1:36.10        | 800m: 12:43.94  | 6:27.47  |     |
|       | 100m: 1:27.69 47.00     | 400m: 6:16.47 | 3:12.68        | 1500m: 23:44.79 | 11:00.85 |     |

DNS Joana Pereira Santos 09 Rio Maior

Prova 25 Femin., 1500m Livres Junior  
20/11/2022 - 9:00 Resultados

|                                 |          |                    |      |            |            |
|---------------------------------|----------|--------------------|------|------------|------------|
| Recorde Distrital ANDS Absoluto | 16:42.70 | Mafalda Sofia Rosa | cnrm | aLBUFEIRA  | 12/11/2021 |
| Recorde Distrital ANDS 17       | 17:00.30 | Mafalda Sofia Rosa | CNRM | Felgueiras | 20/12/2019 |
| Recorde Distrital ANDS Jun16    | 17:03.84 | Mafalda Sofia Rosa | CNRM | CORUCHE    | 15/03/2019 |

Jun/Sen: 23:07.00

Pontos: FINA 2021

| Lugar | Nome                    | Ano           | Clube          | Tempo Final     | TReac   | Pts |
|-------|-------------------------|---------------|----------------|-----------------|---------|-----|
| 1.    | Mariana Mauricio Coelho | 07            | BUZIOS-Coruche | <b>20:15.45</b> |         | 430 |
|       | 50m: 35.02 35.02        | 200m: 2:34.20 | 1:20.46        | 800m: 10:44.14  | 5:26.94 |     |
|       | 100m: 1:13.74 38.72     | 400m: 5:17.20 | 2:43.00        | 1500m: 20:15.45 | 9:31.31 |     |

DNS Maria Beatriz Teixeira 06 Viver Santarem

Prova 25 Femin., 1500m Livres Senior  
20/11/2022 - 9:00 Resultados

|                                 |          |                    |      |           |            |
|---------------------------------|----------|--------------------|------|-----------|------------|
| Recorde Distrital ANDS Absoluto | 16:42.70 | Mafalda Sofia Rosa | cnrm | aLBUFEIRA | 12/11/2021 |
| Recorde Distrital ANDS Sen      | 16:42.70 | Mafalda Sofia Rosa | CNRM | Albufeira | 12/11/2021 |

Jun/Sen: 23:07.00

Pontos: FINA 2021

| Lugar | Nome                    | Ano           | Clube              | Tempo Final     | TReac    | Pts |
|-------|-------------------------|---------------|--------------------|-----------------|----------|-----|
| 1.    | Mafalda Sofia Rosa      | 03            | Rio Maior          | <b>17:26.63</b> |          | 674 |
|       | 50m: 33.20 33.20        | 200m: 2:20.53 | 1:11.90            | 800m: 9:26.45   | 4:41.29  |     |
|       | 100m: 1:08.63 35.43     | 400m: 4:45.16 | 2:24.63            | 1500m: 17:26.63 | 8:00.18  |     |
| 2.    | Catarina Isabel Carlota | 05            | BUZIOS-Coruche     | <b>18:07.81</b> |          | 601 |
|       | 50m: 33.16 33.16        | 200m: 2:22.05 | 1:13.14            | 800m: 9:40.50   | 4:52.24  |     |
|       | 100m: 1:08.91 35.75     | 400m: 4:48.26 | 2:26.21            | 1500m: 18:07.81 | 8:27.31  |     |
| 3.    | Ines Sofia Nunes        | 03            | BUZIOS-Coruche     | <b>21:41.75</b> |          | 350 |
|       | 50m: 37.11 37.11        | 200m: 2:44.18 | 55.43              | 800m: 11:29.25  | 5:51.00  |     |
|       | 100m: 1:48.75 1:11.64   | 400m: 5:38.25 | 2:54.07            | 1500m: 21:41.75 | 10:12.50 |     |
| 4.    | Joana Teixeira Dias     | 97            | CLAC-Entroncamento | <b>22:25.26</b> |          | 317 |
|       | 50m: 39.66 39.66        | 200m: 2:53.04 | 1:29.98            | 800m: 11:50.66  | 5:59.12  |     |
|       | 100m: 1:23.06 43.40     | 400m: 5:51.54 | 2:58.50            | 1500m: 22:25.26 | 10:34.60 |     |