

Campeonato Regional Juvenis, Juniores e Seniores PC  
Coimbra, 25- - 26-11-2023

Prova 13  
25-11-2023 - 16:00

Femin., 1500m Livres

Absolutos  
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Camila Duarte, MARCELO	10 Condeixa Clube	<b>18:34.82</b>	558
100m: 1:11.09 1:11.09	500m: 6:07.43 1:14.28	900m: 11:05.88 1:15.34	1300m: 16:06.47 1:15.13
200m: 2:24.93 1:13.84	600m: 7:22.06 1:14.63	1000m: 12:21.46 1:15.58	1400m: 17:21.38 1:14.91
300m: 3:39.02 1:14.09	700m: 8:36.33 1:14.27	1100m: 13:36.72 1:15.26	1500m: 18:34.82 1:13.44
400m: 4:53.15 1:14.13	800m: 9:50.54 1:14.21	1200m: 14:51.34 1:14.62	
2. Leonor Antunes, PAIVA	10 Náutico Académico	<b>19:34.90</b>	477
100m: 1:15.06 1:15.06	500m: 6:32.34 1:19.06	900m: 11:45.71 1:18.47	1300m: 17:00.94 1:18.48
200m: 2:34.69 1:19.63	600m: 7:50.48 1:18.14	1000m: 13:04.54 1:18.83	1400m: 18:18.90 1:17.96
300m: 3:53.78 1:19.09	700m: 9:09.21 1:18.73	1100m: 14:23.61 1:19.07	1500m: 19:34.90 1:16.00
400m: 5:13.28 1:19.50	800m: 10:27.24 1:18.03	1200m: 15:42.46 1:18.85	
3. Mariana Bagagem, CARVALHO	10 Miranda do Corvo	<b>20:02.83</b>	444
100m: 1:14.48 1:14.48	500m: 6:36.74 1:20.82	900m: 12:00.35 1:21.02	1300m: 17:25.19 1:20.24
200m: 2:34.59 1:20.11	600m: 7:57.53 1:20.79	1000m: 13:22.55 1:22.20	1400m: 18:45.94 1:20.75
300m: 3:55.58 1:20.99	700m: 9:18.17 1:20.64	1100m: 14:43.88 1:21.33	1500m: 20:02.83 1:16.89
400m: 5:15.92 1:20.34	800m: 10:39.33 1:21.16	1200m: 16:04.95 1:21.07	
4. Sara Marques, LIMA	10 CASPAE	<b>21:01.95</b>	384
100m: 1:13.98 1:13.98	500m: 6:38.42 1:22.65	900m: 12:20.45 1:25.14	1300m: 18:09.07 1:26.29
200m: 2:32.88 1:18.90	600m: 8:03.57 1:25.15	1000m: 13:48.73 1:28.28	1400m: 19:37.12 1:28.05
300m: 3:53.07 1:20.19	700m: 9:29.37 1:25.80	1100m: 15:15.69 1:26.96	1500m: 21:01.95 1:24.83
400m: 5:15.77 1:22.70	800m: 10:55.31 1:25.94	1200m: 16:42.78 1:27.09	

**Juniores**

1. Marta Andre, AGUILAR	07 Náutico Académico	<b>17:57.34</b>	618
100m: 1:08.13 1:08.13	500m: 5:52.97 1:11.39	900m: 10:40.96 1:12.79	1300m: 15:33.68 1:12.91
200m: 2:19.08 1:10.95	600m: 7:04.09 1:11.12	1000m: 11:53.84 1:12.88	1400m: 16:46.58 1:12.90
300m: 3:30.61 1:11.53	700m: 8:16.21 1:12.12	1100m: 13:07.24 1:13.40	1500m: 17:57.34 1:10.76
400m: 4:41.58 1:10.97	800m: 9:28.17 1:11.96	1200m: 14:20.77 1:13.53	
2. Rita Isabel, NEVES	08 Condeixa Clube	<b>19:38.49</b>	472
100m: 1:15.59 1:15.59	500m: 6:32.67 1:18.47	900m: 11:47.76 1:19.46	1300m: 17:03.60 1:19.18
200m: 2:35.19 1:19.60	600m: 7:50.88 1:18.21	1000m: 13:06.69 1:18.93	1400m: 18:21.93 1:18.33
300m: 3:54.84 1:19.65	700m: 9:09.58 1:18.70	1100m: 14:25.58 1:18.89	1500m: 19:38.49 1:16.56
400m: 5:14.20 1:19.36	800m: 10:28.30 1:18.72	1200m: 15:44.42 1:18.84	

**Seniores**

1. Helena Nunes, RODRIGUES	03 Condeixa Clube	<b>17:37.78</b>	653
100m: 1:08.09 1:08.09	500m: 5:52.03 1:11.26	900m: 10:34.48 1:11.25	1300m: 15:18.47 1:11.36
200m: 2:18.79 1:10.70	600m: 7:01.34 1:09.31	1000m: 11:45.64 1:11.16	1400m: 16:29.30 1:10.83
300m: 3:29.63 1:10.84	700m: 8:11.98 1:10.64	1100m: 12:55.83 1:10.19	1500m: 17:37.78 1:08.48
400m: 4:40.77 1:11.14	800m: 9:23.23 1:11.25	1200m: 14:07.11 1:11.28	
2. Leonor Verissimo, FARIA	06 Náutico Académico	<b>17:47.51</b>	635
100m: 1:07.87 1:07.87	500m: 5:51.69 1:11.20	900m: 10:36.97 1:11.55	1300m: 15:24.33 1:12.14
200m: 2:18.50 1:10.63	600m: 7:02.55 1:10.86	1000m: 11:48.58 1:11.61	1400m: 16:36.04 1:11.71
300m: 3:29.33 1:10.83	700m: 8:13.91 1:11.36	1100m: 13:00.26 1:11.68	1500m: 17:47.51 1:11.47
400m: 4:40.49 1:11.16	800m: 9:25.42 1:11.51	1200m: 14:12.19 1:11.93	
3. Maria Neto, FERREIRA	06 Náutico Académico	<b>18:20.89</b>	579
100m: 1:07.84 1:07.84	500m: 6:00.89 1:14.13	900m: 10:58.40 1:14.90	1300m: 15:55.92 1:14.09
200m: 2:20.08 1:12.24	600m: 7:14.62 1:13.73	1000m: 12:12.94 1:14.54	1400m: 17:08.88 1:12.96
300m: 3:32.64 1:12.56	700m: 8:28.95 1:14.33	1100m: 13:27.10 1:14.16	1500m: 18:20.89 1:12.01
400m: 4:46.76 1:14.12	800m: 9:43.50 1:14.55	1200m: 14:41.83 1:14.73	