

Prova 3

Femin., 1500m Livres

Juvenis

04/11/2023 - 9:40

Resultados

Recorde Regional (25m) Open	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recorde Regional (25m) Juv A	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recorde Regional (25m) Juv B	20:51.31	Beatriz Maria Igrejas	GCVR	Santa Marta de Penaguião	08/07/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Manuel Braz	209417	09	Gcvr	<b>20:32.45</b>	400
	50m: 36.45	36.45	400m: 5:24.89	1:22.57	800m: 10:54.45	1:22.78
	100m: 1:17.00	40.55	500m: 6:41.16	1:16.27	900m: 12:17.07	1:22.62
	200m: 2:39.32	1:22.32	600m: 8:09.76	1:28.60	1000m: 13:39.51	1:22.44
	300m: 4:02.32	1:23.00	700m: 9:31.67	1:21.91	1100m: 15:02.82	1:23.31
					1200m: 16:25.70	1:22.88
					1300m: 17:49.54	1:23.84
					1400m: 19:12.04	1:22.50
					1500m: 20:32.45	1:20.41
2.	Francisca Moreira Fonseca	209211	09	CMN Peso da Régua	<b>22:52.47</b>	289
	50m: 39.31	39.31	400m: 6:00.63	1:32.84	800m: 12:09.73	1:32.19
	100m: 1:23.21	43.90	500m: 7:32.73	1:32.10	900m: 13:43.32	1:33.59
	200m: 2:55.31	1:32.10	600m: 9:05.01	1:32.28	1000m: 15:16.97	1:33.65
	300m: 4:27.79	1:32.48	700m: 10:37.54	1:32.53	1100m: 16:50.28	1:33.31
					1200m: 18:23.43	1:33.15
					1300m: 19:54.42	1:30.99
					1400m: 21:23.82	1:29.40
					1500m: 22:52.47	1:28.65

Prova 3

Femin., 1500m Livres

Absoluto

04/11/2023 - 9:40

Resultados

Recorde Regional (25m) Open	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recorde Regional (25m) Sen	19:00.94	Ana Sofia Nóbrega	GCVR	St.ª Marta de Penaguião	30/06/2013
Recorde Regional (25m) 17	19:17.23	Maria Carolina Eira	GCVR	Santa Marta de Penaguião	02/07/2022
Recorde Regional (25m) 16	19:40.02	Maria Migueis Teixeira	CNIN	Bragança	05/07/2015
Recorde Regional (25m) Juv A	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recorde Regional (25m) Juv B	20:51.31	Beatriz Maria Igrejas	GCVR	Santa Marta de Penaguião	08/07/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Manuel Braz	209417	09	Gcvr	<b>20:32.45</b>	400
	50m: 36.45	36.45	400m: 5:24.89	1:22.57	800m: 10:54.45	1:22.78
	100m: 1:17.00	40.55	500m: 6:41.16	1:16.27	900m: 12:17.07	1:22.62
	200m: 2:39.32	1:22.32	600m: 8:09.76	1:28.60	1000m: 13:39.51	1:22.44
	300m: 4:02.32	1:23.00	700m: 9:31.67	1:21.91	1100m: 15:02.82	1:23.31
					1200m: 16:25.70	1:22.88
					1300m: 17:49.54	1:23.84
					1400m: 19:12.04	1:22.50
					1500m: 20:32.45	1:20.41
2.	Francisca Moreira Fonseca	209211	09	CMN Peso da Régua	<b>22:52.47</b>	289
	50m: 39.31	39.31	400m: 6:00.63	1:32.84	800m: 12:09.73	1:32.19
	100m: 1:23.21	43.90	500m: 7:32.73	1:32.10	900m: 13:43.32	1:33.59
	200m: 2:55.31	1:32.10	600m: 9:05.01	1:32.28	1000m: 15:16.97	1:33.65
	300m: 4:27.79	1:32.48	700m: 10:37.54	1:32.53	1100m: 16:50.28	1:33.31
					1200m: 18:23.43	1:33.15
					1300m: 19:54.42	1:30.99
					1400m: 21:23.82	1:29.40
					1500m: 22:52.47	1:28.65

Prova 3

Masc., 1500m Livres

Juniores e Seniores

04/11/2023 - 9:40

Resultados

Recorde Regional (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recorde Regional (25m) Sen	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recorde Regional (25m) 18	17:56.67	Jose Pedro Rocha	CMNPR	Peso da Régua	05/03/2022
Recorde Regional (25m) 17	17:50.83	Rodrigo Matos Salcedas	GCVR	Santa Marta de Penaguião	02/07/2017

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Jose Pedro Rocha	201748	04	CMN Peso da Régua	<b>19:44.09</b>	365
	50m: 32.40	32.40	400m: 5:18.46	1:21.87	800m: 10:42.46	1:20.18
	100m: 1:14.31	41.91	500m: 6:41.15	1:22.69	900m: 11:59.90	1:17.44
	200m: 2:34.69	1:20.38	600m: 8:01.90	1:20.75	1000m: 13:17.96	1:18.06
	300m: 3:56.59	1:21.90	700m: 9:22.28	1:20.38	1100m: 14:38.06	1:20.10
					1200m: 15:55.50	1:17.44
					1300m: 17:11.34	1:15.84
					1400m: 18:27.45	1:16.11
					1500m: 19:44.09	1:16.64

Prova 3, 1500m Livres

Prova 3		Masc., 1500m Livres				Absoluto
04/11/2023 - 9:40						Resultados
Recorde Regional (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012	
Recorde Regional (25m) Sen	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012	
Recorde Regional (25m) 18	17:56.67	Jose Pedro Rocha	CMNPR	Peso da Régua	05/03/2022	
Recorde Regional (25m) 17	17:50.83	Rodrigo Matos Salcedas	GCVR	Santa Marta de Penaguião	02/07/2017	
Recorde Regional (25m) Juv A	17:37.52	João Jorge Tao	GCVR	Braga	19/03/2000	
Recorde Regional (25m) Juv B	17:35.32	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	08/07/2018	

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs		
1.	Jose Pedro Rocha	201748	04	CMN Peso da Régua	<b>19:44.09</b>	365		
	50m: 32.40	32.40	400m: 5:18.46	1:21.87	800m: 10:42.46	1:20.18	1200m: 15:55.50	1:17.44
	100m: 1:14.31	41.91	500m: 6:41.15	1:22.69	900m: 11:59.90	1:17.44	1300m: 17:11.34	1:15.84
	200m: 2:34.69	1:20.38	600m: 8:01.90	1:20.75	1000m: 13:17.96	1:18.06	1400m: 18:27.45	1:16.11
	300m: 3:56.59	1:21.90	700m: 9:22.28	1:20.38	1100m: 14:38.06	1:20.10	1500m: 19:44.09	1:16.64