



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

Prova 4 Femin., 800m Livres Juvenil
18/11/2023 - 9:50 Resultados

Recorde Distrital ANDS Open	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Recorde Distrital ANDS Juv A	9:10.38	Mafalda Sofia Rosa	CNRM	Albufeira	16/12/2017
Recorde Distrital ANDS Juv B	9:21.21	Ana Rita Boavista	CNLA	Guimar�es	09/03/2002

Juv B: 13:00.00; Juv A: 12:40.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Leonor Sombreiro Martins	10	BUZIOS - Coruche	10:06.02		488
	50m: 34.08 100m: 1:11.89 200m: 2:29.11 400m: 5:04.31 800m: 10:06.02					
2.	Laura Prates Morais	09	BUZIOS - Coruche	10:13.98		470
	50m: 34.96 200m: 2:28.29 350m: 4:24.51 500m: 6:21.53 650m: 8:19.69 800m: 10:13.98 100m: 1:12.43 250m: 3:06.90 400m: 5:03.86 550m: 7:01.08 700m: 8:58.61 150m: 1:50.31 300m: 3:45.75 450m: 5:42.51 600m: 7:40.77 750m: 9:37.14					
3.	Lara Paixao Silva	10	Rio Maior	10:33.14		428
	50m: 34.79 200m: 2:30.60 350m: 4:31.68 500m: 6:33.64 650m: 8:34.85 800m: 10:33.14 100m: 1:12.08 250m: 3:10.97 400m: 5:12.36 550m: 7:14.80 700m: 9:15.32 150m: 1:50.96 300m: 3:51.15 450m: 5:52.79 600m: 7:55.38 750m: 9:54.44					
4.	Leonor Margarida Mateus	09	BUZIOS - Coruche	10:56.54		384
	50m: 36.54 100m: 1:16.80 200m: 2:39.92 400m: 5:29.15 800m: 10:56.54					
5.	Maria Leonor Lopes	10	Torres Novas	10:57.32		383
	50m: 35.81 200m: 2:39.24 350m: 4:45.21 500m: 6:50.83 650m: 8:56.06 800m: 10:57.32 100m: 1:16.42 250m: 3:21.92 400m: 5:27.13 550m: 7:33.21 700m: 9:36.79 150m: 1:58.00 300m: 4:03.27 450m: 6:09.17 600m: 8:13.73 750m: 10:18.24					
6.	Flor Fortunata Ferreira	10	Gualdim Pais	11:37.90		320
	50m: 37.26 200m: 2:47.36 350m: 4:58.84 500m: 7:12.81 650m: 9:26.59 800m: 11:37.90 100m: 1:19.79 250m: 3:31.98 400m: 5:43.85 550m: 7:57.53 700m: 10:11.13 150m: 2:03.71 300m: 4:14.34 450m: 6:27.40 600m: 8:42.12 750m: 10:54.83					

Prova 4 Femin., 800m Livres Junior
18/11/2023 - 9:50 Resultados

Recorde Distrital ANDS Open	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Recorde Distrital ANDS 17	8:48.64	Mafalda Sofia Rosa	ROU	Leiria	15/12/2019
Recorde Distrital ANDS Jun16	8:53.34	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019

Jun/Sen: 12:15.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Madalena Maria Midoes	07	Viver Santarem	10:30.51		434
	50m: 35.00 200m: 2:30.16 350m: 4:27.94 500m: 6:27.37 650m: 8:28.99 800m: 10:30.51 100m: 1:13.09 250m: 3:09.31 400m: 5:07.18 550m: 7:07.83 700m: 9:09.94 150m: 1:51.50 300m: 3:48.80 450m: 5:46.95 600m: 7:48.32 750m: 9:50.77					
2.	Mariana Mauricio Coelho	07	BUZIOS - Coruche	10:35.00		424
	50m: 35.10 200m: 2:32.77 350m: 4:33.23 500m: 6:34.80 650m: 8:35.60 800m: 10:35.00 100m: 1:13.71 250m: 3:12.42 400m: 5:14.07 550m: 7:14.91 700m: 9:16.82 150m: 1:52.69 300m: 3:52.58 450m: 5:54.29 600m: 7:55.33 750m: 9:57.00					
3.	Carolina Santos Carrilho	08	CLAC-Entroncamento	11:24.78		338
	50m: 37.83 200m: 2:45.59 350m: 4:55.84 500m: 7:05.90 650m: 9:17.20 800m: 11:24.78 100m: 1:19.68 250m: 3:29.32 400m: 5:39.65 550m: 7:49.28 700m: 10:00.94 150m: 2:02.55 300m: 4:12.69 450m: 6:22.72 600m: 8:33.67 750m: 10:44.33					



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Tomar, 19 e 20 de Novembro de 2022

Prova 4, Femin., 800m Livres

Prova 4 Femin., 800m Livres Senior Resultados
18/11/2023 - 9:50

Recorde Distrital ANDS Open	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Recorde Distrital ANDS Sen	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021

Jun/Sen: 12:15.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Marta Filipa Bucha	06	Viver Santarem	9:54.90		516
	50m: 34.16	200m: 2:25.17	350m: 4:17.07	500m: 6:09.42	650m: 8:02.96	800m: 9:54.90
	100m: 1:11.28	250m: 3:02.43	400m: 4:54.49	550m: 6:47.08	700m: 8:41.12	
	150m: 1:48.10	300m: 3:39.67	450m: 5:31.99	600m: 7:25.03	750m: 9:18.94	
2.	Rafaela Canano Silva	04	Viver Santarem	10:13.09		472
	50m: 34.37	200m: 2:27.51	350m: 4:24.46	500m: 6:20.92	650m: 8:17.83	800m: 10:13.09
	100m: 1:11.57	250m: 3:06.53	400m: 5:03.19	550m: 6:59.89	700m: 8:56.71	
	150m: 1:49.47	300m: 3:45.30	450m: 5:41.86	600m: 7:38.70	750m: 9:35.32	

Prova 4 Femin., 800m Livres Juvenil B Resultados
18/11/2023 - 9:50

Recorde Distrital ANDS Open	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Recorde Distrital ANDS Juv B	9:21.21	Ana Rita Boavista	CNLA	Guimar�es	09/03/2002

: 13:00.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Leonor Sombreiro Martins	10	BUZIOS - Coruche	10:06.02		488
	50m: 34.08	100m: 1:11.89	200m: 2:29.11	400m: 5:04.31	800m: 10:06.02	
2.	Lara Paixao Silva	10	Rio Maior	10:33.14		428
	50m: 34.79	200m: 2:30.60	350m: 4:31.68	500m: 6:33.64	650m: 8:34.85	800m: 10:33.14
	100m: 1:12.08	250m: 3:10.97	400m: 5:12.36	550m: 7:14.80	700m: 9:15.32	
	150m: 1:50.96	300m: 3:51.15	450m: 5:52.79	600m: 7:55.38	750m: 9:54.44	
3.	Maria Leonor Lopes	10	Torres Novas	10:57.32		383
	50m: 35.81	200m: 2:39.24	350m: 4:45.21	500m: 6:50.83	650m: 8:56.06	800m: 10:57.32
	100m: 1:16.42	250m: 3:21.92	400m: 5:27.13	550m: 7:33.21	700m: 9:36.79	
	150m: 1:58.00	300m: 4:03.27	450m: 6:09.17	600m: 8:13.73	750m: 10:18.24	
4.	Flor Fortunata Ferreira	10	Gualdim Pais	11:37.90		320
	50m: 37.26	200m: 2:47.36	350m: 4:58.84	500m: 7:12.81	650m: 9:26.59	800m: 11:37.90
	100m: 1:19.79	250m: 3:31.98	400m: 5:43.85	550m: 7:57.53	700m: 10:11.13	
	150m: 2:03.71	300m: 4:14.34	450m: 6:27.40	600m: 8:42.12	750m: 10:54.83	

Prova 4 Femin., 800m Livres Juvenil A Resultados
18/11/2023 - 9:50

Recorde Distrital ANDS Open	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Recorde Distrital ANDS Juv A	9:10.38	Mafalda Sofia Rosa	CNRM	Albufeira	16/12/2017

: 12:40.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Laura Prates Morais	09	BUZIOS - Coruche	10:13.98		470
	50m: 34.96	200m: 2:28.29	350m: 4:24.51	500m: 6:21.53	650m: 8:19.69	800m: 10:13.98
	100m: 1:12.43	250m: 3:06.90	400m: 5:03.86	550m: 7:01.08	700m: 8:58.61	
	150m: 1:50.31	300m: 3:45.75	450m: 5:42.51	600m: 7:40.77	750m: 9:37.14	
2.	Leonor Margarida Mateus	09	BUZIOS - Coruche	10:56.54		384
	50m: 36.54	100m: 1:16.80	200m: 2:39.92	400m: 5:29.15	800m: 10:56.54	