

Campeonato Regional ANICentro / Preparação de Infantis  
Castelo Branco, 25 - 26/11/2023

Prova 34  
26/11/2023 - 9:06

Femin., 1500m Livres

12 anos e mais velhos  
Resultados

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Infantis</b>							
1.	Ines Sendas, MARCO	13	AN Albicastrense	<b>25:39.87</b>		205	
	100m: 1:34.62 1:34.62	500m: 8:26.44 1:44.74	900m: 15:27.05 1:44.80	1300m: 22:31.87 1:44.26			
	200m: 3:16.50 1:41.88	600m: 10:12.47 1:46.03	1000m: 17:12.88 1:45.83	1400m: 24:12.47 1:40.60			
	300m: 4:58.40 1:41.90	700m: 11:56.52 1:44.05	1100m: 19:00.56 1:47.68	1500m: 25:39.87 1:27.40			
	400m: 6:41.70 1:43.30	800m: 13:42.25 1:45.73	1200m: 20:47.61 1:47.05				
<b>Absolutos</b>							
1.	Ines Maria, ESCARDUCA	16	Elvense	<b>21:45.91</b>		336	
	100m: 1:17.30 1:17.30	500m: 7:02.48 1:28.79	900m: 13:07.36 1:30.83	1300m: 19:02.57 1:27.79			
	200m: 2:41.24 1:23.94	600m: 8:33.41 1:30.93	1000m: 14:37.53 1:30.17	1400m: 20:29.04 1:26.47			
	300m: 4:07.03 1:25.79	700m: 10:04.68 1:31.27	1100m: 16:07.72 1:30.19	1500m: 21:45.91 1:16.87			
	400m: 5:33.69 1:26.66	800m: 11:36.53 1:31.85	1200m: 17:34.78 1:27.06				
2.	Carolina Santos, SILVA	18	CCDSerta	<b>22:27.53</b>		306	
	100m: 1:21.32 1:21.32	500m: 7:22.68 1:30.53	900m: 13:27.33 1:31.44	1300m: 19:35.65 1:31.89			
	200m: 2:50.74 1:29.42	600m: 8:53.09 1:30.41	1000m: 14:58.83 1:31.50	1400m: 21:06.33 1:30.68			
	300m: 4:21.91 1:31.17	700m: 10:24.08 1:30.99	1100m: 16:31.68 1:32.85	1500m: 22:27.53 1:21.20			
	400m: 5:52.15 1:30.24	800m: 11:55.89 1:31.81	1200m: 18:03.76 1:32.08				
3.	Carolina Pinto, BANHUDO	14	AN Albicastrense	<b>22:38.84</b>		298	
	100m: 1:20.74 1:20.74	500m: 7:22.96 1:32.47	900m: 13:32.46 1:31.94	1300m: 19:42.90 1:31.85			
	200m: 2:49.62 1:28.88	600m: 8:55.94 1:32.98	1000m: 15:05.24 1:32.78	1400m: 21:13.72 1:30.82			
	300m: 4:20.15 1:30.53	700m: 10:29.22 1:33.28	1100m: 16:39.08 1:33.84	1500m: 22:38.84 1:25.12			
	400m: 5:50.49 1:30.34	800m: 12:00.52 1:31.30	1200m: 18:11.05 1:31.97				
4.	Vitoria Morao, ALMEIDA	15	AN Albicastrense	<b>23:22.30</b>		271	
	100m: 1:25.10 1:25.10	500m: 7:35.11 1:33.29	900m: 13:57.70 1:39.72	1300m: 20:17.61 1:36.29			
	200m: 2:56.37 1:31.27	600m: 9:09.10 1:33.99	1000m: 15:29.56 1:31.86	1400m: 21:55.10 1:37.49			
	300m: 4:28.18 1:31.81	700m: 10:43.89 1:34.79	1100m: 17:05.06 1:35.50	1500m: 23:22.30 1:27.20			
	400m: 6:01.82 1:33.64	800m: 12:17.98 1:34.09	1200m: 18:41.32 1:36.26				
5.	Maria Alexandra, MARQUES	20	AN Albicastrense	<b>23:23.02</b>		271	
	100m: 1:25.06 1:25.06	500m: 7:38.59 1:36.82	900m: 13:52.33 1:34.56	1300m: 20:16.44 1:36.20			
	200m: 2:56.44 1:31.38	600m: 9:08.75 1:30.16	1000m: 15:28.96 1:36.63	1400m: 21:53.71 1:37.27			
	300m: 4:28.15 1:31.71	700m: 10:43.75 1:35.00	1100m: 17:04.33 1:35.37	1500m: 23:23.02 1:29.31			
	400m: 6:01.77 1:33.62	800m: 12:17.77 1:34.02	1200m: 18:40.24 1:35.91				
6.	Maria Rita, AGOSTINHO	14	AN Albicastrense	<b>26:35.33</b>		184	
	100m: 1:33.18 1:33.18	500m: 8:37.27 1:48.85	900m: 15:58.02 1:52.11	1300m: 23:12.40 1:46.76			
	200m: 3:17.19 1:44.01	600m: 10:25.92 1:48.65	1000m: 17:47.15 1:49.13	1400m: 24:56.49 1:44.09			
	300m: 5:00.97 1:43.78	700m: 12:17.05 1:51.13	1100m: 19:35.04 1:47.89	1500m: 26:35.33 1:38.84			
	400m: 6:48.42 1:47.45	800m: 14:05.91 1:48.86	1200m: 21:25.64 1:50.60				