

ANARA  
ASSOCIAÇÃO DE NATACÃO DO ALENTEJO

Torneio Zonal de Juvenis (Zona Sul)  
Sines, 15 - 17/12/2023

## Prova 37

## Femin., 1500m Livres

## Juvenis

17/12/2023 - 16:00

Resultados

Rec Nac 25m Open	15:55.19	Diana Margarida DURAES	SLB	Felgueiras	23/11/2019
Rec Nac 25m Juv A	16:54.39	Tamila Hryhorivna HOLUB	SCB	Vila Praia Ancora	16/03/2014
Rec Nac 25m Juv B	17:17.43	Tamila Hryhorivna HOLUB	SCB	Vila Praia Ancora	30/06/2013

TAC Juvenil A Fem Juv A 50m: 20:57.71 - 25m: 20:33.24 / TAC Juvenil B Fem Juv B 50m: 21:20.57 - 25m: 20:55.67

Pontos: FINA 2023

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	Leonor Sombreiro MARTINS	14	211313	BUZIOS - Coruche	<b>19:16.55</b>		484	
	100m: 1:10.81	1:10.81	500m: 6:18.29	1:17.08	900m: 11:31.35	1:18.05	1300m: 16:43.63	1:18.08
	200m: 2:27.12	1:16.31	600m: 7:36.71	1:18.42	1000m: 12:49.59	1:18.24	1400m: 18:01.72	1:18.09
	300m: 3:43.90	1:16.78	700m: 8:54.93	1:18.22	1100m: 14:07.98	1:18.39	1500m: 19:16.55	1:14.83
	400m: 5:01.21	1:17.31	800m: 10:13.30	1:18.37	1200m: 15:25.55	1:17.57		
2.	Lara Paixao SILVA	14	210801	Rio Maior	<b>19:59.57</b>		434	
	100m: 1:14.04	1:14.04	500m: 6:35.57	1:21.49	900m: 11:58.53	1:20.44	1300m: 17:23.05	1:21.13
	200m: 2:32.83	1:18.79	600m: 7:56.19	1:20.62	1000m: 13:19.85	1:21.32	1400m: 18:43.17	1:20.12
	300m: 3:53.31	1:20.48	700m: 9:16.97	1:20.78	1100m: 14:40.91	1:21.06	1500m: 19:59.57	1:16.40
	400m: 5:14.08	1:20.77	800m: 10:38.09	1:21.12	1200m: 16:01.92	1:21.01		

## Juvenil A

1.	Luana Ferreira CRAVEIRO	15	144313	Nautico Marinha Grande	<b>17:38.39</b>		631	
	100m: 1:06.26	1:06.26	500m: 5:49.44	1:11.36	900m: 10:34.76	1:11.08	1300m: 15:18.32	1:10.35
	200m: 2:16.02	1:09.76	600m: 7:01.09	1:11.65	1000m: 11:46.23	1:11.47	1400m: 16:28.65	1:10.33
	300m: 3:26.60	1:10.58	700m: 8:12.32	1:11.23	1100m: 12:57.44	1:11.21	1500m: 17:38.39	1:09.74
	400m: 4:38.08	1:11.48	800m: 9:23.68	1:11.36	1200m: 14:07.97	1:10.53		
2.	Raquel Campos CARDOSO	15	153184	Bombeiros de Ponta Delgada	<b>18:41.51</b>		531	
	100m: 1:09.93	1:09.93	500m: 6:06.56	1:14.47	900m: 11:07.09	1:15.34	1300m: 16:11.03	1:15.58
	200m: 2:23.15	1:13.22	600m: 7:22.90	1:16.34	1000m: 12:23.12	1:16.03	1400m: 17:27.64	1:16.61
	300m: 3:37.53	1:14.38	700m: 8:37.90	1:15.00	1100m: 13:39.13	1:16.01	1500m: 18:41.51	1:13.87
	400m: 4:52.09	1:14.56	800m: 9:51.75	1:13.85	1200m: 14:55.45	1:16.32		
3.	Beatriz Silva JORDAO	15	206785	Vikings	<b>18:57.41</b>		509	
	100m: 1:10.35	1:10.35	500m: 6:09.63	1:15.07	900m: 11:15.29	1:17.71	1300m: 16:23.48	1:16.79
	200m: 2:24.46	1:14.11	600m: 7:25.03	1:15.40	1000m: 12:31.94	1:16.65	1400m: 17:41.73	1:18.25
	300m: 3:39.58	1:15.12	700m: 8:41.18	1:16.15	1100m: 13:49.69	1:17.75	1500m: 18:57.41	1:15.68
	400m: 4:54.56	1:14.98	800m: 9:57.58	1:16.40	1200m: 15:06.69	1:17.00		
4.	Constanca Lopes CRUZ	15	208279	Colegio Monte Maior	<b>19:07.21</b>		496	
	100m: 1:10.02	1:10.02	500m: 6:10.05	1:15.05	900m: 11:18.63	1:18.02	1300m: 16:32.48	1:18.73
	200m: 2:24.84	1:14.82	600m: 7:26.27	1:16.22	1000m: 12:36.73	1:18.10	1400m: 17:51.36	1:18.88
	300m: 3:39.07	1:14.23	700m: 8:43.96	1:17.69	1100m: 13:55.05	1:18.32	1500m: 19:07.21	1:15.85
	400m: 4:55.00	1:15.93	800m: 10:00.61	1:16.65	1200m: 15:13.75	1:18.70		
5.	Laura Prates MORAIS	15	208599	BUZIOS - Coruche	<b>19:32.98</b>		464	
	100m: 1:12.83	1:12.83	500m: 6:24.57	1:18.68	900m: 11:40.09	1:18.26	1300m: 16:57.49	1:19.94
	200m: 2:30.03	1:17.20	600m: 7:43.46	1:18.89	1000m: 12:58.67	1:18.58	1400m: 18:16.49	1:19.00
	300m: 3:47.73	1:17.70	700m: 9:02.66	1:19.20	1100m: 14:18.22	1:19.55	1500m: 19:32.98	1:16.49
	400m: 5:05.89	1:18.16	800m: 10:21.83	1:19.17	1200m: 15:37.55	1:19.33		
6.	Ines Maria LANCA	15	208303	Uniao Piedense	<b>19:38.46</b>		457	
	100m: 1:10.80	1:10.80	500m: 6:19.93	1:17.98	900m: 11:39.48	1:20.17	1300m: 17:00.25	1:20.30
	200m: 2:27.17	1:16.37	600m: 7:38.92	1:18.99	1000m: 12:59.93	1:20.45	1400m: 18:20.65	1:20.40
	300m: 3:44.28	1:17.11	700m: 8:58.98	1:20.06	1100m: 14:19.97	1:20.04	1500m: 19:38.46	1:17.81
	400m: 5:01.95	1:17.67	800m: 10:19.31	1:20.33	1200m: 15:39.95	1:19.98		
7.	Matilde Castro TEIXEIRA	15	211622	Sporting	<b>19:41.14</b>		454	
	100m: 1:13.32	1:13.32	500m: 6:28.13	1:19.70	900m: 11:42.53	1:18.21	1300m: 17:03.23	1:19.12
	200m: 2:31.36	1:18.04	600m: 7:47.29	1:19.16	1000m: 13:03.41	1:20.88	1400m: 18:23.27	1:20.04
	300m: 3:50.42	1:19.06	700m: 9:06.10	1:18.81	1100m: 14:23.89	1:20.48	1500m: 19:41.14	1:17.87
	400m: 5:08.43	1:18.01	800m: 10:24.32	1:18.22	1200m: 15:44.11	1:20.22		
8.	Beatriz Ribeiro LIMA	15	209224	Gesloures	<b>19:46.23</b>		448	
	100m: 1:12.50	1:12.50	500m: 6:29.09	1:19.09	900m: 11:49.41	1:19.54	1300m: 17:08.11	1:19.88
	200m: 2:31.24	1:18.74	600m: 7:49.43	1:20.34	1000m: 13:09.19	1:19.78	1400m: 18:28.49	1:20.38
	300m: 3:50.36	1:19.12	700m: 9:09.48	1:20.05	1100m: 14:28.55	1:19.36	1500m: 19:46.23	1:17.74
	400m: 5:10.00	1:19.64	800m: 10:29.87	1:20.39	1200m: 15:48.23	1:19.68		
9.	Clara Sobreiro RODRIGUES	15	208694	Pimpoes/Cimai	<b>19:51.77</b>		442	
	100m: 1:13.62	1:13.62	500m: 6:27.99	1:19.26	900m: 11:48.36	1:20.95	1300m: 17:13.34	1:21.03
	200m: 2:31.74	1:18.12	600m: 7:47.88	1:19.89	1000m: 13:09.95	1:21.59	1400m: 18:33.55	1:20.21
	300m: 3:50.40	1:18.66	700m: 9:07.24	1:19.36	1100m: 14:31.26	1:21.31	1500m: 19:51.77	1:18.22
	400m: 5:08.73	1:18.33	800m: 10:27.41	1:20.17	1200m: 15:52.31	1:21.05		