

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 4 Femin., 1500m Livres Abs
15/03/2024 - 18:05 Resultados

Rec Nacionais Open	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09/02/2020
Rec Nacionais Sen	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09/02/2020
Rec Nacionais Jun 17	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezzovasarhely (HUN)	08/07/2016
Rec Nacionais Jun 16	16:43.22	Tamila Hryhorivna, HOLUB	SCB	Singapore (SGP)	29/08/2015
Rec Nacionais Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	11/07/2014
Rec Nacionais Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08/07/2007

TA JUVB-FEM Juv B: 23:03.02 / TA JUVA-FEM Juv A: 22:31.01 / TA JUN-FEM Jun: 21:58.99 / TA SEN-FEM Sen: 21:26.98

Pontos: FINA 2024

Lugar Ano Tempo final Pts
Juv B

1. Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	19:24.83	493
100m: 1:14.68 1:14.68	500m: 6:29.74 1:18.32	900m: 11:41.52 1:17.53	1300m: 16:52.85 1:18.18	
200m: 2:33.77 1:19.09	600m: 7:48.05 1:18.31	1000m: 12:58.49 1:16.97	1400m: 18:10.97 1:18.12	
300m: 3:53.07 1:19.30	700m: 9:06.10 1:18.05	1100m: 14:16.53 1:18.04	1500m: 19:24.83 1:13.86	
400m: 5:11.42 1:18.35	800m: 10:23.99 1:17.89	1200m: 15:34.67 1:18.14		
2. Leonor Nunes, CARDEAL	10	Individual ANCP	19:39.86	474
100m: 1:15.05 1:15.05	500m: 6:42.16 1:21.31	900m: 12:03.16 1:20.22	1300m: 17:12.37 1:16.53	
200m: 2:36.81 1:21.76	600m: 8:01.73 1:19.57	1000m: 13:22.40 1:19.24	1400m: 18:27.82 1:15.45	
300m: 3:58.86 1:22.05	700m: 9:22.48 1:20.75	1100m: 14:39.60 1:17.20	1500m: 19:39.86 1:12.04	
400m: 5:20.85 1:21.99	800m: 10:42.94 1:20.46	1200m: 15:55.84 1:16.24		
3. Diana Isabel, ALVES	10	Pimpoes/Cimai	19:42.87	471
100m: 1:13.58 1:13.58	500m: 6:30.27 1:19.24	900m: 11:49.01 1:19.74	1300m: 17:06.61 1:18.91	
200m: 2:32.89 1:19.31	600m: 7:49.68 1:19.41	1000m: 13:09.04 1:20.03	1400m: 18:26.22 1:19.61	
300m: 3:51.98 1:19.09	700m: 9:10.08 1:20.40	1100m: 14:28.20 1:19.16	1500m: 19:42.87 1:16.65	
400m: 5:11.03 1:19.05	800m: 10:29.27 1:19.19	1200m: 15:47.70 1:19.50		
4. Bianca Balbino, MENDES	10	Naval de Peniche	19:45.71	467
100m: 1:14.59 1:14.59	500m: 6:29.64 1:18.35	900m: 11:48.68 1:19.74	1300m: 17:07.37 1:19.89	
200m: 2:34.85 1:20.26	600m: 7:49.17 1:19.53	1000m: 13:08.64 1:19.96	1400m: 18:27.96 1:20.59	
300m: 3:52.96 1:18.11	700m: 9:09.58 1:20.41	1100m: 14:27.73 1:19.09	1500m: 19:45.71 1:17.75	
400m: 5:11.29 1:18.33	800m: 10:28.94 1:19.36	1200m: 15:47.48 1:19.75		
5. Leonor Antunes, PAIVA	10	Nautico Academico	19:46.23	467
100m: 1:16.19 1:16.19	500m: 6:35.19 1:19.24	900m: 11:51.88 1:19.29	1300m: 17:10.73 1:19.92	
200m: 2:36.52 1:20.33	600m: 7:53.61 1:18.42	1000m: 13:11.18 1:19.30	1400m: 18:29.63 1:18.90	
300m: 3:56.53 1:20.01	700m: 9:13.01 1:19.40	1100m: 14:31.12 1:19.94	1500m: 19:46.23 1:16.60	
400m: 5:15.95 1:19.42	800m: 10:32.59 1:19.58	1200m: 15:50.81 1:19.69		
6. Vida Sofia, VELEZ	10	Bairro dos Anjos	20:22.56	426
100m: 1:16.37 1:16.37	500m: 6:35.40 1:19.49	900m: 11:58.16 1:22.29	1300m: 17:34.81 1:25.10	
200m: 2:36.80 1:20.43	600m: 7:54.18 1:18.78	1000m: 13:21.39 1:23.23	1400m: 18:59.87 1:25.06	
300m: 3:56.41 1:19.61	700m: 9:14.54 1:20.36	1100m: 14:46.77 1:25.38	1500m: 20:22.56 1:22.69	
400m: 5:15.91 1:19.50	800m: 10:35.87 1:21.33	1200m: 16:09.71 1:22.94		
7. Mariana Dias, PEREIRA	10	Algés e Águeda XXI	20:52.56	396
100m: 1:17.67 1:17.67	500m: 6:53.64 1:24.03	900m: 12:28.39 1:23.46	1300m: 18:04.81 1:24.98	
200m: 2:41.49 1:23.82	600m: 8:17.57 1:23.93	1000m: 13:51.78 1:23.39	1400m: 19:28.91 1:24.10	
300m: 4:05.56 1:24.07	700m: 9:41.38 1:23.81	1100m: 15:15.87 1:24.09	1500m: 20:52.56 1:23.65	
400m: 5:29.61 1:24.05	800m: 11:04.93 1:23.55	1200m: 16:39.83 1:23.96		
8. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	21:20.34	371
100m: 1:17.06 1:17.06	500m: 6:59.16 1:26.08	900m: 12:45.87 1:27.01	1300m: 18:32.18 1:25.36	
200m: 2:41.45 1:24.39	600m: 8:25.20 1:26.04	1000m: 14:12.48 1:26.61	1400m: 19:57.80 1:25.62	
300m: 4:07.41 1:25.96	700m: 9:51.32 1:26.12	1100m: 15:39.85 1:27.37	1500m: 21:20.34 1:22.54	
400m: 5:33.08 1:25.67	800m: 11:18.86 1:27.54	1200m: 17:06.82 1:26.97		

Juv A

1. Luana Ferreira, CRAVEIRO	09	Marinha Grande	18:18.25	588
100m: 1:08.03 1:08.03	500m: 5:59.04 1:13.44	900m: 10:54.76 1:14.46	1300m: 15:51.04 1:14.66	
200m: 2:20.32 1:12.29	600m: 7:12.59 1:13.55	1000m: 12:08.56 1:13.80	1400m: 17:05.36 1:14.32	
300m: 3:32.96 1:12.64	700m: 8:26.52 1:13.93	1100m: 13:22.43 1:13.87	1500m: 18:18.25 1:12.89	
400m: 4:45.60 1:12.64	800m: 9:40.30 1:13.78	1200m: 14:36.38 1:13.95		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 4, Femin., 1500m Livres, Juv A

Lugar	Ano		Tempo final		Pts
2.	Lara Catarina, MAIA	09	Estarreja	18:45.52	546
	100m: 1:08.89 1:08.89	500m: 6:07.80 1:15.56	900m: 11:09.23 1:15.86	1300m: 16:15.59 1:17.47	
	200m: 2:22.77 1:13.88	600m: 7:22.94 1:15.14	1000m: 12:25.64 1:16.41	1400m: 17:31.01 1:15.42	
	300m: 3:37.26 1:14.49	700m: 8:37.94 1:15.00	1100m: 13:41.66 1:16.02	1500m: 18:45.52 1:14.51	
	400m: 4:52.24 1:14.98	800m: 9:53.37 1:15.43	1200m: 14:58.12 1:16.46		
3.	Francisca Ramos, NUNES	09	Naval de Peniche	19:33.73	482
	100m: 1:12.85 1:12.85	500m: 6:24.00 1:18.03	900m: 11:43.79 1:19.85	1300m: 17:01.97 1:19.49	
	200m: 2:30.85 1:18.00	600m: 7:43.34 1:19.34	1000m: 13:03.83 1:20.04	1400m: 18:20.00 1:18.03	
	300m: 3:47.83 1:16.98	700m: 9:03.54 1:20.20	1100m: 14:23.97 1:20.14	1500m: 19:33.73 1:13.73	
	400m: 5:05.97 1:18.14	800m: 10:23.94 1:20.40	1200m: 15:42.48 1:18.51		
4.	Francisca Soreto, PEDREIRO	09	Galitos / Bresimar	19:55.88	456
	100m: 1:14.46 1:14.46	500m: 6:29.71 1:18.16	900m: 11:53.65 1:21.42	1300m: 17:17.47 1:21.13	
	200m: 2:33.47 1:19.01	600m: 7:49.63 1:19.92	1000m: 13:14.25 1:20.60	1400m: 18:38.44 1:20.97	
	300m: 3:52.84 1:19.37	700m: 9:10.69 1:21.06	1100m: 14:36.08 1:21.83	1500m: 19:55.88 1:17.44	
	400m: 5:11.55 1:18.71	800m: 10:32.23 1:21.54	1200m: 15:56.34 1:20.26		
5.	Beatriz Ferreira, MIGUEL	09	Algés e Águeda XXI	21:56.30	341
	100m: 1:18.81 1:18.81	500m: 7:02.84 1:28.05	900m: 12:58.77 1:29.09	1300m: 18:57.84 1:30.00	
	200m: 2:43.27 1:24.46	600m: 8:31.07 1:28.23	1000m: 14:28.72 1:29.95	1400m: 20:27.08 1:29.24	
	300m: 4:08.30 1:25.03	700m: 10:00.59 1:29.52	1100m: 15:57.94 1:29.22	1500m: 21:56.30 1:29.22	
	400m: 5:34.79 1:26.49	800m: 11:29.68 1:29.09	1200m: 17:27.84 1:29.90		
Jun					
1.	Marta Andre, AGUILAR	07	Nautico Academico	18:34.06	564
	100m: 1:10.49 1:10.49	500m: 6:06.98 1:15.14	900m: 11:07.66 1:15.73	1300m: 16:09.05 1:14.81	
	200m: 2:23.67 1:13.18	600m: 7:21.99 1:15.01	1000m: 12:23.30 1:15.64	1400m: 17:22.65 1:13.60	
	300m: 3:37.24 1:13.57	700m: 8:36.83 1:14.84	1100m: 13:38.97 1:15.67	1500m: 18:34.06 1:11.41	
	400m: 4:51.84 1:14.60	800m: 9:51.93 1:15.10	1200m: 14:54.24 1:15.27		
2.	Matilde Violante, VIANA	07	CNLeiria	18:37.75	558
	100m: 1:09.51 1:09.51	500m: 6:07.54 1:14.75	900m: 11:06.45 1:14.97	1300m: 16:09.24 1:15.84	
	200m: 2:23.63 1:14.12	600m: 7:22.01 1:14.47	1000m: 12:22.23 1:15.78	1400m: 17:23.85 1:14.61	
	300m: 3:38.21 1:14.58	700m: 8:36.34 1:14.33	1100m: 13:37.10 1:14.87	1500m: 18:37.75 1:13.90	
	400m: 4:52.79 1:14.58	800m: 9:51.48 1:15.14	1200m: 14:53.40 1:16.30		
3.	Bianca Filipa, ALMEIDA	07	Algés e Águeda XXI	18:44.42	548
	100m: 1:09.77 1:09.77	500m: 6:08.17 1:14.63	900m: 11:08.86 1:16.72	1300m: 16:14.41 1:16.44	
	200m: 2:24.15 1:14.38	600m: 7:21.88 1:13.71	1000m: 12:25.08 1:16.22	1400m: 17:30.58 1:16.17	
	300m: 3:38.82 1:14.67	700m: 8:36.33 1:14.45	1100m: 13:41.35 1:16.27	1500m: 18:44.42 1:13.84	
	400m: 4:53.54 1:14.72	800m: 9:52.14 1:15.81	1200m: 14:57.97 1:16.62		
4.	Alice Mendes, MACEDO	08	Estamos Juntos	19:14.33	507
	100m: 1:11.39 1:11.39	500m: 6:22.03 1:18.17	900m: 11:30.39 1:17.36	1300m: 16:41.45 1:17.57	
	200m: 2:28.02 1:16.63	600m: 7:38.99 1:16.96	1000m: 12:48.29 1:17.90	1400m: 17:59.41 1:17.96	
	300m: 3:45.85 1:17.83	700m: 8:56.83 1:17.84	1100m: 14:06.09 1:17.80	1500m: 19:14.33 1:14.92	
	400m: 5:03.86 1:18.01	800m: 10:13.03 1:16.20	1200m: 15:23.88 1:17.79		
5.	Rita Isabel, NEVES	08	Condeixa Clube	20:05.14	445
	100m: 1:15.88 1:15.88	500m: 6:35.30 1:19.66	900m: 11:57.37 1:21.40	1300m: 17:26.24 1:22.61	
	200m: 2:36.12 1:20.24	600m: 7:54.20 1:18.90	1000m: 13:18.59 1:21.22	1400m: 18:46.49 1:20.25	
	300m: 3:56.32 1:20.20	700m: 9:14.30 1:20.10	1100m: 14:40.82 1:22.23	1500m: 20:05.14 1:18.65	
	400m: 5:15.64 1:19.32	800m: 10:35.97 1:21.67	1200m: 16:03.63 1:22.81		
6.	Leonor Pereira, ROCHA	08	Sporting de Espinho	22:04.52	335
	<i>FTL</i>				
	100m: 1:18.99 1:18.99	500m: 7:14.67 1:29.52	900m: 13:14.06 1:30.49	1300m: 19:12.35 1:28.46	
	200m: 2:46.19 1:27.20	600m: 8:43.99 1:29.32	1000m: 14:43.91 1:29.85	1400m: 20:40.36 1:28.01	
	300m: 4:16.62 1:30.43	700m: 10:13.42 1:29.43	1100m: 16:14.11 1:30.20	1500m: 22:04.52 1:24.16	
	400m: 5:45.15 1:28.53	800m: 11:43.57 1:30.15	1200m: 17:43.89 1:29.78		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 4, Femin., 1500m Livres

Sen

1.	Joana Nunes, CARDEAL	02	Individual ANCNP	17:44.97	645
	100m: 1:08.60 1:08.60	500m: 5:57.76 1:12.24	900m: 10:41.82 1:11.03	1300m: 15:26.39 1:11.06	
	200m: 2:20.98 1:12.38	600m: 7:08.73 1:10.97	1000m: 11:52.90 1:11.08	1400m: 16:37.18 1:10.79	
	300m: 3:33.31 1:12.33	700m: 8:19.66 1:10.93	1100m: 13:04.20 1:11.30	1500m: 17:44.97 1:07.79	
	400m: 4:45.52 1:12.21	800m: 9:30.79 1:11.13	1200m: 14:15.33 1:11.13		
2.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	17:46.77	642
	100m: 1:08.14 1:08.14	500m: 5:57.56 1:12.74	900m: 10:45.14 1:11.21	1300m: 15:28.21 1:11.35	
	200m: 2:20.03 1:11.89	600m: 7:10.01 1:12.45	1000m: 11:56.47 1:11.33	1400m: 16:39.60 1:11.39	
	300m: 3:32.34 1:12.31	700m: 8:22.06 1:12.05	1100m: 13:06.54 1:10.07	1500m: 17:46.77 1:07.17	
	400m: 4:44.82 1:12.48	800m: 9:33.93 1:11.87	1200m: 14:16.86 1:10.32		
3.	Joana Barbas, RAMOS	06	Gafanha da Encarnacao	18:08.02	605
	100m: 1:08.52 1:08.52	500m: 5:57.12 1:12.45	900m: 10:47.70 1:12.82	1300m: 15:41.21 1:13.97	
	200m: 2:20.30 1:11.78	600m: 7:09.57 1:12.45	1000m: 12:01.05 1:13.35	1400m: 16:55.06 1:13.85	
	300m: 3:32.37 1:12.07	700m: 8:22.14 1:12.57	1100m: 13:13.95 1:12.90	1500m: 18:08.02 1:12.96	
	400m: 4:44.67 1:12.30	800m: 9:34.88 1:12.74	1200m: 14:27.24 1:13.29		
4.	Leonor Verissimo, FARIA	06	Nautico Academico	18:28.31	572
	100m: 1:09.85 1:09.85	500m: 6:07.32 1:14.43	900m: 11:04.78 1:14.47	1300m: 16:01.94 1:14.51	
	200m: 2:24.03 1:14.18	600m: 7:21.68 1:14.36	1000m: 12:18.55 1:13.77	1400m: 17:16.07 1:14.13	
	300m: 3:38.40 1:14.37	700m: 8:35.98 1:14.30	1100m: 13:32.71 1:14.16	1500m: 18:28.31 1:12.24	
	400m: 4:52.89 1:14.49	800m: 9:50.31 1:14.33	1200m: 14:47.43 1:14.72		
5.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	18:46.99	544
	100m: 1:10.82 1:10.82	500m: 6:14.80 1:15.30	900m: 11:15.93 1:14.74	1300m: 16:18.38 1:16.43	
	200m: 2:27.40 1:16.58	600m: 7:30.00 1:15.20	1000m: 12:30.90 1:14.97	1400m: 17:33.90 1:15.52	
	300m: 3:43.44 1:16.04	700m: 8:45.65 1:15.65	1100m: 13:45.60 1:14.70	1500m: 18:46.99 1:13.09	
	400m: 4:59.50 1:16.06	800m: 10:01.19 1:15.54	1200m: 15:01.95 1:16.35		
6.	Vanessa Sofia, OLIVEIRA	05	Gafanha da Encarnacao	18:48.27	543
	100m: 1:11.46 1:11.46	500m: 6:13.81 1:15.45	900m: 11:16.28 1:15.36	1300m: 16:18.98 1:15.49	
	200m: 2:27.25 1:15.79	600m: 7:29.50 1:15.69	1000m: 12:31.91 1:15.63	1400m: 17:34.16 1:15.18	
	300m: 3:43.11 1:15.86	700m: 8:45.30 1:15.80	1100m: 13:47.59 1:15.68	1500m: 18:48.27 1:14.11	
	400m: 4:58.36 1:15.25	800m: 10:00.92 1:15.62	1200m: 15:03.49 1:15.90		
7.	Maria Neto, FERREIRA	06	Nautico Academico	18:50.60	539
	100m: 1:09.31 1:09.31	500m: 6:08.05 1:15.54	900m: 11:13.60 1:17.03	1300m: 16:20.87 1:16.73	
	200m: 2:23.26 1:13.95	600m: 7:23.71 1:15.66	1000m: 12:30.69 1:17.09	1400m: 17:36.47 1:15.60	
	300m: 3:37.32 1:14.06	700m: 8:39.88 1:16.17	1100m: 13:47.52 1:16.83	1500m: 18:50.60 1:14.13	
	400m: 4:52.51 1:15.19	800m: 9:56.57 1:16.69	1200m: 15:04.14 1:16.62		
8.	Joana Rosa, FERREIRA	05	CNLeiria	19:22.31	496
	100m: 1:10.06 1:10.06	500m: 6:16.22 1:17.16	900m: 11:31.28 1:19.40	1300m: 16:46.81 1:18.60	
	200m: 2:25.34 1:15.28	600m: 7:34.40 1:18.18	1000m: 12:50.27 1:18.99	1400m: 18:06.04 1:19.23	
	300m: 3:41.66 1:16.32	700m: 8:53.06 1:18.66	1100m: 14:09.33 1:19.06	1500m: 19:22.31 1:16.27	
	400m: 4:59.06 1:17.40	800m: 10:11.88 1:18.82	1200m: 15:28.21 1:18.88		
9.	Maria Joao, RIBEIRO	05	Sao Joao Ver	19:45.66	467
	100m: 1:10.73 1:10.73	500m: 6:21.48 1:19.75	900m: 11:43.43 1:20.51	1300m: 17:07.52 1:21.30	
	200m: 2:27.59 1:16.86	600m: 7:41.46 1:19.98	1000m: 13:04.22 1:20.79	1400m: 18:28.85 1:21.33	
	300m: 3:44.57 1:16.98	700m: 9:02.28 1:20.82	1100m: 14:24.55 1:20.33	1500m: 19:45.66 1:16.81	
	400m: 5:01.73 1:17.16	800m: 10:22.92 1:20.64	1200m: 15:46.22 1:21.67		

Juv B/Abs

1.	Joana Nunes, CARDEAL	02	Individual ANCNP	17:44.97	645
	100m: 1:08.60 1:08.60	500m: 5:57.76 1:12.24	900m: 10:41.82 1:11.03	1300m: 15:26.39 1:11.06	
	200m: 2:20.98 1:12.38	600m: 7:08.73 1:10.97	1000m: 11:52.90 1:11.08	1400m: 16:37.18 1:10.79	
	300m: 3:33.31 1:12.33	700m: 8:19.66 1:10.93	1100m: 13:04.20 1:11.30	1500m: 17:44.97 1:07.79	
	400m: 4:45.52 1:12.21	800m: 9:30.79 1:11.13	1200m: 14:15.33 1:11.13		
2.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	17:46.77	642
	100m: 1:08.14 1:08.14	500m: 5:57.56 1:12.74	900m: 10:45.14 1:11.21	1300m: 15:28.21 1:11.35	
	200m: 2:20.03 1:11.89	600m: 7:10.01 1:12.45	1000m: 11:56.47 1:11.33	1400m: 16:39.60 1:11.39	
	300m: 3:32.34 1:12.31	700m: 8:22.06 1:12.05	1100m: 13:06.54 1:10.07	1500m: 17:46.77 1:07.17	
	400m: 4:44.82 1:12.48	800m: 9:33.93 1:11.87	1200m: 14:16.86 1:10.32		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 4, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts			
3.	Joana Barbas, RAMOS		06	Gafanha da Encarnacao				18:08.02	605			
	100m:	1:08.52	1:08.52	500m:	5:57.12	1:12.45	900m:	10:47.70	1:12.82	1300m:	15:41.21	1:13.97
	200m:	2:20.30	1:11.78	600m:	7:09.57	1:12.45	1000m:	12:01.05	1:13.35	1400m:	16:55.06	1:13.85
	300m:	3:32.37	1:12.07	700m:	8:22.14	1:12.57	1100m:	13:13.95	1:12.90	1500m:	18:08.02	1:12.96
	400m:	4:44.67	1:12.30	800m:	9:34.88	1:12.74	1200m:	14:27.24	1:13.29			
4.	Luana Ferreira, CRAVEIRO		09	Marinha Grande				18:18.25	588			
	100m:	1:08.03	1:08.03	500m:	5:59.04	1:13.44	900m:	10:54.76	1:14.46	1300m:	15:51.04	1:14.66
	200m:	2:20.32	1:12.29	600m:	7:12.59	1:13.55	1000m:	12:08.56	1:13.80	1400m:	17:05.36	1:14.32
	300m:	3:32.96	1:12.64	700m:	8:26.52	1:13.93	1100m:	13:22.43	1:13.87	1500m:	18:18.25	1:12.89
	400m:	4:45.60	1:12.64	800m:	9:40.30	1:13.78	1200m:	14:36.38	1:13.95			
5.	Leonor Verissimo, FARIA		06	Nautico Academico				18:28.31	572			
	100m:	1:09.85	1:09.85	500m:	6:07.32	1:14.43	900m:	11:04.78	1:14.47	1300m:	16:01.94	1:14.51
	200m:	2:24.03	1:14.18	600m:	7:21.68	1:14.36	1000m:	12:18.55	1:13.77	1400m:	17:16.07	1:14.13
	300m:	3:38.40	1:14.37	700m:	8:35.98	1:14.30	1100m:	13:32.71	1:14.16	1500m:	18:28.31	1:12.24
	400m:	4:52.89	1:14.49	800m:	9:50.31	1:14.33	1200m:	14:47.43	1:14.72			
6.	Marta Andre, AGUILAR		07	Nautico Academico				18:34.06	564			
	100m:	1:10.49	1:10.49	500m:	6:06.98	1:15.14	900m:	11:07.66	1:15.73	1300m:	16:09.05	1:14.81
	200m:	2:23.67	1:13.18	600m:	7:21.99	1:15.01	1000m:	12:23.30	1:15.64	1400m:	17:22.65	1:13.60
	300m:	3:37.24	1:13.57	700m:	8:36.83	1:14.84	1100m:	13:38.97	1:15.67	1500m:	18:34.06	1:11.41
	400m:	4:51.84	1:14.60	800m:	9:51.93	1:15.10	1200m:	14:54.24	1:15.27			
7.	Matilde Violante, VIANA		07	CNLeiria				18:37.75	558			
	100m:	1:09.51	1:09.51	500m:	6:07.54	1:14.75	900m:	11:06.45	1:14.97	1300m:	16:09.24	1:15.84
	200m:	2:23.63	1:14.12	600m:	7:22.01	1:14.47	1000m:	12:22.23	1:15.78	1400m:	17:23.85	1:14.61
	300m:	3:38.21	1:14.58	700m:	8:36.34	1:14.33	1100m:	13:37.10	1:14.87	1500m:	18:37.75	1:13.90
	400m:	4:52.79	1:14.58	800m:	9:51.48	1:15.14	1200m:	14:53.40	1:16.30			
8.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				18:44.42	548			
	100m:	1:09.77	1:09.77	500m:	6:08.17	1:14.63	900m:	11:08.86	1:16.72	1300m:	16:14.41	1:16.44
	200m:	2:24.15	1:14.38	600m:	7:21.88	1:13.71	1000m:	12:25.08	1:16.22	1400m:	17:30.58	1:16.17
	300m:	3:38.82	1:14.67	700m:	8:36.33	1:14.45	1100m:	13:41.35	1:16.27	1500m:	18:44.42	1:13.84
	400m:	4:53.54	1:14.72	800m:	9:52.14	1:15.81	1200m:	14:57.97	1:16.62			
9.	Lara Catarina, MAIA		09	Estarreja				18:45.52	546			
	100m:	1:08.89	1:08.89	500m:	6:07.80	1:15.56	900m:	11:09.23	1:15.86	1300m:	16:15.59	1:17.47
	200m:	2:22.77	1:13.88	600m:	7:22.94	1:15.14	1000m:	12:25.64	1:16.41	1400m:	17:31.01	1:15.42
	300m:	3:37.26	1:14.49	700m:	8:37.94	1:15.00	1100m:	13:41.66	1:16.02	1500m:	18:45.52	1:14.51
	400m:	4:52.24	1:14.98	800m:	9:53.37	1:15.43	1200m:	14:58.12	1:16.46			
10.	Sara Calisto, PIMENTEL		05	Gafanha da Encarnacao				18:46.99	544			
	100m:	1:10.82	1:10.82	500m:	6:14.80	1:15.30	900m:	11:15.93	1:14.74	1300m:	16:18.38	1:16.43
	200m:	2:27.40	1:16.58	600m:	7:30.00	1:15.20	1000m:	12:30.90	1:14.97	1400m:	17:33.90	1:15.52
	300m:	3:43.44	1:16.04	700m:	8:45.65	1:15.65	1100m:	13:45.60	1:14.70	1500m:	18:46.99	1:13.09
	400m:	4:59.50	1:16.06	800m:	10:01.19	1:15.54	1200m:	15:01.95	1:16.35			
11.	Vanessa Sofia, OLIVEIRA		05	Gafanha da Encarnacao				18:48.27	543			
	100m:	1:11.46	1:11.46	500m:	6:13.81	1:15.45	900m:	11:16.28	1:15.36	1300m:	16:18.98	1:15.49
	200m:	2:27.25	1:15.79	600m:	7:29.50	1:15.69	1000m:	12:31.91	1:15.63	1400m:	17:34.16	1:15.18
	300m:	3:43.11	1:15.86	700m:	8:45.30	1:15.80	1100m:	13:47.59	1:15.68	1500m:	18:48.27	1:14.11
	400m:	4:58.36	1:15.25	800m:	10:00.92	1:15.62	1200m:	15:03.49	1:15.90			
12.	Maria Neto, FERREIRA		06	Nautico Academico				18:50.60	539			
	100m:	1:09.31	1:09.31	500m:	6:08.05	1:15.54	900m:	11:13.60	1:17.03	1300m:	16:20.87	1:16.73
	200m:	2:23.26	1:13.95	600m:	7:23.71	1:15.66	1000m:	12:30.69	1:17.09	1400m:	17:36.47	1:15.60
	300m:	3:37.32	1:14.06	700m:	8:39.88	1:16.17	1100m:	13:47.52	1:16.83	1500m:	18:50.60	1:14.13
	400m:	4:52.51	1:15.19	800m:	9:56.57	1:16.69	1200m:	15:04.14	1:16.62			
13.	Alice Mendes, MACEDO		08	Estamos Juntos				19:14.33	507			
	100m:	1:11.39	1:11.39	500m:	6:22.03	1:18.17	900m:	11:30.39	1:17.36	1300m:	16:41.45	1:17.57
	200m:	2:28.02	1:16.63	600m:	7:38.99	1:16.96	1000m:	12:48.29	1:17.90	1400m:	17:59.41	1:17.96
	300m:	3:45.85	1:17.83	700m:	8:56.83	1:17.84	1100m:	14:06.09	1:17.80	1500m:	19:14.33	1:14.92
	400m:	5:03.86	1:18.01	800m:	10:13.03	1:16.20	1200m:	15:23.88	1:17.79			
14.	Joana Rosa, FERREIRA		05	CNLeiria				19:22.31	496			
	100m:	1:10.06	1:10.06	500m:	6:16.22	1:17.16	900m:	11:31.28	1:19.40	1300m:	16:46.81	1:18.60
	200m:	2:25.34	1:15.28	600m:	7:34.40	1:18.18	1000m:	12:50.27	1:18.99	1400m:	18:06.04	1:19.23
	300m:	3:41.66	1:16.32	700m:	8:53.06	1:18.66	1100m:	14:09.33	1:19.06	1500m:	19:22.31	1:16.27
	400m:	4:59.06	1:17.40	800m:	10:11.88	1:18.82	1200m:	15:28.21	1:18.88			

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 4, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano							Tempo final	Pts	
15.	Carolina Ratola, TAVEIRA		10	Galitos / Bresimar						19:24.83	493	
	100m:	1:14.68	1:14.68	500m:	6:29.74	1:18.32	900m:	11:41.52	1:17.53	1300m:	16:52.85	1:18.18
	200m:	2:33.77	1:19.09	600m:	7:48.05	1:18.31	1000m:	12:58.49	1:16.97	1400m:	18:10.97	1:18.12
	300m:	3:53.07	1:19.30	700m:	9:06.10	1:18.05	1100m:	14:16.53	1:18.04	1500m:	19:24.83	1:13.86
	400m:	5:11.42	1:18.35	800m:	10:23.99	1:17.89	1200m:	15:34.67	1:18.14			
16.	Francisca Ramos, NUNES		09	Naval de Peniche						19:33.73	482	
	100m:	1:12.85	1:12.85	500m:	6:24.00	1:18.03	900m:	11:43.79	1:19.85	1300m:	17:01.97	1:19.49
	200m:	2:30.85	1:18.00	600m:	7:43.34	1:19.34	1000m:	13:03.83	1:20.04	1400m:	18:20.00	1:18.03
	300m:	3:47.83	1:16.98	700m:	9:03.54	1:20.20	1100m:	14:23.97	1:20.14	1500m:	19:33.73	1:13.73
	400m:	5:05.97	1:18.14	800m:	10:23.94	1:20.40	1200m:	15:42.48	1:18.51			
17.	Leonor Nunes, CARDEAL		10	Individual ANCP						19:39.86	474	
	100m:	1:15.05	1:15.05	500m:	6:42.16	1:21.31	900m:	12:03.16	1:20.22	1300m:	17:12.37	1:16.53
	200m:	2:36.81	1:21.76	600m:	8:01.73	1:19.57	1000m:	13:22.40	1:19.24	1400m:	18:27.82	1:15.45
	300m:	3:58.86	1:22.05	700m:	9:22.48	1:20.75	1100m:	14:39.60	1:17.20	1500m:	19:39.86	1:12.04
	400m:	5:20.85	1:21.99	800m:	10:42.94	1:20.46	1200m:	15:55.84	1:16.24			
18.	Diana Isabel, ALVES		10	Pimpoes/Cimai						19:42.87	471	
	100m:	1:13.58	1:13.58	500m:	6:30.27	1:19.24	900m:	11:49.01	1:19.74	1300m:	17:06.61	1:18.91
	200m:	2:32.89	1:19.31	600m:	7:49.68	1:19.41	1000m:	13:09.04	1:20.03	1400m:	18:26.22	1:19.61
	300m:	3:51.98	1:19.09	700m:	9:10.08	1:20.40	1100m:	14:28.20	1:19.16	1500m:	19:42.87	1:16.65
	400m:	5:11.03	1:19.05	800m:	10:29.27	1:19.19	1200m:	15:47.70	1:19.50			
19.	Maria Joao, RIBEIRO		05	Sao Joao Ver						19:45.66	467	
	100m:	1:10.73	1:10.73	500m:	6:21.48	1:19.75	900m:	11:43.43	1:20.51	1300m:	17:07.52	1:21.30
	200m:	2:27.59	1:16.86	600m:	7:41.46	1:19.98	1000m:	13:04.22	1:20.79	1400m:	18:28.85	1:21.33
	300m:	3:44.57	1:16.98	700m:	9:02.28	1:20.82	1100m:	14:24.55	1:20.33	1500m:	19:45.66	1:16.81
	400m:	5:01.73	1:17.16	800m:	10:22.92	1:20.64	1200m:	15:46.22	1:21.67			
20.	Bianca Balbino, MENDES		10	Naval de Peniche						19:45.71	467	
	100m:	1:14.59	1:14.59	500m:	6:29.64	1:18.35	900m:	11:48.68	1:19.74	1300m:	17:07.37	1:19.89
	200m:	2:34.85	1:20.26	600m:	7:49.17	1:19.53	1000m:	13:08.64	1:19.96	1400m:	18:27.96	1:20.59
	300m:	3:52.96	1:18.11	700m:	9:09.58	1:20.41	1100m:	14:27.73	1:19.09	1500m:	19:45.71	1:17.75
	400m:	5:11.29	1:18.33	800m:	10:28.94	1:19.36	1200m:	15:47.48	1:19.75			
21.	Leonor Antunes, PAIVA		10	Nautico Academico						19:46.23	467	
	100m:	1:16.19	1:16.19	500m:	6:35.19	1:19.24	900m:	11:51.88	1:19.29	1300m:	17:10.73	1:19.92
	200m:	2:36.52	1:20.33	600m:	7:53.61	1:18.42	1000m:	13:11.18	1:19.30	1400m:	18:29.63	1:18.90
	300m:	3:56.53	1:20.01	700m:	9:13.01	1:19.40	1100m:	14:31.12	1:19.94	1500m:	19:46.23	1:16.60
	400m:	5:15.95	1:19.42	800m:	10:32.59	1:19.58	1200m:	15:50.81	1:19.69			
22.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar						19:55.88	456	
	100m:	1:14.46	1:14.46	500m:	6:29.71	1:18.16	900m:	11:53.65	1:21.42	1300m:	17:17.47	1:21.13
	200m:	2:33.47	1:19.01	600m:	7:49.63	1:19.92	1000m:	13:14.25	1:20.60	1400m:	18:38.44	1:20.97
	300m:	3:52.84	1:19.37	700m:	9:10.69	1:21.06	1100m:	14:36.08	1:21.83	1500m:	19:55.88	1:17.44
	400m:	5:11.55	1:18.71	800m:	10:32.23	1:21.54	1200m:	15:56.34	1:20.26			
23.	Rita Isabel, NEVES		08	Condeixa Clube						20:05.14	445	
	100m:	1:15.88	1:15.88	500m:	6:35.30	1:19.66	900m:	11:57.37	1:21.40	1300m:	17:26.24	1:22.61
	200m:	2:36.12	1:20.24	600m:	7:54.20	1:18.90	1000m:	13:18.59	1:21.22	1400m:	18:46.49	1:20.25
	300m:	3:56.32	1:20.20	700m:	9:14.30	1:20.10	1100m:	14:40.82	1:22.23	1500m:	20:05.14	1:18.65
	400m:	5:15.64	1:19.32	800m:	10:35.97	1:21.67	1200m:	16:03.63	1:22.81			
24.	Vida Sofia, VELEZ		10	Bairro dos Anjos						20:22.56	426	
	100m:	1:16.37	1:16.37	500m:	6:35.40	1:19.49	900m:	11:58.16	1:22.29	1300m:	17:34.81	1:25.10
	200m:	2:36.80	1:20.43	600m:	7:54.18	1:18.78	1000m:	13:21.39	1:23.23	1400m:	18:59.87	1:25.06
	300m:	3:56.41	1:19.61	700m:	9:14.54	1:20.36	1100m:	14:46.77	1:25.38	1500m:	20:22.56	1:22.69
	400m:	5:15.91	1:19.50	800m:	10:35.87	1:21.33	1200m:	16:09.71	1:22.94			
25.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI						20:52.56	396	
	100m:	1:17.67	1:17.67	500m:	6:53.64	1:24.03	900m:	12:28.39	1:23.46	1300m:	18:04.81	1:24.98
	200m:	2:41.49	1:23.82	600m:	8:17.57	1:23.93	1000m:	13:51.78	1:23.39	1400m:	19:28.91	1:24.10
	300m:	4:05.56	1:24.07	700m:	9:41.38	1:23.81	1100m:	15:15.87	1:24.09	1500m:	20:52.56	1:23.65
	400m:	5:29.61	1:24.05	800m:	11:04.93	1:23.55	1200m:	16:39.83	1:23.96			
26.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo						21:20.34	371	
	100m:	1:17.06	1:17.06	500m:	6:59.16	1:26.08	900m:	12:45.87	1:27.01	1300m:	18:32.18	1:25.36
	200m:	2:41.45	1:24.39	600m:	8:25.20	1:26.04	1000m:	14:12.48	1:26.61	1400m:	19:57.80	1:25.62
	300m:	4:07.41	1:25.96	700m:	9:51.32	1:26.12	1100m:	15:39.85	1:27.37	1500m:	21:20.34	1:22.54
	400m:	5:33.08	1:25.67	800m:	11:18.86	1:27.54	1200m:	17:06.82	1:26.97			

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 4, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano				Tempo final	Pts
27.	Beatriz Ferreira, MIGUEL		09 Algés e Águeda XXI				21:56.30	341
	100m:	1:18.81 1:18.81	500m:	7:02.84 1:28.05	900m:	12:58.77 1:29.09	1300m:	18:57.84 1:30.00
	200m:	2:43.27 1:24.46	600m:	8:31.07 1:28.23	1000m:	14:28.72 1:29.95	1400m:	20:27.08 1:29.24
	300m:	4:08.30 1:25.03	700m:	10:00.59 1:29.52	1100m:	15:57.94 1:29.22	1500m:	21:56.30 1:29.22
	400m:	5:34.79 1:26.49	800m:	11:29.68 1:29.09	1200m:	17:27.84 1:29.90		
28.	Leonor Pereira, ROCHA <i>FTL</i>		08 Sporting de Espinho				22:04.52	335
	100m:	1:18.99 1:18.99	500m:	7:14.67 1:29.52	900m:	13:14.06 1:30.49	1300m:	19:12.35 1:28.46
	200m:	2:46.19 1:27.20	600m:	8:43.99 1:29.32	1000m:	14:43.91 1:29.85	1400m:	20:40.36 1:28.01
	300m:	4:16.62 1:30.43	700m:	10:13.42 1:29.43	1100m:	16:14.11 1:30.20	1500m:	22:04.52 1:24.16
	400m:	5:45.15 1:28.53	800m:	11:43.57 1:30.15	1200m:	17:43.89 1:29.78		