

Prova 1
24/02/2024 - 14:30

3000m Livres

14 - 15 anos
Resultados

Pontos: FINA 2023

Lugar	Idade		Tempo final		Pts
AA 14/15 , Femin.					
1. MARCELO, Camila Duarte	14	Condeixa Aqua Clube	37:26.07	550	
100m: 1:15.34	1:15.34	900m: 11:19.21	1:15.29	1700m: 21:13.29	1:13.47
200m: 2:32.14	1:16.80	1000m: 12:34.13	1:14.92	1800m: 22:27.68	1:14.39
300m: 3:49.00	1:16.86	1100m: 13:48.46	1:14.33	1900m: 23:41.80	1:14.12
400m: 5:05.09	1:16.09	1200m: 15:03.14	1:14.68	2000m: 24:57.24	1:15.44
500m: 6:19.73	1:14.64	1300m: 16:17.20	1:14.06	2100m: 26:12.69	1:15.45
600m: 7:34.46	1:14.73	1400m: 17:31.34	1:14.14	2200m: 27:28.13	1:15.44
700m: 8:49.31	1:14.85	1500m: 18:45.54	1:14.20	2300m: 28:42.73	1:14.60
800m: 10:03.92	1:14.61	1600m: 19:59.82	1:14.28	2400m: 29:57.56	1:14.83
2. RICARDO, Francisca Martingo	15	Porto	38:42.39	498	
100m: 1:15.95	1:15.95	900m: 11:38.15	1:17.75	1700m: 21:59.74	1:18.53
200m: 2:33.61	1:17.66	1000m: 12:56.45	1:18.30	1800m: 23:17.86	1:18.12
300m: 3:51.86	1:18.25	1100m: 14:14.29	1:17.84	1900m: 24:36.18	1:18.32
400m: 5:10.13	1:18.27	1200m: 15:32.25	1:17.96	2000m: 25:54.53	1:18.35
500m: 6:27.35	1:17.22	1300m: 16:50.13	1:17.88	2100m: 27:12.85	1:18.32
600m: 7:44.49	1:17.14	1400m: 18:06.88	1:16.75	2200m: 28:31.40	1:18.55
700m: 9:02.56	1:18.07	1500m: 19:23.63	1:16.75	2300m: 29:49.85	1:18.45
800m: 10:20.40	1:17.84	1600m: 20:41.21	1:17.58	2400m: 31:06.82	1:16.97
3. MOREIRA, Madalena Valente	15	Colegio Efanor	38:43.06	497	
100m: 1:12.42	1:12.42	900m: 11:21.85	1:16.33	1700m: 21:47.82	1:18.47
200m: 2:27.41	1:14.99	1000m: 12:38.41	1:16.56	1800m: 23:07.29	1:19.47
300m: 3:43.29	1:15.88	1100m: 13:55.80	1:17.39	1900m: 24:25.58	1:18.29
400m: 4:59.75	1:16.46	1200m: 15:14.45	1:18.65	2000m: 25:44.01	1:18.43
500m: 6:15.88	1:16.13	1300m: 16:33.07	1:18.62	2100m: 27:03.29	1:19.28
600m: 7:32.47	1:16.59	1400m: 17:51.75	1:18.68	2200m: 28:21.98	1:18.69
700m: 8:48.98	1:16.51	1500m: 19:10.53	1:18.78	2300m: 29:40.52	1:18.54
800m: 10:05.52	1:16.54	1600m: 20:29.35	1:18.82	2400m: 30:59.31	1:18.79
4. AMBRUS, Beatriz Alves	15	Porto	38:49.92	493	
100m: 1:12.18	1:12.18	900m: 11:23.81	1:17.74	1700m: 21:49.27	1:18.18
200m: 2:27.65	1:15.47	1000m: 12:41.25	1:17.44	1800m: 23:07.15	1:17.88
300m: 3:43.50	1:15.85	1100m: 13:58.96	1:17.71	1900m: 24:25.25	1:18.10
400m: 4:59.06	1:15.56	1200m: 15:17.43	1:18.47	2000m: 25:44.40	1:19.15
500m: 6:15.61	1:16.55	1300m: 16:35.47	1:18.04	2100m: 27:02.94	1:18.54
600m: 7:31.83	1:16.22	1400m: 17:53.81	1:18.34	2200m: 28:22.00	1:19.06
700m: 8:48.80	1:16.97	1500m: 19:12.58	1:18.77	2300m: 29:41.06	1:19.06
800m: 10:06.07	1:17.27	1600m: 20:31.09	1:18.51	2400m: 30:59.17	1:18.11
5. SIMOES, Maria Neto	14	Condeixa Aqua Clube	39:23.34	472	
100m: 1:15.53	1:15.53	900m: 11:33.49	1:18.06	1700m: 22:02.13	1:19.71
200m: 2:32.42	1:16.89	1000m: 12:51.04	1:17.55	1800m: 23:22.37	1:20.24
300m: 3:49.47	1:17.05	1100m: 14:09.76	1:18.72	1900m: 24:41.99	1:19.62
400m: 5:06.13	1:16.66	1200m: 15:27.91	1:18.15	2000m: 26:01.49	1:19.50
500m: 6:22.85	1:16.72	1300m: 16:46.16	1:18.25	2100m: 27:22.09	1:20.60
600m: 7:40.36	1:17.51	1400m: 18:04.89	1:18.73	2200m: 28:42.76	1:20.67
700m: 8:58.01	1:17.65	1500m: 19:23.46	1:18.57	2300m: 30:03.21	1:20.45
800m: 10:15.43	1:17.42	1600m: 20:42.42	1:18.96	2400m: 31:24.10	1:20.89
6. MATIAS, Alana Costa	15	Clube Uniao 1919	39:26.94	470	
100m: 1:13.71	1:13.71	900m: 11:35.78	1:18.54	1700m: 22:03.55	1:19.60
200m: 2:30.32	1:16.61	1000m: 12:53.60	1:17.82	1800m: 23:23.19	1:19.64
300m: 3:47.89	1:17.57	1100m: 14:12.39	1:18.79	1900m: 24:42.86	1:19.67
400m: 5:05.45	1:17.56	1200m: 15:30.86	1:18.47	2000m: 26:02.80	1:19.94
500m: 6:23.09	1:17.64	1300m: 16:48.90	1:18.04	2100m: 27:22.92	1:20.12
600m: 7:41.19	1:18.10	1400m: 18:06.01	1:17.11	2200m: 28:43.02	1:20.10
700m: 8:59.27	1:18.08	1500m: 19:25.12	1:19.11	2300m: 30:03.28	1:20.26
800m: 10:17.24	1:17.97	1600m: 20:43.95	1:18.83	2400m: 31:25.25	1:21.97

Prova 1, Femin., 3000m Livres, AA 14/15

Lugar			Idade			Tempo final	Pts	
7.	PAIVA, Leonor Antunes		14	Cnac		39:52.23	455	
	100m:	1:18.07 1:18.07	900m:	11:52.60 1:19.92	1700m:	22:29.92 1:19.94	2500m:	33:11.21 1:20.61
	200m:	2:37.30 1:19.23	1000m:	13:12.67 1:20.07	1800m:	23:50.14 1:20.22	2600m:	34:31.67 1:20.46
	300m:	3:55.68 1:18.38	1100m:	14:31.83 1:19.16	1900m:	25:10.72 1:20.58	2700m:	35:52.42 1:20.75
	400m:	5:14.46 1:18.78	1200m:	15:51.28 1:19.45	2000m:	26:30.68 1:19.96	2800m:	37:13.31 1:20.89
	500m:	6:33.54 1:19.08	1300m:	17:10.94 1:19.66	2100m:	27:50.49 1:19.81	2900m:	38:34.13 1:20.82
	600m:	7:53.50 1:19.96	1400m:	18:30.62 1:19.68	2200m:	29:10.30 1:19.81	3000m:	39:52.23 1:18.10
	700m:	9:13.11 1:19.61	1500m:	19:50.25 1:19.63	2300m:	30:30.69 1:20.39		
	800m:	10:32.68 1:19.57	1600m:	21:09.98 1:19.73	2400m:	31:50.60 1:19.91		
8.	CUNHA, Maria Rita		14	Colegio Efanor		39:53.12	455	
	100m:	1:16.48 1:16.48	900m:	11:48.45 1:19.98	1700m:	22:31.93 1:20.27	2500m:	33:13.88 1:21.16
	200m:	2:34.41 1:17.93	1000m:	13:08.63 1:20.18	1800m:	23:52.41 1:20.48	2600m:	34:34.15 1:20.27
	300m:	3:52.67 1:18.26	1100m:	14:28.93 1:20.30	1900m:	25:11.88 1:19.47	2700m:	35:56.47 1:22.32
	400m:	5:10.90 1:18.23	1200m:	15:49.37 1:20.44	2000m:	26:31.38 1:19.50	2800m:	37:21.13 1:24.66
	500m:	6:29.40 1:18.50	1300m:	17:10.05 1:20.68	2100m:	27:51.03 1:19.65	2900m:	38:33.89 1:12.76
	600m:	7:49.54 1:20.14	1400m:	18:30.61 1:20.56	2200m:	29:11.50 1:20.47	3000m:	39:53.12 1:19.23
	700m:	9:09.04 1:19.50	1500m:	19:51.31 1:20.70	2300m:	30:32.15 1:20.65		
	800m:	10:28.47 1:19.43	1600m:	21:11.66 1:20.35	2400m:	31:52.72 1:20.57		
9.	PINTO, Maria Carvalho		15	Viana Natacao		39:55.05	454	
	100m:	1:12.48 1:12.48	900m:	11:30.42 1:17.62	1700m:	22:13.32 1:21.51	2500m:	33:10.18 1:21.31
	200m:	2:28.58 1:16.10	1000m:	12:48.91 1:18.49	1800m:	23:35.05 1:21.73	2600m:	34:31.25 1:21.07
	300m:	3:45.06 1:16.48	1100m:	14:08.14 1:19.23	1900m:	24:57.69 1:22.64	2700m:	35:52.97 1:21.72
	400m:	5:02.47 1:17.41	1200m:	15:27.93 1:19.79	2000m:	26:21.23 1:23.54	2800m:	37:14.65 1:21.68
	500m:	6:19.68 1:17.21	1300m:	16:48.17 1:20.24	2100m:	27:42.93 1:21.70	2900m:	38:35.74 1:21.09
	600m:	7:36.80 1:17.12	1400m:	18:08.74 1:20.57	2200m:	29:04.37 1:21.44	3000m:	39:55.05 1:19.31
	700m:	8:55.07 1:18.27	1500m:	19:30.03 1:21.29	2300m:	30:26.14 1:21.77		
	800m:	10:12.80 1:17.73	1600m:	20:51.81 1:21.78	2400m:	31:48.87 1:22.73		
10.	COSTA, Sofia Rodrigues		14	Porto		40:09.18	446	
	100m:	1:17.08 1:17.08	900m:	11:53.47 1:20.14	1700m:	22:36.95 1:21.18	2500m:	33:29.77 1:22.06
	200m:	2:35.97 1:18.89	1000m:	13:14.43 1:20.96	1800m:	23:58.16 1:21.21	2600m:	34:50.97 1:21.20
	300m:	3:54.79 1:18.82	1100m:	14:33.53 1:19.10	1900m:	25:19.85 1:21.69	2700m:	36:10.76 1:19.79
	400m:	5:14.63 1:19.84	1200m:	15:53.68 1:20.15	2000m:	26:41.65 1:21.80	2800m:	37:30.90 1:20.14
	500m:	6:33.82 1:19.19	1300m:	17:14.04 1:20.36	2100m:	28:03.73 1:22.08	2900m:	38:51.25 1:20.35
	600m:	7:53.82 1:20.00	1400m:	18:34.89 1:20.85	2200m:	29:25.23 1:21.50	3000m:	40:09.18 1:17.93
	700m:	9:13.53 1:19.71	1500m:	19:55.82 1:20.93	2300m:	30:46.28 1:21.05		
	800m:	10:33.33 1:19.80	1600m:	21:15.77 1:19.95	2400m:	32:07.71 1:21.43		
11.	SANTOS, Mariana Silva		15	Porto		40:11.89	444	
	100m:	1:15.83 1:15.83	900m:	11:48.21 1:19.76	1700m:	22:32.63 1:21.08	2500m:	33:22.86 1:22.00
	200m:	2:33.90 1:18.07	1000m:	13:08.14 1:19.93	1800m:	23:53.45 1:20.82	2600m:	34:44.69 1:21.83
	300m:	3:52.12 1:18.22	1100m:	14:28.63 1:20.49	1900m:	25:15.37 1:21.92	2700m:	36:06.61 1:21.92
	400m:	5:10.28 1:18.16	1200m:	15:48.96 1:20.33	2000m:	26:36.16 1:20.79	2800m:	37:28.87 1:22.26
	500m:	6:29.37 1:19.09	1300m:	17:09.61 1:20.65	2100m:	27:56.97 1:20.81	2900m:	38:51.46 1:22.59
	600m:	7:49.32 1:19.95	1400m:	18:30.42 1:20.81	2200m:	29:18.21 1:21.24	3000m:	40:11.89 1:20.43
	700m:	9:08.62 1:19.30	1500m:	19:51.13 1:20.71	2300m:	30:39.14 1:20.93		
	800m:	10:28.45 1:19.83	1600m:	21:11.55 1:20.42	2400m:	32:00.86 1:21.72		
12.	CRUZ, Constanca Lopes		15	Adrcimm		40:31.65	433	
	100m:	1:17.59 1:17.59	900m:	11:57.34 1:20.66	1700m:	22:46.73 1:21.54	2500m:	33:46.65 1:22.03
	200m:	2:37.35 1:19.76	1000m:	13:17.66 1:20.32	1800m:	24:10.05 1:23.32	2600m:	35:07.52 1:20.87
	300m:	3:56.82 1:19.47	1100m:	14:38.50 1:20.84	1900m:	25:32.14 1:22.09	2700m:	36:29.10 1:21.58
	400m:	5:16.35 1:19.53	1200m:	15:59.65 1:21.15	2000m:	26:52.92 1:20.78	2800m:	37:51.03 1:21.93
	500m:	6:35.64 1:19.29	1300m:	17:21.76 1:22.11	2100m:	28:15.78 1:22.86	2900m:	39:12.36 1:21.33
	600m:	7:55.96 1:20.32	1400m:	18:43.38 1:21.62	2200m:	29:38.45 1:22.67	3000m:	40:31.65 1:19.29
	700m:	9:16.22 1:20.26	1500m:	20:04.69 1:21.31	2300m:	31:02.05 1:23.60		
	800m:	10:36.68 1:20.46	1600m:	21:25.19 1:20.50	2400m:	32:24.62 1:22.57		

Prova 1, Femin., 3000m Livres, AA 14/15

Lugar	Idade	Tempo final	Pts
13. FERNANDES, Marta Silva	14 Porto	41:19.65	409
100m: 1:21.00 1:21.00	900m: 12:11.23 1:21.85	1700m: 23:16.66 1:24.68	2500m: 34:23.03 1:22.90
200m: 2:42.50 1:21.50	1000m: 13:33.44 1:22.21	1800m: 24:40.35 1:23.69	2600m: 35:46.99 1:23.96
300m: 4:04.24 1:21.74	1100m: 14:56.62 1:23.18	1900m: 26:04.10 1:23.75	2700m: 37:10.92 1:23.93
400m: 5:25.34 1:21.10	1200m: 16:19.79 1:23.17	2000m: 27:27.58 1:23.48	2800m: 38:34.65 1:23.73
500m: 6:45.93 1:20.59	1300m: 17:42.92 1:23.13	2100m: 28:50.71 1:23.13	2900m: 39:57.86 1:23.21
600m: 8:06.85 1:20.92	1400m: 19:05.94 1:23.02	2200m: 30:14.50 1:23.79	3000m: 41:19.65 1:21.79
700m: 9:28.72 1:21.87	1500m: 20:28.66 1:22.72	2300m: 31:37.57 1:23.07	
800m: 10:49.38 1:20.66	1600m: 21:51.98 1:23.32	2400m: 33:00.13 1:22.56	
14. LIMA, Beatriz Ribeiro	15 Geslours	42:50.07	367
100m: 1:19.90 1:19.90	900m: 12:30.46 1:24.47	1700m: 24:01.32 1:26.70	2500m: 35:41.01 1:25.98
200m: 2:42.87 1:22.97	1000m: 13:56.18 1:25.72	1800m: 25:29.46 1:28.14	2600m: 37:07.92 1:26.91
300m: 4:05.62 1:22.75	1100m: 15:21.31 1:25.13	1900m: 26:55.51 1:26.05	2700m: 38:34.90 1:26.98
400m: 5:29.94 1:24.32	1200m: 16:47.49 1:26.18	2000m: 28:23.13 1:27.62	2800m: 40:01.41 1:26.51
500m: 6:54.16 1:24.22	1300m: 18:14.46 1:26.97	2100m: 29:51.12 1:27.99	2900m: 41:26.35 1:24.94
600m: 8:18.54 1:24.38	1400m: 19:41.37 1:26.91	2200m: 31:19.40 1:28.28	3000m: 42:50.07 1:23.72
700m: 9:42.26 1:23.72	1500m: 21:08.21 1:26.84	2300m: 32:47.49 1:28.09	
800m: 11:05.99 1:23.73	1600m: 22:34.62 1:26.41	2400m: 34:15.03 1:27.54	

AA 15, Masc.

1. MACEDO, Martim Cunha	15 Natacao da Maia	34:30.47	595
100m: 1:05.43 1:05.43	900m: 10:15.20 1:08.86	1700m: 19:30.85 1:09.65	2500m: 28:50.03 1:09.86
200m: 2:13.53 1:08.10	1000m: 11:24.44 1:09.24	1800m: 20:40.88 1:10.03	2600m: 29:59.79 1:09.76
300m: 3:22.83 1:09.30	1100m: 12:33.58 1:09.14	1900m: 21:50.32 1:09.44	2700m: 31:08.03 1:08.24
400m: 4:31.75 1:08.92	1200m: 13:42.80 1:09.22	2000m: 23:00.86 1:10.54	2800m: 32:16.59 1:08.56
500m: 5:40.69 1:08.94	1300m: 14:52.45 1:09.65	2100m: 24:10.70 1:09.84	2900m: 33:25.37 1:08.78
600m: 6:49.39 1:08.70	1400m: 16:02.08 1:09.63	2200m: 25:20.35 1:09.65	3000m: 34:30.47 1:05.10
700m: 7:57.76 1:08.37	1500m: 17:11.49 1:09.41	2300m: 26:30.34 1:09.99	
800m: 9:06.34 1:08.58	1600m: 18:21.20 1:09.71	2400m: 27:40.17 1:09.83	
2. PINTO, Martim Chambel	15 Adrcimm	35:38.42	540
100m: 1:06.72 1:06.72	900m: 10:35.49 1:11.44	1700m: 20:07.95 1:12.50	2500m: 29:45.88 1:11.67
200m: 2:16.45 1:09.73	1000m: 11:46.64 1:11.15	1800m: 21:20.18 1:12.23	2600m: 30:58.05 1:12.17
300m: 3:26.25 1:09.80	1100m: 12:58.27 1:11.63	1900m: 22:32.84 1:12.66	2700m: 32:10.01 1:11.96
400m: 4:37.37 1:11.12	1200m: 14:09.38 1:11.11	2000m: 23:45.08 1:12.24	2800m: 33:22.67 1:12.66
500m: 5:49.37 1:12.00	1300m: 15:20.72 1:11.34	2100m: 24:57.37 1:12.29	2900m: 34:31.09 1:08.42
600m: 7:00.89 1:11.52	1400m: 16:31.99 1:11.27	2200m: 26:09.40 1:12.03	3000m: 35:38.42 1:07.33
700m: 8:12.54 1:11.65	1500m: 17:43.79 1:11.80	2300m: 27:21.71 1:12.31	
800m: 9:24.05 1:11.51	1600m: 18:55.45 1:11.66	2400m: 28:34.21 1:12.50	
3. MARTINS, Vasco Alexandre	15 Adrcimm	37:46.85	453
100m: 1:10.77 1:10.77	900m: 11:10.56 1:15.29	1700m: 21:13.36 1:14.96	2500m: 31:19.63 1:17.50
200m: 2:24.62 1:13.85	1000m: 12:26.31 1:15.75	1800m: 22:28.17 1:14.81	2600m: 32:37.37 1:17.74
300m: 3:39.47 1:14.85	1100m: 13:41.95 1:15.64	1900m: 23:43.81 1:15.64	2700m: 33:54.68 1:17.31
400m: 4:55.14 1:15.67	1200m: 14:56.08 1:14.13	2000m: 24:58.49 1:14.68	2800m: 35:13.08 1:18.40
500m: 6:10.69 1:15.55	1300m: 16:12.63 1:16.55	2100m: 26:13.30 1:14.81	2900m: 36:30.37 1:17.29
600m: 7:25.82 1:15.13	1400m: 17:28.46 1:15.83	2200m: 27:29.54 1:16.24	3000m: 37:46.85 1:16.48
700m: 8:40.71 1:14.89	1500m: 18:44.03 1:15.57	2300m: 28:45.85 1:16.31	
800m: 9:55.27 1:14.56	1600m: 19:58.40 1:14.37	2400m: 30:02.13 1:16.28	
4. SANTOS, Alexandre Lima	15 Fluvial Portuense	38:20.05	434
100m: 1:12.71 1:12.71	900m: 11:21.50 1:16.12	1700m: 21:33.41 1:17.01	2500m: 31:53.61 1:18.39
200m: 2:28.14 1:15.43	1000m: 12:37.66 1:16.16	1800m: 22:50.54 1:17.13	2600m: 33:11.38 1:17.77
300m: 3:43.84 1:15.70	1100m: 13:53.79 1:16.13	1900m: 24:07.95 1:17.41	2700m: 34:29.38 1:18.00
400m: 4:59.96 1:16.12	1200m: 15:10.01 1:16.22	2000m: 25:25.16 1:17.21	2800m: 35:47.56 1:18.18
500m: 6:16.21 1:16.25	1300m: 16:26.20 1:16.19	2100m: 26:42.12 1:16.96	2900m: 37:05.44 1:17.88
600m: 7:32.59 1:16.38	1400m: 17:42.92 1:16.72	2200m: 27:59.52 1:17.40	3000m: 38:20.05 1:14.61
700m: 8:49.08 1:16.49	1500m: 18:59.55 1:16.63	2300m: 29:17.14 1:17.62	
800m: 10:05.38 1:16.30	1600m: 20:16.40 1:16.85	2400m: 30:35.22 1:18.08	

Prova 1, Masc., 3000m Livres, AA 15

Lugar	Idade		Tempo final		Pts
5. GASPAR, Joao Nuno	15	Condeixa Aqua Clube	38:33.02		427
100m: 1:13.15	1:13.15	900m: 11:15.77	1:15.34	1700m: 21:24.39	1:20.19
200m: 2:28.65	1:15.50	1000m: 12:31.86	1:16.09	1800m: 22:43.77	1:19.38
300m: 3:44.01	1:15.36	1100m: 13:47.77	1:15.91	1900m: 24:00.30	1:16.53
400m: 4:59.49	1:15.48	1200m: 15:03.44	1:15.67	2000m: 25:17.47	1:17.17
500m: 6:14.61	1:15.12	1300m: 16:17.73	1:14.29	2100m: 26:34.88	1:17.41
600m: 7:29.99	1:15.38	1400m: 17:31.72	1:13.99	2200m: 27:54.28	1:19.40
700m: 8:44.84	1:14.85	1500m: 18:47.49	1:15.77	2300m: 29:14.63	1:20.35
800m: 10:00.43	1:15.59	1600m: 20:04.20	1:16.71	2400m: 30:35.18	1:20.55
doente CALDAS, Pedro Guedes	15	Benfica			
doente FONSECA, Miguel Bera	15	Benfica			