

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 28 Femin., 800m Livres 14 anos e mais velhos
23/06/2024 - 9:45 Resultados

Rec Nacionais Open	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nacionais Sen	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nacionais Jun 17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra	28/05/2016
Rec Nacionais Jun 16	8:45.53	Tamila Hryhorivna, HOLUB	SCB	Coimbra	30/05/2015
Rec Nacionais Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	27/07/2014
Rec Nacionais Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	10/09/1981

TA ABS-FEM Open: 10:55.40 / TA SEN-FEM Sen: 10:55.40 / TA JUN-FEM Jun: 11:11.71 / TA JUVA-FEM Juv A: 11:28.00 /
TA JUVB-FEM Juv B: 11:44.31

Pontos: FINA 2024

Lugar Ano Tempo final Pts

Juv B

1. Maria Neto, SIMOES	10	Condeixa Clube	10:01.70	523
100m: 1:10.67 1:10.67	300m: 3:44.15 1:17.40	500m: 6:17.43 1:16.20	700m: 8:49.41 1:15.92	800m: 10:01.70 1:12.29
200m: 2:26.75 1:16.08	400m: 5:01.23 1:17.08	600m: 7:33.49 1:16.06		
2. Leonor Nunes, CARDEAL	10	Individual ANCNP	10:09.21	503
100m: 1:09.48 1:09.48	300m: 3:44.13 1:17.46	500m: 6:19.14 1:17.87	700m: 8:54.95 1:17.89	800m: 10:09.21 1:14.26
200m: 2:26.67 1:17.19	400m: 5:01.27 1:17.14	600m: 7:37.06 1:17.92		
3. Bianca Balbino, MENDES	10	Naval de Peniche	10:19.87	478
100m: 1:10.74 1:10.74	300m: 3:46.63 1:18.15	500m: 6:24.77 1:19.21	700m: 9:03.17 1:19.13	800m: 10:19.87 1:16.70
200m: 2:28.48 1:17.74	400m: 5:05.56 1:18.93	600m: 7:44.04 1:19.27		
4. Diana Isabel, ALVES	10	Pimpoes/Cimai	10:26.79	462
100m: 1:15.35 1:15.35	300m: 3:53.48 1:19.43	500m: 6:32.49 1:19.25	700m: 9:10.52 1:18.57	800m: 10:26.79 1:16.27
200m: 2:34.05 1:18.70	400m: 5:13.24 1:19.76	600m: 7:51.95 1:19.46		
5. Leonor Mosca, SILVA	10	Columbifila Cantanhedense	10:28.70	458
100m: 1:16.04 1:16.04	300m: 3:55.49 1:20.02	500m: 6:34.14 1:19.71	700m: 9:12.49 1:18.62	800m: 10:28.70 1:16.21
200m: 2:35.47 1:19.43	400m: 5:14.43 1:18.94	600m: 7:53.87 1:19.73		
6. Leonor Silva, JESUS	10	Galitos / Bresimar	10:40.71	433
100m: 1:15.56 1:15.56	300m: 3:59.31 1:22.08	500m: 6:42.94 1:22.12	700m: 9:24.41 1:20.29	800m: 10:40.71 1:16.30
200m: 2:37.23 1:21.67	400m: 5:20.82 1:21.51	600m: 8:04.12 1:21.18		
7. Vida Sofia, VELEZ	10	Bairro dos Anjos	10:45.54	423
100m: 1:16.15 1:16.15	300m: 3:58.56 1:21.76	500m: 6:40.94 1:22.57	700m: 9:23.89 1:21.49	800m: 10:45.54 1:21.65
200m: 2:36.80 1:20.65	400m: 5:18.37 1:19.81	600m: 8:02.40 1:21.46		
8. Debora Silva, INACIO	10	Pimpoes/Cimai	10:52.25	410
100m: 1:18.77 1:18.77	300m: 4:01.88 1:20.93	500m: 6:48.51 1:23.64	700m: 9:34.30 1:22.33	800m: 10:52.25 1:17.95
200m: 2:40.95 1:22.18	400m: 5:24.87 1:22.99	600m: 8:11.97 1:23.46		
9. Mariana Dias, PEREIRA	10	Algés e Águeda XXI	10:54.48	406
100m: 1:16.70 1:16.70	300m: 4:02.20 1:22.81	500m: 6:48.88 1:22.70	700m: 9:33.74 1:22.08	800m: 10:54.48 1:20.74
200m: 2:39.39 1:22.69	400m: 5:26.18 1:23.98	600m: 8:11.66 1:22.78		
10. Beatriz Ribeiro, MOREIRA	10	Sporting de Espinho	11:05.93	385
<i>FTL</i>				
100m: 1:17.59 1:17.59	300m: 4:06.17 1:24.49	500m: 6:57.10 1:25.33	700m: 9:45.25 1:24.17	800m: 11:05.93 1:20.68
200m: 2:41.68 1:24.09	400m: 5:31.77 1:25.60	600m: 8:21.08 1:23.98		
11. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	11:11.79	375
<i>FTL</i>				
100m: 1:16.53 1:16.53	300m: 4:03.78 1:24.91	500m: 6:55.95 1:26.37	700m: 9:47.76 1:26.16	800m: 11:11.79 1:24.03
200m: 2:38.87 1:22.34	400m: 5:29.58 1:25.80	600m: 8:21.60 1:25.65		

Juv A

1. Alana Costa, MATIAS	09	União de Coimbra	9:47.34	562
100m: 1:09.38 1:09.38	300m: 3:36.94 1:14.08	500m: 6:06.00 1:14.54	700m: 8:35.52 1:14.97	800m: 9:47.34 1:11.82
200m: 2:22.86 1:13.48	400m: 4:51.46 1:14.52	600m: 7:20.55 1:14.55		
2. Constanca Baptista, TOMAS	09	Alcobaca	9:49.71	555
100m: 1:11.01 1:11.01	300m: 3:42.25 1:15.35	500m: 6:12.20 1:15.21	700m: 8:40.92 1:13.91	800m: 9:49.71 1:08.79
200m: 2:26.90 1:15.89	400m: 4:56.99 1:14.74	600m: 7:27.01 1:14.81		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 28, Femin., 800m Livres, Juv A

Lugar			Ano			Tempo final	Pts	
3.	Lara Catarina, MAIA		09	Estarreja		9:50.70	552	
	100m:	1:09.90 1:09.90	300m:	3:37.58 1:14.32	500m:	6:08.58 1:15.54	700m:	8:39.51 1:15.50
	200m:	2:23.26 1:13.36	400m:	4:53.04 1:15.46	600m:	7:24.01 1:15.43	800m:	9:50.70 1:11.19
4.	Leonor Mercês, CAVALEIRO		09	Columbofila Cantanhedense		10:03.15	519	
	100m:	1:11.28 1:11.28	300m:	3:45.37 1:17.15	500m:	6:18.34 1:16.14	700m:	8:49.55 1:15.35
	200m:	2:28.22 1:16.94	400m:	5:02.20 1:16.83	600m:	7:34.20 1:15.86	800m:	10:03.15 1:13.60
5.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar		10:21.64	474	
	100m:	1:10.65 1:10.65	300m:	3:47.78 1:19.27	500m:	6:25.92 1:18.87	700m:	9:03.99 1:18.08
	200m:	2:28.51 1:17.86	400m:	5:07.05 1:19.27	600m:	7:45.91 1:19.99	800m:	10:21.64 1:17.65
6.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI		11:10.22	378	
	<i>FTL</i>							
	100m:	1:18.03 1:18.03	300m:	4:06.87 1:24.77	500m:	6:56.62 1:24.38	700m:	9:47.37 1:24.92
	200m:	2:42.10 1:24.07	400m:	5:32.24 1:25.37	600m:	8:22.45 1:25.83	800m:	11:10.22 1:22.85

Jun

1.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI		9:46.41	565	
	100m:	1:09.91 1:09.91	300m:	3:38.56 1:14.44	500m:	6:05.76 1:12.74	700m:	8:33.43 1:13.74
	200m:	2:24.12 1:14.21	400m:	4:53.02 1:14.46	600m:	7:19.69 1:13.93	800m:	9:46.41 1:12.98
2.	Matilde Violante, VIANA		07	Nautico Leiria		9:52.84	546	
	100m:	1:09.03 1:09.03	300m:	3:38.24 1:14.71	500m:	6:08.97 1:15.87	700m:	8:39.75 1:15.60
	200m:	2:23.53 1:14.50	400m:	4:53.10 1:14.86	600m:	7:24.15 1:15.18	800m:	9:52.84 1:13.09
3.	Carolina Vizinho, CABRAL		07	Natação de Vagos		10:00.37	526	
	100m:	1:09.74 1:09.74	300m:	3:40.44 1:15.90	500m:	6:10.22 1:13.64	700m:	8:42.58 1:17.11
	200m:	2:24.54 1:14.80	400m:	4:56.58 1:16.14	600m:	7:25.47 1:15.25	800m:	10:00.37 1:17.79
4.	Marta Andre, AGUILAR		07	Nautico Academico		10:09.85	502	
	100m:	1:10.99 1:10.99	300m:	3:42.56 1:15.80	500m:	6:19.04 1:18.46	700m:	8:55.26 1:17.32
	200m:	2:26.76 1:15.77	400m:	5:00.58 1:18.02	600m:	7:37.94 1:18.90	800m:	10:09.85 1:14.59
5.	Sofia Pereira, JORGE		08	Galitos / Bresimar		10:33.70	447	
	100m:	1:13.98 1:13.98	300m:	3:55.14 1:20.58	500m:	6:35.46 1:19.56	700m:	9:15.47 1:20.17
	200m:	2:34.56 1:20.58	400m:	5:15.90 1:20.76	600m:	7:55.30 1:19.84	800m:	10:33.70 1:18.23
6.	Leonor Pereira, ROCHA		08	Sporting de Espinho		11:05.12	387	
	<i>FTL</i>							
	100m:	1:15.29 1:15.29	300m:	4:04.26 1:25.77	500m:	6:55.50 1:25.45	700m:	9:45.25 1:24.59
	200m:	2:38.49 1:23.20	400m:	5:30.05 1:25.79	600m:	8:20.66 1:25.16	800m:	11:05.12 1:19.87

Sen

1.	Helena Nunes, RODRIGUES		03	Condeixa Clube		9:26.44	626	
	100m:	1:06.24 1:06.24	300m:	3:28.89 1:11.81	500m:	5:53.07 1:11.89	700m:	8:17.11 1:11.93
	200m:	2:17.08 1:10.84	400m:	4:41.18 1:12.29	600m:	7:05.18 1:12.11	800m:	9:26.44 1:09.33
2.	Leonor Verissimo, FARIA		06	Nautico Academico		9:43.48	573	
	100m:	1:07.82 1:07.82	300m:	3:35.17 1:14.27	500m:	6:04.05 1:14.55	700m:	8:31.36 1:13.25
	200m:	2:20.90 1:13.08	400m:	4:49.50 1:14.33	600m:	7:18.11 1:14.06	800m:	9:43.48 1:12.12
3.	Ana Francisca, SILVA		06	Alcobaca		10:19.16	480	
	100m:	1:11.49 1:11.49	300m:	3:45.12 1:17.58	500m:	6:21.84 1:18.26	700m:	9:00.88 1:19.54
	200m:	2:27.54 1:16.05	400m:	5:03.58 1:18.46	600m:	7:41.34 1:19.50	800m:	10:19.16 1:18.28
4.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal		10:39.50	435	
	100m:	1:15.24 1:15.24	300m:	3:58.89 1:21.75	500m:	6:42.39 1:21.41	700m:	9:23.23 1:19.40
	200m:	2:37.14 1:21.90	400m:	5:20.98 1:22.09	600m:	8:03.83 1:21.44	800m:	10:39.50 1:16.27

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 28, Femin., 800m Livres

Juv B/Abs

1.	Helena Nunes, RODRIGUES	03	Condeixa Clube	9:26.44	626
	100m: 1:06.24 1:06.24	300m: 3:28.89 1:11.81	500m: 5:53.07 1:11.89	700m: 8:17.11 1:11.93	
	200m: 2:17.08 1:10.84	400m: 4:41.18 1:12.29	600m: 7:05.18 1:12.11	800m: 9:26.44 1:09.33	
2.	Leonor Verissimo, FARIA	06	Nautico Academico	9:43.48	573
	100m: 1:07.82 1:07.82	300m: 3:35.17 1:14.27	500m: 6:04.05 1:14.55	700m: 8:31.36 1:13.25	
	200m: 2:20.90 1:13.08	400m: 4:49.50 1:14.33	600m: 7:18.11 1:14.06	800m: 9:43.48 1:12.12	
3.	Bianca Filipa, ALMEIDA	07	Algés e Águeda XXI	9:46.41	565
	100m: 1:09.91 1:09.91	300m: 3:38.56 1:14.44	500m: 6:05.76 1:12.74	700m: 8:33.43 1:13.74	
	200m: 2:24.12 1:14.21	400m: 4:53.02 1:14.46	600m: 7:19.69 1:13.93	800m: 9:46.41 1:12.98	
4.	Alana Costa, MATIAS	09	União de Coimbra	9:47.34	562
	100m: 1:09.38 1:09.38	300m: 3:36.94 1:14.08	500m: 6:06.00 1:14.54	700m: 8:35.52 1:14.97	
	200m: 2:22.86 1:13.48	400m: 4:51.46 1:14.52	600m: 7:20.55 1:14.55	800m: 9:47.34 1:11.82	
5.	Constanca Baptista, TOMAS	09	Alcobaca	9:49.71	555
	100m: 1:11.01 1:11.01	300m: 3:42.25 1:15.35	500m: 6:12.20 1:15.21	700m: 8:40.92 1:13.91	
	200m: 2:26.90 1:15.89	400m: 4:56.99 1:14.74	600m: 7:27.01 1:14.81	800m: 9:49.71 1:08.79	
6.	Lara Catarina, MAIA	09	Estarreja	9:50.70	552
	100m: 1:09.90 1:09.90	300m: 3:37.58 1:14.32	500m: 6:08.58 1:15.54	700m: 8:39.51 1:15.50	
	200m: 2:23.26 1:13.36	400m: 4:53.04 1:15.46	600m: 7:24.01 1:15.43	800m: 9:50.70 1:11.19	
7.	Matilde Violante, VIANA	07	Nautico Leiria	9:52.84	546
	100m: 1:09.03 1:09.03	300m: 3:38.24 1:14.71	500m: 6:08.97 1:15.87	700m: 8:39.75 1:15.60	
	200m: 2:23.53 1:14.50	400m: 4:53.10 1:14.86	600m: 7:24.15 1:15.18	800m: 9:52.84 1:13.09	
8.	Carolina Vizinho, CABRAL	07	Natação de Vagos	10:00.37	526
	100m: 1:09.74 1:09.74	300m: 3:40.44 1:15.90	500m: 6:10.22 1:13.64	700m: 8:42.58 1:17.11	
	200m: 2:24.54 1:14.80	400m: 4:56.58 1:16.14	600m: 7:25.47 1:15.25	800m: 10:00.37 1:17.79	
9.	Maria Neto, SIMOES	10	Condeixa Clube	10:01.70	523
	100m: 1:10.67 1:10.67	300m: 3:44.15 1:17.40	500m: 6:17.43 1:16.20	700m: 8:49.41 1:15.92	
	200m: 2:26.75 1:16.08	400m: 5:01.23 1:17.08	600m: 7:33.49 1:16.06	800m: 10:01.70 1:12.29	
10.	Leonor Mercês, CAVALEIRO	09	Columbófila Cantanhedense	10:03.15	519
	100m: 1:11.28 1:11.28	300m: 3:45.37 1:17.15	500m: 6:18.34 1:16.14	700m: 8:49.55 1:15.35	
	200m: 2:28.22 1:16.94	400m: 5:02.20 1:16.83	600m: 7:34.20 1:15.86	800m: 10:03.15 1:13.60	
11.	Leonor Nunes, CARDEAL	10	Individual ANCP	10:09.21	503
	100m: 1:09.48 1:09.48	300m: 3:44.13 1:17.46	500m: 6:19.14 1:17.87	700m: 8:54.95 1:17.89	
	200m: 2:26.67 1:17.19	400m: 5:01.27 1:17.14	600m: 7:37.06 1:17.92	800m: 10:09.21 1:14.26	
12.	Marta Andre, AGUILAR	07	Nautico Academico	10:09.85	502
	100m: 1:10.99 1:10.99	300m: 3:42.56 1:15.80	500m: 6:19.04 1:18.46	700m: 8:55.26 1:17.32	
	200m: 2:26.76 1:15.77	400m: 5:00.58 1:18.02	600m: 7:37.94 1:18.90	800m: 10:09.85 1:14.59	
13.	Ana Francisca, SILVA	06	Alcobaca	10:19.16	480
	100m: 1:11.49 1:11.49	300m: 3:45.12 1:17.58	500m: 6:21.84 1:18.26	700m: 9:00.88 1:19.54	
	200m: 2:27.54 1:16.05	400m: 5:03.58 1:18.46	600m: 7:41.34 1:19.50	800m: 10:19.16 1:18.28	
14.	Bianca Balbino, MENDES	10	Naval de Peniche	10:19.87	478
	100m: 1:10.74 1:10.74	300m: 3:46.63 1:18.15	500m: 6:24.77 1:19.21	700m: 9:03.17 1:19.13	
	200m: 2:28.48 1:17.74	400m: 5:05.56 1:18.93	600m: 7:44.04 1:19.27	800m: 10:19.87 1:16.70	
15.	Francisca Soreto, PEDREIRO	09	Galitos / Bresimar	10:21.64	474
	100m: 1:10.65 1:10.65	300m: 3:47.78 1:19.27	500m: 6:25.92 1:18.87	700m: 9:03.99 1:18.08	
	200m: 2:28.51 1:17.86	400m: 5:07.05 1:19.27	600m: 7:45.91 1:19.99	800m: 10:21.64 1:17.65	
16.	Diana Isabel, ALVES	10	Pimpoes/Cimai	10:26.79	462
	100m: 1:15.35 1:15.35	300m: 3:53.48 1:19.43	500m: 6:32.49 1:19.25	700m: 9:10.52 1:18.57	
	200m: 2:34.05 1:18.70	400m: 5:13.24 1:19.76	600m: 7:51.95 1:19.46	800m: 10:26.79 1:16.27	
17.	Leonor Mosca, SILVA	10	Columbófila Cantanhedense	10:28.70	458
	100m: 1:16.04 1:16.04	300m: 3:55.49 1:20.02	500m: 6:34.14 1:19.71	700m: 9:12.49 1:18.62	
	200m: 2:35.47 1:19.43	400m: 5:14.43 1:18.94	600m: 7:53.87 1:19.73	800m: 10:28.70 1:16.21	
18.	Sofia Pereira, JORGE	08	Galitos / Bresimar	10:33.70	447
	100m: 1:13.98 1:13.98	300m: 3:55.14 1:20.58	500m: 6:35.46 1:19.56	700m: 9:15.47 1:20.17	
	200m: 2:34.56 1:20.58	400m: 5:15.90 1:20.76	600m: 7:55.30 1:19.84	800m: 10:33.70 1:18.23	

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 28, Femin., 800m Livres, Juv B/Abs

Lugar	Ano	Tempo final	Pts
19. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	10:39.50	435
100m: 1:15.24 1:15.24	300m: 3:58.89 1:21.75	500m: 6:42.39 1:21.41	700m: 9:23.23 1:19.40
200m: 2:37.14 1:21.90	400m: 5:20.98 1:22.09	600m: 8:03.83 1:21.44	800m: 10:39.50 1:16.27
20. Leonor Silva, JESUS	10 Galitos / Bresimar	10:40.71	433
100m: 1:15.56 1:15.56	300m: 3:59.31 1:22.08	500m: 6:42.94 1:22.12	700m: 9:24.41 1:20.29
200m: 2:37.23 1:21.67	400m: 5:20.82 1:21.51	600m: 8:04.12 1:21.18	800m: 10:40.71 1:16.30
21. Vida Sofia, VELEZ	10 Bairro dos Anjos	10:45.54	423
100m: 1:16.15 1:16.15	300m: 3:58.56 1:21.76	500m: 6:40.94 1:22.57	700m: 9:23.89 1:21.49
200m: 2:36.80 1:20.65	400m: 5:18.37 1:19.81	600m: 8:02.40 1:21.46	800m: 10:45.54 1:21.65
22. Debora Silva, INACIO	10 Pimpoes/Cimai	10:52.25	410
100m: 1:18.77 1:18.77	300m: 4:01.88 1:20.93	500m: 6:48.51 1:23.64	700m: 9:34.30 1:22.33
200m: 2:40.95 1:22.18	400m: 5:24.87 1:22.99	600m: 8:11.97 1:23.46	800m: 10:52.25 1:17.95
23. Mariana Dias, PEREIRA	10 Algés e Águeda XXI	10:54.48	406
100m: 1:16.70 1:16.70	300m: 4:02.20 1:22.81	500m: 6:48.88 1:22.70	700m: 9:33.74 1:22.08
200m: 2:39.39 1:22.69	400m: 5:26.18 1:23.98	600m: 8:11.66 1:22.78	800m: 10:54.48 1:20.74
24. Leonor Pereira, ROCHA	08 Sporting de Espinho	11:05.12	387
<i>FTL</i>			
100m: 1:15.29 1:15.29	300m: 4:04.26 1:25.77	500m: 6:55.50 1:25.45	700m: 9:45.25 1:24.59
200m: 2:38.49 1:23.20	400m: 5:30.05 1:25.79	600m: 8:20.66 1:25.16	800m: 11:05.12 1:19.87
25. Beatriz Ribeiro, MOREIRA	10 Sporting de Espinho	11:05.93	385
<i>FTL</i>			
100m: 1:17.59 1:17.59	300m: 4:06.17 1:24.49	500m: 6:57.10 1:25.33	700m: 9:45.25 1:24.17
200m: 2:41.68 1:24.09	400m: 5:31.77 1:25.60	600m: 8:21.08 1:23.98	800m: 11:05.93 1:20.68
26. Beatriz Ferreira, MIGUEL	09 Algés e Águeda XXI	11:10.22	378
<i>FTL</i>			
100m: 1:18.03 1:18.03	300m: 4:06.87 1:24.77	500m: 6:56.62 1:24.38	700m: 9:47.37 1:24.92
200m: 2:42.10 1:24.07	400m: 5:32.24 1:25.37	600m: 8:22.45 1:25.83	800m: 11:10.22 1:22.85
27. Mariana Bagagem, CARVALHO	10 Miranda do Corvo	11:11.79	375
<i>FTL</i>			
100m: 1:16.53 1:16.53	300m: 4:03.78 1:24.91	500m: 6:55.95 1:26.37	700m: 9:47.76 1:26.16
200m: 2:38.87 1:22.34	400m: 5:29.58 1:25.80	600m: 8:21.60 1:25.65	800m: 11:11.79 1:24.03