

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

Prova 4 Femin., 1500m Livres 14 anos e mais velhos  
21/06/2024 - 17:35 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	Hodmezovasarhely (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 ABS-FEM Open: 21:26.98 / 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. Camila Duarte, MARCELO	10	Condeixa Clube	<b>18:16.46</b>	591
100m: 1:07.42 1:07.42	500m: 5:57.42 1:12.84	900m: 10:50.87 1:13.60	1300m: 15:47.21 1:14.06	
200m: 2:19.32 1:11.90	600m: 7:10.42 1:13.00	1000m: 12:05.09 1:14.22	1400m: 17:02.20 1:14.99	
300m: 3:32.18 1:12.86	700m: 8:23.91 1:13.49	1100m: 13:19.08 1:13.99	1500m: 18:16.46 1:14.26	
400m: 4:44.58 1:12.40	800m: 9:37.27 1:13.36	1200m: 14:33.15 1:14.07		
2. Bianca Balbino, MENDES	10	Naval de Peniche	<b>19:33.03</b>	483
100m: 1:13.10 1:13.10	500m: 6:20.46 1:18.43	900m: 11:37.47 1:19.67	1300m: 16:56.58 1:19.74	
200m: 2:28.42 1:15.32	600m: 7:38.93 1:18.47	1000m: 12:57.46 1:19.99	1400m: 18:15.83 1:19.25	
300m: 3:44.72 1:16.30	700m: 8:58.35 1:19.42	1100m: 14:17.41 1:19.95	1500m: 19:33.03 1:17.20	
400m: 5:02.03 1:17.31	800m: 10:17.80 1:19.45	1200m: 15:36.84 1:19.43		
3. Leonor Mosca, SILVA	10	Columbifila Cantanhedense	<b>19:52.35</b>	460
100m: 1:15.84 1:15.84	500m: 6:35.47 1:20.16	900m: 11:54.19 1:20.81	1300m: 17:15.73 1:20.31	
200m: 2:35.80 1:19.96	600m: 7:55.14 1:19.67	1000m: 13:14.72 1:20.53	1400m: 18:35.99 1:20.26	
300m: 3:55.28 1:19.48	700m: 9:13.92 1:18.78	1100m: 14:35.05 1:20.33	1500m: 19:52.35 1:16.36	
400m: 5:15.31 1:20.03	800m: 10:33.38 1:19.46	1200m: 15:55.42 1:20.37		
4. Diana Isabel, ALVES	10	Pimpoes/Cimai	<b>19:55.73</b>	456
100m: 1:11.02 1:11.02	500m: 6:31.46 1:20.02	900m: 11:52.57 1:19.85	1300m: 17:14.80 1:21.32	
200m: 2:30.22 1:19.20	600m: 7:51.47 1:20.01	1000m: 13:12.04 1:19.47	1400m: 18:36.06 1:21.26	
300m: 3:50.41 1:20.19	700m: 9:12.54 1:21.07	1100m: 14:32.05 1:20.01	1500m: 19:55.73 1:19.67	
400m: 5:10.64 1:20.23	800m: 10:32.72 1:20.18	1200m: 15:53.48 1:21.43		
5. Vida Sofia, VELEZ	10	Bairro dos Anjos	<b>20:28.18</b>	420
100m: 1:15.80 1:15.80	500m: 6:44.19 1:22.17	900m: 12:13.38 1:22.50	1300m: 17:43.99 1:23.28	
200m: 2:38.43 1:22.63	600m: 8:06.44 1:22.25	1000m: 13:35.62 1:22.24	1400m: 19:07.60 1:23.61	
300m: 4:00.35 1:21.92	700m: 9:28.70 1:22.26	1100m: 14:58.42 1:22.80	1500m: 20:28.18 1:20.58	
400m: 5:22.02 1:21.67	800m: 10:50.88 1:22.18	1200m: 16:20.71 1:22.29		
6. Mariana Dias, PEREIRA	10	Algés e Águeda XXI	<b>20:55.96</b>	393
100m: 1:15.90 1:15.90	500m: 6:52.55 1:24.51	900m: 12:29.67 1:23.35	1300m: 18:08.28 1:25.62	
200m: 2:39.39 1:23.49	600m: 8:16.72 1:24.17	1000m: 13:53.47 1:23.80	1400m: 19:32.83 1:24.55	
300m: 4:02.71 1:23.32	700m: 9:41.39 1:24.67	1100m: 15:18.03 1:24.56	1500m: 20:55.96 1:23.13	
400m: 5:28.04 1:25.33	800m: 11:06.32 1:24.93	1200m: 16:42.66 1:24.63		

Juv A

1. Alana Costa, MATIAS	09	União de Coimbra	<b>18:45.68</b>	546
100m: 1:10.98 1:10.98	500m: 6:11.11 1:15.24	900m: 11:13.95 1:15.80	1300m: 16:16.81 1:15.82	
200m: 2:26.21 1:15.23	600m: 7:26.55 1:15.44	1000m: 12:29.67 1:15.72	1400m: 17:32.88 1:16.07	
300m: 3:41.12 1:14.91	700m: 8:42.24 1:15.69	1100m: 13:45.10 1:15.43	1500m: 18:45.68 1:12.80	
400m: 4:55.87 1:14.75	800m: 9:58.15 1:15.91	1200m: 15:00.99 1:15.89		
2. Beatriz Ferreira, MIGUEL	09	Algés e Águeda XXI	<b>21:22.60</b>	369
100m: 1:17.64 1:17.64	500m: 6:54.29 1:24.65	900m: 12:38.01 1:26.60	1300m: 18:28.60 1:27.95	
200m: 2:41.23 1:23.59	600m: 8:19.38 1:25.09	1000m: 14:05.19 1:27.18	1400m: 19:55.94 1:27.34	
300m: 4:05.42 1:24.19	700m: 9:45.23 1:25.85	1100m: 15:32.59 1:27.40	1500m: 21:22.60 1:26.66	
400m: 5:29.64 1:24.22	800m: 11:11.41 1:26.18	1200m: 17:00.65 1:28.06		

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

Prova 4, Femin., 1500m Livres

Jun

1.	Bianca Filipa, ALMEIDA	07	Algés e Águeda XXI	<b>18:44.69</b>	548
	100m: 1:10.25 1:10.25	500m: 6:10.45 1:15.71	900m: 11:12.72 1:14.62	1300m: 16:14.84 1:15.76	
	200m: 2:24.57 1:14.32	600m: 7:26.23 1:15.78	1000m: 12:28.08 1:15.36	1400m: 17:30.52 1:15.68	
	300m: 3:39.55 1:14.98	700m: 8:42.22 1:15.99	1100m: 13:43.52 1:15.44	1500m: 18:44.69 1:14.17	
	400m: 4:54.74 1:15.19	800m: 9:58.10 1:15.88	1200m: 14:59.08 1:15.56		
2.	Marta Andre, AGUILAR	07	Nautico Academico	<b>19:02.09</b>	523
	100m: 1:12.77 1:12.77	500m: 6:16.48 1:14.80	900m: 11:17.12 1:15.50	1300m: 16:28.20 1:18.66	
	200m: 2:28.54 1:15.77	600m: 7:31.56 1:15.08	1000m: 12:33.76 1:16.64	1400m: 17:46.60 1:18.40	
	300m: 3:45.26 1:16.72	700m: 8:46.71 1:15.15	1100m: 13:51.16 1:17.40	1500m: 19:02.09 1:15.49	
	400m: 5:01.68 1:16.42	800m: 10:01.62 1:14.91	1200m: 15:09.54 1:18.38		
3.	Rita Isabel, NEVES	08	Condeixa Clube	<b>19:34.06</b>	481
	100m: 1:12.55 1:12.55	500m: 6:22.41 1:17.86	900m: 11:38.31 1:19.06	1300m: 16:57.61 1:19.92	
	200m: 2:29.99 1:17.44	600m: 7:41.21 1:18.80	1000m: 12:57.91 1:19.60	1400m: 18:17.16 1:19.55	
	300m: 3:46.83 1:16.84	700m: 8:59.97 1:18.76	1100m: 14:17.76 1:19.85	1500m: 19:34.06 1:16.90	
	400m: 5:04.55 1:17.72	800m: 10:19.25 1:19.28	1200m: 15:37.69 1:19.93		
4.	Alice Mendes, MACEDO	08	Estamos Juntos	<b>19:44.44</b>	469
	100m: 1:10.70 1:10.70	500m: 6:27.61 1:20.43	900m: 11:48.01 1:19.96	1300m: 17:07.31 1:19.72	
	200m: 2:27.86 1:17.16	600m: 7:48.15 1:20.54	1000m: 13:08.30 1:20.29	1400m: 18:26.70 1:19.39	
	300m: 3:47.34 1:19.48	700m: 9:08.21 1:20.06	1100m: 14:28.55 1:20.25	1500m: 19:44.44 1:17.74	
	400m: 5:07.18 1:19.84	800m: 10:28.05 1:19.84	1200m: 15:47.59 1:19.04		
5.	Leonor Pereira, ROCHA FTL	08	Sporting de Espinho	<b>21:54.16</b>	343
	100m: 1:18.58 1:18.58	500m: 7:09.81 1:28.40	900m: 13:05.87 1:29.54	1300m: 19:01.83 1:28.61	
	200m: 2:45.62 1:27.04	600m: 8:38.66 1:28.85	1000m: 14:34.74 1:28.87	1400m: 20:30.51 1:28.68	
	300m: 4:13.30 1:27.68	700m: 10:07.05 1:28.39	1100m: 16:04.27 1:29.53	1500m: 21:54.16 1:23.65	
	400m: 5:41.41 1:28.11	800m: 11:36.33 1:29.28	1200m: 17:33.22 1:28.95		

Sen

1.	Helena Nunes, RODRIGUES	03	Condeixa Clube	<b>18:03.74</b>	612
	100m: 1:05.78 1:05.78	500m: 5:52.30 1:12.77	900m: 10:43.62 1:13.24	1300m: 15:37.59 1:13.99	
	200m: 2:16.22 1:10.44	600m: 7:04.57 1:12.27	1000m: 11:56.81 1:13.19	1400m: 16:51.61 1:14.02	
	300m: 3:27.52 1:11.30	700m: 8:17.32 1:12.75	1100m: 13:10.12 1:13.31	1500m: 18:03.74 1:12.13	
	400m: 4:39.53 1:12.01	800m: 9:30.38 1:13.06	1200m: 14:23.60 1:13.48		
2.	Leonor Verissimo, FARIA	06	Nautico Academico	<b>18:29.38</b>	571
	100m: 1:09.31 1:09.31	500m: 6:04.09 1:13.94	900m: 11:01.70 1:14.83	1300m: 16:00.58 1:14.82	
	200m: 2:22.73 1:13.42	600m: 7:18.02 1:13.93	1000m: 12:16.58 1:14.88	1400m: 17:15.17 1:14.59	
	300m: 3:36.41 1:13.68	700m: 8:32.37 1:14.35	1100m: 13:31.08 1:14.50	1500m: 18:29.38 1:14.21	
	400m: 4:50.15 1:13.74	800m: 9:46.87 1:14.50	1200m: 14:45.76 1:14.68		

Juv B/Abs

1.	Helena Nunes, RODRIGUES	03	Condeixa Clube	<b>18:03.74</b>	612
	100m: 1:05.78 1:05.78	500m: 5:52.30 1:12.77	900m: 10:43.62 1:13.24	1300m: 15:37.59 1:13.99	
	200m: 2:16.22 1:10.44	600m: 7:04.57 1:12.27	1000m: 11:56.81 1:13.19	1400m: 16:51.61 1:14.02	
	300m: 3:27.52 1:11.30	700m: 8:17.32 1:12.75	1100m: 13:10.12 1:13.31	1500m: 18:03.74 1:12.13	
	400m: 4:39.53 1:12.01	800m: 9:30.38 1:13.06	1200m: 14:23.60 1:13.48		
2.	Camila Duarte, MARCELO	10	Condeixa Clube	<b>18:16.46</b>	591
	100m: 1:07.42 1:07.42	500m: 5:57.42 1:12.84	900m: 10:50.87 1:13.60	1300m: 15:47.21 1:14.06	
	200m: 2:19.32 1:11.90	600m: 7:10.42 1:13.00	1000m: 12:05.09 1:14.22	1400m: 17:02.20 1:14.99	
	300m: 3:32.18 1:12.86	700m: 8:23.91 1:13.49	1100m: 13:19.08 1:13.99	1500m: 18:16.46 1:14.26	
	400m: 4:44.58 1:12.40	800m: 9:37.27 1:13.36	1200m: 14:33.15 1:14.07		
3.	Leonor Verissimo, FARIA	06	Nautico Academico	<b>18:29.38</b>	571
	100m: 1:09.31 1:09.31	500m: 6:04.09 1:13.94	900m: 11:01.70 1:14.83	1300m: 16:00.58 1:14.82	
	200m: 2:22.73 1:13.42	600m: 7:18.02 1:13.93	1000m: 12:16.58 1:14.88	1400m: 17:15.17 1:14.59	
	300m: 3:36.41 1:13.68	700m: 8:32.37 1:14.35	1100m: 13:31.08 1:14.50	1500m: 18:29.38 1:14.21	
	400m: 4:50.15 1:13.74	800m: 9:46.87 1:14.50	1200m: 14:45.76 1:14.68		

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

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

Lugar	Ano		Tempo final								Pts	
4.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				<b>18:44.69</b>		548		
	100m:	1:10.25	1:10.25	500m:	6:10.45	1:15.71	900m:	11:12.72	1:14.62	1300m:	16:14.84	1:15.76
	200m:	2:24.57	1:14.32	600m:	7:26.23	1:15.78	1000m:	12:28.08	1:15.36	1400m:	17:30.52	1:15.68
	300m:	3:39.55	1:14.98	700m:	8:42.22	1:15.99	1100m:	13:43.52	1:15.44	1500m:	18:44.69	1:14.17
	400m:	4:54.74	1:15.19	800m:	9:58.10	1:15.88	1200m:	14:59.08	1:15.56			
5.	Alana Costa, MATIAS		09	União de Coimbra				<b>18:45.68</b>		546		
	100m:	1:10.98	1:10.98	500m:	6:11.11	1:15.24	900m:	11:13.95	1:15.80	1300m:	16:16.81	1:15.82
	200m:	2:26.21	1:15.23	600m:	7:26.55	1:15.44	1000m:	12:29.67	1:15.72	1400m:	17:32.88	1:16.07
	300m:	3:41.12	1:14.91	700m:	8:42.24	1:15.69	1100m:	13:45.10	1:15.43	1500m:	18:45.68	1:12.80
	400m:	4:55.87	1:14.75	800m:	9:58.15	1:15.91	1200m:	15:00.99	1:15.89			
6.	Marta Andre, AGUILAR		07	Nautico Academico				<b>19:02.09</b>		523		
	100m:	1:12.77	1:12.77	500m:	6:16.48	1:14.80	900m:	11:17.12	1:15.50	1300m:	16:28.20	1:18.66
	200m:	2:28.54	1:15.77	600m:	7:31.56	1:15.08	1000m:	12:33.76	1:16.64	1400m:	17:46.60	1:18.40
	300m:	3:45.26	1:16.72	700m:	8:46.71	1:15.15	1100m:	13:51.16	1:17.40	1500m:	19:02.09	1:15.49
	400m:	5:01.68	1:16.42	800m:	10:01.62	1:14.91	1200m:	15:09.54	1:18.38			
7.	Bianca Balbino, MENDES		10	Naval de Peniche				<b>19:33.03</b>		483		
	100m:	1:13.10	1:13.10	500m:	6:20.46	1:18.43	900m:	11:37.47	1:19.67	1300m:	16:56.58	1:19.74
	200m:	2:28.42	1:15.32	600m:	7:38.93	1:18.47	1000m:	12:57.46	1:19.99	1400m:	18:15.83	1:19.25
	300m:	3:44.72	1:16.30	700m:	8:58.35	1:19.42	1100m:	14:17.41	1:19.95	1500m:	19:33.03	1:17.20
	400m:	5:02.03	1:17.31	800m:	10:17.80	1:19.45	1200m:	15:36.84	1:19.43			
8.	Rita Isabel, NEVES		08	Condeixa Clube				<b>19:34.06</b>		481		
	100m:	1:12.55	1:12.55	500m:	6:22.41	1:17.86	900m:	11:38.31	1:19.06	1300m:	16:57.61	1:19.92
	200m:	2:29.99	1:17.44	600m:	7:41.21	1:18.80	1000m:	12:57.91	1:19.60	1400m:	18:17.16	1:19.55
	300m:	3:46.83	1:16.84	700m:	8:59.97	1:18.76	1100m:	14:17.76	1:19.85	1500m:	19:34.06	1:16.90
	400m:	5:04.55	1:17.72	800m:	10:19.25	1:19.28	1200m:	15:37.69	1:19.93			
9.	Alice Mendes, MACEDO		08	Estamos Juntos				<b>19:44.44</b>		469		
	100m:	1:10.70	1:10.70	500m:	6:27.61	1:20.43	900m:	11:48.01	1:19.96	1300m:	17:07.31	1:19.72
	200m:	2:27.86	1:17.16	600m:	7:48.15	1:20.54	1000m:	13:08.30	1:20.29	1400m:	18:26.70	1:19.39
	300m:	3:47.34	1:19.48	700m:	9:08.21	1:20.06	1100m:	14:28.55	1:20.25	1500m:	19:44.44	1:17.74
	400m:	5:07.18	1:19.84	800m:	10:28.05	1:19.84	1200m:	15:47.59	1:19.04			
10.	Leonor Mosca, SILVA		10	Columbifila Cantanhedense				<b>19:52.35</b>		460		
	100m:	1:15.84	1:15.84	500m:	6:35.47	1:20.16	900m:	11:54.19	1:20.81	1300m:	17:15.73	1:20.31
	200m:	2:35.80	1:19.96	600m:	7:55.14	1:19.67	1000m:	13:14.72	1:20.53	1400m:	18:35.99	1:20.26
	300m:	3:55.28	1:19.48	700m:	9:13.92	1:18.78	1100m:	14:35.05	1:20.33	1500m:	19:52.35	1:16.36
	400m:	5:15.31	1:20.03	800m:	10:33.38	1:19.46	1200m:	15:55.42	1:20.37			
11.	Diana Isabel, ALVES		10	Pimpoes/Cimai				<b>19:55.73</b>		456		
	100m:	1:11.02	1:11.02	500m:	6:31.46	1:20.82	900m:	11:52.57	1:19.85	1300m:	17:14.80	1:21.32
	200m:	2:30.22	1:19.20	600m:	7:51.47	1:20.01	1000m:	13:12.04	1:19.47	1400m:	18:36.06	1:21.26
	300m:	3:50.41	1:20.19	700m:	9:12.54	1:21.07	1100m:	14:32.05	1:20.01	1500m:	19:55.73	1:19.67
	400m:	5:10.64	1:20.23	800m:	10:32.72	1:20.18	1200m:	15:53.48	1:21.43			
12.	Vida Sofia, VELEZ		10	Bairro dos Anjos				<b>20:28.18</b>		420		
	100m:	1:15.80	1:15.80	500m:	6:44.19	1:22.17	900m:	12:13.38	1:22.50	1300m:	17:43.99	1:23.28
	200m:	2:38.43	1:22.63	600m:	8:06.44	1:22.25	1000m:	13:35.62	1:22.24	1400m:	19:07.60	1:23.61
	300m:	4:00.35	1:21.92	700m:	9:28.70	1:22.26	1100m:	14:58.42	1:22.80	1500m:	20:28.18	1:20.58
	400m:	5:22.02	1:21.67	800m:	10:50.88	1:22.18	1200m:	16:20.71	1:22.29			
13.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				<b>20:55.96</b>		393		
	100m:	1:15.90	1:15.90	500m:	6:52.55	1:24.51	900m:	12:29.67	1:23.35	1300m:	18:08.28	1:25.62
	200m:	2:39.39	1:23.49	600m:	8:16.72	1:24.17	1000m:	13:53.47	1:23.80	1400m:	19:32.83	1:24.55
	300m:	4:02.71	1:23.32	700m:	9:41.39	1:24.67	1100m:	15:18.03	1:24.56	1500m:	20:55.96	1:23.13
	400m:	5:28.04	1:25.33	800m:	11:06.32	1:24.93	1200m:	16:42.66	1:24.63			
14.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI				<b>21:22.60</b>		369		
	100m:	1:17.64	1:17.64	500m:	6:54.29	1:24.65	900m:	12:38.01	1:26.60	1300m:	18:28.60	1:27.95
	200m:	2:41.23	1:23.59	600m:	8:19.38	1:25.09	1000m:	14:05.19	1:27.18	1400m:	19:55.94	1:27.34
	300m:	4:05.42	1:24.19	700m:	9:45.23	1:25.85	1100m:	15:32.59	1:27.40	1500m:	21:22.60	1:26.66
	400m:	5:29.64	1:24.22	800m:	11:11.41	1:26.18	1200m:	17:00.65	1:28.06			

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

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

Lugar	Ano	Tempo final	Pts
15. Leonor Pereira, ROCHA <i>FTL</i>	08 Sporting de Espinho	<b>21:54.16</b>	343
100m: 1:18.58 1:18.58	500m: 7:09.81 1:28.40	900m: 13:05.87 1:29.54	1300m: 19:01.83 1:28.61
200m: 2:45.62 1:27.04	600m: 8:38.66 1:28.85	1000m: 14:34.74 1:28.87	1400m: 20:30.51 1:28.68
300m: 4:13.30 1:27.68	700m: 10:07.05 1:28.39	1100m: 16:04.27 1:29.53	1500m: 21:54.16 1:23.65
400m: 5:41.41 1:28.11	800m: 11:36.33 1:29.28	1200m: 17:33.22 1:28.95	