



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 1, 2, e 3 Março 2024

Prova 9 Femin., 1500m Livres Juvenil B
02/03/2024 - 9:30 Resultados

Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS Juv B	17:57.44	Mafalda Sofia Rosa	CNRM	Santarem	15/01/2017

: 24:25.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts				
1.	Leonor Sombreiro Martins	10		BUZIOS-Coruche	18:49.14		520					
	50m:	32.54	300m:	3:41.66	550m:	6:52.43	800m:	10:02.91	1050m:	13:12.13	1300m:	16:23.59
	100m:	1:08.46	350m:	4:19.99	600m:	7:30.36	850m:	10:40.90	1100m:	13:51.27	1350m:	17:01.07
	150m:	1:46.18	400m:	4:58.21	650m:	8:08.75	900m:	11:18.32	1150m:	14:29.45	1400m:	17:39.25
	200m:	2:24.52	450m:	5:36.10	700m:	8:46.82	950m:	11:55.97	1200m:	15:06.87	1450m:	18:16.03
	250m:	3:03.28	500m:	6:14.32	750m:	9:24.50	1000m:	12:33.76	1250m:	15:45.13	1500m:	18:49.14
2.	Lara Paixao Silva	10		Rio Maior	20:29.42		403					
	50m:	34.59	300m:	3:54.45	550m:	7:19.73	800m:	10:45.90	1050m:	14:14.73	1300m:	17:44.77
	100m:	1:12.63	350m:	4:35.15	600m:	8:00.67	850m:	11:27.35	1100m:	14:57.44	1350m:	18:26.58
	150m:	1:52.32	400m:	5:15.79	650m:	8:41.76	900m:	12:08.85	1150m:	15:39.20	1400m:	19:08.36
	200m:	2:32.64	450m:	5:56.62	700m:	9:22.72	950m:	12:50.52	1200m:	16:21.11	1450m:	19:49.69
	250m:	3:13.23	500m:	6:38.02	750m:	10:04.57	1000m:	13:33.14	1250m:	17:02.86	1500m:	20:29.42

Prova 9 Femin., 1500m Livres Juvenil A
02/03/2024 - 9:30 Resultados

Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS Juv A	17:22.70	Mafalda Sofia Rosa	CNRM	Tomar	18/11/2017

: 23:49.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts				
1.	Laura Prates Morais	09		BUZIOS-Coruche	19:31.57		465					
	50m:	34.09	300m:	3:46.36	550m:	7:03.13	800m:	10:20.48	1050m:	13:39.48	1300m:	16:57.50
	100m:	1:11.64	350m:	4:25.41	600m:	7:42.98	850m:	11:00.45	1100m:	14:18.71	1350m:	17:37.11
	150m:	1:49.92	400m:	5:04.60	650m:	8:22.48	900m:	11:40.00	1150m:	14:58.93	1400m:	18:16.02
	200m:	2:28.45	450m:	5:44.10	700m:	9:01.88	950m:	12:19.36	1200m:	15:38.43	1450m:	18:54.76
	250m:	3:07.02	500m:	6:23.55	750m:	9:41.10	1000m:	12:59.42	1250m:	16:17.72	1500m:	19:31.57
2.	Leonor Margarida Mateus	09		BUZIOS-Coruche	21:32.03		347					
	50m:	38.01	300m:	4:12.38	550m:	7:48.76	800m:	11:25.41	1050m:	15:05.39	1300m:	18:43.41
	100m:	1:20.16	350m:	4:55.61	600m:	8:32.05	850m:	12:09.39	1100m:	15:49.44	1350m:	19:27.25
	150m:	2:02.75	400m:	5:38.56	650m:	9:15.28	900m:	12:52.82	1150m:	16:33.38	1400m:	20:09.98
	200m:	2:45.60	450m:	6:22.03	700m:	9:59.20	950m:	13:36.74	1200m:	17:16.77	1450m:	20:52.76
	250m:	3:28.61	500m:	7:05.24	750m:	10:41.85	1000m:	14:21.45	1250m:	18:00.08	1500m:	21:32.03

Prova 9 Femin., 1500m Livres Junior
02/03/2024 - 9:30 Resultados

Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS 17	17:00.30	Mafalda Sofia Rosa	CNRM	Felgueiras	20/12/2019
Recorde Distrital ANDS Jun16	17:03.84	Mafalda Sofia Rosa	CNRM	CORUCHE	15/03/2019

Jun/Sen: 23:17.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts				
1.	Mariana Mauricio Coelho	07		BUZIOS-Coruche	20:07.81		425					
	50m:	33.61	300m:	3:49.55	550m:	7:11.39	800m:	10:35.34	1050m:	14:00.47	1300m:	17:27.02
	100m:	1:11.22	350m:	4:29.49	600m:	7:52.12	850m:	11:15.73	1100m:	14:42.40	1350m:	18:08.28
	150m:	1:49.87	400m:	5:09.74	650m:	8:33.04	900m:	11:57.02	1150m:	15:23.68	1400m:	18:50.29
	200m:	2:29.09	450m:	5:50.36	700m:	9:14.05	950m:	12:37.98	1200m:	16:04.80	1450m:	19:30.46
	250m:	3:08.98	500m:	6:31.04	750m:	9:54.95	1000m:	13:19.48	1250m:	16:45.45	1500m:	20:07.81



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Prova 9, Femin., 1500m Livres, Junior

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	Carolina Santos Carrilho	08		CLAC-Entroncamento	22:07.67			320
	50m: 38.98	300m: 4:20.88	550m: 8:03.72	800m: 11:44.93	1050m: 15:28.36	1300m: 19:11.61		
	100m: 1:22.67	350m: 5:04.94	600m: 8:48.55	850m: 12:29.11	1100m: 16:13.31	1350m: 19:56.58		
	150m: 2:07.29	400m: 5:49.54	650m: 9:33.18	900m: 13:13.86	1150m: 16:57.81	1400m: 20:41.17		
	200m: 2:51.88	450m: 6:34.43	700m: 10:17.61	950m: 13:58.64	1200m: 17:42.63	1450m: 21:24.70		
	250m: 3:36.34	500m: 7:18.96	750m: 11:01.32	1000m: 14:43.74	1250m: 18:27.22	1500m: 22:07.67		