

Prova 4

Femin., 1500m Livres

Juvenis

29/06/2024 - 10:30

Resultados

Recordes Regionais (25m) Open	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recordes Regionais (25m) Juv A	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recordes Regionais (25m) Juv B	20:51.31	Beatriz Maria Igrejas	GCVR	Santa Marta de Penaguião	08/07/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Francisca Moreira Fonseca	209211	09	CMN Peso da Régua	22:56.41	287
	50m: 38.23	38.23	450m:	850m:	1250m:	
	100m: 1:22.16	43.93	500m: 7:36.41	900m: 13:45.41	1300m: 19:54.94	
	150m:	550m:	600m: 9:08.66	950m: 15:18.09	1350m: 21:26.34	
	200m: 2:54.31	650m:	700m: 10:40.73	1000m: 16:50.41	1400m: 22:56.41	
	250m:	750m:	800m: 12:13.41	1100m: 18:23.02	1450m:	
	300m: 4:27.31	850m:		1200m:	1500m:	
	350m:					
	400m: 6:02.44					

Prova 4

Femin., 1500m Livres

Juniores e Seniores

29/06/2024 - 10:30

Resultados

Recordes Regionais (25m) Open	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recordes Regionais (25m) Sen	19:00.94	Ana Sofia Nóbrega	GCVR	St.ª Marta de Penaguião	30/06/2013
Recordes Regionais (25m) 17	19:17.23	Maria Carolina Eira	GCVR	Santa Marta de Penaguião	02/07/2022
Recordes Regionais (25m) 16	19:40.02	Maria Migueis Teixeira	CNIN	Bragança	05/07/2015

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Andreia Monteiro Barreira	204638	06	CMN Peso da Régua	19:29.46	468
	50m: 34.21	34.21	450m:	850m:	1250m:	
	100m: 1:11.59	37.38	500m: 6:21.03	900m: 11:37.43	1300m: 16:51.84	
	150m:	550m:	600m: 7:40.00	950m: 12:55.81	1350m: 18:10.75	
	200m: 2:27.71	650m:	700m: 8:59.50	1000m: 14:14.37	1400m: 19:29.46	
	250m:	750m:	800m: 10:18.56	1100m: 15:32.78	1450m:	
	300m: 3:44.71	850m:		1200m:	1500m:	
	350m:					
	400m: 5:02.78					
2.	Maria Carolina Eira	130388	05	Gcvr	19:48.74	446
	50m: 33.74	33.74	450m:	850m:	1250m:	
	100m: 1:10.70	36.96	500m: 6:21.58	900m: 11:39.74	1300m: 17:05.17	
	150m:	550m:	600m: 7:41.08	950m: 12:59.92	1350m: 18:27.33	
	200m: 2:26.74	650m:	700m: 9:00.64	1000m: 14:21.23	1400m: 19:48.74	
	250m:	750m:	800m: 10:20.20	1100m: 15:42.92	1450m:	
	300m: 3:44.58	850m:		1200m:	1500m:	
	350m:					
	400m: 5:03.00					
3.	Bianca Santos Goncalves	209198	07	EN Bragança	23:15.25	275
	50m: 40.68	40.68	450m:	850m:	1250m:	
	100m: 1:24.96	44.28	500m: 7:39.03	900m: 13:53.59	1300m: 20:14.12	
	150m:	550m:	600m: 9:12.09	950m: 15:28.75	1350m: 21:48.00	
	200m: 2:58.34	650m:	700m: 10:45.37	1000m: 17:04.43	1400m: 23:15.25	
	250m:	750m:	800m: 12:18.81	1100m: 18:39.75	1450m:	
	300m: 4:32.93	850m:		1200m:	1500m:	
	350m:					
	400m: 6:07.53					

Prova 4

Femin., 1500m Livres

Absoluto

29/06/2024 - 10:30

Resultados

Recordes Regionais (25m) Open	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recordes Regionais (25m) Sen	19:00.94	Ana Sofia Nóbrega	GCVR	St.ª Marta de Penaguião	30/06/2013
Recordes Regionais (25m) 17	19:17.23	Maria Carolina Eira	GCVR	Santa Marta de Penaguião	02/07/2022
Recordes Regionais (25m) 16	19:40.02	Maria Migueis Teixeira	CNIN	Bragança	05/07/2015
Recordes Regionais (25m) Juv A	18:30.56	Ana Margarida Guedes	GCVR	Chaves	15/11/2015
Recordes Regionais (25m) Juv B	20:51.31	Beatriz Maria Igrejas	GCVR	Santa Marta de Penaguião	08/07/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Andreia Monteiro Barreira	204638	06	CMN Peso da Régua	19:29.46	468
	50m: 34.21	34.21	450m:	850m:	1250m:	
	100m: 1:11.59	37.38	500m: 6:21.03	900m: 11:37.43	1300m: 16:51.84	
	150m:	550m:	600m: 7:40.00	950m: 12:55.81	1350m: 18:10.75	
	200m: 2:27.71	650m:	700m: 8:59.50	1000m: 14:14.37	1400m: 19:29.46	
	250m:	750m:	800m: 10:18.56	1100m: 15:32.78	1450m:	
	300m: 3:44.71	850m:		1200m:	1500m:	
	350m:					
	400m: 5:02.78					

Prova 4, Femin., 1500m Livres, Absoluto

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
2.	Maria Carolina Eira	130388	05	Gcvr	19:48.74	446
	50m: 33.74	33.74	450m:	850m:	1250m:	
	100m: 1:10.70	36.96	500m: 6:21.58	900m: 11:39.74	1300m: 17:05.17	
	150m:		550m:	950m:	1350m:	
	200m: 2:26.74		600m: 7:41.08	1000m: 12:59.92	1400m: 18:27.33	
	250m:		650m:	1050m:	1450m:	
	300m: 3:44.58		700m: 9:00.64	1100m: 14:21.23	1500m: 19:48.74	
	350m:		750m:	1150m:		
	400m: 5:03.00		800m: 10:20.20	1200m: 15:42.92		
3.	Francisca Moreira Fonseca	209211	09	CMN Peso da Régua	22:56.41	287
	50m: 38.23	38.23	450m:	850m:	1250m:	
	100m: 1:22.16	43.93	500m: 7:36.41	900m: 13:45.41	1300m: 19:54.94	
	150m:		550m:	950m:	1350m:	
	200m: 2:54.31		600m: 9:08.66	1000m: 15:18.09	1400m: 21:26.34	
	250m:		650m:	1050m:	1450m:	
	300m: 4:27.31		700m: 10:40.73	1100m: 16:50.41	1500m: 22:56.41	
	350m:		750m:	1150m:		
	400m: 6:02.44		800m: 12:13.41	1200m: 18:23.02		
4.	Bianca Santos Goncalves	209198	07	EN Bragança	23:15.25	275
	50m: 40.68	40.68	450m:	850m:	1250m:	
	100m: 1:24.96	44.28	500m: 7:39.03	900m: 13:53.59	1300m: 20:14.12	
	150m:		550m:	950m:	1350m:	
	200m: 2:58.34		600m: 9:12.09	1000m: 15:28.75	1400m: 21:48.00	
	250m:		650m:	1050m:	1450m:	
	300m: 4:32.93		700m: 10:45.37	1100m: 17:04.43	1500m: 23:15.25	
	350m:		750m:	1150m:		
	400m: 6:07.53		800m: 12:18.81	1200m: 18:39.75		
EXH	Mafalda Brandao Reis	203693	09	Famalicão	20:05.39	427
	50m: 36.53	36.53	450m:	850m:	1250m:	
	100m: 1:17.06	40.53	500m: 6:44.78	900m: 12:08.18	1300m: 17:28.00	
	150m:		550m:	950m:	1350m:	
	200m: 2:39.78		600m: 8:06.04	1000m: 13:28.43	1400m: 18:47.06	
	250m:		650m:	1050m:	1450m:	
	300m: 4:02.04		700m: 9:27.53	1100m: 14:48.56	1500m: 20:05.39	
	350m:		750m:	1150m:		
	400m: 5:23.86		800m: 10:48.28	1200m: 16:08.06		