

Torneio Regional de Fundo e Nadador Completo  
Grândola, 18/5/2024

Prova 19 Femin., 800m Livres 12 - 15 anos  
18/05/2024 - 17:10 Resultados

Recordes Regionais Piscina Curta Open	8:55.34	Ana Reis SOUSA	CNLA	Porto	10/12/2017
Recordes Regionais Piscina Curta 15	9:30.24	Ana Reis SOUSA	CNLA	Abrantes	26/11/2016
Recordes Regionais Piscina Curta 14	9:37.43	Ana Reis SOUSA	CNLA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 13	9:56.19	Joana Catarina SANTA	VGAC	Santarém	05/02/2005
Recordes Regionais Piscina Curta 12	10:38.25	Eliana Vilhena MARTINS	Ind ANALETSines		13/05/2006

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo final	Pts
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12 anos

1.	Mafalda NUNES	12	Seagull Rescue	<b>12:25.18</b>	262
	100m: 1:29.30 1:29.30		300m: 500m:	700m:	
	200m: 3:04.86 1:35.56		400m: 6:14.61 600m:	800m: 12:25.18	
2.	Inês ROCHA	12	Seagull Rescue	<b>12:54.50</b>	234
	100m: 1:34.72 1:34.72		300m: 500m:	700m:	
	200m: 3:14.36 1:39.64		400m: 6:33.68 600m:	800m: 12:54.50	
3.	Carolina Paixao CENICO	12	Acmn	<b>12:54.90</b>	233
	100m: 1:30.97 1:30.97		300m: 500m:	700m:	
	200m: 3:08.97 1:38.00		400m: 6:25.55 600m:	800m: 12:54.90	
4.	Lara Sofia GONCALVES	12	Litoral Alentejano	<b>13:58.09</b>	184
	100m: 1:39.44 1:39.44		300m: 500m:	700m:	
	200m: 3:26.22 1:46.78		400m: 7:01.09 600m:	800m: 13:58.09	
5.	Ines Borges COSTA	12	Ndco	<b>14:03.34</b>	181
	100m: 1:39.61 1:39.61		300m: 500m:	700m:	
	200m: 3:21.68 1:42.07		400m: 6:49.71 600m:	800m: 14:03.34	
6.	Madalena Santos MACHADO	12	Ndco	<b>14:16.40</b>	173
	100m: 1:42.53 1:42.53		300m: 500m:	700m:	
	200m: 3:29.97 1:47.44		400m: 7:10.25 600m:	800m: 14:16.40	
7.	Ines Oliveira GOMES	12	Ndco	<b>14:40.36</b>	159
	100m: 1:46.71 1:46.71		300m: 500m:	700m:	
	200m: 3:36.11 1:49.40		400m: 7:19.99 600m:	800m: 14:40.36	
8.	Filipa Serrao ROSARIO	12	Litoral Alentejano	<b>14:43.31</b>	157
	100m: 1:44.67 1:44.67		300m: 500m:	700m:	
	200m: 3:37.27 1:52.60		400m: 7:22.79 600m:	800m: 14:43.31	
9.	Ariana Nunes BATISTA	12	GSC Grândola Sports Club	<b>14:59.99</b>	149
	100m: 1:49.77 1:49.77		300m: 500m:	700m:	
	200m: 3:45.74 1:55.97		400m: 7:35.49 600m:	800m: 14:59.99	
10.	Beatriz Silva MORAIS	12	Ndco	<b>15:00.12</b>	149
	100m: 1:45.91 1:45.91		300m: 500m:	700m:	
	200m: 5:31.37 3:45.46		400m: 7:25.41 600m:	800m: 15:00.12	

13 anos

1.	Ines Diogo MESTRE	13	Aljustrelense	<b>11:11.31</b>	359
	100m: 1:20.97 1:20.97		300m: 500m:	700m:	
	200m: 2:44.94 1:23.97		400m: 5:34.70 600m:	800m: 11:11.31	
2.	Maria Goncalves OLIVEIRA	13	Ndco	<b>12:00.13</b>	291
	100m: 1:23.81 1:23.81		300m: 500m:	700m:	
	200m: 2:52.08 1:28.27		400m: 5:53.22 600m:	800m: 12:00.13	
3.	Teresa Ribeiro ROCHA	13	Aminata	<b>12:26.40</b>	261
	100m: 1:27.68 1:27.68		300m: 500m:	700m:	
	200m: 3:03.25 1:35.57		400m: 6:13.58 600m:	800m: 12:26.40	
4.	Margarida Maria BEATO	13	GSC Grândola Sports Club	<b>12:58.08</b>	231
	100m: 1:32.97 1:32.97		300m: 500m:	700m:	
	200m: 3:11.97 1:39.00		400m: 6:30.15 600m:	800m: 12:58.08	

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Prova 19, Femin., 800m Livres, 13 anos

Lugar	Nome	Idade	Clube	Tempo final	Pts
5.	Constanca Alves MATOS	13	Litoral Alentejano	<b>13:11.33</b>	219
	100m: 1:33.54 1:33.54	300m:	500m:	700m:	
	200m: 3:14.39 1:40.85	400m: 6:42.26	600m:	800m: 13:11.33	
6.	Melanie Munha INACIO	13	Litoral Alentejano	<b>14:12.45</b>	175
	100m: 1:42.79 1:42.79	300m:	500m:	700m:	
	200m: 3:31.08 1:48.29	400m: 7:10.16	600m:	800m: 14:12.45	
7.	Inês SILVÉRIO	13	Seagull Rescue	<b>14:46.77</b>	156
	100m: 1:43.63 1:43.63	300m:	500m:	700m:	
	200m: 3:37.60 1:53.97	400m: 7:27.38	600m:	800m: 14:46.77	
8.	Eva MATIAS	13	Seagull Rescue	<b>16:13.05</b>	118
	100m: 1:56.95 1:56.95	300m:	500m:	700m:	
	200m: 4:01.87 2:04.92	400m: 8:11.40	600m:	800m: 16:13.05	

14 anos

1.	Leonor Duarte GONCALVES	14	Ndco	<b>11:19.67</b>	346
	100m: 1:20.84 1:20.84	300m:	500m:	700m:	
	200m: 2:45.31 1:24.47	400m: 5:38.41	600m:	800m: 11:19.67	
2.	Rita Isabel OLIVEIRA	14	Estremoz / Estremozcarnes	<b>12:04.56</b>	286
	100m: 1:26.01 1:26.01	300m:	500m:	700m:	
	200m: 2:55.23 1:29.22	400m: 5:58.73	600m:	800m: 12:04.56	
3.	Beatriz Coelho SANTOS	14	Acmn	<b>12:15.25</b>	273
	100m: 1:24.80 1:24.80	300m:	500m:	700m:	
	200m: 2:55.89 1:31.09	400m: 6:01.85	600m:	800m: 12:15.25	
4.	Maria Leonor LADEIRAS	14	Acmn	<b>12:54.38</b>	234
	100m: 1:30.66 1:30.66	300m:	500m:	700m:	
	200m: 3:08.66 1:38.00	400m: 6:25.19	600m:	800m: 12:54.38	
5.	Sofia Espada PASSECHNIKOFF	14	GSC Grândola Sports Club	<b>13:07.41</b>	222
	100m: 1:29.98 1:29.98	300m:	500m:	700m:	
	200m: 3:09.05 1:39.07	400m: 6:30.27	600m:	800m: 13:07.41	
6.	Camila CARDOSO	14	Seagull Rescue	<b>14:17.21</b>	172
	100m: 1:39.18 1:39.18	300m:	500m:	700m:	
	200m: 3:27.75 1:48.57	400m: 7:06.78	600m:	800m: 14:17.21	

15 anos

1.	Joana Afonso BANZA	15	Aljustrelense	<b>11:20.05</b>	346
	100m: 1:20.90 1:20.90	300m:	500m:	700m:	
	200m: 2:45.23 1:24.33	400m: 5:37.21	600m:	800m: 11:20.05	
2.	Madalena Miguens PUCARINHAS	15	Estremoz / Estremozcarnes	<b>11:44.54</b>	311
	100m: 1:21.86 1:21.86	300m:	500m:	700m:	
	200m: 2:49.44 1:27.58	400m: 5:44.94	600m:	800m: 11:44.54	