

Prova 25 Femin., 800m Livres Absolutos  
30/06/2024 - 9:36 Resultados

|                                |         |                           |      |                 |      |
|--------------------------------|---------|---------------------------|------|-----------------|------|
| Recordes Regionais (PL) Open   | 9:22.04 | Miriam Filipe, MARCOS     | CNOL | Funchal         | 2017 |
| Recordes Regionais (PL) Sen.   | 9:33.10 | Catia Raquel, MARTINHEIRA | LDC  | Faro            | 2013 |
| Recordes Regionais (PL) Jun. 2 | 9:52.99 | Laura Fabiana, ESTEVENS   | GCNF | Loule           | 2022 |
| Recordes Regionais (PL) Jun. 1 | 9:22.04 | Miriam Filipe, MARCOS     | CNOL | Loule           | 2017 |
| Recordes Regionais (PL) Juv. A | 9:46.54 | Margarida Maria, LUIZ     | LAC  | Coimbra         | 2023 |
| Recordes Regionais (PL) Juv. B | 9:42.68 | Catia Raquel, MARTINHEIRA | LDC  | Povoa de Varzim | 2009 |

Pontos: FINA Master 2024

Lugar Ano Tempo final Pts  
Juvenis B

|                              |                       |                       |                        |                        |
|------------------------------|-----------------------|-----------------------|------------------------|------------------------|
| 1. Sonya Antonova, SINYAKOVA | 10                    | Nautico do Guadiana   | <b>12:05.80</b>        | 380                    |
| 100m: 1:23.74 1:23.74        | 300m: 4:28.37 1:32.96 | 500m: 7:32.89 1:31.76 | 700m: 10:37.31 1:31.95 | 800m: 12:05.80 1:28.49 |
| 200m: 2:55.41 1:31.67        | 400m: 6:01.13 1:32.76 | 600m: 9:05.36 1:32.47 |                        |                        |

Juvenis A

|                             |                       |                       |                        |                        |
|-----------------------------|-----------------------|-----------------------|------------------------|------------------------|
| 1. Clara Alexandra, VICENTE | 09                    | Lagoa AC              | <b>10:31.74</b>        | 576                    |
| 100m: 1:14.16 1:14.16       | 300m: 3:52.40 1:19.65 | 500m: 6:33.16 1:20.54 | 700m: 9:14.78 1:20.79  | 800m: 10:31.74 1:16.96 |
| 200m: 2:32.75 1:18.59       | 400m: 5:12.62 1:20.22 | 600m: 7:53.99 1:20.83 |                        |                        |
| 2. Margarida Santos, JESUS  | 09                    | Natacao de Olhao      | <b>10:47.06</b>        | 536                    |
| 100m: 1:14.70 1:14.70       | 300m: 3:55.71 1:21.30 | 500m: 6:40.53 1:22.48 | 700m: 9:26.16 1:22.54  | 800m: 10:47.06 1:20.90 |
| 200m: 2:34.41 1:19.71       | 400m: 5:18.05 1:22.34 | 600m: 8:03.62 1:23.09 |                        |                        |
| 3. Lara Sofia, AGUAS        | 09                    | Lagoa AC              | <b>11:15.32</b>        | 472                    |
| 100m: 1:17.99 1:17.99       | 300m: 4:10.04 1:26.37 | 500m: 7:01.85 1:25.75 | 700m: 9:51.63 1:24.72  | 800m: 11:15.32 1:23.69 |
| 200m: 2:43.67 1:25.68       | 400m: 5:36.10 1:26.06 | 600m: 8:26.91 1:25.06 |                        |                        |
| 4. Vitoria Goncalves, PITA  | 09                    | Portinado             | <b>13:00.69</b>        | 305                    |
| 100m: 1:24.81 1:24.81       | 300m: 4:40.22 1:38.38 | 500m: 8:01.85 1:41.09 | 700m: 11:24.45 1:40.73 | 800m: 13:00.69 1:36.24 |
| 200m: 3:01.84 1:37.03       | 400m: 6:20.76 1:40.54 | 600m: 9:43.72 1:41.87 |                        |                        |

Absoluto

|                              |                       |                       |                        |                        |
|------------------------------|-----------------------|-----------------------|------------------------|------------------------|
| 1. Margarida Maria, LUIZ     | 08                    | Lagoa AC              | <b>9:56.65</b>         | 684                    |
| 100m: 1:09.99 1:09.99        | 300m: 3:41.28 1:15.93 | 500m: 6:12.33 1:15.06 | 700m: 8:43.56 1:15.30  | 800m: 9:56.65 1:13.09  |
| 200m: 2:25.35 1:15.36        | 400m: 4:57.27 1:15.99 | 600m: 7:28.26 1:15.93 |                        |                        |
| 2. Barbara Ribeiro, LOUREIRO | 07                    | Portinado             | <b>11:44.45</b>        | 416                    |
| 100m: 1:19.05 1:19.05        | 300m: 4:15.54 1:29.29 | 500m: 7:17.74 1:32.04 | 700m: 10:19.22 1:30.88 | 800m: 11:44.45 1:25.23 |
| 200m: 2:46.25 1:27.20        | 400m: 5:45.70 1:30.16 | 600m: 8:48.34 1:30.60 |                        |                        |

DNS Mia Alena, WERUM 07 Lagoa AC