

Prova 27 Femin., 800m Livres Absolutos
29/06/2024 - 17:35 Resultados

Rec Reg AN Alentejo Open	9:02.99	Ana Reis SOUSA	CNLA	Funchal	23/03/2018
Rec Reg AN Alentejo Sen	10:20.10	Sofia Oliveira SILVA	CNLA	Reguengos de Monsaraz	08/07/2023
Rec Reg AN Alentejo Jun17	10:02.54	Sofia Cristina GRILO	Ind ANALEP	Reguengos de Monsaraz	05/07/2014
Rec Reg AN Alentejo Jun16	9:02.99	Ana Reis SOUSA	CNLA	Funchal	23/03/2018
Rec Reg AN Alentejo Juv A	9:25.73	Ana Reis SOUSA	CNLA	Oeiras	20/07/2017
Rec Reg AN Alentejo Juv B	9:43.08	Ana Reis SOUSA	CNLA	Reguengos de Monsaraz	02/07/2016

TAC Sêniores Fem Sen 50m: 12:00.00 - 25m: 12:00.00 / TAC Juniores Fem Jun 50m: 12:00.00 - 25m: 12:00.00 /
TAC Juvenis A Fem Juv A 50m: 12:00.00 - 25m: 12:00.00 / TAC Juvenis B Fem Juv B 50m: 12:20.00 - 25m: 12:20.00

Pontos: FINA 2023

Lugar	Nome	Idade	Classe	Clube	Tempo Final	TReac	FINA	Pontos
-------	------	-------	--------	-------	-------------	-------	------	--------

Juvenis AN Alentejo

1.	Leonor Duarte GONCALVES	14		Ndco	11:52.28		315	
	<i>Campeã Regional</i>							
	100m: 1:26.82	1:26.82	300m: 4:28.33	1:30.83	500m: 7:30.00	1:30.78	700m: 10:29.22	1:29.48
	200m: 2:57.50	1:30.68	400m: 5:59.22	1:30.89	600m: 8:59.74	1:29.74	800m: 11:52.28	1:23.06
2.	Rita Isabel OLIVEIRA	14		Estremoz / Estremozcarnes	12:35.14		264	
	<i>Ftl</i>							
	100m: 1:26.16	1:26.16	300m: 4:38.73	1:36.30	500m: 7:52.62	1:36.37	700m: 11:02.89	1:34.05
	200m: 3:02.43	1:36.27	400m: 6:16.25	1:37.52	600m: 9:28.84	1:36.22	800m: 12:35.14	1:32.25

Juvenis AN Interior Centro

1.	Rita Lobo PIRES	15		Natacao do Fundao/Girassol	11:11.12		376	
	<i>Campeã Regional</i>							
	100m: 1:19.24	1:19.24	300m: 4:09.32	1:25.20	500m: 6:59.25	1:24.50	700m: 9:48.20	1:24.24
	200m: 2:44.12	1:24.88	400m: 5:34.75	1:25.43	600m: 8:23.96	1:24.71	800m: 11:11.12	1:22.92
2.	Vitoria Morao ALMEIDA	15		AN Albicastrense	12:11.01		291	
	<i>Ftl</i>							
	100m: 1:21.72	1:21.72	300m: 4:27.15	1:32.08	500m: 7:34.62	1:34.05	700m: 10:41.27	1:33.00
	200m: 2:55.07	1:33.35	400m: 6:00.57	1:33.42	600m: 9:08.27	1:33.65	800m: 12:11.01	1:29.74
3.	Maria Ines ALMEIDA	15		Natacao do Fundao/Girassol	12:26.12		274	
	<i>Ftl</i>							
	100m: 1:22.59	1:22.59	300m: 4:25.53	1:32.78	500m: 7:38.30	1:37.13	700m: 10:51.47	1:35.93
	200m: 2:52.75	1:30.16	400m: 6:01.17	1:35.64	600m: 9:15.54	1:37.24	800m: 12:26.12	1:34.65

Absolutos AN Alentejo

1.	Rita Prado SILVA	18		Ndco	10:56.90		401	
	<i>Campeã Regional</i>							
	100m: 1:16.77	1:16.77	300m: 4:02.74	1:23.22	500m: 6:50.76	1:24.35	700m: 9:38.33	1:23.74
	200m: 2:39.52	1:22.75	400m: 5:26.41	1:23.67	600m: 8:14.59	1:23.83	800m: 10:56.90	1:18.57
2.	Maria Alexandra GRAD	16		Aminata	11:09.73		379	
	100m: 1:21.13	1:21.13	300m: 4:12.16	1:25.38	500m: 7:03.55	1:24.93	700m: 9:51.62	1:22.50
	200m: 2:46.78	1:25.65	400m: 5:38.62	1:26.46	600m: 8:29.12	1:25.57	800m: 11:09.73	1:18.11
3.	Joana Isabel RICARDO	16		Litoral Alentejano	12:37.45		262	
	<i>Ftl</i>							
	100m: 1:28.46	1:28.46	300m: 4:40.67	1:36.62	500m: 7:54.02	1:35.78	700m: 11:05.27	1:35.18
	200m: 3:04.05	1:35.59	400m: 6:18.24	1:37.57	600m: 9:30.09	1:36.07	800m: 12:37.45	1:32.18

Absolutos AN Interior Centro

1.	Ines Maria ESCARDUCA	16		Elvense	11:34.49		340	
	<i>Campeã Regional</i>							
	100m: 1:19.16	1:19.16	300m: 4:13.65	1:27.44	500m: 7:12.74	1:29.09	700m: 10:13.02	1:31.19
	200m: 2:46.21	1:27.05	400m: 5:43.65	1:30.00	600m: 8:41.83	1:29.09	800m: 11:34.49	1:21.47
2.	Carolina Santos SILVA	18		CCDSerta	11:52.72		314	
	100m: 1:22.35	1:22.35	300m: 4:22.41	1:31.05	500m: 7:26.44	1:32.27	700m: 10:28.14	1:31.26
	200m: 2:51.36	1:29.01	400m: 5:54.17	1:31.76	600m: 8:56.88	1:30.44	800m: 11:52.72	1:24.58



Campeonato Regional de Infantis, Juvenis e Absolutos
Reguengos de Monsaraz, 28 - 30/6/2024



Prova 27, Femin., 800m Livres, Absolutos AN Interior Centro

Lugar	Nome	Idade	Classe	Clube	Tempo Final	TReac	FINA	Pontos				
3.	Maria Alexandra MARQUES <i>FtI</i>	20		AN Albicastrense	12:23.37		277					
	100m:	1:28.90	1:28.90	300m:	4:34.93	1:33.09	500m:	7:42.34	1:34.04	700m:	10:51.22	1:34.66
	200m:	3:01.84	1:32.94	400m:	6:08.30	1:33.37	600m:	9:16.56	1:34.22	800m:	12:23.37	1:32.15