

Prova 35 Femin., 1500m Livres Absolutos  
30/06/2024 - 10:05 Resultados

Rec Reg AN Alentejo Open	19:03.84	Ines Nunes TARECO	CNBE	Vidigueira	04/07/2008
Rec Reg AN Alentejo Sen	19:37.09	Sofia Oliveira SILVA	CNLA	Reguengos de Monsaraz	03/07/2022
Rec Reg AN Alentejo Jun17	19:10.40	Sofia Cristina GRILO	Ind ANALEP	Reguengos de Monsaraz	06/07/2014
Rec Reg AN Alentejo Jun16	19:34.77	Sofia Cristina GRILO	AMINATA	Reguengos de Monsaraz	30/06/2013
Rec Reg AN Alentejo Juv A	19:03.84	Ines Nunes TARECO	CNBE	Vidigueira	04/07/2008
Rec Reg AN Alentejo Juv B	20:14.15	Joana Aparicio TEJO	AMINATA	Reguengos de Monsaraz	10/07/2011

TAC Sêniores Fem Sen 50m: 23:30.00 - 25m: 23:30.00 / TAC Juniores Fem Jun 50m: 23:30.00 - 25m: 23:30.00 /  
TAC Juvenis A Fem Juv A 50m: 23:30.00 - 25m: 23:30.00 / TAC Juvenis B Fem Juv B 50m: 23:50.00 - 25m: 23:50.00

Pontos: FINA 2023

Lugar	Nome	Idade	Classe	Clube	Tempo Final	TReac	FINA	Pontos
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Juvenis AN Interior Centro

1.	Vitoria Morao ALMEIDA	15		AN Alcabastrense	<b>23:32.02</b>		277					
	<i>Campeã Regional, Ftl</i>											
	100m:	1:23.01	1:23.01	500m:	7:42.37	1:35.17	900m:	14:04.11	1:36.14	1300m:	20:27.72	1:36.11
	200m:	2:57.10	1:34.09	600m:	9:16.65	1:34.28	1000m:	15:40.62	1:36.51	1400m:	22:03.33	1:35.61
	300m:	4:32.89	1:35.79	700m:	10:52.26	1:35.61	1100m:	17:16.64	1:36.02	1500m:	23:32.02	1:28.69
	400m:	6:07.20	1:34.31	800m:	12:27.97	1:35.71	1200m:	18:51.61	1:34.97			
2.	Carolina Pinto BANHUDO	14		AN Alcabastrense	<b>24:24.20</b>		248					
	<i>Ftl</i>											
	100m:	1:30.72	1:30.72	500m:	8:00.49	1:37.61	900m:	14:35.97	1:39.60	1300m:	21:14.24	1:39.09
	200m:	3:08.06	1:37.34	600m:	9:37.93	1:37.44	1000m:	16:15.57	1:39.60	1400m:	22:50.77	1:36.53
	300m:	4:45.43	1:37.37	700m:	11:16.70	1:38.77	1100m:	17:55.91	1:40.34	1500m:	24:24.20	1:33.43
	400m:	6:22.88	1:37.45	800m:	12:56.37	1:39.67	1200m:	19:35.15	1:39.24			

Absolutos AN Alentejo

1.	Rita Prado SILVA	18		Ndco	<b>21:12.52</b>		378					
	<i>Campeã Regional</i>											
	100m:	1:17.06	1:17.06	500m:	6:59.57	1:25.80	900m:	12:43.01	1:26.21	1300m:	18:26.95	1:26.55
	200m:	2:40.84	1:23.78	600m:	8:25.78	1:26.21	1000m:	14:08.64	1:25.63	1400m:	19:51.37	1:24.42
	300m:	4:07.57	1:26.73	700m:	9:51.03	1:25.25	1100m:	15:34.61	1:25.97	1500m:	21:12.52	1:21.15
	400m:	5:33.77	1:26.20	800m:	11:16.80	1:25.77	1200m:	17:00.40	1:25.79			
2.	Maria Lua PISCO	17		Acmn	<b>23:24.97</b>		281					
	100m:	1:21.15	1:21.15	500m:	7:29.47	1:33.89	900m:	13:51.94	1:36.15	1300m:	20:18.62	1:36.61
	200m:	2:51.68	1:30.53	600m:	9:04.77	1:35.30	1000m:	15:28.72	1:36.78	1400m:	21:54.27	1:35.65
	300m:	4:23.01	1:31.33	700m:	10:39.20	1:34.43	1100m:	17:04.50	1:35.78	1500m:	23:24.97	1:30.70
	400m:	5:55.58	1:32.57	800m:	12:15.79	1:36.59	1200m:	18:42.01	1:37.51			

Absolutos AN Interior Centro

1.	Maria Alexandra MARQUES	20		AN Alcabastrense	<b>24:03.25</b>		259					
	<i>Campeã Regional, Ftl</i>											
	100m:	1:30.52	1:30.52	500m:	7:57.23	1:37.21	900m:	14:23.43	1:35.93	1300m:	20:52.55	1:37.68
	200m:	3:06.49	1:35.97	600m:	9:34.30	1:37.07	1000m:	16:00.43	1:37.00	1400m:	22:29.38	1:36.83
	300m:	4:42.74	1:36.25	700m:	11:11.07	1:36.77	1100m:	17:37.79	1:37.36	1500m:	24:03.25	1:33.87
	400m:	6:20.02	1:37.28	800m:	12:47.50	1:36.43	1200m:	19:14.87	1:37.08			