

Prova 1  
02/11/2024 - 9:00

Femin., 800m Livres

Absolutos  
Resultados

Rec Nac Open	8:20.97	Diana Margarida, Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 19 +	8:20.97	Diana Margarida, Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac JUN 17	8:32.83	Tamila Hryhorivna, Holub	SCB	Porto	13/12/2015
Rec Nac JUN 16	8:45.41	Tamila Hryhorivna, Holub	SCB	Porto	21/12/2014
Rec Nac JUV A	8:46.74	Ana Claudia, Santos	SFUAP	Cantanhede	19/12/2004
Rec Nac JUV B	9:00.27	Alexandra Maria, Silva	FCP	Antibes (FRA)	20/12/1980
Rec Nac INF A	9:03.90	Alexandra Maria, Silva	FCP	Porto	13/07/1980
Rec Nac INF B	9:33.95	Filipa Vilas, Ruivo	DNMG	Nazaré	16/05/2009

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
1.	Maria Ornelas, Armas	98	106961	Clube Oriental de Lisboa	+0,96	<b>9:17.72</b>	23,00 -
	50m: 31.57 31.57	250m: 2:49.10 35.32	450m: 5:09.94 34.95	650m: 7:31.57 35.43			
	100m: 1:05.13 33.56	300m: 3:24.46 35.36	500m: 5:45.48 35.54	700m: 8:06.90 35.33			
	150m: 1:39.22 34.09	350m: 3:59.75 35.29	550m: 6:20.65 35.17	750m: 8:42.67 35.77			
	200m: 2:13.78 34.56	400m: 4:34.99 35.24	600m: 6:56.14 35.49	800m: 9:17.72 35.05			
2.	Matilde Violante, Viana	07	205552	CNLeiria VOID	+0,93	<b>9:26.26</b>	21,00 -
	50m: 31.63 31.63	250m: 2:50.54 35.52	450m: 5:13.74 35.99	650m: 7:38.24 36.63			
	100m: 1:05.33 33.70	300m: 3:25.93 35.39	500m: 5:49.80 36.06	700m: 8:14.45 36.21			
	150m: 1:40.28 34.95	350m: 4:02.03 36.10	550m: 6:25.85 36.05	750m: 8:50.99 36.54			
	200m: 2:15.02 34.74	400m: 4:37.75 35.72	600m: 7:01.61 35.76	800m: 9:26.26 35.27			
3.	Bianca Filipa, Almeida	07	204110	Alges e Agueda XXI	+0,92	<b>9:44.20</b>	20,00 -
	50m: 32.51 32.51	250m: 2:55.39 36.17	450m: 5:22.10 36.49	650m: 7:51.60 37.97			
	100m: 1:07.56 35.05	300m: 3:31.84 36.45	500m: 5:59.06 36.96	700m: 8:29.66 38.06			
	150m: 1:43.18 35.62	350m: 4:08.74 36.90	550m: 6:36.11 37.05	750m: 9:07.19 37.53			
	200m: 2:19.22 36.04	400m: 4:45.61 36.87	600m: 7:13.63 37.52	800m: 9:44.20 37.01			
4.	Leonor Sombreiro, Martins	10	211313	BUZIOS - Coruche	+0,90	<b>9:50.37</b>	19,00 -
	50m: 32.49 32.49	250m: 2:59.01 37.40	450m: 5:28.94 37.52	650m: 8:00.06 37.73			
	100m: 1:08.02 35.53	300m: 3:36.44 37.43	500m: 6:06.85 37.91	700m: 8:37.87 37.81			
	150m: 1:44.40 36.38	350m: 4:14.17 37.73	550m: 6:44.58 37.73	750m: 9:15.85 37.98			
	200m: 2:21.61 37.21	400m: 4:51.42 37.25	600m: 7:22.33 37.75	800m: 9:50.37 34.52			
5.	Catarina Costa, Sequeira	98	119735	Clube Natacao de Lisboa	+0,79	<b>10:05.52</b>	18,00 -
	50m: 33.85 33.85	250m: 3:03.48 37.84	450m: 5:36.73 38.42	650m: 8:11.54 38.70			
	100m: 1:10.35 36.50	300m: 3:41.57 38.09	500m: 6:15.65 38.92	700m: 8:50.17 38.63			
	150m: 1:47.87 37.52	350m: 4:19.84 38.27	550m: 6:54.17 38.52	750m: 9:28.67 38.50			
	200m: 2:25.64 37.77	400m: 4:58.31 38.47	600m: 7:32.84 38.67	800m: 10:05.52 36.85			
6.	Margarida Carreiro, Sousa	08	205606	Clube Desportivo Escolar de Ag		<b>10:20.79</b>	17,00 -
7.	Lara Paixao, Silva	10	210801	Rio Maior	+0,80	<b>10:24.62</b>	16,00 -
	50m: 34.15 34.15	250m: 3:08.00 39.22	450m: 5:47.51 39.95	650m: 8:28.34 39.70			
	100m: 1:11.31 37.16	300m: 3:47.33 39.33	500m: 6:27.45 39.94	700m: 9:08.66 40.32			
	150m: 1:49.63 38.32	350m: 4:27.10 39.77	550m: 7:07.81 40.36	750m: 9:47.16 38.50			
	200m: 2:28.78 39.15	400m: 5:07.56 40.46	600m: 7:48.64 40.83	800m: 10:24.62 37.46			
8.	Beatriz Oliveira, Portulez	11	213180	Columbifila Cantanhedense	+0,83	<b>10:28.25</b>	15,00 -
	50m: 35.10 35.10	250m: 3:12.28 39.91	450m: 5:50.81 39.83	650m: 8:29.65 39.83			
	100m: 1:13.08 37.98	300m: 3:51.80 39.52	500m: 6:30.45 39.64	700m: 9:09.32 39.67			
	150m: 1:52.61 39.53	350m: 4:31.16 39.36	550m: 7:09.95 39.50	750m: 9:47.62 38.30			
	200m: 2:32.37 39.76	400m: 5:10.98 39.82	600m: 7:49.82 39.87	800m: 10:28.25 40.63			
9.	Lara Mota, Ferreira	08	209955	Natacao Clube de Fafe		<b>10:49.12</b>	14,00 -
	50m: 34.53 34.53	250m: 3:14.15 41.05	450m: 5:59.79 41.69	650m: 8:47.17 41.56			
	100m: 1:12.31 37.78	300m: 3:55.28 41.13	500m: 6:41.46 41.67	700m: 9:28.83 41.66			
	150m: 1:52.10 39.79	350m: 4:36.37 41.09	550m: 7:23.75 42.29	750m: 10:09.57 40.74			
	200m: 2:33.10 41.00	400m: 5:18.10 41.73	600m: 8:05.61 41.86	800m: 10:49.12 39.55			
10.	Maria Joao, Costa	09	205801	Bombeiros Ribeira Grande		<b>10:50.06</b>	13,00 -
11.	Beatriz Ribeiro, Moreira	10	209179	Sporting de Espinho	+0,90	<b>10:56.18</b>	12,00 -
	50m: 36.11 36.11	250m: 3:17.50 40.95	450m: 6:03.94 42.14	650m: 8:52.75 41.85			
	100m: 1:15.68 39.57	300m: 3:58.58 41.08	500m: 6:46.11 42.17	700m: 9:34.89 42.14			
	150m: 1:55.87 40.19	350m: 4:40.22 41.64	550m: 7:28.51 42.40	750m: 10:16.58 41.69			
	200m: 2:36.55 40.68	400m: 5:21.80 41.58	600m: 8:10.90 42.39	800m: 10:56.18 39.60			

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Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
12.	Sara Goncalves, Vieira	10	213776	Naval Praia da Vitoria		<b>10:56.50</b>	11,00 -
13.	Maria Serrano, Teles	08	216107	Natacao de lagos		<b>11:16.27</b>	10,00 -
	50m: 38.31 38.31	250m:	3:30.94	43.33	450m:	6:24.41	43.18 650m: 9:14.67 42.08
	100m: 1:20.95 42.64	300m:	4:14.04	43.10	500m:	7:07.10	42.69 700m: 9:56.58 41.91
	150m: 2:04.15 43.20	350m:	4:57.81	43.77	550m:	7:50.08	42.98 750m: 10:38.31 41.73
	200m: 2:47.61 43.46	400m:	5:41.23	43.42	600m:	8:32.59	42.51 800m: 11:16.27 37.96
14.	Francisca Moreira, Fonseca	09	209211	Natacao Peso Da Regua	+0,83	<b>11:43.84</b>	9,00 -
	50m: 37.94 37.94	250m:	3:32.81	44.39	450m:	6:31.70	44.94 650m: 9:32.12 45.20
	100m: 1:21.03 43.09	300m:	4:17.39	44.58	500m:	7:16.87	45.17 700m: 10:17.25 45.13
	150m: 2:04.54 43.51	350m:	5:01.96	44.57	550m:	8:01.65	44.78 750m: 11:01.08 43.83
	200m: 2:48.42 43.88	400m:	5:46.76	44.80	600m:	8:46.92	45.27 800m: 11:43.84 42.76
15.	Vitoria Morao, Almeida	09	206749	AN Albicastrense	+0,98	<b>11:55.17</b>	8,00 -
	50m: 37.19 37.19	250m:	3:32.36	44.82	450m:	6:34.27	46.39 650m: 9:39.05 45.75
	100m: 1:19.06 41.87	300m:	4:17.19	44.83	500m:	7:19.68	45.41 700m: 10:25.82 46.77
	150m: 2:03.17 44.11	350m:	5:02.32	45.13	550m:	8:06.69	47.01 750m: 11:11.52 45.70
	200m: 2:47.54 44.37	400m:	5:47.88	45.56	600m:	8:53.30	46.61 800m: 11:55.17 43.65
16.	Cloe, Sempere	11	217478	Despertarecorde	+0,96	<b>11:59.02</b>	7,00 -
	50m: 41.44 41.44	250m:	3:45.99	44.96	450m:	6:51.50	45.88 650m: 9:50.31 44.38
	100m: 1:28.82 47.38	300m:	4:32.77	46.78	500m:	7:36.77	45.27 700m: 10:35.05 44.74
	150m: 2:14.90 46.08	350m:	5:20.01	47.24	550m:	8:21.41	44.64 750m: 11:18.12 43.07
	200m: 3:01.03 46.13	400m:	6:05.62	45.61	600m:	9:05.93	44.52 800m: 11:59.02 40.90
17.	Maria Beatriz, Mestre	12	210855	Electrico	+0,90	<b>12:01.64</b>	6,00 -
	50m: 39.73 39.73	250m:	3:38.97	45.54	450m:	6:44.05	46.06 650m: 9:47.88 45.20
	100m: 1:23.05 43.32	300m:	4:24.32	45.35	500m:	7:30.17	46.12 700m: 10:34.61 46.73
	150m: 2:07.78 44.73	350m:	5:10.82	46.50	550m:	8:16.43	46.26 750m: 11:20.03 45.42
	200m: 2:53.43 45.65	400m:	5:57.99	47.17	600m:	9:02.68	46.25 800m: 12:01.64 41.61
18.	Maria Francisca, Gomes	12	216654	Sporting Clube de Aveiro	+0,91	<b>12:06.59</b>	5,00 -
	50m: 38.42 38.42	250m:	3:40.23	46.61	450m:	6:47.61	46.79 650m: 9:54.10 45.78
	100m: 1:22.72 44.30	300m:	4:27.25	47.02	500m:	7:34.36	46.75 700m: 10:40.03 45.93
	150m: 2:08.00 45.28	350m:	5:13.69	46.44	550m:	8:21.40	47.04 750m: 11:24.96 44.93
	200m: 2:53.62 45.62	400m:	6:00.82	47.13	600m:	9:08.32	46.92 800m: 12:06.59 41.63
19.	Maria Clara, Goncalves	12	218950	Escola O Liceu		<b>12:14.45</b>	4,00 -
20.	Mafalda Costa, Nunes	12	218242	GSC Grandola Sports Club	+0,96	<b>12:23.54</b>	3,00 -
	50m: 41.63 41.63	250m:	3:48.88	47.51	450m:	6:59.38	48.35 650m: 10:07.44 46.96
	100m: 1:28.32 46.69	300m:	4:37.01	48.13	500m:	7:47.02	47.64 700m: 10:54.01 46.57
	150m: 2:14.49 46.17	350m:	5:23.23	46.22	550m:	8:34.40	47.38 750m: 11:40.43 46.42
	200m: 3:01.37 46.88	400m:	6:11.03	47.80	600m:	9:20.48	46.08 800m: 12:23.54 43.11
21.	Lara Daniela, Sousa	10	205862	Penafiel		<b>12:28.62</b>	2,00 -
	50m: 40.35 40.35	250m:	3:47.29	47.72	450m:	7:03.95	49.40 650m: 10:13.76 45.61
	100m: 1:25.94 45.59	300m:	4:35.91	48.62	500m:	7:52.82	48.87 700m: 11:00.06 46.30
	150m: 2:12.64 46.70	350m:	5:25.98	50.07	550m:	8:40.38	47.56 750m: 11:45.76 45.70
	200m: 2:59.57 46.93	400m:	6:14.55	48.57	600m:	9:28.15	47.77 800m: 12:28.62 42.86
22.	Iris Simoes, Martins	08	202489	CLAC-Entroncamento	+0,79	<b>12:44.95</b>	1,00 -
	50m: 39.83 39.83	250m:	3:47.57	47.53	450m:	7:03.77	49.85 650m: 10:22.80 49.31
	100m: 1:25.56 45.73	300m:	4:35.86	48.29	500m:	7:52.22	48.45 700m: 11:12.84 50.04
	150m: 2:12.81 47.25	350m:	5:25.38	49.52	550m:	8:42.67	50.45 750m: 12:01.42 48.58
	200m: 3:00.04 47.23	400m:	6:13.92	48.54	600m:	9:33.49	50.82 800m: 12:44.95 43.53