

Prova 1  
29/11/2024 - 9:00

Femin., 800m Livres

3ª Divisão FEM  
Resultados

Rec Nac Open	8:20.97	Diana Margarida, Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac Sen	8:20.97	Diana Margarida, Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac Jun18	8:30.86	Tamila Hryhorivna, Holub	SCB	Moscovo (RUS)	03/08/2017
Rec Nac Jun17	8:32.83	Tamila Hryhorivna, Holub	SCB	Porto	13/12/2015
Rec Nac Jun16	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	Tempo Final	TReac	Pts	
1.	Maria Ornelas, Armas	98	106961	Clube Oriental de Lisboa	<b>9:09.25</b>	+0,97	33,00 -	
	100m: 1:04.17 1:04.17	300m: 3:20.90 1:08.95	500m: 5:40.82 1:10.18	700m: 8:00.64 1:09.79	200m: 2:11.95 1:07.78	400m: 4:30.64 1:09.74	600m: 6:50.85 1:10.03	800m: 9:09.25 1:08.61
2.	Matilde Violante, Viana	07	205552	CNLeiria - VOID	<b>9:10.38</b>	+0,83	31,00 -	
	100m: 1:04.57 1:04.57	300m: 3:23.12 1:09.79	500m: 5:42.26 1:09.19	700m: 8:01.62 1:09.43	200m: 2:13.33 1:08.76	400m: 4:33.07 1:09.95	600m: 6:52.19 1:09.93	800m: 9:10.38 1:08.76
3.	Carolina Amadeu, Ferreira	08	202815	Leixoes Sport Clube	<b>9:25.56</b>	+0,86	30,00 -	
	100m: 1:06.01 1:06.01	300m: 3:27.12 1:10.92	500m: 5:51.09 1:12.15	700m: 8:15.73 1:12.32	200m: 2:16.20 1:10.19	400m: 4:38.94 1:11.82	600m: 7:03.41 1:12.32	800m: 9:25.56 1:09.83
4.	Laura Espinola, Barbeito	06	201165	Nucleo Sporting	<b>9:27.41</b>	+0,74	29,00 -	
	100m: 1:06.36 1:06.36	300m: 3:29.92 1:11.71	500m: 5:53.20 1:11.69	700m: 8:16.45 1:11.61	200m: 2:18.21 1:11.85	400m: 4:41.51 1:11.59	600m: 7:04.84 1:11.64	800m: 9:27.41 1:10.96
5.	Constanca Baptista, Tomas	09	206496	Alcobaca	<b>9:28.78</b>	+0,74	28,00 -	
	100m: 1:05.78 1:05.78	300m: 3:28.99 1:12.33	500m: 5:54.55 1:12.70	700m: 8:18.74 1:11.28	200m: 2:16.66 1:10.88	400m: 4:41.85 1:12.86	600m: 7:07.46 1:12.91	800m: 9:28.78 1:10.04
6.	Margarida Maria, Luiz	08	211814	Lagoa Academico Clube	<b>9:36.17</b>		27,00 -	
	100m: 1:07.19 1:07.19	300m: 3:30.33 1:12.24	500m: 5:55.68 1:12.73	700m: 8:22.94 1:14.06	200m: 2:18.09 1:10.90	400m: 4:42.95 1:12.62	600m: 7:08.88 1:13.20	800m: 9:36.17 1:13.23
7.	Leonor Sombreiro, Martins	10	211313	BUZIOS - Coruche	<b>9:43.84</b>	+0,92	26,00 -	
	100m: 1:06.87 1:06.87	300m: 3:34.00 1:14.00	500m: 6:03.80 1:15.08	700m: 8:32.28 1:14.27	200m: 2:20.00 1:13.13	400m: 4:48.72 1:14.72	600m: 7:18.01 1:14.21	800m: 9:43.84 1:11.56
8.	Sara Calisto, Pimentel	05	128091	Aac	<b>9:44.38</b>	+0,84	25,00 -	
	100m: 1:07.88 1:07.88	300m: 3:33.03 1:13.13	500m: 6:00.19 1:13.52	700m: 8:30.43 1:15.68	200m: 2:19.90 1:12.02	400m: 4:46.67 1:13.64	600m: 7:14.75 1:14.56	800m: 9:44.38 1:13.95
9.	Joana Melo, Gaspar	09	208734	Clube Nacional de Natacao	<b>9:47.12</b>	+0,78	24,00 -	
	100m: 1:09.58 1:09.58	300m: 3:36.79 1:14.01	500m: 6:04.29 1:13.93	700m: 8:34.33 1:15.06	200m: 2:22.78 1:13.20	400m: 4:50.36 1:13.57	600m: 7:19.27 1:14.98	800m: 9:47.12 1:12.79
10.	Vida Sofia, Velez	10	209976	Ba-Leiria	<b>10:12.96</b>	+0,86	23,00 -	
	100m: 1:09.71 1:09.71	300m: 3:45.50 1:17.81	500m: 6:20.21 1:16.53	700m: 8:55.78 1:17.00	200m: 2:27.69 1:17.98	400m: 5:03.68 1:18.18	600m: 7:38.78 1:18.57	800m: 10:12.96 1:17.18
11.	Beatriz Oliveira, Portulez	11	213180	Columbofila Cantanhedense	<b>10:15.41</b>		22,00 -	
	100m: 1:12.14 1:12.14	300m: 3:47.85 1:17.80	500m: 6:22.93 1:17.32	700m: 8:59.30 1:18.14	200m: 2:30.05 1:17.91	400m: 5:05.61 1:17.76	600m: 7:41.16 1:18.23	800m: 10:15.41 1:16.11
12.	Raquel Rodrigues, Augusto	07	202485	FC Ferreiras/AlgarExperience	<b>10:18.68</b>	+0,83	21,00 -	
	100m: 1:11.89 1:11.89	300m: 3:47.61 1:17.80	500m: 6:23.42 1:17.93	700m: 9:01.46 1:18.93	200m: 2:29.81 1:17.92	400m: 5:05.49 1:17.88	600m: 7:42.53 1:19.11	800m: 10:18.68 1:17.22
13.	Filipa Maria, Pereira	06	201139	Aminata	<b>10:19.16</b>	+0,86	20,00 -	
	100m: 1:12.00 1:12.00	300m: 3:46.34 1:18.08	500m: 6:23.02 1:18.45	700m: 9:02.01 1:19.39	200m: 2:28.26 1:16.26	400m: 5:04.57 1:18.23	600m: 7:42.62 1:19.60	800m: 10:19.16 1:17.15
14.	Rita Lobo, Pires	09	205497	Natacao do Fundao/YesEnergy	<b>10:21.03</b>		19,00 -	
	100m: 1:11.55 1:11.55	300m: 3:46.52 1:18.34	500m: 6:23.66 1:18.66	700m: 9:02.50 1:19.60	200m: 2:28.18 1:16.63	400m: 5:05.00 1:18.48	600m: 7:42.90 1:19.24	800m: 10:21.03 1:18.53
15.	Ana Filipa, Serra	11	211617	CPCD	<b>10:22.21</b>	+0,86	18,00 -	
	100m: 1:12.78 1:12.78	300m: 3:49.54 1:18.04	500m: 6:26.61 1:19.08	700m: 9:06.26 1:19.84	200m: 2:31.50 1:18.72	400m: 5:07.53 1:17.99	600m: 7:46.42 1:19.81	800m: 10:22.21 1:15.95

Prova 1, Femin., 800m Livres, 3ª Divisão FEM

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Ines Senhorinha, Silva	10	205529	Natacao da Maia	<b>10:22.28</b>	+0,85	17,00 -
	100m: 1:11.83 1:11.83	300m: 3:50.41 1:19.75	500m: 6:28.64 1:19.41	700m: 9:07.62 1:18.56			
	200m: 2:30.66 1:18.83	400m: 5:09.23 1:18.82	600m: 7:49.06 1:20.42	800m: 10:22.28 1:14.66			
17.	Lara Mota, Ferreira	08	209955	Natacao Clube de Fafe	<b>10:23.28</b>	+0,94	16,00 -
	100m: 1:10.88 1:10.88	300m: 3:48.38 1:19.27	500m: 6:27.09 1:19.20	700m: 9:06.14 1:19.23			
	200m: 2:29.11 1:18.23	400m: 5:07.89 1:19.51	600m: 7:46.91 1:19.82	800m: 10:23.28 1:17.14			
18.	Alice Mendes, Macedo	08	208163	Aej	<b>10:25.82</b>	+0,97	15,00 -
	100m: 1:09.99 1:09.99	300m: 3:47.33 1:19.83	500m: 6:28.01 1:20.68	700m: 9:08.41 1:19.73			
	200m: 2:27.50 1:17.51	400m: 5:07.33 1:20.00	600m: 7:48.68 1:20.67	800m: 10:25.82 1:17.41			
19.	Maria Joao, Costa	09	205801	Bombeiros Ribeira Grande	<b>10:25.97</b>	+0,73	14,00 -
	100m: 1:10.34 1:10.34	300m: 3:47.58 1:19.19	500m: 6:27.54 1:20.16	700m: 9:08.22 1:20.15			
	200m: 2:28.39 1:18.05	400m: 5:07.38 1:19.80	600m: 7:48.07 1:20.53	800m: 10:25.97 1:17.75			
20.	Rafaela Calvo, Coutinho	08	207581	Cdca	<b>10:27.72</b>	+0,71	13,00 -
	100m: 1:12.57 1:12.57	300m: 3:51.66 1:19.68	500m: 6:30.47 1:18.76	700m: 9:09.36 1:19.15			
	200m: 2:31.98 1:19.41	400m: 5:11.71 1:20.05	600m: 7:50.21 1:19.74	800m: 10:27.72 1:18.36			
21.	Madalena Maria, Midoes	07	200565	Viver Santarem	<b>10:32.08</b>	+0,81	12,00 -
	100m: 1:12.54 1:12.54	300m: 3:50.87 1:19.92	500m: 6:30.96 1:20.28	700m: 9:12.66 1:20.89			
	200m: 2:30.95 1:18.41	400m: 5:10.68 1:19.81	600m: 7:51.77 1:20.81	800m: 10:32.08 1:19.42			
22.	Jessica Bernardino, Lopes	10	212317	Fisica Torres Vedras	<b>10:33.79</b>	+0,78	11,00 -
	100m: 1:12.66 1:12.66	300m: 3:53.32 1:20.59	500m: 6:35.31 1:21.03	700m: 9:16.37 1:20.40			
	200m: 2:32.73 1:20.07	400m: 5:14.28 1:20.96	600m: 7:55.97 1:20.66	800m: 10:33.79 1:17.42			
23.	Mariana Bagagem, Carvalho	10	211148	Miranda do Corvo	<b>10:44.75</b>	+0,81	10,00 -
	100m: 1:12.06 1:12.06	300m: 3:52.22 1:20.47	500m: 6:37.16 1:23.40	700m: 9:23.95 1:23.44			
	200m: 2:31.75 1:19.69	400m: 5:13.76 1:21.54	600m: 8:00.51 1:23.35	800m: 10:44.75 1:20.80			
24.	Gabriela Lopes, Fernandes	09	203902	O Crasto	<b>10:45.95</b>	+0,98	9,00 -
	100m: 1:14.07 1:14.07	300m: 3:55.08 1:20.84	500m: 6:41.70 1:22.85	700m: 9:27.06 1:21.01			
	200m: 2:34.24 1:20.17	400m: 5:18.85 1:23.77	600m: 8:06.05 1:24.35	800m: 10:45.95 1:18.89			
25.	Mariana Moreira, Lopes	11	209232	Clube Desportivo Feirense	<b>10:46.66</b>	+0,96	8,00 -
	100m: 1:15.82 1:15.82	300m: 4:01.45 1:23.56	500m: 6:47.00 1:21.81	700m: 9:31.92 1:21.41			
	200m: 2:37.89 1:22.07	400m: 5:25.19 1:23.74	600m: 8:10.51 1:23.51	800m: 10:46.66 1:14.74			
26.	Beatriz Ribeiro, Moreira	10	209179	Sporting de Espinho	<b>10:49.58</b>	+0,87	7,00 -
	100m: 1:14.20 1:14.20	300m: 3:56.39 1:22.12	500m: 6:42.18 1:23.41	700m: 9:28.76 1:23.67			
	200m: 2:34.27 1:20.07	400m: 5:18.77 1:22.38	600m: 8:05.09 1:22.91	800m: 10:49.58 1:20.82			
27.	Vitoria Maria, Brandao	07	211050	Fundacao Salesianos	<b>10:51.36</b>	+0,82	6,00 -
	100m: 1:14.20 1:14.20	300m: 3:54.86 1:20.64	500m: 6:38.12 1:21.86	700m: 9:26.36 1:23.93			
	200m: 2:34.22 1:20.02	400m: 5:16.26 1:21.40	600m: 8:02.43 1:24.31	800m: 10:51.36 1:25.00			
28.	Isabella Nascimento, Soares	11	213938	Naval da Horta	<b>10:56.94</b>	+0,88	5,00 -
	100m: 1:13.87 1:13.87	300m: 3:58.18 1:23.31	500m: 6:45.88 1:23.82	700m: 9:33.71 1:23.50			
	200m: 2:34.87 1:21.00	400m: 5:22.06 1:23.88	600m: 8:10.21 1:24.33	800m: 10:56.94 1:23.23			
29.	Antonella Saad, Barbosa	09	223242	Clube Natacao de Lisboa	<b>11:13.31</b>	+0,84	4,00 -
	100m: 1:17.83 1:17.83	300m: 4:06.42 1:24.68	500m: 6:57.40 1:25.24	700m: 9:49.49 1:25.95			
	200m: 2:41.74 1:23.91	400m: 5:32.16 1:25.74	600m: 8:23.54 1:26.14	800m: 11:13.31 1:23.82			
30.	Maria Serrano, Teles	08	216107	Natacao de Lagos	<b>11:13.98</b>		3,00 -
	100m: 1:18.17 1:18.17	300m: 4:10.27 1:26.63	500m: 7:02.49 1:25.72	700m: 9:53.28 1:24.82			
	200m: 2:43.64 1:25.47	400m: 5:36.77 1:26.50	600m: 8:28.46 1:25.97	800m: 11:13.98 1:20.70			
31.	Luisa Burguette, Cunha	06	200106	Clube Natacao da Amadora	<b>11:27.34</b>	+0,79	2,00 -
	100m: 1:15.88 1:15.88	300m: 4:07.23 1:27.47	500m: 7:03.40 1:28.79	700m: 10:02.05 1:29.06			
	200m: 2:39.76 1:23.88	400m: 5:34.61 1:27.38	600m: 8:32.99 1:29.59	800m: 11:27.34 1:25.29			
32.	Rita Bernardino, Pombo	10	214684	Litoral Alentejano	<b>12:06.03</b>	+0,86	1,00 -
	100m: 1:19.32 1:19.32	300m: 4:18.64 1:30.49	500m: 7:25.03 1:33.79	700m: 10:34.27 1:35.38			
	200m: 2:48.15 1:28.83	400m: 5:51.24 1:32.60	600m: 8:58.89 1:33.86	800m: 12:06.03 1:31.76			