

Prova 10	Femin., 1500m Livres				Absoluto
08/11/2024 - 17:40					Resultados
Rec Nac Open	15:55.19	Diana Margarida, Duraes	SLB	Felgueiras	23/11/2019
Rec Nac Sen	15:55.19	Diana Margarida, Duraes	SLB	Felgueiras	23/11/2019
Rec Nac Jun18	16:46.74	Angelica Maria, Andre	LSC	Lousada	12/05/2012
Rec Nac Jun17	16:11.67	Tamila Hryhorivna, Holub	SCB	Porto	11/12/2015
Rec Nac Jun16	16:44.26	Tamila Hryhorivna, Holub	SCB	Porto	19/12/2014
Rec Nac Juv A	16:54.39	Tamila Hryhorivna, Holub	SCB	Vila Praia Ancora	16/03/2014
Rec Nac Juv B	17:17.43	Tamila Hryhorivna, Holub	SCB	Vila Praia Ancora	30/06/2013
Rec Nac Inf A	17:18.20	Alexandra Maria, Silva	FCP	Porto	23/07/1980
Rec Nac Inf B	18:28.43	Mafalda Sofia, Rosa	CNRM	Coruche	14/03/2015
Meet Rec	16:18.12	Tamila Hryhorivna, Holub	POR	Albufeira	10/11/2023

Pontos: AQUA 2024

Lugar	Ano		Tempo final		FINA Pts	Pts
1. Mariana Amaral, Mendes	02	Sporting	16:44.79	738	8,00	
50m: 32.01 32.01	450m: 5:01.54 33.53	850m: 9:30.39 33.59	1250m: 13:59.20 33.52			
100m: 1:05.83 33.82	500m: 5:35.21 33.67	900m: 10:04.03 33.64	1300m: 14:32.84 33.64			
150m: 1:39.49 33.66	550m: 6:08.64 33.43	950m: 10:37.54 33.51	1350m: 15:06.49 33.65			
200m: 2:13.10 33.61	600m: 6:42.26 33.62	1000m: 11:11.20 33.66	1400m: 15:39.68 33.19			
250m: 2:46.82 33.72	650m: 7:16.00 33.74	1050m: 11:44.83 33.63	1450m: 16:12.64 32.96			
300m: 3:20.63 33.81	700m: 7:49.59 33.59	1100m: 12:18.29 33.46	1500m: 16:44.79 32.15			
350m: 3:54.37 33.74	750m: 8:23.29 33.70	1150m: 12:52.01 33.72				
400m: 4:28.01 33.64	800m: 8:56.80 33.51	1200m: 13:25.68 33.67				
2. Sara Sofia, Alves	07	Pdem	17:56.15	601	7,00	
50m: 32.16 32.16	450m: 5:13.07 35.75	850m: 10:01.53 36.50	1250m: 14:54.17 36.54			
100m: 1:06.73 34.57	500m: 5:48.75 35.68	900m: 10:38.07 36.54	1300m: 15:30.70 36.53			
150m: 1:41.29 34.56	550m: 6:24.63 35.88	950m: 11:14.77 36.70	1350m: 16:07.38 36.68			
200m: 2:16.45 35.16	600m: 7:00.61 35.98	1000m: 11:51.06 36.29	1400m: 16:43.75 36.37			
250m: 2:51.60 35.15	650m: 7:36.61 36.00	1050m: 12:27.63 36.57	1450m: 17:20.44 36.69			
300m: 3:26.82 35.22	700m: 8:12.51 35.90	1100m: 13:04.35 36.72	1500m: 17:56.15 35.71			
350m: 4:02.15 35.33	750m: 8:48.89 36.38	1150m: 13:41.30 36.95				
400m: 4:37.32 35.17	800m: 9:25.03 36.14	1200m: 14:17.63 36.33				
3. Marta Lima, Pimentel	04	Colegio Efanor	18:10.64	577	6,00	
50m: 32.78 32.78	450m: 5:21.61 36.54	850m: 10:14.08 36.60	1250m: 15:07.80 36.71			
100m: 1:08.13 35.35	500m: 5:57.95 36.34	900m: 10:50.65 36.57	1300m: 15:44.40 36.60			
150m: 1:43.75 35.62	550m: 6:34.68 36.73	950m: 11:27.13 36.48	1350m: 16:20.96 36.56			
200m: 2:19.69 35.94	600m: 7:11.03 36.35	1000m: 12:04.03 36.90	1400m: 16:57.65 36.69			
250m: 2:56.13 36.44	650m: 7:47.59 36.56	1050m: 12:40.68 36.65	1450m: 17:34.60 36.95			
300m: 3:32.25 36.12	700m: 8:24.25 36.66	1100m: 13:17.63 36.95	1500m: 18:10.64 36.04			
350m: 4:08.69 36.44	750m: 9:00.87 36.62	1150m: 13:54.31 36.68				
400m: 4:45.07 36.38	800m: 9:37.48 36.61	1200m: 14:31.09 36.78				
4. Margarida Maria, Luiz	08	Lagoa Academico Clube	18:30.77	546	5,00	
50m: 33.01 33.01	450m: 5:24.37 37.03	850m: 10:23.13 37.37	1250m: 15:24.42 37.36			
100m: 1:08.47 35.46	500m: 6:01.60 37.23	900m: 11:00.80 37.67	1300m: 16:01.85 37.43			
150m: 1:44.27 35.80	550m: 6:38.82 37.22	950m: 11:38.47 37.67	1350m: 16:39.21 37.36			
200m: 2:20.18 35.91	600m: 7:16.26 37.44	1000m: 12:16.14 37.67	1400m: 17:16.99 37.78			
250m: 2:56.68 36.50	650m: 7:53.66 37.40	1050m: 12:53.80 37.66	1450m: 17:54.36 37.37			
300m: 3:33.28 36.60	700m: 8:31.17 37.51	1100m: 13:31.33 37.53	1500m: 18:30.77 36.41			
350m: 4:10.37 37.09	750m: 9:08.40 37.23	1150m: 14:09.22 37.89				
400m: 4:47.34 36.97	800m: 9:45.76 37.36	1200m: 14:47.06 37.84				
5. Margarida Santos, Botelho	07	Naval Setubalense	18:51.29	517	4,00	
50m: 33.60 33.60	450m: 5:33.97 37.71	850m: 10:34.89 37.19	1250m: 15:39.67 38.40			
100m: 1:10.91 37.31	500m: 6:11.38 37.41	900m: 11:12.49 37.60	1300m: 16:18.72 39.05			
150m: 1:48.75 37.84	550m: 6:48.82 37.44	950m: 11:50.68 38.19	1350m: 16:57.47 38.75			
200m: 2:26.63 37.88	600m: 7:26.35 37.53	1000m: 12:28.87 38.19	1400m: 17:35.73 38.26			
250m: 3:04.01 37.38	650m: 8:03.94 37.59	1050m: 13:06.76 37.89	1450m: 18:14.22 38.49			
300m: 3:41.38 37.37	700m: 8:41.39 37.45	1100m: 13:44.91 38.15	1500m: 18:51.29 37.07			
350m: 4:19.06 37.68	750m: 9:19.57 38.18	1150m: 14:23.15 38.24				
400m: 4:56.26 37.20	800m: 9:57.70 38.13	1200m: 15:01.27 38.12				

Prova 10, Femin., 1500m Livres, Absoluto

Lugar			Ano	Selecao dos Acores				Tempo final	FINA Pts	Pts		
6.	Sara Goncalves, Vieira		10	Selecao dos Acores				20:01.91	431	3,00		
	50m:	35.25	35.25	450m:	5:58.73	40.07	850m:	11:21.19	39.83	1250m:	16:43.89	39.48
	100m:	1:15.15	39.90	500m:	6:39.02	40.29	900m:	12:01.85	40.66	1300m:	17:23.76	39.87
	150m:	1:55.83	40.68	550m:	7:19.35	40.33	950m:	12:42.38	40.53	1350m:	18:04.18	40.42
	200m:	2:36.20	40.37	600m:	8:00.07	40.72	1000m:	13:22.45	40.07	1400m:	18:44.04	39.86
	250m:	3:16.64	40.44	650m:	8:40.47	40.40	1050m:	14:03.33	40.88	1450m:	19:24.25	40.21
	300m:	3:57.51	40.87	700m:	9:20.43	39.96	1100m:	14:44.17	40.84	1500m:	20:01.91	37.66
	350m:	4:37.68	40.17	750m:	10:00.85	40.42	1150m:	15:23.96	39.79			
	400m:	5:18.66	40.98	800m:	10:41.36	40.51	1200m:	16:04.41	40.45			