

Campeonato Regional Juvenis, Juniores e Seniores PC
Cantanhede, 23 - 24/11/2024

Prova 13	Femin., 1500m Livres				Absolutos
23/11/2024 - 15:30					Resultados
Rec Nacional Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec Nacional Sen	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec Nacional 18	16:46.74	Angelica Maria, ANDRE	LSC	Lousada	12/05/2012
Rec Nacional Jun17	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11/12/2015
Rec Nacional Jun16	16:44.26	Tamila Hryhorivna, HOLUB	SCB	Porto	19/12/2014
Rec Nacional Juv A	16:54.39	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	16/03/2014
Rec Nacional Juv B	17:17.43	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	30/06/2013
Rec Regional Open	16:43.38	Alexandra Couto, FRAZAO	CAQC		01/01/2018
Rec Regional Sen	16:50.98	Florbela, MACHADO	SCC		01/01/2013
Rec Regional 18	59:00.00	tempo limite,			
Rec Regional Jun17	16:43.38	Alexandra Couto, FRAZAO	CAQC		01/01/2018
Rec Regional Jun16	16:50.34	Alexandra Couto, FRAZAO	FBS		01/01/2017
Rec Regional Juv A	17:15.20	Maria Miguel, VELOSO	CNAC		01/01/2008
Rec Regional Juv B	17:34.28	Maria Miguel, VELOSO	CNAC		01/01/2007

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
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Juvenis B

1. Beatriz Oliveira, PORTULEZ	11	Columbofila Cantanhedense	19:31.52	465
100m: 1:15.72 1:15.72	500m: 6:31.12 1:18.63	900m: 11:43.08 1:18.28	1300m: 16:56.46 1:18.07	
200m: 2:34.71 1:18.99	600m: 7:49.51 1:18.39	1000m: 13:00.89 1:17.81	1400m: 18:15.25 1:18.79	
300m: 3:53.37 1:18.66	700m: 9:06.79 1:17.28	1100m: 14:19.15 1:18.26	1500m: 19:31.52 1:16.27	
400m: 5:12.49 1:19.12	800m: 10:24.80 1:18.01	1200m: 15:38.39 1:19.24		
2. Matilde Conde, FIGUEIREDO	11	Condeixa Clube	20:35.16	397
100m: 1:18.90 1:18.90	500m: 6:48.81 1:22.66	900m: 12:19.28 1:23.26	1300m: 17:52.74 1:23.59	
200m: 2:41.07 1:22.17	600m: 8:11.41 1:22.60	1000m: 13:42.83 1:23.55	1400m: 19:15.88 1:23.14	
300m: 4:03.58 1:22.51	700m: 9:33.83 1:22.42	1100m: 15:05.09 1:22.26	1500m: 20:35.16 1:19.28	
400m: 5:26.15 1:22.57	800m: 10:56.02 1:22.19	1200m: 16:29.15 1:24.06		

Juvenis A

1. Camila Duarte, MARCELO	10	Condeixa Clube	17:35.31	637
100m: 1:07.40 1:07.40	500m: 5:47.68 1:10.39	900m: 10:29.18 1:10.20	1300m: 15:13.72 1:11.43	
200m: 2:16.85 1:09.45	600m: 6:57.77 1:10.09	1000m: 11:40.21 1:11.03	1400m: 16:24.61 1:10.89	
300m: 3:26.96 1:10.11	700m: 8:08.52 1:10.75	1100m: 12:51.00 1:10.79	1500m: 17:35.31 1:10.70	
400m: 4:37.29 1:10.33	800m: 9:18.98 1:10.46	1200m: 14:02.29 1:11.29		
2. Leonor Antunes, PAIVA	10	Nautico Academico	18:59.34	506
100m: 1:12.15 1:12.15	500m: 6:19.14 1:16.94	900m: 11:23.27 1:16.42	1300m: 16:28.53 1:16.36	
200m: 2:28.25 1:16.10	600m: 7:34.46 1:15.32	1000m: 12:39.85 1:16.58	1400m: 17:44.28 1:15.75	
300m: 3:45.03 1:16.78	700m: 8:50.91 1:16.45	1100m: 13:56.52 1:16.67	1500m: 18:59.34 1:15.06	
400m: 5:02.20 1:17.17	800m: 10:06.85 1:15.94	1200m: 15:12.17 1:15.65		
3. Leonor Mosca, SILVA	10	Columbofila Cantanhedense	19:12.69	489
100m: 1:12.94 1:12.94	500m: 6:22.00 1:17.42	900m: 11:30.29 1:17.08	1300m: 16:41.21 1:16.87	
200m: 2:29.96 1:17.02	600m: 7:39.03 1:17.03	1000m: 12:48.36 1:18.07	1400m: 17:58.21 1:17.00	
300m: 3:47.15 1:17.19	700m: 8:55.95 1:16.92	1100m: 14:06.44 1:18.08	1500m: 19:12.69 1:14.48	
400m: 5:04.58 1:17.43	800m: 10:13.21 1:17.26	1200m: 15:24.34 1:17.90		

Juniores

1. Marta Andre, AGUILAR	07	Nautico Academico	18:04.47	587
<i>Rec Regional</i>				
100m: 1:08.09 1:08.09	500m: 5:55.45 1:12.42	900m: 10:46.62 1:13.19	1300m: 15:40.40 1:13.45	
200m: 2:19.08 1:10.99	600m: 7:07.65 1:12.20	1000m: 12:00.01 1:13.39	1400m: 16:53.32 1:12.92	
300m: 3:30.97 1:11.89	700m: 8:20.36 1:12.71	1100m: 13:13.02 1:13.01	1500m: 18:04.47 1:11.15	
400m: 4:43.03 1:12.06	800m: 9:33.43 1:13.07	1200m: 14:26.95 1:13.93		
2. Alana Costa, MATIAS	09	Nautico Academico	18:36.92	537
100m: 1:10.27 1:10.27	500m: 6:10.93 1:15.16	900m: 11:13.79 1:15.84	1300m: 16:11.35 1:14.15	
200m: 2:25.69 1:15.42	600m: 7:26.58 1:15.65	1000m: 12:29.05 1:15.26	1400m: 17:25.37 1:14.02	
300m: 3:40.73 1:15.04	700m: 8:42.22 1:15.64	1100m: 13:43.09 1:14.04	1500m: 18:36.92 1:11.55	
400m: 4:55.77 1:15.04	800m: 9:57.95 1:15.73	1200m: 14:57.20 1:14.11		

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Prova 13, Femin., 1500m Livres, Juniores

Lugar			Ano					Tempo final	Pts			
3.	Raquel Alexandra, CANCELA		09	Louzan Nataçao				19:19.70	480			
	100m:	1:12.76	1:12.76	500m:	6:22.65	1:17.76	900m:	11:34.88	1:18.28	1300m:	16:49.22	1:19.40
	200m:	2:29.85	1:17.09	600m:	7:40.67	1:18.02	1000m:	12:52.96	1:18.08	1400m:	18:05.55	1:16.33
	300m:	3:46.92	1:17.07	700m:	8:58.67	1:18.00	1100m:	14:10.98	1:18.02	1500m:	19:19.70	1:14.15
	400m:	5:04.89	1:17.97	800m:	10:16.60	1:17.93	1200m:	15:29.82	1:18.84			

Seniores

1.	Ines Jacinto, HENRIQUES		00	Louzan Nataçao				17:24.24	657			
	100m:	1:05.76	1:05.76	500m:	5:44.34	1:09.87	900m:	10:25.32	1:09.71	1300m:	15:06.36	1:10.33
	200m:	2:15.07	1:09.31	600m:	6:54.74	1:10.40	1000m:	11:35.86	1:10.54	1400m:	16:16.22	1:09.86
	300m:	3:24.68	1:09.61	700m:	8:04.87	1:10.13	1100m:	12:45.79	1:09.93	1500m:	17:24.24	1:08.02
	400m:	4:34.47	1:09.79	800m:	9:15.61	1:10.74	1200m:	13:56.03	1:10.24			
2.	Sara Calisto, PIMENTEL		05	Academica de Coimbra				18:33.59	542			
	100m:	1:09.37	1:09.37	500m:	6:07.37	1:15.37	900m:	11:05.36	1:14.34	1300m:	16:05.24	1:14.95
	200m:	2:23.21	1:13.84	600m:	7:21.33	1:13.96	1000m:	12:20.10	1:14.74	1400m:	17:20.09	1:14.85
	300m:	3:37.25	1:14.04	700m:	8:36.11	1:14.78	1100m:	13:35.09	1:14.99	1500m:	18:33.59	1:13.50
	400m:	4:52.00	1:14.75	800m:	9:51.02	1:14.91	1200m:	14:50.29	1:15.20			
EXH	Camila Rodrigues, REBELO		03	Louzan Nataçao				17:04.91	695			
	100m:	1:04.23	1:04.23	500m:	5:35.95	1:07.85	900m:	10:11.20	1:09.37	1300m:	14:47.93	1:09.62
	200m:	2:12.02	1:07.79	600m:	6:44.39	1:08.44	1000m:	11:20.80	1:09.60	1400m:	15:57.31	1:09.38
	300m:	3:20.28	1:08.26	700m:	7:52.97	1:08.58	1100m:	12:29.70	1:08.90	1500m:	17:04.91	1:07.60
	400m:	4:28.10	1:07.82	800m:	9:01.83	1:08.86	1200m:	13:38.31	1:08.61			