

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

Prova 35 24/11/2024 - 15:30	Femin., 800m Livres				Absolutos Resultados
Rec Nacional Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nacional Sen	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nacional 18	8:30.86	Tamila Hryhorivna, HOLUB	SCB	Moscovo (RUS)	03/08/2017
Rec Nacional Jun17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13/12/2015
Rec Nacional Jun16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21/12/2014
Rec Nacional Juv A	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19/12/2004
Rec Nacional Juv B	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20/12/1980
Rec Regional Open	8:45.84	Alexandra Couto, FRAZAO	CAQC		01/01/2018
Rec Regional Sen	8:46.09	Ines Jacinto, HENRIQUES	ALN		01/01/2024
Rec Regional 18	9:33.43	Marta Andre, AGUILAR	CNAC	Cantanhede	23/11/2024
Rec Regional Jun17	8:45.84	Alexandra Couto, FRAZAO	CAQC		01/01/2018
Rec Regional Jun16	8:47.74	Alexandra Couto, FRAZAO	FBS		01/01/2017
Rec Regional Juv A	8:57.30	Maria Miguel, VELOSO	CNAC		01/01/2007
Rec Regional Juv B	9:08.07	Maria Miguel, VELOSO	CNAC		01/01/2007

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
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Juvenis B

1. Eva Miranda, ALMEIDA	11	Columbofila Cantanhedense	10:02.60	497
100m: 1:14.16 1:14.16	300m: 3:47.19 1:16.08	500m: 6:18.52 1:15.58	700m: 8:49.74 1:15.48	
200m: 2:31.11 1:16.95	400m: 5:02.94 1:15.75	600m: 7:34.26 1:15.74	800m: 10:02.60 1:12.86	
2. Matilde Conde, FIGUEIREDO	11	Condeixa Clube	10:50.03	396
100m: 1:17.96 1:17.96	300m: 4:03.12 1:22.52	500m: 6:47.64 1:22.29	700m: 9:31.95 1:21.93	
200m: 2:40.60 1:22.64	400m: 5:25.35 1:22.23	600m: 8:10.02 1:22.38	800m: 10:50.03 1:18.08	

Juvenis A

1. Camila Duarte, MARCELO	10	Condeixa Clube	9:18.87	623
100m: 1:07.77 1:07.77	300m: 3:27.73 1:09.99	500m: 5:47.54 1:09.61	700m: 8:08.44 1:10.52	
200m: 2:17.74 1:09.97	400m: 4:37.93 1:10.20	600m: 6:57.92 1:10.38	800m: 9:18.87 1:10.43	
2. Leonor Mosca, SILVA	10	Columbofila Cantanhedense	10:01.86	499
100m: 1:13.87 1:13.87	300m: 3:46.42 1:15.99	500m: 6:18.02 1:15.59	700m: 8:49.55 1:15.85	
200m: 2:30.43 1:16.56	400m: 5:02.43 1:16.01	600m: 7:33.70 1:15.68	800m: 10:01.86 1:12.31	
3. Leonor Antunes, PAIVA	10	Nautico Academico	10:04.27	493
100m: 1:11.76 1:11.76	300m: 3:43.92 1:16.29	500m: 6:16.51 1:16.38	700m: 8:49.10 1:16.29	
200m: 2:27.63 1:15.87	400m: 5:00.13 1:16.21	600m: 7:32.81 1:16.30	800m: 10:04.27 1:15.17	
4. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	10:21.38	453
100m: 1:12.91 1:12.91	300m: 3:47.87 1:17.65	500m: 6:25.92 1:19.11	700m: 9:04.15 1:18.67	
200m: 2:30.22 1:17.31	400m: 5:06.81 1:18.94	600m: 7:45.48 1:19.56	800m: 10:21.38 1:17.23	
5. Beatriz Ribeiro, VELOSO	10	Vigor da Mocidade	10:59.95	378
100m: 1:16.61 1:16.61	300m: 4:01.58 1:22.38	500m: 6:48.54 1:23.24	700m: 9:38.08 1:24.02	
200m: 2:39.20 1:22.59	400m: 5:25.30 1:23.72	600m: 8:14.06 1:25.52	800m: 10:59.95 1:21.87	

Juniores

1. Marta Andre, AGUILAR <i>Rec Regional</i>	07	Nautico Academico	9:27.51	595
100m: 1:07.87 1:07.87	300m: 3:29.90 1:11.09	500m: 5:53.60 1:11.62	700m: 8:18.24 1:12.86	
200m: 2:18.81 1:10.94	400m: 4:41.98 1:12.08	600m: 7:05.38 1:11.78	800m: 9:27.51 1:09.27	
2. Alana Costa, MATIAS	09	Nautico Academico	9:38.19	562
100m: 1:08.13 1:08.13	300m: 3:33.78 1:12.51	500m: 6:00.61 1:13.87	700m: 8:26.93 1:13.13	
200m: 2:21.27 1:13.14	400m: 4:46.74 1:12.96	600m: 7:13.80 1:13.19	800m: 9:38.19 1:11.26	
3. Maria Manuel, CORTESAO	08	Nautico Academico	9:55.99	514
100m: 1:10.26 1:10.26	300m: 3:41.19 1:15.71	500m: 6:11.82 1:15.17	700m: 8:41.88 1:14.87	
200m: 2:25.48 1:15.22	400m: 4:56.65 1:15.46	600m: 7:27.01 1:15.19	800m: 9:55.99 1:14.11	
4. Rita Isabel, NEVES	08	Condeixa Clube	10:10.74	477
100m: 1:13.05 1:13.05	300m: 3:47.18 1:16.77	500m: 6:22.65 1:17.90	700m: 8:56.53 1:16.87	
200m: 2:30.41 1:17.36	400m: 5:04.75 1:17.57	600m: 7:39.66 1:17.01	800m: 10:10.74 1:14.21	

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Prova 35, Femin., 800m Livres

Seniores

1.	Ana Carolina, MONTEIRO		04	Academica de Coimbra		9:41.47	553	
	100m: 1:09.53	1:09.53	300m: 3:35.78	1:13.39	500m: 6:03.40	1:13.97	700m: 8:30.09	1:12.86
	200m: 2:22.39	1:12.86	400m: 4:49.43	1:13.65	600m: 7:17.23	1:13.83	800m: 9:41.47	1:11.38