



Campeonato Distrital de JUV, JUN, SEN)  
Tomar, 19 e 20 de Novembro de 2022

Prova 26 Femin., 1500m Livres Juvenil  
17/11/2024 - 9:00 Resultados

Rec Nac 25m Open	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	23/11/2019
Rec Nac 25m Juv A	16:54.39	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	16/03/2014
Rec Nac 25m Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	30/06/2013

Juv B: 24:25.00; Juv A: 23:49.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche	<b>18:35.49</b>	539	
	50m: 31.48	300m: 3:35.87	550m: 6:42.99	800m: 9:51.31	1050m: 13:01.31	1300m: 16:10.13		
	100m: 1:07.16	350m: 4:13.33	600m: 7:20.74	850m: 10:29.52	1100m: 13:39.92	1350m: 16:47.98		
	150m: 1:44.36	400m: 4:50.47	650m: 7:57.95	900m: 11:07.52	1150m: 14:17.52	1400m: 17:24.96		
	200m: 2:21.46	450m: 5:28.26	700m: 8:35.72	950m: 11:45.28	1200m: 14:55.51	1450m: 18:02.34		
	250m: 2:58.76	500m: 6:05.49	750m: 9:13.57	1000m: 12:23.52	1250m: 15:32.99	1500m: 18:35.49		
2.	Sofia Barroca Pereira	F	212103	11	BUZIOS-Coruche	<b>19:31.67</b>	465	
	50m: 34.95	300m: 3:48.97	550m: 7:03.29	800m: 10:20.72	1050m: 13:40.97	1300m: 17:00.10		
	100m: 1:12.49	350m: 4:28.42	600m: 7:42.75	850m: 11:00.43	1100m: 14:20.47	1350m: 17:38.48		
	150m: 1:51.76	400m: 5:06.88	650m: 8:22.10	900m: 11:40.98	1150m: 15:00.67	1400m: 18:17.47		
	200m: 2:30.97	450m: 5:45.58	700m: 9:01.60	950m: 12:20.81	1200m: 15:40.26	1450m: 18:55.65		
	250m: 3:10.17	500m: 6:24.20	750m: 9:41.15	1000m: 13:00.78	1250m: 16:19.65	1500m: 19:31.67		
3.	Lara Paixao Silva	F	210801	10	Rio Maior	<b>20:28.71</b>	403	
	50m: 36.30	300m: 3:56.54	550m: 7:23.46	800m: 10:49.86	1050m: 14:20.05	1300m: 17:44.78		
	100m: 1:14.29	350m: 4:37.01	600m: 8:05.15	850m: 11:31.42	1100m: 15:00.71	1350m: 18:28.45		
	150m: 1:54.24	400m: 5:18.66	650m: 8:45.82	900m: 12:13.33	1150m: 15:41.24	1400m: 19:07.99		
	200m: 2:35.19	450m: 6:00.02	700m: 9:27.68	950m: 12:55.28	1200m: 16:21.65	1450m: 19:48.94		
	250m: 3:16.05	500m: 6:42.42	750m: 10:09.13	1000m: 13:38.26	1250m: 17:03.20	1500m: 20:28.71		
4.	Margarida Pinho Formigo	F	205995	11	Torres Novas	<b>20:46.67</b>	386	
	50m: 36.55	300m: 4:04.61	550m: 7:35.57	800m: 11:07.59	1050m: 14:39.71	1300m: 18:05.61		
	100m: 1:16.71	350m: 4:47.19	600m: 8:17.66	850m: 11:50.67	1100m: 15:20.97	1350m: 18:47.05		
	150m: 1:58.50	400m: 5:28.94	650m: 8:59.80	900m: 12:33.20	1150m: 16:02.04	1400m: 19:28.66		
	200m: 2:40.53	450m: 6:11.20	700m: 9:42.57	950m: 13:15.53	1200m: 16:43.47	1450m: 20:07.42		
	250m: 3:22.71	500m: 6:53.43	750m: 10:25.19	1000m: 13:57.36	1250m: 17:25.18	1500m: 20:46.67		

Prova 26 Femin., 1500m Livres Junior  
17/11/2024 - 9:00 Resultados

Rec Nac 25m Open	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	23/11/2019
Rec Nac 25m 18 +	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	23/11/2019
Rec Nac 25m 17	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	11/12/2015
Rec Nac 25m Jun16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19/12/2014

Jun/Sen: 23:17.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Laura Brites Costa	F	211108	09	Rio Maior	<b>19:41.21</b>	454	
	50m: 35.08	300m: 3:49.20	550m: 7:07.27	800m: 10:27.20	1050m: 13:46.13	1300m: 17:05.49		
	100m: 1:12.99	350m: 4:28.60	600m: 7:47.56	850m: 11:07.32	1100m: 14:26.02	1350m: 17:45.22		
	150m: 1:51.91	400m: 5:07.97	650m: 8:27.83	900m: 11:46.57	1150m: 15:05.51	1400m: 18:24.44		
	200m: 2:31.02	450m: 5:47.59	700m: 9:07.53	950m: 12:26.57	1200m: 15:45.38	1450m: 19:03.39		
	250m: 3:10.06	500m: 6:27.55	750m: 9:47.08	1000m: 13:06.72	1250m: 16:25.33	1500m: 19:41.21		
2.	Mariana Mauricio Coelho	F	200356	07	BUZIOS-Coruche	<b>20:16.86</b>	415	
	50m: 34.41	300m: 3:51.75	550m: 7:14.98	800m: 10:40.66	1050m: 14:08.59	1300m: 17:35.88		
	100m: 1:12.43	350m: 4:31.72	600m: 7:56.09	850m: 11:21.99	1100m: 14:49.91	1350m: 18:16.84		
	150m: 1:51.90	400m: 5:12.44	650m: 8:36.74	900m: 12:03.70	1150m: 15:30.60	1400m: 18:58.25		
	200m: 2:31.45	450m: 5:53.23	700m: 9:18.04	950m: 12:45.74	1200m: 16:13.00	1450m: 19:38.81		
	250m: 3:11.02	500m: 6:33.55	750m: 9:59.97	1000m: 13:27.15	1250m: 16:54.45	1500m: 20:16.86		
3.	Carolina Santos Carrilho	F	205403	08	CLAC-Entroncamento	<b>21:55.72</b>	328	
	50m: 38.27	300m: 4:14.30	550m: 7:54.38	800m: 11:34.27	1050m: 15:16.71	1300m: 19:00.27		
	100m: 1:20.37	350m: 4:58.02	600m: 8:37.89	850m: 12:18.73	1100m: 16:01.43	1350m: 19:44.96		
	150m: 2:03.28	400m: 5:42.00	650m: 9:21.70	900m: 13:02.99	1150m: 16:45.56	1400m: 20:29.43		
	200m: 2:46.51	450m: 6:25.75	700m: 10:05.48	950m: 13:47.31	1200m: 17:30.23	1450m: 21:13.24		
	250m: 3:30.38	500m: 7:10.05	750m: 10:49.95	1000m: 14:31.81	1250m: 18:15.25	1500m: 21:55.72		



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Prova 26, Femin., 1500m Livres

Prova 26	Femin., 1500m Livres					Juvenil B
17/11/2024 - 9:00						Resultados
Rec Nac 25m Open	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	23/11/2019	
Rec Nac 25m Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	30/06/2013	

: 24:25.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final					Pts	Obs
1.	Sofia Barroca Pereira	F	212103	11	BUZIOS-Coruche	<b>19:31.67</b>					465	
	50m: 34.95	300m: 3:48.97	550m: 7:03.29	800m: 10:20.72	1050m: 13:40.97	1300m: 17:00.10						
	100m: 1:12.49	350m: 4:28.42	600m: 7:42.75	850m: 11:00.43	1100m: 14:20.47	1350m: 17:38.48						
	150m: 1:51.76	400m: 5:06.88	650m: 8:22.10	900m: 11:40.98	1150m: 15:00.67	1400m: 18:17.47						
	200m: 2:30.97	450m: 5:45.58	700m: 9:01.60	950m: 12:20.81	1200m: 15:40.26	1450m: 18:55.65						
	250m: 3:10.17	500m: 6:24.20	750m: 9:41.15	1000m: 13:00.78	1250m: 16:19.65	1500m: 19:31.67						
2.	Margarida Pinho Formigo	F	205995	11	Torres Novas	<b>20:46.67</b>					386	
	50m: 36.55	300m: 4:04.61	550m: 7:35.57	800m: 11:07.59	1050m: 14:39.71	1300m: 18:05.61						
	100m: 1:16.71	350m: 4:47.19	600m: 8:17.66	850m: 11:50.67	1100m: 15:20.97	1350m: 18:47.05						
	150m: 1:58.50	400m: 5:28.94	650m: 8:59.80	900m: 12:33.20	1150m: 16:02.04	1400m: 19:28.66						
	200m: 2:40.53	450m: 6:11.20	700m: 9:42.57	950m: 13:15.53	1200m: 16:43.47	1450m: 20:07.42						
	250m: 3:22.71	500m: 6:53.43	750m: 10:25.19	1000m: 13:57.36	1250m: 17:25.18	1500m: 20:46.67						

Prova 26	Femin., 1500m Livres					Juvenil A
17/11/2024 - 9:00						Resultados

Rec Nac 25m Open	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	23/11/2019
Rec Nac 25m Juv A	16:54.39	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	16/03/2014

: 23:49.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final					Pts	Obs
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	100m: 1:07.16	350m: 4:13.33	600m: 7:20.74	850m: 10:29.52	1100m: 13:39.92	1350m: 16:47.98						
	150m: 1:44.36	400m: 4:50.47	650m: 7:57.95	900m: 11:07.52	1150m: 14:17.52	1400m: 17:24.96						
	200m: 2:21.46	450m: 5:28.26	700m: 8:35.72	950m: 11:45.28	1200m: 14:55.51	1450m: 18:02.34						
	250m: 2:58.76	500m: 6:05.49	750m: 9:13.57	1000m: 12:23.52	1250m: 15:32.99	1500m: 18:35.49						
2.	Lara Paixao Silva	F	210801	10	Rio Maior	<b>20:28.71</b>					403	
	50m: 36.30	300m: 3:56.54	550m: 7:23.46	800m: 10:49.86	1050m: 14:20.05	1300m: 17:44.78						
	100m: 1:14.29	350m: 4:37.01	600m: 8:05.15	850m: 11:31.42	1100m: 15:00.71	1350m: 18:26.45						
	150m: 1:54.24	400m: 5:18.66	650m: 8:45.82	900m: 12:13.33	1150m: 15:41.24	1400m: 19:07.99						
	200m: 2:35.19	450m: 6:00.02	700m: 9:27.68	950m: 12:55.28	1200m: 16:21.65	1450m: 19:48.94						
	250m: 3:16.05	500m: 6:42.42	750m: 10:09.13	1000m: 13:38.26	1250m: 17:03.20	1500m: 20:28.71						