



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

Prova 4 Femin., 800m Livres Juvenil
16/11/2024 - 9:54 Resultados

Rec Nac 25m Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19/12/2004
Rec Nac 25m Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibes (FRA)	20/12/1980

Juv B: 13:00.00; Juv A: 12:40.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche	9:39.96	557	
	50m: 31.88	200m: 2:20.62	350m: 4:11.73	500m: 6:02.15	650m: 7:52.82	800m: 9:39.96		
	100m: 1:07.29	250m: 2:57.20	400m: 4:48.67	550m: 6:39.20	700m: 8:29.81			
	150m: 1:43.72	300m: 3:34.65	450m: 5:25.26	600m: 7:16.07	750m: 9:06.67			
2.	Sofia Barroca Pereira	F	212103	11	BUZIOS-Coruche	10:01.92	498	
	50m: 33.56	200m: 2:26.62	350m: 4:21.61	500m: 6:10.73	650m: 8:01.92	800m: 10:01.92		
	100m: 1:10.26	250m: 3:05.16	400m: 4:59.72	550m: 6:47.46	700m: 8:47.46			
	150m: 1:48.30	300m: 3:43.65	450m: 5:53.62	600m: 7:50.00	750m: 9:26.37			
3.	Maria Leonor Lopes	F	210579	10	Torres Novas	10:10.31	478	
	50m: 34.01	200m: 2:29.28	350m: 4:25.36	500m: 6:21.03	650m: 8:16.63	800m: 10:10.31		
	100m: 1:11.74	250m: 3:08.22	400m: 5:04.11	550m: 6:59.42	700m: 8:55.24			
	150m: 1:50.67	300m: 3:47.09	450m: 5:42.61	600m: 7:38.35	750m: 9:33.60			
4.	Margarida Pinho Formigo	F	205995	11	Torres Novas	10:29.77	435	
	50m: 35.98	200m: 2:33.94	350m: 4:33.75	500m: 6:35.36	650m: 8:35.21	800m: 10:29.77		
	100m: 1:15.32	250m: 3:14.29	400m: 5:14.09	550m: 7:15.81	700m: 9:14.46			
	150m: 1:54.58	300m: 3:54.14	450m: 5:54.41	600m: 7:55.81	750m: 9:53.02			
5.	Flor Fortunata Ferreira	F	211295	10	Gualdim Pais	10:57.34	383	
	50m: 35.07	200m: 2:36.96	350m: 4:42.46	500m: 6:47.71	650m: 8:53.42	800m: 10:57.34		
	100m: 1:14.61	250m: 3:19.25	400m: 5:23.90	550m: 7:29.35	700m: 9:35.32			
	150m: 1:55.61	300m: 4:00.74	450m: 6:05.91	600m: 8:11.56	750m: 10:16.52			

Prova 4 Femin., 800m Livres Junior
16/11/2024 - 9:54 Resultados

Rec Nac 25m Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m 18 +	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m 17	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	13/12/2015
Rec Nac 25m Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21/12/2014

Jun/Sen: 12:15.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Mariana Mauricio Coelho	F	200356	07	BUZIOS-Coruche	10:27.41	440	
	50m: 33.69	200m: 2:31.22	350m: 4:30.90	500m: 6:31.21	650m: 8:30.75	800m: 10:27.41		
	100m: 1:11.66	250m: 3:10.87	400m: 5:11.32	550m: 7:10.88	700m: 9:10.35			
	150m: 1:51.29	300m: 3:50.93	450m: 5:50.86	600m: 7:50.21	750m: 9:49.98			
2.	Maria Madalena Monteiro	F	202887	08	Gualdim Pais	10:27.67	440	
	50m: 32.02	200m: 2:24.13	350m: 4:21.30	500m: 6:21.05	650m: 8:21.82	800m: 10:27.67		
	100m: 1:07.86	250m: 3:03.03	400m: 5:01.00	550m: 7:00.81	700m: 9:04.62			
	150m: 1:45.15	300m: 3:41.73	450m: 5:41.37	600m: 7:40.22	750m: 9:46.42			
3.	Madalena Maria Midoes	F	200565	07	Viver Santarem	10:42.97	409	
	50m: 35.74	200m: 2:36.23	350m: 4:38.94	500m: 6:40.76	650m: 8:42.42	800m: 10:42.97		
	100m: 1:15.49	250m: 3:17.13	400m: 5:19.59	550m: 7:21.77	700m: 9:22.96			
	150m: 1:55.67	300m: 3:57.90	450m: 5:59.98	600m: 8:02.49	750m: 10:03.49			
4.	Leonor Margarida Mateus	F	215999	09	BUZIOS-Coruche	10:51.91	392	
	50m: 34.73	200m: 2:34.87	350m: 4:39.22	500m: 6:43.89	650m: 8:48.98	800m: 10:51.91		
	100m: 1:13.80	250m: 3:16.45	400m: 5:21.16	550m: 7:25.30	700m: 9:31.03			
	150m: 1:54.07	300m: 3:57.96	450m: 6:02.31	600m: 8:07.01	750m: 10:12.79			
5.	Carolina Santos Carrilho	F	205403	08	CLAC-Entroncamento	11:28.53	333	
	50m: 37.03	200m: 2:42.30	350m: 4:53.60	500m: 7:06.79	650m: 9:19.63	800m: 11:28.53		
	100m: 1:17.71	250m: 3:25.83	400m: 5:37.50	550m: 7:50.98	700m: 10:03.38			
	150m: 1:59.54	300m: 4:09.59	450m: 6:22.05	600m: 8:35.36	750m: 10:46.95			



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Prova 4, Femin., 800m Livres

Prova 4 Femin., 800m Livres Senior Resultados
16/11/2024 - 9:54

Rec Nac 25m Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m 18 +	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019

Jun/Sen: 12:15.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Joana Teixeira Dias	F	105455	97	CLAC-Entroncamento	11:30.75	330	
	50m: 37.35	200m: 2:43.33	350m: 4:53.21	500m: 7:04.90	650m: 9:18.90	800m: 11:30.75		11:30.75
	100m: 1:17.90	250m: 3:27.03	400m: 5:36.78	550m: 7:49.42	700m: 10:03.41			
	150m: 2:00.18	300m: 4:09.93	450m: 6:20.89	600m: 8:34.26	750m: 10:47.93			

Prova 4 Femin., 800m Livres Juvenil B Resultados
16/11/2024 - 9:54

Rec Nac 25m Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibbes (FRA)	20/12/1980

: 13:00.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Sofia Barroca Pereira	F	212103	11	BUZIOS-Coruche	10:01.92	498	
	50m: 33.56	200m: 2:26.62	350m: 4:21.61	500m: 6:10.73	650m: 8:10.73	800m: 10:01.92		
	100m: 1:10.26	250m: 3:05.16	400m: 4:59.72	550m: 6:47.46	700m: 8:47.46			
	150m: 1:48.30	300m: 3:43.65	450m: 6:53.62	600m: 9:26.37	750m: 9:26.37			
2.	Margarida Pinho Formigo	F	205995	11	Torres Novas	10:29.77	435	
	50m: 35.98	200m: 2:33.94	350m: 4:33.75	500m: 6:35.36	650m: 8:35.21	800m: 10:29.77		10:29.77
	100m: 1:15.32	250m: 3:14.29	400m: 5:14.09	550m: 7:15.81	700m: 9:14.46			
	150m: 1:54.58	300m: 3:54.14	450m: 5:54.41	600m: 7:55.81	750m: 9:53.02			

Prova 4 Femin., 800m Livres Juvenil A Resultados
16/11/2024 - 9:54

Rec Nac 25m Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19/12/2004

: 12:40.00

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Leonor Sombreiro Martins	F	211313	10	BUZIOS-Coruche	9:39.96	557	
	50m: 31.88	200m: 2:20.62	350m: 4:11.73	500m: 6:02.15	650m: 7:52.82	800m: 9:39.96		9:39.96
	100m: 1:07.29	250m: 2:57.20	400m: 4:48.67	550m: 6:39.20	700m: 8:29.81			
	150m: 1:43.72	300m: 3:34.65	450m: 5:25.26	600m: 7:16.07	750m: 9:06.67			
2.	Maria Leonor Lopes	F	210579	10	Torres Novas	10:10.31	478	
	50m: 34.01	200m: 2:29.28	350m: 4:25.36	500m: 6:21.03	650m: 8:16.63	800m: 10:10.31		10:10.31
	100m: 1:11.74	250m: 3:08.22	400m: 5:04.11	550m: 6:59.42	700m: 8:55.24			
	150m: 1:50.67	300m: 3:47.09	450m: 5:42.61	600m: 7:38.35	750m: 9:33.60			
3.	Flor Fortunata Ferreira	F	211295	10	Gualdim Pais	10:57.34	383	
	50m: 35.07	200m: 2:36.96	350m: 4:42.46	500m: 6:47.71	650m: 8:53.42	800m: 10:57.34		10:57.34
	100m: 1:14.61	250m: 3:19.25	400m: 5:23.90	550m: 7:29.35	700m: 9:35.32			
	150m: 1:55.61	300m: 4:00.74	450m: 6:05.91	600m: 8:11.56	750m: 10:16.52			

Prova 4 Femin., 800m Livres Infantil B Resultados
16/11/2024 - 9:54

Rec Nac 25m Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazar�	16/05/2009

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Maria Amelia Torres	F	216411	13	Viver Santarem	12:37.41	250	
	50m: 40.99	200m: 3:02.01	350m: 5:24.74	500m: 7:51.33	650m: 10:17.59	800m: 12:37.41		12:37.41
	100m: 1:27.17	250m: 3:49.06	400m: 6:13.30	550m: 8:40.80	700m: 11:05.76			
	150m: 2:14.74	300m: 4:36.50	450m: 7:02.14	600m: 9:29.44	750m: 11:53.38			
2.	Valentina Rodrigues Feijao	F	214133	13	Nautico Salvaterra Magos	13:16.18	215	
	50m: 43.08	200m: 3:10.66	350m: 5:40.06	500m: 8:11.74	650m: 10:45.05	800m: 13:16.18		13:16.18
	100m: 1:31.82	250m: 3:59.89	400m: 6:30.48	550m: 9:03.29	700m: 11:34.73			
	150m: 2:20.94	300m: 4:49.66	450m: 7:20.86	600m: 9:53.99	750m: 12:26.18			
3.	Leonor Chambel Santos	F	214860	13	Nautico Abrantes	14:44.91	157	
	50m: 45.87	200m: 3:25.27	350m: 6:13.67	500m: 9:10.44	650m: 12:07.58	800m: 14:44.91		14:44.91
	100m: 1:37.00	250m: 4:22.44	400m: 7:12.93	550m: 10:09.65	700m: 13:03.03			
	150m: 2:31.02	300m: 5:20.96	450m: 8:10.52	600m: 11:07.29	750m: 13:59.22			



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

Prova 4, Femin., 800m Livres

Prova 4	Femin., 800m Livres				Infantil A
16/11/2024 - 9:54					Resultados
Rec Nac 25m Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Inf A	9:03.90	Alexandra Maria Silva	FCP	Porto	13/07/1980

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs	
1.	Rita Gomes Valentim	F	212796	12	Torres Novas					10:32.55	429	
	50m:	36.85	200m:	2:40.41	350m:	4:40.54	500m:	6:41.36	650m:	8:38.99	800m:	10:32.55
	100m:	1:17.44	250m:	3:19.56	400m:	5:20.29	550m:	7:20.45	700m:	9:17.43		
	150m:	1:57.98	300m:	3:59.57	450m:	6:01.30	600m:	8:00.38	750m:	9:56.32		