



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 15 - 16/3/2025

Prova 41 16/03/2025	Femin., 1500m Livres				Absolutos (JUN+SEN) Resultados
Rec Nac Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec Nac 19 +	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec Nac 18	16:46.74	Angelica Maria, ANDRE	LSC	Lousada	12/05/2012
Rec Nac 17	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11/12/2015
Rec Nac 16	16:44.26	Tamila Hryhorivna, HOLUB	SCB	Porto	19/12/2014

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	17:34.44	639	
50m: 30.97 30.97	450m: 5:11.82 34.59	850m: 9:56.54 35.81	1250m: 14:41.43 34.90		
100m: 1:05.08 34.11	500m: 5:46.88 35.06	900m: 10:32.73 36.19	1300m: 15:16.41 34.98		
150m: 1:40.30 35.22	550m: 6:22.20 35.32	950m: 11:08.17 35.44	1350m: 15:52.01 35.60		
200m: 2:15.48 35.18	600m: 6:57.86 35.66	1000m: 11:42.82 34.65	1400m: 16:27.45 35.44		
250m: 2:50.80 35.32	650m: 7:33.86 36.00	1050m: 12:19.08 36.26	1450m: 17:00.96 33.51		
300m: 3:25.99 35.19	700m: 8:09.84 35.98	1100m: 12:55.05 35.97	1500m: 17:34.44 33.48		
350m: 4:01.49 35.50	750m: 8:45.21 35.37	1150m: 13:30.92 35.87			
400m: 4:37.23 35.74	800m: 9:20.73 35.52	1200m: 14:06.53 35.61			
2. Matilde Violante, VIANA	07	CNLeiria - VOID	17:35.41	637	
50m: 31.68 31.68	450m: 5:12.51 35.39	850m: 9:56.35 35.63	1250m: 14:40.92 34.99		
100m: 1:05.33 33.65	500m: 5:47.87 35.36	900m: 10:32.38 36.03	1300m: 15:16.31 35.39		
150m: 1:40.14 34.81	550m: 6:23.67 35.80	950m: 11:07.49 35.11	1350m: 15:51.68 35.37		
200m: 2:15.27 35.13	600m: 6:58.87 35.20	1000m: 11:43.34 35.85	1400m: 16:27.05 35.37		
250m: 2:50.74 35.47	650m: 7:33.92 35.05	1050m: 12:18.81 35.47	1450m: 17:01.86 34.81		
300m: 3:25.95 35.21	700m: 8:09.71 35.79	1100m: 12:54.74 35.93	1500m: 17:35.41 33.55		
350m: 4:01.48 35.53	750m: 8:45.04 35.33	1150m: 13:30.80 36.06			
400m: 4:37.12 35.64	800m: 9:20.72 35.68	1200m: 14:05.93 35.13			
3. Francisca Ramos, NUNES	09	Naval de Peniche	18:59.41	506	
50m: 33.57 33.57	450m: 5:33.82 37.60	850m: 10:40.07 38.07	1250m: 15:50.23 39.27		
100m: 1:10.56 36.99	500m: 6:12.12 38.30	900m: 11:18.70 38.63	1300m: 16:29.20 38.97		
150m: 1:47.32 36.76	550m: 6:50.18 38.06	950m: 11:57.20 38.50	1350m: 17:07.71 38.51		
200m: 2:25.24 37.92	600m: 7:28.35 38.17	1000m: 12:35.75 38.55	1400m: 17:45.90 38.19		
250m: 3:02.68 37.44	650m: 8:06.21 37.86	1050m: 13:14.67 38.92	1450m: 18:23.40 37.50		
300m: 3:40.45 37.77	700m: 8:44.69 38.48	1100m: 13:53.63 38.96	1500m: 18:59.41 36.01		
350m: 4:17.99 37.54	750m: 9:23.63 38.94	1150m: 14:32.38 38.75			
400m: 4:56.22 38.23	800m: 10:02.00 38.37	1200m: 15:10.96 38.58			
DNS Mariana Jorge, DUARTE	97	Nucleo de Pombal			



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Prova 41, Femin., 1500m Livres

Prova 41
16/03/2025

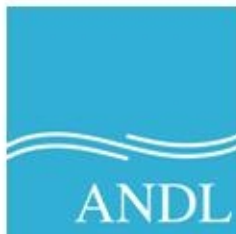
Femin., 1500m Livres

Juvenis Femininos (A+B)
Resultados

Rec Nac Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
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

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts	
1.	Diana Isabel, ALVES		10	Pimpoes/Cimai		18:43.98	527	
	50m: 33.34	33.34	450m: 5:34.17	37.83	850m: 10:35.22	37.18	1250m: 15:38.18	37.56
	100m: 1:10.10	36.76	500m: 6:12.22	38.05	900m: 11:13.35	38.13	1300m: 16:15.87	37.69
	150m: 1:47.55	37.45	550m: 6:49.88	37.66	950m: 11:50.84	37.49	1350m: 16:52.77	36.90
	200m: 2:25.35	37.80	600m: 7:27.46	37.58	1000m: 12:29.00	38.16	1400m: 17:30.45	37.68
	250m: 3:03.00	37.65	650m: 8:05.14	37.68	1050m: 13:07.05	38.05	1450m: 18:07.81	37.36
	300m: 3:40.97	37.97	700m: 8:42.63	37.49	1100m: 13:44.75	37.70	1500m: 18:43.98	36.17
	350m: 4:18.39	37.42	750m: 9:20.37	37.74	1150m: 14:22.52	37.77		
	400m: 4:56.34	37.95	800m: 9:58.04	37.67	1200m: 15:00.62	38.10		
2.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande		18:48.67	521	
	50m: 34.00	34.00	450m: 5:33.31	37.18	850m: 10:32.58	37.76	1250m: 15:39.89	38.41
	100m: 1:11.48	37.48	500m: 6:10.48	37.17	900m: 11:10.59	38.01	1300m: 16:18.17	38.28
	150m: 1:48.90	37.42	550m: 6:47.58	37.10	950m: 11:48.66	38.07	1350m: 16:57.02	38.85
	200m: 2:26.77	37.87	600m: 7:24.67	37.09	1000m: 12:27.37	38.71	1400m: 17:35.47	38.45
	250m: 3:04.45	37.68	650m: 8:01.78	37.11	1050m: 13:05.66	38.29	1450m: 18:12.96	37.49
	300m: 3:41.75	37.30	700m: 8:39.28	37.50	1100m: 13:44.30	38.64	1500m: 18:48.67	35.71
	350m: 4:18.79	37.04	750m: 9:16.81	37.53	1150m: 14:22.29	37.99		
	400m: 4:56.13	37.34	800m: 9:54.82	38.01	1200m: 15:01.48	39.19		
3.	Bianca Balbino, MENDES		10	Naval de Peniche		19:01.58	503	
	50m: 32.81	32.81	450m: 5:32.70	38.21	850m: 10:40.65	38.50	1250m: 15:50.54	38.68
	100m: 1:08.38	35.57	500m: 6:10.99	38.29	900m: 11:19.37	38.72	1300m: 16:29.47	38.93
	150m: 1:45.27	36.89	550m: 6:49.25	38.26	950m: 11:58.03	38.66	1350m: 17:08.07	38.60
	200m: 2:22.79	37.52	600m: 7:27.55	38.30	1000m: 12:36.52	38.49	1400m: 17:46.70	38.63
	250m: 3:00.27	37.48	650m: 8:06.38	38.83	1050m: 13:15.34	38.82	1450m: 18:24.60	37.90
	300m: 3:38.26	37.99	700m: 8:45.23	38.85	1100m: 13:54.14	38.80	1500m: 19:01.58	36.98
	350m: 4:16.26	38.00	750m: 9:23.85	38.62	1150m: 14:32.93	38.79		
	400m: 4:54.49	38.23	800m: 10:02.15	38.30	1200m: 15:11.86	38.93		
4.	Laura Helena, AMORIM		10	Nautico Marinha Grande		19:24.85	474	
	50m: 34.08	34.08	450m: 5:44.67	39.32	850m: 10:57.92	39.19	1250m: 16:11.96	39.39
	100m: 1:12.13	38.05	500m: 6:23.70	39.03	900m: 11:36.81	38.89	1300m: 16:51.30	39.34
	150m: 1:54.47	42.34	550m: 7:02.81	39.11	950m: 12:16.49	39.68	1350m: 17:29.63	38.33
	200m: 2:29.74	35.27	600m: 7:42.18	39.37	1000m: 12:55.83	39.34	1400m: 18:08.59	38.96
	250m: 3:08.82	39.08	650m: 8:21.55	39.37	1050m: 13:34.66	38.83	1450m: 18:47.12	38.53
	300m: 3:47.57	38.75	700m: 9:00.26	38.71	1100m: 14:14.06	39.40	1500m: 19:24.85	37.73
	350m: 4:26.60	39.03	750m: 9:39.58	39.32	1150m: 14:53.38	39.32		
	400m: 5:05.35	38.75	800m: 10:18.73	39.15	1200m: 15:32.57	39.19		



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Prova 41, Femin., 1500m Livres, Juvenis Femininos (A+B)

Lugar	Ano	Tempo final	Pts
5. Maria Joao, VALA	11 Pimpoes/Cimai	19:44.02	451
50m: 35.11 35.11	450m: 5:52.89 39.09	850m: 11:14.22 39.94	1250m: 16:30.53 39.28
100m: 1:14.17 39.06	500m: 6:34.12 41.23	900m: 11:54.11 39.89	1300m: 17:09.61 39.08
150m: 1:54.47 40.30	550m: 7:13.57 39.45	950m: 12:33.50 39.39	1350m: 17:49.21 39.60
200m: 2:34.20 39.73	600m: 7:54.87 41.30	1000m: 13:13.11 39.61	1400m: 18:28.63 39.42
250m: 3:14.06 39.86	650m: 8:35.23 40.36	1050m: 13:52.98 39.87	1450m: 19:06.91 38.28
300m: 3:54.18 40.12	700m: 9:15.20 39.97	1100m: 14:32.60 39.62	1500m: 19:44.02 37.11
350m: 4:34.03 39.85	750m: 9:54.79 39.59	1150m: 15:11.93 39.33	
400m: 5:13.80 39.77	800m: 10:34.28 39.49	1200m: 15:51.25 39.32	
6. Debora Silva, INACIO	10 Pimpoes/Cimai	19:49.20	445
50m: 35.42 35.42	450m: 5:54.53 40.59	850m: 11:15.23 39.02	1250m: 16:38.44 40.02
100m: 1:14.85 39.43	500m: 6:34.73 40.20	900m: 11:55.83 40.60	1300m: 17:17.92 39.48
150m: 1:54.59 39.74	550m: 7:15.23 40.50	950m: 12:36.48 40.65	1350m: 17:55.96 38.04
200m: 2:34.04 39.45	600m: 7:55.56 40.33	1000m: 13:17.33 40.85	1400m: 18:34.65 38.69
250m: 3:13.27 39.23	650m: 8:35.46 39.90	1050m: 13:57.76 40.43	1450m: 19:12.78 38.13
300m: 3:53.46 40.19	700m: 9:15.95 40.49	1100m: 14:38.09 40.33	1500m: 19:49.20 36.42
350m: 4:33.52 40.06	750m: 9:56.14 40.19	1150m: 15:18.73 40.64	
400m: 5:13.94 40.42	800m: 10:36.21 40.07	1200m: 15:58.42 39.69	
DNS Madalena Gracio, PEDROSO	10 Nautico Marinha Grande		