

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 2 Femin., 1500m Livres 14 anos e mais velhos
21/03/2025 - 11:00 Resultados

Rec Nacionais Open	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09/02/2020
Rec Nacionais 18 +	16:15.12	Diana Margarida, DURAES	SLB	Lisboa	09/02/2020
Rec Nacionais Jun 17	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nacionais Jun 16	16:43.22	Tamila Hryhorivna, HOLUB	SCB	Singapore (SGP)	29/08/2015
Rec Nacionais Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	11/07/2014
Rec Nacionais Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08/07/2007

TA SEN-FEM Sen: 21:04.00 / TA JUN-FEM Jun: 21:35.44 / TA JUVA-FEM Juv A: 22:06.89 / TA JUVB-FEM Juv B: 22:38.32

Pontos: AQUA 2024

Lugar Ano Tempo final Pts
Juv B

1. Beatriz Oliveira, PORTULEZ	11	Columbofila Cantanhedense	19:19.36	500
100m: 1:10.46 1:10.46	500m: 6:14.54 1:16.36	900m: 11:28.34 1:24.57	1300m: 16:44.37 1:18.43	
200m: 2:25.92 1:15.46	600m: 7:31.55 1:17.01	1000m: 12:47.98 1:19.64	1400m: 18:02.86 1:18.49	
300m: 3:42.18 1:16.26	700m: 8:48.16 1:16.61	1100m: 14:07.02 1:19.04	1500m: 19:19.36 1:16.50	
400m: 4:58.18 1:16.00	800m: 10:03.77 1:15.61	1200m: 15:25.94 1:18.92		
2. Matilde Conde, FIGUEIREDO	11	Condeixa Clube	20:22.33	427
100m: 1:16.92 1:16.92	500m: 6:42.91 1:21.75	900m: 12:11.18 1:22.24	1300m: 17:41.39 1:22.54	
200m: 2:38.38 1:21.46	600m: 8:04.78 1:21.87	1000m: 13:33.59 1:22.41	1400m: 19:03.36 1:21.97	
300m: 3:59.48 1:21.10	700m: 9:26.95 1:22.17	1100m: 14:55.73 1:22.14	1500m: 20:22.33 1:18.97	
400m: 5:21.16 1:21.68	800m: 10:48.94 1:21.99	1200m: 16:18.85 1:23.12		

Juv A

1. Camila Duarte, MARCELO	10	Condeixa Clube	18:11.61	599
100m: 1:07.79 1:07.79	500m: 5:54.80 1:12.45	900m: 10:47.61 1:13.47	1300m: 15:43.07 1:14.12	
200m: 2:18.41 1:10.62	600m: 7:07.58 1:12.78	1000m: 12:01.11 1:13.50	1400m: 16:57.30 1:14.23	
300m: 3:30.05 1:11.64	700m: 8:20.63 1:13.05	1100m: 13:14.98 1:13.87	1500m: 18:11.61 1:14.31	
400m: 4:42.35 1:12.30	800m: 9:34.14 1:13.51	1200m: 14:28.95 1:13.97		
2. Leonor Antunes, PAIVA	10	Nautico Academico	18:52.43	537
100m: 1:11.36 1:11.36	500m: 6:13.21 1:16.09	900m: 11:17.41 1:16.10	1300m: 16:23.68 1:16.62	
200m: 2:26.04 1:14.68	600m: 7:28.93 1:15.72	1000m: 12:34.02 1:16.61	1400m: 17:39.89 1:16.21	
300m: 3:41.26 1:15.22	700m: 8:45.31 1:16.38	1100m: 13:50.30 1:16.28	1500m: 18:52.43 1:12.54	
400m: 4:57.12 1:15.86	800m: 10:01.31 1:16.00	1200m: 15:07.06 1:16.76		
3. Diana Isabel, ALVES	10	Pimpoes/Cimai	19:42.81	471
100m: 1:11.24 1:11.24	500m: 6:25.02 1:19.09	900m: 11:43.52 1:19.78	1300m: 17:04.26 1:20.51	
200m: 2:28.28 1:17.04	600m: 7:44.44 1:19.42	1000m: 13:03.05 1:19.53	1400m: 18:24.85 1:20.59	
300m: 3:47.42 1:19.14	700m: 9:03.81 1:19.37	1100m: 14:23.29 1:20.24	1500m: 19:42.81 1:17.96	
400m: 5:05.93 1:18.51	800m: 10:23.74 1:19.93	1200m: 15:43.75 1:20.46		
4. Bianca Balbino, MENDES	10	Naval de Peniche	19:52.45	459
100m: 1:11.16 1:11.16	500m: 6:28.69 1:20.38	900m: 11:50.43 1:20.32	1300m: 17:13.31 1:21.02	
200m: 2:28.78 1:17.62	600m: 7:49.17 1:20.48	1000m: 13:10.50 1:20.07	1400m: 18:33.71 1:20.40	
300m: 3:48.34 1:19.56	700m: 9:09.86 1:20.69	1100m: 14:30.90 1:20.40	1500m: 19:52.45 1:18.74	
400m: 5:08.31 1:19.97	800m: 10:30.11 1:20.25	1200m: 15:52.29 1:21.39		
5. Leonor Mosca, SILVA	10	Columbofila Cantanhedense	20:14.36	435
100m: 1:10.20 1:10.20	500m: 6:26.48 1:30.46	900m: 12:04.62 1:23.45	1300m: 17:34.58 1:21.44	
200m: 2:24.62 1:14.42	600m: 7:51.83 1:25.35	1000m: 13:28.09 1:23.47	1400m: 18:55.55 1:20.97	
300m: 3:40.30 1:15.68	700m: 9:17.25 1:25.42	1100m: 14:51.32 1:23.23	1500m: 20:14.36 1:18.81	
400m: 4:56.02 1:15.72	800m: 10:41.17 1:23.92	1200m: 16:13.14 1:21.82		
6. Mariana Dias, PEREIRA	10	Algés e Águeda XXI	21:08.64	381
100m: 1:17.08 1:17.08	500m: 6:52.19 1:24.28	900m: 12:33.13 1:25.52	1300m: 18:17.25 1:26.36	
200m: 2:39.99 1:22.91	600m: 8:17.21 1:25.02	1000m: 13:59.20 1:26.07	1400m: 19:43.15 1:25.90	
300m: 4:03.98 1:23.99	700m: 9:42.37 1:25.16	1100m: 15:25.06 1:25.86	1500m: 21:08.64 1:25.49	
400m: 5:27.91 1:23.93	800m: 11:07.61 1:25.24	1200m: 16:50.89 1:25.83		
7. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	22:08.85	332
<i>FTL</i>				
100m: 1:18.50 1:18.50	500m: 7:11.31 1:29.19	900m: 13:09.19 1:29.66	1300m: 19:11.10 1:31.17	
200m: 2:44.42 1:25.92	600m: 8:40.80 1:29.49	1000m: 14:38.81 1:29.62	1400m: 20:40.87 1:29.77	
300m: 4:13.01 1:28.59	700m: 10:10.24 1:29.44	1100m: 16:09.99 1:31.18	1500m: 22:08.85 1:27.98	
400m: 5:42.12 1:29.11	800m: 11:39.53 1:29.29	1200m: 17:39.93 1:29.94		

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 2, Femin., 1500m Livres

Jun

1.	Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	18:22.51	581
	100m: 1:07.03 1:07.03	500m: 6:00.47 1:13.62	900m: 10:56.36 1:14.23	1300m: 15:53.14 1:14.28	
	200m: 2:20.10 1:13.07	600m: 7:14.21 1:13.74	1000m: 12:10.05 1:13.69	1400m: 17:08.03 1:14.89	
	300m: 3:33.60 1:13.50	700m: 8:27.89 1:13.68	1100m: 13:23.97 1:13.92	1500m: 18:22.51 1:14.48	
	400m: 4:46.85 1:13.25	800m: 9:42.13 1:14.24	1200m: 14:38.86 1:14.89		
2.	Matilde Violante, VIANA	07	Nautico de Leiria - VOID	18:34.05	564
	100m: 1:07.76 1:07.76	500m: 5:59.22 1:13.33	900m: 10:54.77 1:14.24	1300m: 15:54.73 1:16.49	
	200m: 2:19.84 1:12.08	600m: 7:12.51 1:13.29	1000m: 12:09.62 1:14.85	1400m: 17:14.09 1:19.36	
	300m: 3:32.96 1:13.12	700m: 8:26.48 1:13.97	1100m: 13:24.14 1:14.52	1500m: 18:34.05 1:19.96	
	400m: 4:45.89 1:12.93	800m: 9:40.53 1:14.05	1200m: 14:38.24 1:14.10		
3.	Constanca Baptista, TOMAS	09	Alcobaca	18:50.96	539
	100m: 1:09.23 1:09.23	500m: 6:10.70 1:16.02	900m: 11:16.93 1:16.99	1300m: 16:22.93 1:15.72	
	200m: 2:23.73 1:14.50	600m: 7:27.22 1:16.52	1000m: 12:33.80 1:16.87	1400m: 17:37.10 1:14.17	
	300m: 3:38.68 1:14.95	700m: 8:43.56 1:16.34	1100m: 13:51.26 1:17.46	1500m: 18:50.96 1:13.86	
	400m: 4:54.68 1:16.00	800m: 9:59.94 1:16.38	1200m: 15:07.21 1:15.95		
4.	Francisca Ramos, NUNES	09	Naval de Peniche	19:56.82	454
	100m: 1:12.16 1:12.16	500m: 6:27.12 1:19.82	900m: 11:49.30 1:20.27	1300m: 17:16.75 1:21.76	
	200m: 2:29.70 1:17.54	600m: 7:48.01 1:20.89	1000m: 13:10.74 1:21.44	1400m: 18:37.79 1:21.04	
	300m: 3:48.48 1:18.78	700m: 9:08.46 1:20.45	1100m: 14:33.52 1:22.78	1500m: 19:56.82 1:19.03	
	400m: 5:07.30 1:18.82	800m: 10:29.03 1:20.57	1200m: 15:54.99 1:21.47		
5.	Beatriz Ferreira, MIGUEL	09	Algés e Águeda XXI	21:27.64	365
	100m: 1:18.70 1:18.70	500m: 6:53.49 1:25.04	900m: 12:39.89 1:27.02	1300m: 18:33.25 1:28.29	
	200m: 2:41.46 1:22.76	600m: 8:19.05 1:25.56	1000m: 14:07.90 1:28.01	1400m: 20:01.10 1:27.85	
	300m: 4:04.84 1:23.38	700m: 9:45.69 1:26.64	1100m: 15:36.20 1:28.30	1500m: 21:27.64 1:26.54	
	400m: 5:28.45 1:23.61	800m: 11:12.87 1:27.18	1200m: 17:04.96 1:28.76		

Sen

1.	Joana Nunes, CARDEAL	02	Condeixa Clube	17:20.50	692
	100m: 1:05.44 1:05.44	500m: 5:43.51 1:09.43	900m: 10:21.66 1:09.75	1300m: 15:01.72 1:10.36	
	200m: 2:14.71 1:09.27	600m: 6:52.92 1:09.41	1000m: 11:31.43 1:09.77	1400m: 16:12.16 1:10.44	
	300m: 3:24.33 1:09.62	700m: 8:02.07 1:09.15	1100m: 12:41.20 1:09.77	1500m: 17:20.50 1:08.34	
	400m: 4:34.08 1:09.75	800m: 9:11.91 1:09.84	1200m: 13:51.36 1:10.16		
2.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	17:31.20	671
	100m: 1:05.45 1:05.45	500m: 5:44.45 1:10.20	900m: 10:26.74 1:10.82	1300m: 15:11.33 1:11.11	
	200m: 2:14.67 1:09.22	600m: 6:54.89 1:10.44	1000m: 11:37.97 1:11.23	1400m: 16:21.94 1:10.61	
	300m: 3:24.29 1:09.62	700m: 8:05.01 1:10.12	1100m: 12:49.34 1:11.37	1500m: 17:31.20 1:09.26	
	400m: 4:34.25 1:09.96	800m: 9:15.92 1:10.91	1200m: 14:00.22 1:10.88		

Juv B/Abs

1.	Joana Nunes, CARDEAL	02	Condeixa Clube	17:20.50	692
	100m: 1:05.44 1:05.44	500m: 5:43.51 1:09.43	900m: 10:21.66 1:09.75	1300m: 15:01.72 1:10.36	
	200m: 2:14.71 1:09.27	600m: 6:52.92 1:09.41	1000m: 11:31.43 1:09.77	1400m: 16:12.16 1:10.44	
	300m: 3:24.33 1:09.62	700m: 8:02.07 1:09.15	1100m: 12:41.20 1:09.77	1500m: 17:20.50 1:08.34	
	400m: 4:34.08 1:09.75	800m: 9:11.91 1:09.84	1200m: 13:51.36 1:10.16		
2.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	17:31.20	671
	100m: 1:05.45 1:05.45	500m: 5:44.45 1:10.20	900m: 10:26.74 1:10.82	1300m: 15:11.33 1:11.11	
	200m: 2:14.67 1:09.22	600m: 6:54.89 1:10.44	1000m: 11:37.97 1:11.23	1400m: 16:21.94 1:10.61	
	300m: 3:24.29 1:09.62	700m: 8:05.01 1:10.12	1100m: 12:49.34 1:11.37	1500m: 17:31.20 1:09.26	
	400m: 4:34.25 1:09.96	800m: 9:15.92 1:10.91	1200m: 14:00.22 1:10.88		
3.	Camila Duarte, MARCELO	10	Condeixa Clube	18:11.61	599
	100m: 1:07.79 1:07.79	500m: 5:54.80 1:12.45	900m: 10:47.61 1:13.47	1300m: 15:43.07 1:14.12	
	200m: 2:18.41 1:10.62	600m: 7:07.58 1:12.78	1000m: 12:01.11 1:13.50	1400m: 16:57.30 1:14.23	
	300m: 3:30.05 1:11.64	700m: 8:20.63 1:13.05	1100m: 13:14.98 1:13.87	1500m: 18:11.61 1:14.31	
	400m: 4:42.35 1:12.30	800m: 9:34.14 1:13.51	1200m: 14:28.95 1:13.97		

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 2, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts			
4.	Luana Ferreira, CRAVEIRO		09	Nautico Marinha Grande				18:22.51	581			
	100m:	1:07.03	1:07.03	500m:	6:00.47	1:13.62	900m:	10:56.36	1:14.23	1300m:	15:53.14	1:14.28
	200m:	2:20.10	1:13.07	600m:	7:14.21	1:13.74	1000m:	12:10.05	1:13.69	1400m:	17:08.03	1:14.89
	300m:	3:33.60	1:13.50	700m:	8:27.89	1:13.68	1100m:	13:23.97	1:13.92	1500m:	18:22.51	1:14.48
	400m:	4:46.85	1:13.25	800m:	9:42.13	1:14.24	1200m:	14:38.86	1:14.89			
5.	Matilde Violante, VIANA		07	Nautico de Leiria - VOID				18:34.05	564			
	100m:	1:07.76	1:07.76	500m:	5:59.22	1:13.33	900m:	10:54.77	1:14.24	1300m:	15:54.73	1:16.49
	200m:	2:19.84	1:12.08	600m:	7:12.51	1:13.29	1000m:	12:09.62	1:14.85	1400m:	17:14.09	1:19.36
	300m:	3:32.96	1:13.12	700m:	8:26.48	1:13.97	1100m:	13:24.14	1:14.52	1500m:	18:34.05	1:19.96
	400m:	4:45.89	1:12.93	800m:	9:40.53	1:14.05	1200m:	14:38.24	1:14.10			
6.	Constanca Baptista, TOMAS		09	Alcobaca				18:50.96	539			
	100m:	1:09.23	1:09.23	500m:	6:10.70	1:16.02	900m:	11:16.93	1:16.99	1300m:	16:22.93	1:15.72
	200m:	2:23.73	1:14.50	600m:	7:27.22	1:16.52	1000m:	12:33.80	1:16.87	1400m:	17:37.10	1:14.17
	300m:	3:38.68	1:14.95	700m:	8:43.56	1:16.34	1100m:	13:51.26	1:17.46	1500m:	18:50.96	1:13.86
	400m:	4:54.68	1:16.00	800m:	9:59.94	1:16.38	1200m:	15:07.21	1:15.95			
7.	Leonor Antunes, PAIVA		10	Nautico Academico				18:52.43	537			
	100m:	1:11.36	1:11.36	500m:	6:13.21	1:16.09	900m:	11:17.41	1:16.10	1300m:	16:23.68	1:16.62
	200m:	2:26.04	1:14.68	600m:	7:28.93	1:15.72	1000m:	12:34.02	1:16.61	1400m:	17:39.89	1:16.21
	300m:	3:41.26	1:15.22	700m:	8:45.31	1:16.38	1100m:	13:50.30	1:16.28	1500m:	18:52.43	1:12.54
	400m:	4:57.12	1:15.86	800m:	10:01.31	1:16.00	1200m:	15:07.06	1:16.76			
8.	Beatriz Oliveira, PORTULEZ		11	Columbofila Cantanhedense				19:19.36	500			
	100m:	1:10.46	1:10.46	500m:	6:14.54	1:16.36	900m:	11:28.34	1:24.57	1300m:	16:44.37	1:18.43
	200m:	2:25.92	1:15.46	600m:	7:31.55	1:17.01	1000m:	12:47.98	1:19.64	1400m:	18:02.86	1:18.49
	300m:	3:42.18	1:16.26	700m:	8:48.16	1:16.61	1100m:	14:07.02	1:19.04	1500m:	19:19.36	1:16.50
	400m:	4:58.18	1:16.00	800m:	10:03.77	1:15.61	1200m:	15:25.94	1:18.92			
9.	Diana Isabel, ALVES		10	Pimpoes/Cimai				19:42.81	471			
	100m:	1:11.24	1:11.24	500m:	6:25.02	1:19.09	900m:	11:43.52	1:19.78	1300m:	17:04.26	1:20.51
	200m:	2:28.28	1:17.04	600m:	7:44.44	1:19.42	1000m:	13:03.05	1:19.53	1400m:	18:24.85	1:20.59
	300m:	3:47.42	1:19.14	700m:	9:03.81	1:19.37	1100m:	14:23.29	1:20.24	1500m:	19:42.81	1:17.96
	400m:	5:05.93	1:18.51	800m:	10:23.74	1:19.93	1200m:	15:43.75	1:20.46			
10.	Bianca Balbino, MENDES		10	Naval de Peniche				19:52.45	459			
	100m:	1:11.16	1:11.16	500m:	6:28.69	1:20.38	900m:	11:50.43	1:20.32	1300m:	17:13.31	1:21.02
	200m:	2:28.78	1:17.62	600m:	7:49.17	1:20.48	1000m:	13:10.50	1:20.07	1400m:	18:33.71	1:20.40
	300m:	3:48.34	1:19.56	700m:	9:09.86	1:20.69	1100m:	14:30.90	1:20.40	1500m:	19:52.45	1:18.74
	400m:	5:08.31	1:19.97	800m:	10:30.11	1:20.25	1200m:	15:52.29	1:21.39			
11.	Francisca Ramos, NUNES		09	Naval de Peniche				19:56.82	454			
	100m:	1:12.16	1:12.16	500m:	6:27.12	1:19.82	900m:	11:49.30	1:20.27	1300m:	17:16.75	1:21.76
	200m:	2:29.70	1:17.54	600m:	7:48.01	1:20.89	1000m:	13:10.74	1:21.44	1400m:	18:37.79	1:21.04
	300m:	3:48.48	1:18.78	700m:	9:08.46	1:20.45	1100m:	14:33.52	1:22.78	1500m:	19:56.82	1:19.03
	400m:	5:07.30	1:18.82	800m:	10:29.03	1:20.57	1200m:	15:54.99	1:21.47			
12.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense				20:14.36	435			
	100m:	1:10.20	1:10.20	500m:	6:26.48	1:30.46	900m:	12:04.62	1:23.45	1300m:	17:34.58	1:21.44
	200m:	2:24.62	1:14.42	600m:	7:51.83	1:25.35	1000m:	13:28.09	1:23.47	1400m:	18:55.55	1:20.97
	300m:	3:40.30	1:15.68	700m:	9:17.25	1:25.42	1100m:	14:51.32	1:23.23	1500m:	20:14.36	1:18.81
	400m:	4:56.02	1:15.72	800m:	10:41.17	1:23.92	1200m:	16:13.14	1:21.82			
13.	Matilde Conde, FIGUEIREDO		11	Condeixa Clube				20:22.33	427			
	100m:	1:16.92	1:16.92	500m:	6:42.91	1:21.75	900m:	12:11.18	1:22.24	1300m:	17:41.39	1:22.54
	200m:	2:38.38	1:21.46	600m:	8:04.78	1:21.87	1000m:	13:33.59	1:22.41	1400m:	19:03.36	1:21.97
	300m:	3:59.48	1:21.10	700m:	9:26.95	1:22.17	1100m:	14:55.73	1:22.14	1500m:	20:22.33	1:18.97
	400m:	5:21.16	1:21.68	800m:	10:48.94	1:21.99	1200m:	16:18.85	1:23.12			
14.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				21:08.64	381			
	100m:	1:17.08	1:17.08	500m:	6:52.19	1:24.28	900m:	12:33.13	1:25.52	1300m:	18:17.25	1:26.36
	200m:	2:39.99	1:22.91	600m:	8:17.21	1:25.02	1000m:	13:59.20	1:26.07	1400m:	19:43.15	1:25.90
	300m:	4:03.98	1:23.99	700m:	9:42.37	1:25.16	1100m:	15:25.06	1:25.86	1500m:	21:08.64	1:25.49
	400m:	5:27.91	1:23.93	800m:	11:07.61	1:25.24	1200m:	16:50.89	1:25.83			
15.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI				21:27.64	365			
	100m:	1:18.70	1:18.70	500m:	6:53.49	1:25.04	900m:	12:39.89	1:27.02	1300m:	18:33.25	1:28.29
	200m:	2:41.46	1:22.76	600m:	8:19.05	1:25.56	1000m:	14:07.90	1:28.01	1400m:	20:01.10	1:27.85
	300m:	4:04.84	1:23.38	700m:	9:45.69	1:26.64	1100m:	15:36.20	1:28.30	1500m:	21:27.64	1:26.54
	400m:	5:28.45	1:23.61	800m:	11:12.87	1:27.18	1200m:	17:04.96	1:28.76			

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 2, Femin., 1500m Livres, Juv B/Abs

Lugar			Ano				Tempo final	Pts			
16.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo		22:08.85	332				
<i>FTL</i>											
100m:	1:18.50	1:18.50	500m:	7:11.31	1:29.19	900m:	13:09.19	1:29.66	1300m:	19:11.10	1:31.17
200m:	2:44.42	1:25.92	600m:	8:40.80	1:29.49	1000m:	14:38.81	1:29.62	1400m:	20:40.87	1:29.77
300m:	4:13.01	1:28.59	700m:	10:10.24	1:29.44	1100m:	16:09.99	1:31.18	1500m:	22:08.85	1:27.98
400m:	5:42.12	1:29.11	800m:	11:39.53	1:29.29	1200m:	17:39.93	1:29.94			