



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 1, 2, e 3 Março 2024

Prova 11 Femin., 1500m Livres Juvenil B
08/03/2025 Resultados

Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS Juv B	17:57.44	Mafalda Sofia Rosa	CNRM	Santarem	15/01/2017

: 24:25.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11		BUZIOS-Coruche	19:16.31		484	
	50m: 34.62	300m: 3:46.71	550m: 6:58.75	800m: 10:13.20	1050m: 13:30.05	1300m: 16:47.14		
	100m: 1:12.01	350m: 4:25.36	600m: 7:37.28	850m: 10:52.39	1100m: 14:09.47	1350m: 17:25.64		
	150m: 1:50.12	400m: 5:03.42	650m: 8:15.95	900m: 11:31.87	1150m: 14:49.09	1400m: 18:03.62		
	200m: 2:29.33	450m: 5:42.01	700m: 8:55.34	950m: 12:11.18	1200m: 15:28.28	1450m: 18:41.64		
	250m: 3:08.14	500m: 6:20.48	750m: 9:34.49	1000m: 12:50.62	1250m: 16:07.70	1500m: 19:16.31		

Prova 11 Femin., 1500m Livres Juvenil A
08/03/2025 Resultados

Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS Juv A	17:22.70	Mafalda Sofia Rosa	CNRM	Tomar	18/11/2017

: 23:49.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreiro Martins	10		BUZIOS-Coruche	18:33.24		543	
	50m: 32.36	300m: 3:37.16	550m: 6:43.74	800m: 9:51.36	1050m: 13:00.71	1300m: 16:08.78		
	100m: 1:08.51	350m: 4:14.39	600m: 7:21.50	850m: 10:29.06	1100m: 13:38.79	1350m: 16:45.87		
	150m: 1:45.33	400m: 4:51.67	650m: 7:59.15	900m: 11:07.07	1150m: 14:16.50	1400m: 17:23.03		
	200m: 2:22.53	450m: 5:28.86	700m: 8:36.34	950m: 11:44.71	1200m: 14:54.02	1450m: 17:59.70		
	250m: 2:59.70	500m: 6:06.30	750m: 9:13.81	1000m: 12:22.67	1250m: 15:31.58	1500m: 18:33.24		

Prova 11 Femin., 1500m Livres Junior
08/03/2025 Resultados

Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS 18 +	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS 17	17:00.30	Mafalda Sofia Rosa	CNRM	Felgueiras	20/12/2019
Recorde Distrital ANDS Jun16	17:03.84	Mafalda Sofia Rosa	CNRM	CORUCHE	15/03/2019

Jun/Sen: 23:17.00

Pontos: AQUA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mariana Mauricio Coelho	07		BUZIOS-Coruche	20:12.45		420	
	50m: 34.93	300m: 3:54.12	550m: 7:16.39	800m: 10:38.28	1050m: 14:04.29	1300m: 17:31.07		
	100m: 1:14.09	350m: 4:34.14	600m: 7:56.38	850m: 11:19.57	1100m: 14:45.00	1350m: 18:12.18		
	150m: 1:53.46	400m: 5:14.31	650m: 8:36.20	900m: 12:00.82	1150m: 15:26.78	1400m: 18:53.34		
	200m: 2:33.46	450m: 5:54.73	700m: 9:17.22	950m: 12:41.76	1200m: 16:07.84	1450m: 19:34.39		
	250m: 3:13.69	500m: 6:36.01	750m: 9:57.92	1000m: 13:23.50	1250m: 16:49.51	1500m: 20:12.45		
2.	Carolina Santos Carrilho	08		CLAC-Entroncamento	22:25.43		307	
	50m: 38.30	300m: 4:17.30	550m: 8:01.40	800m: 11:47.56	1050m: 15:36.15	1300m: 19:25.82		
	100m: 1:20.69	350m: 5:01.81	600m: 8:47.33	850m: 12:33.14	1100m: 16:22.44	1350m: 20:11.16		
	150m: 2:04.68	400m: 5:46.04	650m: 9:32.24	900m: 13:18.82	1150m: 17:08.27	1400m: 20:56.88		
	200m: 2:48.28	450m: 6:31.43	700m: 10:17.36	950m: 14:04.71	1200m: 17:54.17	1450m: 21:41.94		
	250m: 3:32.67	500m: 7:16.48	750m: 11:02.32	1000m: 14:50.43	1250m: 18:40.37	1500m: 22:25.43		