

Campeonato Regional PC\_JUV. ABS. Nat. Adap  
Tavira, 15 - 16/3/2025

Prova 4 **Femin., 1500m Livres** **13 anos e mais velhos**  
15/03/2025 **Resultados**

Recordes Regionais Open	17:45.07	Catia Raquel, MARTINHEIRA	LDC	Albufeira	27/02/2011
Recordes Regionais 18		.....			
Recordes Regionais 18 +	17:50.29	Carolina Pereira, VIANA	ACS	Silves	06/11/2021
Recordes Regionais Jun. 2	18:05.48	Laura Fabiana, ESTEVENS	GCNF	Olhão	23/10/2021
Recordes Regionais Jun. 1	17:45.07	Catia Raquel, MARTINHEIRA	LDC	Albufeira	27/02/2011
Recordes Regionais Juv. A	18:17.35	Catia Raquel, MARTINHEIRA	LDC	Faro	25/10/2009
Recordes Regionais Juv. B	18:30.77	Laura Fabiana, ESTEVENS	CNOL	Albufeira	02/02/2019
Recordes Regionais Inf. A	19:39.42	Ana Teresa, ROMAO	LDC	Silves	16/03/2019

Pontos:

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final IPC Pts

Juvenis B

<b>1. Julia Laginha, BRAZ</b>	<b>11</b>			<b>Lagoa Academico Clube</b>	<b>19:56.53</b>
100m: 1:14.27 1:14.27	500m: 6:34.74 1:20.32	900m: 11:56.78 1:20.79	1300m: 17:17.20 1:09.55		
200m: 2:34.52 1:20.25	600m: 7:55.04 1:20.30	1000m: 13:16.84 1:20.06	1400m: 18:38.08 1:20.88		
300m: 3:54.31 1:19.79	700m: 9:15.55 1:20.51	1100m: 14:37.61 1:20.77	1500m: 19:56.53 1:18.45		
400m: 5:14.42 1:20.11	800m: 10:35.99 1:20.44	1200m: 16:07.65 1:30.04			
<b>2. Eva, MAGIYEVA</b>	<b>11</b>			<b>Lagoa Academico Clube</b>	<b>20:51.02</b>
100m: 1:15.25 1:15.25	500m: 6:40.75 1:23.52	900m: 12:21.41 1:25.68	1300m: 18:04.11 1:25.71		
200m: 2:34.47 1:19.22	600m: 8:05.85 1:25.10	1000m: 13:47.47 1:26.06	1400m: 19:28.76 1:24.65		
300m: 3:54.93 1:20.46	700m: 9:31.03 1:25.18	1100m: 15:13.59 1:26.12	1500m: 20:51.02 1:22.26		
400m: 5:17.23 1:22.30	800m: 10:55.73 1:24.70	1200m: 16:38.40 1:24.81			
<b>3. Francisca Rodrigues, SALAS</b>	<b>11</b>			<b>RIA Aqua Tavira</b>	<b>25:43.46</b>
100m: 1:31.22 1:31.22	500m: 8:26.39 1:45.15	900m: 15:21.81 1:45.67	1300m: 22:19.53 1:44.08		
200m: 3:12.73 1:41.51	600m: 10:09.81 1:43.42	1000m: 17:06.25 1:44.44	1400m: 24:04.18 1:44.65		
300m: 4:57.24 1:44.51	700m: 11:52.63 1:42.82	1100m: 18:51.27 1:45.02	1500m: 25:43.46 1:39.28		
400m: 6:41.24 1:44.00	800m: 13:36.14 1:43.51	1200m: 20:35.45 1:44.18			

Juvenis A

<b>1. Carolina Brito, SANTOS</b>	<b>10</b>			<b>Naval de Faro</b>	<b>19:35.83</b>
100m: 1:14.46 1:14.46	500m: 6:31.40 1:19.35	900m: 11:50.69 1:19.86	1300m: 17:04.39 1:17.10		
200m: 2:33.30 1:18.84	600m: 7:51.30 1:19.90	1000m: 13:10.34 1:19.65	1400m: 18:20.83 1:16.44		
300m: 3:52.03 1:18.73	700m: 9:10.79 1:19.49	1100m: 14:29.77 1:19.43	1500m: 19:35.83 1:15.00		
400m: 5:12.05 1:20.02	800m: 10:30.83 1:20.04	1200m: 15:47.29 1:17.52			
<b>2. Ines Filipa, MATEUS</b>	<b>10</b>			<b>Lagoa Academico Clube</b>	<b>19:53.18</b>
100m: 1:11.35 1:11.35	500m: 6:26.21 1:21.22	900m: 11:50.85 1:21.80	1300m: 17:17.91 1:22.93		
200m: 2:27.51 1:16.16	600m: 7:46.56 1:20.35	1000m: 13:12.51 1:21.66	1400m: 18:36.85 1:18.94		
300m: 3:45.80 1:18.29	700m: 9:08.31 1:21.75	1100m: 14:34.13 1:21.62	1500m: 19:53.18 1:16.33		
400m: 5:04.99 1:19.19	800m: 10:29.05 1:20.74	1200m: 15:54.98 1:20.85			
<b>3. Sonya Antonova, SINYAKOVA</b>	<b>10</b>			<b>Náutico do Guadiana</b>	<b>22:16.56</b>
100m: 1:19.01 1:19.01	500m: 7:07.95 1:28.71	900m: 13:12.77 1:31.93	1300m: 19:18.85 1:31.13		
200m: 2:44.40 1:25.39	600m: 8:38.84 1:30.89	1000m: 14:44.07 1:31.30	1400m: 20:48.87 1:30.02		
300m: 4:10.73 1:26.33	700m: 10:09.36 1:30.52	1100m: 16:16.11 1:32.04	1500m: 22:16.56 1:27.69		
400m: 5:39.24 1:28.51	800m: 11:40.84 1:31.48	1200m: 17:47.72 1:31.61			

Juniores

<b>1. Margarida Maria, LUIZ</b>	<b>08</b>			<b>Lagoa Academico Clube</b>	<b>18:39.20</b>
100m: 1:08.13 1:08.13	500m: 6:04.69 1:14.66	900m: 11:05.07 1:15.03	1300m: 16:08.51 1:15.98		
200m: 2:21.48 1:13.35	600m: 7:19.76 1:15.07	1000m: 12:20.66 1:15.59	1400m: 17:24.28 1:15.77		
300m: 3:35.46 1:13.98	700m: 8:34.85 1:15.09	1100m: 13:36.58 1:15.92	1500m: 18:39.20 1:14.92		
400m: 4:50.03 1:14.57	800m: 9:50.04 1:15.19	1200m: 14:52.53 1:15.95			
<b>2. Clara Alexandra, VICENTE</b>	<b>09</b>			<b>Lagoa Academico Clube</b>	<b>18:59.91</b>
100m: 1:10.73 1:10.73	500m: 6:12.69 1:15.74	900m: 11:19.90 1:16.90	1300m: 16:30.31 1:17.40		
200m: 2:25.98 1:15.25	600m: 7:29.17 1:16.48	1000m: 12:37.44 1:17.54	1400m: 17:47.27 1:16.96		
300m: 3:41.40 1:15.42	700m: 8:46.34 1:17.17	1100m: 13:55.04 1:17.60	1500m: 18:59.91 1:12.64		
400m: 4:56.95 1:15.55	800m: 10:03.00 1:16.66	1200m: 15:12.91 1:17.87			

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Tavira, 15 - 16/3/2025

Prova 4, Femin., 1500m Livres, Juniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
3.	Mariana Martins, TARECO	07			Náutico do Guadiana	<b>21:34.26</b>		
	100m: 1:17.83 1:17.83	500m: 6:57.75 1:26.33	900m: 12:49.55 1:28.46	1300m: 18:39.21 1:27.05				
	200m: 2:40.38 1:22.55	600m: 8:25.43 1:27.68	1000m: 14:17.17 1:27.62	1400m: 20:06.62 1:27.41				
	300m: 4:05.78 1:25.40	700m: 9:53.29 1:27.86	1100m: 15:44.83 1:27.66	1500m: 21:34.26 1:27.64				
	400m: 5:31.42 1:25.64	800m: 11:21.09 1:27.80	1200m: 17:12.16 1:27.33					

Seniores

1.	Joana Lopes, SALGUEIRO	04			RIA Aqua Tavira	<b>21:21.75</b>		
	100m: 1:20.47 1:20.47	500m: 7:07.28 1:27.71	900m: 12:55.78 1:28.08	1300m: 18:38.08 1:23.06				
	200m: 2:46.26 1:25.79	600m: 8:34.06 1:26.78	1000m: 14:23.16 1:27.38	1400m: 20:00.70 1:22.62				
	300m: 4:12.54 1:26.28	700m: 10:00.28 1:26.22	1100m: 15:49.18 1:26.02	1500m: 21:21.75 1:21.05				
	400m: 5:39.57 1:27.03	800m: 11:27.70 1:27.42	1200m: 17:15.02 1:25.84					

Absoluto

1.	Margarida Maria, LUIZ	08			Lagoa Academico Clube	<b>18:39.20</b>		
	100m: 1:08.13 1:08.13	500m: 6:04.69 1:14.66	900m: 11:05.07 1:15.03	1300m: 16:08.51 1:15.98				
	200m: 2:21.48 1:13.35	600m: 7:19.76 1:15.07	1000m: 12:20.66 1:15.59	1400m: 17:24.28 1:15.77				
	300m: 3:35.46 1:13.98	700m: 8:34.85 1:15.09	1100m: 13:36.58 1:15.92	1500m: 18:39.20 1:14.92				
	400m: 4:50.03 1:14.57	800m: 9:50.04 1:15.19	1200m: 14:52.53 1:15.95					
2.	Clara Alexandra, VICENTE	09			Lagoa Academico Clube	<b>18:59.91</b>		
	100m: 1:10.73 1:10.73	500m: 6:12.69 1:15.74	900m: 11:19.90 1:16.90	1300m: 16:30.31 1:17.40				
	200m: 2:25.98 1:15.25	600m: 7:29.17 1:16.48	1000m: 12:37.44 1:17.54	1400m: 17:47.27 1:16.96				
	300m: 3:41.40 1:15.42	700m: 8:46.34 1:17.17	1100m: 13:55.04 1:17.60	1500m: 18:59.91 1:12.64				
	400m: 4:56.95 1:15.55	800m: 10:03.00 1:16.66	1200m: 15:12.91 1:17.87					
3.	Joana Lopes, SALGUEIRO	04			RIA Aqua Tavira	<b>21:21.75</b>		
	100m: 1:20.47 1:20.47	500m: 7:07.28 1:27.71	900m: 12:55.78 1:28.08	1300m: 18:38.08 1:23.06				
	200m: 2:46.26 1:25.79	600m: 8:34.06 1:26.78	1000m: 14:23.16 1:27.38	1400m: 20:00.70 1:22.62				
	300m: 4:12.54 1:26.28	700m: 10:00.28 1:26.22	1100m: 15:49.18 1:26.02	1500m: 21:21.75 1:21.05				
	400m: 5:39.57 1:27.03	800m: 11:27.70 1:27.42	1200m: 17:15.02 1:25.84					
4.	Mariana Martins, TARECO	07			Náutico do Guadiana	<b>21:34.26</b>		
	100m: 1:17.83 1:17.83	500m: 6:57.75 1:26.33	900m: 12:49.55 1:28.46	1300m: 18:39.21 1:27.05				
	200m: 2:40.38 1:22.55	600m: 8:25.43 1:27.68	1000m: 14:17.17 1:27.62	1400m: 20:06.62 1:27.41				
	300m: 4:05.78 1:25.40	700m: 9:53.29 1:27.86	1100m: 15:44.83 1:27.66	1500m: 21:34.26 1:27.64				
	400m: 5:31.42 1:25.64	800m: 11:21.09 1:27.80	1200m: 17:12.16 1:27.33					