

Prova 1
08/11/2025 - 9:00

Femin., 800m Livres

Absolutos
Resultados

Rec Nac Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nac SEN	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nac JUN 18	8:30.86	Tamila Hryhorivna, HOLUB	SCB	Moscovo (RUS)	03/08/2017
Rec Nac JUN 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13/12/2015
Rec Nac JUV A	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21/12/2014
Rec Nac JUV B	8:46.74	Ana Claudia, SANTOS	FCUAP	Cantanhede	19/12/2004
Rec Nac INF A	9:00.27	Alexandra Maria, SILVA	FCP	Antibbes (FRA)	20/12/1980
Rec Nac INF B	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13/07/1980

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
1.	Sara Goncalves, VIEIRA	10	213776	Naval Praia da Vitoria		9:58.99	19,00 -
2.	Francisca Ramos, NUNES	09	204735	Naval de Peniche	+0,79	10:06.53	17,00 -
	50m: 31.99 31.99	250m: 3:00.49	37.97	450m: 5:35.44	38.41	650m: 8:12.02	39.36
	100m: 1:07.81 35.82	300m: 3:39.13	38.64	500m: 6:14.36	38.92	700m: 8:51.48	39.46
	150m: 1:45.19 37.38	350m: 4:17.91	38.78	550m: 6:53.85	39.49	750m: 9:30.85	39.37
	200m: 2:22.52 37.33	400m: 4:57.03	39.12	600m: 7:32.66	38.81	800m: 10:06.53	35.68
3.	Rita Maria, LOURA	12	213759	RIA Aqua Tavira	+0,82	10:20.19	16,00 -
	50m: 33.02 33.02	250m: 3:08.12	39.14	450m: 5:45.49	39.88	650m: 8:24.99	39.47
	100m: 1:11.00 37.98	300m: 3:46.58	38.46	500m: 6:25.44	39.95	700m: 9:04.33	39.34
	150m: 1:49.83 38.83	350m: 4:25.84	39.26	550m: 7:05.26	39.82	750m: 9:43.09	38.76
	200m: 2:28.98 39.15	400m: 5:05.61	39.77	600m: 7:45.52	40.26	800m: 10:20.19	37.10
4.	Maria Joao, COSTA	09	205801	Clube Naval de Ponta Delgada		10:29.22	15,00 -
5.	Margarida Carreiro, SOUSA	08	205606	Clube Desportivo Escolar de Ag		10:29.67	14,00 -
6.	Gabriela Lopes, FERNANDES	09	203902	O Crasto	+0,83	10:31.74	13,00 -
	50m: 34.44 34.44	250m: 3:11.77	40.08	450m: 5:53.41	40.57	650m: 8:36.54	40.73
	100m: 1:11.92 37.48	300m: 3:51.87	40.10	500m: 6:34.08	40.67	700m: 9:17.46	40.92
	150m: 1:51.58 39.66	350m: 4:31.74	39.87	550m: 7:14.56	40.48	750m: 9:56.13	38.67
	200m: 2:31.69 40.11	400m: 5:12.84	41.10	600m: 7:55.81	41.25	800m: 10:31.74	35.61
7.	Maria Mendes, CUNHA	10	206293	Natação Clube de Fafe	+0,80	10:31.83	12,00 -
	50m: 34.32 34.32	250m: 3:11.24	40.19	450m: 5:53.57	41.07	650m: 8:35.53	41.01
	100m: 1:11.95 37.63	300m: 3:51.85	40.61	500m: 6:34.12	40.55	700m: 9:16.19	40.66
	150m: 1:51.40 39.45	350m: 4:32.05	40.20	550m: 7:14.33	40.21	750m: 9:55.83	39.64
	200m: 2:31.05 39.65	400m: 5:12.50	40.45	600m: 7:54.52	40.19	800m: 10:31.83	36.00
8.	Joana Afonso, BANZA	09	205992	Aljustrelense	+0,72	10:46.87	11,00 -
	50m: 34.40 34.40	250m: 3:14.74	40.82	450m: 5:58.70	41.12	650m: 8:45.35	41.82
	100m: 1:13.03 38.63	300m: 3:55.63	40.89	500m: 6:40.17	41.47	700m: 9:26.79	41.44
	150m: 1:53.08 40.05	350m: 4:36.83	41.20	550m: 7:21.78	41.61	750m: 10:08.15	41.36
	200m: 2:33.92 40.84	400m: 5:17.58	40.75	600m: 8:03.53	41.75	800m: 10:46.87	38.72
9.	Beatriz Ribeiro, VELOSO	10	211036	Caspae	+0,79	10:49.13	10,00 -
	50m: 33.84 33.84	250m: 3:11.99	40.78	450m: 5:56.97	41.68	650m: 8:46.38	42.54
	100m: 1:11.61 37.77	300m: 3:52.54	40.55	500m: 6:39.28	42.31	700m: 9:28.51	42.13
	150m: 1:50.98 39.37	350m: 4:33.88	41.34	550m: 7:21.53	42.25	750m: 10:09.85	41.34
	200m: 2:31.21 40.23	400m: 5:15.29	41.41	600m: 8:03.84	42.31	800m: 10:49.13	39.28
10.	Margarida Madeira, PIRES	12	218976	Rio Maior	+0,92	10:57.44	9,00 -
	50m: 36.68 36.68	250m: 3:20.39	41.49	450m: 6:06.01	41.49	650m: 8:54.17	42.22
	100m: 1:16.94 40.26	300m: 4:01.74	41.35	500m: 6:47.70	41.69	700m: 9:35.69	41.52
	150m: 1:57.75 40.81	350m: 4:43.01	41.27	550m: 7:29.82	42.12	750m: 10:16.72	41.03
	200m: 2:38.90 41.15	400m: 5:24.52	41.51	600m: 8:11.95	42.13	800m: 10:57.44	40.72
11.	Beatriz Ribeiro, MOREIRA	10	209179	Sporting de Espinho	+0,96	11:13.59	8,00 -
	50m: 37.20 37.20	250m: 3:22.01	42.09	450m: 6:13.40	43.18	650m: 9:07.14	43.28
	100m: 1:16.96 39.76	300m: 4:04.55	42.54	500m: 6:57.12	43.72	700m: 9:49.65	42.51
	150m: 1:58.09 41.13	350m: 4:47.43	42.88	550m: 7:40.61	43.49	750m: 10:32.98	43.33
	200m: 2:39.92 41.83	400m: 5:30.22	42.79	600m: 8:23.86	43.25	800m: 11:13.59	40.61

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
12.	Margarida Sousa, CASAL	13	214022	Lousada Séc.XXI	+0,96	11:18.16	7,00 -
	50m: 37.58 37.58	250m: 3:28.42	43.80	450m: 6:23.54	44.04	650m: 9:16.70	43.20
	100m: 1:18.51 40.93	300m: 4:12.78	44.36	500m: 7:06.31	42.77	700m: 9:58.53	41.83
	150m: 2:01.86 43.35	350m: 4:55.69	42.91	550m: 7:50.26	43.95	750m: 10:40.11	41.58
	200m: 2:44.62 42.76	400m: 5:39.50	43.81	600m: 8:33.50	43.24	800m: 11:18.16	38.05
13.	Mariana Raimundo, TRINDADE	09	208566	Peso da Regua	+0,80	11:30.89	6,00 -
	50m: 37.29 37.29	250m: 3:25.22	42.29	450m: 6:22.32	44.54	650m: 9:21.48	44.56
	100m: 1:18.03 40.74	300m: 4:08.93	43.71	500m: 7:07.30	44.98	700m: 10:05.33	43.85
	150m: 1:59.78 41.75	350m: 4:53.55	44.62	550m: 7:52.39	45.09	750m: 10:49.00	43.67
	200m: 2:42.93 43.15	400m: 5:37.78	44.23	600m: 8:36.92	44.53	800m: 11:30.89	41.89
14.	Maria Francisca, GOMES	12	216654	Sporting Clube de Aveiro	+0,84	11:35.36	5,00 -
	50m: 37.56 37.56	250m: 3:32.04	44.42	450m: 6:31.75	44.59	650m: 9:27.46	42.65
	100m: 1:19.80 42.24	300m: 4:16.69	44.65	500m: 7:16.42	44.67	700m: 10:11.42	43.96
	150m: 2:03.70 43.90	350m: 5:01.78	45.09	550m: 8:00.36	43.94	750m: 10:53.76	42.34
	200m: 2:47.62 43.92	400m: 5:47.16	45.38	600m: 8:44.81	44.45	800m: 11:35.36	41.60
15.	Lara Daniela, SOUSA	10	205862	Penafiel		12:02.03	4,00 -
	50m: 37.95 37.95	250m: 3:39.67	46.25	450m: 6:45.94	46.33	650m: 9:48.19	45.51
	100m: 1:21.96 44.01	300m: 4:26.68	47.01	500m: 7:31.94	46.00	700m: 10:34.23	46.04
	150m: 2:08.00 46.04	350m: 5:13.01	46.33	550m: 8:17.59	45.65	750m: 11:19.70	45.47
	200m: 2:53.42 45.42	400m: 5:59.61	46.60	600m: 9:02.68	45.09	800m: 12:02.03	42.33
16.	Georgiana Mariana, CHIRILA	11	225509	Natacao Guarda	+0,88	12:10.70	3,00 -
	50m: 37.54 37.54	250m: 3:32.43	45.26	450m: 6:41.20	48.26	650m: 9:52.86	48.06
	100m: 1:19.71 42.17	300m: 4:18.76	46.33	500m: 7:29.01	47.81	700m: 10:41.01	48.15
	150m: 2:03.06 43.35	350m: 5:05.17	46.41	550m: 8:16.64	47.63	750m: 11:28.31	47.30
	200m: 2:47.17 44.11	400m: 5:52.94	47.77	600m: 9:04.80	48.16	800m: 12:10.70	42.39
17.	Kelly Simao, COSTA	11	219017	Obidos Criativa, EEM	+0,70	12:43.36	2,00 -
	50m: 38.76 38.76	250m: 3:45.94	47.73	450m: 7:00.50	48.47	650m: 10:18.44	49.01
	100m: 1:23.26 44.50	300m: 4:34.58	48.64	500m: 7:49.66	49.16	700m: 11:07.58	49.14
	150m: 2:10.76 47.50	350m: 5:23.40	48.82	550m: 8:39.40	49.74	750m: 11:56.38	48.80
	200m: 2:58.21 47.45	400m: 6:12.03	48.63	600m: 9:29.43	50.03	800m: 12:43.36	46.98
18.	Mafalda Ines, MARTINHO	13	217625	CLAC-Entroncamento	+0,67	13:24.77	1,00 -
	50m: 43.81 43.81	250m: 4:05.98	51.05	450m: 7:33.28	52.39	650m: 11:00.22	50.96
	100m: 1:33.35 49.54	300m: 4:57.46	51.48	500m: 8:25.39	52.11	700m: 11:49.49	49.27
	150m: 2:24.53 51.18	350m: 5:48.63	51.17	550m: 9:17.02	51.63	750m: 12:39.00	49.51
	200m: 3:14.93 50.40	400m: 6:40.89	52.26	600m: 10:09.26	52.24	800m: 13:24.77	45.77