

Prova 1  
29/11/2025 - 9:00

Femin., 800m Livres

3ª Divisão FEM  
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 Jun18	8:30.86	Tamila Hryhorivna, HOLUB	SCB	Moscovo (RUS)	03/08/2017
Rec Nac Jun17	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	SFUAP	Cantanhede	19/12/2004
Rec Nac Inf A	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20/12/1980
Rec Nac Inf B	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13/07/1980

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts	
1.	Paulina Sanchez, GOMEZ	11	224374	Louletano / Loule Aqui e Agora	<b>9:26.96</b>	+0,80	33,00 -	
	100m: 1:04.90 1:04.90	300m: 3:26.49 1:11.37	500m: 5:51.14 1:12.66	700m: 8:17.14 1:13.06	200m: 2:15.12 1:10.22	400m: 4:38.48 1:11.99	600m: 7:04.08 1:12.94	800m: 9:26.96 1:09.82
2.	Madalena Azevedo, MESSIAS	09	209662	Viver Santarem	<b>9:32.98</b>	+0,76	31,00 -	
	100m: 1:06.41 1:06.41	300m: 3:28.12 1:11.22	500m: 5:52.98 1:13.00	700m: 8:20.70 1:14.32	200m: 2:16.90 1:10.49	400m: 4:39.98 1:11.86	600m: 7:06.38 1:13.40	800m: 9:32.98 1:12.28
3.	Leonor Sombreiro, MARTINS	10	211313	BUZIOS - Coruche	<b>9:38.55</b>	+0,87	30,00 -	
	100m: 1:05.92 1:05.92	300m: 3:31.27 1:13.65	500m: 5:59.92 1:14.44	700m: 8:27.67 1:13.67	200m: 2:17.62 1:11.70	400m: 4:45.48 1:14.21	600m: 7:14.00 1:14.08	800m: 9:38.55 1:10.88
4.	Carolina Marques, MADEIRA	09	208728	Nacional de Natação	<b>9:43.89</b>	+0,83	29,00 -	
	100m: 1:08.43 1:08.43	300m: 3:35.95 1:13.87	500m: 6:03.79 1:13.79	700m: 8:30.19 1:13.64	200m: 2:22.08 1:13.65	400m: 4:50.00 1:14.05	600m: 7:16.55 1:12.76	800m: 9:43.89 1:13.70
5.	Filipa Ferreira, LOISAS	11	213294	Columbofila Cantanhedense	<b>9:44.78</b>	+0,73	28,00 -	
	100m: 1:07.88 1:07.88	300m: 3:35.28 1:13.42	500m: 6:03.46 1:14.00	700m: 8:32.41 1:14.53	200m: 2:21.86 1:13.98	400m: 4:49.46 1:14.18	600m: 7:17.88 1:14.42	800m: 9:44.78 1:12.37
6.	Maria Joao, RIBEIRO	05	133241	Clube Desportivo Feirense	<b>9:45.25</b>	+0,73	27,00 -	
	100m: 1:05.52 1:05.52	300m: 3:28.09 1:11.66	500m: 5:56.99 1:15.27	700m: 8:29.85 1:16.57	200m: 2:16.43 1:10.91	400m: 4:41.72 1:13.63	600m: 7:13.28 1:16.29	800m: 9:45.25 1:15.40
7.	Francisca Ramos, NUNES	09	204735	Naval de Peniche	<b>9:52.95</b>	+0,86	26,00 -	
	100m: 1:07.39 1:07.39	300m: 3:36.06 1:14.71	500m: 6:08.70 1:16.72	700m: 8:41.91 1:16.35	200m: 2:21.35 1:13.96	400m: 4:51.98 1:15.92	600m: 7:25.56 1:16.86	800m: 9:52.95 1:11.04
8.	Catarina Gaspar, PIRES	06	129871	Natacao da Maia	<b>9:53.41</b>	+0,85	25,00 -	
	100m: 1:07.40 1:07.40	300m: 3:36.38 1:14.86	500m: 6:08.09 1:15.75	700m: 8:40.27 1:16.25	200m: 2:21.52 1:14.12	400m: 4:52.34 1:15.96	600m: 7:24.02 1:15.93	800m: 9:53.41 1:13.14
9.	Mariana Bagagem, CARVALHO	10	211148	Miranda do Corvo	<b>10:05.58</b>	+0,80	24,00 -	
	100m: 1:09.05 1:09.05	300m: 3:40.31 1:16.37	500m: 6:14.79 1:17.46	700m: 8:50.10 1:17.52	200m: 2:23.94 1:14.89	400m: 4:57.33 1:17.02	600m: 7:32.58 1:17.79	800m: 10:05.58 1:15.48
10.	Sara Goncalves, VIEIRA	10	213776	Naval Praia da Vitoria	<b>10:07.84</b>	+0,79	23,00 -	
	100m: 1:08.36 1:08.36	300m: 3:41.44 1:17.13	500m: 6:16.07 1:17.35	700m: 8:51.05 1:17.26	200m: 2:24.31 1:15.95	400m: 4:58.72 1:17.28	600m: 7:33.79 1:17.72	800m: 10:07.84 1:16.79
11.	Marta Matos, LARANJEIRA	08	205884	Fisica Torres Vedras	<b>10:14.15</b>		22,00 -	
	100m: 1:11.18 1:11.18	300m: 3:45.30 1:17.62	500m: 6:20.97 1:18.18	700m: 8:57.72 1:18.58	200m: 2:27.68 1:16.50	400m: 5:02.79 1:17.49	600m: 7:39.14 1:18.17	800m: 10:14.15 1:16.43
12.	Margarida Carreiro, SOUSA	08	205606	Clube Desportivo Escolar de Ag	<b>10:15.63</b>	+0,72	21,00 -	
	100m: 1:11.55 1:11.55	300m: 3:46.91 1:18.25	500m: 6:24.32 1:18.44	700m: 9:02.71 1:18.96	200m: 2:28.66 1:17.11	400m: 5:05.88 1:18.97	600m: 7:43.75 1:19.43	800m: 10:15.63 1:12.92
13.	Joana Lopes, SALGUEIRO	04	129908	RIA Aqua Tavira	<b>10:17.00</b>	+0,82	20,00 -	
	100m: 1:11.26 1:11.26	300m: 3:47.61 1:18.76	500m: 6:25.22 1:18.92	700m: 9:01.55 1:18.58	200m: 2:28.85 1:17.59	400m: 5:06.30 1:18.69	600m: 7:42.97 1:17.75	800m: 10:17.00 1:15.45
14.	Maria Mendes, CUNHA	10	206293	Natação Clube de Fafe	<b>10:25.63</b>	+0,82	19,00 -	
	100m: 1:12.57 1:12.57	300m: 3:49.78 1:18.93	500m: 6:27.90 1:20.03	700m: 9:08.22 1:19.81	200m: 2:30.85 1:18.28	400m: 5:07.87 1:18.09	600m: 7:48.41 1:20.51	800m: 10:25.63 1:17.41
15.	Sara Beatriz, MELIM	09	206793	Clube Desportivo Nacional	<b>10:27.19</b>	+0,72	18,00 -	
	100m: 1:14.93 1:14.93	300m: 3:53.66 1:19.47	500m: 6:31.86 1:18.90	700m: 9:10.19 1:18.98	200m: 2:34.19 1:19.26	400m: 5:12.96 1:19.30	600m: 7:51.21 1:19.35	800m: 10:27.19 1:17.00

Prova 1, Femin., 800m Livres, 3ª Divisão FEM

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Filipa Maria, PEREIRA	06	201139	Aminata	<b>10:28.93</b>	+0,88	17,00 -
	100m: 1:11.35 1:11.35	300m: 3:47.09 1:18.59	500m: 6:27.22 1:20.50	700m: 9:09.57 1:21.59	800m: 10:28.93 1:19.36		
	200m: 2:28.50 1:17.15	400m: 5:06.72 1:19.63	600m: 7:47.98 1:20.76				
17.	Madalena Marques, MARTINS	13	217510	União Piedense	<b>10:32.66</b>	+0,92	16,00 -
	100m: 1:13.02 1:13.02	300m: 3:50.95 1:20.28	500m: 6:32.11 1:21.04	700m: 9:14.08 1:20.59	800m: 10:32.66 1:18.58		
	200m: 2:30.67 1:17.65	400m: 5:11.07 1:20.12	600m: 7:53.49 1:21.38				
18.	Rita Lobo, PIRES	09	205497	Natacao do Fundao/Yes Energy	<b>10:33.50</b>	+0,94	15,00 -
	100m: 1:11.77 1:11.77	300m: 3:48.16 1:18.89	500m: 6:28.79 1:20.34	700m: 9:13.20 1:22.25	800m: 10:33.50 1:20.30		
	200m: 2:29.27 1:17.50	400m: 5:08.45 1:20.29	600m: 7:50.95 1:22.16				
19.	Francisca Coelho, LUCENA	11	206673	O Crasto	<b>10:34.51</b>	+0,97	14,00 -
	100m: 1:13.17 1:13.17	300m: 3:52.57 1:20.29	500m: 6:33.76 1:20.21	700m: 9:16.11 1:21.20	800m: 10:34.51 1:18.40		
	200m: 2:32.28 1:19.11	400m: 5:13.55 1:20.98	600m: 7:54.91 1:21.15				
20.	Leonor Martins, SILVA	12	211830	Aej	<b>10:37.26</b>	+0,78	13,00 -
	100m: 1:14.46 1:14.46	300m: 3:55.53 1:20.89	500m: 6:39.31 1:22.04	700m: 9:19.23 1:19.49	800m: 10:37.26 1:18.03		
	200m: 2:34.64 1:20.18	400m: 5:17.27 1:21.74	600m: 7:59.74 1:20.43				
21.	Isabel Lourenco, SILVA	11	209421	Bombeiros de Ponta Delgada	<b>10:42.29</b>	+0,71	12,00 -
	100m: 1:13.98 1:13.98	300m: 3:55.12 1:20.74	500m: 6:36.70 1:20.85	700m: 9:21.13 1:21.86	800m: 10:42.29 1:21.16		
	200m: 2:34.38 1:20.40	400m: 5:15.85 1:20.73	600m: 7:59.27 1:22.57				
22.	Beatriz Ribeiro, VELOSO	10	211036	Caspae	<b>10:42.72</b>	+0,80	11,00 -
	100m: 1:11.33 1:11.33	300m: 3:48.42 1:19.52	500m: 6:33.10 1:24.04	700m: 9:21.46 1:24.35	800m: 10:42.72 1:21.26		
	200m: 2:28.90 1:17.57	400m: 5:09.06 1:20.64	600m: 7:57.11 1:24.01				
23.	Maria Joao, COSTA	09	205801	Clube Naval de Ponta Delgada	<b>10:47.61</b>	+0,76	10,00 -
	100m: 1:11.62 1:11.62	300m: 3:53.66 1:22.00	500m: 6:39.31 1:22.89	700m: 9:25.66 1:23.18	800m: 10:47.61 1:21.95		
	200m: 2:31.66 1:20.04	400m: 5:16.42 1:22.76	600m: 8:02.48 1:23.17				
24.	Margarida Madeira, PIRES	12	218976	Rio Maior	<b>10:48.19</b>	+0,77	9,00 -
	100m: 1:15.54 1:15.54	300m: 3:58.53 1:22.07	500m: 6:42.98 1:22.44	700m: 9:27.97 1:21.95	800m: 10:48.19 1:20.22		
	200m: 2:36.46 1:20.92	400m: 5:20.54 1:22.01	600m: 8:06.02 1:23.04				
25.	Joana Afonso, BANZA	09	205992	Aljustrelense	<b>10:50.88</b>	+0,70	8,00 -
	100m: 1:14.79 1:14.79	300m: 3:58.10 1:22.69	500m: 6:44.39 1:22.78	700m: 9:30.20 1:22.66	800m: 10:50.88 1:20.68		
	200m: 2:35.41 1:20.62	400m: 5:21.61 1:23.51	600m: 8:07.54 1:23.15				
26.	Lara Amorim, PEREIRA	13	219560	Litoral Alentejano	<b>10:53.28</b>	+0,71	7,00 -
	100m: 1:16.99 1:16.99	300m: 4:01.73 1:22.68	500m: 6:48.27 1:23.19	700m: 9:34.72 1:22.81	800m: 10:53.28 1:18.56		
	200m: 2:39.05 1:22.06	400m: 5:25.08 1:23.35	600m: 8:11.91 1:23.64				
27.	Beatriz Ribeiro, MOREIRA	10	209179	Sporting de Espinho	<b>10:58.34</b>	+0,95	6,00 -
	100m: 1:15.51 1:15.51	300m: 3:59.85 1:22.71	500m: 6:48.01 1:24.07	700m: 9:35.90 1:24.06	800m: 10:58.34 1:22.44		
	200m: 2:37.14 1:21.63	400m: 5:23.94 1:24.09	600m: 8:11.84 1:23.83				
28.	Beatriz Soares, SILVA	11	213095	Naval da Horta	<b>11:17.97</b>	+0,95	5,00 -
	100m: 1:17.30 1:17.30	300m: 4:06.00 1:24.90	500m: 6:57.39 1:25.30	700m: 9:51.30 1:26.89	800m: 11:17.97 1:26.67		
	200m: 2:41.10 1:23.80	400m: 5:32.09 1:26.09	600m: 8:24.41 1:27.02				
29.	Francisca Moreira, FONSECA	09	209211	Peso da Regua	<b>11:34.00</b>	+0,81	4,00 -
	100m: 1:15.93 1:15.93	300m: 4:09.11 1:28.13	500m: 7:07.55 1:29.84	700m: 10:06.78 1:29.60	800m: 11:34.00 1:27.22		
	200m: 2:40.98 1:25.05	400m: 5:37.71 1:28.60	600m: 8:37.18 1:29.63				
30.	Laura Candeias, MATIAS	08	207746	Natação de Iagos	<b>11:42.77</b>	+0,86	3,00 -
	100m: 1:16.43 1:16.43	300m: 4:12.24 1:29.30	500m: 7:15.98 1:32.01	700m: 10:15.86 1:29.18	800m: 11:42.77 1:26.91		
	200m: 2:42.94 1:26.51	400m: 5:43.97 1:31.73	600m: 8:46.68 1:30.70				
31.	Mafalda Mourao, LOPES	06	202221	Centro Popular de Cultura e Despc	<b>11:57.55</b>	+0,77	2,00 -
	100m: 1:17.95 1:17.95	300m: 4:14.12 1:29.72	500m: 7:18.26 1:32.37	700m: 10:24.25 1:33.05	800m: 11:57.55 1:33.30		
	200m: 2:44.40 1:26.45	400m: 5:45.89 1:31.77	600m: 8:51.20 1:32.94				
32.	Maria Jose, RIBEIRO	13	214739	Cdca	<b>12:57.79</b>	+0,94	1,00 -
	100m: 1:30.88 1:30.88	300m: 4:48.75 1:38.95	500m: 8:09.62 1:40.85	700m: 11:27.07 1:38.20	800m: 12:57.79 1:30.72		
	200m: 3:09.80 1:38.92	400m: 6:28.77 1:40.02	600m: 9:48.87 1:39.25				