

Campeonatos Nacionais de Juniores e de Seniores PC
Leiria, 13 - 16/12/2025



Prova 24
15/12/2025 - 17:26

Femin., 1500m Livres

Absolutos
Resultados

RN25m Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
RN25m Sen	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
RN25m Jun18	16:46.74	Angelica Maria, ANDRE	LSC	Lousada	12/05/2012
RN25m Jun17	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11/12/2015

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
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Juniores

1. Maria Carvalho, PINTO	09	Viana Natacao	17:24.84	656
100m: 1:04.06 1:04.06	500m: 5:40.37 1:09.79	900m: 10:21.41 1:10.45	1300m: 15:04.69 1:10.83	
200m: 2:12.25 1:08.19	600m: 6:50.20 1:09.83	1000m: 11:32.13 1:10.72	1400m: 16:15.70 1:11.01	
300m: 3:21.29 1:09.04	700m: 8:00.57 1:10.37	1100m: 12:42.77 1:10.64	1500m: 17:24.84 1:09.14	
400m: 4:30.58 1:09.29	800m: 9:10.96 1:10.39	1200m: 13:53.86 1:11.09		
2. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	17:44.59	620
100m: 1:04.46 1:04.46	500m: 5:45.87 1:10.70	900m: 10:31.57 1:11.29	1300m: 15:20.39 1:12.64	
200m: 2:13.49 1:09.03	600m: 6:57.51 1:11.64	1000m: 11:43.84 1:12.27	1400m: 16:32.69 1:12.30	
300m: 3:24.13 1:10.64	700m: 8:08.73 1:11.22	1100m: 12:55.49 1:11.65	1500m: 17:44.59 1:11.90	
400m: 4:35.17 1:11.04	800m: 9:20.28 1:11.55	1200m: 14:07.75 1:12.26		
3. Beatriz Alves, AMBRUS	09	Porto	17:51.46	609
100m: 1:05.48 1:05.48	500m: 5:48.50 1:11.16	900m: 10:36.45 1:12.20	1300m: 15:27.17 1:12.86	
200m: 2:15.19 1:09.71	600m: 7:00.12 1:11.62	1000m: 11:48.82 1:12.37	1400m: 16:39.84 1:12.67	
300m: 3:26.09 1:10.90	700m: 8:12.01 1:11.89	1100m: 13:01.35 1:12.53	1500m: 17:51.46 1:11.62	
400m: 4:37.34 1:11.25	800m: 9:24.25 1:12.24	1200m: 14:14.31 1:12.96		
4. Madalena Valente, MOREIRA	09	Colegio Efanor	18:20.60	561
100m: 1:05.49 1:05.49	500m: 5:56.89 1:14.80	900m: 10:54.29 1:14.95	1300m: 15:53.31 1:15.16	
200m: 2:16.02 1:10.53	600m: 7:10.41 1:13.52	1000m: 12:08.63 1:14.34	1400m: 17:07.75 1:14.44	
300m: 3:28.37 1:12.35	700m: 8:24.81 1:14.40	1100m: 13:23.51 1:14.88	1500m: 18:20.60 1:12.85	
400m: 4:42.09 1:13.72	800m: 9:39.34 1:14.53	1200m: 14:38.15 1:14.64		

Seniores

1. Angelica Maria, ANDRE	94	Porto	16:29.86	772
100m: 1:03.89 1:03.89	500m: 5:28.18 1:05.70	900m: 9:52.28 1:06.27	1300m: 14:17.55 1:05.71	
200m: 2:10.14 1:06.25	600m: 6:33.57 1:05.39	1000m: 10:58.62 1:06.34	1400m: 15:24.00 1:06.45	
300m: 3:16.71 1:06.57	700m: 7:39.52 1:05.95	1100m: 12:05.27 1:06.65	1500m: 16:29.86 1:05.86	
400m: 4:22.48 1:05.77	800m: 8:46.01 1:06.49	1200m: 13:11.84 1:06.57		
2. Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	16:31.71	768
100m: 1:02.76 1:02.76	500m: 5:27.64 1:05.72	900m: 9:51.72 1:06.11	1300m: 14:19.48 1:07.11	
200m: 2:09.35 1:06.59	600m: 6:33.59 1:05.95	1000m: 10:58.23 1:06.51	1400m: 15:26.15 1:06.67	
300m: 3:15.80 1:06.45	700m: 7:39.29 1:05.70	1100m: 12:04.99 1:06.76	1500m: 16:31.71 1:05.56	
400m: 4:21.92 1:06.12	800m: 8:45.61 1:06.32	1200m: 13:12.37 1:07.38		
3. Mariana Amaral, MENDES	02	Sporting	16:38.74	752
100m: 1:04.31 1:04.31	500m: 5:32.19 1:07.29	900m: 9:59.84 1:06.99	1300m: 14:26.70 1:06.85	
200m: 2:10.81 1:06.50	600m: 6:38.95 1:06.76	1000m: 11:06.50 1:06.66	1400m: 15:33.43 1:06.73	
300m: 3:18.02 1:07.21	700m: 7:45.95 1:07.00	1100m: 12:13.12 1:06.62	1500m: 16:38.74 1:05.31	
400m: 4:24.90 1:06.88	800m: 8:52.85 1:06.90	1200m: 13:19.85 1:06.73		

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Prova 24, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
4.	Diana Margarida, DURAES	96	Benfica	16:59.01		708
	100m: 1:03.58 1:03.58	500m: 5:30.13 1:06.83	900m: 10:02.83 1:08.63	1300m: 14:39.97 1:09.43		
	200m: 2:09.91 1:06.33	600m: 6:37.47 1:07.34	1000m: 11:12.16 1:09.33	1400m: 15:49.57 1:09.60		
	300m: 3:16.84 1:06.93	700m: 7:45.76 1:08.29	1100m: 12:21.47 1:09.31	1500m: 16:59.01 1:09.44		
	400m: 4:23.30 1:06.46	800m: 8:54.20 1:08.44	1200m: 13:30.54 1:09.07			
5.	Beatriz Nunes, CARDEAL	04	Condeixa Aqua Clube	17:20.29		665
	100m: 1:04.34 1:04.34	500m: 5:39.73 1:09.67	900m: 10:19.66 1:10.05	1300m: 15:00.66 1:10.61		
	200m: 2:12.42 1:08.08	600m: 6:49.88 1:10.15	1000m: 11:29.70 1:10.04	1400m: 16:10.99 1:10.33		
	300m: 3:21.05 1:08.63	700m: 7:59.67 1:09.79	1100m: 12:39.72 1:10.02	1500m: 17:20.29 1:09.30		
	400m: 4:30.06 1:09.01	800m: 9:09.61 1:09.94	1200m: 13:50.05 1:10.33			
6.	Maria Ornelas, ARMAS	98	Adrcimm	17:27.74		651
	100m: 1:05.42 1:05.42	500m: 5:42.73 1:10.09	900m: 10:23.01 1:10.23	1300m: 15:06.38 1:11.16		
	200m: 2:14.26 1:08.84	600m: 6:52.68 1:09.95	1000m: 11:33.41 1:10.40	1400m: 16:17.66 1:11.28		
	300m: 3:23.22 1:08.96	700m: 8:02.63 1:09.95	1100m: 12:44.11 1:10.70	1500m: 17:27.74 1:10.08		
	400m: 4:32.64 1:09.42	800m: 9:12.78 1:10.15	1200m: 13:55.22 1:11.11			
7.	Mafalda Martins, MESQUITA	07	Famalicão	17:36.69		634
	100m: 1:06.04 1:06.04	500m: 5:46.94 1:10.57	900m: 10:30.76 1:10.84	1300m: 15:16.44 1:11.72		
	200m: 2:15.24 1:09.20	600m: 6:57.74 1:10.80	1000m: 11:42.09 1:11.33	1400m: 16:27.58 1:11.14		
	300m: 3:25.36 1:10.12	700m: 8:08.95 1:11.21	1100m: 12:53.39 1:11.30	1500m: 17:36.69 1:09.11		
	400m: 4:36.37 1:11.01	800m: 9:19.92 1:10.97	1200m: 14:04.72 1:11.33			
8.	Leonor Castanho, SANTOS	07	Sporting	17:57.23		599
	100m: 1:05.62 1:05.62	500m: 5:50.65 1:11.89	900m: 10:40.22 1:12.52	1300m: 15:32.44 1:13.24		
	200m: 2:15.90 1:10.28	600m: 7:02.89 1:12.24	1000m: 11:52.86 1:12.64	1400m: 16:45.93 1:13.49		
	300m: 3:27.28 1:11.38	700m: 8:15.22 1:12.33	1100m: 13:05.72 1:12.86	1500m: 17:57.23 1:11.30		
	400m: 4:38.76 1:11.48	800m: 9:27.70 1:12.48	1200m: 14:19.20 1:13.48			
9.	Carolina Esteves, PEIXOTO	06	Braga	18:17.47		566
	100m: 1:07.14 1:07.14	500m: 5:53.36 1:12.01	900m: 10:48.09 1:14.38	1300m: 15:48.63 1:15.41		
	200m: 2:18.09 1:10.95	600m: 7:06.09 1:12.73	1000m: 12:03.30 1:15.21	1400m: 17:03.77 1:15.14		
	300m: 3:29.80 1:11.71	700m: 8:19.62 1:13.53	1100m: 13:18.14 1:14.84	1500m: 18:17.47 1:13.70		
	400m: 4:41.35 1:11.55	800m: 9:33.71 1:14.09	1200m: 14:33.22 1:15.08			