

Torneio Regional de Fundo Infantil e Juvenis
Cantanhede, 15 - 16/11/2025

Prova 4 Femin., 800m Livres 13 anos e mais velhos
16/11/2025 - 10:20 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 18	8:30.86	Tamila Hryhorivna, HOLUB	SCB	Moscovo (RUS)	03/08/2017
Rec Nac 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	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

Pontos: AQUA 2024

Lugar Ano Tempo final Pts

Inf B

1. Matilde Goncalves, SILVA	13	Condeixa Clube	11:01.13	376
100m: 1:18.49 1:18.49	300m: 4:05.06 1:23.35	500m: 6:51.31 1:22.31	700m: 9:39.18 1:23.62	
200m: 2:41.71 1:23.22	400m: 5:29.00 1:23.94	600m: 8:15.56 1:24.25	800m: 11:01.13 1:21.95	
2. Sofia Cioga, MOREIRA	13	Condeixa Clube	11:09.73	362
100m: 1:22.54 1:22.54	300m: 4:12.86 1:25.16	500m: 7:03.66 1:25.65	700m: 9:51.26 1:23.99	
200m: 2:47.70 1:25.16	400m: 5:38.01 1:25.15	600m: 8:27.27 1:23.61	800m: 11:09.73 1:18.47	
3. Leonor Matias, ROSA	13	Louzan Natacao/EFAPEL	11:30.77	330
100m: 1:22.52 1:22.52	300m: 4:16.74 1:27.66	500m: 7:12.41 1:27.50	700m: 10:07.25 1:27.43	
200m: 2:49.08 1:26.56	400m: 5:44.91 1:28.17	600m: 8:39.82 1:27.41	800m: 11:30.77 1:23.52	
4. Maria Mar, JESUS	13	Columbofila Cantanhedense	11:44.19	311
100m: 1:23.99 1:23.99	300m: 4:21.62 1:29.81	500m: 7:19.86 1:28.82	700m: 10:18.34 1:29.15	
200m: 2:51.81 1:27.82	400m: 5:51.04 1:29.42	600m: 8:49.19 1:29.33	800m: 11:44.19 1:25.85	
5. Joana Sofia, FERNANDO	13	Náutico Académico	11:58.33	293
100m: 1:26.21 1:26.21	300m: 4:27.26 1:31.32	500m: 7:32.33 1:32.52	700m: 10:34.81 1:31.52	
200m: 2:55.94 1:29.73	400m: 5:59.81 1:32.55	600m: 9:03.29 1:30.96	800m: 11:58.33 1:23.52	
6. Maria Costa, VIEGAS	13	Condeixa Clube	12:08.50	281
100m: 1:25.44 1:25.44	300m: 4:27.30 1:32.79	500m: 7:35.86 1:34.25	700m: 10:40.41 1:32.16	
200m: 2:54.51 1:29.07	400m: 6:01.61 1:34.31	600m: 9:08.25 1:32.39	800m: 12:08.50 1:28.09	
7. Benedita Goncalves, SILVA	13	Academica de Coimbra	12:40.78	247
100m: 1:29.13 1:29.13	300m: 4:38.79 1:35.36	500m: 7:51.40 1:37.04	700m: 11:06.91 1:37.74	
200m: 3:03.43 1:34.30	400m: 6:14.36 1:35.57	600m: 9:29.17 1:37.77	800m: 12:40.78 1:33.87	
8. Clara Rodrigues, VAZ	13	Náutico Académico	13:27.85	206
100m: 1:35.93 1:35.93	300m: 4:58.15 1:42.72	500m: 8:25.56 1:43.68	700m: 11:54.74 1:44.08	
200m: 3:15.43 1:39.50	400m: 6:41.88 1:43.73	600m: 10:10.66 1:45.10	800m: 13:27.85 1:33.11	
9. Joana Oliveira, RIBEIRO	13	Louzan Natacao/EFAPEL	14:31.99	164
100m: 1:43.84 1:43.84	300m: 5:24.57 1:50.43	500m: 9:06.21 1:50.47	700m: 12:47.31 1:49.83	
200m: 3:34.14 1:50.30	400m: 7:15.74 1:51.17	600m: 10:57.48 1:51.27	800m: 14:31.99 1:44.68	

Inf A

1. Rylie Ann, CROUS	12	Condeixa Clube	9:54.24	518
100m: 1:11.15 1:11.15	300m: 3:39.17 37.16	500m: 6:11.24 1:16.16	700m: 8:42.36 1:15.30	
200m: 3:02.01 1:50.86	400m: 4:55.08 1:15.91	600m: 7:27.06 1:15.82	800m: 9:54.24 1:11.88	
2. Maria Luisa, NOGUEIRA	12	Academica de Coimbra	10:05.36	490
100m: 1:49.05 1:49.05	300m: 4:58.33 1:16.03	500m: 7:32.93 1:17.67	700m: 9:28.73 38.26	
200m: 3:42.30 1:53.25	400m: 6:15.26 1:16.93	600m: 8:50.47 1:17.54	800m: 10:05.36 36.63	
3. Maria Leonor, LOBO	12	Condeixa Clube	10:11.39	476
100m: 1:13.85 1:13.85	300m: 3:46.16 1:16.79	500m: 6:21.04 1:17.51	700m: 8:56.37 1:17.78	
200m: 2:29.37 1:15.52	400m: 5:03.53 1:17.37	600m: 7:38.59 1:17.55	800m: 10:11.39 1:15.02	
4. Leonor Simoes, SOUSA	12	Academica de Coimbra	10:20.56	455
100m: 1:15.37 1:15.37	300m: 3:51.96 1:18.21	500m: 6:27.78 1:18.11	700m: 9:04.76 1:18.62	
200m: 2:33.75 1:18.38	400m: 5:09.67 1:17.71	600m: 7:46.14 1:18.36	800m: 10:20.56 1:15.80	
5. Leonor Ribeiro, FERREIRA	12	Columbofila Cantanhedense	10:40.41	414
100m: 1:15.86 1:15.86	300m: 3:55.13 1:19.95	500m: 6:38.53 1:21.76	700m: 9:22.25 1:22.29	
200m: 2:35.18 1:19.32	400m: 5:16.77 1:21.64	600m: 7:59.96 1:21.43	800m: 10:40.41 1:18.16	

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Prova 4, Femin., 800m Livres, Inf A

Lugar	Ano	Tempo final	Pts
6. Margarida Paiva, CORREIA	12 Miranda do Corvo	11:03.11	373
100m: 1:17.23 1:17.23	300m: 4:02.20 1:23.30	500m: 6:49.73 1:24.02	700m: 9:39.83 1:25.35
200m: 2:38.90 1:21.67	400m: 5:25.71 1:23.51	600m: 8:14.48 1:24.75	800m: 11:03.11 1:23.28
7. Maria Costa, RIBEIRO	12 Columbofila Cantanhedense	11:09.54	362
100m: 1:20.10 1:20.10	300m: 4:05.24 1:22.06	500m: 6:53.78 1:23.98	700m: 9:45.79 1:25.84
200m: 2:43.18 1:23.08	400m: 5:29.80 1:24.56	600m: 8:19.95 1:26.17	800m: 11:09.54 1:23.75
8. Clara Lopes, FERNANDES	12 Louzan Natacao/EFAPEL	11:24.01	340
100m: 1:21.93 1:21.93	300m: 4:13.91 1:26.46	500m: 7:08.66 1:27.58	700m: 10:00.99 1:26.56
200m: 2:47.45 1:25.52	400m: 5:41.08 1:27.17	600m: 8:34.43 1:25.77	800m: 11:24.01 1:23.02
9. Alice Silva, SENNA	12 Condeixa Clube	11:33.86	325
100m: 1:24.03 1:24.03	300m: 4:19.07 1:27.79	500m: 7:13.78 1:27.27	700m: 10:08.58 1:27.10
200m: 2:51.28 1:27.25	400m: 5:46.51 1:27.44	600m: 8:41.48 1:27.70	800m: 11:33.86 1:25.28
10. Emilia Matilde, GADANHA	12 Náutico Académico	11:37.85	320
100m: 1:23.54 1:23.54	300m: 4:19.25 1:27.79	500m: 7:16.05 1:28.30	700m: 10:14.75 1:29.01
200m: 2:51.46 1:27.92	400m: 5:47.75 1:28.50	600m: 8:45.74 1:29.69	800m: 11:37.85 1:23.10
11. Maria Ines, MATEUS	12 Condeixa Clube	11:40.84	316
100m: 1:23.94 1:23.94	300m: 4:16.49 1:26.71	500m: 7:12.66 1:28.90	700m: 10:09.96 1:28.71
200m: 2:49.78 1:25.84	400m: 5:43.76 1:27.27	600m: 8:41.25 1:28.59	800m: 11:40.84 1:30.88
12. Maria Filipa, GOMES	12 Náutico Académico	12:21.86	266
100m: 1:26.06 1:26.06	300m: 4:36.00 1:35.93	500m: 7:41.70 1:34.56	700m: 10:50.01 1:36.16
200m: 3:00.07 1:34.01	400m: 6:07.14 1:31.14	600m: 9:13.85 1:32.15	800m: 12:21.86 1:31.85

Juv B

1. Filipa Ferreira, LOISAS	11 Columbofila Cantanhedense	9:50.98	527
100m: 1:11.29 1:11.29	300m: 3:37.67 1:12.34	500m: 6:07.17 1:14.69	700m: 8:37.38 1:14.73
200m: 2:25.33 1:14.04	400m: 4:52.48 1:14.81	600m: 7:22.65 1:15.48	800m: 9:50.98 1:13.60
2. Eva Miranda, ALMEIDA	11 Columbofila Cantanhedense	9:56.12	513
100m: 1:11.32 1:11.32	300m: 3:39.48 1:14.23	500m: 6:09.93 1:15.36	700m: 8:41.77
200m: 2:25.25 1:13.93	400m: 4:54.57 1:15.09	600m:	800m: 9:56.12 1:14.35
3. Matilde Sofia, PEREIRA	11 Condeixa Clube	10:07.55	485
100m: 1:14.35 1:14.35	300m: 3:47.70 38.72	500m: 6:21.72 1:17.11	700m: 8:55.00 1:16.37
200m: 3:08.98 1:54.63	400m: 5:04.61 1:16.91	600m: 7:38.63 1:16.91	800m: 10:07.55 1:12.55
4. Sara Ferreira, SANTOS	11 Columbofila Cantanhedense	10:09.45	480
100m: 1:12.22 1:12.22	300m: 3:42.86 1:15.09	500m: 6:16.77 1:18.11	700m: 8:53.14 1:17.64
200m: 2:27.77 1:15.55	400m: 4:58.66 1:15.80	600m: 7:35.50 1:18.73	800m: 10:09.45 1:16.31
5. Joana Cura, NEVES	11 Condeixa Clube	10:21.17	454
100m: 1:12.55 1:12.55	300m: 3:45.00 1:16.95	500m: 6:22.34 1:18.16	700m: 9:00.93 1:19.20
200m: 2:28.05 1:15.50	400m: 5:04.18 1:19.18	600m: 7:41.73 1:19.39	800m: 10:21.17 1:20.24
6. Matilde Conde, FIGUEIREDO	11 Condeixa Clube	10:24.78	446
100m: 1:12.18 1:12.18	300m: 3:49.29 1:19.61	500m: 6:28.42 1:19.68	700m: 9:07.34 1:19.40
200m: 2:29.68 1:17.50	400m: 5:08.74 1:19.45	600m: 7:47.94 1:19.52	800m: 10:24.78 1:17.44
7. Ana Leonor, CARRETO	11 Náutico Académico	10:40.63	413
100m: 1:18.53 1:18.53	300m: 3:59.97 1:21.72	500m: 6:44.84 1:22.45	700m: 9:25.57 1:19.80
200m: 2:38.25 1:19.72	400m: 5:22.39 1:22.42	600m: 8:05.77 1:20.93	800m: 10:40.63 1:15.06
8. Rita Cravino, RIBEIRO	11 Náutico Académico	14:06.90	179
100m: 1:38.16 1:38.16	300m: 5:14.73 1:50.07	500m: 8:55.70 1:50.69	700m: 12:27.47 1:46.16
200m: 3:24.66 1:46.50	400m: 7:05.01 1:50.28	600m: 10:41.31 1:45.61	800m: 14:06.90 1:39.43

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Prova 4, Femin., 800m Livres

Juv A

1.	Camila Duarte, MARCELO	10	Condeixa Clube	9:11.17	649
	100m: 1:06.20 1:06.20	300m: 3:22.99 1:08.51	500m: 5:40.84 1:09.30	700m: 8:01.79 1:10.43	
	200m: 2:14.48 1:08.28	400m: 4:31.54 1:08.55	600m: 6:51.36 1:10.52	800m: 9:11.17 1:09.38	
2.	Leonor Nunes, CARDEAL	10	Condeixa Clube	9:27.80	594
	100m: 1:06.20 1:06.20	300m: 3:27.78 1:11.31	500m: 5:51.51 1:12.09	700m: 8:16.23 1:12.51	
	200m: 2:16.47 1:10.27	400m: 4:39.42 1:11.64	600m: 7:03.72 1:12.21	800m: 9:27.80 1:11.57	
3.	Maria Neto, SIMOES	10	Condeixa Clube	9:36.92	566
	100m: 1:08.57 1:08.57	300m: 3:32.82 1:12.53	500m: 5:58.60 1:12.90	700m: 8:24.66 1:13.13	
	200m: 2:20.29 1:11.72	400m: 4:45.70 1:12.88	600m: 7:11.53 1:12.93	800m: 9:36.92 1:12.26	
4.	Leonor Mosca, SILVA	10	Columbofila Cantanhedense	10:09.94	479
	100m: 1:13.52 1:13.52	300m: 3:46.15 1:16.64	500m: 6:20.04 1:17.04	700m: 8:54.34 1:16.21	
	200m: 2:29.51 1:15.99	400m: 5:03.00 1:16.85	600m: 7:38.13 1:18.09	800m: 10:09.94 1:15.60	
5.	Leonor Antunes, PAIVA	10	Náutico Académico	10:13.58	471
	100m: 1:50.33 1:50.33	300m: 5:04.00 1:17.70	500m: 7:40.03 1:18.14	700m:	
	200m: 3:46.30 1:55.97	400m: 6:21.89 1:17.89	600m: 8:57.39 1:17.36	800m: 10:13.58	
6.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo	10:18.29	460
	100m: 1:14.35 1:14.35	300m: 3:47.76 1:17.20	500m: 6:23.75 1:17.96	700m: 9:00.98 1:19.06	
	200m: 2:30.56 1:16.21	400m: 5:05.79 1:18.03	600m: 7:41.92 1:18.17	800m: 10:18.29 1:17.31	
7.	Maria Ines, GANTE	10	Náutico Académico	10:20.11	456
	100m: 1:15.38 1:15.38	300m: 3:52.14 1:18.66	500m: 6:27.28 1:16.55	700m: 9:03.87 1:18.92	
	200m: 2:33.48 1:18.10	400m: 5:10.73 1:18.59	600m: 7:44.95 1:17.67	800m: 10:20.11 1:16.24	
8.	Isabella Scavone, LOPES	10	Miranda do Corvo	10:40.64	413
	100m: 1:16.28 1:16.28	300m: 3:55.80 1:20.13	500m: 6:38.25 1:21.28	700m: 9:21.49 1:21.85	
	200m: 2:35.67 1:19.39	400m: 5:16.97 1:21.17	600m: 7:59.64 1:21.39	800m: 10:40.64 1:19.15	
9.	Laura Nobre, MONTEIRO	10	Columbofila Cantanhedense	10:42.76	409
	100m: 1:14.59 1:14.59	300m: 3:54.61 1:20.93	500m: 6:38.36 1:22.91	700m: 9:23.32 1:22.91	
	200m: 2:33.68 1:19.09	400m: 5:15.45 1:20.84	600m: 8:00.41 1:22.05	800m: 10:42.76 1:19.44	
10.	Ines Ferreira, SANTOS	10	Louzan Natacao/EFAPEL	11:08.67	363
	100m: 1:21.01 1:21.01	300m: 4:09.30 1:24.38	500m: 6:59.09 1:24.66	700m: 9:48.30 1:24.32	
	200m: 2:44.92 1:23.91	400m: 5:34.43 1:25.13	600m: 8:23.98 1:24.89	800m: 11:08.67 1:20.37	

Jun + Velhos

1.	Caetana Amado, SANTOS	09	Miranda do Corvo	10:25.50	444
	100m: 1:15.96 1:15.96	300m: 3:49.99 1:16.74	500m: 6:25.88 1:17.56	700m: 9:06.51 1:21.13	
	200m: 2:33.25 1:17.29	400m: 5:08.32 1:18.33	600m: 7:45.38 1:19.50	800m: 10:25.50 1:18.99	
EXH	Joana Nunes, CARDEAL	02	Condeixa Clube	8:47.14	742
	100m: 1:02.91 1:02.91	300m: 3:13.66 1:05.57	500m: 5:26.93 1:06.89	700m: 7:42.02 1:07.40	
	200m: 2:08.09 1:05.18	400m: 4:20.04 1:06.38	600m: 6:34.62 1:07.69	800m: 8:47.14 1:05.12	
EXH	Beatriz Nunes, CARDEAL	04	Condeixa Clube	9:06.14	668
	100m: 1:04.99 1:04.99	300m: 3:20.65 1:08.42	500m: 5:39.05 1:09.27	700m: 7:57.95 1:09.53	
	200m: 2:12.23 1:07.24	400m: 4:29.78 1:09.13	600m: 6:48.42 1:09.37	800m: 9:06.14 1:08.19	
EXH	Helena Nunes, RODRIGUES	03	Condeixa Clube	9:21.37	615
	100m: 1:06.09 1:06.09	300m: 3:25.52 1:10.25	500m: 5:47.43 1:10.87	700m: 8:10.28 1:11.60	
	200m: 2:15.27 1:09.18	400m: 4:36.56 1:11.04	600m: 6:58.68 1:11.25	800m: 9:21.37 1:11.09	
EXH	Rita Isabel, NEVES	08	Condeixa Clube	9:52.76	522
	100m: 1:11.04 1:11.04	300m: 3:36.38 1:13.43	500m: 6:06.64 1:15.58	700m: 8:39.13 1:16.36	
	200m: 2:22.95 1:11.91	400m: 4:51.06 1:14.68	600m: 7:22.77 1:16.13	800m: 9:52.76 1:13.63	
EXH	Leonor Mercês, CAVALEIRO	09	Columbofila Cantanhedense	10:07.88	484
	100m: 1:12.57 1:12.57	300m: 3:44.06 1:15.72	500m: 6:17.12 1:16.39	700m: 8:51.17 1:16.91	
	200m: 2:28.34 1:15.77	400m: 5:00.73 1:16.67	600m: 7:34.26 1:17.14	800m: 10:07.88 1:16.71	
EXH	Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	10:40.06	414
	100m: 1:12.94 1:12.94	300m: 3:49.08 1:17.95	500m: 6:31.76 1:21.08	700m: 9:17.38 1:23.44	
	200m: 2:31.13 1:18.19	400m: 5:10.68 1:21.60	600m: 7:53.94 1:22.18	800m: 10:40.06 1:22.68	