

Prova 26 Open  
08/03/2026 - 9:39 Resultados  
Femin., 1500m Livres

Recorde Nacional Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Recorde Nacional Sen	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Recorde Nacional Jun 17	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11/12/2015
Recorde Nacional Juv A	16:44.26	Tamila Hryhorivna, HOLUB	SCB	Porto	19/12/2014
Recorde Nacional Inf A	17:17.43	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	30/06/2013
Recorde Nacional Inf B	17:18.20	Alexandra Maria, SILVA	FCP	Porto	23/07/1980
Recorde Regional Open	17:45.07	Catia Raquel, MARTINHEIRA	LDC	Albufeira	27/02/2011
Recorde Regional Sen	17:50.29	Carolina Pereira, VIANA	ACS	Silves	06/11/2021
Recorde Regional Jun 17	18:05.48	Laura Fabiana, ESTEVENS	GCNF	Olhão	23/10/2021
Recorde Regional Juv A	17:45.07	Catia Raquel, MARTINHEIRA	LDC	Albufeira	27/02/2011
Recorde Regional Inf A	18:30.77	Laura Fabiana, ESTEVENS	CNOL	Albufeira	02/02/2019
Recorde Regional Inf B	19:39.42	Ana Teresa, ROMAO	LDC	Silves	16/03/2019
Recorde Nacional S17 - 25m	59:00.00	start,			01/01/1800

Pontos: AQUA 2024

Lugar Nome Ano Licença Clube Tempo Final AQUA

Juvenis A

<b>1. Sira Valentim, FALEIRO</b>	<b>10</b>	<b>209302</b>	<b>Lagoa Academico Clube</b>	<b>19:29.76</b>	<b>468</b>
50m: 34.06 34.06	450m: 5:45.31 39.96	850m: 11:00.36 38.98	1250m: 16:13.00 39.51		
100m: 1:10.95 36.89	500m: 6:24.88 39.57	900m: 11:39.37 39.01	1300m: 16:52.58 39.58		
150m: 1:49.71 38.76	550m: 7:04.60 39.72	950m: 12:18.39 39.02	1350m: 17:32.26 39.68		
200m: 2:28.59 38.88	600m: 7:44.95 40.35	1000m: 12:57.51 39.12	1400m: 18:12.05 39.79		
250m: 3:07.62 39.03	650m: 8:24.96 40.01	1050m: 13:36.41 38.90	1450m: 18:51.81 39.76		
300m: 3:47.10 39.48	700m: 9:03.74 38.78	1100m: 14:15.40 38.99	1500m: 19:29.76 37.95		
350m: 4:26.06 38.96	750m: 9:42.59 38.85	1150m: 14:54.16 38.76			
400m: 5:05.35 39.29	800m: 10:21.38 38.79	1200m: 15:33.49 39.33			
<b>2. Ines Filipa, MATEUS</b>	<b>10</b>	<b>212937</b>	<b>Lagoa Academico Clube</b>	<b>19:45.36</b>	<b>449</b>
50m: 32.51 32.51	450m: 5:32.80 38.37	850m: 10:54.06 40.55	1250m: 16:19.82 41.44		
100m: 1:08.75 36.24	500m: 6:12.08 39.28	900m: 11:34.74 40.68	1300m: 17:01.61 41.79		
150m: 1:45.56 36.81	550m: 6:50.74 38.66	950m: 12:15.36 40.62	1350m: 17:43.37 41.76		
200m: 2:22.59 37.03	600m: 7:30.76 40.02	1000m: 12:56.34 40.98	1400m: 18:25.09 41.72		
250m: 3:00.11 37.52	650m: 8:11.52 40.76	1050m: 13:36.55 40.21	1450m: 19:06.27 41.18		
300m: 3:37.83 37.72	700m: 8:52.17 40.65	1100m: 14:16.79 40.24	1500m: 19:45.36 39.09		
350m: 4:16.09 38.26	750m: 9:33.10 40.93	1150m: 14:56.81 40.02			
400m: 4:54.43 38.34	800m: 10:13.51 40.41	1200m: 15:38.38 41.57			

Absolutos

<b>1. Margarida Santos, JESUS</b>	<b>09</b>	<b>139324</b>	<b>Clube Natacao Olhao</b>	<b>19:24.21</b>	<b>474</b>
50m: 33.99 33.99	450m: 5:41.46 38.27	850m: 10:52.17 39.06	1250m: 16:07.91 39.87		
100m: 1:11.54 37.55	500m: 6:19.95 38.49	900m: 11:31.55 39.38	1300m: 16:47.65 39.74		
150m: 1:49.96 38.42	550m: 6:58.49 38.54	950m: 12:10.94 39.39	1350m: 17:27.17 39.52		
200m: 2:28.64 38.68	600m: 7:37.15 38.66	1000m: 12:50.39 39.45	1400m: 18:06.68 39.51		
250m: 3:06.99 38.35	650m: 8:16.31 39.16	1050m: 13:29.88 39.49	1450m: 18:46.19 39.51		
300m: 3:45.81 38.82	700m: 8:55.05 38.74	1100m: 14:09.00 39.12	1500m: 19:24.21 38.02		
350m: 4:24.92 39.11	750m: 9:33.81 38.76	1150m: 14:48.29 39.29			
400m: 5:03.19 38.27	800m: 10:13.11 39.30	1200m: 15:28.04 39.75			

S17 Seniores

<b>1. Joana Lopes, SALGUEIRO</b>	<b>04</b>	<b>129908</b>	<b>RIA Aqua Tavira</b>	<b>19:50.50</b>	<b>444</b>
<i>Recorde Nacional</i>					
50m: 35.11 35.11	450m: 5:52.89 39.54	850m: 11:13.88 40.24	1250m: 16:33.16 39.87		
100m: 1:13.51 38.40	500m: 6:33.09 40.20	900m: 11:53.70 39.82	1300m: 17:13.29 40.13		
150m: 1:53.01 39.50	550m: 7:13.31 40.22	950m: 12:33.69 39.99	1350m: 17:53.51 40.22		
200m: 2:32.58 39.57	600m: 7:52.89 39.58	1000m: 13:13.91 40.22	1400m: 18:33.17 39.66		
250m: 3:12.95 40.37	650m: 8:32.90 40.01	1050m: 13:53.83 39.92	1450m: 19:12.00 38.83		
300m: 3:53.00 40.05	700m: 9:13.83 40.93	1100m: 14:33.67 39.84	1500m: 19:50.50 38.50		
350m: 4:33.14 40.14	750m: 9:53.71 39.88	1150m: 15:13.57 39.90			
400m: 5:13.35 40.21	800m: 10:33.64 39.93	1200m: 15:53.29 39.72			

<b>EXH Bruna Filipa, BORRALHO</b>	<b>12</b>	<b>216451</b>	<b>Lagoa Academico Clube</b>	<b>19:11.67</b>	<b>490</b>
50m: 33.08 33.08	450m: 5:33.37 38.27	850m: 10:43.26 39.14	1250m: 15:59.51 39.89		
100m: 1:09.09 36.01	500m: 6:11.77 38.40	900m: 11:22.30 39.04	1300m: 16:38.07 38.56		
150m: 1:46.35 37.26	550m: 6:49.82 38.05	950m: 12:01.48 39.18	1350m: 17:18.26 40.19		
200m: 2:23.05 36.70	600m: 7:28.43 38.61	1000m: 12:40.88 39.40	1400m: 17:57.28 39.02		
250m: 3:00.86 37.81	650m: 8:07.01 38.58	1050m: 13:20.15 39.27	1450m: 18:35.11 37.83		
300m: 3:38.43 37.57	700m: 8:46.44 39.43	1100m: 13:59.31 39.16	1500m: 19:11.67 36.56		
350m: 4:16.90 38.47	750m: 9:25.58 39.14	1150m: 14:39.80 40.49			
400m: 4:55.10 38.20	800m: 10:04.12 38.54	1200m: 15:19.62 39.82			

Prova 26, Femin., 1500m Livres

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA		
EXH	Rita Maria, LOURA	12	213759	RIA Aqua Tavira	<b>19:35.42</b>	<b>461</b>		
	50m: 33.23	33.23	450m: 5:40.46	38.55	850m: 10:55.80	39.65	1250m: 16:16.30	40.08
	100m: 1:09.98	36.75	500m: 6:19.77	39.31	900m: 11:36.53	40.73	1300m: 16:56.84	40.54
	150m: 1:47.88	37.90	550m: 6:58.00	38.23	950m: 12:16.15	39.62	1350m: 17:37.00	40.16
	200m: 2:26.19	38.31	600m: 7:36.86	38.86	1000m: 12:55.45	39.30	1400m: 18:17.29	40.29
	250m: 3:04.89	38.70	650m: 8:16.84	39.98	1050m: 13:36.03	40.58	1450m: 18:56.99	39.70
	300m: 3:43.48	38.59	700m: 8:55.71	38.87	1100m: 14:16.65	40.62	1500m: 19:35.42	38.43
	350m: 4:22.76	39.28	750m: 9:36.18	40.47	1150m: 14:56.24	39.59		
	400m: 5:01.91	39.15	800m: 10:16.15	39.97	1200m: 15:36.22	39.98		
EXH	Eva Maria, PASSOS	13	219066	RIA Aqua Tavira	<b>20:06.12</b>	<b>427</b>		
	50m: 35.13	35.13	450m: 5:58.96	40.68	850m: 11:24.61	40.45	1250m: 16:47.89	40.87
	100m: 1:14.62	39.49	500m: 6:39.67	40.71	900m: 12:04.79	40.18	1300m: 17:28.11	40.22
	150m: 1:55.14	40.52	550m: 7:20.62	40.95	950m: 12:44.68	39.89	1350m: 18:07.80	39.69
	200m: 2:35.50	40.36	600m: 8:01.85	41.23	1000m: 13:24.73	40.05	1400m: 18:47.63	39.83
	250m: 3:16.26	40.76	650m: 8:42.95	41.10	1050m: 14:04.71	39.98	1450m: 19:26.78	39.15
	300m: 3:56.67	40.41	700m: 9:23.78	40.83	1100m: 14:45.56	40.85	1500m: 20:06.12	39.34
	350m: 4:37.50	40.83	750m: 10:04.42	40.64	1150m: 15:26.29	40.73		
	400m: 5:18.28	40.78	800m: 10:44.16	39.74	1200m: 16:07.02	40.73		