



Prova 4 Open  
07/03/2026 - 10:01 Resultados  
Femin., 800m Livres

Recorde Nacional Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Recorde Nacional Jun 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13/12/2015
Recorde Nacional Juv A	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21/12/2014
Recorde Nacional Juv B	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19/12/2004
Recorde Nacional Inf A	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20/12/1980
Recorde Regional Open	9:01.27	Ana Rita, ISMAEL	LDC	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Jun 17	9:20.99	Marta Pereira, ABREU	CNFA	Olhao	19/08/2008
Recorde Regional Juv A	9:02.89	Catia Raquel, MARTINHEIRA	LDC	Silves	22/05/2011
Recorde Regional Juv B	9:21.60	Catia Raquel, MARTINHEIRA	LDC	Quarteira	22/11/2009
Recorde Regional Inf A	9:20.68	Catia Raquel, MARTINHEIRA	LDC	Olhao	19/10/2008

Pontos: AQUA 2024

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA
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Juvenis B

1.	Julia Laginha, BRAZ	11	216455	Lagoa Academico Clube	<b>10:17.20</b>	462
	50m: 34.34 34.34	250m: 3:08.73 39.12	450m: 5:44.32 38.81	650m: 8:20.42 39.39		
	100m: 1:12.32 37.98	300m: 3:47.78 39.05	500m: 6:23.29 38.97	700m: 8:59.95 39.53		
	150m: 1:51.07 38.75	350m: 4:26.61 38.83	550m: 7:01.82 38.53	750m: 9:39.30 39.35		
	200m: 2:29.61 38.54	400m: 5:05.51 38.90	600m: 7:41.03 39.21	800m: 10:17.20 37.90		

Juvenis A

1.	Sira Valentim, FALEIRO	10	209302	Lagoa Academico Clube	<b>10:04.36</b>	492
	50m: 32.83 32.83	250m: 3:02.20 38.20	450m: 5:35.91 38.07	650m: 8:09.79 38.40		
	100m: 1:09.37 36.54	300m: 3:40.50 38.30	500m: 6:14.17 38.26	700m: 8:48.67 38.88		
	150m: 1:46.36 36.99	350m: 4:19.34 38.84	550m: 6:52.95 38.78	750m: 9:27.08 38.41		
	200m: 2:24.00 37.64	400m: 4:57.84 38.50	600m: 7:31.39 38.44	800m: 10:04.36 37.28		
2.	Carolina Brito, SANTOS	10	212564	Louletano / Loule Aqui e Agora	<b>10:08.20</b>	483
	50m: 34.21 34.21	250m: 3:06.93 38.63	450m: 5:40.50 38.35	650m: 8:15.22 38.69		
	100m: 1:11.81 37.60	300m: 3:45.35 38.42	500m: 6:19.33 38.83	700m: 8:53.43 38.21		
	150m: 1:50.01 38.20	350m: 4:23.84 38.49	550m: 6:57.88 38.55	750m: 9:31.84 38.41		
	200m: 2:28.30 38.29	400m: 5:02.15 38.31	600m: 7:36.53 38.65	800m: 10:08.20 36.36		

Absolutos

1.	Margarida Santos, JESUS	09	139324	Clube Natacao Olhao	<b>10:08.68</b>	482
	50m: 34.51 34.51	250m: 3:05.98 38.01	450m: 5:37.70 38.05	650m: 8:12.86 39.02		
	100m: 1:12.32 37.81	300m: 3:43.73 37.75	500m: 6:16.28 38.58	700m: 8:52.10 39.24		
	150m: 1:50.06 37.74	350m: 4:21.65 37.92	550m: 6:54.85 38.57	750m: 9:31.05 38.95		
	200m: 2:27.97 37.91	400m: 4:59.65 38.00	600m: 7:33.84 38.99	800m: 10:08.68 37.63		

EXH	Rita Maria, LOURA	12	213759	RIA Aqua Tavira	<b>10:01.42</b>	500
	50m: 32.84 32.84	250m: 3:04.66 38.25	450m: 5:37.56 38.11	650m: 8:08.85 38.00		
	100m: 1:09.58 36.74	300m: 3:42.84 38.18	500m: 6:15.47 37.91	700m: 8:46.70 37.85		
	150m: 1:47.87 38.29	350m: 4:20.99 38.15	550m: 6:53.49 38.02	750m: 9:24.90 38.20		
	200m: 2:26.41 38.54	400m: 4:59.45 38.46	600m: 7:30.85 37.36	800m: 10:01.42 36.52		