

Prova 1 Femin., 1500m Livres Juvénis
Resultados

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|------------------------------|----------|------------------------|------|----------|------------|
| Recorde Regional (25m) Open | 18:30.56 | Ana Margarida Guedes | GCVR | Chaves | 15/11/2015 |
| Recorde Regional (25m) Juv A | 19:40.02 | Maria Migueis Teixeira | CNIN | Bragança | 05/07/2015 |
| Recorde Regional (25m) Juv B | 18:30.56 | Ana Margarida Guedes | GCVR | Chaves | 15/11/2015 |

Pontos: AQUA 2024

| Lugar | Nome | Licença | Idade | Clube | Tempo Final | PtsObs |
|-------|---------------------|-----------------------|-----------------------|------------------------|-----------------|----------|
| 1. | Ana Miguel Tuna | 222998 | 16 | EN Braganca | 25:16.45 | 214 |
| | 50m: 41.13 41.13 | 200m: 3:10.39 1:41.32 | 400m: 6:30.57 1:39.84 | 800m: 13:23.60 6:53.03 | 1500m: 25:16.45 | 11:52.85 |
| | 100m: 1:29.07 47.94 | 300m: 4:50.73 1:40.34 | | | | |

Prova 1 Femin., 1500m Livres Junióres
Resultados

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|-----------------------------|----------|----------------------|------|--------------------------|------------|
| Recorde Regional (25m) Open | 18:30.56 | Ana Margarida Guedes | GCVR | Chaves | 15/11/2015 |
| Recorde Regional (25m) 18 + | 19:00.94 | Ana Sofia Nóbrega | GCVR | St.ª Marta de Penaguião | 30/06/2013 |
| Recorde Regional (25m) 17 | 19:17.23 | Maria Carolina Eira | GCVR | Santa Marta de Penaguião | 02/07/2022 |

Pontos: AQUA 2024

| Lugar | Nome | Licença | Idade | Clube | Tempo Final | PtsObs |
|-------|---------------------------|-----------------------|-----------------------|------------------------|-----------------|----------|
| 1. | Francisca Moreira Fonseca | 209211 | 17 | Peso da Regua | 21:52.20 | 331 |
| | 50m: 36.42 36.42 | 200m: 2:45.58 1:27.48 | 400m: 5:40.54 1:26.02 | 800m: 11:31.18 5:50.64 | 1500m: 21:52.20 | 10:21.02 |
| | 100m: 1:18.10 41.68 | 300m: 4:14.52 1:28.94 | | | | |

Prova 1 Femin., 1500m Livres Absolutos
Resultados

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|------------------------------|----------|------------------------|------|--------------------------|------------|
| Recorde Regional (25m) Open | 18:30.56 | Ana Margarida Guedes | GCVR | Chaves | 15/11/2015 |
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