

Prova 22 Femin., 800m Livres Open  
30/03/2026 - 17:24 Resultados

Recordes Nacionais 50m Open	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Recordes Nacionais 50m Sen	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Recordes Nacionais 50m Jun 18	8:38.40	HOLUB, Tamila Hryhorivna	SCB		31/03/2017
Recordes Nacionais 50m Jun 17	8:36.21	HOLUB, Tamila Hryhorivna	SCB	Coimbra	28/05/2016
Recordes Nacionais 50m 16	8:45.53	HOLUB, Tamila Hryhorivna	SCB	Coimbra	30/05/2015
Recordes Nacionais 50m 15	8:50.68	HOLUB, Tamila Hryhorivna	SCB	Oeiras	27/07/2014
Recordes Nacionais 50m 14	9:07.70	SILVA, Alexandra Maria	POR	Split (CRO)	10/09/1981
Recordes Nacionais 50m 13	9:14.85	SILVA, Alexandra Maria	POR	Skovde (SWE)	10/08/1980

Pontos: AQUA 2026

Lugar Name Ano Nac Club Time TReac AQUA

Juniores

1. CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	<b>9:29.33</b>	+0,70	614	
100m: 1:08.12 1:08.12	300m: 3:30.92 1:11.33	500m: 5:53.60 1:11.18	700m: 8:18.16 1:12.06	200m: 2:19.59 1:11.47	400m: 4:42.42 1:11.50	600m: 7:06.10 1:12.50	800m: 9:29.33 1:11.17
2. PINTO, Maria Carvalho	09	POR	Viana Natacao	<b>9:30.67</b>		610	
100m: 1:07.10 1:07.10	300m: 3:29.82 1:11.52	500m: 5:54.24 1:12.21	700m: 8:19.73 1:12.93	200m: 2:18.30 1:11.20	400m: 4:42.03 1:12.21	600m: 7:06.80 1:12.56	800m: 9:30.67 1:10.94
3. AMBRUS, Beatriz Alves	09	POR	Porto	<b>9:40.13</b>	+0,72	581	
100m: 1:07.20 1:07.20	300m: 3:33.38 1:13.39	500m: 6:00.39 1:13.25	700m: 8:27.71 1:13.72	200m: 2:19.99 1:12.79	400m: 4:47.14 1:13.76	600m: 7:13.99 1:13.60	800m: 9:40.13 1:12.42
4. TOMAS, Constanca Baptista	09	POR	Alcobaca	<b>9:44.20</b>	+0,73	569	
100m: 1:08.01 1:08.01	300m: 3:36.25 1:14.07	500m: 6:04.82 1:14.40	700m: 8:33.11 1:13.73	200m: 2:22.18 1:14.17	400m: 4:50.42 1:14.17	600m: 7:19.38 1:14.56	800m: 9:44.20 1:11.09

Seniores Sub21

1. SANTOS, Leonor Castanho	07	POR	Sporting	<b>9:32.97</b>	+0,74	603	
100m: 1:07.21 1:07.21	300m: 3:31.04 1:12.18	500m: 5:56.08 1:12.61	700m: 8:21.65 1:12.09	200m: 2:18.86 1:11.65	400m: 4:43.47 1:12.43	600m: 7:09.56 1:13.48	800m: 9:32.97 1:11.32

Absolutos

1. DURAES, Diana Margarida	96	POR	Benfica	<b>8:54.39</b>	+0,60	743	
100m: 1:03.28 1:03.28	300m: 3:16.41 1:06.72	500m: 5:31.45 1:07.33	700m: 7:46.94 1:07.90	200m: 2:09.69 1:06.41	400m: 4:24.12 1:07.71	600m: 6:39.04 1:07.59	800m: 8:54.39 1:07.45
2. HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	<b>8:57.31</b>	+0,69	731	
100m: 1:03.53 1:03.53	300m: 3:17.53 1:07.26	500m: 5:32.99 1:08.00	700m: 7:49.99 1:08.36	200m: 2:10.27 1:06.74	400m: 4:24.99 1:07.46	600m: 6:41.63 1:08.64	800m: 8:57.31 1:07.32
3. VIANA, Carolina Pereira	04	POR	Sporting	<b>9:00.30</b>	+0,67	719	
100m: 1:04.04 1:04.04	300m: 3:18.70 1:07.70	500m: 5:35.09 1:08.16	700m: 7:52.52 1:08.87	200m: 2:11.00 1:06.96	400m: 4:26.93 1:08.23	600m: 6:43.65 1:08.56	800m: 9:00.30 1:07.78
4. CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	<b>9:12.96</b>	+0,66	671	
100m: 1:04.33 1:04.33	300m: 3:22.33 1:09.54	500m: 5:42.77 1:10.07	700m: 8:03.61 1:10.37	200m: 2:12.79 1:08.46	400m: 4:32.70 1:10.37	600m: 6:53.24 1:10.47	800m: 9:12.96 1:09.35
5. MENDES, Mariana Amaral	02	POR	Sporting	<b>9:17.11</b>		656	
100m: 1:07.00 1:07.00	300m: 3:27.23 1:10.26	500m: 5:48.29 1:10.57	700m: 8:09.01 1:10.06	200m: 2:16.97 1:09.97	400m: 4:37.72 1:10.49	600m: 6:58.95 1:10.66	800m: 9:17.11 1:08.10

Prova 22, Femin., 800m Livres, Absolutos

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
6.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	<b>9:19.41</b>	+0,83	648	
	100m: 1:05.91 1:05.91	300m: 3:26.11 1:10.24	500m: 5:47.51 1:10.76	700m: 8:09.71 1:11.12	200m: 2:15.87 1:09.96	400m: 4:36.75 1:10.64	600m: 6:58.59 1:11.08	800m: 9:19.41 1:09.70
7.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	<b>9:29.33</b>	+0,70	614	
	100m: 1:08.12 1:08.12	300m: 3:30.92 1:11.33	500m: 5:53.60 1:11.18	700m: 8:18.16 1:12.06	200m: 2:19.59 1:11.47	400m: 4:42.42 1:11.50	600m: 7:06.10 1:12.50	800m: 9:29.33 1:11.17
8.	PINTO, Maria Carvalho	09	POR	Viana Natacao	<b>9:30.67</b>		610	
	100m: 1:07.10 1:07.10	300m: 3:29.82 1:11.52	500m: 5:54.24 1:12.21	700m: 8:19.73 1:12.93	200m: 2:18.30 1:11.20	400m: 4:42.03 1:12.21	600m: 7:06.80 1:12.56	800m: 9:30.67 1:10.94
9.	SANTOS, Leonor Castanho	07	POR	Sporting	<b>9:32.97</b>	+0,74	603	
	100m: 1:07.21 1:07.21	300m: 3:31.04 1:12.18	500m: 5:56.08 1:12.61	700m: 8:21.65 1:12.09	200m: 2:18.86 1:11.65	400m: 4:43.47 1:12.43	600m: 7:09.56 1:13.48	800m: 9:32.97 1:11.32
10.	AMBRUS, Beatriz Alves	09	POR	Porto	<b>9:40.13</b>	+0,72	581	
	100m: 1:07.20 1:07.20	300m: 3:33.38 1:13.39	500m: 6:00.39 1:13.25	700m: 8:27.71 1:13.72	200m: 2:19.99 1:12.79	400m: 4:47.14 1:13.76	600m: 7:13.99 1:13.60	800m: 9:40.13 1:12.42
11.	TOMAS, Constanca Baptista	09	POR	Alcobaca	<b>9:44.20</b>	+0,73	569	
	100m: 1:08.01 1:08.01	300m: 3:36.25 1:14.07	500m: 6:04.82 1:14.40	700m: 8:33.11 1:13.73	200m: 2:22.18 1:14.17	400m: 4:50.42 1:14.17	600m: 7:19.38 1:14.56	800m: 9:44.20 1:11.09

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1.	DURAES, Diana Margarida	96	POR	Benfica	<b>8:54.39</b>	+0,60	743	
	100m: 1:03.28 1:03.28	300m: 3:16.41 1:06.72	500m: 5:31.45 1:07.33	700m: 7:46.94 1:07.90	200m: 2:09.69 1:06.41	400m: 4:24.12 1:07.71	600m: 6:39.04 1:07.59	800m: 8:54.39 1:07.45
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	100m: 1:08.12 1:08.12	300m: 3:30.92 1:11.33	500m: 5:53.60 1:11.18	700m: 8:18.16 1:12.06	200m: 2:19.59 1:11.47	400m: 4:42.42 1:11.50	600m: 7:06.10 1:12.50	800m: 9:29.33 1:11.17
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