

Campeonato Regional de Juv_Abs_NA_Masters
Loule, 15 - 17/7/2022

Prova 6	Femin., 1500m Livres				Absolutos
15/07/2022 - 16:05					Resultados
Recordes Regionais (PL) Absoluto	17:53.18	Miriam Filipe, MARCOS	CNOL	Oeiras	23/07/2017
Recordes Regionais (PL) Sen	18:26.21	Ana Beatriz, PEREIRA	LDC	Loule	04/07/2009
Recordes Regionais (PL) 17	18:50.23	Marta Pereira, ABREU	CNFA	Loule	04/07/2009
Recordes Regionais (PL) 16	17:53.18	Miriam Filipe, MARCOS	CNOL	Oeiras	23/07/2017
Recordes Regionais (PL) Juv A	19:03.84	Ines Nunes, TARECO	CNBE	Vidigueira	04/07/2008
Recordes Regionais (PL) Juv B	19:18.10	Catarina Costa, FERNANDES	CNOL	Faro	23/06/2013
Rec Nac S21	31:16.14	Diana Ines, TORRES	POR	Florence (ITA)	20/07/2016
Rec Nac S17	59:00.00	start,			
Rec Nac S14	29:27.02	Maria Mafalda, SOARES	ADADA	Campanha	10/04/2022

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
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Juvenis B

1. Margarida Maria, LUIZ	08	Lagoa AC	19:24.29	494
100m: 1:11.52 1:11.52	500m: 6:20.10 1:17.98	900m: 11:33.95 1:18.32	1300m: 16:49.28 1:18.88	
200m: 2:28.08 1:16.56	600m: 7:38.32 1:18.22	1000m: 12:53.09 1:19.14	1400m: 18:07.85 1:18.57	
300m: 3:44.80 1:16.72	700m: 8:56.77 1:18.45	1100m: 14:12.14 1:19.05	1500m: 19:24.29 1:16.44	
400m: 5:02.12 1:17.32	800m: 10:15.63 1:18.86	1200m: 15:30.40 1:18.26		
2. Alana Capela, LYRA	08	Lagoa AC	22:25.34	320
100m: 1:21.47 1:21.47	500m: 7:18.21 1:28.98	900m: 13:18.32 1:30.66	1300m: 19:27.89 1:31.94	
200m: 2:49.20 1:27.73	600m: 8:48.25 1:30.04	1000m: 14:50.78 1:32.46	1400m: 20:58.63 1:30.74	
300m: 4:18.32 1:29.12	700m: 10:18.09 1:29.84	1100m: 16:23.26 1:32.48	1500m: 22:25.34 1:26.71	
400m: 5:49.23 1:30.91	800m: 11:47.66 1:29.57	1200m: 17:55.95 1:32.69		

Juvenis A

1. Mia Alena, WERUM	07	Lagoa AC	21:08.47	382
100m: 1:12.86 1:12.86	500m: 6:47.98 1:24.78	900m: 12:31.05 1:25.83	1300m: 18:18.07 1:26.76	
200m: 2:34.41 1:21.55	600m: 8:13.73 1:25.75	1000m: 13:57.81 1:26.76	1400m: 19:44.57 1:26.50	
300m: 3:58.29 1:23.88	700m: 9:40.41 1:26.68	1100m: 15:24.94 1:27.13	1500m: 21:08.47 1:23.90	
400m: 5:23.20 1:24.91	800m: 11:05.22 1:24.81	1200m: 16:51.31 1:26.37		
2. Inês Sofia Martins,	07	RIA Aqua Tavira	21:42.89	352
100m: 1:16.38 1:16.38	500m: 6:57.95 1:27.10	900m: 12:51.80 1:28.82	1300m: 18:48.09 1:28.43	
200m: 2:40.15 1:23.77	600m: 8:25.93 1:27.98	1000m: 14:20.60 1:28.80	1400m: 20:18.52 1:30.43	
300m: 4:05.36 1:25.21	700m: 9:53.86 1:27.93	1100m: 15:50.50 1:29.90	1500m: 21:42.89 1:24.37	
400m: 5:30.85 1:25.49	800m: 11:22.98 1:29.12	1200m: 17:19.66 1:29.16		
3. Ariana Lara, PEREIRA	07	Naval de Faro	23:33.84	275
100m: 1:24.31 1:24.31	500m: 7:42.02 1:35.96	900m: 14:03.45 1:35.12	1300m: 20:26.04 1:35.97	
200m: 2:56.99 1:32.68	600m: 9:16.97 1:34.95	1000m: 15:39.03 1:35.58	1400m: 22:01.63 1:35.59	
300m: 4:30.88 1:33.89	700m: 10:52.94 1:35.97	1100m: 17:15.14 1:36.11	1500m: 23:33.84 1:32.21	
400m: 6:06.06 1:35.18	800m: 12:28.33 1:35.39	1200m: 18:50.07 1:34.93		

Absolutos

1. Ana Teresa, ROMAO	06	Naval de Faro	19:04.13	520
100m: 1:11.69 1:11.69	500m: 6:13.61 1:14.28	900m: 11:21.46 1:16.76	1300m: 16:30.88 1:17.55	
200m: 2:27.02 1:15.33	600m: 7:30.08 1:16.47	1000m: 12:38.09 1:16.63	1400m: 17:48.55 1:17.67	
300m: 3:43.32 1:16.30	700m: 8:47.46 1:17.38	1100m: 13:55.44 1:17.35	1500m: 19:04.13 1:15.58	
400m: 4:59.33 1:16.01	800m: 10:04.70 1:17.24	1200m: 15:13.33 1:17.89		
2. Mariana Coelho, SANTOS	04	Lagoa AC	19:15.41	505
100m: 1:11.16 1:11.16	500m: 6:15.04 1:15.94	900m: 11:25.45 1:17.94	1300m: 16:40.22 1:18.96	
200m: 2:26.63 1:15.47	600m: 7:32.46 1:17.42	1000m: 12:43.79 1:18.34	1400m: 17:58.46 1:18.24	
300m: 3:42.94 1:16.31	700m: 8:50.03 1:17.57	1100m: 14:02.61 1:18.82	1500m: 19:15.41 1:16.95	
400m: 4:59.10 1:16.16	800m: 10:07.51 1:17.48	1200m: 15:21.26 1:18.65		
3. Margarida Maria, LUIZ	08	Lagoa AC	19:24.29	494
100m: 1:11.52 1:11.52	500m: 6:20.10 1:17.98	900m: 11:33.95 1:18.32	1300m: 16:49.28 1:18.88	
200m: 2:28.08 1:16.56	600m: 7:38.32 1:18.22	1000m: 12:53.09 1:19.14	1400m: 18:07.85 1:18.57	
300m: 3:44.80 1:16.72	700m: 8:56.77 1:18.45	1100m: 14:12.14 1:19.05	1500m: 19:24.29 1:16.44	
400m: 5:02.12 1:17.32	800m: 10:15.63 1:18.86	1200m: 15:30.40 1:18.26		

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Lugar			Ano				Tempo final	Pts
4.	Mia Alena, WERUM		07	Lagoa AC			21:08.47	382
	100m: 1:12.86	1:12.86	500m: 6:47.98	1:24.78	900m: 12:31.05	1:25.83	1300m: 18:18.07	1:26.76
	200m: 2:34.41	1:21.55	600m: 8:13.73	1:25.75	1000m: 13:57.81	1:26.76	1400m: 19:44.57	1:26.50
	300m: 3:58.29	1:23.88	700m: 9:40.41	1:26.68	1100m: 15:24.94	1:27.13	1500m: 21:08.47	1:23.90
	400m: 5:23.20	1:24.91	800m: 11:05.22	1:24.81	1200m: 16:51.31	1:26.37		
5.	Inês Sofia Martins,		07	RIA Aqua Tavira			21:42.89	352
	100m: 1:16.38	1:16.38	500m: 6:57.95	1:27.10	900m: 12:51.80	1:28.82	1300m: 18:48.09	1:28.43
	200m: 2:40.15	1:23.77	600m: 8:25.93	1:27.98	1000m: 14:20.60	1:28.80	1400m: 20:18.52	1:30.43
	300m: 4:05.36	1:25.21	700m: 9:53.86	1:27.93	1100m: 15:50.50	1:29.90	1500m: 21:42.89	1:24.37
	400m: 5:30.85	1:25.49	800m: 11:22.98	1:29.12	1200m: 17:19.66	1:29.16		
6.	Alana Capela, LYRA		08	Lagoa AC			22:25.34	320
	100m: 1:21.47	1:21.47	500m: 7:18.21	1:28.98	900m: 13:18.32	1:30.66	1300m: 19:27.89	1:31.94
	200m: 2:49.20	1:27.73	600m: 8:48.25	1:30.04	1000m: 14:50.78	1:32.46	1400m: 20:58.63	1:30.74
	300m: 4:18.32	1:29.12	700m: 10:18.09	1:29.84	1100m: 16:23.26	1:32.48	1500m: 22:25.34	1:26.71
	400m: 5:49.23	1:30.91	800m: 11:47.66	1:29.57	1200m: 17:55.95	1:32.69		
7.	Ariana Lara, PEREIRA		07	Naval de Faro			23:33.84	275
	100m: 1:24.31	1:24.31	500m: 7:42.02	1:35.96	900m: 14:03.45	1:35.12	1300m: 20:26.04	1:35.97
	200m: 2:56.99	1:32.68	600m: 9:16.97	1:34.95	1000m: 15:39.03	1:35.58	1400m: 22:01.63	1:35.59
	300m: 4:30.88	1:33.89	700m: 10:52.94	1:35.97	1100m: 17:15.14	1:36.11	1500m: 23:33.84	1:32.21
	400m: 6:06.06	1:35.18	800m: 12:28.33	1:35.39	1200m: 18:50.07	1:34.93		