

Campeonato ALVES BANDEIRA - Campeonato Regional Individual 1
Mealhada, 16 - 17/11/2024

Prova 14	Femin., 1500m Livres				Absolutos
16/11/2024 - 15:53					Resultados
Rec Nac 25m Open	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	23/11/2019
Rec Nac 25m Sen	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	23/11/2019
Rec Nac 25m Jun 18	16:46.74	Angelica Maria Andre	LSC	Lousada	12/05/2012
Rec Nac 25m Jun17	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	11/12/2015
Rec Nac 25m Jun16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19/12/2014
Rec Nac 25m Juv A	16:54.39	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	16/03/2014
Rec Nac 25m Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	30/06/2013
Recordes Reg ANCNP 25m Open	17:03.65	Beatriz Nunes Cardeal	AVFC	Gafanha de Nazaré	03/07/2021
Recordes Reg ANCNP 25m Sen	17:04.97	Beatriz Nunes Cardeal	AVFC	Albufeira	04/03/2023
Recordes Reg ANCNP 25m Jun 18	17:18.25	Beatriz Nunes Cardeal	AVFC	Leiria	26/11/2021
Recordes Reg ANCNP 25m Jun17	17:03.65	Beatriz Nunes Cardeal	AVFC	Gafanha de Nazaré	03/07/2021
Recordes Reg ANCNP 25m Jun16	17:32.08	Joana Costa Amador	CGA	Viseu	13/11/2016
Recordes Reg ANCNP 25m Juv A	17:45.28	Joana Costa Amador	CGA	Gafanha da Nazaré	15/11/2015
Recordes Reg ANCNP 25m Juv B	18:28.25	Lara Catarina Maia	CDE	Gafanha da Nazaré	04/03/2023

TAC-Z Fem Juv A Juv A: 20:33.24 / TAC-Z Fem Juv B Juv B: 20:55.67 / TAC-N Fem Jun 16 Jun16: 19:14.76 / TAC-N Fem Jun 17/ 18 17 - 18: 19:09.16 / TAC-N Fem Sen 19 19: 18:46.74 / TAC-N Fem Sen 20+ 20 +: 18:41.13 / TFO REGIONAL - JUV A Fem Juv A: 21:54.30 / TFO REGIONAL - JUV B Fem Juv B: 22:36.73 / TFO REGIONAL - JUN Fem Jun: 21:16.73 / TFO REGIONAL - SEN Fem Sen: 20:43.12

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.		Tempo Final	Pts	Obs
Juvenis A										
1.	Mariana Dias Pereira <i>TAC Zonal</i>	F	214437	15	Algés e Águeda XXI	20:09.49		20:32.37	400	
	50m: 36.88	36.88	450m: 6:03.75	41.15	850m: 11:35.50	41.16	1250m: 17:09.70	41.73		
	100m: 1:16.51	39.63	500m: 6:44.71	40.96	900m: 12:17.28	41.78	1300m: 17:51.22	41.52		
	150m: 1:57.06	40.55	550m: 7:26.28	41.57	950m: 12:58.92	41.64	1350m: 18:32.47	41.25		
	200m: 2:37.70	40.64	600m: 8:08.30	42.02	1000m: 13:40.73	41.81	1400m: 19:12.91	40.44		
	250m: 3:18.85	41.15	650m: 8:49.51	41.21	1050m: 14:22.58	41.85	1450m: 19:52.94	40.03		
	300m: 3:59.98	41.13	700m: 9:30.79	41.28	1100m: 15:04.39	41.81	1500m: 20:32.37	39.43		
	350m: 4:41.35	41.37	750m: 10:12.65	41.86	1150m: 15:46.27	41.88				
	400m: 5:22.60	41.25	800m: 10:54.34	41.69	1200m: 16:27.97	41.70				

Juniores

1.	Bianca Filipa Almeida <i>TAC Nacional</i>	F	204110	18	Algés e Águeda XXI	18:37.88		18:19.18	564	
	50m: 33.41	33.41	450m: 5:23.73	36.55	850m: 10:19.12	36.50	1250m: 15:15.74	37.16		
	100m: 1:09.40	35.99	500m: 6:00.44	36.71	900m: 10:55.68	36.56	1300m: 15:52.72	36.98		
	150m: 1:45.66	36.26	550m: 6:37.03	36.59	950m: 11:32.78	37.10	1350m: 16:29.54	36.82		
	200m: 2:21.86	36.20	600m: 7:13.91	36.88	1000m: 12:10.02	37.24	1400m: 17:06.31	36.77		
	250m: 2:58.17	36.31	650m: 7:50.94	37.03	1050m: 12:47.37	37.35	1450m: 17:43.29	36.98		
	300m: 3:34.42	36.25	700m: 8:27.98	37.04	1100m: 13:24.13	36.76	1500m: 18:19.18	35.89		
	350m: 4:10.79	36.37	750m: 9:05.11	37.13	1150m: 14:01.29	37.16				
	400m: 4:47.18	36.39	800m: 9:42.62	37.51	1200m: 14:38.58	37.29				
2.	Alice Mendes Macedo <i>TAC Nacional</i>	F	208163	17	Estamos Juntos	18:28.28		18:59.37	506	
	50m: 33.96	33.96	450m: 5:37.35	38.45	850m: 10:43.29	38.04	1250m: 15:49.61	38.97		
	100m: 1:10.56	36.60	500m: 6:15.93	38.58	900m: 11:21.23	37.94	1300m: 16:28.11	38.50		
	150m: 1:47.99	37.43	550m: 6:54.38	38.45	950m: 11:59.31	38.08	1350m: 17:07.01	38.90		
	200m: 2:25.62	37.63	600m: 7:32.92	38.54	1000m: 12:37.47	38.16	1400m: 17:45.83	38.82		
	250m: 3:03.83	38.21	650m: 8:11.04	38.12	1050m: 13:15.11	37.64	1450m: 18:24.39	38.56		
	300m: 3:41.82	37.99	700m: 8:49.36	38.32	1100m: 13:53.47	38.36	1500m: 18:59.37	34.98		
	350m: 4:20.51	38.69	750m: 9:26.95	37.59	1150m: 14:32.18	38.71				
	400m: 4:58.90	38.39	800m: 10:05.25	38.30	1200m: 15:10.64	38.46				
3.	Francisca Soreto Pedreiro <i>TAC Nacional</i>	F	139907	16	Galitos / Bresimar	19:17.45		19:04.33	499	
	50m: 33.67	33.67	450m: 5:38.65	38.72	850m: 10:46.22	38.34	1250m: 15:53.63	38.33		
	100m: 1:10.49	36.82	500m: 6:17.46	38.81	900m: 11:24.72	38.50	1300m: 16:32.50	38.87		
	150m: 1:48.45	37.96	550m: 6:56.21	38.75	950m: 12:02.89	38.17	1350m: 17:10.92	38.42		
	200m: 2:26.43	37.98	600m: 7:34.44	38.23	1000m: 12:41.54	38.65	1400m: 17:49.63	38.71		
	250m: 3:04.74	38.31	650m: 8:12.57	38.13	1050m: 13:19.33	37.79	1450m: 18:27.72	38.09		
	300m: 3:42.73	37.99	700m: 8:50.76	38.19	1100m: 13:57.96	38.63	1500m: 19:04.33	36.61		
	350m: 4:21.82	39.09	750m: 9:29.28	38.52	1150m: 14:36.64	38.68				
	400m: 4:59.93	38.11	800m: 10:07.88	38.60	1200m: 15:15.30	38.66				

Prova 14, Femin., 1500m Livres

Seniores

1.	Mafalda Sofia Rosa	F	127310	22	Academico Viseu Futebol Clube	16:35.00	16:49.67	727				
	<i>Recorde Regional ANCNP, TAC Nacional</i>											
	50m:	32.28	32.28	450m:	5:01.89	33.29	850m:	9:31.19	33.67	1250m:	14:01.62	33.90
	100m:	1:06.23	33.95	500m:	5:35.54	33.65	900m:	10:04.82	33.63	1300m:	14:35.33	33.71
	150m:	1:40.02	33.79	550m:	6:09.02	33.48	950m:	10:38.59	33.77	1350m:	15:09.11	33.78
	200m:	2:13.80	33.78	600m:	6:42.53	33.51	1000m:	11:12.45	33.86	1400m:	15:42.84	33.73
	250m:	2:47.57	33.77	650m:	7:16.27	33.74	1050m:	11:46.42	33.97	1450m:	16:16.50	33.66
	300m:	3:21.30	33.73	700m:	7:49.95	33.68	1100m:	12:20.31	33.89	1500m:	16:49.67	33.17
	350m:	3:54.96	33.66	750m:	8:23.70	33.75	1150m:	12:53.99	33.68			
	400m:	4:28.60	33.64	800m:	8:57.52	33.82	1200m:	13:27.72	33.73			