

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

Prova 28
17/11/2024 - 10:01

Femin., 800m Livres

Absolutos
Resultados

Rec Nac 25m Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Sen	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Jun 18	8:30.86	Tamila Hryhorivna Holub	SCB	Moscovo (RUS)	03/08/2017
Rec Nac 25m Jun17	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	13/12/2015
Rec Nac 25m Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21/12/2014
Rec Nac 25m Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19/12/2004
Rec Nac 25m Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibes (FRA)	20/12/1980
Recordes Reg ANCNP 25m Open	8:47.49	Joana Nunes Cardeal	AVFC	Leiria	28/11/2021
Recordes Reg ANCNP 25m Sen	8:47.49	Joana Nunes Cardeal	AVFC	Leiria	28/11/2021
Recordes Reg ANCNP 25m Jun 18	8:56.99	Beatriz Nunes Cardeal	AVFC	Gafanha da Nazaré	14/05/2022
Recordes Reg ANCNP 25m Jun17	8:57.32	Beatriz Nunes Cardeal	AVFC	Gafanha de Nazaré	04/07/2021
Recordes Reg ANCNP 25m Jun16	9:04.72	Beatriz Nunes Cardeal	AVFC	Leiria	15/12/2019
Recordes Reg ANCNP 25m Juv A	8:59.51	Joana Costa Amador	CGA	Viseu	21/05/2016
Recordes Reg ANCNP 25m Juv B	9:18.10	Beatriz Nunes Cardeal	AVFC	Condeixa	11/03/2017

TAC-Z Fem Juv A Juv A: 10:22.23 / TAC-Z Fem Juv B Juv B: 10:33.54 / TAC-N Fem Jun 16 Jun16: 9:42.63 / TAC-N Fem Jun 17 / 18 17 - 18: 9:39.80 / TAC-N Fem Sen 19 19: 9:28.49 / TAC-N Fem Sen 20+ 20+: 9:25.66 / TFO REGIONAL - JUV A Fem Juv A: 11:30.87 / TFO REGIONAL - JUV B Fem Juv B: 11:53.17 / TFO REGIONAL - JUN Fem Jun: 11:11.12 / TFO REGIONAL - SEN Fem Sen: 10:53.45

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.				Tempo Final	Pts	Obs
Juvenis B												
1.	Alice Maria Rodrigues	F	213554	14	Academico Viseu Futebol Clube	10:44.74				10:37.61	419	
	50m: 35.85	35.85	250m: 3:15.37	40.13	450m: 5:59.05	41.20	650m: 8:40.36	8:40.36	38.62			
	100m: 1:15.07	39.22	300m: 3:55.95	40.58	500m: 6:39.62	40.57	700m: 9:20.62	9:20.62	40.26			
	150m: 1:55.17	40.10	350m: 4:37.31	41.36	550m: 7:20.19	40.57	750m: 10:01.04	10:01.04	40.42			
	200m: 2:35.24	40.07	400m: 5:17.85	40.54	600m: 8:01.74	41.55	800m: 10:37.61	10:37.61	36.57			
2.	Mariana Moreira Lopes	F	209232	14	Clube Desportivo Feirense	11:34.69				10:54.56	388	
	50m: 35.56	35.56	250m: 3:17.00	41.06	450m: 6:05.35	42.86	650m: 8:56.53	8:56.53	42.62			
	100m: 1:14.93	39.37	300m: 3:58.50	41.50	500m: 6:48.65	43.30	700m: 9:38.65	9:38.65	42.12			
	150m: 1:55.56	40.63	350m: 4:40.27	41.77	550m: 7:31.68	43.03	750m: 10:18.44	10:18.44	39.79			
	200m: 2:35.94	40.38	400m: 5:22.49	42.22	600m: 8:13.91	42.23	800m: 10:54.56	10:54.56	36.12			
3.	Maria Ines Gomes	F	209231	14	Clube Desportivo Feirense	12:00.53				11:34.42	324	
	50m: 36.33	36.33	250m: 3:29.55	44.20	450m: 6:28.28	44.49	650m: 9:26.80	9:26.80	44.84			
	100m: 1:17.56	41.23	300m: 4:14.29	44.74	500m: 7:12.56	44.28	700m: 10:11.18	10:11.18	44.38			
	150m: 2:01.17	43.61	350m: 4:59.51	45.22	550m: 7:57.18	44.62	750m: 10:54.36	10:54.36	43.18			
	200m: 2:45.35	44.18	400m: 5:43.79	44.28	600m: 8:41.96	44.78	800m: 11:34.42	11:34.42	40.06			

Juvenis A

1.	Mariana Dias Pereira	F	214437	15	Algés e Âgueda XXI	10:31.71				10:41.06	413	
	50m: 34.58	34.58	250m: 3:10.95	40.22	450m: 5:54.29	41.25	650m: 8:39.71	8:39.71	41.48			
	100m: 1:12.57	37.99	300m: 3:51.22	40.27	500m: 6:35.10	40.81	700m: 9:20.19	9:20.19	40.48			
	150m: 1:51.09	38.52	350m: 4:31.99	40.77	550m: 7:16.51	41.41	750m: 10:01.24	10:01.24	41.05			
	200m: 2:30.73	39.64	400m: 5:13.04	41.05	600m: 7:58.23	41.72	800m: 10:41.06	10:41.06	39.82			

Juniores

1.	Carolina Vizinho Cabral <i>TAC Nacional</i>	F	206307	18	CN Vagos	9:14.72				9:19.41	621	
	50m: 32.47	32.47	250m: 2:53.18	35.45	450m: 5:14.83	35.22	650m: 7:36.46	7:36.46	35.31			
	100m: 1:07.07	34.60	300m: 3:28.48	35.30	500m: 5:50.10	35.27	700m: 8:12.12	8:12.12	35.66			
	150m: 1:42.09	35.02	350m: 4:04.07	35.59	550m: 6:25.63	35.53	750m: 8:47.15	8:47.15	35.03			
	200m: 2:17.73	35.64	400m: 4:39.61	35.54	600m: 7:01.15	35.52	800m: 9:19.41	9:19.41	32.26			
2.	Lara Catarina Maia <i>TAC Nacional</i>	F	205712	16	Clube Desportivo de Estarreja	9:28.96				9:41.38	553	
	50m: 32.61	32.61	250m: 2:56.15	36.27	450m: 5:24.13	36.94	650m: 7:52.17	7:52.17	37.15			
	100m: 1:08.08	35.47	300m: 3:32.85	36.70	500m: 6:00.71	36.58	700m: 8:20.27	8:20.27	37.10			
	150m: 1:43.89	35.81	350m: 4:09.94	37.09	550m: 6:37.69	36.98	750m: 9:05.90	9:05.90	36.63			
	200m: 2:19.88	35.99	400m: 4:47.19	37.25	600m: 7:15.02	37.33	800m: 9:41.38	9:41.38	35.48			
3.	Joana Almeida Santos	F	210792	16	Galitos / Bresimar	10:04.36				9:49.31	531	
	50m: 33.55	33.55	250m: 3:00.39	36.86	450m: 5:28.11	36.64	650m: 7:57.82	7:57.82	37.44			
	100m: 1:09.74	36.19	300m: 3:37.35	36.96	500m: 6:05.49	37.38	700m: 8:35.48	8:35.48	37.66			
	150m: 1:46.59	36.85	350m: 4:14.41	37.06	550m: 6:42.70	37.21	750m: 9:13.28	9:13.28	37.80			
	200m: 2:23.53	36.94	400m: 4:51.47	37.06	600m: 7:20.38	37.68	800m: 9:49.31	9:49.31	36.03			

Prova 28, Femin., 800m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.				Tempo Final	Pts	Obs
4.	Alice Mendes Macedo	F	208163	17	Estamos Juntos	9:36.70				10:16.23	465	
	50m:	33.12	33.12	250m:	3:02.33	38.00	450m:	5:40.74	39.68	650m:	8:18.93	39.56
	100m:	1:09.25	36.13	300m:	3:41.92	39.59	500m:	6:20.20	39.46	700m:	8:58.16	39.23
	150m:	1:46.58	37.33	350m:	4:21.69	39.77	550m:	6:59.51	39.31	750m:	9:37.21	39.05
	200m:	2:24.33	37.75	400m:	5:01.06	39.37	600m:	7:39.37	39.86	800m:	10:16.23	39.02
5.	Francisca Soreto Pedreiro	F	139907	16	Galitos / Bresimar	9:57.98				10:18.53	459	
	50m:	33.64	33.64	250m:	3:05.94	38.55	450m:	5:43.22	39.30	650m:	8:21.81	39.20
	100m:	1:10.70	37.06	300m:	3:45.28	39.34	500m:	6:22.93	39.71	700m:	9:01.27	39.46
	150m:	1:48.75	38.05	350m:	4:24.59	39.31	550m:	7:02.60	39.67	750m:	9:40.34	39.07
	200m:	2:27.39	38.64	400m:	5:03.92	39.33	600m:	7:42.61	40.01	800m:	10:18.53	38.19

Seniores

1.	Mafalda Sofia Rosa <i>TAC Nacional</i>	F	127310	22	Academico Viseu Futebol Clube	8:46.68				8:53.67	715	
	50m:	30.95	30.95	250m:	2:44.27	33.40	450m:	4:58.02	33.33	650m:	7:12.68	33.72
	100m:	1:03.90	32.95	300m:	3:17.59	33.32	500m:	5:31.58	33.56	700m:	7:46.38	33.70
	150m:	1:37.23	33.33	350m:	3:51.18	33.59	550m:	6:05.22	33.64	750m:	8:20.28	33.90
	200m:	2:10.87	33.64	400m:	4:24.69	33.51	600m:	6:38.96	33.74	800m:	8:53.67	33.39