

Campeonato Regional ALVES BANDEIRA 2  
Mealhada, 21 - 22/2/2026

Prova 29 Femin., 800m Livres Absolutos Resultados  
22/02/2026 - 9:44

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 Juv B 15	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19/12/2004
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 Juv B 15	8:59.51	Joana Costa Amador	CGA	Viseu	21/05/2016

TFO REGIONAL - SEN Sen: 10:53.45 / TFO REGIONAL - JUV B Juv B 15: 11:53.17 / TAC-N JUL Juv B Juv B 15: 9:49.96 / TAC-N MAR Juv B Juv B 15: 10:00.50 / TAC-N Sen Sub 21 19 - 21: 9:02.55 / TAC-ID Juv B Juv B 15: 11:12.00 / TAC-ID Sen Sen: 10:25.34

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
<b>Juvenis B</b>									
1.	Alice Maria Rodrigues <i>TAC Nacional Julho JUV B</i>	F	213554	15	Academico Viseu Futebol Clube	9:55:30	<b>9:45.83</b>	541	
	50m: 33.37	33.37	250m: 2:59.14	36.47	450m: 5:27.14	37.10	650m: 7:57.15	37.67	
	100m: 1:09.77	36.40	300m: 3:35.94	36.80	500m: 6:04.38	37.24	700m: 8:34.37	37.22	
	150m: 1:46.36	36.59	350m: 4:13.07	37.13	550m: 6:41.98	37.60	750m: 9:11.28	36.91	
	200m: 2:22.67	36.31	400m: 4:50.04	36.97	600m: 7:19.48	37.50	800m: 9:45.83	34.55	
2.	Ana Teresa Roldao <i>TAC Nacional Julho JUV B</i>	F	216672	15	Academico Viseu Futebol Clube	10:13:27	<b>9:48.33</b>	534	
	50m: 32.46	32.46	250m: 2:58.85	36.76	450m: 5:27.99	37.47	650m: 7:59.56	37.52	
	100m: 1:08.15	35.69	300m: 3:35.82	36.97	500m: 6:06.15	38.16	700m: 8:37.29	37.73	
	150m: 1:45.11	36.96	350m: 4:13.46	37.64	550m: 6:44.07	37.92	750m: 9:13.62	36.33	
	200m: 2:22.09	36.98	400m: 4:50.52	37.06	600m: 7:22.04	37.97	800m: 9:48.33	34.71	
3.	Francisca Coelho Lucena <i>TAC Interdistrital</i>	F	206673	15	O Crasto	10:25:34	<b>10:28.22</b>	438	
	50m: 34.90	34.90	250m: 3:10.94	39.60	450m: 5:48.59	38.69	650m: 8:30.52	40.80	
	100m: 1:13.27	38.37	300m: 3:49.96	39.02	500m: 6:29.09	40.50	700m: 9:10.91	40.39	
	150m: 1:52.40	39.13	350m: 4:29.96	40.00	550m: 7:09.21	40.12	750m: 9:51.67	40.76	
	200m: 2:31.34	38.94	400m: 5:09.90	39.94	600m: 7:49.72	40.51	800m: 10:28.22	36.55	
4.	Lia Tome Mateus <i>TAC Interdistrital</i>	F	208054	15	CN Vagos	10:42:50	<b>10:34.50</b>	425	
	50m: 35.63	35.63	250m: 3:12.56	39.43	450m: 5:53.21	40.65	650m: 8:37.37	41.30	
	100m: 1:14.33	38.70	300m: 3:52.10	39.54	500m: 6:34.46	41.25	700m: 9:17.78	40.41	
	150m: 1:53.40	39.07	350m: 4:32.33	40.23	550m: 7:14.74	40.28	750m: 9:58.13	40.35	
	200m: 2:33.13	39.73	400m: 5:12.56	40.23	600m: 7:56.07	41.33	800m: 10:34.50	36.37	

**Seniores**

1.	Carolina Vizinho Cabral <i>TAC Interdistrital</i>	F	206307	19	Galitos / Bresimar	9:12:80	<b>9:09.18</b>	656	
	50m: 30.82	30.82	250m: 2:49.10	34.51	450m: 5:06.38	34.11	650m: 7:25.38	35.62	
	100m: 1:04.84	34.02	300m: 3:23.25	34.15	500m: 5:40.50	34.12	700m: 8:01.40	36.02	
	150m: 1:39.57	34.73	350m: 3:57.79	34.54	550m: 6:14.87	34.37	750m: 8:36.93	35.53	
	200m: 2:14.59	35.02	400m: 4:32.27	34.48	600m: 6:49.76	34.89	800m: 9:09.18	32.25	