

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

Prova 3 Femin., 1500m Livres Absolutos Resultados
21/02/2026 - 9:45

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 Juv B 15	16:54.39	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	16/03/2014
Recordes Reg ANCNP 25m Open	16:47.91	Mafalda Sofia Rosa	AVFC	Tomar	13/12/2024
Recordes Reg ANCNP 25m Sen	16:47.91	Mafalda Sofia Rosa	AVFC	Tomar	13/12/2024
Recordes Reg ANCNP 25m Juv B 15	17:45.28	Joana Costa Amador	CGA	Gafanha da Nazaré	15/11/2015

TFO REGIONAL - SEN Sen: 20:43.12 / TFO REGIONAL - JUV B Juv B 15: 22:36.73 / TAC-N JUL Juv B Juv B 15: 19:23.19 / TAC-N Sen Sub 21 19 - 21: 17:49.72 / TAC-ID Juv B Juv B 15: 22:11.90 / TAC-ID Sen Sen: 20:39.41

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
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Juvenis B

1.	Alice Maria Rodrigues <i>TAC Nacional Julho JUV B</i>	F	213554	15	Academico Viseu Futebol Clube	19:07.23	18:53.57	514	
	50m: 34.30	34.30	450m: 5:35.70	37.80	850m: 10:38.82	37.64	1250m: 15:46.56	38.75	
	100m: 1:11.73	37.43	500m: 6:13.05	37.35	900m: 11:16.62	37.80	1300m: 16:25.11	38.55	
	150m: 1:49.28	37.55	550m: 6:50.55	37.50	950m: 11:55.56	38.94	1350m: 17:03.52	38.41	
	200m: 2:26.60	37.32	600m: 7:28.73	38.18	1000m: 12:34.32	38.76	1400m: 17:41.51	37.99	
	250m: 3:04.28	37.68	650m: 8:06.72	37.99	1050m: 13:12.57	38.25	1450m: 18:19.36	37.85	
	300m: 3:42.26	37.98	700m: 8:44.66	37.94	1100m: 13:51.12	38.55	1500m: 18:53.57	34.21	
	350m: 4:20.17	37.91	750m: 9:23.07	38.41	1150m: 14:29.42	38.30			
	400m: 4:57.90	37.73	800m: 10:01.18	38.11	1200m: 15:07.81	38.39			
2.	Francisca Coelho Lucena <i>TAC Interdistrital</i>	F	206673	15	O Crasto	NT	20:06.27	426	
	50m: 36.13	36.13	450m: 5:56.70	40.92	850m: 11:17.17	40.04	1250m: 16:45.03	40.83	
	100m: 1:15.34	39.21	500m: 6:36.35	39.65	900m: 11:58.16	40.99	1300m: 17:26.55	41.52	
	150m: 1:55.55	40.21	550m: 7:16.54	40.19	950m: 12:39.04	40.88	1350m: 18:07.00	40.45	
	200m: 2:35.46	39.91	600m: 7:56.32	39.78	1000m: 13:20.53	41.49	1400m: 18:47.98	40.98	
	250m: 3:15.62	40.16	650m: 8:37.12	40.80	1050m: 14:01.57	41.04	1450m: 19:28.27	40.29	
	300m: 3:55.56	39.94	700m: 9:16.84	39.72	1100m: 14:42.93	41.36	1500m: 20:06.27	38.00	
	350m: 4:35.84	40.28	750m: 9:57.28	40.44	1150m: 15:22.90	39.97			
	400m: 5:15.78	39.94	800m: 10:37.13	39.85	1200m: 16:04.20	41.30			

Seniores

1.	Vanessa Sofia Oliveira <i>TAC Interdistrital</i>	F	127640	21	Gafanha da Encarnação	NT	19:19.20	480	
	50m: 34.01	34.01	450m: 5:35.17	38.44	850m: 10:50.93	39.59	1250m: 16:05.63	39.13	
	100m: 1:10.71	36.70	500m: 6:14.60	39.43	900m: 11:30.55	39.62	1300m: 16:44.75	39.12	
	150m: 1:47.97	37.26	550m: 6:54.13	39.53	950m: 12:09.85	39.30	1350m: 17:24.02	39.27	
	200m: 2:25.53	37.56	600m: 7:33.72	39.59	1000m: 12:49.14	39.29	1400m: 18:02.94	38.92	
	250m: 3:02.86	37.33	650m: 8:12.88	39.16	1050m: 13:28.18	39.04	1450m: 18:41.48	38.54	
	300m: 3:40.55	37.69	700m: 8:52.30	39.42	1100m: 14:07.43	39.25	1500m: 19:19.20	37.72	
	350m: 4:18.66	38.11	750m: 9:31.63	39.33	1150m: 14:47.04	39.61			
	400m: 4:56.73	38.07	800m: 10:11.34	39.71	1200m: 15:26.50	39.46			