



Campeonato Regional ALVES BANDEIRA 3
Mealhada, 30 - 31/5/2026

Prova 3

Femin., 1500m Livres

Absolutos
Resultados

30/05/2026 - 9:43

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 Juv A 16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19/12/2014
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 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 Juv A 16	17:32.08	Joana Costa Amador	CGA	Viseu	13/11/2016
Recordes Reg ANCNP 25m Juv B 15	17:45.28	Joana Costa Amador	CGA	Gafanha da Nazaré	15/11/2015

TAC-N Jun 17 Jun17: 18:20.87 / TAC-N JUL Juv A Juv A 16: 18:41.64 / TAC-N JUL Juv B Juv B 15: 19:23.19 / TAC-N Jun 18 Jun 18: 18:00.10 / TAC-N Sen 22+ 22+: 17:39.33 / TAC-N Sen Sub 21 19 - 21: 17:49.72 / TAC-ID Juv A Juv A 16: 21:41.07 / TAC-ID Juv B Juv B 15: 22:11.90 / TAC-ID Jun Jun: 21:10.24 / TAC-ID Sen Sen: 20:39.41 / TFO REGIONAL - SEN Sen: 20:43.12 / TFO REGIONAL - JUN Jun: 21:16.73 / TFO REGIONAL - JUV A Juv A 16: 21:54.30 / TFO REGIONAL - JUV B Juv B 15: 22:36.73

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
Juniores									
1.	Leonor Pereira Rocha <i>TAC InterDistrital</i>	F	205433	18	Sporting de Espinho	NT	20:59.76	374	
	50m: 35.17	35.17	450m: 6:05.67	42.73	850m: 11:48.05	43.50	1250m: 17:33.55	42.61	
	100m: 1:14.19	39.02	500m: 6:48.45	42.78	900m: 12:31.47	43.42	1300m: 18:16.04	42.49	
	150m: 1:54.68	40.49	550m: 7:31.48	43.03	950m: 13:13.92	42.45	1350m: 18:57.89	41.85	
	200m: 2:35.61	40.93	600m: 8:14.12	42.64	1000m: 13:57.83	43.91	1400m: 19:39.69	41.80	
	250m: 3:17.16	41.55	650m: 8:56.86	42.74	1050m: 14:41.46	43.63	1450m: 20:21.41	41.72	
	300m: 3:58.58	41.42	700m: 9:39.20	42.34	1100m: 15:24.71	43.25	1500m: 20:59.76	38.35	
	350m: 4:40.39	41.81	750m: 10:21.90	42.70	1150m: 16:07.85	43.14			
	400m: 5:22.94	42.55	800m: 11:04.55	42.65	1200m: 16:50.94	43.09			
EXH	Mariana Bagagem Carvalho <i>TAC InterDistrital</i>	F	211148	16	Miranda do Corvo	19:09.31	19:57.64	436	EXH
	50m: 34.27	34.27	450m: 5:45.51	40.13	850m: 11:07.57	40.49	1250m: 16:36.01	41.44	
	100m: 1:12.07	37.80	500m: 6:24.96	39.45	900m: 11:47.41	39.84	1300m: 17:16.94	40.93	
	150m: 1:50.14	38.07	550m: 7:04.95	39.99	950m: 12:28.21	40.80	1350m: 17:57.79	40.85	
	200m: 2:29.19	39.05	600m: 7:45.11	40.16	1000m: 13:09.18	40.97	1400m: 18:38.49	40.70	
	250m: 3:07.87	38.68	650m: 8:25.65	40.54	1050m: 13:50.35	41.17	1450m: 19:18.53	40.04	
	300m: 3:46.87	39.00	700m: 9:06.39	40.74	1100m: 14:31.27	40.92	1500m: 19:57.64	39.11	
	350m: 4:26.07	39.20	750m: 9:46.49	40.10	1150m: 15:13.11	41.84			
	400m: 5:05.38	39.31	800m: 10:27.08	40.59	1200m: 15:54.57	41.46			

