

Prova 7
16/11/2025 - 15:00

Femin., 800m Livres

Juvenis
Resultados

Recordes Reg ANCPN 25m Open	8:47.49	Joana Nunes Cardeal	AVFC	Leiria	28/11/2021
Recordes Reg ANCPN 25m Juv A 16	9:04.72	Beatriz Nunes Cardeal	AVFC	Leiria	15/12/2019
Recordes Reg ANCPN 25m Juv B 15	8:59.51	Joana Costa Amador	CGA	Viseu	21/05/2016

TAC-N JUL Juv A Juv A 16: 9:18.36 / TAC-N JUL Juv B Juv B 15: 9:39.43 / TAC-N MAR Juv A Juv A 16: 9:28.89 / TAC-N MAR Juv B Juv B 15: 9:49.96 / TAC-Z Juv A Juv A 16: 9:39.43 / TAC-Z Juv B Juv B 15: 9:55.23 / TFO - JUV A Juv A 16: 11:02.80 / TFO - JUV B Juv B 15: 11:20.50

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINAPts	Obs
Juvenis B								
1.	Alice Maria Rodrigues	F	213554	11	Academico Viseu Futebol Clube	9:55.30	515	
	50m: 35.18	35.18	250m: 3:02.78	37.10	450m: 5:32.95	38.15	650m: 8:03.84	37.69
	100m: 1:11.78	36.60	300m: 3:40.04	37.26	500m: 6:10.69	37.74	700m: 8:41.97	38.13
	150m: 1:48.65	36.87	350m: 4:17.43	37.39	550m: 6:48.28	37.59	750m: 9:19.43	37.46
	200m: 2:25.68	37.03	400m: 4:54.80	37.37	600m: 7:26.15	37.87	800m: 9:55.30	35.87
2.	Zoe Pinho Nunes	F	209378	11	Galitos / Bresimar	9:59.56	504	
	50m: 33.68	33.68	250m: 2:57.10	36.76	450m: 5:26.64	37.44	650m: 7:59.83	38.87
	100m: 1:08.61	34.93	300m: 3:34.24	37.14	500m: 6:04.41	37.77	700m: 8:38.67	38.84
	150m: 1:44.22	35.61	350m: 4:11.76	37.52	550m: 6:42.44	38.03	750m: 9:17.42	38.75
	200m: 2:20.34	36.12	400m: 4:49.20	37.44	600m: 7:20.96	38.52	800m: 9:59.56	42.14
3.	Leonor Marques Mendes	F	141309	11	Galitos / Bresimar	10:22.71	450	
	50m: 36.66	36.66	250m: 3:10.95	38.48	450m: 5:46.48	39.33	650m: 8:28.13	39.36
	100m: 1:15.17	38.51	300m: 3:49.33	38.38	500m: 6:27.41	40.93	700m: 9:06.53	38.40
	150m: 1:53.82	38.65	350m: 4:28.26	38.93	550m: 7:07.83	40.42	750m: 9:45.69	39.16
	200m: 2:32.47	38.65	400m: 5:07.15	38.89	600m: 7:48.77	40.94	800m: 10:22.71	37.02
4.	Ana Teresa Roldao	F	216672	11	Academico Viseu Futebol Clube	10:23.64	448	
	50m: 35.30	35.30	250m: 3:11.88	39.21	450m: 5:52.47	39.68	650m: 8:28.53	38.26
	100m: 1:12.75	37.45	300m: 3:51.66	39.78	500m: 6:30.26	37.79	700m: 9:08.86	40.33
	150m: 1:52.91	40.16	350m: 4:32.11	40.45	550m: 7:11.15	40.89	750m: 9:47.16	38.30
	200m: 2:32.67	39.76	400m: 5:12.79	40.68	600m: 7:50.27	39.12	800m: 10:23.64	36.48
5.	Ines Sousa Ribeiro	F	208535	11	Clube Desportivo Feirense	10:30.88	433	
	50m: 35.83	35.83	250m: 3:10.90	39.03	450m: 5:51.60	40.74	650m: 8:32.97	39.51
	100m: 1:14.12	38.29	300m: 3:50.38	39.48	500m: 6:32.33	40.73	700m: 9:12.93	39.96
	150m: 1:52.96	38.84	350m: 4:30.63	40.25	550m: 7:13.01	40.68	750m: 9:53.06	40.13
	200m: 2:31.87	38.91	400m: 5:10.86	40.23	600m: 7:53.46	40.45	800m: 10:30.88	37.82
6.	Francisca Coelho Lucena	F	206673	11	O Crasto	10:37.69	419	
	50m: 35.95	35.95	250m: 3:13.26	40.13	450m: 5:56.13	41.32	650m: 8:37.60	41.19
	100m: 1:14.17	38.22	300m: 3:53.56	40.30	500m: 6:36.16	40.03	700m: 9:18.91	41.31
	150m: 1:53.23	39.06	350m: 4:34.66	41.10	550m: 7:17.08	40.92	750m: 9:59.04	40.13
	200m: 2:33.13	39.90	400m: 5:14.81	40.15	600m: 7:56.41	39.33	800m: 10:37.69	38.65
7.	Mariana Moreira Lopes	F	209232	11	Clube Desportivo Feirense	10:46.44	402	
	50m: 37.59	37.59	250m: 3:18.59	40.73	450m: 6:02.29	41.25	650m: 8:47.29	41.31
	100m: 1:16.39	38.80	300m: 3:59.41	40.82	500m: 6:43.73	41.44	700m: 9:27.96	40.67
	150m: 1:57.02	40.63	350m: 4:40.22	40.81	550m: 7:24.85	41.12	750m: 10:08.57	40.61
	200m: 2:37.86	40.84	400m: 5:21.04	40.82	600m: 8:05.98	41.13	800m: 10:46.44	37.87
8.	Maria Ines Gomes	F	209231	11	Clube Desportivo Feirense	11:25.44	337	
	<i>FIL</i>							
	50m: 37.76	37.76	250m: 3:26.78	42.78	450m: 6:20.66	44.07	650m: 9:16.57	43.47
	100m: 1:18.50	40.74	300m: 4:09.76	42.98	500m: 7:04.56	43.90	700m: 10:00.98	44.41
	150m: 2:00.67	42.17	350m: 4:53.06	43.30	550m: 7:48.94	44.38	750m: 10:44.01	43.03
	200m: 2:44.00	43.33	400m: 5:36.59	43.53	600m: 8:33.10	44.16	800m: 11:25.44	41.43
9.	Ema Alexandra Couras	F	214470	11	Clube Desportivo de Estarreja	12:24.51	263	
	<i>FIL</i>							
	50m: 40.49	40.49	250m: 3:40.69	46.35	450m: 6:47.80	47.01	650m: 10:03.46	48.86
	100m: 1:23.51	43.02	300m: 4:26.84	46.15	500m: 7:36.38	48.58	700m: 10:51.92	48.46
	150m: 2:08.15	44.64	350m: 5:13.69	46.85	550m: 8:24.69	48.31	750m: 11:40.38	48.46
	200m: 2:54.34	46.19	400m: 6:00.79	47.10	600m: 9:14.60	49.91	800m: 12:24.51	44.13
DNS	Beatriz Fernandes Rocha	F	220147	11	Clube Desportivo de Estarreja			DNS
DNS	Matilde Sofia Pinto	F	212225	11	Clube Desportivo Feirense			DNS

Juvenis A

1.	Carolina Ratola Taveira	F	209341	10	Galitos / Bresimar	9:34.81	572	
	<i>TAC Zonal</i>							
	50m: 33.42	33.42	250m: 2:58.48	36.25	450m: 5:24.05	36.39	650m: 7:48.90	36.00
	100m: 1:09.33	35.91	300m: 3:34.62	36.14	500m: 6:00.36	36.31	700m: 8:25.09	36.19
	150m: 1:45.73	36.40	350m: 4:11.25	36.63	550m: 6:36.78	36.42	750m: 9:00.94	35.85
	200m: 2:22.23	36.50	400m: 4:47.66	36.41	600m: 7:12.90	36.12	800m: 9:34.81	33.87

Prova 7, Femin., 800m Livres, Juvenis A

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINAPts	Obs
2.	Raquel Domingues Re	F	209377 10	Galitos / Bresimar	9:54.61	517	
	50m: 34.92 34.92		250m: 3:01.34	37.20 450m: 5:32.12	37.79	650m: 8:03.99	37.76
	100m: 1:10.66 35.74		300m: 3:38.79	37.45 500m: 6:10.22	38.10	700m: 8:41.75	37.76
	150m: 1:47.42 36.76		350m: 4:16.57	37.78 550m: 6:48.18	37.96	750m: 9:19.15	37.40
	200m: 2:24.14 36.72		400m: 4:54.33	37.76 600m: 7:26.23	38.05	800m: 9:54.61	35.46
3.	Sofia Rodrigues Vasconcelos	F	201422 10	Galitos / Bresimar	10:02.78	496	
	50m: 34.94 34.94		250m: 3:03.00	37.67 450m: 5:35.34	38.15	650m: 8:08.47	38.44
	100m: 1:11.03 36.09		300m: 3:40.68	37.68 500m: 6:13.49	38.15	700m: 8:47.17	38.70
	150m: 1:47.90 36.87		350m: 4:18.87	38.19 550m: 6:51.67	38.18	750m: 9:25.45	38.28
	200m: 2:25.33 37.43		400m: 4:57.19	38.32 600m: 7:30.03	38.36	800m: 10:02.78	37.33
4.	Leonor Silva Jesus	F	206656 10	Galitos / Bresimar	10:13.88	470	
	50m: 36.65 36.65		250m: 3:11.72	39.04 450m: 5:45.37	38.15	650m: 8:19.01	38.34
	100m: 1:15.34 38.69		300m: 3:50.20	38.48 500m: 6:23.71	38.34	700m: 8:57.57	38.56
	150m: 1:54.09 38.75		350m: 4:28.66	38.46 550m: 7:02.05	38.34	750m: 9:36.15	38.58
	200m: 2:32.68 38.59		400m: 5:07.22	38.56 600m: 7:40.67	38.62	800m: 10:13.88	37.73
5.	Leonor Delgadinho Rocha FL	F	212157 10	Clube Desportivo Feirense	11:08.10	364	
	50m: 38.30 38.30		250m: 3:21.06	41.00 450m: 6:10.86	42.52	650m: 9:01.65	42.75
	100m: 1:17.54 39.24		300m: 4:02.55	41.49 500m: 6:53.61	42.75	700m: 9:43.86	42.21
	150m: 1:58.83 41.29		350m: 4:44.84	42.29 550m: 7:35.44	41.83	750m: 10:26.22	42.36
	200m: 2:40.06 41.23		400m: 5:28.34	43.50 600m: 8:18.90	43.46	800m: 11:08.10	41.88