

Campeonatos Regionais de Inverno  
Silves, 16 - 17/3/2019

Prova 4  
16/03/2019

Femin., 1500m Livres

12 anos e mais velhos  
Resultados

|                         |          |                           |     |           |            |
|-------------------------|----------|---------------------------|-----|-----------|------------|
| Recorde Regional Abs    | 18:04.15 | Ana Rita, ISMAEL          | POR | Aboboda   | 15/11/2009 |
| Recorde Regional JUn. 2 | 18:21.43 | Catia Raquel, MARTINHEIRA | POR | Albufeira | 26/02/2012 |
| Recorde Regional Jun. 1 | 17:45.07 | Catia Raquel, MARTINHEIRA | POR | Albufeira | 27/02/2011 |
| Recorde Regional Juv A  | 18:17.35 | Catia Raquel, MARTINHEIRA | POR | Faro      | 25/10/2009 |
| Recorde Regional Juv B  | 18:30.77 | Laura Fabiana, ESTEVENS   | POR | Albufeira | 02/02/2019 |
| Recorde Regional Inf. A | 20:10.38 | Ana Teresa, ROMAO         | POR | Albufeira | 02/02/2019 |

Pontos: FINA 2018

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts | Pts |
|-------|------|-----|------|-------|-------------|-------|----------|-----|-----|
|-------|------|-----|------|-------|-------------|-------|----------|-----|-----|

Juvenis A

|    |                       |    |                       |                         |                         |  |     |  |  |
|----|-----------------------|----|-----------------------|-------------------------|-------------------------|--|-----|--|--|
| 1. | Leonor Santos, JESUS  | 04 | 126749                | Natacao de Olhao        | <b>18:41.55</b>         |  | 551 |  |  |
|    | 100m: 1:11.74 1:11.74 |    | 500m: 6:07.34 1:13.65 | 900m: 11:08.83 1:15.49  | 1300m: 16:12.50 1:16.20 |  |     |  |  |
|    | 200m: 2:26.25 1:14.51 |    | 600m: 7:21.70 1:14.36 | 1000m: 12:24.50 1:15.67 | 1400m: 17:27.77 1:15.27 |  |     |  |  |
|    | 300m: 3:40.03 1:13.78 |    | 700m: 8:37.38 1:15.68 | 1100m: 13:40.50 1:16.00 | 1500m: 18:41.55 1:13.78 |  |     |  |  |
|    | 400m: 4:53.69 1:13.66 |    | 800m: 9:53.34 1:15.96 | 1200m: 14:56.30 1:15.80 |                         |  |     |  |  |

Absoluto

|    |                            |    |                        |                            |                         |  |     |  |  |
|----|----------------------------|----|------------------------|----------------------------|-------------------------|--|-----|--|--|
| 1. | Anna, FOMINA               | 02 | 208146                 | Louletano / Loule Concelho | <b>18:30.74</b>         |  | 567 |  |  |
|    | 100m: 1:11.10 1:11.10      |    | 500m: 6:08.11 1:13.87  | 900m: 11:06.04 1:14.43     | 1300m: 16:06.20 1:14.50 |  |     |  |  |
|    | 200m: 2:26.03 1:14.93      |    | 600m: 7:21.65 1:13.54  | 1000m: 12:22.20 1:16.16    | 1400m: 17:20.71 1:14.51 |  |     |  |  |
|    | 300m: 3:40.63 1:14.60      |    | 700m: 8:36.33 1:14.68  | 1100m: 13:36.52 1:14.32    | 1500m: 18:30.74 1:10.03 |  |     |  |  |
|    | 400m: 4:54.24 1:13.61      |    | 800m: 9:51.61 1:15.28  | 1200m: 14:51.70 1:15.18    |                         |  |     |  |  |
| 2. | Barbara Sofrino, RODRIGUES | 01 | 120568                 | Aquatico Silves            | <b>19:21.16</b>         |  | 496 |  |  |
|    | 100m: 1:11.26 1:11.26      |    | 500m: 6:14.15 1:16.65  | 900m: 11:27.62 1:18.49     | 1300m: 16:44.36 1:18.00 |  |     |  |  |
|    | 200m: 2:26.59 1:15.33      |    | 600m: 7:31.71 1:17.56  | 1000m: 12:46.69 1:19.07    | 1400m: 18:04.03 1:19.67 |  |     |  |  |
|    | 300m: 3:41.85 1:15.26      |    | 700m: 8:50.53 1:18.82  | 1100m: 14:05.92 1:19.23    | 1500m: 19:21.16 1:17.13 |  |     |  |  |
|    | 400m: 4:57.50 1:15.65      |    | 800m: 10:09.13 1:18.60 | 1200m: 15:26.36 1:20.44    |                         |  |     |  |  |

|     |                         |    |                        |                            |                         |  |     |  |  |
|-----|-------------------------|----|------------------------|----------------------------|-------------------------|--|-----|--|--|
| EXH | Ana Teresa, ROMAO<br>RR | 06 | 200128                 | Louletano / Loule Concelho | <b>19:39.42</b>         |  | 474 |  |  |
|     | 100m: 1:13.65 1:13.65   |    | 500m: 6:31.41 1:19.70  | 900m: 11:46.03 1:17.22     | 1300m: 17:05.48 1:20.60 |  |     |  |  |
|     | 200m: 2:32.37 1:18.72   |    | 600m: 7:50.74 1:19.33  | 1000m: 13:05.40 1:19.37    | 1400m: 18:24.09 1:18.61 |  |     |  |  |
|     | 300m: 3:51.59 1:19.22   |    | 700m: 9:10.05 1:19.31  | 1100m: 14:24.67 1:19.27    | 1500m: 19:39.42 1:15.33 |  |     |  |  |
|     | 400m: 5:11.71 1:20.12   |    | 800m: 10:28.81 1:18.76 | 1200m: 15:44.88 1:20.21    |                         |  |     |  |  |