Prova 10 — Femin., 1500m Livres — Absolutos
13/11/2026 - 17:48 — Resultados

Recordes Nacionais 25m Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Recordes Nacionais 25m Sen	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Recordes Nacionais 25m Jun 17	16:11.67	Tamila Hryhorivna, HOLUB	SCB	Porto	11/12/2015
Recordes Nacionais 25m Juv A	16:44.26	Tamila Hryhorivna, HOLUB	SCB	Porto	19/12/2014
Recordes Nacionais 25m Juv B	16:54.39	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	16/03/2014
Recordes Regionais 25m Open	17:45.07	Catia Raquel, MARTINHEIRA	LDC	Albufeira	27/02/2011
Recordes Regionais 25m Sen	17:50.29	Carolina Pereira, VIANA	ACS	Silves	06/11/2021
Recordes Regionais 25m Jun 17	18:05.48	Laura Fabiana, ESTEVENS	GCNF	Olhão	23/10/2021
Recordes Regionais 25m Juv A	17:45.07	Catia Raquel, MARTINHEIRA	LDC	Albufeira	27/02/2011
Recordes Regionais 25m Juv B	18:17.35	Catia Raquel, MARTINHEIRA	LDC	Faro	25/10/2009

Pontos: AQUA 2025

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
1.	Carolina Pereira, VIANA	129199	Sporting	**16:52.52**	721	8,00

50m:	31.40	31.40	450m:	4:59.61	33.60	850m:	9:29.86	33.74	1250m:	14:03.28	34.46
100m:	1:04.70	33.30	500m:	5:33.17	33.56	900m:	10:03.60	33.74	1300m:	14:37.44	34.16
150m:	1:38.04	33.34	550m:	6:06.95	33.78	950m:	10:37.65	34.05	1350m:	15:11.47	34.03
200m:	2:11.64	33.60	600m:	6:40.60	33.65	1000m:	11:11.81	34.16	1400m:	15:45.58	34.11
250m:	2:45.05	33.41	650m:	7:14.34	33.74	1050m:	11:46.27	34.46	1450m:	16:19.49	33.91
300m:	3:18.57	33.52	700m:	7:48.27	33.93	1100m:	12:20.08	33.81	1500m:	16:52.52	33.03
350m:	3:52.31	33.74	750m:	8:22.31	34.04	1150m:	12:54.11	34.03			
400m:	4:26.01	33.70	800m:	8:56.12	33.81	1200m:	13:28.82	34.71			

2.	Cristina, ESCOT GUERRERO	1043336	Circulo Mercantil	**18:48.79**	520	7,00					
50m:	33.30	33.30	450m:	5:32.17	38.14	850m:	10:36.97	37.52	1250m:	15:39.94	37.81
100m:	1:09.77	36.47	500m:	6:10.52	38.35	900m:	11:14.30	37.33	1300m:	16:18.36	38.42
150m:	1:47.40	37.63	550m:	6:48.77	38.25	950m:	11:51.45	37.15	1350m:	16:57.06	38.70
200m:	2:24.51	37.11	600m:	7:27.07	38.30	1000m:	12:28.92	37.47	1400m:	17:34.87	37.81
250m:	3:01.44	36.93	650m:	8:05.26	38.19	1050m:	13:07.30	38.38	1450m:	18:12.92	38.05
300m:	3:38.67	37.23	700m:	8:42.96	37.70	1100m:	13:45.44	38.14	1500m:	18:48.79	35.87
350m:	4:16.16	37.49	750m:	9:21.10	38.14	1150m:	14:23.58	38.14			
400m:	4:54.03	37.87	800m:	9:59.45	38.35	1200m:	15:02.13	38.55			

3.	Ines Filipa, MATEUS	212937	Lagoa Academico Clube	**18:52.94**	515	6,00					
50m:	33.37	33.37	450m:	5:29.99	37.27	850m:	10:34.88	38.37	1250m:	15:44.22	38.61
100m:	1:09.79	36.42	500m:	6:07.35	37.36	900m:	11:12.82	37.94	1300m:	16:23.20	38.98
150m:	1:47.22	37.43	550m:	6:45.13	37.78	950m:	11:51.58	38.76	1350m:	17:01.29	38.09
200m:	2:24.25	37.03	600m:	7:23.50	38.37	1000m:	12:30.37	38.79	1400m:	17:39.66	38.37
250m:	3:00.94	36.69	650m:	8:01.62	38.12	1050m:	13:09.17	38.80	1450m:	18:17.12	37.46
300m:	3:38.19	37.25	700m:	8:39.62	38.00	1100m:	13:48.13	38.96	1500m:	18:52.94	35.82
350m:	4:15.51	37.32	750m:	9:17.80	38.18	1150m:	14:26.69	38.56			
400m:	4:52.72	37.21	800m:	9:56.51	38.71	1200m:	15:05.61	38.92			

4.	Maria, UTRERA GARCIA	000012	Cádiz	**18:57.77**	508	5,00					
50m:	34.00	34.00	450m:	5:38.04	37.90	850m:	10:43.64	38.47	1250m:	15:48.36	38.12
100m:	1:10.94	36.94	500m:	6:16.51	38.47	900m:	11:21.81	38.17	1300m:	16:27.15	38.79
150m:	1:48.72	37.78	550m:	6:54.55	38.04	950m:	11:59.74	37.93	1350m:	17:05.74	38.59
200m:	2:26.89	38.17	600m:	7:32.74	38.19	1000m:	12:38.03	38.29	1400m:	17:43.31	37.57
250m:	3:05.08	38.19	650m:	8:11.16	38.42	1050m:	13:16.33	38.30	1450m:	18:21.22	37.91
300m:	3:43.61	38.53	700m:	8:49.08	37.92	1100m:	13:54.55	38.22	1500m:	18:57.77	36.55
350m:	4:21.86	38.25	750m:	9:26.89	37.81	1150m:	14:32.55	38.00			
400m:	5:00.14	38.28	800m:	10:05.17	38.28	1200m:	15:10.24	37.69			

5.	Bruna Filipa, BORRALHO	216451	Lagoa Academico Clube	**19:23.05**	476	4,00					
50m:	34.35	34.35	450m:	5:33.37	38.63	850m:	10:44.77	39.49	1250m:	16:05.98	40.32
100m:	1:10.85	36.50	500m:	6:11.86	38.49	900m:	11:24.27	39.50	1300m:	16:45.93	39.95
150m:	1:48.26	37.41	550m:	6:50.54	38.68	950m:	12:04.05	39.78	1350m:	17:25.71	39.78
200m:	2:24.49	36.23	600m:	7:29.77	39.23	1000m:	12:44.28	40.23	1400m:	18:05.35	39.64
250m:	3:01.23	36.74	650m:	8:09.19	39.42	1050m:	13:25.00	40.72	1450m:	18:44.67	39.32
300m:	3:38.80	37.57	700m:	8:47.82	38.63	1100m:	14:05.65	40.65	1500m:	19:23.05	38.38
350m:	4:16.47	37.67	750m:	9:26.36	38.54	1150m:	14:45.71	40.06			
400m:	4:54.74	38.27	800m:	10:05.28	38.92	1200m:	15:25.66	39.95			

6.	Sira Valentim, FALEIRO	209302	Lagoa Academico Clube	**19:26.11**	472	3,00					
50m:	34.60	34.60	450m:	5:45.48	38.96	850m:	10:55.48	38.87	1250m:	16:10.74	39.45
100m:	1:12.05	37.45	500m:	6:24.14	38.66	900m:	11:34.55	39.07	1300m:	16:50.11	39.37
150m:	1:50.43	38.38	550m:	7:02.62	38.48	950m:	12:13.83	39.28	1350m:	17:29.34	39.23
200m:	2:28.90	38.47	600m:	7:41.58	38.96	1000m:	12:53.68	39.85	1400m:	18:08.61	39.27
250m:	3:08.30	39.40	650m:	8:20.20	38.62	1050m:	13:33.35	39.67	1450m:	18:48.17	39.56
300m:	3:47.65	39.35	700m:	8:59.15	38.95	1100m:	14:12.51	39.16	1500m:	19:26.11	37.94
350m:	4:27.37	39.72	750m:	9:37.88	38.73	1150m:	14:51.70	39.19			
400m:	5:06.52	39.15	800m:	10:16.61	38.73	1200m:	15:31.29	39.59			

7.	Julia Laginha, BRAZ	216455	Lagoa Academico Clube	**19:35.53**	461	2,00					
50m:	34.35	34.35	450m:	5:44.81	39.59	850m:	11:00.31	39.99	1250m:	16:19.13	40.12
100m:	1:11.96	37.61	500m:	6:24.10	39.29	900m:	11:39.73	39.42	1300m:	16:58.98	39.85
150m:	1:50.28	38.32	550m:	7:03.57	39.47	950m:	12:19.36	39.63	1350m:	17:38.82	39.84
200m:	2:28.93	38.65	600m:	7:42.39	38.82	1000m:	12:59.52	40.16	1400m:	18:18.32	39.50
250m:	3:07.89	38.96	650m:	8:21.34	38.95	1050m:	13:39.72	40.20	1450m:	18:57.42	39.10
300m:	3:46.79	38.90	700m:	9:00.64	39.30	1100m:	14:19.54	39.82	1500m:	19:35.53	38.11
350m:	4:25.89	39.10	750m:	9:40.38	39.74	1150m:	14:59.12	39.58			
400m:	5:05.22	39.33	800m:	10:20.32	39.94	1200m:	15:39.01	39.89			

Prova 10, Femin., 1500m Livres, Absolutos

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
8.	Carolina Morao, FERREIRA	211806	Seleção dos Açores	**19:35.91**	460	1,00

50m:	34.02	34.02	450m:	5:41.58	39.14	850m:	10:59.39	39.54	1250m:	16:20.32	40.36
100m:	1:11.28	37.26	500m:	6:20.97	39.39	900m:	11:39.56	40.17	1300m:	17:00.74	40.42
150m:	1:49.25	37.97	550m:	7:00.73	39.76	950m:	12:19.09	39.53	1350m:	17:40.24	39.50
200m:	2:27.14	37.89	600m:	7:40.22	39.49	1000m:	12:59.20	40.11	1400m:	18:19.59	39.35
250m:	3:05.76	38.62	650m:	8:19.93	39.71	1050m:	13:39.25	40.05	1450m:	18:58.69	39.10
300m:	3:44.62	38.86	700m:	9:00.04	40.11	1100m:	14:19.42	40.17	1500m:	19:35.91	37.22
350m:	4:23.72	39.10	750m:	9:39.83	39.79	1150m:	14:59.65	40.23			
400m:	5:02.44	38.72	800m:	10:19.85	40.02	1200m:	15:39.96	40.31			