

Torneio Zonal de Juvenis (Zona Norte)
Braga, 14 - 16/12/2018

Prova 20	Femin., 400m Livres				Juvenis
16/12/2018					Resultados
RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20/12/2004
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15/05/2004
Tac-JUVA Fem Juv A 50m: 5:03.30 - 25m: 4:57.35 / Tac-JUVBFem Juv B 50m: 5:12.05 - 25m: 5:05.93					
Pontos: FINA 2018					

Lugar			Ano					Tempo final	Pts
Juvenis B									
1.	NOBRE Marisa Isabel		05	Columbofila Cantanhedense				4:29.78	656
	50m:	31.02 31.02	150m:	1:38.70	33.99	250m:	2:47.71 34.53	350m:	3:56.48 34.14
	100m:	1:04.71 33.69	200m:	2:13.18	34.48	300m:	3:22.34 34.63	400m:	4:29.78 33.30
2.	LOPES Daniela Magalhaes		05	Famalicao				4:31.41	645
	50m:	31.11 31.11	150m:	1:39.37	34.44	250m:	2:48.42 34.74	350m:	3:57.59 34.60
	100m:	1:04.93 33.82	200m:	2:13.68	34.31	300m:	3:22.99 34.57	400m:	4:31.41 33.82
3.	COSTA Mariana Martins		05	Famalicao				4:41.82	576
	50m:	31.60 31.60	150m:	1:42.42	35.99	250m:	2:54.99 36.02	350m:	4:07.66 35.93
	100m:	1:06.43 34.83	200m:	2:18.97	36.55	300m:	3:31.73 36.74	400m:	4:41.82 34.16
4.	PEREIRA Carolina Rei		05	Natacao de Vagos				4:41.93	575
	50m:	31.83 31.83	150m:	1:42.66	35.78	250m:	2:54.82 36.10	350m:	4:07.85 36.60
	100m:	1:06.88 35.05	200m:	2:18.72	36.06	300m:	3:31.25 36.43	400m:	4:41.93 34.08
5.	HUTYY Adriana Carolina		05	Braga				4:46.22	550
	50m:	32.73 32.73	150m:	1:43.57	35.97	250m:	2:57.01 36.93	350m:	4:10.56 36.50
	100m:	1:07.60 34.87	200m:	2:20.08	36.51	300m:	3:34.06 37.05	400m:	4:46.22 35.66
6.	NOGUEIRA Nara Soraia		05	Natacao de Valongo				4:50.22	527
	50m:	33.03 33.03	150m:	1:45.20	36.55	250m:	3:00.10 37.51	350m:	4:14.70 37.45
	100m:	1:08.65 35.62	200m:	2:22.59	37.39	300m:	3:37.25 37.15	400m:	4:50.22 35.52
7.	LOPES Francisca Macedo		05	Vilacondense				4:50.35	526
	50m:	32.42 32.42	150m:	1:45.60	37.09	250m:	3:00.56 37.53	350m:	4:14.61 36.68
	100m:	1:08.51 36.09	200m:	2:23.03	37.43	300m:	3:37.93 37.37	400m:	4:50.35 35.74
8.	CABRAL Ana Matos		05	Condeixa Clube				4:52.96	512
	50m:	33.65 33.65	150m:	1:47.84	37.37	250m:	3:02.78 37.53	350m:	4:17.77 37.27
	100m:	1:10.47 36.82	200m:	2:25.25	37.41	300m:	3:40.50 37.72	400m:	4:52.96 35.19
9.	ALMEIDA Maria Carolina		05	Galitos/ Bresimar				4:54.97	502
	50m:	33.47 33.47	150m:	1:47.58	37.61	250m:	3:03.25 37.67	350m:	4:18.83 37.84
	100m:	1:09.97 36.50	200m:	2:25.58	38.00	300m:	3:40.99 37.74	400m:	4:54.97 36.14
10.	LOISAS Beatriz Ferreira		05	Columbofila Cantanhedense				4:55.18	501
	50m:	33.00 33.00	150m:	1:47.28	37.48	250m:	3:03.34 38.06	350m:	4:18.72 37.80
	100m:	1:09.80 36.80	200m:	2:25.28	38.00	300m:	3:40.92 37.58	400m:	4:55.18 36.46
11.	SILVA Maria Ines		05	Porto				4:57.32	490
	50m:	32.48 32.48	150m:	1:47.12	37.68	250m:	3:03.61 38.86	350m:	4:20.75 38.60
	100m:	1:09.44 36.96	200m:	2:24.75	37.63	300m:	3:42.15 38.54	400m:	4:57.32 36.57
12.	JUNQUEIRA Joana Areal		05	Famalicao				4:58.15	486
	50m:	33.32 33.32	150m:	1:47.82	37.57	250m:	3:04.49 38.29	350m:	4:21.26 38.10
	100m:	1:10.25 36.93	200m:	2:26.20	38.38	300m:	3:43.16 38.67	400m:	4:58.15 36.89

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Prova 20, Femin., 400m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts		
13.	REGO Ines Faria		05	Famalicao				5:02.32	466		
	50m:	34.29 34.29	150m:	1:50.57	38.50	250m:	3:07.79	38.53	350m:	4:24.82	38.39
	100m:	1:12.07 37.78	200m:	2:29.26	38.69	300m:	3:46.43	38.64	400m:	5:02.32	37.50
14.	NOVO Marta Luisa		05	Viana Natacao				5:02.73	464		
	50m:	33.80 33.80	150m:	1:49.05	38.07	250m:	3:06.11	38.74	350m:	4:24.44	39.22
	100m:	1:10.98 37.18	200m:	2:27.37	38.32	300m:	3:45.22	39.11	400m:	5:02.73	38.29

Juvenis A

1.	PINHO Carolina Teixeira		04	Porto				4:32.76	635		
	50m:	31.16 31.16	150m:	1:38.61	34.11	250m:	2:47.51	34.64	350m:	3:57.79	35.21
	100m:	1:04.50 33.34	200m:	2:12.87	34.26	300m:	3:22.58	35.07	400m:	4:32.76	34.97
2.	GASPAR Beatriz Ferreira		04	Bombeiros Mealhada / CA				4:35.33	617		
	50m:	30.98 30.98	150m:	1:38.94	34.15	250m:	2:47.96	34.68	350m:	4:00.04	36.59
	100m:	1:04.79 33.81	200m:	2:13.28	34.34	300m:	3:23.45	35.49	400m:	4:35.33	35.29
3.	PRETO Filipa Manso		04	Porto				4:35.63	615		
	50m:	31.58 31.58	150m:	1:39.39	34.04	250m:	2:49.44	35.23	350m:	4:01.14	35.95
	100m:	1:05.35 33.77	200m:	2:14.21	34.82	300m:	3:25.19	35.75	400m:	4:35.63	34.49
4.	CARDEAL Beatriz Nunes		04	Academico Viseu				4:35.72	615		
	50m:	30.98 30.98	150m:	1:39.94	34.94	250m:	2:50.87	35.54	350m:	4:01.85	35.43
	100m:	1:05.00 34.02	200m:	2:15.33	35.39	300m:	3:26.42	35.55	400m:	4:35.72	33.87
5.	RODRIGUES Joana Francisca		04	Uniao Coimbra				4:36.14	612		
	50m:	31.10 31.10	150m:	1:41.24	35.40	250m:	2:51.81	35.04	350m:	4:02.57	35.24
	100m:	1:05.84 34.74	200m:	2:16.77	35.53	300m:	3:27.33	35.52	400m:	4:36.14	33.57
6.	MONTEIRO Ana Carolina		04	Uniao Coimbra				4:39.24	592		
	50m:	30.92 30.92	150m:	1:40.23	35.37	250m:	2:51.69	35.96	350m:	4:03.67	36.13
	100m:	1:04.86 33.94	200m:	2:15.73	35.50	300m:	3:27.54	35.85	400m:	4:39.24	35.57
7.	PIMENTEL Marta Lima		04	Fluvial Portuense				4:41.49	578		
	50m:	32.33 32.33	150m:	1:43.09	35.71	250m:	2:54.74	36.11	350m:	4:06.41	35.81
	100m:	1:07.38 35.05	200m:	2:18.63	35.54	300m:	3:30.60	35.86	400m:	4:41.49	35.08
8.	TROIA Beatriz Rosa		04	Vilacondense				4:43.21	567		
	50m:	32.34 32.34	150m:	1:44.89	36.44	250m:	2:56.47	35.75	350m:	4:08.43	36.34
	100m:	1:08.45 36.11	200m:	2:20.72	35.83	300m:	3:32.09	35.62	400m:	4:43.21	34.78
9.	MONTEIRO Barbara Oliveira		04	Braga				4:46.52	548		
	50m:	33.11 33.11	150m:	1:44.70	36.12	250m:	2:57.33	36.67	350m:	4:10.72	36.29
	100m:	1:08.58 35.47	200m:	2:20.66	35.96	300m:	3:34.43	37.10	400m:	4:46.52	35.80
10.	FLORENCIO Matilde Alves		04	Condeixa Clube				4:46.68	547		
	50m:	31.74 31.74	150m:	1:41.83	35.72	250m:	2:55.48	37.03	350m:	4:10.46	37.45
	100m:	1:06.11 34.37	200m:	2:18.45	36.62	300m:	3:33.01	37.53	400m:	4:46.68	36.22
11.	SILVA Ines Martins		04	Vilacondense				4:50.57	525		
	50m:	32.59 32.59	150m:	1:44.78	36.76	250m:	2:59.55	37.52	350m:	4:14.53	37.31
	100m:	1:08.02 35.43	200m:	2:22.03	37.25	300m:	3:37.22	37.67	400m:	4:50.57	36.04
12.	GALANTE Ines Carvalho		04	Vilacondense				4:51.37	521		
	50m:	32.70 32.70	150m:	1:45.76	36.97	250m:	3:00.87	37.70	350m:	4:15.51	37.14
	100m:	1:08.79 36.09	200m:	2:23.17	37.41	300m:	3:38.37	37.50	400m:	4:51.37	35.86

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Prova 20, Femin., 400m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts		
13.	ALMEIDA Catarina Nunes		04	Galitos/ Bresimar				4:51.44	521		
	50m:	32.80 32.80	150m:	1:45.75	36.89	250m:	3:01.22	37.88	350m:	4:16.90	37.54
	100m:	1:08.86 36.06	200m:	2:23.34	37.59	300m:	3:39.36	38.14	400m:	4:51.44	34.54
14.	RIOS Maria Manuel		04	Leixoes				4:51.65	519		
	50m:	32.21 32.21	150m:	1:44.46	36.43	250m:	2:59.38	37.73	350m:	4:15.06	37.64
	100m:	1:08.03 35.82	200m:	2:21.65	37.19	300m:	3:37.42	38.04	400m:	4:51.65	36.59
15.	FERNANDES Maria Elias		04	Desportiva de Viana				4:51.67	519		
	50m:	32.65 32.65	150m:	1:46.53	37.24	250m:	3:01.34	37.42	350m:	4:16.17	37.40
	100m:	1:09.29 36.64	200m:	2:23.92	37.39	300m:	3:38.77	37.43	400m:	4:51.67	35.50
16.	PASSOS Ada Lobo		04	Famalicao				4:51.82	519		
	50m:	32.37 32.37	150m:	1:46.44	37.47	250m:	3:01.28	37.57	350m:	4:16.83	37.51
	100m:	1:08.97 36.60	200m:	2:23.71	37.27	300m:	3:39.32	38.04	400m:	4:51.82	34.99
17.	LIMA Eduarda Filipa		04	Vilacondense				4:52.08	517		
	50m:	33.41 33.41	150m:	1:46.39	36.97	250m:	3:01.17	37.72	350m:	4:16.33	37.53
	100m:	1:09.42 36.01	200m:	2:23.45	37.06	300m:	3:38.80	37.63	400m:	4:52.08	35.75
18.	SILVA Ana Catarina		04	Fundacao Beatriz Santos				4:53.16	511		
	50m:	33.06 33.06	150m:	1:46.52	37.20	250m:	3:01.59	37.55	350m:	4:16.60	37.58
	100m:	1:09.32 36.26	200m:	2:24.04	37.52	300m:	3:39.02	37.43	400m:	4:53.16	36.56
19.	VIANA Jacinta Martins		04	Natacao de Vagos				4:54.71	503		
	50m:	33.23 33.23	150m:	1:47.26	37.73	250m:	3:03.60	38.31	350m:	4:19.82	37.94
	100m:	1:09.53 36.30	200m:	2:25.29	38.03	300m:	3:41.88	38.28	400m:	4:54.71	34.89
20.	RANGEL Beatriz Pereira		04	Fluvial Portuense				4:54.99	502		
	50m:	33.39 33.39	150m:	1:46.68	37.09	250m:	3:02.48	37.94	350m:	4:18.27	37.62
	100m:	1:09.59 36.20	200m:	2:24.54	37.86	300m:	3:40.65	38.17	400m:	4:54.99	36.72
21.	CORREIA Beatriz Santos		04	Academico Viseu				4:58.88	483		
	50m:	33.39 33.39	150m:	1:48.09	38.01	250m:	3:04.74	38.44	350m:	4:21.43	38.31
	100m:	1:10.08 36.69	200m:	2:26.30	38.21	300m:	3:43.12	38.38	400m:	4:58.88	37.45