

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 14-- 16-12-2018

Prova 1 Femin., 400m Estilos Juvenis  
14-12-2018 - 16:00 Resultados

RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Juv A	4:51.85	SANTOS Ana Claudia	SFUAP	Setubal	21-11-2004
RN25 Juv B	4:56.53	CUNHA Mariana Pacheco	CFP	Porto	05-05-2018

Tac-JUVAFem Juv A: 5:37.41 / Tac-JUVBFem Juv B: 5:47.14

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenis B</b>								
1.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	<b>5:08.69</b>		590	
	50m: 34.85 34.85	150m: 1:53.12	40.49	250m: 3:16.35	43.30	350m: 4:34.82	34.36	
	100m: 1:12.63 37.78	200m: 2:33.05	39.93	300m: 4:00.46	44.11	400m: 5:08.69	33.87	
2.	REIS Erica Cristina	05	200201	Sporting	<b>5:11.65</b>		573	
	50m: 34.08 34.08	150m: 1:52.85	40.37	250m: 3:16.46	43.24	350m: 4:36.81	35.99	
	100m: 1:12.48 38.40	200m: 2:33.22	40.37	300m: 4:00.82	44.36	400m: 5:11.65	34.84	
3.	ESTEVEENS Laura Fabiana	05	129315	Natacao de Olhao	<b>5:12.89</b>		566	
	50m: 32.60 32.60	150m: 1:53.11	42.52	250m: 3:17.87	43.76	350m: 4:38.26	36.08	
	100m: 1:10.59 37.99	200m: 2:34.11	41.00	300m: 4:02.18	44.31	400m: 5:12.89	34.63	
4.	PIRES Marta Joao	05	147235	Alges	<b>5:14.30</b>		559	
	50m: 34.22 34.22	150m: 1:55.16	42.73	250m: 3:21.72	44.96	350m: 4:40.96	34.03	
	100m: 1:12.43 38.21	200m: 2:36.76	41.60	300m: 4:06.93	45.21	400m: 5:14.30	33.34	
5.	SIMOES Ana Beatriz	05	153354	Sporting	<b>5:18.66</b>		536	
	50m: 33.40 33.40	150m: 1:53.54	40.86	250m: 3:21.48	47.95	350m: 4:44.60	35.01	
	100m: 1:12.68 39.28	200m: 2:33.53	39.99	300m: 4:09.59	48.11	400m: 5:18.66	34.06	
6.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	<b>5:23.05</b>		514	
	50m: 36.14 36.14	150m: 1:59.24	41.20	250m: 3:25.37	45.12	350m: 4:47.70	36.26	
	100m: 1:18.04 41.90	200m: 2:40.25	41.01	300m: 4:11.44	46.07	400m: 5:23.05	35.35	
7.	RINO Maria Pedro	05	148594	Nucleo Sportinguista Terceira	<b>5:25.16</b>		505	
	50m: 32.36 32.36	150m: 1:51.84	42.14	250m: 3:20.98	47.26	350m: 4:48.94	37.37	
	100m: 1:09.70 37.34	200m: 2:33.72	41.88	300m: 4:11.57	50.59	400m: 5:25.16	36.22	
8.	GAMA Joana Fernandes	05	153361	Sporting	<b>5:27.67</b>		493	
	50m: 34.33 34.33	150m: 1:59.19	45.17	250m: 3:28.42	45.25	350m: 4:51.89	37.54	
	100m: 1:14.02 39.69	200m: 2:43.17	43.98	300m: 4:14.35	45.93	400m: 5:27.67	35.78	
9.	FERREIRA Joana Rosa	05	130757	Naval de Peniche	<b>5:30.73</b>		479	
	50m: 35.68 35.68	150m: 2:02.65	43.13	250m: 3:30.23	44.37	350m: 4:54.84	37.95	
	100m: 1:19.52 43.84	200m: 2:45.86	43.21	300m: 4:16.89	46.66	400m: 5:30.73	35.89	
10.	MARQUES Maria Ines	05	130822	Alcobaca	<b>5:31.41</b>		476	
	50m: 35.50 35.50	150m: 1:59.41	42.46	250m: 3:27.43	45.95	350m: 4:54.28	39.11	
	100m: 1:16.95 41.45	200m: 2:41.48	42.07	300m: 4:15.17	47.74	400m: 5:31.41	37.13	
11.	NUNES Margarida Domingues	05	201398	Avancado EUL	<b>5:31.57</b>		476	
	50m: 36.18 36.18	150m: 2:02.27	44.07	250m: 3:28.87	43.62	350m: 4:54.14	39.69	
	100m: 1:18.20 42.02	200m: 2:45.25	42.98	300m: 4:14.45	45.58	400m: 5:31.57	37.43	
12.	FERREIRA Joana Rocha	05	201560	Benfica	<b>5:34.06</b>		465	
	50m: 36.07 36.07	150m: 1:58.80	43.12	250m: 3:28.09	47.65	350m: 4:55.92	38.82	
	100m: 1:15.68 39.61	200m: 2:40.44	41.64	300m: 4:17.10	49.01	400m: 5:34.06	38.14	
13.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	<b>5:35.24</b>		460	
	50m: 35.94 35.94	150m: 1:59.01	42.83	250m: 3:31.57	49.95	350m: 4:58.94	37.90	
	100m: 1:16.18 40.24	200m: 2:41.62	42.61	300m: 4:21.04	49.47	400m: 5:35.24	36.30	
14.	SILVA Mariana Andreia	05	141810	Sporting	<b>5:35.37</b>		460	
	50m: 35.54 35.54	150m: 2:03.34	43.69	250m: 3:32.61	47.31	350m: 4:58.24	36.66	
	100m: 1:19.65 44.11	200m: 2:45.30	41.96	300m: 4:21.58	48.97	400m: 5:35.37	37.13	

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Prova 1, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	FONSECA GOMES Carolina	05	202528	Olivais e Moscavide	<b>5:39.23</b>		444	
	50m: 35.02 35.02		150m: 2:02.57 45.48	250m: 3:34.49 47.95	350m: 5:02.59 48.89	400m: 5:39.23 39.21		36.64
	100m: 1:17.09 42.07		200m: 2:46.54 43.97	300m: 4:23.38				
16.	LOPES Rosa Branca	05	129274	Pimpoes/Cimai	<b>5:43.22</b>		429	
	50m: 35.37 35.37		150m: 2:02.44 44.74	250m: 3:35.96 50.00	350m: 5:05.82 48.96	400m: 5:43.22 37.40		40.90
	100m: 1:17.70 42.33		200m: 2:45.96 43.52	300m: 4:24.92				
17.	FILIFE Ana Sofia	05	202068	Portinado	<b>6:02.00</b>		365	
	50m: 35.93 35.93		150m: 2:06.82 46.80	250m: 3:45.49 51.70	350m: 5:21.40 53.93	400m: 6:02.00 40.60		41.98
	100m: 1:20.02 44.09		200m: 2:53.79 46.97	300m: 4:39.42				

Juvenis A

1.	MOURA Maria Ferreira	04	131382	Sporting	<b>4:59.93</b>		643	
	50m: 31.18 31.18		150m: 1:46.27 39.64	250m: 3:10.16 45.03	350m: 4:27.56 44.67	400m: 4:59.93 32.73		32.37
	100m: 1:06.63 35.45		200m: 2:25.13 38.86	300m: 3:54.83				
2.	PEREIRA Maria Gomes	04	129510	Alges	<b>5:00.82</b>		637	
	50m: 32.54 32.54		150m: 1:51.00 41.27	250m: 3:12.51 42.40	350m: 4:28.36 42.22	400m: 5:00.82 33.63		32.46
	100m: 1:09.73 37.19		200m: 2:30.11 39.11	300m: 3:54.73				
3.	RODRIGUES Lidiana Correia	04	130399	Belenenses	<b>5:06.82</b>		601	
	50m: 33.54 33.54		150m: 1:52.64 40.22	250m: 3:15.02 42.84	350m: 4:33.47 42.96	400m: 5:06.82 35.49		33.35
	100m: 1:12.42 38.88		200m: 2:32.18 39.54	300m: 3:57.98				
4.	SANTOS Leonor Esteves	04	130603	Avancado EUL	<b>5:07.96</b>		594	
	50m: 35.33 35.33		150m: 1:55.79 41.28	250m: 3:18.10 41.99	350m: 4:34.81 41.73	400m: 5:07.96 34.98		33.15
	100m: 1:14.51 39.18		200m: 2:36.11 40.32	300m: 3:59.83				
5.	INACIO Marta Macedo	04	132536	Sporting	<b>5:12.70</b>		567	
	50m: 32.73 32.73		150m: 1:51.23 39.83	250m: 3:15.22 44.40	350m: 4:37.48 46.10	400m: 5:12.70 36.16		35.22
	100m: 1:11.40 38.67		200m: 2:30.82 39.59	300m: 4:01.32				
6.	MARQUES Maria Alexandra	04	128375	Albicastrense	<b>5:13.16</b>		565	
	50m: 33.92 33.92		150m: 1:51.37 40.71	250m: 3:16.67 45.33	350m: 4:37.99 45.61	400m: 5:13.16 35.71		35.17
	100m: 1:10.66 36.74		200m: 2:31.34 39.97	300m: 4:02.28				
7.	COSTA Carolina Fale	04	129801	Colegio Monte Maior	<b>5:17.75</b>		541	
	50m: 33.15 33.15		150m: 1:50.04 40.47	250m: 3:16.92 48.00	350m: 4:41.78 47.92	400m: 5:17.75 36.94		35.97
	100m: 1:09.57 36.42		200m: 2:28.92 38.88	300m: 4:04.84				
8.	COSTA Catarina Nunes	04	131376	Gesloures	<b>5:17.84</b>		540	
	50m: 35.64 35.64		150m: 1:57.85 43.02	250m: 3:22.99 43.66	350m: 4:42.96 44.57	400m: 5:17.84 35.40		34.88
	100m: 1:14.83 39.19		200m: 2:39.33 41.48	300m: 4:07.56				
9.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	<b>5:20.69</b>		526	
	50m: 34.57 34.57		150m: 1:55.84 43.53	250m: 3:23.11 44.56	350m: 4:45.14 45.03	400m: 5:20.69 37.00		35.55
	100m: 1:12.31 37.74		200m: 2:38.55 42.71	300m: 4:08.14				
10.	MORGADO Alice Jesus	04	131016	Gesloures	<b>5:20.97</b>		525	
	50m: 33.84 33.84		150m: 1:52.86 40.77	250m: 3:19.77 46.25	350m: 4:44.27 47.12	400m: 5:20.97 37.38		36.70
	100m: 1:12.09 38.25		200m: 2:33.52 40.66	300m: 4:06.89				
11.	MORGANHO Leonor Alves	04	126315	Alges	<b>5:23.17</b>		514	
	50m: 35.33 35.33		150m: 1:58.50 44.24	250m: 3:25.56 44.47	350m: 4:47.58 45.56	400m: 5:23.17 36.46		35.59
	100m: 1:14.26 38.93		200m: 2:41.09 42.59	300m: 4:11.12				
12.	SILVA Margarida Borges	04	123105	Bombeiros Ponta Delgada	<b>5:24.06</b>		510	
	50m: 32.99 32.99		150m: 1:53.64 41.68	250m: 3:21.18 46.51	350m: 4:46.94 47.55	400m: 5:24.06 38.21		37.12
	100m: 1:11.96 38.97		200m: 2:34.67 41.03	300m: 4:08.73				
13.	FERREIRA Maria Leonor	04	130410	Desportivo Nacional	<b>5:24.53</b>		507	
	50m: 35.58 35.58		150m: 1:58.69 42.56	250m: 3:24.79 45.10	350m: 4:48.47 46.01	400m: 5:24.53 37.67		36.06
	100m: 1:16.13 40.55		200m: 2:39.69 41.00	300m: 4:10.80				

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Prova 1, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	FERREIRA Margarida Filipe	04	132347	Cova da Piedade	<b>5:26.36</b>		499	
	50m: 36.30 36.30		150m: 2:03.00	44.04	250m: 3:28.50	42.69	350m: 4:49.69	37.32
	100m: 1:18.96 42.66		200m: 2:45.81	42.81	300m: 4:12.37	43.87	400m: 5:26.36	36.67
15.	DOMINGOS Marta Pereira	04	132529	Uniao Piedense	<b>5:26.51</b>		498	
	50m: 34.97 34.97		150m: 2:01.02	43.87	250m: 3:26.91	42.92	350m: 4:49.03	38.18
	100m: 1:17.15 42.18		200m: 2:43.99	42.97	300m: 4:10.85	43.94	400m: 5:26.51	37.48
16.	HENRIQUES Carolina Porem	04	129802	Sporting	<b>5:26.93</b>		496	
	50m: 34.30 34.30		150m: 1:57.00	43.56	250m: 3:25.81	44.43	350m: 4:50.52	37.78
	100m: 1:13.44 39.14		200m: 2:41.38	44.38	300m: 4:12.74	46.93	400m: 5:26.93	36.41
17.	FIDALGO Maria Jardim	04	131429	Colegio Vasco da Gama	<b>5:28.32</b>		490	
	50m: 34.37 34.37		150m: 1:56.68	43.14	250m: 3:26.68	48.04	350m: 4:52.96	37.65
	100m: 1:13.54 39.17		200m: 2:38.64	41.96	300m: 4:15.31	48.63	400m: 5:28.32	35.36
18.	SOUSA Joana Francisca	04	130520	Sao Roque	<b>5:29.09</b>		487	
	50m: 34.05 34.05		150m: 1:54.79	41.81	250m: 3:23.48	47.96	350m: 4:51.13	39.12
	100m: 1:12.98 38.93		200m: 2:35.52	40.73	300m: 4:12.01	48.53	400m: 5:29.09	37.96
	GERALDES Madalena Graca	04	131511	Sporting	<b>5:29.09</b>		487	
	50m: 34.05 34.05		150m: 1:59.50	44.04	250m: 3:26.84	44.87	350m: 4:51.95	38.41
	100m: 1:15.46 41.41		200m: 2:41.97	42.47	300m: 4:13.54	46.70	400m: 5:29.09	37.14
20.	COELHO Joana Marinho	04	131514	Sporting	<b>5:30.09</b>		482	
	50m: 35.01 35.01		150m: 1:57.90	42.40	250m: 3:26.67	47.24	350m: 4:52.58	37.64
	100m: 1:15.50 40.49		200m: 2:39.43	41.53	300m: 4:14.94	48.27	400m: 5:30.09	37.51
21.	SIMOES Rita Mendes	04	128073	Bairro dos Anjos/ Leiria	<b>5:30.51</b>		480	
	50m: 33.35 33.35		150m: 1:56.25	42.88	250m: 3:27.15	48.45	350m: 4:53.98	37.73
	100m: 1:13.37 40.02		200m: 2:38.70	42.45	300m: 4:16.25	49.10	400m: 5:30.51	36.53
22.	JOAQUIM Ines Marques	04	130368	Benfica	<b>5:31.26</b>		477	
	50m: 33.94 33.94		150m: 1:55.79	43.09	250m: 3:28.23	48.88	350m: 4:54.82	37.03
	100m: 1:12.70 38.76		200m: 2:39.35	43.56	300m: 4:17.79	49.56	400m: 5:31.26	36.44
23.	MENDES Mariana Pereira	04	129298	Louletano / Loule Concelho	<b>5:34.51</b>		463	
	50m: 35.72 35.72		150m: 2:01.02	44.52	250m: 3:31.06	45.22	350m: 4:56.76	38.87
	100m: 1:16.50 40.78		200m: 2:45.84	44.82	300m: 4:17.89	46.83	400m: 5:34.51	37.75
24.	SILVA Alexandra Cordeiro	04	128723	Alcobaca	<b>5:34.67</b>		463	
	50m: 35.91 35.91		150m: 2:01.81	43.19	250m: 3:31.24	47.91	350m: 4:57.24	38.68
	100m: 1:18.62 42.71		200m: 2:43.33	41.52	300m: 4:18.56	47.32	400m: 5:34.67	37.43
25.	REIS Maria Joao	04	129248	Nautico Marinha Grande	<b>5:36.32</b>		456	
	50m: 35.97 35.97		150m: 2:00.71	42.16	250m: 3:32.03	48.77	350m: 5:00.05	37.35
	100m: 1:18.55 42.58		200m: 2:43.26	42.55	300m: 4:22.70	50.67	400m: 5:36.32	36.27
26.	NARRA Vera Figueiredo	04	131121	Amadora	<b>5:36.90</b>		454	
	50m: 34.50 34.50		150m: 1:57.77	42.29	250m: 3:29.25	48.76	350m: 4:59.27	39.82
	100m: 1:15.48 40.98		200m: 2:40.49	42.72	300m: 4:19.45	50.20	400m: 5:36.90	37.63
27.	SILVA Maria Ines	04	132952	Alcobaca	<b>5:38.87</b>		446	
	50m: 34.94 34.94		150m: 2:00.01	44.57	250m: 3:35.08	51.14	350m: 5:02.05	36.12
	100m: 1:15.44 40.50		200m: 2:43.94	43.93	300m: 4:25.93	50.85	400m: 5:38.87	36.82
DSQ	MENDES Ana Sebastiao	04	129455	Portinado				
	<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 275 metros</i>							
EXH	JONES Angelina Bermejo	04	203392	Portinado	<b>5:27.46</b>		494	
	50m: 34.65 34.65		150m: 1:58.68	41.39	250m: 3:27.89	48.35	350m: 4:53.33	37.33
	100m: 1:17.29 42.64		200m: 2:39.54	40.86	300m: 4:16.00	48.11	400m: 5:27.46	34.13