

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

Prova 20	Femin., 400m Livres				Juvenis
16-12-2018 - 10:35					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-JUVAFem Juv A: 4:57.35 / Tac-JUVBFem Juv B: 5:05.93					

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	PIRES Marta Joao	05	147235	Alges	4:33.46		630	
	50m: 32.41 32.41		150m: 1:42.71 35.27	250m: 2:52.39 34.32	350m: 4:00.76 33.62			
	100m: 1:07.44 35.03		200m: 2:18.07 35.36	300m: 3:27.14 34.75	400m: 4:33.46 32.70			
2.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	4:37.72		602	
	50m: 31.95 31.95		150m: 1:42.21 35.47	250m: 2:52.40 35.04	350m: 4:02.76 35.12			
	100m: 1:06.74 34.79		200m: 2:17.36 35.15	300m: 3:27.64 35.24	400m: 4:37.72 34.96			
3.	ESTEVEENS Laura Fabiana	05	129315	Natacao de Olhao	4:38.66		596	
	50m: 32.14 32.14		150m: 1:42.35 35.35	250m: 2:52.98 35.09	350m: 4:04.46 35.61			
	100m: 1:07.00 34.86		200m: 2:17.89 35.54	300m: 3:28.85 35.87	400m: 4:38.66 34.20			
4.	SIMOES Ana Beatriz	05	153354	Sporting	4:41.93		575	
	50m: 32.00 32.00		150m: 1:42.50 35.62	250m: 2:54.03 35.75	350m: 4:06.73 36.10			
	100m: 1:06.88 34.88		200m: 2:18.28 35.78	300m: 3:30.63 36.60	400m: 4:41.93 35.20			
5.	BENTO Maria Madalena	05	127217	BUZIOS-Coruche	4:42.17		574	
	50m: 32.43 32.43		150m: 1:43.60 35.96	250m: 2:56.11 36.26	350m: 4:07.95 35.76			
	100m: 1:07.64 35.21		200m: 2:19.85 36.25	300m: 3:32.19 36.08	400m: 4:42.17 34.22			
6.	ALVES Joana Silva	05	200038	Benedita	4:43.50		566	
	50m: 32.67 32.67		150m: 1:44.40 36.13	250m: 2:57.77 36.59	350m: 4:09.75 35.72			
	100m: 1:08.27 35.60		200m: 2:21.18 36.78	300m: 3:34.03 36.26	400m: 4:43.50 33.75			
7.	ANDRE Isadora Maia	05	132800	Benfica	4:45.46		554	
	50m: 32.22 32.22		150m: 1:43.36 36.16	250m: 2:57.00 36.53	350m: 4:10.39 36.45			
	100m: 1:07.20 34.98		200m: 2:20.47 37.11	300m: 3:33.94 36.94	400m: 4:45.46 35.07			
8.	PIRES Laura Joao	05	148663	Natacao do Fundao	4:45.96		551	
	50m: 33.60 33.60		150m: 1:45.65 36.35	250m: 2:58.75 36.63	350m: 4:11.86 36.64			
	100m: 1:09.30 35.70		200m: 2:22.12 36.47	300m: 3:35.22 36.47	400m: 4:45.96 34.10			
9.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	4:47.45		543	
	50m: 32.34 32.34		150m: 1:43.20 35.79	250m: 2:56.18 36.62	350m: 4:10.67 37.25			
	100m: 1:07.41 35.07		200m: 2:19.56 36.36	300m: 3:33.42 37.24	400m: 4:47.45 36.78			
10.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	4:48.88		535	
	50m: 33.67 33.67		150m: 1:47.58 37.52	250m: 3:02.40 37.39	350m: 4:15.35 36.13			
	100m: 1:10.06 36.39		200m: 2:25.01 37.43	300m: 3:39.22 36.82	400m: 4:48.88 33.53			
11.	NOBRE Beatriz Gaspar	05	153134	Gualdim Pais	4:49.16		533	
	50m: 32.03 32.03		150m: 1:43.71 36.30	250m: 2:57.60 37.11	350m: 4:13.18 37.62			
	100m: 1:07.41 35.38		200m: 2:20.49 36.78	300m: 3:35.56 37.96	400m: 4:49.16 35.98			
12.	RINO Maria Pedro	05	148594	Nucleo Sportinguista Terceira	4:52.54		515	
	50m: 32.22 32.22		150m: 1:44.22 36.63	250m: 2:59.52 37.59	350m: 4:15.71 38.33			
	100m: 1:07.59 35.37		200m: 2:21.93 37.71	300m: 3:37.38 37.86	400m: 4:52.54 36.83			
13.	GAMA Joana Fernandes	05	153361	Sporting	4:55.81		498	
	50m: 34.23 34.23		150m: 1:48.18 37.38	250m: 3:04.13 38.02	350m: 4:19.54 37.79			
	100m: 1:10.80 36.57		200m: 2:26.11 37.93	300m: 3:41.75 37.62	400m: 4:55.81 36.27			
14.	TRIBUNA Francisca Otao	05	132463	Benfica	4:59.13		481	
	50m: 34.09 34.09		150m: 1:50.17 38.54	250m: 3:06.78 38.45	350m: 4:22.96 38.21			
	100m: 1:11.63 37.54		200m: 2:28.33 38.16	300m: 3:44.75 37.97	400m: 4:59.13 36.17			

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MOURA Luciana Rodrigues	05	129624	AONDA-Azeitao	4:59.23		481	
	50m: 33.78 33.78	150m: 1:48.03	37.62	250m: 3:04.63	38.50	350m: 4:22.03	38.66	
	100m: 1:10.41 36.63	200m: 2:26.13	38.10	300m: 3:43.37	38.74	400m: 4:59.23	37.20	
16.	FRANCA Nicole Patriarca	05	153435	CPCD-Povoa St Iria	4:59.38		480	
	50m: 33.70 33.70	150m: 1:49.38	38.71	250m: 3:06.94	38.30	350m: 4:23.55	38.45	
	100m: 1:10.67 36.97	200m: 2:28.64	39.26	300m: 3:45.10	38.16	400m: 4:59.38	35.83	
17.	VIEIRA Carmo Dias	05	201319	Avancado EUL	4:59.48		480	
	50m: 33.58 33.58	150m: 1:48.95	38.39	250m: 3:06.67	38.99	350m: 4:23.95	38.52	
	100m: 1:10.56 36.98	200m: 2:27.68	38.73	300m: 3:45.43	38.76	400m: 4:59.48	35.53	
18.	ARAUJO Maria Clara	05	133482	Naval do Funchal	4:59.89		478	
	50m: 33.90 33.90	150m: 1:50.71	38.55	250m: 3:06.54	37.04	350m: 4:23.61	38.54	
	100m: 1:12.16 38.26	200m: 2:29.50	38.79	300m: 3:45.07	38.53	400m: 4:59.89	36.28	
19.	SILVA Mariana Andreia	05	141810	Sporting	5:01.79		469	
	50m: 32.92 32.92	150m: 1:49.17	38.92	250m: 3:06.54	38.69	350m: 4:24.32	38.61	
	100m: 1:10.25 37.33	200m: 2:27.85	38.68	300m: 3:45.71	39.17	400m: 5:01.79	37.47	
20.	NASCIMENTO Sofia Alexandre	05	133484	Naval do Funchal	5:02.47		466	
	50m: 33.90 33.90	150m: 1:50.57	38.23	250m: 3:07.04	38.46	350m: 4:25.40	38.69	
	100m: 1:12.34 38.44	200m: 2:28.58	38.01	300m: 3:46.71	39.67	400m: 5:02.47	37.07	
21.	ALEXANDRINO Madalena Carrap	05	132560	Alges	5:02.51		465	
	50m: 34.49 34.49	150m: 1:50.51	38.35	250m: 3:07.44	38.59	350m: 4:24.89	38.29	
	100m: 1:12.16 37.67	200m: 2:28.85	38.34	300m: 3:46.60	39.16	400m: 5:02.51	37.62	
22.	FERNANDES Maria Teresa	05	132557	Alges	5:02.66		465	
	50m: 34.87 34.87	150m: 1:51.35	38.56	250m: 3:07.91	38.45	350m: 4:25.54	38.22	
	100m: 1:12.79 37.92	200m: 2:29.46	38.11	300m: 3:47.32	39.41	400m: 5:02.66	37.12	
23.	BERNAT Maria Del Rio	05	200403	Alges	5:03.08		463	
	50m: 33.85 33.85	150m: 1:49.94	38.47	250m: 3:07.32	38.86	350m: 4:25.62	39.23	
	100m: 1:11.47 37.62	200m: 2:28.46	38.52	300m: 3:46.39	39.07	400m: 5:03.08	37.46	
24.	SANTOS Mariana Marques	05	150757	Geslours	5:03.71		460	
	50m: 34.49 34.49	150m: 1:50.69	38.48	250m: 3:07.95	38.51	350m: 4:26.05	39.30	
	100m: 1:12.21 37.72	200m: 2:29.44	38.75	300m: 3:46.75	38.80	400m: 5:03.71	37.66	
25.	MARQUES Maria Ines	05	130822	Alcobaca	5:04.70		455	
	50m: 34.68 34.68	150m: 1:50.29	38.11	250m: 3:07.74	38.98	350m: 4:26.23	39.20	
	100m: 1:12.18 37.50	200m: 2:28.76	38.47	300m: 3:47.03	39.29	400m: 5:04.70	38.47	
26.	VENTURA Barbara Cunha	05	132458	Benfica	5:05.18		453	
	50m: 34.44 34.44	150m: 1:50.16	38.76	250m: 3:08.69	39.71	350m: 4:27.71	40.30	
	100m: 1:11.40 36.96	200m: 2:28.98	38.82	300m: 3:47.41	38.72	400m: 5:05.18	37.47	
27.	CARRAO Iris Pereira	05	201392	Laranjeiro	5:08.13		440	
	50m: 33.06 33.06	150m: 1:47.30	38.00	250m: 3:06.30	39.55	350m: 4:27.53	40.92	
	100m: 1:09.30 36.24	200m: 2:26.75	39.45	300m: 3:46.61	40.31	400m: 5:08.13	40.60	

Juvenis A

1.	MOURA Maria Ferreira	04	131382	Sporting	4:28.52		666	
	50m: 30.90 30.90	150m: 1:38.07	33.90	250m: 2:45.72	33.70	350m: 3:54.95	34.86	
	100m: 1:04.17 33.27	200m: 2:12.02	33.95	300m: 3:20.09	34.37	400m: 4:28.52	33.57	
2.	SANTOS Leonor Esteves	04	130603	Avancado EUL	4:32.29		638	
	50m: 32.31 32.31	150m: 1:41.16	34.65	250m: 2:50.06	34.36	350m: 3:59.22	34.54	
	100m: 1:06.51 34.20	200m: 2:15.70	34.54	300m: 3:24.68	34.62	400m: 4:32.29	33.07	
3.	RODRIGUES Lidiana Correia	04	130399	Belenenses	4:36.13		612	
	50m: 31.65 31.65	150m: 1:40.60	34.88	250m: 2:51.45	35.57	350m: 4:02.13	35.19	
	100m: 1:05.72 34.07	200m: 2:15.88	35.28	300m: 3:26.94	35.49	400m: 4:36.13	34.00	

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	VIANA Margarida Violante	04	132662	Bairro dos Anjos/ Leiria	4:37.07		606	
	50m: 31.66 31.66	150m: 1:41.25 35.40	250m: 2:52.22 35.44	350m: 4:02.74 35.24				
	100m: 1:05.85 34.19	200m: 2:16.78 35.53	300m: 3:27.50 35.28	400m: 4:37.07 34.33				
5.	INACIO Marta Macedo	04	132536	Sporting	4:38.39		597	
	50m: 31.87 31.87	150m: 1:42.01 35.39	250m: 2:52.55 35.58	350m: 4:03.88 35.73				
	100m: 1:06.62 34.75	200m: 2:16.97 34.96	300m: 3:28.15 35.60	400m: 4:38.39 34.51				
6.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	4:38.54		596	
	50m: 31.50 31.50	150m: 1:41.03 35.31	250m: 2:52.38 35.74	350m: 4:04.11 35.80				
	100m: 1:05.72 34.22	200m: 2:16.64 35.61	300m: 3:28.31 35.93	400m: 4:38.54 34.43				
7.	MOITEIRO Bruna Silva	04	130921	Nautico Marinha Grande	4:40.84		582	
	50m: 32.15 32.15	150m: 1:43.42 35.75	250m: 2:54.89 35.59	350m: 4:06.13 35.59				
	100m: 1:07.67 35.52	200m: 2:19.30 35.88	300m: 3:30.54 35.65	400m: 4:40.84 34.71				
8.	FREIXIEIRO Beatriz Maria	04	201459	Rio Maior	4:43.31		567	
	50m: 32.51 32.51	150m: 1:43.30 35.78	250m: 2:55.89 36.41	350m: 4:08.76 36.36				
	100m: 1:07.52 35.01	200m: 2:19.48 36.18	300m: 3:32.40 36.51	400m: 4:43.31 34.55				
9.	ALVES Maria Francisca	04	132906	Bairro dos Anjos/ Leiria	4:44.45		560	
	50m: 32.24 32.24	150m: 1:43.26 35.86	250m: 2:55.52 36.49	350m: 4:08.45 36.55				
	100m: 1:07.40 35.16	200m: 2:19.03 35.77	300m: 3:31.90 36.38	400m: 4:44.45 36.00				
10.	NARRA Vera Figueiredo	04	131121	Amadora	4:46.74		547	
	50m: 32.84 32.84	150m: 1:45.05 36.47	250m: 2:58.14 36.59	350m: 4:10.49 36.44				
	100m: 1:08.58 35.74	200m: 2:21.55 36.50	300m: 3:34.05 35.91	400m: 4:46.74 36.25				
11.	COSTA Catarina Nunes	04	131376	Geslours	4:48.02		539	
	50m: 33.87 33.87	150m: 1:46.48 37.12	250m: 2:59.76 36.26	350m: 4:12.98 36.24				
	100m: 1:09.36 35.49	200m: 2:23.50 37.02	300m: 3:36.74 36.98	400m: 4:48.02 35.04				
12.	PEDRO Daniela Alexandra	04	130864	Sporting	4:48.30		538	
	50m: 32.39 32.39	150m: 1:44.65 36.53	250m: 2:58.49 36.95	350m: 4:12.92 37.42				
	100m: 1:08.12 35.73	200m: 2:21.54 36.89	300m: 3:35.50 37.01	400m: 4:48.30 35.38				
13.	JESUS Leonor Santos	04	126749	Natacao de Olhao	4:49.65		530	
	50m: 32.64 32.64	150m: 1:43.55 35.99	250m: 2:58.03 36.98	350m: 4:13.15 37.09				
	100m: 1:07.56 34.92	200m: 2:21.05 37.50	300m: 3:36.06 38.03	400m: 4:49.65 36.50				
14.	MIRA Leonor Maria	04	130557	BUZIOS-Coruche	4:51.97		518	
	50m: 32.69 32.69	150m: 1:47.15 37.79	250m: 3:02.34 37.46	350m: 4:16.78 37.52				
	100m: 1:09.36 36.67	200m: 2:24.88 37.73	300m: 3:39.26 36.92	400m: 4:51.97 35.19				
15.	CAMACHO Maria Martins	04	130618	Uniao Piedense	4:52.07		517	
	50m: 32.69 32.69	150m: 1:45.61 37.03	250m: 2:59.71 36.86	350m: 4:15.37 37.59				
	100m: 1:08.58 35.89	200m: 2:22.85 37.24	300m: 3:37.78 38.07	400m: 4:52.07 36.70				
16.	SIMOES Rita Mendes	04	128073	Bairro dos Anjos/ Leiria	4:52.29		516	
	50m: 32.75 32.75	150m: 1:44.43 36.41	250m: 2:59.02 37.70	350m: 4:15.04 37.92				
	100m: 1:08.02 35.27	200m: 2:21.32 36.89	300m: 3:37.12 38.10	400m: 4:52.29 37.25				
17.	HENRIQUES Carolina Porem	04	129802	Sporting	4:53.65		509	
	50m: 33.41 33.41	150m: 1:46.06 36.46	250m: 2:59.66 37.07	350m: 4:12.00 35.64				
	100m: 1:09.60 36.19	200m: 2:22.59 36.53	300m: 3:36.36 36.70	400m: 4:53.65 41.65				
18.	LOPES Raquel Raposo	04	153469	Cova da Piedade	4:54.78		503	
	50m: 33.43 33.43	150m: 1:47.05 37.27	250m: 3:02.21 37.64	350m: 4:17.79 37.46				
	100m: 1:09.78 36.35	200m: 2:24.57 37.52	300m: 3:40.33 38.12	400m: 4:54.78 36.99				
19.	BARAO Margarida Carvalho	04	130241	Colegio Vasco da Gama	4:54.94		502	
	50m: 33.02 33.02	150m: 1:46.54 37.30	250m: 3:01.63 37.57	350m: 4:18.61 38.14				
	100m: 1:09.24 36.22	200m: 2:24.06 37.52	300m: 3:40.47 38.84	400m: 4:54.94 36.33				
20.	COUTINHO Maria Martim	04	127404	Bairro dos Anjos/ Leiria	4:55.14		501	
	50m: 32.90 32.90	150m: 1:47.33 37.53	250m: 3:02.87 37.72	350m: 4:18.40 37.37				
	100m: 1:09.80 36.90	200m: 2:25.15 37.82	300m: 3:41.03 38.16	400m: 4:55.14 36.74				

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

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	COELHO Joana Marinho	04	131514	Sporting	4:55.54		499	
	50m: 33.02 33.02	150m: 1:47.03	37.40	250m: 3:02.71	37.96	350m: 4:18.82	38.18	
	100m: 1:09.63 36.61	200m: 2:24.75	37.72	300m: 3:40.64	37.93	400m: 4:55.54	36.72	
22.	MENDES Ana Sebastiao	04	129455	Portinado	4:56.43		495	
	50m: 33.00 33.00	150m: 1:47.49	37.58	250m: 3:02.99	37.66	350m: 4:19.02	38.10	
	100m: 1:09.91 36.91	200m: 2:25.33	37.84	300m: 3:40.92	37.93	400m: 4:56.43	37.41	
23.	GERALDES Madalena Graca	04	131511	Sporting	4:56.55		494	
	50m: 32.99 32.99	150m: 1:47.34	37.85	250m: 3:03.60	37.94	350m: 4:20.14	38.34	
	100m: 1:09.49 36.50	200m: 2:25.66	38.32	300m: 3:41.80	38.20	400m: 4:56.55	36.41	
24.	DELFINO Mariana Morais	04	132603	Sporting	4:57.24		491	
	50m: 33.06 33.06	150m: 1:46.98	37.86	250m: 3:03.25	38.12	350m: 4:20.06	38.44	
	100m: 1:09.12 36.06	200m: 2:25.13	38.15	300m: 3:41.62	38.37	400m: 4:57.24	37.18	
25.	REIS Maria Joao	04	129248	Nautico Marinha Grande	4:57.59		489	
	50m: 33.20 33.20	150m: 1:47.71	38.08	250m: 3:04.35	38.54	350m: 4:20.75	37.94	
	100m: 1:09.63 36.43	200m: 2:25.81	38.10	300m: 3:42.81	38.46	400m: 4:57.59	36.84	
26.	JOAQUIM Ines Marques	04	130368	Benfica	4:57.61		489	
	50m: 33.29 33.29	150m: 1:46.98	37.39	250m: 3:03.57	38.30	350m: 4:20.67	38.40	
	100m: 1:09.59 36.30	200m: 2:25.27	38.29	300m: 3:42.27	38.70	400m: 4:57.61	36.94	
27.	BOROZAN Gabriela	04	131882	Louletano / Loule Concelho	5:01.40		471	
	50m: 33.42 33.42	150m: 1:47.80	37.80	250m: 3:04.50	38.34	350m: 4:22.75	39.51	
	100m: 1:10.00 36.58	200m: 2:26.16	38.36	300m: 3:43.24	38.74	400m: 5:01.40	38.65	
28.	GUTERRES Mariana Fragoso	04	200475	Benfica	5:02.14		467	
	50m: 33.29 33.29	150m: 1:47.79	37.70	250m: 3:05.02	39.00	350m: 4:23.48	38.54	
	100m: 1:10.09 36.80	200m: 2:26.02	38.23	300m: 3:44.94	39.92	400m: 5:02.14	38.66	
EXH	JONES Angelina Bermejo	04	203392	Portinado	4:53.08		512	
	50m: 31.93 31.93	150m: 1:45.07	37.22	250m: 3:00.44	37.63	350m: 4:18.11	38.54	
	100m: 1:07.85 35.92	200m: 2:22.81	37.74	300m: 3:39.57	39.13	400m: 4:53.08	34.97	