

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 24
01/08/2021 - 9:45

Femin., 400m Estilos

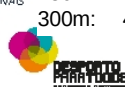
Juvenis B
Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos/ Bresimar	5:19.16	+0,85	581	
	50m: 32.44 32.44	150m: 1:50.10 40.84	250m: 3:18.85 47.64	350m: 4:43.06 47.69	400m: 5:19.16 47.69	36.52	36.10
	100m: 1:09.26 36.82	200m: 2:31.21 41.11	300m: 4:06.54				
2.	PINTO Margarida Vieira	07	Braga	5:24.83	+0,81	551	
	50m: 34.20 34.20	150m: 1:59.81 43.42	250m: 3:27.32 46.22	350m: 4:49.73 45.71	400m: 5:24.83 45.71	36.70	35.10
	100m: 1:16.39 42.19	200m: 2:41.10 41.29	300m: 4:13.03				
3.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:27.94	+0,75	535	
	50m: 35.08 35.08	150m: 1:59.33 42.74	250m: 3:27.54 46.61	350m: 4:51.98 46.21	400m: 5:27.94 46.21	38.23	35.96
	100m: 1:16.59 41.51	200m: 2:40.93 41.60	300m: 4:13.75				
4.	PINA Laura Almeida	07	O Crasto	5:29.45	+0,88	528	
	50m: 35.56 35.56	150m: 2:05.61 44.03	250m: 3:30.60 42.01	350m: 4:52.80 44.48	400m: 5:29.45 44.48	37.72	36.65
	100m: 1:21.58 46.02	200m: 2:48.59 42.98	300m: 4:15.08				
5.	CAMARA Ines Cruz	07	Desportivo Nacional	5:30.09	+0,95	525	
	50m: 33.42 33.42	150m: 1:57.45 44.10	250m: 3:28.08 47.44	350m: 4:53.51 47.35	400m: 5:30.09 47.35	38.08	36.58
	100m: 1:13.35 39.93	200m: 2:40.64 43.19	300m: 4:15.43				
6.	PIRES Teresa Joao	07	Alges	5:33.11	+0,89	511	
	50m: 34.18 34.18	150m: 1:59.42 44.16	250m: 3:30.68 48.66	350m: 4:57.49 47.88	400m: 5:33.11 47.88	38.93	35.62
	100m: 1:15.26 41.08	200m: 2:42.02 42.60	300m: 4:18.56				
7.	MAGALHAES Leticia Rodrigues	07	Palmela	5:33.15	+0,79	511	
	50m: 34.22 34.22	150m: 1:57.66 40.79	250m: 3:28.02 48.79	350m: 4:56.36 49.50	400m: 5:33.15 49.50	38.84	36.79
	100m: 1:16.87 42.65	200m: 2:39.23 41.57	300m: 4:17.52				
8.	SANTOS Rita Machita	07	Naval Setubalense	5:33.60	+0,76	509	
	50m: 34.77 34.77	150m: 2:01.63 45.52	250m: 3:30.34 45.13	350m: 4:55.66 44.77	400m: 5:33.60 44.77	40.55	37.94
	100m: 1:16.11 41.34	200m: 2:45.21 43.58	300m: 4:15.11				
9.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	5:35.66	+0,68	499	
	50m: 35.18 35.18	150m: 1:59.71 43.84	250m: 3:29.69 46.51	350m: 4:56.39 47.57	400m: 5:35.66 47.57	39.13	39.27
	100m: 1:15.87 40.69	200m: 2:43.18 43.47	300m: 4:17.26				
10.	BERNAT Elena Del Rio	07	Alges	5:40.80	+0,81	477	
	50m: 33.55 33.55	150m: 2:01.13 45.47	250m: 3:32.43 46.63	350m: 5:01.91 48.92	400m: 5:40.80 48.92	40.56	38.89
	100m: 1:15.66 42.11	200m: 2:45.80 44.67	300m: 4:21.35				
11.	FIGUEIRA Madalena Almeida	07	Academico Viseu	5:41.05	+0,82	476	
	50m: 34.68 34.68	150m: 2:01.82 45.37	250m: 3:33.13 48.04	350m: 5:02.05 49.40	400m: 5:41.05 49.40	39.52	39.00
	100m: 1:16.45 41.77	200m: 2:45.09 43.27	300m: 4:22.53				
12.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:43.26	+0,74	467	
	50m: 35.49 35.49	150m: 2:00.90 43.99	250m: 3:34.10 49.82	350m: 5:05.38 50.35	400m: 5:43.26 50.35	40.93	37.88
	100m: 1:16.91 41.42	200m: 2:44.28 43.38	300m: 4:24.45				
13.	FERREIRA Beatriz Anjo	07	Nautico Marinha Grande	5:45.55	+0,78	458	
	50m: 35.22 35.22	150m: 2:02.79 45.52	250m: 3:37.02 49.76	350m: 5:07.43 50.48	400m: 5:45.55 50.48	39.93	38.12
	100m: 1:17.27 42.05	200m: 2:47.26 44.47	300m: 4:27.50				
14.	DIOGO Ines Miranda	07	Fundacao Beatriz Santos	5:45.76	+0,84	457	
	50m: 34.89 34.89	150m: 2:00.46 43.66	250m: 3:35.98 51.68	350m: 5:07.77 52.48	400m: 5:45.76 52.48	39.31	37.99
	100m: 1:16.80 41.91	200m: 2:44.30 43.84	300m: 4:28.46				

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 24, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	RODRIGUES Catarina Ferreira	07	Geslours	5:47.30	+0,81	451	
	50m: 35.75 35.75 150m: 2:02.80 44.87 250m: 3:37.12 50.51 350m: 5:08.16 40.22						
	100m: 1:17.93 42.18 200m: 2:46.61 43.81 300m: 4:27.94 50.82 400m: 5:47.30 39.14						
DSQ	SILVA Nuria Soares	07	Colegio SMLamas				
	809 - Movimento alternado de pernas durante o percurso - SW 8.3						

Prova 24 Femin., 400m Estilos Juvenis A
01/08/2021 - 9:45 Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	5:14.68	+0,82	606	
	50m: 32.70 32.70 150m: 1:50.99 40.01 250m: 3:16.58 46.17 350m: 4:39.05 36.57						
	100m: 1:10.98 38.28 200m: 2:30.41 39.42 300m: 4:02.48 45.90 400m: 5:14.68 35.63						
2.	PINTO Leonor Filipa	06	Porto	5:21.69	+0,84	567	
	50m: 33.83 33.83 150m: 1:55.21 41.82 250m: 3:21.47 45.50 350m: 4:44.87 37.49						
	100m: 1:13.39 39.56 200m: 2:35.97 40.76 300m: 4:07.38 45.91 400m: 5:21.69 36.82						
3.	SILVA Ana Francisca	06	Alcobaca	5:27.24	+0,82	539	
	50m: 33.37 33.37 150m: 1:55.67 42.88 250m: 3:25.77 48.57 350m: 4:52.80 37.36						
	100m: 1:12.79 39.42 200m: 2:37.20 41.53 300m: 4:15.44 49.67 400m: 5:27.24 34.44						
4.	FROIS Maria Francisca	06	Ba-Leiria	5:30.94	+0,81	521	
	50m: 34.94 34.94 150m: 2:01.32 44.47 250m: 3:27.70 44.55 350m: 4:54.41 38.95						
	100m: 1:16.85 41.91 200m: 2:43.15 41.83 300m: 4:15.46 47.76 400m: 5:30.94 36.53						
5.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	5:31.28	+0,69	519	
	50m: 35.51 35.51 150m: 2:03.29 45.44 250m: 3:32.68 45.06 350m: 4:55.52 37.63						
	100m: 1:17.85 42.34 200m: 2:47.62 44.33 300m: 4:17.89 45.21 400m: 5:31.28 35.76						
6.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	5:32.14	+0,82	515	
	50m: 33.44 33.44 150m: 1:56.09 45.50 250m: 3:27.89 49.16 350m: 4:55.32 38.39						
	100m: 1:10.59 37.15 200m: 2:38.73 42.64 300m: 4:16.93 49.04 400m: 5:32.14 36.82						
7.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	5:32.17	+0,81	515	
	50m: 36.26 36.26 150m: 2:02.01 42.41 250m: 3:32.60 49.00 350m: 4:57.48 36.36						
	100m: 1:19.60 43.34 200m: 2:43.60 41.59 300m: 4:21.12 48.52 400m: 5:32.17 34.69						
8.	COSTA Anita Gouveia	06	Condeixa Clube	5:34.10	+0,70	506	
	50m: 33.07 33.07 150m: 1:56.95 44.45 250m: 3:28.57 48.88 350m: 4:56.77 36.97						
	100m: 1:12.50 39.43 200m: 2:39.69 42.74 300m: 4:19.80 51.23 400m: 5:34.10 37.33						
9.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	5:35.84	+0,82	498	
	50m: 33.54 33.54 150m: 1:57.77 44.65 250m: 3:29.61 48.68 350m: 4:57.56 39.22						
	100m: 1:13.12 39.58 200m: 2:40.93 43.16 300m: 4:18.34 48.73 400m: 5:35.84 38.28						
10.	NOVAIS Regina Correia	06	Foca Quinta da Lixa CNF	5:36.75	+0,95	494	
	50m: 33.77 33.77 150m: 1:59.47 44.15 250m: 3:30.82 48.00 350m: 4:58.26 37.95						
	100m: 1:15.32 41.55 200m: 2:42.82 43.35 300m: 4:20.31 49.49 400m: 5:36.75 38.49						
11.	TINOCO Diana Silva	06	Columbofila Cantanhedense	5:36.91	+0,70	494	
	50m: 34.00 34.00 150m: 1:58.80 45.32 250m: 3:31.53 49.09 350m: 4:59.72 38.59						
	100m: 1:13.48 39.48 200m: 2:42.44 43.64 300m: 4:21.13 49.60 400m: 5:36.91 37.19						

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Prova 24, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SILVA Maria Seixeira	06	Viana Natacao	5:38.57	+0,92	486	
	50m: 36.21 36.21	150m: 2:04.32	44.06	250m: 3:33.41	46.38	350m: 4:59.74	38.82
	100m: 1:20.26 44.05	200m: 2:47.03	42.71	300m: 4:20.92	47.51	400m: 5:38.57	38.83
13.	CALDES Ana Sofia	06	Elvense	5:44.04	+0,87	464	
	50m: 34.36 34.36	150m: 2:00.33	45.85	250m: 3:35.09	48.48	350m: 5:04.79	39.51
	100m: 1:14.48 40.12	200m: 2:46.61	46.28	300m: 4:25.28	50.19	400m: 5:44.04	39.25
DNS	COSTA Daniela Alexandra	06	Leixoes				

Prova 24 Femin., 400m Estilos Juvenis [A e B]
01/08/2021 - 9:45 Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	5:14.68	+0,82	606	
	50m: 32.70 32.70	150m: 1:50.99	40.01	250m: 3:16.58	46.17	350m: 4:39.05	36.57
	100m: 1:10.98 38.28	200m: 2:30.41	39.42	300m: 4:02.48	45.90	400m: 5:14.68	35.63
2.	ALMEIDA Maria Emilia	07	Galitos/ Bresimar	5:19.16	+0,85	581	
	50m: 32.44 32.44	150m: 1:50.10	40.84	250m: 3:18.85	47.64	350m: 4:43.06	36.52
	100m: 1:09.26 36.82	200m: 2:31.21	41.11	300m: 4:06.54	47.69	400m: 5:19.16	36.10
3.	PINTO Leonor Filipa	06	Porto	5:21.69	+0,84	567	
	50m: 33.83 33.83	150m: 1:55.21	41.82	250m: 3:21.47	45.50	350m: 4:44.87	37.49
	100m: 1:13.39 39.56	200m: 2:35.97	40.76	300m: 4:07.38	45.91	400m: 5:21.69	36.82
4.	PINTO Margarida Vieira	07	Braga	5:24.83	+0,81	551	
	50m: 34.20 34.20	150m: 1:59.81	43.42	250m: 3:27.32	46.22	350m: 4:49.73	36.70
	100m: 1:16.39 42.19	200m: 2:41.10	41.29	300m: 4:13.03	45.71	400m: 5:24.83	35.10
5.	SILVA Ana Francisca	06	Alcobaca	5:27.24	+0,82	539	
	50m: 33.37 33.37	150m: 1:55.67	42.88	250m: 3:25.77	48.57	350m: 4:52.80	37.36
	100m: 1:12.79 39.42	200m: 2:37.20	41.53	300m: 4:15.44	49.67	400m: 5:27.24	34.44
6.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:27.94	+0,75	535	
	50m: 35.08 35.08	150m: 1:59.33	42.74	250m: 3:27.54	46.61	350m: 4:51.98	38.23
	100m: 1:16.59 41.51	200m: 2:40.93	41.60	300m: 4:13.75	46.21	400m: 5:27.94	35.96
7.	PINA Laura Almeida	07	O Crasto	5:29.45	+0,88	528	
	50m: 35.56 35.56	150m: 2:05.61	44.03	250m: 3:30.60	42.01	350m: 4:52.80	37.72
	100m: 1:21.58 46.02	200m: 2:48.59	42.98	300m: 4:15.08	44.48	400m: 5:29.45	36.65
8.	CAMARA Ines Cruz	07	Desportivo Nacional	5:30.09	+0,95	525	
	50m: 33.42 33.42	150m: 1:57.45	44.10	250m: 3:28.08	47.44	350m: 4:53.51	38.08
	100m: 1:13.35 39.93	200m: 2:40.64	43.19	300m: 4:15.43	47.35	400m: 5:30.09	36.58
9.	FROIS Maria Francisca	06	Ba-Leiria	5:30.94	+0,81	521	
	50m: 34.94 34.94	150m: 2:01.32	44.47	250m: 3:27.70	44.55	350m: 4:54.41	38.95
	100m: 1:16.85 41.91	200m: 2:43.15	41.83	300m: 4:15.46	47.76	400m: 5:30.94	36.53
10.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	5:31.28	+0,69	519	
	50m: 35.51 35.51	150m: 2:03.29	45.44	250m: 3:32.68	45.06	350m: 4:55.52	37.63
	100m: 1:17.85 42.34	200m: 2:47.62	44.33	300m: 4:17.89	45.21	400m: 5:31.28	35.76

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Prova 24, Femin., 400m Estilos, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	5:32.14	+0,82	515	
	50m: 33.44 33.44 150m: 1:56.09 45.50 250m: 3:27.89 49.16 350m: 4:55.32 38.39						
	100m: 1:10.59 37.15 200m: 2:38.73 42.64 300m: 4:16.93 49.04 400m: 5:32.14 36.82						
12.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	5:32.17	+0,81	515	
	50m: 36.26 36.26 150m: 2:02.01 42.41 250m: 3:32.60 49.00 350m: 4:57.48 36.36						
	100m: 1:19.60 43.34 200m: 2:43.60 41.59 300m: 4:21.12 48.52 400m: 5:32.17 34.69						
13.	PIRES Teresa Joao	07	Alges	5:33.11	+0,89	511	
	50m: 34.18 34.18 150m: 1:59.42 44.16 250m: 3:30.68 48.66 350m: 4:57.49 38.93						
	100m: 1:15.26 41.08 200m: 2:42.02 42.60 300m: 4:18.56 47.88 400m: 5:33.11 35.62						
14.	MAGALHAES Leticia Rodrigues	07	Palmela	5:33.15	+0,79	511	
	50m: 34.22 34.22 150m: 1:57.66 40.79 250m: 3:28.02 48.79 350m: 4:56.36 38.84						
	100m: 1:16.87 42.65 200m: 2:39.23 41.57 300m: 4:17.52 49.50 400m: 5:33.15 36.79						
15.	SANTOS Rita Machita	07	Naval Setubalense	5:33.60	+0,76	509	
	50m: 34.77 34.77 150m: 2:01.63 45.52 250m: 3:30.34 45.13 350m: 4:55.66 40.55						
	100m: 1:16.11 41.34 200m: 2:45.21 43.58 300m: 4:15.11 44.77 400m: 5:33.60 37.94						
16.	COSTA Anita Gouveia	06	Condeixa Clube	5:34.10	+0,70	506	
	50m: 33.07 33.07 150m: 1:56.95 44.45 250m: 3:28.57 48.88 350m: 4:56.77 36.97						
	100m: 1:12.50 39.43 200m: 2:39.69 42.74 300m: 4:19.80 51.23 400m: 5:34.10 37.33						
17.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	5:35.66	+0,68	499	
	50m: 35.18 35.18 150m: 1:59.71 43.84 250m: 3:29.69 46.51 350m: 4:56.39 39.13						
	100m: 1:15.87 40.69 200m: 2:43.18 43.47 300m: 4:17.26 47.57 400m: 5:35.66 39.27						
18.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	5:35.84	+0,82	498	
	50m: 33.54 33.54 150m: 1:57.77 44.65 250m: 3:29.61 48.68 350m: 4:57.56 39.22						
	100m: 1:13.12 39.58 200m: 2:40.93 43.16 300m: 4:18.34 48.73 400m: 5:35.84 38.28						
19.	NOVAIS Regina Correia	06	Foca Quinta da Lixa CNF	5:36.75	+0,95	494	
	50m: 33.77 33.77 150m: 1:59.47 44.15 250m: 3:30.82 48.00 350m: 4:58.26 37.95						
	100m: 1:15.32 41.55 200m: 2:42.82 43.35 300m: 4:20.31 49.49 400m: 5:36.75 38.49						
20.	TINOCO Diana Silva	06	Columbofila Cantanhedense	5:36.91	+0,70	494	
	50m: 34.00 34.00 150m: 1:58.80 45.32 250m: 3:31.53 49.09 350m: 4:59.72 38.59						
	100m: 1:13.48 39.48 200m: 2:42.44 43.64 300m: 4:21.13 49.60 400m: 5:36.91 37.19						
21.	SILVA Maria Seixeira	06	Viana Natacao	5:38.57	+0,92	486	
	50m: 36.21 36.21 150m: 2:04.32 44.06 250m: 3:33.41 46.38 350m: 4:59.74 38.82						
	100m: 1:20.26 44.05 200m: 2:47.03 42.71 300m: 4:20.92 47.51 400m: 5:38.57 38.83						
22.	BERNAT Elena Del Rio	07	Alges	5:40.80	+0,81	477	
	50m: 33.55 33.55 150m: 2:01.13 45.47 250m: 3:32.43 46.63 350m: 5:01.91 40.56						
	100m: 1:15.66 42.11 200m: 2:45.80 44.67 300m: 4:21.35 48.92 400m: 5:40.80 38.89						
23.	FIGUEIRA Madalena Almeida	07	Academico Viseu	5:41.05	+0,82	476	
	50m: 34.68 34.68 150m: 2:01.82 45.37 250m: 3:33.13 48.04 350m: 5:02.05 39.52						
	100m: 1:16.45 41.77 200m: 2:45.09 43.27 300m: 4:22.53 49.40 400m: 5:41.05 39.00						
24.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:43.26	+0,74	467	
	50m: 35.49 35.49 150m: 2:00.90 43.99 250m: 3:34.10 49.82 350m: 5:05.38 40.93						
	100m: 1:16.91 41.42 200m: 2:44.28 43.38 300m: 4:24.45 50.35 400m: 5:43.26 37.88						
25.	CALDES Ana Sofia	06	Elvense	5:44.04	+0,87	464	
	50m: 34.36 34.36 150m: 2:00.33 45.85 250m: 3:35.09 48.48 350m: 5:04.79 39.51						
	100m: 1:14.48 40.12 200m: 2:46.61 46.28 300m: 4:25.28 50.19 400m: 5:44.04 39.25						

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 24, Femin., 400m Estilos, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	FERREIRA Beatriz Anjo	07	Nautico Marinha Grande	5:45.55	+0,78	458	
	50m: 35.22 35.22 150m: 2:02.79 45.52 250m: 3:37.02 49.76 350m: 5:07.43 39.93						
	100m: 1:17.27 42.05 200m: 2:47.26 44.47 300m: 4:27.50 50.48 400m: 5:45.55 38.12						
27.	DIOGO Ines Miranda	07	Fundacao Beatriz Santos	5:45.76	+0,84	457	
	50m: 34.89 34.89 150m: 2:00.46 43.66 250m: 3:35.98 51.68 350m: 5:07.77 39.31						
	100m: 1:16.80 41.91 200m: 2:44.30 43.84 300m: 4:28.46 52.48 400m: 5:45.76 37.99						
28.	RODRIGUES Catarina Ferreira	07	Geslours	5:47.30	+0,81	451	
	50m: 35.75 35.75 150m: 2:02.80 44.87 250m: 3:37.12 50.51 350m: 5:08.16 40.22						
	100m: 1:17.93 42.18 200m: 2:46.61 43.81 300m: 4:27.94 50.82 400m: 5:47.30 39.14						
DSQ	SILVA Nuria Soares	07	Colegio SMLamas				
	809 - Movimento alternado de pernas durante o percurso - SW 8.3						
DNS	COSTA Daniela Alexandra	06	Leixoes				

Prova 24 Femin., 400m Estilos Juniores Resultados
01/08/2021 - 9:45

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Colegio Efanor	4:57.32	+0,86	719	
	50m: 29.91 29.91 150m: 1:43.64 39.13 250m: 3:04.83 42.93 350m: 4:22.40 34.87						
	100m: 1:04.51 34.60 200m: 2:21.90 38.26 300m: 3:47.53 42.70 400m: 4:57.32 34.92						
2.	LOPES Daniela Magalhaes	05	Famalicao	5:07.44	+0,80	650	
	50m: 31.76 31.76 150m: 1:49.68 40.89 250m: 3:14.45 43.69 350m: 4:33.39 35.08						
	100m: 1:08.79 37.03 200m: 2:30.76 41.08 300m: 3:58.31 43.86 400m: 5:07.44 34.05						
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:13.05	+0,75	615	
	50m: 31.62 31.62 150m: 1:50.90 42.31 250m: 3:16.49 44.61 350m: 4:38.24 36.01						
	100m: 1:08.59 36.97 200m: 2:31.88 40.98 300m: 4:02.23 45.74 400m: 5:13.05 34.81						
4.	MORGADO Alice Jesus	04	Sporting	5:22.52	+0,82	563	
	50m: 32.65 32.65 150m: 1:53.30 42.43 250m: 3:23.09 47.95 350m: 4:45.92 36.35						
	100m: 1:10.87 38.22 200m: 2:35.14 41.84 300m: 4:09.57 46.48 400m: 5:22.52 36.60						
5.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	5:25.55	+0,70	547	
	50m: 33.04 33.04 150m: 1:53.49 41.57 250m: 3:19.82 46.55 350m: 4:47.35 39.85						
	100m: 1:11.92 38.88 200m: 2:33.27 39.78 300m: 4:07.50 47.68 400m: 5:25.55 38.20						
6.	LOPES Francisca Macedo	05	Vilacondense	5:26.65	+0,82	542	
	50m: 34.69 34.69 150m: 1:59.68 42.88 250m: 3:27.96 46.97 350m: 4:51.78 36.89						
	100m: 1:16.80 42.11 200m: 2:40.99 41.31 300m: 4:14.89 46.93 400m: 5:26.65 34.87						
7.	REIS Erica Cristina	05	Sporting	5:27.04	+0,71	540	
	50m: 33.72 33.72 150m: 1:57.74 43.81 250m: 3:26.35 46.04 350m: 4:50.20 37.31						
	100m: 1:13.93 40.21 200m: 2:40.31 42.57 300m: 4:12.89 46.54 400m: 5:27.04 36.84						
8.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	5:30.84	+0,71	521	
	50m: 34.10 34.10 150m: 1:58.04 43.13 250m: 3:28.53 48.42 350m: 4:55.92 37.94						
	100m: 1:14.91 40.81 200m: 2:40.11 42.07 300m: 4:17.98 49.45 400m: 5:30.84 34.92						

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 24, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	FERREIRA Joana Rosa	05	Naval de Peniche	5:37.47	+0,79	491	
	50m: 33.43 33.43 150m: 2:00.11 45.77 250m: 3:31.21 46.77 350m: 4:59.81 40.89						
	100m: 1:14.34 40.91 200m: 2:44.44 44.33 300m: 4:18.92 47.71 400m: 5:37.47 37.66						
DNS	ESTEVEENS Laura Fabiana	05	Naval de Faro				

Prova 24 Femin., 400m Estilos Absolutos
01/08/2021 - 9:45 Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Colegio Efanor	4:57.32	+0,86	719	
	50m: 29.91 29.91 150m: 1:43.64 39.13 250m: 3:04.83 42.93 350m: 4:22.40 34.87						
	100m: 1:04.51 34.60 200m: 2:21.90 38.26 300m: 3:47.53 42.70 400m: 4:57.32 34.92						
2.	CABRAL Maria Francisca	00	Porto	4:59.70	+0,89	702	
	50m: 31.93 31.93 150m: 1:46.28 38.18 250m: 3:07.69 44.45 350m: 4:26.66 34.65						
	100m: 1:08.10 36.17 200m: 2:23.24 36.96 300m: 3:52.01 44.32 400m: 4:59.70 33.04						
3.	CARDEAL Joana Nunes	02	Academico Viseu	5:00.12	+0,74	699	
	50m: 31.11 31.11 150m: 1:45.95 39.65 250m: 3:08.80 43.58 350m: 4:27.27 33.68						
	100m: 1:06.30 35.19 200m: 2:25.22 39.27 300m: 3:53.59 44.79 400m: 5:00.12 32.85						
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	5:03.47	+0,77	676	
	50m: 32.68 32.68 150m: 1:49.82 40.53 250m: 3:12.71 42.79 350m: 4:29.90 34.79						
	100m: 1:09.29 36.61 200m: 2:29.92 40.10 300m: 3:55.11 42.40 400m: 5:03.47 33.57						
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:04.15	+0,73	671	
	50m: 31.05 31.05 150m: 1:47.40 40.43 250m: 3:10.88 43.37 350m: 4:30.14 36.29						
	100m: 1:06.97 35.92 200m: 2:27.51 40.11 300m: 3:53.85 42.97 400m: 5:04.15 34.01						
6.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	5:05.37	+0,70	663	
	50m: 31.42 31.42 150m: 1:48.12 40.00 250m: 3:10.85 42.96 350m: 4:30.20 35.82						
	100m: 1:08.12 36.70 200m: 2:27.89 39.77 300m: 3:54.38 43.53 400m: 5:05.37 35.17						
7.	LOPES Daniela Magalhaes	05	Famalicao	5:07.44	+0,80	650	
	50m: 31.76 31.76 150m: 1:49.68 40.89 250m: 3:14.45 43.69 350m: 4:33.39 35.08						
	100m: 1:08.79 37.03 200m: 2:30.76 41.08 300m: 3:58.31 43.86 400m: 5:07.44 34.05						
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:11.18	+0,85	627	
	50m: 32.47 32.47 150m: 1:51.72 42.18 250m: 3:16.60 43.04 350m: 4:36.15 37.00						
	100m: 1:09.54 37.07 200m: 2:33.56 41.84 300m: 3:59.15 42.55 400m: 5:11.18 35.03						
9.	HENRIQUES Ines Jacinto	00	Sporting	5:11.48	+0,77	625	
	50m: 31.40 31.40 150m: 1:49.09 41.27 250m: 3:13.51 43.59 350m: 4:34.99 36.84						
	100m: 1:07.82 36.42 200m: 2:29.92 40.83 300m: 3:58.15 44.64 400m: 5:11.48 36.49						
10.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:13.05	+0,75	615	
	50m: 31.62 31.62 150m: 1:50.90 42.31 250m: 3:16.49 44.61 350m: 4:38.24 36.01						
	100m: 1:08.59 36.97 200m: 2:31.88 40.98 300m: 4:02.23 45.74 400m: 5:13.05 34.81						
11.	RIBEIRO Margarida Messias	98	Geslours	5:22.05	+0,78	565	
	50m: 33.44 33.44 150m: 1:57.21 44.10 250m: 3:24.93 45.70 350m: 4:47.47 36.75						
	100m: 1:13.11 39.67 200m: 2:39.23 42.02 300m: 4:10.72 45.79 400m: 5:22.05 34.58						

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Campeonato Nacional de Juvenis
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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 24, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	MORGADO Alice Jesus	04	Sporting	5:22.52	+0,82	563	
	50m: 32.65 32.65 150m: 1:53.30 42.43 250m: 3:23.09 47.95 350m: 4:45.92 36.35						
	100m: 1:10.87 38.22 200m: 2:35.14 41.84 300m: 4:09.57 46.48 400m: 5:22.52 36.60						
13.	MONTEIRO Margarida Cabral	02	Galitos/ Bresimar	5:23.54	+0,75	557	
	50m: 33.74 33.74 150m: 1:56.13 42.52 250m: 3:24.68 47.07 350m: 4:47.85 36.43						
	100m: 1:13.61 39.87 200m: 2:37.61 41.48 300m: 4:11.42 46.74 400m: 5:23.54 35.69						
14.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	5:25.55	+0,70	547	
	50m: 33.04 33.04 150m: 1:53.49 41.57 250m: 3:19.82 46.55 350m: 4:47.35 39.85						
	100m: 1:11.92 38.88 200m: 2:33.27 39.78 300m: 4:07.50 47.68 400m: 5:25.55 38.20						
15.	LOPES Francisca Macedo	05	Vilacondense	5:26.65	+0,82	542	
	50m: 34.69 34.69 150m: 1:59.68 42.88 250m: 3:27.96 46.97 350m: 4:51.78 36.89						
	100m: 1:16.80 42.11 200m: 2:40.99 41.31 300m: 4:14.89 46.93 400m: 5:26.65 34.87						
16.	REIS Erica Cristina	05	Sporting	5:27.04	+0,71	540	
	50m: 33.72 33.72 150m: 1:57.74 43.81 250m: 3:26.35 46.04 350m: 4:50.20 37.31						
	100m: 1:13.93 40.21 200m: 2:40.31 42.57 300m: 4:12.89 46.54 400m: 5:27.04 36.84						
17.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	5:30.84	+0,71	521	
	50m: 34.10 34.10 150m: 1:58.04 43.13 250m: 3:28.53 48.42 350m: 4:55.92 37.94						
	100m: 1:14.91 40.81 200m: 2:40.11 42.07 300m: 4:17.98 49.45 400m: 5:30.84 34.92						
18.	FERREIRA Joana Rosa	05	Naval de Peniche	5:37.47	+0,79	491	
	50m: 33.43 33.43 150m: 2:00.11 45.77 250m: 3:31.21 46.77 350m: 4:59.81 40.89						
	100m: 1:14.34 40.91 200m: 2:44.44 44.33 300m: 4:18.92 47.71 400m: 5:37.47 37.66						
19.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	5:56.61	+0,86	416	
	50m: 37.83 37.83 150m: 2:10.67 47.65 250m: 3:48.65 52.35 350m: 5:19.03 38.33						
	100m: 1:23.02 45.19 200m: 2:56.30 45.63 300m: 4:40.70 52.05 400m: 5:56.61 37.58						
DNS	ESTEVEENS Laura Fabiana	05	Naval de Faro				

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Prova 24, Femin., 400m Estilos

Prova 24 Femin., 400m Estilos Open
01/08/2021 - 9:45 Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015
Rec Nac Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20/07/2007
Rec Nac Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24/07/2009

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Colegio Efanor	4:57.32	+0,86	719	
	50m: 29.91 29.91	150m: 1:43.64 39.13	250m: 3:04.83 42.93	350m: 4:22.40 34.87			
	100m: 1:04.51 34.60	200m: 2:21.90 38.26	300m: 3:47.53 42.70	400m: 4:57.32 34.92			
2.	CABRAL Maria Francisca	00	Porto	4:59.70	+0,89	702	
	50m: 31.93 31.93	150m: 1:46.28 38.18	250m: 3:07.69 44.45	350m: 4:26.66 34.65			
	100m: 1:08.10 36.17	200m: 2:23.24 36.96	300m: 3:52.01 44.32	400m: 4:59.70 33.04			
3.	CARDEAL Joana Nunes	02	Academico Viseu	5:00.12	+0,74	699	
	50m: 31.11 31.11	150m: 1:45.95 39.65	250m: 3:08.80 43.58	350m: 4:27.27 33.68			
	100m: 1:06.30 35.19	200m: 2:25.22 39.27	300m: 3:53.59 44.79	400m: 5:00.12 32.85			
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	5:03.47	+0,77	676	
	50m: 32.68 32.68	150m: 1:49.82 40.53	250m: 3:12.71 42.79	350m: 4:29.90 34.79			
	100m: 1:09.29 36.61	200m: 2:29.92 40.10	300m: 3:55.11 42.40	400m: 5:03.47 33.57			
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:04.15	+0,73	671	
	50m: 31.05 31.05	150m: 1:47.40 40.43	250m: 3:10.88 43.37	350m: 4:30.14 36.29			
	100m: 1:06.97 35.92	200m: 2:27.51 40.11	300m: 3:53.85 42.97	400m: 5:04.15 34.01			
6.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	5:05.37	+0,70	663	
	50m: 31.42 31.42	150m: 1:48.12 40.00	250m: 3:10.85 42.96	350m: 4:30.20 35.82			
	100m: 1:08.12 36.70	200m: 2:27.89 39.77	300m: 3:54.38 43.53	400m: 5:05.37 35.17			
7.	LOPES Daniela Magalhaes	05	Famalicao	5:07.44	+0,80	650	
	50m: 31.76 31.76	150m: 1:49.68 40.89	250m: 3:14.45 43.69	350m: 4:33.39 35.08			
	100m: 1:08.79 37.03	200m: 2:30.76 41.08	300m: 3:58.31 43.86	400m: 5:07.44 34.05			
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:11.18	+0,85	627	
	50m: 32.47 32.47	150m: 1:51.72 42.18	250m: 3:16.60 43.04	350m: 4:36.15 37.00			
	100m: 1:09.54 37.07	200m: 2:33.56 41.84	300m: 3:59.15 42.55	400m: 5:11.18 35.03			
9.	HENRIQUES Ines Jacinto	00	Sporting	5:11.48	+0,77	625	
	50m: 31.40 31.40	150m: 1:49.09 41.27	250m: 3:13.51 43.59	350m: 4:34.99 36.84			
	100m: 1:07.82 36.42	200m: 2:29.92 40.83	300m: 3:58.15 44.64	400m: 5:11.48 36.49			
10.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:13.05	+0,75	615	
	50m: 31.62 31.62	150m: 1:50.90 42.31	250m: 3:16.49 44.61	350m: 4:38.24 36.01			
	100m: 1:08.59 36.97	200m: 2:31.88 40.98	300m: 4:02.23 45.74	400m: 5:13.05 34.81			
11.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	5:14.68	+0,82	606	
	50m: 32.70 32.70	150m: 1:50.99 40.01	250m: 3:16.58 46.17	350m: 4:39.05 36.57			
	100m: 1:10.98 38.28	200m: 2:30.41 39.42	300m: 4:02.48 45.90	400m: 5:14.68 35.63			
12.	ALMEIDA Maria Emilia	07	Galitos/ Bresimar	5:19.16	+0,85	581	
	50m: 32.44 32.44	150m: 1:50.10 40.84	250m: 3:18.85 47.64	350m: 4:43.06 36.52			
	100m: 1:09.26 36.82	200m: 2:31.21 41.11	300m: 4:06.54 47.69	400m: 5:19.16 36.10			

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PARCEIROS



Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
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Prova 24, Femin., 400m Estilos, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	PINTO Leonor Filipa	06	Porto	5:21.69	+0,84	567	
	50m: 33.83 33.83 150m: 1:55.21 41.82 250m: 3:21.47 45.50 350m: 4:44.87 37.49						
	100m: 1:13.39 39.56 200m: 2:35.97 40.76 300m: 4:07.38 45.91 400m: 5:21.69 36.82						
14.	RIBEIRO Margarida Messias	98	Geslours	5:22.05	+0,78	565	
	50m: 33.44 33.44 150m: 1:57.21 44.10 250m: 3:24.93 45.70 350m: 4:47.47 36.75						
	100m: 1:13.11 39.67 200m: 2:39.23 42.02 300m: 4:10.72 45.79 400m: 5:22.05 34.58						
15.	MORGADO Alice Jesus	04	Sporting	5:22.52	+0,82	563	
	50m: 32.65 32.65 150m: 1:53.30 42.43 250m: 3:23.09 47.95 350m: 4:45.92 36.35						
	100m: 1:10.87 38.22 200m: 2:35.14 41.84 300m: 4:09.57 46.48 400m: 5:22.52 36.60						
16.	MONTEIRO Margarida Cabral	02	Galitos/ Bresimar	5:23.54	+0,75	557	
	50m: 33.74 33.74 150m: 1:56.13 42.52 250m: 3:24.68 47.07 350m: 4:47.85 36.43						
	100m: 1:13.61 39.87 200m: 2:37.61 41.48 300m: 4:11.42 46.74 400m: 5:23.54 35.69						
17.	PINTO Margarida Vieira	07	Braga	5:24.83	+0,81	551	
	50m: 34.20 34.20 150m: 1:59.81 43.42 250m: 3:27.32 46.22 350m: 4:49.73 36.70						
	100m: 1:16.39 42.19 200m: 2:41.10 41.29 300m: 4:13.03 45.71 400m: 5:24.83 35.10						
18.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	5:25.55	+0,70	547	
	50m: 33.04 33.04 150m: 1:53.49 41.57 250m: 3:19.82 46.55 350m: 4:47.35 39.85						
	100m: 1:11.92 38.88 200m: 2:33.27 39.78 300m: 4:07.50 47.68 400m: 5:25.55 38.20						
19.	LOPES Francisca Macedo	05	Vilacondense	5:26.65	+0,82	542	
	50m: 34.69 34.69 150m: 1:59.68 42.88 250m: 3:27.96 46.97 350m: 4:51.78 36.89						
	100m: 1:16.80 42.11 200m: 2:40.99 41.31 300m: 4:14.89 46.93 400m: 5:26.65 34.87						
20.	REIS Erica Cristina	05	Sporting	5:27.04	+0,71	540	
	50m: 33.72 33.72 150m: 1:57.74 43.81 250m: 3:26.35 46.04 350m: 4:50.20 37.31						
	100m: 1:13.93 40.21 200m: 2:40.31 42.57 300m: 4:12.89 46.54 400m: 5:27.04 36.84						
21.	SILVA Ana Francisca	06	Alcobaca	5:27.24	+0,82	539	
	50m: 33.37 33.37 150m: 1:55.67 42.88 250m: 3:25.77 48.57 350m: 4:52.80 37.36						
	100m: 1:12.79 39.42 200m: 2:37.20 41.53 300m: 4:15.44 49.67 400m: 5:27.24 34.44						
22.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:27.94	+0,75	535	
	50m: 35.08 35.08 150m: 1:59.33 42.74 250m: 3:27.54 46.61 350m: 4:51.98 38.23						
	100m: 1:16.59 41.51 200m: 2:40.93 41.60 300m: 4:13.75 46.21 400m: 5:27.94 35.96						
23.	PINA Laura Almeida	07	O Crasto	5:29.45	+0,88	528	
	50m: 35.56 35.56 150m: 2:05.61 44.03 250m: 3:30.60 42.01 350m: 4:52.80 37.72						
	100m: 1:21.58 46.02 200m: 2:48.59 42.98 300m: 4:15.08 44.48 400m: 5:29.45 36.65						
24.	CAMARA Ines Cruz	07	Desportivo Nacional	5:30.09	+0,95	525	
	50m: 33.42 33.42 150m: 1:57.45 44.10 250m: 3:28.08 47.44 350m: 4:53.51 38.08						
	100m: 1:13.35 39.93 200m: 2:40.64 43.19 300m: 4:15.43 47.35 400m: 5:30.09 36.58						
25.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	5:30.84	+0,71	521	
	50m: 34.10 34.10 150m: 1:58.04 43.13 250m: 3:28.53 48.42 350m: 4:55.92 37.94						
	100m: 1:14.91 40.81 200m: 2:40.11 42.07 300m: 4:17.98 49.45 400m: 5:30.84 34.92						
26.	FROIS Maria Francisca	06	Ba-Leiria	5:30.94	+0,81	521	
	50m: 34.94 34.94 150m: 2:01.32 44.47 250m: 3:27.70 44.55 350m: 4:54.41 38.95						
	100m: 1:16.85 41.91 200m: 2:43.15 41.83 300m: 4:15.46 47.76 400m: 5:30.94 36.53						
27.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	5:31.28	+0,69	519	
	50m: 35.51 35.51 150m: 2:03.29 45.44 250m: 3:32.68 45.06 350m: 4:55.52 37.63						
	100m: 1:17.85 42.34 200m: 2:47.62 44.33 300m: 4:17.89 45.21 400m: 5:31.28 35.76						

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 24, Femin., 400m Estilos, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	5:32.14	+0,82	515	
	50m: 33.44 33.44 150m: 1:56.09 45.50 250m: 3:27.89 49.16 350m: 4:55.32 38.39						
	100m: 1:10.59 37.15 200m: 2:38.73 42.64 300m: 4:16.93 49.04 400m: 5:32.14 36.82						
29.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	5:32.17	+0,81	515	
	50m: 36.26 36.26 150m: 2:02.01 42.41 250m: 3:32.60 49.00 350m: 4:57.48 36.36						
	100m: 1:19.60 43.34 200m: 2:43.60 41.59 300m: 4:21.12 48.52 400m: 5:32.17 34.69						
30.	PIRES Teresa Joao	07	Alges	5:33.11	+0,89	511	
	50m: 34.18 34.18 150m: 1:59.42 44.16 250m: 3:30.68 48.66 350m: 4:57.49 38.93						
	100m: 1:15.26 41.08 200m: 2:42.02 42.60 300m: 4:18.56 47.88 400m: 5:33.11 35.62						
31.	MAGALHAES Leticia Rodrigues	07	Palmela	5:33.15	+0,79	511	
	50m: 34.22 34.22 150m: 1:57.66 40.79 250m: 3:28.02 48.79 350m: 4:56.36 38.84						
	100m: 1:16.87 42.65 200m: 2:39.23 41.57 300m: 4:17.52 49.50 400m: 5:33.15 36.79						
32.	SANTOS Rita Machita	07	Naval Setubalense	5:33.60	+0,76	509	
	50m: 34.77 34.77 150m: 2:01.63 45.52 250m: 3:30.34 45.13 350m: 4:55.66 40.55						
	100m: 1:16.11 41.34 200m: 2:45.21 43.58 300m: 4:15.11 44.77 400m: 5:33.60 37.94						
33.	COSTA Anita Gouveia	06	Condeixa Clube	5:34.10	+0,70	506	
	50m: 33.07 33.07 150m: 1:56.95 44.45 250m: 3:28.57 48.88 350m: 4:56.77 36.97						
	100m: 1:12.50 39.43 200m: 2:39.69 42.74 300m: 4:19.80 51.23 400m: 5:34.10 37.33						
34.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	5:35.66	+0,68	499	
	50m: 35.18 35.18 150m: 1:59.71 43.84 250m: 3:29.69 46.51 350m: 4:56.39 39.13						
	100m: 1:15.87 40.69 200m: 2:43.18 43.47 300m: 4:17.26 47.57 400m: 5:35.66 39.27						
35.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	5:35.84	+0,82	498	
	50m: 33.54 33.54 150m: 1:57.77 44.65 250m: 3:29.61 48.68 350m: 4:57.56 39.22						
	100m: 1:13.12 39.58 200m: 2:40.93 43.16 300m: 4:18.34 48.73 400m: 5:35.84 38.28						
36.	NOVAIS Regina Correia	06	Foca Quinta da Lixa CNF	5:36.75	+0,95	494	
	50m: 33.77 33.77 150m: 1:59.47 44.15 250m: 3:30.82 48.00 350m: 4:58.26 37.95						
	100m: 1:15.32 41.55 200m: 2:42.82 43.35 300m: 4:20.31 49.49 400m: 5:36.75 38.49						
37.	TINOCO Diana Silva	06	Columbofila Cantanhedense	5:36.91	+0,70	494	
	50m: 34.00 34.00 150m: 1:58.80 45.32 250m: 3:31.53 49.09 350m: 4:59.72 38.59						
	100m: 1:13.48 39.48 200m: 2:42.44 43.64 300m: 4:21.13 49.60 400m: 5:36.91 37.19						
38.	FERREIRA Joana Rosa	05	Naval de Peniche	5:37.47	+0,79	491	
	50m: 33.43 33.43 150m: 2:00.11 45.77 250m: 3:31.21 46.77 350m: 4:59.81 40.89						
	100m: 1:14.34 40.91 200m: 2:44.44 44.33 300m: 4:18.92 47.71 400m: 5:37.47 37.66						
39.	SILVA Maria Seixeira	06	Viana Natacao	5:38.57	+0,92	486	
	50m: 36.21 36.21 150m: 2:04.32 44.06 250m: 3:33.41 46.38 350m: 4:59.74 38.82						
	100m: 1:20.26 44.05 200m: 2:47.03 42.71 300m: 4:20.92 47.51 400m: 5:38.57 38.83						
40.	BERNAT Elena Del Rio	07	Alges	5:40.80	+0,81	477	
	50m: 33.55 33.55 150m: 2:01.13 45.47 250m: 3:32.43 46.63 350m: 5:01.91 40.56						
	100m: 1:15.66 42.11 200m: 2:45.80 44.67 300m: 4:21.35 48.92 400m: 5:40.80 38.89						
41.	FIGUEIRA Madalena Almeida	07	Academico Viseu	5:41.05	+0,82	476	
	50m: 34.68 34.68 150m: 2:01.82 45.37 250m: 3:33.13 48.04 350m: 5:02.05 39.52						
	100m: 1:16.45 41.77 200m: 2:45.09 43.27 300m: 4:22.53 49.40 400m: 5:41.05 39.00						
42.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:43.26	+0,74	467	
	50m: 35.49 35.49 150m: 2:00.90 43.99 250m: 3:34.10 49.82 350m: 5:05.38 40.93						
	100m: 1:16.91 41.42 200m: 2:44.28 43.38 300m: 4:24.45 50.35 400m: 5:43.26 37.88						

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Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 24, Femin., 400m Estilos, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	CALDES Ana Sofia	06	Elvense	5:44.04	+0,87	464	
	50m: 34.36 34.36	150m: 2:00.33 45.85	250m: 3:35.09 48.48	350m: 5:04.79 39.51			
	100m: 1:14.48 40.12	200m: 2:46.61 46.28	300m: 4:25.28 50.19	400m: 5:44.04 39.25			
44.	FERREIRA Beatriz Anjo	07	Nautico Marinha Grande	5:45.55	+0,78	458	
	50m: 35.22 35.22	150m: 2:02.79 45.52	250m: 3:37.02 49.76	350m: 5:07.43 39.93			
	100m: 1:17.27 42.05	200m: 2:47.26 44.47	300m: 4:27.50 50.48	400m: 5:45.55 38.12			
45.	DIOGO Ines Miranda	07	Fundacao Beatriz Santos	5:45.76	+0,84	457	
	50m: 34.89 34.89	150m: 2:00.46 43.66	250m: 3:35.98 51.68	350m: 5:07.77 39.31			
	100m: 1:16.80 41.91	200m: 2:44.30 43.84	300m: 4:28.46 52.48	400m: 5:45.76 37.99			
46.	RODRIGUES Catarina Ferreira	07	Geslours	5:47.30	+0,81	451	
	50m: 35.75 35.75	150m: 2:02.80 44.87	250m: 3:37.12 50.51	350m: 5:08.16 40.22			
	100m: 1:17.93 42.18	200m: 2:46.61 43.81	300m: 4:27.94 50.82	400m: 5:47.30 39.14			
47.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	5:56.61	+0,86	416	
	50m: 37.83 37.83	150m: 2:10.67 47.65	250m: 3:48.65 52.35	350m: 5:19.03 38.33			
	100m: 1:23.02 45.19	200m: 2:56.30 45.63	300m: 4:40.70 52.05	400m: 5:56.61 37.58			
DSQ	SILVA Nuria Soares	07	Colegio SMLamas				
	809 - Movimento alternado de pernas durante o percurso - SW 8.3						
DNS	ESTEVEENS Laura Fabiana	05	Naval de Faro				
DNS	COSTA Daniela Alexandra	06	Leixoes				

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