

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 1
29-05-2021 - 9:30

Femin., 1500m Livres

Absolutos
Resultados

RN50 Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09-02-2020
RN50 Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09-02-2020
RN50 Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezoasarhely (HUN)	08-07-2016
RN50 Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29-08-2015
RN50 Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
RN50 Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007

TAC Sen19+ 50m: 17:50.00 - 25m: 17:31.28; Sen18 50m: 18:18.19 - 25m: 18:01.98; Jun17 50m: 18:23.68 - 25m: 18:07.39;
Jun16 50m: 19:22.17 - 25m: 18:58.62; Juv A 50m: 19:46.97 - 25m: 19:29.78; Juv B 50m: 20:21.43 - 25m: 20:03.75

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis A

1.	FARIA Leonor Verissimo			06		Nucleo de Pombal			18:07.75			605
	50m:	33.10	33.10	450m:	5:20.64	36.52	850m:	10:10.86	36.45	1250m:	15:05.73	37.24
	100m:	1:08.42	35.32	500m:	5:56.50	35.86	900m:	10:47.77	36.91	1300m:	15:42.72	36.99
	150m:	1:44.39	35.97	550m:	6:32.70	36.20	950m:	11:24.46	36.69	1350m:	16:19.76	37.04
	200m:	2:20.02	35.63	600m:	7:09.01	36.31	1000m:	12:00.62	36.16	1400m:	16:56.63	36.87
	250m:	2:56.20	36.18	650m:	7:45.39	36.38	1050m:	12:37.43	36.81	1450m:	17:32.98	36.35
	300m:	3:32.10	35.90	700m:	8:21.64	36.25	1100m:	13:14.59	37.16	1500m:	18:07.75	34.77
	350m:	4:08.19	36.09	750m:	8:58.00	36.36	1150m:	13:51.67	37.08			
	400m:	4:44.12	35.93	800m:	9:34.41	36.41	1200m:	14:28.49	36.82			
2.	SILVA Silvana Suamade			06		Sao Roque			20:15.18			434
	50m:	36.34	36.34	450m:	5:57.56	40.04	850m:	11:23.76	40.72	1250m:	16:51.27	40.79
	100m:	1:15.86	39.52	500m:	6:38.19	40.63	900m:	12:04.37	40.61	1300m:	17:32.50	41.23
	150m:	1:55.98	40.12	550m:	7:18.61	40.42	950m:	12:44.88	40.51	1350m:	18:13.38	40.88
	200m:	2:36.46	40.48	600m:	7:59.63	41.02	1000m:	13:25.94	41.06	1400m:	18:54.68	41.30
	250m:	3:16.49	40.03	650m:	8:40.19	40.56	1050m:	14:06.91	40.97	1450m:	19:35.07	40.39
	300m:	3:56.97	40.48	700m:	9:21.23	41.04	1100m:	14:48.04	41.13	1500m:	20:15.18	40.11
	350m:	4:36.92	39.95	750m:	10:02.06	40.83	1150m:	15:29.17	41.13			
	400m:	5:17.52	40.60	800m:	10:43.04	40.98	1200m:	16:10.48	41.31			

Absolutos

1.	CONCEICAO Ema Jeronimo			03	Fisica Torres Vedras			17:14.28			704	
	50m:	31.45	31.45	450m:	5:07.66	34.51	850m:	9:42.91	34.73	1250m:	14:22.23	35.47
	100m:	1:05.41	33.96	500m:	5:41.66	34.00	900m:	10:17.35	34.44	1300m:	14:57.00	34.77
	150m:	1:39.77	34.36	550m:	6:16.06	34.40	950m:	10:52.40	35.05	1350m:	15:32.84	35.84
	200m:	2:14.45	34.68	600m:	6:50.52	34.46	1000m:	11:26.62	34.22	1400m:	16:07.41	34.57
	250m:	2:49.26	34.81	650m:	7:25.04	34.52	1050m:	12:01.61	34.99	1450m:	16:41.69	34.28
	300m:	3:23.97	34.71	700m:	7:59.34	34.30	1100m:	12:36.37	34.76	1500m:	17:14.28	32.59
	350m:	3:58.70	34.73	750m:	8:33.97	34.63	1150m:	13:11.89	35.52			
	400m:	4:33.15	34.45	800m:	9:08.18	34.21	1200m:	13:46.76	34.87			

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Rio Maior, 29 e 30 de Maio de 2021

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
2.	ALVES Joana Silva	05	Benedita	18:06.73		607	
	50m: 31.62 31.62	450m: 5:17.42	36.13	850m: 10:09.28	36.52	1250m: 15:05.00	37.04
	100m: 1:05.71 34.09	500m: 5:53.77	36.35	900m: 10:46.27	36.99	1300m: 15:42.02	37.02
	150m: 1:41.03 35.32	550m: 6:32.70		950m: 11:23.32	37.05	1350m: 16:18.74	36.72
	200m: 2:16.87 35.84	600m: 7:06.90		1000m: 12:00.41	37.09	1400m: 16:55.99	37.25
	250m: 2:52.74 35.87	650m: 7:43.22	36.32	1050m: 12:36.44	36.03	1450m: 17:32.09	36.10
	300m: 3:28.81 36.07	700m: 8:19.65	36.43	1100m: 13:14.05	37.61	1500m: 18:06.73	34.64
	350m: 4:04.73 35.92	750m: 8:56.22	36.57	1150m: 13:50.81	36.76		
	400m: 4:41.29 36.56	800m: 9:32.76	36.54	1200m: 14:27.96	37.15		
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	18:07.75		605	
	50m: 33.10 33.10	450m: 5:20.64	36.52	850m: 10:10.86	36.45	1250m: 15:05.73	37.24
	100m: 1:08.42 35.32	500m: 5:56.50	35.86	900m: 10:47.77	36.91	1300m: 15:42.72	36.99
	150m: 1:44.39 35.97	550m: 6:32.70	36.20	950m: 11:24.46	36.69	1350m: 16:19.76	37.04
	200m: 2:20.02 35.63	600m: 7:09.01	36.31	1000m: 12:00.62	36.16	1400m: 16:56.63	36.87
	250m: 2:56.20 36.18	650m: 7:45.39	36.38	1050m: 12:37.43	36.81	1450m: 17:32.98	36.35
	300m: 3:32.10 35.90	700m: 8:21.64	36.25	1100m: 13:14.59	37.16	1500m: 18:07.75	34.77
	350m: 4:08.19 36.09	750m: 8:58.00	36.36	1150m: 13:51.67	37.08		
	400m: 4:44.12 35.93	800m: 9:34.41	36.41	1200m: 14:28.49	36.82		
4.	COSTA Mafalda Santos	05	Colegio Monte Maior	19:18.06		502	
	50m: 33.02 33.02	450m: 5:36.36	38.77	850m: 10:48.05	39.25	1250m: 16:03.12	39.25
	100m: 1:08.73 35.71	500m: 6:15.04	38.68	900m: 11:27.37	39.32	1300m: 16:42.54	39.42
	150m: 1:45.61 36.88	550m: 6:53.68	38.64	950m: 12:06.57	39.20	1350m: 17:21.84	39.30
	200m: 2:23.68 38.07	600m: 7:32.72	39.04	1000m: 12:46.11	39.54	1400m: 18:01.37	39.53
	250m: 3:01.50 37.82	650m: 8:11.43	38.71	1050m: 13:25.50	39.39	1450m: 18:39.46	38.09
	300m: 3:40.16 38.66	700m: 8:50.52	39.09	1100m: 14:04.87	39.37	1500m: 19:18.06	38.60
	350m: 4:18.66 38.50	750m: 9:29.21	38.69	1150m: 14:44.20	39.33		
	400m: 4:57.59 38.93	800m: 10:08.80	39.59	1200m: 15:23.87	39.67		
5.	SILVA Silvana Suamade	06	Sao Roque	20:15.18		434	
	50m: 36.34 36.34	450m: 5:57.56	40.04	850m: 11:23.76	40.72	1250m: 16:51.27	40.79
	100m: 1:15.86 39.52	500m: 6:38.19	40.63	900m: 12:04.37	40.61	1300m: 17:32.50	41.23
	150m: 1:55.98 40.12	550m: 7:18.61	40.42	950m: 12:44.88	40.51	1350m: 18:13.38	40.88
	200m: 2:36.46 40.48	600m: 7:59.63	41.02	1000m: 13:25.94	41.06	1400m: 18:54.68	41.30
	250m: 3:16.49 40.03	650m: 8:40.19	40.56	1050m: 14:06.91	40.97	1450m: 19:35.07	40.39
	300m: 3:56.97 40.48	700m: 9:21.23	41.04	1100m: 14:48.04	41.13	1500m: 20:15.18	40.11
	350m: 4:36.92 39.95	750m: 10:02.06	40.83	1150m: 15:29.17	41.13		
	400m: 5:17.52 40.60	800m: 10:43.04	40.98	1200m: 16:10.48	41.31		
DNF	CARLOTA Catarina Isabel	05	BUZIOS-Coruche				

Seniores

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Rio Maior, 29 e 30 de Maio de 2021

Prova 1, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	17:14.28		704	
	50m: 31.45 31.45	450m: 5:07.66	34.51	850m: 9:42.91	34.73	1250m: 14:22.23	35.47
	100m: 1:05.41 33.96	500m: 5:41.66	34.00	900m: 10:17.35	34.44	1300m: 14:57.00	34.77
	150m: 1:39.77 34.36	550m: 6:16.06	34.40	950m: 10:52.40	35.05	1350m: 15:32.84	35.84
	200m: 2:14.45 34.68	600m: 6:50.52	34.46	1000m: 11:26.62	34.22	1400m: 16:07.41	34.57
	250m: 2:49.26 34.81	650m: 7:25.04	34.52	1050m: 12:01.61	34.99	1450m: 16:41.69	34.28
	300m: 3:23.97 34.71	700m: 7:59.34	34.30	1100m: 12:36.37	34.76	1500m: 17:14.28	32.59
	350m: 3:58.70 34.73	750m: 8:33.97	34.63	1150m: 13:11.89	35.52		
	400m: 4:33.15 34.45	800m: 9:08.18	34.21	1200m: 13:46.76	34.87		

Juniores

1.	ALVES Joana Silva	05	Benedita	18:06.73		607	
	50m: 31.62 31.62	450m: 5:17.42	36.13	850m: 10:09.28	36.52	1250m: 15:05.00	37.04
	100m: 1:05.71 34.09	500m: 5:53.77	36.35	900m: 10:46.27	36.99	1300m: 15:42.02	37.02
	150m: 1:41.03 35.32	550m: 6:30.00		950m: 11:23.32	37.05	1350m: 16:18.74	36.72
	200m: 2:16.87 35.84	600m: 7:06.90		1000m: 12:00.41	37.09	1400m: 16:55.99	37.25
	250m: 2:52.74 35.87	650m: 7:43.22	36.32	1050m: 12:36.44	36.03	1450m: 17:32.09	36.10
	300m: 3:28.81 36.07	700m: 8:19.65	36.43	1100m: 13:14.05	37.61	1500m: 18:06.73	34.64
	350m: 4:04.73 35.92	750m: 8:56.22	36.57	1150m: 13:50.81	36.76		
	400m: 4:41.29 36.56	800m: 9:32.76	36.54	1200m: 14:27.96	37.15		
2.	COSTA Mafalda Santos	05	Colegio Monte Maior	19:18.06		502	
	50m: 33.02 33.02	450m: 5:36.36	38.77	850m: 10:48.05	39.25	1250m: 16:03.12	39.25
	100m: 1:08.73 35.71	500m: 6:15.04	38.68	900m: 11:27.37	39.32	1300m: 16:42.54	39.42
	150m: 1:45.61 36.88	550m: 6:53.68	38.64	950m: 12:06.57	39.20	1350m: 17:21.84	39.30
	200m: 2:23.68 38.07	600m: 7:32.72	39.04	1000m: 12:46.11	39.54	1400m: 18:01.37	39.53
	250m: 3:01.50 37.82	650m: 8:11.43	38.71	1050m: 13:25.50	39.39	1450m: 18:39.46	38.09
	300m: 3:40.16 38.66	700m: 8:50.52	39.09	1100m: 14:04.87	39.37	1500m: 19:18.06	38.60
	350m: 4:18.66 38.50	750m: 9:29.21	38.69	1150m: 14:44.20	39.33		
	400m: 4:57.59 38.93	800m: 10:08.80	39.59	1200m: 15:23.87	39.67		

DNF CARLOTA Catarina Isabel 05 BUZIOS-Coruche