

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

Prova 15
29-05-2021 - 17:35

Femin., 400m Estilos

Absolutos
Resultados

RN50 Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN50 Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN50 Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
RN50 Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
RN50 Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05-08-2011
RN50 Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

TAC Sen19+ 50m: 5:18.16 - 25m: 5:06.36; Sen18 50m: 5:27.38 - 25m: 5:16.24; Jun17 50m: 5:29.02 - 25m: 5:17.82; Jun16 50m: 5:40.83 - 25m: 5:23.44; Juv A 50m: 5:44.16 - 25m: 5:37.41; Juv B 50m: 5:54.08 - 25m: 5:47.14

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	MAGALHAES Leticia Rodrigues	07	Palmela	5:29.16		529	
	50m: 34.35 34.35	150m: 1:57.99	41.03	250m: 3:26.10	46.88	350m: 4:51.64	37.95
	100m: 1:16.96 42.61	200m: 2:39.22	41.23	300m: 4:13.69	47.59	400m: 5:29.16	37.52
2.	PIRES Teresa Joao	07	Alges	5:30.10		525	
	50m: 33.75 33.75	150m: 1:58.47	44.63	250m: 3:27.89	47.38	350m: 4:53.11	38.16
	100m: 1:13.84 40.09	200m: 2:40.51	42.04	300m: 4:14.95	47.06	400m: 5:30.10	36.99
3.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	5:31.75		517	
	50m: 35.25 35.25	150m: 2:01.12	42.69	250m: 3:29.81	45.18	350m: 4:54.00	37.75
	100m: 1:18.43 43.18	200m: 2:44.63	43.51	300m: 4:16.25	46.44	400m: 5:31.75	37.75
4.	BERNAT Elena Del Rio	07	Alges	5:33.36		510	
	50m: 35.33 35.33	150m: 2:01.31	45.08	250m: 3:30.89	46.16	350m: 4:56.05	38.68
	100m: 1:16.23 40.90	200m: 2:44.73	43.42	300m: 4:17.37	46.48	400m: 5:33.36	37.31
5.	PARENTE Leonor Peso	07	Palmela	5:34.01		507	
	50m: 36.07 36.07	150m: 2:02.46	42.99	250m: 3:32.93	48.31	350m: 4:57.94	36.85
	100m: 1:19.47 43.40	200m: 2:44.62	42.16	300m: 4:21.09	48.16	400m: 5:34.01	36.07
6.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:34.12		506	
	50m: 36.07 36.07	150m: 1:59.83	42.98	250m: 3:30.09	48.23	350m: 4:57.38	38.84
	100m: 1:16.85 40.78	200m: 2:41.86	42.03	300m: 4:18.54	48.45	400m: 5:34.12	36.74
7.	FERREIRA Beatriz Anjo	07	Nautico Marinha Grande	5:48.18		447	
	50m: 36.06 36.06	150m: 2:04.87	46.40	250m: 3:38.75	49.12	350m: 5:09.36	40.24
	100m: 1:18.47 42.41	200m: 2:49.63	44.76	300m: 4:29.12	50.37	400m: 5:48.18	38.82
8.	RODRIGUES Catarina Ferreira	07	Geslours	5:51.12		436	
	50m: 38.26 38.26	150m: 2:09.48	46.71	250m: 3:43.71	49.04	350m: 5:12.95	39.08
	100m: 1:22.77 44.51	200m: 2:54.67	45.19	300m: 4:33.87	50.16	400m: 5:51.12	38.17

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Juvenis A

1. CARAPINHA Ariana Bento	06	Nautico Marinha Grande	5:19.90	577
50m: 32.23 32.23	150m: 1:50.75	40.20	250m: 3:18.72	47.06
100m: 1:10.55 38.32	200m: 2:31.66	40.91	300m: 4:06.17	47.45
			350m: 4:43.39	37.22
			400m: 5:19.90	36.51
2. SILVA Ana Francisca	06	Alcobaca	5:21.01	571
50m: 33.04 33.04	150m: 1:53.79	41.83	250m: 3:22.25	48.00
100m: 1:11.96 38.92	200m: 2:34.25	40.46	300m: 4:11.06	48.81
			350m: 4:47.05	35.99
			400m: 5:21.01	33.96
3. FROIS Maria Francisca	06	Ba-Leiria	5:21.12	570
50m: 33.31 33.31	150m: 1:57.69	43.61	250m: 3:23.62	46.04
100m: 1:14.08 40.77	200m: 2:37.58	39.89	300m: 4:10.34	46.72
			350m: 4:46.93	36.59
			400m: 5:21.12	34.19
4. MORAGAS Marta Infante	06	Louletano / Loule Concelho	5:29.41	528
50m: 33.38 33.38	150m: 1:57.02	44.64	250m: 3:24.95	44.72
100m: 1:12.38 39.00	200m: 2:40.23	43.21	300m: 4:11.12	46.17
			350m: 4:50.84	39.72
			400m: 5:29.41	38.57
5. LOPES Matilde Nunes	06	Benfica	5:32.44	514
50m: 33.90 33.90	150m: 1:56.96	43.89	250m: 3:26.53	46.50
100m: 1:13.07 39.17	200m: 2:40.03	43.07	300m: 4:13.54	47.01
			350m: 4:52.54	39.00
			400m: 5:32.44	39.90
6. ALVES Maria Madalena	06	Ba-Leiria	5:33.00	511
50m: 34.30 34.30	150m: 1:58.70	43.60	250m: 3:28.35	46.78
100m: 1:15.10 40.80	200m: 2:41.57	42.87	300m: 4:17.09	48.74
			350m: 4:55.70	38.61
			400m: 5:33.00	37.30
7. CALDES Ana Sofia	06	Elvense	5:37.10	493
50m: 33.56 33.56	150m: 1:57.69	45.09	250m: 3:30.68	48.09
100m: 1:12.60 39.04	200m: 2:42.59	44.90	300m: 4:20.20	49.52
			350m: 4:58.53	38.33
			400m: 5:37.10	38.57
8. DELGADO Irene Escot	06	Louletano / Loule Concelho	5:41.90	472
50m: 34.02 34.02	150m: 2:01.37	45.79	250m: 3:33.30	47.82
100m: 1:15.58 41.56	200m: 2:45.48	44.11	300m: 4:23.09	49.79
			350m: 5:02.78	39.69
			400m: 5:41.90	39.12
9. SILVA Silvana Suamade	06	Sao Roque	6:06.91	382
50m: 41.76 41.76	150m: 2:18.40	49.30	250m: 3:55.25	50.20
100m: 1:29.10 47.34	200m: 3:05.05	46.65	300m: 4:45.74	50.49
			350m: 5:27.50	41.76
			400m: 6:06.91	39.41

Juniores

1. REIS Erica Cristina	05	Sporting	5:14.53	607
50m: 33.78 33.78	150m: 1:53.48	41.68	250m: 3:19.00	44.55
100m: 1:11.80 38.02	200m: 2:34.45	40.97	300m: 4:03.74	44.74
			350m: 4:39.83	36.09
			400m: 5:14.53	34.70
2. DELGADO Soraia Alexandra	05	Sporting	5:18.23	586
50m: 33.25 33.25	150m: 1:54.77	42.70	250m: 3:21.69	45.29
100m: 1:12.07 38.82	200m: 2:36.40	41.63	300m: 4:07.53	45.84
			350m: 4:43.04	35.51
			400m: 5:18.23	35.19
3. ESTEVENS Laura Fabiana	05	Naval de Faro	5:18.60	584
50m: 32.82 32.82	150m: 1:53.26	42.53	250m: 3:19.75	44.15
100m: 1:10.73 37.91	200m: 2:35.60	42.34	300m: 4:05.17	45.42
			350m: 4:43.06	37.89
			400m: 5:18.60	35.54

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	MORGADO Alice Jesus	04	Sporting	5:20.18		575	
	50m: 32.90 32.90	150m: 1:52.63	42.15	250m: 3:20.52	46.73	350m: 4:44.12	36.77
	100m: 1:10.48 37.58	200m: 2:33.79	41.16	300m: 4:07.35	46.83	400m: 5:20.18	36.06
5.	NUNES Margarida Domingues	05	Sporting	5:26.67		542	
	50m: 34.18 34.18	150m: 1:58.61	44.54	250m: 3:25.72	42.13	350m: 4:48.98	38.75
	100m: 1:14.07 39.89	200m: 2:43.59	44.98	300m: 4:10.23	44.51	400m: 5:26.67	37.69
6.	COSTA Catarina Nunes	04	Gesloures	5:30.58		523	
	50m: 34.41 34.41	150m: 1:59.74	46.14	250m: 3:30.90	46.71	350m: 4:54.99	37.65
	100m: 1:13.60 39.19	200m: 2:44.19	44.45	300m: 4:17.34	46.44	400m: 5:30.58	35.59
7.	FERREIRA Maria Leonor	04	Desportivo Nacional	5:34.78		503	
	50m: 34.32 34.32	150m: 1:57.75	43.22	250m: 3:28.23	48.75	350m: 4:56.14	39.28
	100m: 1:14.53 40.21	200m: 2:39.48	41.73	300m: 4:16.86	48.63	400m: 5:34.78	38.64
8.	VENTURA Barbara Cunha	05	Benfica	5:39.75		481	
	50m: 34.64 34.64	150m: 1:58.37	41.36	250m: 3:29.99	51.23	350m: 5:00.96	40.02
	100m: 1:17.01 42.37	200m: 2:38.76	40.39	300m: 4:20.94	50.95	400m: 5:39.75	38.79

Absolutos

1.	HENRIQUES Ines Jacinto	00	Sporting	5:01.57		689	
	50m: 31.60 31.60	150m: 1:45.29	39.41	250m: 3:08.91	44.75	350m: 4:27.31	35.11
	100m: 1:05.88 34.28	200m: 2:24.16	38.87	300m: 3:52.20	43.29	400m: 5:01.57	34.26
2.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:02.61		681	
	50m: 31.76 31.76	150m: 1:48.16	40.96	250m: 3:10.73	42.47	350m: 4:29.05	35.51
	100m: 1:07.20 35.44	200m: 2:28.26	40.10	300m: 3:53.54	42.81	400m: 5:02.61	33.56
3.	MENDES Mariana Amaral	02	Colegio Monte Maior	5:09.11		639	
	50m: 33.77 33.77	150m: 1:53.15	41.49	250m: 3:17.31	43.56	350m: 4:35.51	35.04
	100m: 1:11.66 37.89	200m: 2:33.75	40.60	300m: 4:00.47	43.16	400m: 5:09.11	33.60
4.	REIS Erica Cristina	05	Sporting	5:14.53		607	
	50m: 33.78 33.78	150m: 1:53.48	41.68	250m: 3:19.00	44.55	350m: 4:39.83	36.09
	100m: 1:11.80 38.02	200m: 2:34.45	40.97	300m: 4:03.74	44.74	400m: 5:14.53	34.70
5.	DELGADO Soraia Alexandra	05	Sporting	5:18.23		586	
	50m: 33.25 33.25	150m: 1:54.77	42.70	250m: 3:21.69	45.29	350m: 4:43.04	35.51
	100m: 1:12.07 38.82	200m: 2:36.40	41.63	300m: 4:07.53	45.84	400m: 5:18.23	35.19
6.	ESTEVEENS Laura Fabiana	05	Naval de Faro	5:18.60		584	
	50m: 32.82 32.82	150m: 1:53.26	42.53	250m: 3:19.75	44.15	350m: 4:43.06	37.89
	100m: 1:10.73 37.91	200m: 2:35.60	42.34	300m: 4:05.17	45.42	400m: 5:18.60	35.54
7.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	5:19.90		577	
	50m: 32.23 32.23	150m: 1:50.75	40.20	250m: 3:18.72	47.06	350m: 4:43.39	37.22
	100m: 1:10.55 38.32	200m: 2:31.66	40.91	300m: 4:06.17	47.45	400m: 5:19.90	36.51

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	MORGADO Alice Jesus	04	Sporting	5:20.18		575	
	50m: 32.90 32.90	150m: 1:52.63	42.15	250m: 3:20.52	46.73	350m: 4:44.12	36.77
	100m: 1:10.48 37.58	200m: 2:33.79	41.16	300m: 4:07.35	46.83	400m: 5:20.18	36.06
9.	SILVA Ana Francisca	06	Alcobaca	5:21.01		571	
	50m: 33.04 33.04	150m: 1:53.79	41.83	250m: 3:22.25	48.00	350m: 4:47.05	35.99
	100m: 1:11.96 38.92	200m: 2:34.25	40.46	300m: 4:11.06	48.81	400m: 5:21.01	33.96
10.	FROIS Maria Francisca	06	Ba-Leiria	5:21.12		570	
	50m: 33.31 33.31	150m: 1:57.69	43.61	250m: 3:23.62	46.04	350m: 4:46.93	36.59
	100m: 1:14.08 40.77	200m: 2:37.58	39.89	300m: 4:10.34	46.72	400m: 5:21.12	34.19
11.	NUNES Margarida Domingues	05	Sporting	5:26.67		542	
	50m: 34.18 34.18	150m: 1:58.61	44.54	250m: 3:25.72	42.13	350m: 4:48.98	38.75
	100m: 1:14.07 39.89	200m: 2:43.59	44.98	300m: 4:10.23	44.51	400m: 5:26.67	37.69
12.	MAGALHAES Leticia Rodrigues	07	Palmela	5:29.16		529	
	50m: 34.35 34.35	150m: 1:57.99	41.03	250m: 3:26.10	46.88	350m: 4:51.64	37.95
	100m: 1:16.96 42.61	200m: 2:39.22	41.23	300m: 4:13.69	47.59	400m: 5:29.16	37.52
13.	MORAGAS Marta Infante	06	Louletano / Loule Concelho	5:29.41		528	
	50m: 33.38 33.38	150m: 1:57.02	44.64	250m: 3:24.95	44.72	350m: 4:50.84	39.72
	100m: 1:12.38 39.00	200m: 2:40.23	43.21	300m: 4:11.12	46.17	400m: 5:29.41	38.57
14.	PIRES Teresa Joao	07	Alges	5:30.10		525	
	50m: 33.75 33.75	150m: 1:58.47	44.63	250m: 3:27.89	47.38	350m: 4:53.11	38.16
	100m: 1:13.84 40.09	200m: 2:40.51	42.04	300m: 4:14.95	47.06	400m: 5:30.10	36.99
15.	COSTA Catarina Nunes	04	Gesloures	5:30.58		523	
	50m: 34.41 34.41	150m: 1:59.74	46.14	250m: 3:30.90	46.71	350m: 4:54.99	37.65
	100m: 1:13.60 39.19	200m: 2:44.19	44.45	300m: 4:17.34	46.44	400m: 5:30.58	35.59
16.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	5:31.75		517	
	50m: 35.25 35.25	150m: 2:01.12	42.69	250m: 3:29.81	45.18	350m: 4:54.00	37.75
	100m: 1:18.43 43.18	200m: 2:44.63	43.51	300m: 4:16.25	46.44	400m: 5:31.75	37.75
17.	LOPES Matilde Nunes	06	Benfica	5:32.44		514	
	50m: 33.90 33.90	150m: 1:56.96	43.89	250m: 3:26.53	46.50	350m: 4:52.54	39.00
	100m: 1:13.07 39.17	200m: 2:40.03	43.07	300m: 4:13.54	47.01	400m: 5:32.44	39.90
18.	ALVES Maria Madalena	06	Ba-Leiria	5:33.00		511	
	50m: 34.30 34.30	150m: 1:58.70	43.60	250m: 3:28.35	46.78	350m: 4:55.70	38.61
	100m: 1:15.10 40.80	200m: 2:41.57	42.87	300m: 4:17.09	48.74	400m: 5:33.00	37.30
19.	BERNAT Elena Del Rio	07	Alges	5:33.36		510	
	50m: 35.33 35.33	150m: 2:01.31	45.08	250m: 3:30.89	46.16	350m: 4:56.05	38.68
	100m: 1:16.23 40.90	200m: 2:44.73	43.42	300m: 4:17.37	46.48	400m: 5:33.36	37.31
20.	PARENTE Leonor Peso	07	Palmela	5:34.01		507	
	50m: 36.07 36.07	150m: 2:02.46	42.99	250m: 3:32.93	48.31	350m: 4:57.94	36.85
	100m: 1:19.47 43.40	200m: 2:44.62	42.16	300m: 4:21.09	48.16	400m: 5:34.01	36.07

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
21.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:34.12		506	
	50m: 36.07 36.07	150m: 1:59.83	42.98	250m: 3:30.09	48.23	350m: 4:57.38	38.84
	100m: 1:16.85 40.78	200m: 2:41.86	42.03	300m: 4:18.54	48.45	400m: 5:34.12	36.74
22.	FERREIRA Maria Leonor	04	Desportivo Nacional	5:34.78		503	
	50m: 34.32 34.32	150m: 1:57.75	43.22	250m: 3:28.23	48.75	350m: 4:56.14	39.28
	100m: 1:14.53 40.21	200m: 2:39.48	41.73	300m: 4:16.86	48.63	400m: 5:34.78	38.64
23.	CALDES Ana Sofia	06	Elvense	5:37.10		493	
	50m: 33.56 33.56	150m: 1:57.69	45.09	250m: 3:30.68	48.09	350m: 4:58.53	38.33
	100m: 1:12.60 39.04	200m: 2:42.59	44.90	300m: 4:20.20	49.52	400m: 5:37.10	38.57
24.	VENTURA Barbara Cunha	05	Benfica	5:39.75		481	
	50m: 34.64 34.64	150m: 1:58.37	41.36	250m: 3:29.99	51.23	350m: 5:00.96	40.02
	100m: 1:17.01 42.37	200m: 2:38.76	40.39	300m: 4:20.94	50.95	400m: 5:39.75	38.79
25.	DELGADO Irene Escot	06	Louletano / Loule Concelho	5:41.90		472	
	50m: 34.02 34.02	150m: 2:01.37	45.79	250m: 3:33.30	47.82	350m: 5:02.78	39.69
	100m: 1:15.58 41.56	200m: 2:45.48	44.11	300m: 4:23.09	49.79	400m: 5:41.90	39.12
26.	FERREIRA Beatriz Anjo	07	Nautico Marinha Grande	5:48.18		447	
	50m: 36.06 36.06	150m: 2:04.87	46.40	250m: 3:38.75	49.12	350m: 5:09.36	40.24
	100m: 1:18.47 42.41	200m: 2:49.63	44.76	300m: 4:29.12	50.37	400m: 5:48.18	38.82
27.	RODRIGUES Catarina Ferreira	07	Geslours	5:51.12		436	
	50m: 38.26 38.26	150m: 2:09.48	46.71	250m: 3:43.71	49.04	350m: 5:12.95	39.08
	100m: 1:22.77 44.51	200m: 2:54.67	45.19	300m: 4:33.87	50.16	400m: 5:51.12	38.17
28.	SILVA Silvana Suamade	06	Sao Roque	6:06.91		382	
	50m: 41.76 41.76	150m: 2:18.40	49.30	250m: 3:55.25	50.20	350m: 5:27.50	41.76
	100m: 1:29.10 47.34	200m: 3:05.05	46.65	300m: 4:45.74	50.49	400m: 6:06.91	39.41

Seniores

1.	HENRIQUES Ines Jacinto	00	Sporting	5:01.57		689	
	50m: 31.60 31.60	150m: 1:45.29	39.41	250m: 3:08.91	44.75	350m: 4:27.31	35.11
	100m: 1:05.88 34.28	200m: 2:24.16	38.87	300m: 3:52.20	43.29	400m: 5:01.57	34.26
2.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:02.61		681	
	50m: 31.76 31.76	150m: 1:48.16	40.96	250m: 3:10.73	42.47	350m: 4:29.05	35.51
	100m: 1:07.20 35.44	200m: 2:28.26	40.10	300m: 3:53.54	42.81	400m: 5:02.61	33.56
3.	MENDES Mariana Amaral	02	Colegio Monte Maior	5:09.11		639	
	50m: 33.77 33.77	150m: 1:53.15	41.49	250m: 3:17.31	43.56	350m: 4:35.51	35.04
	100m: 1:11.66 37.89	200m: 2:33.75	40.60	300m: 4:00.47	43.16	400m: 5:09.11	33.60