

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

Prova 27 Femin., 800m Livres Absolutos Resultados
30-05-2021 - 16:20

RN50 Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
RN50 Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
RN50 Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
RN50 Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
RN50 Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
RN50 Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

TAC Sen19+ 50m: 9:33.40 - 25m: 9:20.44; Sen18 50m: 9:47.28 - 25m: 9:37.85; Jun17 50m: 9:50.21 - 25m: 9:40.74; Jun16 50m: 10:08.62 - 25m: 9:53.10; Juv A 50m: 10:21.66 - 25m: 10:09.47; Juv B 50m: 10:39.59 - 25m: 10:27.05

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	VIANA Matilde Violante	07	Ba-Leiria	10:13.55		493
	50m: 33.87 33.87	250m: 3:08.60	39.14	450m: 5:44.69	38.21	650m: 8:19.44 38.33
	100m: 1:11.63 37.76	300m: 3:47.57	38.97	500m: 6:24.05	39.36	700m: 8:58.14 38.70
	150m: 1:50.50 38.87	350m: 4:27.03	39.46	550m: 7:01.81	37.76	750m: 9:35.93 37.79
	200m: 2:29.46 38.96	400m: 5:06.48	39.45	600m: 7:41.11	39.30	800m: 10:13.55 37.62
2.	SIMAO Laura Roque	07	Nautico Marinha Grande	10:22.15		473
	50m: 34.29 34.29	250m: 3:09.88	39.05	450m: 5:47.62	39.22	650m: 8:26.51 39.73
	100m: 1:12.18 37.89	300m: 3:49.40	39.52	500m: 6:26.89	39.27	700m: 9:06.34 39.83
	150m: 1:51.25 39.07	350m: 4:29.07	39.67	550m: 7:06.60	39.71	750m: 9:44.47 38.13
	200m: 2:30.83 39.58	400m: 5:08.40	39.33	600m: 7:46.78	40.18	800m: 10:22.15 37.68
3.	MACEDO Laura Pinheiro	07	Albicastrense	10:33.18		448
	50m: 33.11 33.11	250m: 3:09.10	39.30	450m: 5:49.79	40.38	650m: 8:32.46 41.02
	100m: 1:10.73 37.62	300m: 3:48.95	39.85	500m: 6:30.42	40.63	700m: 9:13.49 41.03
	150m: 1:49.49 38.76	350m: 4:28.86	39.91	550m: 7:10.76	40.34	750m: 9:53.95 40.46
	200m: 2:29.80 40.31	400m: 5:09.41	40.55	600m: 7:51.44	40.68	800m: 10:33.18 39.23
4.	ALVES Sara Sofia	07	Naval Setubalense	10:44.59		425
	50m: 35.45 35.45	250m: 3:15.67	40.67	450m: 5:58.81	41.48	650m: 8:43.19 41.08
	100m: 1:14.28 38.83	300m: 3:56.19	40.52	500m: 6:39.75	40.94	700m: 9:24.00 40.81
	150m: 1:54.45 40.17	350m: 4:36.60	40.41	550m: 7:20.91	41.16	750m: 10:04.86 40.86
	200m: 2:35.00 40.55	400m: 5:17.33	40.73	600m: 8:02.11	41.20	800m: 10:44.59 39.73

Juvenis A

1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	9:28.08		621
	50m: 32.44 32.44	250m: 2:53.93	35.39	450m: 5:17.52	36.16	650m: 7:42.58 36.19
	100m: 1:07.72 35.28	300m: 3:29.55	35.62	500m: 5:54.06	36.54	700m: 8:18.44 35.86
	150m: 1:42.91 35.19	350m: 4:05.22	35.67	550m: 6:30.29	36.23	750m: 8:54.26 35.82
	200m: 2:18.54 35.63	400m: 4:41.36	36.14	600m: 7:06.39	36.10	800m: 9:28.08 33.82

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

Prova 27, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
2.	CATALAO Leonor Tavares	06	Sporting	9:42.33		576	
	50m: 33.62 33.62	250m: 3:02.78	37.46	450m: 5:30.73	36.05	650m: 7:56.34	35.97
	100m: 1:10.44 36.82	300m: 3:40.40	37.62	500m: 6:07.40	36.67	700m: 8:32.72	36.38
	150m: 1:48.04 37.60	350m: 4:17.52	37.12	550m: 6:43.89	36.49	750m: 9:07.97	35.25
	200m: 2:25.32 37.28	400m: 4:54.68	37.16	600m: 7:20.37	36.48	800m: 9:42.33	34.36
3.	COELHO Maria Leonor	06	Benfica	9:54.74		541	
	50m: 33.82 33.82	250m: 3:03.99	37.24	450m: 5:32.88	36.78	650m: 8:03.59	37.73
	100m: 1:11.29 37.47	300m: 3:42.06	38.07	500m: 6:10.40	37.52	700m: 8:41.35	37.76
	150m: 1:49.01 37.72	350m: 4:18.96	36.90	550m: 6:48.09	37.69	750m: 9:18.61	37.26
	200m: 2:26.75 37.74	400m: 4:56.10	37.14	600m: 7:25.86	37.77	800m: 9:54.74	36.13
4.	VALENTE Maria Esteves	06	Benfica	9:55.21		540	
	50m: 34.26 34.26	250m: 3:05.36	37.66	450m: 5:36.89	37.76	650m: 8:06.95	37.12
	100m: 1:11.72 37.46	300m: 3:43.44	38.08	500m: 6:14.63	37.74	700m: 8:44.29	37.34
	150m: 1:49.69 37.97	350m: 4:21.02	37.58	550m: 6:52.12	37.49	750m: 9:20.56	36.27
	200m: 2:27.70 38.01	400m: 4:59.13	38.11	600m: 7:29.83	37.71	800m: 9:55.21	34.65
5.	SILVA Ana Francisca	06	Alcobaca	9:57.29		534	
	50m: 33.22 33.22	250m: 3:01.74	37.71	450m: 5:32.88	37.66	650m: 8:04.46	37.42
	100m: 1:09.58 36.36	300m: 3:39.75	38.01	500m: 6:10.85	37.97	700m: 8:42.79	38.33
	150m: 1:46.70 37.12	350m: 4:17.56	37.81	550m: 6:48.99	38.14	750m: 9:20.08	37.29
	200m: 2:24.03 37.33	400m: 4:55.22	37.66	600m: 7:27.04	38.05	800m: 9:57.29	37.21
6.	PARREIRA Carolina	06	Sporting	10:05.46		513	
	50m: 33.00 33.00	250m: 3:03.60	37.98	450m: 5:36.98	38.47	650m: 8:10.91	38.30
	100m: 1:09.73 36.73	300m: 3:41.94	38.34	500m: 6:15.55	38.57	700m: 8:49.37	38.46
	150m: 1:47.52 37.79	350m: 4:20.16	38.22	550m: 6:53.87	38.32	750m: 9:27.85	38.48
	200m: 2:25.62 38.10	400m: 4:58.51	38.35	600m: 7:32.61	38.74	800m: 10:05.46	37.61
7.	FROIS Maria Francisca	06	Ba-Leiria	10:11.10		499	
	50m: 32.77 32.77	250m: 3:03.07	37.68	450m: 5:36.49	38.43	650m: 8:13.08	39.67
	100m: 1:09.56 36.79	300m: 3:41.23	38.16	500m: 6:15.55	39.06	700m: 8:52.53	39.45
	150m: 1:47.42 37.86	350m: 4:19.63	38.40	550m: 6:55.31	39.76	750m: 9:32.44	39.91
	200m: 2:25.39 37.97	400m: 4:58.06	38.43	600m: 7:33.41	38.10	800m: 10:11.10	38.66
8.	TEIXEIRA Ines Correia	06	Amadora	10:12.28		496	
	50m: 34.85 34.85	250m: 3:11.34	39.50	450m: 5:45.67	38.16	650m: 8:19.93	39.41
	100m: 1:13.26 38.41	300m: 3:50.21	38.87	500m: 6:23.81	38.14	700m: 8:58.42	38.49
	150m: 1:52.62 39.36	350m: 4:28.95	38.74	550m: 7:02.11	38.30	750m: 9:36.14	37.72
	200m: 2:31.84 39.22	400m: 5:07.51	38.56	600m: 7:40.52	38.41	800m: 10:12.28	36.14
9.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	10:17.91		482	
	50m: 33.64 33.64	250m: 3:08.11	39.14	450m: 5:44.31	39.09	650m: 8:21.95	39.09
	100m: 1:11.46 37.82	300m: 3:46.83	38.72	500m: 6:23.60	39.29	700m: 9:00.91	38.96
	150m: 1:50.16 38.70	350m: 4:26.00	39.17	550m: 7:02.91	39.31	750m: 9:39.93	39.02
	200m: 2:28.97 38.81	400m: 5:05.22	39.22	600m: 7:42.86	39.95	800m: 10:17.91	37.98

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

Prova 27, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	MENDES Erica Candeias	06	Geslours	10:28.92		458	
	50m: 34.86 34.86	250m: 3:11.27	39.27	450m: 5:49.45	39.60	650m: 8:29.88	40.35
	100m: 1:14.10 39.24	300m: 3:50.60	39.33	500m: 6:29.47	40.02	700m: 9:09.71	39.83
	150m: 1:53.05 38.95	350m: 4:30.30	39.70	550m: 7:09.39	39.92	750m: 9:49.91	40.20
	200m: 2:32.00 38.95	400m: 5:09.85	39.55	600m: 7:49.53	40.14	800m: 10:28.92	39.01
11.	SILVA Silvana Suamade	06	Sao Roque	10:36.77		441	
	50m: 35.55 35.55	250m: 3:15.56	40.41	450m: 5:57.27	40.62	650m: 8:38.37	39.87
	100m: 1:14.95 39.40	300m: 3:56.14	40.58	500m: 6:37.78	40.51	700m: 9:18.38	40.01
	150m: 1:54.97 40.02	350m: 4:36.37	40.23	550m: 7:18.08	40.30	750m: 9:58.72	40.34
	200m: 2:35.15 40.18	400m: 5:16.65	40.28	600m: 7:58.50	40.42	800m: 10:36.77	38.05
12.	SILVA Ines Gaspar	06	Geslours	10:45.56		423	
	50m: 33.25 33.25	250m: 3:12.69	39.73	450m: 5:59.26	41.40	650m: 8:45.44	40.41
	100m: 1:12.91 39.66	300m: 3:54.38	41.69	500m: 6:40.94	41.68	700m: 9:27.46	42.02
	150m: 1:52.44 39.53	350m: 4:35.49	41.11	550m: 7:22.31	41.37	750m: 10:06.75	39.29
	200m: 2:32.96 40.52	400m: 5:17.86	42.37	600m: 8:05.03	42.72	800m: 10:45.56	38.81
13.	FREITAS Beatriz Rodrigues	06	Naval do Funchal	11:01.05		394	
	50m: 36.92 36.92	250m: 3:22.95	42.14	450m: 6:11.48	42.02	650m: 8:58.99	41.85
	100m: 1:17.19 40.27	300m: 4:04.94	41.99	500m: 6:53.35	41.87	700m: 9:40.36	41.37
	150m: 1:59.32 42.13	350m: 4:47.60	42.66	550m: 7:35.49	42.14	750m: 10:21.47	41.11
	200m: 2:40.81 41.49	400m: 5:29.46	41.86	600m: 8:17.14	41.65	800m: 11:01.05	39.58
DNS	NIZA Beatriz Mocego	06	Amadora				

Juniores

1.	PIRES Marta Joao	05	Alges	9:15.70		663	
	50m: 32.14 32.14	250m: 2:52.69	35.29	450m: 5:14.37	34.70	650m: 7:35.00	34.34
	100m: 1:06.77 34.63	300m: 3:28.30	35.61	500m: 5:49.70	35.33	700m: 8:09.55	34.55
	150m: 1:42.13 35.36	350m: 4:04.02	35.72	550m: 6:25.58	35.88	750m: 8:43.52	33.97
	200m: 2:17.40 35.27	400m: 4:39.67	35.65	600m: 7:00.66	35.08	800m: 9:15.70	32.18
2.	ALVES Joana Silva	05	Benedita	9:21.86		642	
	50m: 31.98 31.98	250m: 2:52.41	35.23	450m: 5:14.45	35.22	650m: 7:36.55	35.50
	100m: 1:07.00 35.02	300m: 3:27.88	35.47	500m: 5:49.78	35.33	700m: 8:12.19	35.64
	150m: 1:42.16 35.16	350m: 4:03.47	35.59	550m: 6:25.44	35.66	750m: 8:47.33	35.14
	200m: 2:17.18 35.02	400m: 4:39.23	35.76	600m: 7:01.05	35.61	800m: 9:21.86	34.53
3.	GOMES Carolina Fonseca	05	Sporting	9:55.39		539	
	50m: 34.66 34.66	250m: 3:06.20	38.39	450m: 5:37.32	37.71	650m: 8:06.55	37.37
	100m: 1:11.96 37.30	300m: 3:44.37	38.17	500m: 6:14.26	36.94	700m: 8:43.96	37.41
	150m: 1:50.03 38.07	350m: 4:21.91	37.54	550m: 6:51.84	37.58	750m: 9:20.85	36.89
	200m: 2:27.81 37.78	400m: 4:59.61	37.70	600m: 7:29.18	37.34	800m: 9:55.39	34.54

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

Prova 27, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	FERNANDES Maria Teresa	05	Alges	10:01.13		524	
	50m: 33.70 33.70	250m: 3:05.83	37.87	450m: 5:37.77	37.70	650m: 8:09.69	37.77
	100m: 1:12.10 38.40	300m: 3:44.27	38.44	500m: 6:15.90	38.13	700m: 8:48.11	38.42
	150m: 1:50.07 37.97	350m: 4:21.99	37.72	550m: 6:53.26	37.36	750m: 9:24.80	36.69
	200m: 2:27.96 37.89	400m: 5:00.07	38.08	600m: 7:31.92	38.66	800m: 10:01.13	36.33
5.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	10:03.54		518	
	50m: 33.19 33.19	250m: 3:04.60	38.35	450m: 5:39.16	38.71	650m: 8:11.92	37.82
	100m: 1:10.06 36.87	300m: 3:43.07	38.47	500m: 6:17.73	38.57	700m: 8:49.65	37.73
	150m: 1:48.07 38.01	350m: 4:21.62	38.55	550m: 6:55.71	37.98	750m: 9:26.81	37.16
	200m: 2:26.25 38.18	400m: 5:00.45	38.83	600m: 7:34.10	38.39	800m: 10:03.54	36.73
6.	SOUSA Joana Francisca	04	Sao Roque	10:17.69		483	
	50m: 33.74 33.74	250m: 3:05.56	38.96	450m: 5:42.61	39.66	650m: 8:20.62	39.47
	100m: 1:10.34 36.60	300m: 3:44.52	38.96	500m: 6:22.34	39.73	700m: 8:59.91	39.29
	150m: 1:48.30 37.96	350m: 4:23.76	39.24	550m: 7:02.02	39.68	750m: 9:38.90	38.99
	200m: 2:26.60 38.30	400m: 5:02.95	39.19	600m: 7:41.15	39.13	800m: 10:17.69	38.79
7.	SANTOS Mariana Marques	05	Geslours	10:28.54		458	
	50m: 34.06 34.06	250m: 3:07.74	39.29	450m: 5:47.26	40.08	650m: 8:28.83	40.59
	100m: 1:10.93 36.87	300m: 3:47.26	39.52	500m: 6:27.56	40.30	700m: 9:09.39	40.56
	150m: 1:49.41 38.48	350m: 4:27.41	40.15	550m: 7:08.03	40.47	750m: 9:49.52	40.13
	200m: 2:28.45 39.04	400m: 5:07.18	39.77	600m: 7:48.24	40.21	800m: 10:28.54	39.02
DNS	FERREIRA Joana Rocha	05	Benfica				

Absolutos

1.	ANDRE Leticia Maia	02	Benfica	9:15.24		665	
	50m: 30.66 30.66	250m: 2:49.51	35.37	450m: 5:11.12	34.08	650m: 7:33.68	35.70
	100m: 1:04.57 33.91	300m: 3:25.10	35.59	500m: 5:46.41	35.29	700m: 8:09.26	35.58
	150m: 1:39.35 34.78	350m: 4:01.20	36.10	550m: 6:21.95	35.54	750m: 8:43.89	34.63
	200m: 2:14.14 34.79	400m: 4:37.04	35.84	600m: 6:57.98	36.03	800m: 9:15.24	31.35
2.	PIRES Marta Joao	05	Alges	9:15.70		663	
	50m: 32.14 32.14	250m: 2:52.69	35.29	450m: 5:14.37	34.70	650m: 7:35.00	34.34
	100m: 1:06.77 34.63	300m: 3:28.30	35.61	500m: 5:49.70	35.33	700m: 8:09.55	34.55
	150m: 1:42.13 35.36	350m: 4:04.02	35.72	550m: 6:25.58	35.88	750m: 8:43.52	33.97
	200m: 2:17.40 35.27	400m: 4:39.67	35.65	600m: 7:00.66	35.08	800m: 9:15.70	32.18
3.	ALVES Joana Silva	05	Benedita	9:21.86		642	
	50m: 31.98 31.98	250m: 2:52.41	35.23	450m: 5:14.45	35.22	650m: 7:36.55	35.50
	100m: 1:07.00 35.02	300m: 3:27.88	35.47	500m: 5:49.78	35.33	700m: 8:12.19	35.64
	150m: 1:42.16 35.16	350m: 4:03.47	35.59	550m: 6:25.44	35.66	750m: 8:47.33	35.14
	200m: 2:17.18 35.02	400m: 4:39.23	35.76	600m: 7:01.05	35.61	800m: 9:21.86	34.53

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

Prova 27, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	FARIA Leonor Verissimo	06	Nucleo de Pombal	9:28.08		621	
	50m: 32.44 32.44	250m: 2:53.93	35.39	450m: 5:17.52	36.16	650m: 7:42.58	36.19
	100m: 1:07.72 35.28	300m: 3:29.55	35.62	500m: 5:54.06	36.54	700m: 8:18.44	35.86
	150m: 1:42.91 35.19	350m: 4:05.22	35.67	550m: 6:30.29	36.23	750m: 8:54.26	35.82
	200m: 2:18.54 35.63	400m: 4:41.36	36.14	600m: 7:06.39	36.10	800m: 9:28.08	33.82
5.	CATALAO Leonor Tavares	06	Sporting	9:42.33		576	
	50m: 33.62 33.62	250m: 3:02.78	37.46	450m: 5:30.73	36.05	650m: 7:56.34	35.97
	100m: 1:10.44 36.82	300m: 3:40.40	37.62	500m: 6:07.40	36.67	700m: 8:32.72	36.38
	150m: 1:48.04 37.60	350m: 4:17.52	37.12	550m: 6:43.89	36.49	750m: 9:07.97	35.25
	200m: 2:25.32 37.28	400m: 4:54.68	37.16	600m: 7:20.37	36.48	800m: 9:42.33	34.36
6.	COELHO Maria Leonor	06	Benfica	9:54.74		541	
	50m: 33.82 33.82	250m: 3:03.99	37.24	450m: 5:32.88	36.78	650m: 8:03.59	37.73
	100m: 1:11.29 37.47	300m: 3:42.06	38.07	500m: 6:10.40	37.52	700m: 8:41.35	37.76
	150m: 1:49.01 37.72	350m: 4:18.96	36.90	550m: 6:48.09	37.69	750m: 9:18.61	37.26
	200m: 2:26.75 37.74	400m: 4:56.10	37.14	600m: 7:25.86	37.77	800m: 9:54.74	36.13
7.	VALENTE Maria Esteves	06	Benfica	9:55.21		540	
	50m: 34.26 34.26	250m: 3:05.36	37.66	450m: 5:36.89	37.76	650m: 8:06.95	37.12
	100m: 1:11.72 37.46	300m: 3:43.44	38.08	500m: 6:14.63	37.74	700m: 8:44.29	37.34
	150m: 1:49.69 37.97	350m: 4:21.02	37.58	550m: 6:52.12	37.49	750m: 9:20.56	36.27
	200m: 2:27.70 38.01	400m: 4:59.13	38.11	600m: 7:29.83	37.71	800m: 9:55.21	34.65
8.	GOMES Carolina Fonseca	05	Sporting	9:55.39		539	
	50m: 34.66 34.66	250m: 3:06.20	38.39	450m: 5:37.32	37.71	650m: 8:06.55	37.37
	100m: 1:11.96 37.30	300m: 3:44.37	38.17	500m: 6:14.26	36.94	700m: 8:43.96	37.41
	150m: 1:50.03 38.07	350m: 4:21.91	37.54	550m: 6:51.84	37.58	750m: 9:20.85	36.89
	200m: 2:27.81 37.78	400m: 4:59.61	37.70	600m: 7:29.18	37.34	800m: 9:55.39	34.54
9.	SILVA Ana Francisca	06	Alcobaca	9:57.29		534	
	50m: 33.22 33.22	250m: 3:01.74	37.71	450m: 5:32.88	37.66	650m: 8:04.46	37.42
	100m: 1:09.58 36.36	300m: 3:39.75	38.01	500m: 6:10.85	37.97	700m: 8:42.79	38.33
	150m: 1:46.70 37.12	350m: 4:17.56	37.81	550m: 6:48.99	38.14	750m: 9:20.08	37.29
	200m: 2:24.03 37.33	400m: 4:55.22	37.66	600m: 7:27.04	38.05	800m: 9:57.29	37.21
10.	FERNANDES Maria Teresa	05	Alges	10:01.13		524	
	50m: 33.70 33.70	250m: 3:05.83	37.87	450m: 5:37.77	37.70	650m: 8:09.69	37.77
	100m: 1:12.10 38.40	300m: 3:44.27	38.44	500m: 6:15.90	38.13	700m: 8:48.11	38.42
	150m: 1:50.07 37.97	350m: 4:21.99	37.72	550m: 6:53.26	37.36	750m: 9:24.80	36.69
	200m: 2:27.96 37.89	400m: 5:00.07	38.08	600m: 7:31.92	38.66	800m: 10:01.13	36.33
11.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	10:03.54		518	
	50m: 33.19 33.19	250m: 3:04.60	38.35	450m: 5:39.16	38.71	650m: 8:11.92	37.82
	100m: 1:10.06 36.87	300m: 3:43.07	38.47	500m: 6:17.73	38.57	700m: 8:49.65	37.73
	150m: 1:48.07 38.01	350m: 4:21.62	38.55	550m: 6:55.71	37.98	750m: 9:26.81	37.16
	200m: 2:26.25 38.18	400m: 5:00.45	38.83	600m: 7:34.10	38.39	800m: 10:03.54	36.73

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

Prova 27, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	PARREIRA Carolina	06	Sporting	10:05.46		513	
	50m: 33.00 33.00	250m: 3:03.60	37.98	450m: 5:36.98	38.47	650m: 8:10.91	38.30
	100m: 1:09.73 36.73	300m: 3:41.94	38.34	500m: 6:15.55	38.57	700m: 8:49.37	38.46
	150m: 1:47.52 37.79	350m: 4:20.16	38.22	550m: 6:53.87	38.32	750m: 9:27.85	38.48
	200m: 2:25.62 38.10	400m: 4:58.51	38.35	600m: 7:32.61	38.74	800m: 10:05.46	37.61
13.	FROIS Maria Francisca	06	Ba-Leiria	10:11.10		499	
	50m: 32.77 32.77	250m: 3:03.07	37.68	450m: 5:36.49	38.43	650m: 8:13.08	39.67
	100m: 1:09.56 36.79	300m: 3:41.23	38.16	500m: 6:15.55	39.06	700m: 8:52.53	39.45
	150m: 1:47.42 37.86	350m: 4:19.63	38.40	550m: 6:55.31	39.76	750m: 9:32.44	39.91
	200m: 2:25.39 37.97	400m: 4:58.06	38.43	600m: 7:33.41	38.10	800m: 10:11.10	38.66
14.	TEIXEIRA Ines Correia	06	Amadora	10:12.28		496	
	50m: 34.85 34.85	250m: 3:11.34	39.50	450m: 5:45.67	38.16	650m: 8:19.93	39.41
	100m: 1:13.26 38.41	300m: 3:50.21	38.87	500m: 6:23.81	38.14	700m: 8:58.42	38.49
	150m: 1:52.62 39.36	350m: 4:28.95	38.74	550m: 7:02.11	38.30	750m: 9:36.14	37.72
	200m: 2:31.84 39.22	400m: 5:07.51	38.56	600m: 7:40.52	38.41	800m: 10:12.28	36.14
15.	VIANA Matilde Violante	07	Ba-Leiria	10:13.55		493	
	50m: 33.87 33.87	250m: 3:08.60	39.14	450m: 5:44.69	38.21	650m: 8:19.44	38.33
	100m: 1:11.63 37.76	300m: 3:47.57	38.97	500m: 6:24.05	39.36	700m: 8:58.14	38.70
	150m: 1:50.50 38.87	350m: 4:27.03	39.46	550m: 7:01.81	37.76	750m: 9:35.93	37.79
	200m: 2:29.46 38.96	400m: 5:06.48	39.45	600m: 7:41.11	39.30	800m: 10:13.55	37.62
16.	SOUSA Joana Francisca	04	Sao Roque	10:17.69		483	
	50m: 33.74 33.74	250m: 3:05.56	38.96	450m: 5:42.61	39.66	650m: 8:20.62	39.47
	100m: 1:10.34 36.60	300m: 3:44.52	38.96	500m: 6:22.34	39.73	700m: 8:59.91	39.29
	150m: 1:48.30 37.96	350m: 4:23.76	39.24	550m: 7:02.02	39.68	750m: 9:38.90	38.99
	200m: 2:26.60 38.30	400m: 5:02.95	39.19	600m: 7:41.15	39.13	800m: 10:17.69	38.79
17.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	10:17.91		482	
	50m: 33.64 33.64	250m: 3:08.11	39.14	450m: 5:44.31	39.09	650m: 8:21.95	39.09
	100m: 1:11.46 37.82	300m: 3:46.83	38.72	500m: 6:23.60	39.29	700m: 9:00.91	38.96
	150m: 1:50.16 38.70	350m: 4:26.00	39.17	550m: 7:02.91	39.31	750m: 9:39.93	39.02
	200m: 2:28.97 38.81	400m: 5:05.22	39.22	600m: 7:42.86	39.95	800m: 10:17.91	37.98
18.	SIMAO Laura Roque	07	Nautico Marinha Grande	10:22.15		473	
	50m: 34.29 34.29	250m: 3:09.88	39.05	450m: 5:47.62	39.22	650m: 8:26.51	39.73
	100m: 1:12.18 37.89	300m: 3:49.40	39.52	500m: 6:26.89	39.27	700m: 9:06.34	39.83
	150m: 1:51.25 39.07	350m: 4:29.07	39.67	550m: 7:06.60	39.71	750m: 9:44.47	38.13
	200m: 2:30.83 39.58	400m: 5:08.40	39.33	600m: 7:46.78	40.18	800m: 10:22.15	37.68
19.	SANTOS Mariana Marques	05	Geslours	10:28.54		458	
	50m: 34.06 34.06	250m: 3:07.74	39.29	450m: 5:47.26	40.08	650m: 8:28.83	40.59
	100m: 1:10.93 36.87	300m: 3:47.26	39.52	500m: 6:27.56	40.30	700m: 9:09.39	40.56
	150m: 1:49.41 38.48	350m: 4:27.41	40.15	550m: 7:08.03	40.47	750m: 9:49.52	40.13
	200m: 2:28.45 39.04	400m: 5:07.18	39.77	600m: 7:48.24	40.21	800m: 10:28.54	39.02

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

Prova 27, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	MENDES Erica Candeias	06	Geslourses	10:28.92		458	
	50m: 34.86 34.86	250m: 3:11.27	39.27	450m: 5:49.45	39.60	650m: 8:29.88	40.35
	100m: 1:14.10 39.24	300m: 3:50.60	39.33	500m: 6:29.47	40.02	700m: 9:09.71	39.83
	150m: 1:53.05 38.95	350m: 4:30.30	39.70	550m: 7:09.39	39.92	750m: 9:49.91	40.20
	200m: 2:32.00 38.95	400m: 5:09.85	39.55	600m: 7:49.53	40.14	800m: 10:28.92	39.01
21.	MACEDO Laura Pinheiro	07	Albicastrense	10:33.18		448	
	50m: 33.11 33.11	250m: 3:09.10	39.30	450m: 5:49.79	40.38	650m: 8:32.46	41.02
	100m: 1:10.73 37.62	300m: 3:48.95	39.85	500m: 6:30.42	40.63	700m: 9:13.49	41.03
	150m: 1:49.49 38.76	350m: 4:28.86	39.91	550m: 7:10.76	40.34	750m: 9:53.95	40.46
	200m: 2:29.80 40.31	400m: 5:09.41	40.55	600m: 7:51.44	40.68	800m: 10:33.18	39.23
22.	SILVA Silvana Suamade	06	Sao Roque	10:36.77		441	
	50m: 35.55 35.55	250m: 3:15.56	40.41	450m: 5:57.27	40.62	650m: 8:38.37	39.87
	100m: 1:14.95 39.40	300m: 3:56.14	40.58	500m: 6:37.78	40.51	700m: 9:18.38	40.01
	150m: 1:54.97 40.02	350m: 4:36.37	40.23	550m: 7:18.08	40.30	750m: 9:58.72	40.34
	200m: 2:35.15 40.18	400m: 5:16.65	40.28	600m: 7:58.50	40.42	800m: 10:36.77	38.05
23.	ALVES Sara Sofia	07	Naval Setubalense	10:44.59		425	
	50m: 35.45 35.45	250m: 3:15.67	40.67	450m: 5:58.81	41.48	650m: 8:43.19	41.08
	100m: 1:14.28 38.83	300m: 3:56.19	40.52	500m: 6:39.75	40.94	700m: 9:24.00	40.81
	150m: 1:54.45 40.17	350m: 4:36.60	40.41	550m: 7:20.91	41.16	750m: 10:04.86	40.86
	200m: 2:35.00 40.55	400m: 5:17.33	40.73	600m: 8:02.11	41.20	800m: 10:44.59	39.73
24.	SILVA Ines Gaspar	06	Geslourses	10:45.56		423	
	50m: 33.25 33.25	250m: 3:12.69	39.73	450m: 5:59.26	41.40	650m: 8:45.44	40.41
	100m: 1:12.91 39.66	300m: 3:54.38	41.69	500m: 6:40.94	41.68	700m: 9:27.46	42.02
	150m: 1:52.44 39.53	350m: 4:35.49	41.11	550m: 7:22.31	41.37	750m: 10:06.75	39.29
	200m: 2:32.96 40.52	400m: 5:17.86	42.37	600m: 8:05.03	42.72	800m: 10:45.56	38.81
25.	FREITAS Beatriz Rodrigues	06	Naval do Funchal	11:01.05		394	
	50m: 36.92 36.92	250m: 3:22.95	42.14	450m: 6:11.48	42.02	650m: 8:58.99	41.85
	100m: 1:17.19 40.27	300m: 4:04.94	41.99	500m: 6:53.35	41.87	700m: 9:40.36	41.37
	150m: 1:59.32 42.13	350m: 4:47.60	42.66	550m: 7:35.49	42.14	750m: 10:21.47	41.11
	200m: 2:40.81 41.49	400m: 5:29.46	41.86	600m: 8:17.14	41.65	800m: 11:01.05	39.58
DNS	FERREIRA Joana Rocha	05	Benfica				
DNS	NIZA Beatriz Mocego	06	Amadora				
DNS	VARANDAS Joana Filipa	02	Laranjeiro				

Seniores

1.	ANDRE Leticia Maia	02	Benfica	9:15.24		665	
	50m: 30.66 30.66	250m: 2:49.51	35.37	450m: 5:11.12	34.08	650m: 7:33.68	35.70
	100m: 1:04.57 33.91	300m: 3:25.10	35.59	500m: 5:46.41	35.29	700m: 8:09.26	35.58
	150m: 1:39.35 34.78	350m: 4:01.20	36.10	550m: 6:21.95	35.54	750m: 8:43.89	34.63
	200m: 2:14.14 34.79	400m: 4:37.04	35.84	600m: 6:57.98	36.03	800m: 9:15.24	31.35
DNS	VARANDAS Joana Filipa	02	Laranjeiro				