



Torneio Zonal de Juvenis (Zona Norte)
Mealhada, 12 - 13/12/2020

Prova 10
12/12/2020 - 16:55

Femin., 400m Livres

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Recordes Nacionais 25m Juv A	4:18.39	SANTOS Ana Claudia	POR	Cantanhede	20/12/2004
Recordes Nacionais 25m Juv B	4:23.08	MIGUEL Susana Patricia	POR	Alhandra	15/05/2004

Pontos: FINA 2020

Lugar			Ano					Tempo final	Pts
Juvenis B									
1.	VIEIRA Ana Beatriz		07	Foca Quinta da Lixa CNF				4:42.40	568
	50m:	31.58 31.58	150m:	1:42.13	35.71	250m:	2:53.91 35.84	350m:	4:06.53 36.15
	100m:	1:06.42 34.84	200m:	2:18.07	35.94	300m:	3:30.38 36.47	400m:	4:42.40 35.87
2.	ALMEIDA Maria Emilia		07	Galitos / Bresimar				4:44.50	555
	50m:	33.09 33.09	150m:	1:43.11	35.33	250m:	2:55.03 36.23	350m:	4:08.69 36.91
	100m:	1:07.78 34.69	200m:	2:18.80	35.69	300m:	3:31.78 36.75	400m:	4:44.50 35.81
3.	ALMEIDA Bianca Filipa		07	Alges e Agueda XXI				4:51.28	517
	50m:	31.91 31.91	150m:	1:43.81	36.41	250m:	2:59.66 38.15	350m:	4:15.65 37.71
	100m:	1:07.40 35.49	200m:	2:21.51	37.70	300m:	3:37.94 38.28	400m:	4:51.28 35.63
4.	MESQUITA Mafalda Martins		07	Famalicao				4:55.16	497
	50m:	34.61 34.61	150m:	1:51.48	38.02	250m:	3:06.45 37.50	350m:	4:20.02 36.23
	100m:	1:13.46 38.85	200m:	2:28.95	37.47	300m:	3:43.79 37.34	400m:	4:55.16 35.14
5.	PEREIRA Beatriz Azevedo		07	Colegio SMLamas				5:13.76	414
	50m:	31.89 31.89	150m:	1:50.07	40.63	250m:	3:14.46 42.21	350m:	4:35.99 40.87
	100m:	1:09.44 37.55	200m:	2:32.25	42.18	300m:	3:55.12 40.66	400m:	5:13.76 37.77
6.	RODRIGUES Luna Almeida		07	Columbifila Cantanhedense				5:15.11	409
	50m:	35.41 35.41	150m:	1:54.22	39.40	250m:	3:14.23 39.56	350m:	4:36.78 41.75
	100m:	1:14.82 39.41	200m:	2:34.67	40.45	300m:	3:55.03 40.80	400m:	5:15.11 38.33
7.	PIMENTA Francisca Soares		07	Naval Povoense				5:39.83	326
	50m:	38.33 38.33	150m:	2:03.98	43.52	250m:	3:31.62 43.75	350m:	4:58.88 43.47
	100m:	1:20.46 42.13	200m:	2:47.87	43.89	300m:	4:15.41 43.79	400m:	5:39.83 40.95
DNS	AGUILAR Marta Andre		07	Beatriz Santos-Clube					

Juvenis A

1.	PEIXOTO Carolina Esteves		06	Braga				4:38.96	589
	50m:	31.74 31.74	150m:	1:41.12	35.21	250m:	2:52.34 35.68	350m:	4:03.80 35.77
	100m:	1:05.91 34.17	200m:	2:16.66	35.54	300m:	3:28.03 35.69	400m:	4:38.96 35.16
2.	SOARES Miriam Mortagua		06	Galitos / Bresimar				4:41.42	574
	50m:	31.89 31.89	150m:	1:41.90	35.39	250m:	2:53.31 35.67	350m:	4:06.13 36.43
	100m:	1:06.51 34.62	200m:	2:17.64	35.74	300m:	3:29.70 36.39	400m:	4:41.42 35.29
3.	MARTINS Ana Rita		06	Foca Quinta da Lixa CNF				4:43.57	561
	50m:	31.63 31.63	150m:	1:42.68	35.79	250m:	2:55.73 36.43	350m:	4:09.36 36.41
	100m:	1:06.89 35.26	200m:	2:19.30	36.62	300m:	3:32.95 37.22	400m:	4:43.57 34.21
4.	RAMOS Joana Barbas		06	Gafanha da Encarnacao				4:43.69	560
	50m:	32.97 32.97	150m:	1:43.57	35.44	250m:	2:55.45 35.94	350m:	4:07.76 36.17
	100m:	1:08.13 35.16	200m:	2:19.51	35.94	300m:	3:31.59 36.14	400m:	4:43.69 35.93
5.	OLIVEIRA Matilde Fonseca		06	Miranda do Corvo				4:45.78	548
	50m:	32.52 32.52	150m:	1:42.58	35.47	250m:	2:55.06 36.09	350m:	4:09.37 37.62
	100m:	1:07.11 34.59	200m:	2:18.97	36.39	300m:	3:31.75 36.69	400m:	4:45.78 36.41





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Prova 10, Femin., 400m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts			
6. BARREIRA Andreia Monteiro	06	4:49.02	530			
50m: 32.09 32.09	150m: 1:43.40	36.08	250m: 2:56.63	36.80	350m: 4:11.72	38.01
100m: 1:07.32 35.23	200m: 2:19.83	36.43	300m: 3:33.71	37.08	400m: 4:49.02	37.30
7. SILVA Beatriz Machado	06	4:49.97	524			
50m: 32.87 32.87	150m: 1:45.02	36.53	250m: 2:58.90	37.04	350m: 4:13.14	37.30
100m: 1:08.49 35.62	200m: 2:21.86	36.84	300m: 3:35.84	36.94	400m: 4:49.97	36.83
8. DOMINGUES Vitoria Cruz	06	4:50.72	520			
50m: 32.72 32.72	150m: 1:44.73	36.43	250m: 2:58.32	36.99	350m: 4:14.29	37.91
100m: 1:08.30 35.58	200m: 2:21.33	36.60	300m: 3:36.38	38.06	400m: 4:50.72	36.43
9. GOMES Lia Beatriz	06	4:54.31	502			
50m: 33.21 33.21	150m: 1:44.21	35.93	250m: 2:59.25	38.13	350m: 4:16.57	38.69
100m: 1:08.28 35.07	200m: 2:21.12	36.91	300m: 3:37.88	38.63	400m: 4:54.31	37.74
10. CUNHA Ines Santos	06	5:01.58	466			
50m: 34.70 34.70	150m: 1:52.62	39.10	250m: 3:09.24	38.00	350m: 4:25.03	37.51
100m: 1:13.52 38.82	200m: 2:31.24	38.62	300m: 3:47.52	38.28	400m: 5:01.58	36.55
11. SILVA Maria Seixeira	06	5:06.00	446			
50m: 34.98 34.98	150m: 1:52.92	39.33	250m: 3:10.25	38.44	350m: 4:28.00	39.45
100m: 1:13.59 38.61	200m: 2:31.81	38.89	300m: 3:48.55	38.30	400m: 5:06.00	38.00
12. RIGOR Maria Miguel	06	5:07.74	439			
50m: 33.91 33.91	150m: 1:50.10	38.91	250m: 3:08.84	39.61	350m: 4:28.30	39.73
100m: 1:11.19 37.28	200m: 2:29.23	39.13	300m: 3:48.57	39.73	400m: 5:07.74	39.44
13. SILVA Maria Santos	06	5:09.27	432			
50m: 34.12 34.12	150m: 1:51.60	39.42	250m: 3:10.26	39.56	350m: 4:30.11	39.83
100m: 1:12.18 38.06	200m: 2:30.70	39.10	300m: 3:50.28	40.02	400m: 5:09.27	39.16
DNS FERREIRA Maria Neto	06	Beatriz Santos-Clube				
DNS GRILO Maria Vitoria	06	Beatriz Santos-Clube				
DNS VARELA Joana Filipa	06	Beatriz Santos-Clube				