



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

Prova 12
12/12/2020 - 17:25

Femin., 400m Estilos

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Juv A	4:51.85	SANTOS Ana Claudia	POR	Setubal	21/11/2004
Recordes Nacionais 25m Juv B	4:56.53	CUNHA Mariana Pacheco	POR	Porto	05/05/2018

Pontos: FINA 2020

Lugar	Ano		Tempo final				Pts	
Juvenis B								
1.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	5:23.25				514
	50m: 33.97 33.97	150m: 1:54.45	41.61	250m: 3:21.48	46.05	350m: 4:46.14	38.64	
	100m: 1:12.84 38.87	200m: 2:35.43	40.98	300m: 4:07.50	46.02	400m: 5:23.25	37.11	
2.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:24.28				509
	50m: 34.81 34.81	150m: 1:55.30	40.35	250m: 3:21.52	46.50	350m: 4:47.37	39.09	
	100m: 1:14.95 40.14	200m: 2:35.02	39.72	300m: 4:08.28	46.76	400m: 5:24.28	36.91	
3.	GOMES Barbara Sofia	07	Leixoes	5:28.36				490
	50m: 35.22 35.22	150m: 2:00.58	44.96	250m: 3:28.89	45.18	350m: 4:53.85	38.45	
	100m: 1:15.62 40.40	200m: 2:43.71	43.13	300m: 4:15.40	46.51	400m: 5:28.36	34.51	
4.	PINTO Margarida Vieira	07	Braga	5:28.47				489
	50m: 36.09 36.09	150m: 2:01.30	41.83	250m: 3:29.24	47.19	350m: 4:53.39	37.53	
	100m: 1:19.47 43.38	200m: 2:42.05	40.75	300m: 4:15.86	46.62	400m: 5:28.47	35.08	
5.	FIGUEIRA Madalena Almeida	07	Academico Viseu	5:36.14				457
	50m: 34.24 34.24	150m: 1:58.79	43.12	250m: 3:27.95	46.88	350m: 4:57.10	40.77	
	100m: 1:15.67 41.43	200m: 2:41.07	42.28	300m: 4:16.33	48.38	400m: 5:36.14	39.04	
6.	SANTOS Sara Margarida	07	Estarreja	5:49.12				408
	50m: 37.48 37.48	150m: 2:06.93	43.66	250m: 3:39.40	49.09	350m: 5:09.00	39.58	
	100m: 1:23.27 45.79	200m: 2:50.31	43.38	300m: 4:29.42	50.02	400m: 5:49.12	40.12	
7.	PINA Laura Almeida	07	O Crasto	5:59.53				373
	50m: 39.06 39.06	150m: 2:15.03	47.12	250m: 3:50.27	50.00	350m: 5:20.38	40.37	
	100m: 1:27.91 48.85	200m: 3:00.27	45.24	300m: 4:40.01	49.74	400m: 5:59.53	39.15	
8.	RODRIGUES Filipa Silva	07	Naval Povoense	6:26.45				300
	50m: 40.61 40.61	150m: 2:20.50	46.44	250m: 4:01.72	55.34	350m: 5:42.19	44.70	
	100m: 1:34.06 53.45	200m: 3:06.38	45.88	300m: 4:57.49	55.77	400m: 6:26.45	44.26	
DNS	FERNANDES Maria Ines	07	Beatriz Santos-Clube					

Juvenis A

1.	PINTO Leonor Filipa	06	Porto	5:13.69				562
	50m: 33.16 33.16	150m: 1:52.73	41.09	250m: 3:16.36	44.19	350m: 4:37.95	36.70	
	100m: 1:11.64 38.48	200m: 2:32.17	39.44	300m: 4:01.25	44.89	400m: 5:13.69	35.74	
2.	COSTA Anita Gouveia	06	Condeixa Clube	5:19.42				532
	50m: 33.36 33.36	150m: 1:53.32	41.35	250m: 3:21.97	47.83	350m: 4:45.12	34.76	
	100m: 1:11.97 38.61	200m: 2:34.14	40.82	300m: 4:10.36	48.39	400m: 5:19.42	34.30	
3.	TINOCO Diana Silva	06	Columbofila Cantanhedense	5:20.85				525
	50m: 33.18 33.18	150m: 1:52.81	42.10	250m: 3:21.52	47.21	350m: 4:45.47	36.80	
	100m: 1:10.71 37.53	200m: 2:34.31	41.50	300m: 4:08.67	47.15	400m: 5:20.85	35.38	
4.	JESUS Mariana Teixeira	06	Estarreja	5:21.75				521
	50m: 36.38 36.38	150m: 1:59.67	40.38	250m: 3:22.72	43.08	350m: 4:45.46	39.04	
	100m: 1:19.29 42.91	200m: 2:39.64	39.97	300m: 4:06.42	43.70	400m: 5:21.75	36.29	





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Prova 12, Femin., 400m Estilos, Juvenis A

Lugar			Ano					Tempo final	Pts
5.	NOVAIS Regina Correia		06	Foca Quinta da Lixa CNF				5:27.18	495
	50m:	33.77 33.77	150m:	1:55.33	41.53	250m:	3:23.01 45.99	350m:	4:49.21 37.37
	100m:	1:13.80 40.03	200m:	2:37.02	41.69	300m:	4:11.84 48.83	400m:	5:27.18 37.97
6.	FERREIRA Maria Joao		06	Foca Quinta da Lixa CNF				5:29.03	487
	50m:	34.39 34.39	150m:	1:55.33	41.21	250m:	3:24.74 48.98	350m:	4:52.79 37.88
	100m:	1:14.12 39.73	200m:	2:35.76	40.43	300m:	4:14.91 50.17	400m:	5:29.03 36.24
7.	SOUTO Carolina Soares		06	Porto				5:29.89	483
	50m:	36.16 36.16	150m:	1:59.23	40.07	250m:	3:28.27 49.14	350m:	4:54.45 37.71
	100m:	1:19.16 43.00	200m:	2:39.13	39.90	300m:	4:16.74 48.47	400m:	5:29.89 35.44
8.	MARQUES Barbara Nunes		06	Estarreja				5:34.21	465
	50m:	35.13 35.13	150m:	1:59.25	43.09	250m:	3:29.19 48.12	350m:	4:56.99 39.68
	100m:	1:16.16 41.03	200m:	2:41.07	41.82	300m:	4:17.31 48.12	400m:	5:34.21 37.22
9.	NOGUEIRA Ines Aires		06	Fluvial Portuense				5:36.23	456
	50m:	35.09 35.09	150m:	2:02.50	45.84	250m:	3:35.15 48.67	350m:	5:02.26 36.72
	100m:	1:16.66 41.57	200m:	2:46.48	43.98	300m:	4:25.54 50.39	400m:	5:36.23 33.97
10.	COSTA Francisca Vila		06	Viana Natacao				5:37.50	451
	50m:	37.41 37.41	150m:	2:06.00	44.48	250m:	3:33.94 44.39	350m:	4:59.20 39.64
	100m:	1:21.52 44.11	200m:	2:49.55	43.55	300m:	4:19.56 45.62	400m:	5:37.50 38.30
11.	TASHKULOVA Diana		06	Galitos / Bresimar				5:37.73	450
	50m:	35.20 35.20	150m:	1:59.50	44.04	250m:	3:31.43 48.94	350m:	5:00.37 39.42
	100m:	1:15.46 40.26	200m:	2:42.49	42.99	300m:	4:20.95 49.52	400m:	5:37.73 37.36
DNS	GASPAR Beatriz Andre		06	Beatriz Santos-Clube					

