



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

Prova 19
13/12/2020 - 15:30

Femin., 800m Livres

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04/12/2019
Recordes Nacionais 25m Juv A	8:46.74	SANTOS Ana Claudia	POR	Cantanhede	19/12/2004
Recordes Nacionais 25m Juv B	9:00.27	SILVA Alexandra Maria	POR	Antibes (FRA)	20/12/1980

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
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Juvenis B

1. ALMEIDA Maria Emilia	07	Galitos / Bresimar	9:39.22	566	
50m: 33.23 33.23	250m: 2:56.23	35.88 450m: 5:21.96	36.47	650m: 7:49.24	37.00
100m: 1:08.50 35.27	300m: 3:32.40	36.17 500m: 5:58.28	36.32	700m: 8:26.26	37.02
150m: 1:44.30 35.80	350m: 4:08.98	36.58 550m: 6:35.01	36.73	750m: 9:03.45	37.19
200m: 2:20.35 36.05	400m: 4:45.49	36.51 600m: 7:12.24	37.23	800m: 9:39.22	35.77
2. PINTO Margarida Vieira	07	Braga	9:55.68	521	
50m: 32.55 32.55	250m: 2:59.52	37.16 450m: 5:31.02	38.12	650m: 8:04.57	38.40
100m: 1:08.46 35.91	300m: 3:37.13	37.61 500m: 6:09.31	38.29	700m: 8:42.46	37.89
150m: 1:45.53 37.07	350m: 4:14.85	37.72 550m: 6:47.59	38.28	750m: 9:20.23	37.77
200m: 2:22.36 36.83	400m: 4:52.90	38.05 600m: 7:26.17	38.58	800m: 9:55.68	35.45
3. GOMES Rita Cunha	07	Viana Natacao	10:10.21	484	
50m: 34.61 34.61	250m: 3:03.66	37.99 450m: 5:38.52	39.10	650m: 8:15.13	39.15
100m: 1:11.04 36.43	300m: 3:42.18	38.52 500m: 6:17.05	38.53	700m: 8:53.99	38.86
150m: 1:47.86 36.82	350m: 4:21.03	38.85 550m: 6:56.48	39.43	750m: 9:33.20	39.21
200m: 2:25.67 37.81	400m: 4:59.42	38.39 600m: 7:35.98	39.50	800m: 10:10.21	37.01
4. SANTOS Leonor Costa	07	Galitos / Bresimar	10:32.13	436	
50m: 35.10 35.10	250m: 3:13.06	39.80 450m: 5:54.16	39.81	650m: 8:34.50	39.47
100m: 1:14.06 38.96	300m: 3:52.84	39.78 500m: 6:34.45	40.29	700m: 9:14.35	39.85
150m: 1:53.43 39.37	350m: 4:33.31	40.47 550m: 7:14.91	40.46	750m: 9:53.82	39.47
200m: 2:33.26 39.83	400m: 5:14.35	41.04 600m: 7:55.03	40.12	800m: 10:32.13	38.31
5. OLIVEIRA Margarida Gomes	07	O Crasto	10:46.06	408	
50m: 34.60 34.60	250m: 3:14.14	41.46 450m: 5:59.15	39.96	650m: 8:45.60	41.57
100m: 1:13.55 38.95	300m: 3:55.24	41.10 500m: 6:41.13	41.98	700m: 9:27.19	41.59
150m: 1:54.02 40.47	350m: 4:37.74	42.50 550m: 7:22.76	41.63	750m: 10:07.08	39.89
200m: 2:32.68 38.66	400m: 5:19.19	41.45 600m: 8:04.03	41.27	800m: 10:46.06	38.98
6. RODRIGUES Luna Almeida	07	Columbofila Cantanhedense	10:58.05	386	
50m: 36.44 36.44	250m: 3:19.91	41.62 450m: 6:06.99	42.14	650m: 8:54.69	41.74
100m: 1:17.01 40.57	300m: 4:01.02	41.11 500m: 6:49.19	42.20	700m: 9:37.05	42.36
150m: 1:57.56 40.55	350m: 4:42.37	41.35 550m: 7:30.85	41.66	750m: 10:18.70	41.65
200m: 2:38.29 40.73	400m: 5:24.85	42.48 600m: 8:12.95	42.10	800m: 10:58.05	39.35

DNS AGUILAR Marta Andre 07 Beatriz Santos-Clube

Juvenis A

1. PEIXOTO Carolina Esteves	06	Braga	9:26.59	605	
50m: 31.92 31.92	250m: 2:52.43	35.69 450m: 5:15.58	35.94	650m: 7:39.79	35.92
100m: 1:06.30 34.38	300m: 3:28.43	36.00 500m: 5:51.44	35.86	700m: 8:16.03	36.24
150m: 1:41.43 35.13	350m: 4:04.07	35.64 550m: 6:27.70	36.26	750m: 8:52.27	36.24
200m: 2:16.74 35.31	400m: 4:39.64	35.57 600m: 7:03.87	36.17	800m: 9:26.59	34.32





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Mealhada, 12 - 13/12/2020

Prova 19, Femin., 800m Livres, Juvenis A

Lugar			Ano			Tempo final	Pts	
2.	PINTO Leonor Filipa		06	Porto		9:31.35	590	
	50m: 32.29	32.29	250m: 2:52.21	35.72	450m: 5:16.71	36.48	650m: 7:44.52	36.99
	100m: 1:06.62	34.33	300m: 3:28.05	35.84	500m: 5:53.80	37.09	700m: 8:21.07	36.55
	150m: 1:41.17	34.55	350m: 4:04.01	35.96	550m: 6:30.75	36.95	750m: 8:56.94	35.87
	200m: 2:16.49	35.32	400m: 4:40.23	36.22	600m: 7:07.53	36.78	800m: 9:31.35	34.41
3.	COSTA Anita Gouveia		06	Condeixa Clube		9:32.14	588	
	50m: 33.37	33.37	250m: 2:56.69	35.80	450m: 5:20.95	35.03	650m: 7:45.91	36.75
	100m: 1:08.88	35.51	300m: 3:32.71	36.02	500m: 5:56.62	35.67	700m: 8:21.86	35.95
	150m: 1:44.80	35.92	350m: 4:09.14	36.43	550m: 6:32.93	36.31	750m: 8:57.81	35.95
	200m: 2:20.89	36.09	400m: 4:45.92	36.78	600m: 7:09.16	36.23	800m: 9:32.14	34.33
4.	RAMOS Joana Barbas		06	Gafanha da Encarnacao		9:44.05	552	
	50m: 33.48	33.48	250m: 2:59.72	36.78	450m: 5:26.74	36.63	650m: 7:54.99	37.92
	100m: 1:09.42	35.94	300m: 3:36.51	36.79	500m: 6:03.43	36.69	700m: 8:32.74	37.75
	150m: 1:45.78	36.36	350m: 4:13.19	36.68	550m: 6:40.27	36.84	750m: 9:09.42	36.68
	200m: 2:22.94	37.16	400m: 4:50.11	36.92	600m: 7:17.07	36.80	800m: 9:44.05	34.63
5.	SOARES Miriam Mortagua		06	Galitos / Bresimar		9:46.62	545	
	50m: 32.36	32.36	250m: 2:56.91	36.95	450m: 5:25.37	36.99	650m: 7:55.32	36.63
	100m: 1:07.41	35.05	300m: 3:33.76	36.85	500m: 6:02.79	37.42	700m: 8:31.73	36.41
	150m: 1:43.19	35.78	350m: 4:11.04	37.28	550m: 6:40.66	37.87	750m: 9:09.32	37.59
	200m: 2:19.96	36.77	400m: 4:48.38	37.34	600m: 7:18.69	38.03	800m: 9:46.62	37.30
6.	TINOCO Diana Silva		06	Columbifila Cantanhedense		9:48.61	540	
	50m: 33.81	33.81	250m: 3:02.28	36.88	450m: 5:30.32	36.95	650m: 7:59.23	37.68
	100m: 1:10.74	36.93	300m: 3:39.04	36.76	500m: 6:07.48	37.16	700m: 8:36.21	36.98
	150m: 1:48.13	37.39	350m: 4:16.23	37.19	550m: 6:44.54	37.06	750m: 9:12.80	36.59
	200m: 2:25.40	37.27	400m: 4:53.37	37.14	600m: 7:21.55	37.01	800m: 9:48.61	35.81
7.	NOGUEIRA Ines Aires		06	Fluvial Portuense		9:57.23	517	
	50m: 33.83	33.83	250m: 3:03.21	36.98	450m: 5:34.75	37.45	650m: 8:06.26	37.80
	100m: 1:10.55	36.72	300m: 3:41.25	38.04	500m: 6:12.65	37.90	700m: 8:43.99	37.73
	150m: 1:48.15	37.60	350m: 4:19.08	37.83	550m: 6:51.05	38.40	750m: 9:21.17	37.18
	200m: 2:26.23	38.08	400m: 4:57.30	38.22	600m: 7:28.46	37.41	800m: 9:57.23	36.06
8.	GOMES Lia Beatriz		06	Vitoria Guimaraes		9:57.51	516	
	50m: 32.90	32.90	250m: 2:58.09	37.18	450m: 5:31.12	38.48	650m: 8:04.72	38.20
	100m: 1:08.04	35.14	300m: 3:35.93	37.84	500m: 6:09.60	38.48	700m: 8:42.73	38.01
	150m: 1:44.10	36.06	350m: 4:14.37	38.44	550m: 6:48.04	38.44	750m: 9:20.44	37.71
	200m: 2:20.91	36.81	400m: 4:52.64	38.27	600m: 7:26.52	38.48	800m: 9:57.51	37.07
9.	OLIVEIRA Matilde Fonseca		06	Miranda do Corvo		10:01.23	506	
	50m: 32.71	32.71	250m: 2:58.20	37.09	450m: 5:30.22	38.22	650m: 8:05.11	39.05
	100m: 1:08.56	35.85	300m: 3:35.93	37.73	500m: 6:08.71	38.49	700m: 8:44.19	39.08
	150m: 1:44.31	35.75	350m: 4:13.89	37.96	550m: 6:47.19	38.48	750m: 9:23.27	39.08
	200m: 2:21.11	36.80	400m: 4:52.00	38.11	600m: 7:26.06	38.87	800m: 10:01.23	37.96
10.	NEVES Gabriela Ferreira		06	Foca Quinta da Lixa CNF		10:13.54	476	
	50m: 33.57	33.57	250m: 3:03.58	37.68	450m: 5:39.73	39.10	650m: 8:17.28	39.11
	100m: 1:10.11	36.54	300m: 3:42.27	38.69	500m: 6:18.25	38.52	700m: 8:56.59	39.31
	150m: 1:47.90	37.79	350m: 4:21.58	39.31	550m: 6:58.23	39.98	750m: 9:35.82	39.23
	200m: 2:25.90	38.00	400m: 5:00.63	39.05	600m: 7:38.17	39.94	800m: 10:13.54	37.72
11.	DOMINGUES Vitoria Cruz		06	Natacao de Vagos		10:16.33	470	
	50m: 34.54	34.54	250m: 3:04.78	38.10	450m: 5:40.79	39.17	650m: 8:18.71	39.04
	100m: 1:11.58	37.04	300m: 3:43.53	38.75	500m: 6:20.44	39.65	700m: 8:58.86	40.15
	150m: 1:48.61	37.03	350m: 4:22.62	39.09	550m: 7:00.00	39.56	750m: 9:38.58	39.72
	200m: 2:26.68	38.07	400m: 5:01.62	39.00	600m: 7:39.67	39.67	800m: 10:16.33	37.75





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

Prova 19, Femin., 800m Livres, Juvenis A

Lugar			Ano			Tempo final	Pts
12.	RIBAS Ema Monteiro		06	Fluvial Portuense		10:26.32	448
	50m:	35.24 35.24	250m:	450m:	5:45.50 40.02	650m:	8:26.27 40.59
	100m:	1:12.93 37.69	300m:	500m:	6:25.88 40.38	700m:	9:06.99 40.72
	150m:	1:51.58 38.65	350m:	550m:	7:05.57 39.69	750m:	9:47.32 40.33
	200m:	2:29.82 38.24	400m:	600m:	7:45.68 40.11	800m:	10:26.32 39.00
13.	MAGALHAES Maria Joao		06	Vitoria Guimaraes		10:28.07	444
	50m:	34.31 34.31	250m:	450m:	5:49.36 39.90	650m:	8:29.25 39.99
	100m:	1:11.59 37.28	300m:	500m:	6:28.85 39.49	700m:	9:10.02 40.77
	150m:	1:50.14 38.55	350m:	550m:	7:09.33 40.48	750m:	9:50.00 39.98
	200m:	2:29.92 39.78	400m:	600m:	7:49.26 39.93	800m:	10:28.07 38.07
14.	SILVA Maria Santos		06	Naval Povoense		10:31.85	436
	50m:	36.17 36.17	250m:	450m:	5:54.72 39.59	650m:	8:34.25 39.94
	100m:	1:15.46 39.29	300m:	500m:	6:34.94 40.22	700m:	9:13.80 39.55
	150m:	1:55.55 40.09	350m:	550m:	7:14.75 39.81	750m:	9:53.36 39.56
	200m:	2:35.53 39.98	400m:	600m:	7:54.31 39.56	800m:	10:31.85 38.49
DNS	FERREIRA Maria Neto		06	Beatriz Santos-Clube			
DNS	GASPAR Beatriz Andre		06	Beatriz Santos-Clube			
DNS	GRILO Maria Vitoria		06	Beatriz Santos-Clube			

