



Torneio Zonal de Juvenis (Zona Sul)
Leiria, 12 - 13/12/2020

Prova 10

Femin., 400m Livres

Juvenis

12/12/2020 - 17:25

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	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15/05/2004

Pontos: FINA 2020

Lugar			Ano			Tempo final			Pts
Juvenis B									
1.	MIDOES Madalena Maria		07	20Km de Almeirim		4:57.31			487
	50m:	34.31 34.31	150m:	1:48.98 37.65	250m:	3:04.84 38.05	350m:	4:20.82 37.92	
	100m:	1:11.33 37.02	200m:	2:26.79 37.81	300m:	3:42.90 38.06	400m:	4:57.31 36.49	
2.	BERNAT Elena Del		07	Alges		5:00.16			473
	50m:	34.40 34.40	150m:	1:50.39 38.51	250m:	3:06.54 37.48	350m:	4:23.07 38.33	
	100m:	1:11.88 37.48	200m:	2:29.06 38.67	300m:	3:44.74 38.20	400m:	5:00.16 37.09	
3.	SIMAO Laura Roque		07	Nautico Marinha Grande		5:00.18			473
	50m:	34.37 34.37	150m:	1:49.30 37.99	250m:	3:05.97 38.40	350m:	4:23.50 38.59	
	100m:	1:11.31 36.94	200m:	2:27.57 38.27	300m:	3:44.91 38.94	400m:	5:00.18 36.68	
4.	ALVES Sara Sofia		07	Setubalense		5:00.70			470
	50m:	33.78 33.78	150m:	1:48.69 37.67	250m:	3:05.04 38.19	350m:	4:22.52 38.91	
	100m:	1:11.02 37.24	200m:	2:26.85 38.16	300m:	3:43.61 38.57	400m:	5:00.70 38.18	
5.	SOUSA Matilde Filipe		07	Nucleo Sporting da Terceira		5:00.79			470
	50m:	33.91 33.91	200m:	2:28.96 1:17.07	400m:	5:00.79 1:14.92			
	100m:	1:11.89 37.98	300m:	3:45.87 1:16.91					
6.	ALMEIDA Vanessa Liliana		07	Bairro dos Anjos/ Leiria		5:01.67			466
	50m:	33.68 33.68	150m:	1:49.54 38.20	250m:	3:06.32 38.51	350m:	4:23.42 38.46	
	100m:	1:11.34 37.66	200m:	2:27.81 38.27	300m:	3:44.96 38.64	400m:	5:01.67 38.25	
7.	SIMOES Ana Madalena		07	Geslours		5:06.86			442
	50m:	34.90 34.90	150m:	1:52.54 39.25	250m:	3:10.99 39.30	350m:	4:29.57 39.42	
	100m:	1:13.29 38.39	200m:	2:31.69 39.15	300m:	3:50.15 39.16	400m:	5:06.86 37.29	
8.	ESTEVEES Maria Leonor		07	Nautico Marinha Grande		5:08.69			435
	50m:	34.91 34.91	150m:	1:50.82 38.51	250m:	3:10.02 39.58	350m:	4:29.57 39.79	
	100m:	1:12.31 37.40	200m:	2:30.44 39.62	300m:	3:49.78 39.76	400m:	5:08.69 39.12	
9.	VIEIRA Beatriz Carlos		07	Naval de Faro		5:24.24			375
	50m:	35.04 35.04	150m:	1:54.84 40.92	250m:	3:18.75 41.97	350m:	4:43.61 41.89	
	100m:	1:13.92 38.88	200m:	2:36.78 41.94	300m:	4:01.72 42.97	400m:	5:24.24 40.63	
10.	ROCHA Bruna Fantasia		07	Nucleo Sporting da Terceira		5:33.20			346
	50m:	35.99 35.99	200m:	2:41.35 1:24.62	400m:	5:33.20 1:25.26			
	100m:	1:16.73 40.74	300m:	4:07.94 1:26.59					
11.	OLIVEIRA Raquel Grilo		07	Lagoa AC		5:46.81			306
	50m:	37.10 37.10	150m:	2:03.38 44.21	250m:	3:33.93 45.51	350m:	5:06.14 44.47	
	100m:	1:19.17 42.07	200m:	2:48.42 45.04	300m:	4:21.67 47.74	400m:	5:46.81 40.67	





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Juvenis A

1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:37.26	600
	50m: 31.62 31.62	150m: 1:40.58	35.06 250m: 2:50.93	35.43	350m: 4:02.89
	100m: 1:05.52 33.90	200m: 2:15.50	34.92 300m: 3:27.07	36.14	400m: 4:37.26
2.	COELHO Maria Leonor	06	Benfica	4:39.17	588
	50m: 31.42 31.42	150m: 1:41.13	35.32 250m: 2:53.59	36.55	350m: 4:05.87
	100m: 1:05.81 34.39	200m: 2:17.04	35.91 300m: 3:30.19	36.60	400m: 4:39.17
3.	DINIS Filipa Paiva	06	Bairro dos Anjos/ Leiria	4:39.80	584
	50m: 31.57 31.57	150m: 1:42.70	35.96 250m: 2:54.36	35.93	350m: 4:05.05
	100m: 1:06.74 35.17	200m: 2:18.43	35.73 300m: 3:29.65	35.29	400m: 4:39.80
4.	LOPES Matilde Nunes	06	Benfica	4:46.13	546
	50m: 32.09 32.09	150m: 1:42.12	35.45 250m: 2:55.31	36.96	350m: 4:09.13
	100m: 1:06.67 34.58	200m: 2:18.35	36.23 300m: 3:32.07	36.76	400m: 4:46.13
5.	VALENTE Maria Esteves	06	Benfica	4:47.34	539
	50m: 33.47 33.47	150m: 1:45.59	36.42 250m: 2:59.18	37.00	350m: 4:12.36
	100m: 1:09.17 35.70	200m: 2:22.18	36.59 300m: 3:35.84	36.66	400m: 4:47.34
6.	BRIZIDA Filipa Roma	06	Bairro dos Anjos/ Leiria	4:47.84	536
	50m: 33.00 33.00	150m: 1:46.15	36.87 250m: 2:59.91	36.92	350m: 4:13.54
	100m: 1:09.28 36.28	200m: 2:22.99	36.84 300m: 3:37.07	37.16	400m: 4:47.84
7.	ALVES Maria Madalena	06	Bairro dos Anjos/ Leiria	4:48.24	534
	50m: 33.03 33.03	150m: 1:45.94	36.88 250m: 2:59.42	36.97	350m: 4:13.26
	100m: 1:09.06 36.03	200m: 2:22.45	36.51 300m: 3:36.46	37.04	400m: 4:48.24
8.	BERNARDINO Dalila Leal	06	Nucleo de Pombal	4:49.30	528
	50m: 32.77 32.77	150m: 1:45.70	36.53 250m: 2:59.07	36.72	350m: 4:12.43
	100m: 1:09.17 36.40	200m: 2:22.35	36.65 300m: 3:35.77	36.70	400m: 4:49.30
9.	TEIXEIRA Ines Correia	06	Amadora	4:49.79	525
	50m: 32.14 32.14	150m: 1:43.03	35.99 250m: 2:56.92	36.87	350m: 4:12.41
	100m: 1:07.04 34.90	200m: 2:20.05	37.02 300m: 3:34.53	37.61	400m: 4:49.79
10.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	4:51.90	514
	50m: 32.13 32.13	150m: 1:44.15	36.91 250m: 2:59.64	37.74	350m: 4:15.21
	100m: 1:07.24 35.11	200m: 2:21.90	37.75 300m: 3:37.33	37.69	400m: 4:51.90
11.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	4:52.88	509
	50m: 33.71 33.71	150m: 1:46.53	36.71 250m: 3:00.72	36.81	350m: 4:16.31
	100m: 1:09.82 36.11	200m: 2:23.91	37.38 300m: 3:38.71	37.99	400m: 4:52.88
12.	MARQUES Margarida Barbara	06	Alges	4:54.23	502
	50m: 32.85 32.85	150m: 1:45.89	36.71 250m: 3:00.10	37.59	350m: 4:16.69
	100m: 1:09.18 36.33	200m: 2:22.51	36.62 300m: 3:38.18	38.08	400m: 4:54.23
13.	TRINIDADE Constanca Arinto	06	Alcobaca	4:55.78	494
	50m: 34.58 34.58	150m: 1:48.00	36.86 250m: 3:03.17	37.92	350m: 4:18.85
	100m: 1:11.14 36.56	200m: 2:25.25	37.25 300m: 3:41.22	38.05	400m: 4:55.78
14.	MENDES Erica Candeias	06	Geslourses	4:56.64	490
	50m: 34.08 34.08	150m: 1:47.90	36.75 250m: 3:03.08	37.41	350m: 4:19.39
	100m: 1:11.15 37.07	200m: 2:25.67	37.77 300m: 3:41.32	38.24	400m: 4:56.64





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Lugar			Ano			Tempo final	Pts	
15.	LIMA Catarina Coutinho		06	Benfica		5:11.77	422	
	50m:	34.75 34.75	150m:	1:51.09 38.85	250m:	3:10.84 39.80	350m:	4:31.80 40.43
	100m:	1:12.24 37.49	200m:	2:31.04 39.95	300m:	3:51.37 40.53	400m:	5:11.77 39.97
16.	CABRAL Nuria Costa		06	Agua de Pau		5:28.64	360	
	50m:	35.59 35.59	200m:	2:39.71 1:23.93	400m:	5:28.64 1:23.55		
	100m:	1:15.78 40.19	300m:	4:05.09 1:25.38				
17.	COUTO Matilde Rodrigues		06	Agua de Pau		5:33.97	343	
	50m:	35.47 35.47	200m:	2:40.79 1:25.17	400m:	5:33.97 1:25.67		
	100m:	1:15.62 40.15	300m:	4:08.30 1:27.51				

