



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

Prova 12

Femin., 400m Estilos

Juvenis

12/12/2020 - 18:15

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	SFUAP	Setubal	21/11/2004
Recordes Nacionais 25m Juv B	4:56.53	CUNHA Mariana Pacheco	CFP	Porto	05/05/2018

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. LOURO Beatriz Silva	07	Louletano / Loule Concelho	<b>5:22.53</b> 517
50m: 35.10 35.10	150m: 1:57.48 40.64	250m: 3:22.97 45.43	350m: 4:46.31 37.16
100m: 1:16.84 41.74	200m: 2:37.54 40.06	300m: 4:09.15 46.18	400m: 5:22.53 36.22
2. MAGALHAES Leticia Rodrigues	07	Palmela	<b>5:26.03</b> 500
50m: 34.36 34.36	150m: 1:57.36 41.14	250m: 3:24.13 46.59	350m: 4:48.79 37.76
100m: 1:16.22 41.86	200m: 2:37.54 40.18	300m: 4:11.03 46.90	400m: 5:26.03 37.24
3. PARENTE Leonor Peso	07	Palmela	<b>5:27.65</b> 493
50m: 35.00 35.00	150m: 1:58.71 42.41	250m: 3:26.97 47.90	350m: 4:51.10 37.26
100m: 1:16.30 41.30	200m: 2:39.07 40.36	300m: 4:13.84 46.87	400m: 5:27.65 36.55
4. RODRIGUES Catarina Ferreira	07	Geslours	<b>5:39.90</b> 442
50m: 36.43 36.43	150m: 2:02.28 43.49	250m: 3:33.58 49.29	350m: 5:02.62 38.82
100m: 1:18.79 42.36	200m: 2:44.29 42.01	300m: 4:23.80 50.22	400m: 5:39.90 37.28
5. FERRARI Maria Carlotta	07	Geslours	<b>5:41.00</b> 437
50m: 34.37 34.37	150m: 1:56.09 41.23	250m: 3:25.95 48.21	350m: 4:57.96 41.95
100m: 1:14.86 40.49	200m: 2:37.74 41.65	300m: 4:16.01 50.06	400m: 5:41.00 43.04
6. FRISCHKNECHT Matilde Anjos	07	Setubalense	<b>5:48.39</b> 410
50m: 39.17 39.17	150m: 2:09.64 46.08	250m: 3:39.23 46.09	350m: 5:08.57 42.23
100m: 1:23.56 44.39	200m: 2:53.14 43.50	300m: 4:26.34 47.11	400m: 5:48.39 39.82
7. MELO Benedita Cardoso	07	Naval Praia Vitoria	<b>6:35.29</b> 281
50m: 44.51 44.51	150m: 2:26.67 50.74	250m: 4:09.58 53.37	350m: 5:50.97 45.74
100m: 1:35.93 51.42	200m: 3:16.21 49.54	300m: 5:05.23 55.65	400m: 6:35.29 44.32

Juvenis A

1. CARAPINHA Ariana Bento	06	Nautico Marinha Grande	<b>5:06.69</b> 601
50m: 30.99 30.99	150m: 1:47.13 39.81	250m: 3:09.99 43.99	350m: 4:31.23 36.38
100m: 1:07.32 36.33	200m: 2:26.00 38.87	300m: 3:54.85 44.86	400m: 5:06.69 35.46
2. ANTUNES Rebeca Leonor	06	Alges	<b>5:17.70</b> 541
50m: 32.40 32.40	150m: 1:53.56 42.91	250m: 3:18.56 43.25	350m: 4:40.66 37.82
100m: 1:10.65 38.25	200m: 2:35.31 41.75	300m: 4:02.84 44.28	400m: 5:17.70 37.04
3. FROIS Maria Francisca	06	Bairro dos Anjos/ Leiria	<b>5:21.10</b> 524
50m: 33.16 33.16	150m: 1:53.93 40.55	250m: 3:21.14 46.82	350m: 4:45.60 36.15
100m: 1:13.38 40.22	200m: 2:34.32 40.39	300m: 4:09.45 48.31	400m: 5:21.10 35.50
4. GAMA Beatriz Fernandes	06	Sporting	<b>5:25.04</b> 505
50m: 35.27 35.27	150m: 1:56.20 40.46	250m: 3:22.45 45.97	350m: 4:47.81 38.37
100m: 1:15.74 40.47	200m: 2:36.48 40.28	300m: 4:09.44 46.99	400m: 5:25.04 37.23
5. NEVES Diana Patricia	06	Naval da Horta	<b>5:30.73</b> 479
50m: 36.06 36.06	150m: 1:57.07 40.71	250m: 3:27.88 50.01	350m: 4:54.83 37.56
100m: 1:16.36 40.30	200m: 2:37.87 40.80	300m: 4:17.27 49.39	400m: 5:30.73 35.90





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Leiria, 12 - 13/12/2020

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

Lugar			Ano					Tempo final	Pts
6.	CALDES Ana Sofia		06	Elvense				<b>5:31.41</b>	476
	50m:	35.64 35.64	150m:	1:59.29	42.99	250m:	3:29.13 47.33	350m:	4:54.91 38.17
	100m:	1:16.30 40.66	200m:	2:41.80	42.51	300m:	4:16.74 47.61	400m:	5:31.41 36.50
7.	DOMINGOS Filipa Ferraz		06	Sporting				<b>5:35.20</b>	460
	50m:	34.12 34.12	150m:	2:00.29	45.87	250m:	3:30.93 45.87	350m:	4:57.70 39.05
	100m:	1:14.42 40.30	200m:	2:45.06	44.77	300m:	4:18.65 47.72	400m:	5:35.20 37.50
8.	ROMAO Ana Teresa		06	Louletano / Loule Concelho				<b>5:35.85</b>	458
	50m:	33.88 33.88	150m:	1:56.18	41.47	250m:	3:28.54 50.52	350m:	4:58.17 39.64
	100m:	1:14.71 40.83	200m:	2:38.02	41.84	300m:	4:18.53 49.99	400m:	5:35.85 37.68
9.	SA Madalena Correa		06	Geslours				<b>5:36.00</b>	457
	50m:	35.96 35.96	150m:	2:00.97	42.35	250m:	3:28.44 45.64	350m:	4:55.82 40.84
	100m:	1:18.62 42.66	200m:	2:42.80	41.83	300m:	4:14.98 46.54	400m:	5:36.00 40.18
10.	MENDES Leonor Roque		06	Colegio Monte Maior				<b>5:48.98</b>	408
	50m:	36.99 36.99	150m:	2:03.46	44.77	250m:	3:38.60 51.81	350m:	5:10.24 40.24
	100m:	1:18.69 41.70	200m:	2:46.79	43.33	300m:	4:30.00 51.40	400m:	5:48.98 38.74
11.	LOPES Mafalda Mourao		06	CPCD-Povoa St Iria				<b>6:10.63</b>	341
	50m:	38.73 38.73	150m:	2:13.89	48.18	250m:	3:51.45 51.67	350m:	5:29.20 43.43
	100m:	1:25.71 46.98	200m:	2:59.78	45.89	300m:	4:45.77 54.32	400m:	6:10.63 41.43
12.	AVILA Leonor Espinola		06	Naval Praia Vitoria				<b>6:13.21</b>	333
	50m:	38.26 38.26	150m:	2:13.26	47.85	250m:	3:54.73 53.77	350m:	5:31.71 42.79
	100m:	1:25.41 47.15	200m:	3:00.96	47.70	300m:	4:48.92 54.19	400m:	6:13.21 41.50
13.	KURNOSA Eva		06	CPCD-Povoa St Iria				<b>6:32.53</b>	287
	50m:	40.09 40.09	150m:	2:16.36	48.02	250m:	4:01.96 58.73	350m:	5:48.36 46.53
	100m:	1:28.34 48.25	200m:	3:03.23	46.87	300m:	5:01.83 59.87	400m:	6:32.53 44.17

