



Torneio Zonal Juniores e Seniores (Zona Norte)
Mealhada, 14 e 15 de Novembro de 2020

Prova 1	Femin., 1500m Livres					Absolutos
14/11/2020 - 10:00						Resultados
RN25 Absoluto	15:55.19	DURAES Diana Margarida	SLB	Felgueiras		23/11/2019
RN25 Sen	15:55.19	DURAES Diana Margarida	SLB	Felgueiras		23/11/2019
RN25 Jun17	16:11.67	HOLUB Tamila Hryhorivna	SCB	Porto		11/12/2015
RN25 Jun16	16:44.26	HOLUB Tamila Hryhorivna	SCB	Porto		19/12/2014

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. HOLUB Tamila Hryhorivna	99	Braga	16:27.09	804
50m: 30.57 30.57	450m: 4:52.44 32.76	850m: 9:15.33 33.01	1250m: 13:41.42 33.20	
100m: 1:02.98 32.41	500m: 5:25.45 33.01	900m: 9:48.65 33.32	1300m: 14:14.67 33.25	
150m: 1:35.52 32.54	550m: 5:58.13 32.68	950m: 10:21.74 33.09	1350m: 14:47.90 33.23	
200m: 2:08.14 32.62	600m: 6:31.02 32.89	1000m: 10:55.05 33.31	1400m: 15:21.17 33.27	
250m: 2:41.05 32.91	650m: 7:03.82 32.80	1050m: 11:28.25 33.20	1450m: 15:54.63 33.46	
300m: 3:13.82 32.77	700m: 7:36.64 32.82	1100m: 12:01.74 33.49	1500m: 16:27.09 32.46	
350m: 3:46.80 32.98	750m: 8:09.33 32.69	1150m: 12:34.99 33.25		
400m: 4:19.68 32.88	800m: 8:42.32 32.99	1200m: 13:08.22 33.23		
2. RAMOS Ana Rita	02	Porto	17:31.88	664
50m: 32.06 32.06	450m: 5:10.47 34.97	850m: 9:51.55 35.22	1250m: 14:35.06	
100m: 1:06.55 34.49	500m: 5:45.28 34.81	900m: 10:26.81 35.26	1300m: 15:10.93 35.87	
150m: 1:41.53 34.98	550m: 6:20.35 35.07	950m: 11:02.36 35.55	1350m: 15:46.38 35.45	
200m: 2:16.58 35.05	600m: 6:55.67 35.32	1000m: 11:37.64 35.28	1400m: 16:22.17 35.79	
250m: 2:51.29 34.71	650m: 7:31.16 35.49	1050m: 12:12.96 35.32	1450m: 16:57.39 35.22	
300m: 3:25.79 34.50	700m: 8:06.50 35.34	1100m: 12:48.58 35.62	1500m: 17:31.88 34.49	
350m: 4:00.44 34.65	750m: 8:41.31 34.81	1150m: 13:24.12 35.54		
400m: 4:35.50 35.06	800m: 9:16.33 35.02	1200m:		
3. AMORIM Maria Leonor	03	Porto	17:50.00	631
50m: 32.49 32.49	450m: 5:13.40 35.44	850m: 9:59.32 36.24	1250m: 14:49.11 36.65	
100m: 1:07.24 34.75	500m: 5:48.91 35.51	900m: 10:35.37 36.05	1300m: 15:25.04 35.93	
150m: 1:42.16 34.92	550m: 6:24.08 35.17	950m: 11:11.45 36.08	1350m: 16:01.62 36.58	
200m: 2:17.20 35.04	600m: 6:59.66 35.58	1000m: 11:47.54 36.09	1400m: 16:38.27 36.65	
250m: 2:52.00 34.80	650m: 7:35.44 35.78	1050m: 12:23.80 36.26	1450m: 17:14.68 36.41	
300m: 3:27.22 35.22	700m: 8:11.25 35.81	1100m: 12:59.84 36.04	1500m: 17:50.00 35.32	
350m: 4:02.67 35.45	750m: 8:47.06 35.81	1150m: 13:36.08 36.24		
400m: 4:37.96 35.29	800m: 9:23.08 36.02	1200m: 14:12.46 36.38		
4. QUEIROZ Ana Rita	02	Condeixa Clube	18:18.16	584
50m: 32.33 32.33	450m: 5:16.80 35.73	850m: 10:02.85 35.96	1250m: 14:58.64 40.07	
100m: 1:07.08 34.75	500m: 5:52.59 35.79	900m: 10:39.37 36.52	1300m: 15:39.05 40.41	
150m: 1:42.65 35.57	550m: 6:28.13 35.54	950m: 11:15.72 36.35	1350m: 16:19.57 40.52	
200m: 2:18.44 35.79	600m: 7:04.07 35.94	1000m: 11:52.15 36.43	1400m: 16:59.80 40.23	
250m: 2:54.08 35.64	650m: 7:39.31 35.24	1050m: 12:28.05 35.90	1450m: 17:39.21 39.41	
300m: 3:29.79 35.71	700m: 8:15.04 35.73	1100m: 13:04.80 36.75	1500m: 18:18.16 38.95	
350m: 4:05.43 35.64	750m: 8:50.56 35.52	1150m: 13:41.48 36.68		
400m: 4:41.07 35.64	800m: 9:26.89 36.33	1200m: 14:18.57 37.09		



Torneio Zonal Juniores e Seniores (Zona Norte)
Mealhada, 14 e 15 de Novembro de 2020

Prova 1, Femin., 1500m Livres

Juniores

1. CARDEAL Beatriz Nunes	04	Academico Viseu	17:32.31	663
50m: 31.60 31.60	450m: 5:12.93	35.34	850m: 9:54.58	35.26
100m: 1:06.62 35.02	500m: 5:48.03	35.10	900m: 10:29.68	35.10
150m: 1:41.83 35.21	550m: 6:23.28	35.25	950m: 11:04.91	35.23
200m: 2:17.06 35.23	600m: 6:58.33	35.05	1000m: 11:40.28	35.37
250m: 2:52.28 35.22	650m: 7:33.45	35.12	1050m: 12:15.62	35.34
300m: 3:27.38 35.10	700m: 8:08.76	35.31	1100m: 12:50.92	35.30
350m: 4:02.32 34.94	750m: 8:43.97	35.21	1150m: 13:26.37	35.45
400m: 4:37.59 35.27	800m: 9:19.32	35.35	1200m: 14:01.80	35.43
2. ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	17:45.17	640
50m: 32.77 32.77	450m: 5:11.96	35.10	850m: 9:54.79	35.43
100m: 1:06.98 34.21	500m: 5:46.76	34.80	900m: 10:30.29	35.50
150m: 1:41.84 34.86	550m: 6:22.27	35.51	950m: 11:06.16	35.87
200m: 2:16.83 34.99	600m: 6:57.81	35.54	1000m: 11:42.12	35.96
250m: 2:51.95 35.12	650m: 7:33.29	35.48	1050m: 12:18.30	36.18
300m: 3:27.06 35.11	700m: 8:08.64	35.35	1100m: 12:54.34	36.04
350m: 4:01.85 34.79	750m: 8:44.01	35.37	1150m: 13:30.42	36.08
400m: 4:36.86 35.01	800m: 9:19.36	35.35	1200m: 14:06.54	36.12
3. HUTYY Adriana Carolina	05	Braga	18:05.10	605
50m: 32.43 32.43	450m: 5:17.70	36.47	850m: 10:10.04	36.80
100m: 1:06.63 34.20	500m: 5:54.03	36.33	900m: 10:46.80	36.76
150m: 1:41.70 35.07	550m: 6:30.22	36.19	950m: 11:23.39	36.59
200m: 2:17.28 35.58	600m: 7:06.70	36.48	1000m: 12:00.40	37.01
250m: 2:53.18 35.90	650m: 7:43.26	36.56	1050m: 12:37.05	36.65
300m: 3:29.01 35.83	700m: 8:19.83	36.57	1100m: 13:13.71	36.66
350m: 4:05.03 36.02	750m: 8:56.79	36.96	1150m: 13:50.58	36.87
400m: 4:41.23 36.20	800m: 9:33.24	36.45	1200m: 14:27.41	36.83
4. PIMENTEL Marta Lima	04	Fluvial Portuense	18:07.16	602
50m: 32.32 32.32	450m: 5:19.17	36.19	850m: 10:10.69	36.65
100m: 1:07.22 34.90	500m: 5:55.46	36.29	900m: 10:47.49	36.80
150m: 1:42.78 35.56	550m: 6:31.43	35.97	950m: 11:24.53	37.04
200m: 2:18.45 35.67	600m: 7:07.82	36.39	1000m: 12:01.73	37.20
250m: 2:54.45 36.00	650m: 7:44.30	36.48	1050m: 12:38.66	36.93
300m: 3:30.62 36.17	700m: 8:20.88	36.58	1100m: 13:15.33	36.67
350m: 4:06.75 36.13	750m: 8:57.41	36.53	1150m: 13:52.47	37.14
400m: 4:42.98 36.23	800m: 9:34.04	36.63	1200m: 14:29.11	36.64
5. OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	18:38.95	552
50m: 33.69 33.69	450m: 5:29.06	37.38	850m: 10:30.18	37.71
100m: 1:09.89 36.20	500m: 6:06.47	37.41	900m: 11:08.00	37.82
150m: 1:46.41 36.52	550m: 6:43.86	37.39	950m: 11:45.66	37.66
200m: 2:23.25 36.84	600m: 7:21.91	38.05	1000m: 12:23.37	37.71
250m: 3:00.32 37.07	650m: 7:59.43	37.52	1050m: 13:00.87	37.50
300m: 3:37.30 36.98	700m: 8:37.12	37.69	1100m: 13:38.33	37.46
350m: 4:14.55 37.25	750m: 9:14.83	37.71	1150m: 14:16.00	37.67
400m: 4:51.68 37.13	800m: 9:52.47	37.64	1200m: 14:53.60	37.60