



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

Prova 15

14/11/2020 - 16:55

Femin., 400m Estilos

Absolutos

Resultados

|               |         |                        |      |                  |            |
|---------------|---------|------------------------|------|------------------|------------|
| RN25 Absoluto | 4:36.19 | KAMINSKAYA Victoria    | POR  | Copenhagen (DEN) | 13/12/2017 |
| RN25 Sen      | 4:36.19 | KAMINSKAYA Victoria    | POR  | Copenhagen (DEN) | 13/12/2017 |
| RN25 Jun17    | 4:46.89 | ROCHA Ines Neto        | CAP  | Felgueiras       | 15/04/2018 |
| RN25 Jun16    | 4:50.85 | DURAES Diana Margarida | FOCA | Silves           | 02/12/2011 |

Pontos: FINA 2020

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | FINA | PARA |
|-------|------|-----|-------|-------------|-------|------|------|
|-------|------|-----|-------|-------------|-------|------|------|

Seniores

|     |                           |               |                       |                |       |               |       |
|-----|---------------------------|---------------|-----------------------|----------------|-------|---------------|-------|
| 1.  | REBELO Camila Rodrigues   | 03            | Louzan Natacao/EFAPEL | <b>4:48.67</b> |       | 721           |       |
|     | 50m: 31.73 31.73          | 150m: 1:44.03 | 36.72                 | 250m: 3:02.55  | 42.52 | 350m: 4:17.27 | 32.61 |
|     | 100m: 1:07.31 35.58       | 200m: 2:20.03 | 36.00                 | 300m: 3:44.66  | 42.11 | 400m: 4:48.67 | 31.40 |
| 2.  | CABRAL Maria Francisca    | 00            | Porto                 | <b>4:50.24</b> |       | 710           |       |
|     | 50m: 31.68 31.68          | 150m: 1:43.97 | 37.04                 | 250m: 3:01.68  | 41.22 | 350m: 4:18.52 | 34.72 |
|     | 100m: 1:06.93 35.25       | 200m: 2:20.46 | 36.49                 | 300m: 3:43.80  | 42.12 | 400m: 4:50.24 | 31.72 |
| 3.  | CARDEAL Joana Nunes       | 02            | Academico Viseu       | <b>4:50.31</b> |       | 709           |       |
|     | 50m: 30.65 30.65          | 150m: 1:43.15 | 38.06                 | 250m: 3:01.74  | 41.57 | 350m: 4:18.14 | 34.14 |
|     | 100m: 1:05.09 34.44       | 200m: 2:20.17 | 37.02                 | 300m: 3:44.00  | 42.26 | 400m: 4:50.31 | 32.17 |
| 4.  | REBELO Maria Carlota      | 03            | Louzan Natacao/EFAPEL | <b>4:54.55</b> |       | 679           |       |
|     | 50m: 31.45 31.45          | 150m: 1:44.73 | 37.86                 | 250m: 3:03.97  | 41.48 | 350m: 4:20.60 | 34.60 |
|     | 100m: 1:06.87 35.42       | 200m: 2:22.49 | 37.76                 | 300m: 3:46.00  | 42.03 | 400m: 4:54.55 | 33.95 |
| 5.  | MONTEIRO Margarida Cabral | 02            | Galitos / Bresimar    | <b>5:05.39</b> |       | 609           |       |
|     | 50m: 32.07 32.07          | 150m: 1:47.98 | 40.00                 | 250m: 3:11.04  | 43.53 | 350m: 4:30.88 | 35.23 |
|     | 100m: 1:07.98 35.91       | 200m: 2:27.51 | 39.53                 | 300m: 3:55.65  | 44.61 | 400m: 5:05.39 | 34.51 |
| DNS | SANTOS Madalena Almeida   | 03            | Fluvial Portuense     |                |       |               |       |
| DNS | NEVES Sara Dias           | 03            | Miranda do Corvo      |                |       |               |       |

Juniores

|     |                         |               |                         |                |       |               |       |
|-----|-------------------------|---------------|-------------------------|----------------|-------|---------------|-------|
| 1.  | LOPES Daniela Magalhaes | 05            | Famalicao               | <b>5:00.16</b> |       | 642           |       |
|     | 50m: 31.59 31.59        | 150m: 1:46.71 | 39.54                   | 250m: 3:09.88  | 43.90 | 350m: 4:27.22 | 34.27 |
|     | 100m: 1:07.17 35.58     | 200m: 2:25.98 | 39.27                   | 300m: 3:52.95  | 43.07 | 400m: 5:00.16 | 32.94 |
| 2.  | CARDEAL Beatriz Nunes   | 04            | Academico Viseu         | <b>5:09.01</b> |       | 588           |       |
|     | 50m: 31.76 31.76        | 150m: 1:49.49 | 41.19                   | 250m: 3:14.05  | 44.38 | 350m: 4:34.83 | 36.05 |
|     | 100m: 1:08.30 36.54     | 200m: 2:29.67 | 40.18                   | 300m: 3:58.78  | 44.73 | 400m: 5:09.01 | 34.18 |
| 3.  | FERREIRA Marta Oliveira | 04            | Ginasio Santo Tirso     | <b>5:25.39</b> |       | 503           |       |
|     | 50m: 35.60 35.60        | 150m: 1:57.12 | 41.40                   | 250m: 3:23.20  | 44.87 | 350m: 4:48.57 | 38.79 |
|     | 100m: 1:15.72 40.12     | 200m: 2:38.33 | 41.21                   | 300m: 4:09.78  | 46.58 | 400m: 5:25.39 | 36.82 |
| DNS | SILVA Ana Catarina      | 04            | Fundacao Beatriz Santos |                |       |               |       |