



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



Prova 17
14/11/2020 - 17:15

Femin., 400m Livres

Absoluto
Resultados

RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
RN25 Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
RN25 Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12/12/2015
RN25 Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09/12/2017
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20/12/2004
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15/05/2004
RN25 Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19/07/1980
RN25 Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13/06/2009

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:11.18		807	
	50m: 29.72 29.72	150m: 1:32.40	31.55	250m: 2:36.02	31.74	350m: 3:40.40	32.32
	100m: 1:00.85 31.13	200m: 2:04.28	31.88	300m: 3:08.08	32.06	400m: 4:11.18	30.78
2.	HOLUB Tamila Hryhorivna	99	Braga	4:18.04		744	
	50m: 30.05 30.05	150m: 1:33.91	32.14	250m: 2:39.17	32.68	350m: 3:45.12	33.21
	100m: 1:01.77 31.72	200m: 2:06.49	32.58	300m: 3:11.91	32.74	400m: 4:18.04	32.92
3.	MONTEIRO Ana Catarina	93	Vilacondense	4:19.89		729	
	50m: 31.07 31.07	150m: 1:35.25	32.31	250m: 2:40.03	32.46	350m: 3:46.81	33.58
	100m: 1:02.94 31.87	200m: 2:07.57	32.32	300m: 3:13.23	33.20	400m: 4:19.89	33.08
4.	RAMOS Ana Rita	02	Porto	4:25.30		685	
	50m: 30.78 30.78	150m: 1:36.02	32.80	250m: 2:43.30	33.92	350m: 3:51.96	34.30
	100m: 1:03.22 32.44	200m: 2:09.38	33.36	300m: 3:17.66	34.36	400m: 4:25.30	33.34
5.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:27.77		666	
	50m: 31.69 31.69	150m: 1:39.17	33.98	250m: 2:46.50	33.33	350m: 3:55.40	34.34
	100m: 1:05.19 33.50	200m: 2:13.17	34.00	300m: 3:21.06	34.56	400m: 4:27.77	32.37
6.	AMORIM Maria Leonor	03	Porto	4:29.83		651	
	50m: 31.46 31.46	150m: 1:39.26	33.96	250m: 2:47.75	33.76	350m: 3:56.52	34.41
	100m: 1:05.30 33.84	200m: 2:13.99	34.73	300m: 3:22.11	34.36	400m: 4:29.83	33.31
7.	QUEIROZ Ana Rita	02	Condeixa Clube	4:32.15		635	
	50m: 31.09 31.09	150m: 1:38.78	34.32	250m: 2:47.96	34.36	350m: 3:57.83	34.73
	100m: 1:04.46 33.37	200m: 2:13.60	34.82	300m: 3:23.10	35.14	400m: 4:32.15	34.32
8.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:37.76		597	
	50m: 31.01 31.01	150m: 1:38.79	34.18	250m: 2:49.33	35.52	350m: 4:02.10	36.58
	100m: 1:04.61 33.60	200m: 2:13.81	35.02	300m: 3:25.52	36.19	400m: 4:37.76	35.66
9.	SOARES Carolina Silva	03	Natacao de Valongo	4:42.65		566	
	50m: 31.68 31.68	150m: 1:40.95	35.25	250m: 2:53.73	36.49	350m: 4:06.94	36.67
	100m: 1:05.70 34.02	200m: 2:17.24	36.29	300m: 3:30.27	36.54	400m: 4:42.65	35.71



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Juniores

1.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:25.34	685
	50m: 30.59 30.59	150m: 1:36.56	33.21	250m: 2:43.67	33.59
	100m: 1:03.35 32.76	200m: 2:10.08	33.52	300m: 3:17.73	34.06
				350m: 3:52.02	34.29
				400m: 4:25.34	33.32
2.	OLIVEIRA Ana Rita	04	Colegio Efanor	4:35.95	609
	50m: 30.69 30.69	150m: 1:39.27	34.59	250m: 2:49.18	35.04
	100m: 1:04.68 33.99	200m: 2:14.14	34.87	300m: 3:25.09	35.91
				350m: 4:00.93	35.84
				400m: 4:35.95	35.02
3.	HUTYY Adriana Carolina	05	Braga	4:41.68	572
	50m: 32.62 32.62	150m: 1:43.01	35.51	250m: 2:54.29	35.67
	100m: 1:07.50 34.88	200m: 2:18.62	35.61	300m: 3:30.15	35.86
				350m: 4:06.16	36.01
				400m: 4:41.68	35.52
4.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:42.96	564
	50m: 31.66 31.66	150m: 1:40.81	34.76	250m: 2:53.74	36.71
	100m: 1:06.05 34.39	200m: 2:17.03	36.22	300m: 3:30.46	36.72
				350m: 4:07.48	37.02
				400m: 4:42.96	35.48
5.	LOPES Francisca Macedo	05	Vilacondense	4:43.09	564
	50m: 32.40 32.40	150m: 1:43.45	36.01	250m: 2:55.37	35.97
	100m: 1:07.44 35.04	200m: 2:19.40	35.95	300m: 3:31.67	36.30
				350m: 4:07.77	36.10
				400m: 4:43.09	35.32
6.	COSTA Mariana Martins	05	Famalicao	4:43.51	561
	50m: 31.31 31.31	150m: 1:41.16	35.46	250m: 2:53.65	36.51
	100m: 1:05.70 34.39	200m: 2:17.14	35.98	300m: 3:30.56	36.91
				350m: 4:07.36	36.80
				400m: 4:43.51	36.15
7.	LIGEIRO Daniela Silva	04	Viana Natacao	4:45.68	548
	50m: 32.67 32.67	150m: 1:44.26	36.08	250m: 2:56.68	36.23
	100m: 1:08.18 35.51	200m: 2:20.45	36.19	300m: 3:33.42	36.74
				350m: 4:09.84	36.42
				400m: 4:45.68	35.84
DNS	CABRAL Ana Matos	05	Condeixa Clube		