



Torneio Zonal Juniores e Seniores (Zona Sul)
Leiria, 14 e 15 de Novembro de 2020

Prova 1	Femin., 1500m Livres				Seniores
14/11/2020 - 9:30					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

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	MENDES Mariana Amaral	02	Colegio Monte Maior	16:53.11		743	
	50m: 30.99 30.99	450m: 4:58.29	33.72	850m: 9:29.79	34.10	1250m: 14:03.23	34.14
	100m: 1:03.94 32.95	500m: 5:32.22	33.93	900m: 10:03.58	33.79	1300m: 14:37.63	34.40
	150m: 1:37.26 33.32	550m: 6:06.07	33.85	950m: 10:37.78	34.20	1350m: 15:12.00	34.37
	200m: 2:10.69 33.43	600m: 6:39.83	33.76	1000m: 11:12.19	34.41	1400m: 15:46.10	34.10
	250m: 2:44.37 33.68	650m: 7:13.78	33.95	1050m: 11:46.30	34.11	1450m: 16:20.29	34.19
	300m: 3:17.76 33.39	700m: 7:47.84	34.06	1100m: 12:20.64	34.34	1500m: 16:53.11	32.82
	350m: 3:51.17 33.41	750m: 8:21.68	33.84	1150m: 12:54.88	34.24		
	400m: 4:24.57 33.40	800m: 8:55.69	34.01	1200m: 13:29.09	34.21		

Prova 1	Femin., 1500m Livres				Juniores
14/11/2020 - 9:30					Resultados
RN25 Absoluto	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
1.	ALVES Joana Silva	05	Benedita	18:20.57		580	
	50m: 31.91 31.91	450m: 5:22.96	36.87	850m: 10:18.70	36.84	1250m: 15:16.13	37.52
	100m: 1:06.70 34.79	500m: 5:59.88	36.92	900m: 10:55.96	37.26	1300m: 15:53.37	37.24
	150m: 1:42.94 36.24	550m: 6:36.68	36.80	950m: 11:33.35	37.39	1350m: 16:30.47	37.10
	200m: 2:19.65 36.71	600m: 7:13.75	37.07	1000m: 12:10.41	37.06	1400m: 17:07.64	37.17
	250m: 2:55.98 36.33	650m: 7:50.34	36.59	1050m: 12:47.51	37.10	1450m: 17:44.49	36.85
	300m: 3:32.43 36.45	700m: 8:27.55	37.21	1100m: 13:24.80	37.29	1500m: 18:20.57	36.08
	350m: 4:09.28 36.85	750m: 9:05.00	37.45	1150m: 14:01.83	37.03		
	400m: 4:46.09 36.81	800m: 9:41.86	36.86	1200m: 14:38.61	36.78		
2.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	18:49.05		537	
	50m: 33.48 33.48	450m: 5:33.37	37.88	850m: 10:36.32	37.84	1250m: 15:41.13	38.29
	100m: 1:10.00 36.52	500m: 6:11.12	37.75	900m: 11:14.44	38.12	1300m: 16:19.15	38.02
	150m: 1:47.33 37.33	550m: 6:48.89	37.77	950m: 11:52.38	37.94	1350m: 16:57.06	37.91
	200m: 2:24.73 37.40	600m: 7:26.59	37.70	1000m: 12:30.41	38.03	1400m: 17:34.96	37.90
	250m: 3:02.64 37.91	650m: 8:04.48	37.89	1050m: 13:08.51	38.10	1450m: 18:12.55	37.59
	300m: 3:40.26 37.62	700m: 8:42.42	37.94	1100m: 13:46.56	38.05	1500m: 18:49.05	36.50
	350m: 4:18.00 37.74	750m: 9:20.27	37.85	1150m: 14:24.61	38.05		
	400m: 4:55.49 37.49	800m: 9:58.48	38.21	1200m: 15:02.84	38.23		