



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

Prova 15	Femin., 400m Estilos				Seniores
14/11/2020 - 17:10					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

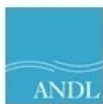
Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	HENRIQUES Ines Jacinto	00	Sporting	4:48.41		723	
	50m: 30.61 30.61	150m: 1:41.73	37.37	250m: 3:00.82	42.28	350m: 4:15.94	32.98
	100m: 1:04.36 33.75	200m: 2:18.54	36.81	300m: 3:42.96	42.14	400m: 4:48.41	32.47
2.	MACHADO Luisa Maria	01	Uniao Piedense	4:51.20		703	
	50m: 31.00 31.00	150m: 1:44.47	38.50	250m: 3:02.92	40.74	350m: 4:18.14	33.96
	100m: 1:05.97 34.97	200m: 2:22.18	37.71	300m: 3:44.18	41.26	400m: 4:51.20	33.06
3.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:51.77		698	
	50m: 31.87 31.87	150m: 1:45.66	38.68	250m: 3:05.22	41.74	350m: 4:20.48	33.12
	100m: 1:06.98 35.11	200m: 2:23.48	37.82	300m: 3:47.36	42.14	400m: 4:51.77	31.29
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:02.00		630	
	50m: 31.28 31.28	150m: 1:46.06	40.08	250m: 3:08.81	43.90	350m: 4:27.89	35.83
	100m: 1:05.98 34.70	200m: 2:24.91	38.85	300m: 3:52.06	43.25	400m: 5:02.00	34.11
5.	HENRIQUES Daniela Mascarenhas	03	Gesloures	5:18.99		534	
	50m: 33.52 33.52	150m: 1:52.00	41.02	250m: 3:17.34	45.63	350m: 4:41.52	39.02
	100m: 1:10.98 37.46	200m: 2:31.71	39.71	300m: 4:02.50	45.16	400m: 5:18.99	37.47

Prova 15	Femin., 400m Estilos				Juniores
14/11/2020 - 17:10					Resultados
RN25 Absoluto	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
1.	ESTEVENES Laura Fabiana	05	Naval de Faro	5:07.07		599	
	50m: 32.37 32.37	150m: 1:50.91	40.81	250m: 3:12.70	41.98	350m: 4:31.29	36.72
	100m: 1:10.10 37.73	200m: 2:30.72	39.81	300m: 3:54.57	41.87	400m: 5:07.07	35.78
2.	LOURO Ariana Espirito	05	Gualdim Pais	5:09.50		585	
	50m: 33.74 33.74	150m: 1:50.90	39.50	250m: 3:13.66	44.32	350m: 4:34.14	35.40
	100m: 1:11.40 37.66	200m: 2:29.34	38.44	300m: 3:58.74	45.08	400m: 5:09.50	35.36
3.	MORGADO Alice Jesus	04	Sporting	5:17.94		540	
	50m: 34.23 34.23	150m: 1:53.70	41.11	250m: 3:20.72	45.59	350m: 4:43.11	36.48
	100m: 1:12.59 38.36	200m: 2:35.13	41.43	300m: 4:06.63	45.91	400m: 5:17.94	34.83
4.	FERREIRA Joana Rosa	05	Naval de Peniche	5:22.26		518	
	50m: 32.61 32.61	150m: 1:53.25	41.63	250m: 3:18.50	43.69	350m: 4:44.03	40.48
	100m: 1:11.62 39.01	200m: 2:34.81	41.56	300m: 4:03.55	45.05	400m: 5:22.26	38.23
5.	COSTA Mafalda Santos	05	Colegio Monte Maior	5:24.97		505	
	50m: 35.70 35.70	150m: 1:58.51	41.75	250m: 3:27.01	47.72	350m: 4:50.54	35.96
	100m: 1:16.76 41.06	200m: 2:39.29	40.78	300m: 4:14.58	47.57	400m: 5:24.97	34.43



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	FRANCO Barbara Garrido	04	Elvense	5:25.72		502	
	50m: 34.05 34.05	150m: 1:54.53	41.58	250m: 3:21.48	45.32	350m: 4:48.52	40.29
	100m: 1:12.95 38.90	200m: 2:36.16	41.63	300m: 4:08.23	46.75	400m: 5:25.72	37.20
7.	VENTURA Barbara Cunha	05	Benfica	5:42.68		431	
	50m: 36.04 36.04	150m: 2:00.13	41.50	250m: 3:31.45	50.81	350m: 5:02.99	41.32
	100m: 1:18.63 42.59	200m: 2:40.64	40.51	300m: 4:21.67	50.22	400m: 5:42.68	39.69