



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

Prova 29 Femin., 800m Livres Seniores  
15/11/2020 - 16:10 Resultados

RN25 Absoluto	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04/12/2019
RN25 Sen	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04/12/2019

Pontos: FINA 2020

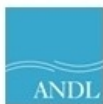
Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	<b>HENRIQUES Ines Jacinto</b>	<b>00</b>	<b>Sporting</b>	<b>8:43.32</b>		<b>768</b>	
	50m: 30.58 30.58	250m: 2:40.89	32.71	450m: 4:51.71	32.69	650m: 7:04.62	33.35
	100m: 1:03.01 32.43	300m: 3:13.82	32.93	500m: 5:24.70	32.99	700m: 7:37.84	33.22
	150m: 1:35.57 32.56	350m: 3:46.32	32.50	550m: 5:57.95	33.25	750m: 8:11.02	33.18
	200m: 2:08.18 32.61	400m: 4:19.02	32.70	600m: 6:31.27	33.32	800m: 8:43.32	32.30
2.	<b>CONCEICAO Ema Jeronimo</b>	<b>03</b>	<b>Fisica Torres Vedras</b>	<b>8:49.18</b>		<b>743</b>	
	50m: 30.63 30.63	250m: 2:41.32	32.92	450m: 4:55.78	33.94	650m: 7:10.78	33.39
	100m: 1:03.02 32.39	300m: 3:14.53	33.21	500m: 5:29.66	33.88	700m: 7:44.40	33.62
	150m: 1:35.66 32.64	350m: 3:47.98	33.45	550m: 6:03.79	34.13	750m: 8:17.51	33.11
	200m: 2:08.40 32.74	400m: 4:21.84	33.86	600m: 6:37.39	33.60	800m: 8:49.18	31.67
3.	<b>MENDES Mariana Amaral</b>	<b>02</b>	<b>Colegio Monte Maior</b>	<b>8:52.43</b>		<b>729</b>	
	50m: 31.43 31.43	250m: 2:43.87	33.27	450m: 4:58.03	33.60	650m: 7:12.60	33.71
	100m: 1:04.30 32.87	300m: 3:17.44	33.57	500m: 5:31.50	33.47	700m: 7:46.37	33.77
	150m: 1:37.31 33.01	350m: 3:50.81	33.37	550m: 6:05.28	33.78	750m: 8:19.97	33.60
	200m: 2:10.60 33.29	400m: 4:24.43	33.62	600m: 6:38.89	33.61	800m: 8:52.43	32.46
4.	<b>RANITO Beatriz Paulo</b>	<b>99</b>	<b>Geslours</b>	<b>9:20.57</b>		<b>625</b>	
	50m: 31.77 31.77	250m: 2:53.20	35.63	450m: 5:15.00	34.59	650m: 7:36.40	35.55
	100m: 1:06.37 34.60	300m: 3:28.83	35.63	500m: 5:49.81	34.81	700m: 8:12.02	35.62
	150m: 1:41.98 35.61	350m: 4:04.58	35.75	550m: 6:25.19	35.38	750m: 8:47.51	35.49
	200m: 2:17.57 35.59	400m: 4:40.41	35.83	600m: 7:00.85	35.66	800m: 9:20.57	33.06

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RN25 Absoluto	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04/12/2019
RN25 Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto	13/12/2015
RN25 Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto	21/12/2014

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	<b>ALVES Joana Silva</b>	<b>05</b>	<b>Benedita</b>	<b>9:20.09</b>		<b>626</b>	
	50m: 31.90 31.90	250m: 2:53.02	35.48	450m: 5:15.07	35.29	650m: 7:36.08	35.06
	100m: 1:06.37 34.47	300m: 3:28.43	35.41	500m: 5:50.19	35.12	700m: 8:11.38	35.30
	150m: 1:41.84 35.47	350m: 4:04.13	35.70	550m: 6:25.68	35.49	750m: 8:46.33	34.95
	200m: 2:17.54 35.70	400m: 4:39.78	35.65	600m: 7:01.02	35.34	800m: 9:20.09	33.76
2.	<b>VIANA Margarida Violante</b>	<b>04</b>	<b>BA-Leiria</b>	<b>9:22.40</b>		<b>619</b>	
	50m: 32.47 32.47	250m: 2:54.59	35.71	450m: 5:16.44	35.38	650m: 7:37.78	35.30
	100m: 1:07.81 35.34	300m: 3:30.15	35.56	500m: 5:51.66	35.22	700m: 8:12.97	35.19
	150m: 1:43.18 35.37	350m: 4:05.55	35.40	550m: 6:27.03	35.37	750m: 8:48.21	35.24
	200m: 2:18.88 35.70	400m: 4:41.06	35.51	600m: 7:02.48	35.45	800m: 9:22.40	34.19
3.	<b>CARLOTA Catarina Isabel</b>	<b>05</b>	<b>BUZIOS - Coruche</b>	<b>9:36.85</b>		<b>573</b>	
	50m: 32.47 32.47	250m: 2:55.71	36.33	450m: 5:21.81	36.78	650m: 7:48.77	36.67
	100m: 1:07.42 34.95	300m: 3:31.92	36.21	500m: 5:58.48	36.67	700m: 8:25.60	36.83
	150m: 1:43.12 35.70	350m: 4:08.45	36.53	550m: 6:35.34	36.86	750m: 9:01.88	36.28
	200m: 2:19.38 36.26	400m: 4:45.03	36.58	600m: 7:12.10	36.76	800m: 9:36.85	34.97



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	<b>COSTA Mafalda Santos</b>	<b>05</b>	<b>Colegio Monte Maior</b>	<b>9:48.22</b>		<b>541</b>	
	50m: 33.42 33.42	250m: 2:57.96	36.53	450m: 5:26.71	37.30	650m: 7:56.52	37.44
	100m: 1:08.97 35.55	300m: 3:34.92	36.96	500m: 6:04.08	37.37	700m: 8:34.18	37.66
	150m: 1:44.85 35.88	350m: 4:11.90	36.98	550m: 6:41.66	37.58	750m: 9:11.68	37.50
	200m: 2:21.43 36.58	400m: 4:49.41	37.51	600m: 7:19.08	37.42	800m: 9:48.22	36.54
5.	<b>RINO Maria Pedro</b>	<b>05</b>	<b>Naval Praia da Vitoria</b>	<b>9:48.56</b>		<b>540</b>	
	50m: 34.00 34.00	250m: 2:59.89	36.58	450m: 5:27.47	36.54	650m: 7:56.17	37.26
	100m: 1:10.10 36.10	300m: 3:36.74	36.85	500m: 6:04.50	37.03	700m: 8:33.93	37.76
	150m: 1:46.67 36.57	350m: 4:13.61	36.87	550m: 6:41.46	36.96	750m: 9:11.66	37.73
	200m: 2:23.31 36.64	400m: 4:50.93	37.32	600m: 7:18.91	37.45	800m: 9:48.56	36.90
6.	<b>FERREIRA Joana Rocha</b>	<b>05</b>	<b>Benfica</b>	<b>10:03.29</b>		<b>501</b>	
	50m: 34.12 34.12	250m: 3:03.74	38.05	450m: 5:36.32	38.35	650m: 8:09.05	38.26
	100m: 1:10.97 36.85	300m: 3:41.61	37.87	500m: 6:14.50	38.18	700m: 8:47.68	38.63
	150m: 1:48.38 37.41	350m: 4:19.82	38.21	550m: 6:52.45	37.95	750m: 9:25.65	37.97
	200m: 2:25.69 37.31	400m: 4:57.97	38.15	600m: 7:30.79	38.34	800m: 10:03.29	37.64
7.	<b>SANTOS Mariana Marques</b>	<b>05</b>	<b>Geslours</b>	<b>10:05.84</b>		<b>495</b>	
	50m: 34.23 34.23	250m: 3:03.12	37.63	450m: 5:35.76	38.44	650m: 8:10.03	38.76
	100m: 1:10.72 36.49	300m: 3:40.60	37.48	500m: 6:14.25	38.49	700m: 8:48.79	38.76
	150m: 1:48.09 37.37	350m: 4:18.94	38.34	550m: 6:52.91	38.66	750m: 9:28.18	39.39
	200m: 2:25.49 37.40	400m: 4:57.32	38.38	600m: 7:31.27	38.36	800m: 10:05.84	37.66