

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 16
18-12-2021 - 17:30

Femin., 400m Livres

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Recordes Nacionais 25m Juv A	4:18.39	SANTOS Ana Claudia	POR	Cantanhede	20-12-2004
Recordes Nacionais 25m Juv B	4:23.08	MIGUEL Susana Patricia	POR	Alhandra	15-05-2004

TAC-JUVA Fem Juv A 50m: 5:03.30 - 25m: 4:57.35 / TAC-JUVBFem Juv B 50m: 5:12.05 - 25m: 5:05.93

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. RODRIGUES Carolina Fernandes	08 Uniao Piedense	4:49.59	527
50m: 32.02 32.02 150m: 1:44.45 36.70 250m: 3:00.03 38.09 350m: 4:14.43 37.06			
100m: 1:07.75 35.73 200m: 2:21.94 37.49 300m: 3:37.37 37.34 400m: 4:49.59 35.16			
2. PIRES Ana Beatriz	08 Uniao Piedense	4:51.65	515
50m: 32.57 32.57 150m: 1:46.24 37.36 250m: 3:01.01 37.10 350m: 4:15.50 37.29			
100m: 1:08.88 36.31 200m: 2:23.91 37.67 300m: 3:38.21 37.20 400m: 4:51.65 36.15			
3. CARVALHO Constanca Isabel	08 Alges	4:53.51	506
50m: 34.23 34.23 150m: 1:48.11 37.47 250m: 3:02.82 37.18 350m: 4:17.55 37.17			
100m: 1:10.64 36.41 200m: 2:25.64 37.53 300m: 3:40.38 37.56 400m: 4:53.51 35.96			
4. LOPES Catarina Maria	08 BUZIOS-Coruche	4:53.71	505
50m: 33.30 33.30 150m: 1:46.58 37.25 250m: 3:02.15 37.78 350m: 4:17.59 37.56			
100m: 1:09.33 36.03 200m: 2:24.37 37.79 300m: 3:40.03 37.88 400m: 4:53.71 36.12			
5. BOLEIXA Carlota Costa	08 Louletano / Loule Concelho	4:55.59	495
50m: 32.49 32.49 150m: 1:45.99 37.43 250m: 3:01.67 38.05 350m: 4:18.26 38.60			
100m: 1:08.56 36.07 200m: 2:23.62 37.63 300m: 3:39.66 37.99 400m: 4:55.59 37.33			

Juvenis A

1. FRANCO Catarina Andrade	07 Geslores	4:30.52	646
50m: 30.27 30.27 150m: 1:39.12 35.00 250m: 2:48.30 34.36 350m: 3:57.30 34.21			
100m: 1:04.12 33.85 200m: 2:13.94 34.82 300m: 3:23.09 34.79 400m: 4:30.52 33.22			
2. LOURO Beatriz Silva	07 Louletano / Loule Concelho	4:38.57	592
50m: 31.56 31.56 150m: 1:41.10 34.98 250m: 2:51.98 35.54 350m: 4:03.53 35.71			
100m: 1:06.12 34.56 200m: 2:16.44 35.34 300m: 3:27.82 35.84 400m: 4:38.57 35.04			
3. RODRIGUES Leonor Carreiro	07 Benfica	4:40.87	577
50m: 31.30 31.30 150m: 1:41.29 35.48 250m: 2:53.92 36.42 350m: 4:06.16 35.96			
100m: 1:05.81 34.51 200m: 2:17.50 36.21 300m: 3:30.20 36.28 400m: 4:40.87 34.71			
4. SANTOS Rita Machita	07 Naval Setubalense	4:42.55	567
50m: 32.75 32.75 150m: 1:43.38 35.96 250m: 2:56.20 36.38 350m: 4:08.63 35.99			
100m: 1:07.42 34.67 200m: 2:19.82 36.44 300m: 3:32.64 36.44 400m: 4:42.55 33.92			
5. SANTOS Leonor Castanho	07 Sporting	4:43.31	562
50m: 32.30 32.30 150m: 1:42.73 35.58 250m: 2:54.81 35.99 350m: 4:07.43 36.14			
100m: 1:07.15 34.85 200m: 2:18.82 36.09 300m: 3:31.29 36.48 400m: 4:43.31 35.88			

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Prova 16, Femin., 400m Livres, Juvenis A

Lugar				Ano					Tempo final	Pts		
6.	VIANA Matilde Violante			07	Ba-Leiria				4:44.86	553		
	50m:	32.41	32.41	150m:	1:44.36	36.40	250m:	2:57.18	36.48	350m:	4:09.01	35.48
	100m:	1:07.96	35.55	200m:	2:20.70	36.34	300m:	3:33.53	36.35	400m:	4:44.86	35.85
7.	ALVES Sara Sofia			07	Naval Setubalense				4:45.66	549		
	50m:	32.45	32.45	150m:	1:43.88	36.37	250m:	2:57.36	36.62	350m:	4:10.05	36.27
	100m:	1:07.51	35.06	200m:	2:20.74	36.86	300m:	3:33.78	36.42	400m:	4:45.66	35.61
8.	BERNAT Elena Del Rio			07	Alges				4:47.91	536		
	50m:	33.66	33.66	150m:	1:45.83	36.42	250m:	2:59.29	36.55	350m:	4:12.56	36.59
	100m:	1:09.41	35.75	200m:	2:22.74	36.91	300m:	3:35.97	36.68	400m:	4:47.91	35.35
9.	MALFEITO Maria Francisca			07	Natacao de Lisboa				4:48.39	533		
	50m:	33.30	33.30	150m:	1:45.12	36.39	250m:	2:58.83	36.99	350m:	4:12.56	36.91
	100m:	1:08.73	35.43	200m:	2:21.84	36.72	300m:	3:35.65	36.82	400m:	4:48.39	35.83
10.	RODEIA Mariana Figueira			07	Louletano / Loule Concelho				4:52.54	511		
	50m:	33.60	33.60	150m:	1:46.72	37.39	250m:	3:02.22	37.79	350m:	4:17.73	38.13
	100m:	1:09.33	35.73	200m:	2:24.43	37.71	300m:	3:39.60	37.38	400m:	4:52.54	34.81
11.	MAGALHAES Leticia Rodrigues			07	Individual ANL				4:52.67	510		
	50m:	32.84	32.84	150m:	1:46.08	37.03	250m:	3:00.59	37.16	350m:	4:17.48	38.62
	100m:	1:09.05	36.21	200m:	2:23.43	37.35	300m:	3:38.86	38.27	400m:	4:52.67	35.19
12.	MIDOES Madalena Maria			07	20Km de Almeirim				4:53.49	506		
	50m:	34.28	34.28	150m:	1:47.86	37.16	250m:	3:02.09	37.10	350m:	4:17.43	37.69
	100m:	1:10.70	36.42	200m:	2:24.99	37.13	300m:	3:39.74	37.65	400m:	4:53.49	36.06
13.	SOUSA Matilde Filipe			07	Nucleo Sporting da Terceira				5:05.40	449		
	50m:	34.43	34.43	150m:	1:50.19	38.39	250m:	3:08.28	39.18	350m:	4:27.19	39.32
	100m:	1:11.80	37.37	200m:	2:29.10	38.91	300m:	3:47.87	39.59	400m:	5:05.40	38.21