



Torneio Zonal de Juvenis (Zona Norte)
Bragança, 15, 16 e 17 Dezembro 2023

Prova 21 Femin., 400m Livres Juvenis B
16/12/2023 - 17:15 Resultados

Rec Nac 25m Open	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15/05/2004

Tac-JUVBFem 50m: 5:14.26 - 25m: 5:07.37

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	CARDEAL Leonor Nunes	201021	10	Academico Viseu Futebol Clube	4:42.36	549
	50m: 31.49	31.49	150m: 1:43.03	36.40	250m: 2:55.86	36.30
	100m: 1:06.63	35.14	200m: 2:19.56	36.53	300m: 3:32.28	36.42
					350m: 4:08.26	35.98
					400m: 4:42.36	34.10
2.	SANTOS Rita Lucas	208356	10	Condeixa Aqua Clube	4:42.59	548
	50m: 33.03	33.03	150m: 1:45.89	36.44	250m: 2:57.60	35.49
	100m: 1:09.45	36.42	200m: 2:22.11	36.22	300m: 3:33.51	35.91
					350m: 4:10.55	37.04
					400m: 4:42.59	32.04
3.	MARQUES Ana Jose	210414	10	Braga	4:47.66	519
	50m: 31.99	31.99	150m: 1:42.13	35.70	250m: 2:55.65	36.97
	100m: 1:06.43	34.44	200m: 2:18.68	36.55	300m: 3:33.00	37.35
					350m: 4:10.68	37.68
					400m: 4:47.66	36.98
4.	CUNHA Maria Rita	206403	10	Colegio Efanor	4:50.71	503
	50m: 33.26	33.26	150m: 1:45.58	36.72	250m: 2:59.64	37.14
	100m: 1:08.86	35.60	200m: 2:22.50	36.92	300m: 3:36.81	37.17
					350m: 4:14.23	37.42
					400m: 4:50.71	36.48
5.	COSTA Sofia Rodrigues	206179	10	Porto	4:56.40	475
	50m: 33.87	33.87	150m: 1:48.19	36.93	250m: 3:03.06	37.31
	100m: 1:11.26	37.39	200m: 2:25.75	37.56	300m: 3:40.87	37.81
					350m: 4:19.16	38.29
					400m: 4:56.40	37.24
6.	PAIVA Leonor Antunes	211155	10	Cnac	5:00.61	455
	50m: 34.07	34.07	150m: 1:48.99	37.54	250m: 3:05.37	38.30
	100m: 1:11.45	37.38	200m: 2:27.07	38.08	300m: 3:43.76	38.39
					350m: 4:22.40	38.64
					400m: 5:00.61	38.21
7.	VIEIRA Camila Bezerra	219493	10	Fluvial Portuense	5:01.55	451
	50m: 34.08	34.08	150m: 1:49.29	38.14	250m: 3:06.19	38.26
	100m: 1:11.15	37.07	200m: 2:27.93	38.64	300m: 3:44.53	38.34
					350m: 4:23.71	39.18
					400m: 5:01.55	37.84
8.	FERNANDES Marta Silva FTL	210702	10	Porto	5:07.56	425
	50m: 34.87	34.87	150m: 1:49.81	38.02	250m: 3:08.26	39.54
	100m: 1:11.79	36.92	200m: 2:28.72	38.91	300m: 3:47.71	39.45
					350m: 4:27.94	40.23
					400m: 5:07.56	39.62
9.	LOPES Isabella Scavone FTL	213857	10	Miranda do Corvo	5:09.57	417
	50m: 35.13	35.13	150m: 1:53.01	39.65	250m: 3:12.76	39.71
	100m: 1:13.36	38.23	200m: 2:33.05	40.04	300m: 3:52.15	39.39
					350m: 4:31.68	39.53
					400m: 5:09.57	37.89
10.	CARVALHO Mariana Bagagem FTL	211148	10	Miranda do Corvo	5:09.61	416
	50m: 34.19	34.19	150m: 1:52.49	39.85	250m: 3:12.51	40.03
	100m: 1:12.64	38.45	200m: 2:32.48	39.99	300m: 3:52.69	40.18
					350m: 4:31.98	39.29
					400m: 5:09.61	37.63
11.	OLIVEIRA Leonor Silva FTL	140320	10	Galitos / Bresimar	5:15.10	395
	50m: 35.53	35.53	150m: 1:56.17	40.61	250m: 3:16.02	40.11
	100m: 1:15.56	40.03	200m: 2:35.91	39.74	300m: 3:56.39	40.37
					350m: 4:36.53	40.14
					400m: 5:15.10	38.57

Prova 21 Femin., 400m Livres Juvenis A
16/12/2023 - 17:15 Resultados

Rec Nac 25m Open	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20/12/2004

Tac-JUVAFem 50m: 5:09.67 - 25m: 4:59.94

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	PINTO Maria Carvalho	206343	09	Viana Natacao	4:34.76	596
	50m: 30.65	30.65	150m: 1:38.67	34.64	250m: 2:49.35	35.25
	100m: 1:04.03	33.38	200m: 2:14.10	35.43	300m: 3:24.94	35.59
					350m: 4:00.41	35.47
					400m: 4:34.76	34.35
2.	RICARDO Francisca Martingo	206171	09	Porto	4:39.85	564
	50m: 31.69	31.69	150m: 1:42.19	35.38	250m: 2:53.93	36.10
	100m: 1:06.81	35.12	200m: 2:17.83	35.64	300m: 3:29.74	35.81
					350m: 4:05.52	35.78
					400m: 4:39.85	34.33
3.	GONCALVES Leonor Queiroz	209780	09	Braga	4:40.59	560
	50m: 31.94	31.94	150m: 1:42.40	35.51	250m: 2:54.19	35.98
	100m: 1:08.89	34.95	200m: 2:18.21	35.81	300m: 3:29.92	35.73
					350m: 4:05.75	35.83
					400m: 4:40.59	34.84
4.	MAIA Lara Catarina	205712	09	Estarreja/PROZINCO	4:40.97	557
	50m: 31.01	31.01	150m: 1:39.40	35.19	250m: 2:52.37	36.56
	100m: 1:04.21	33.20	200m: 2:15.81	36.41	300m: 3:29.23	36.86
					350m: 4:05.67	36.44
					400m: 4:40.97	35.30



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Prova 21, Femin., 400m Livres, Juvenis A

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
5.	MOREIRA Madalena Valente	207969	09	Colegio Efanor	4:41.24	556
	50m: 31.28 31.28	150m: 1:41.59 35.71		250m: 2:54.08 36.52	350m: 4:06.65 36.16	
	100m: 1:05.88 34.60	200m: 2:17.56 35.97		300m: 3:30.49 36.41	400m: 4:41.24 34.59	
6.	BAPTISTA Carolina Sofia	208839	09	Estarreja/PROZINCO	4:44.29	538
	50m: 31.81 31.81	150m: 1:43.00 35.55		250m: 2:55.81 36.52	350m: 4:08.41 36.00	
	100m: 1:07.45 35.64	200m: 2:19.29 36.29		300m: 3:32.41 36.60	400m: 4:44.29 35.88	
7.	MARTINS Carolina Correia	206183	09	Porto	4:47.87	518
	50m: 32.04 32.04	150m: 1:42.55 35.96		250m: 2:55.73 36.63	350m: 4:10.83 38.08	
	100m: 1:06.59 34.55	200m: 2:19.10 36.55		300m: 3:32.75 37.02	400m: 4:47.87 37.04	
8.	SANTOS Joana Almeida	210792	09	Galitos / Bresimar	4:47.90	518
	50m: 33.11 33.11	150m: 1:45.12 36.01		250m: 2:58.53 37.05	350m: 4:12.12 36.12	
	100m: 1:09.11 36.00	200m: 2:21.48 36.36		300m: 3:36.00 37.47	400m: 4:47.90 35.78	
9.	BRAZ Maria Manuel	209417	09	Gcvr	4:50.40	505
	50m: 33.30 33.30	150m: 1:46.70 37.16		250m: 3:00.64 36.85	350m: 4:14.34 36.89	
	100m: 1:09.54 36.24	200m: 2:23.79 37.09		300m: 3:37.45 36.81	400m: 4:50.40 36.06	
10.	FARIA Ines Maria	205180	09	Porto	4:53.04	491
	50m: 33.74 33.74	150m: 1:46.65 36.99		250m: 3:01.00 37.08	350m: 4:16.32 37.46	
	100m: 1:09.66 35.92	200m: 2:23.92 37.27		300m: 3:38.86 37.86	400m: 4:53.04 36.72	
11.	GALANTE Filipa Carvalho	203195	09	Vilacondense	4:54.27	485
	50m: 32.49 32.49	150m: 1:44.37 36.42		250m: 2:59.85 37.85	350m: 4:16.48 38.15	
	100m: 1:07.95 35.46	200m: 2:22.00 37.63		300m: 3:38.33 38.48	400m: 4:54.27 37.79	
12.	SANTOS Mariana Silva	206175	09	Porto	4:55.20	481
	50m: 32.80 32.80	150m: 1:45.18 36.71		250m: 3:00.17 37.68	350m: 4:17.26 38.64	
	100m: 1:08.47 35.67	200m: 2:22.49 37.31		300m: 3:38.62 38.45	400m: 4:55.20 37.94	
13.	REIS Mafalda Brandao	203693	09	Famalicão	4:55.33	480
	50m: 34.48 34.48	150m: 1:48.08 37.18		250m: 3:02.44 37.10	350m: 4:17.57 37.69	
	100m: 1:10.90 36.42	200m: 2:25.34 37.26		300m: 3:39.88 37.44	400m: 4:55.33 37.76	
14.	PEDREIRO Francisca Soreto	139907	09	Galitos / Bresimar	4:55.46	479
	50m: 33.13 33.13	150m: 1:46.52 37.03		250m: 3:02.16 38.10	350m: 4:18.86 38.28	
	100m: 1:09.49 36.36	200m: 2:24.06 37.54		300m: 3:40.58 38.42	400m: 4:55.46 36.60	
15.	SOUSA Marta Rebelo	203738	09	Porto	4:56.97	472
	50m: 34.20 34.20	150m: 1:48.41 37.40		250m: 3:04.44 38.19	350m: 4:19.95 37.64	
	100m: 1:11.01 36.81	200m: 2:26.25 37.84		300m: 3:42.31 37.87	400m: 4:56.97 37.02	
16.	CRAVEIRO Leonor Moca FTL	211383	09	Clube Naval Povoense	5:02.59	446
	50m: 35.24 35.24	150m: 1:50.27 37.84		250m: 3:06.72 38.61	350m: 4:23.92 39.02	
	100m: 1:12.43 37.19	200m: 2:28.11 37.84		300m: 3:44.90 38.18	400m: 5:02.59 38.67	
17.	SANTOS Carlota Ganito FTL	201019	09	Galitos / Bresimar	5:06.22	430
	50m: 35.02 35.02	150m: 1:51.53 38.72		250m: 3:09.67 39.19	350m: 4:28.56 39.57	
	100m: 1:12.81 37.79	200m: 2:30.48 38.95		300m: 3:48.99 39.32	400m: 5:06.22 37.66	