



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

Prova 37

Femin., 1500m Livres

Juvenis B

17/12/2023 - 15:30

Resultados

Rec Nac 25m Open	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23/11/2019
Rec Nac 25m Juv B	17:17.43	HOLUB Tamila Hryhorivna	SCB	Vila Praia Ancora	30/06/2013
Tac-JUVBFem 50m: 21:20.57					
25m: 20:55.67					

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs		
1.	MARCELO Camila Duarte	208416	10	Condeixa Aqua Clube	<b>18:23.91</b>	556		
	50m: 33.59	33.59	450m: 5:26.12	36.75	850m: 10:18.47	37.13	1250m: 15:18.40	37.33
	100m: 1:09.84	36.25	500m: 6:02.67	36.55	900m: 10:55.13	36.66	1300m: 15:55.60	37.20
	150m: 1:46.21	36.37	550m: 6:39.70	37.03	950m: 11:32.10	36.97	1350m: 16:33.36	37.76
	200m: 2:22.56	36.35	600m: 7:16.15	36.45	1000m: 12:09.77	37.67	1400m: 17:11.25	37.89
	250m: 2:59.24	36.68	650m: 7:52.37	36.22	1050m: 12:47.52	37.75	1450m: 17:48.38	37.13
	300m: 3:35.80	36.56	700m: 8:28.52	36.15	1100m: 13:25.25	37.73	1500m: 18:23.91	35.53
	350m: 4:12.40	36.60	750m: 9:04.82	36.30	1150m: 14:02.97	37.72		
	400m: 4:49.37	36.97	800m: 9:41.34	36.52	1200m: 14:41.07	38.10		
2.	MARQUES Ana Jose	210414	10	Braga	<b>18:59.96</b>	505		
	50m: 34.41	34.41	450m: 5:31.82	38.26	850m: 10:39.28	38.09	1250m: 15:49.10	38.66
	100m: 1:10.74	36.33	500m: 6:10.35	38.53	900m: 11:18.10	38.82	1300m: 16:28.08	38.98
	150m: 1:47.14	36.40	550m: 6:48.95	38.60	950m: 11:56.87	38.77	1350m: 17:06.58	38.50
	200m: 2:23.90	36.76	600m: 7:27.64	38.69	1000m: 12:35.27	38.40	1400m: 17:44.72	38.14
	250m: 3:00.88	36.98	650m: 8:06.09	38.45	1050m: 13:13.69	38.42	1450m: 18:23.02	38.30
	300m: 3:38.29	37.41	700m: 8:44.27	38.18	1100m: 13:53.26	39.57	1500m: 18:59.96	36.94
	350m: 4:15.81	37.52	750m: 9:22.77	38.50	1150m: 14:31.52	38.26		
	400m: 4:53.56	37.75	800m: 10:01.19	38.42	1200m: 15:10.44	38.92		
3.	COSTA Sofia Rodrigues	206179	10	Porto	<b>19:22.16</b>	477		
	50m: 35.71	35.71	450m: 5:46.75	38.89	850m: 10:56.58	38.70	1250m: 16:08.04	39.05
	100m: 1:14.27	38.56	500m: 6:25.75	39.00	900m: 11:35.20	38.62	1300m: 16:47.23	39.19
	150m: 1:52.68	38.41	550m: 7:04.84	39.09	950m: 12:13.91	38.71	1350m: 17:25.89	38.66
	200m: 2:31.56	38.88	600m: 7:43.36	38.52	1000m: 12:52.82	38.91	1400m: 18:05.00	39.11
	250m: 3:10.56	39.00	650m: 8:21.98	38.62	1050m: 13:31.60	38.78	1450m: 18:43.87	38.87
	300m: 3:49.94	39.38	700m: 9:00.64	38.66	1100m: 14:10.50	38.90	1500m: 19:22.16	38.29
	350m: 4:28.76	38.82	750m: 9:39.23	38.59	1150m: 14:49.58	39.08		
	400m: 5:07.86	39.10	800m: 10:17.88	38.65	1200m: 15:28.99	39.41		
4.	PAIVA Leonor Antunes	211155	10	Cnac	<b>19:35.19</b>	461		
	50m: 35.73	35.73	450m: 5:48.62	39.20	850m: 11:05.84	39.62	1250m: 16:21.40	40.19
	100m: 1:14.40	38.67	500m: 6:28.35	39.73	900m: 11:45.22	39.38	1300m: 17:00.54	39.14
	150m: 1:53.52	39.12	550m: 7:08.06	39.71	950m: 12:24.38	39.16	1350m: 17:39.75	39.21
	200m: 2:32.52	39.00	600m: 7:47.77	39.71	1000m: 13:03.59	39.21	1400m: 18:19.33	39.58
	250m: 3:11.60	39.08	650m: 8:27.29	39.52	1050m: 13:42.68	39.09	1450m: 18:58.16	38.83
	300m: 3:50.77	39.17	700m: 9:06.89	39.60	1100m: 14:22.52	39.84	1500m: 19:35.19	37.03
	350m: 4:30.25	39.48	750m: 9:46.39	39.50	1150m: 15:01.94	39.42		
	400m: 5:09.42	39.17	800m: 10:26.22	39.83	1200m: 15:41.21	39.27		
5.	NOGUEIRA Ana Laura	209772	10	Braga	<b>19:35.55</b>	461		
	50m: 35.27	35.27	450m: 5:46.61	39.15	850m: 10:59.54	39.38	1250m: 16:18.13	40.30
	100m: 1:13.67	38.40	500m: 6:25.74	39.13	900m: 11:38.65	39.11	1300m: 16:58.19	40.06
	150m: 1:52.64	38.97	550m: 7:04.61	38.87	950m: 12:18.31	39.66	1350m: 17:38.16	39.97
	200m: 2:31.52	38.88	600m: 7:43.41	38.80	1000m: 12:58.14	39.83	1400m: 18:18.02	39.86
	250m: 3:10.30	38.78	650m: 8:22.42	39.01	1050m: 13:38.07	39.93	1450m: 18:57.44	39.42
	300m: 3:49.46	39.16	700m: 9:01.46	39.04	1100m: 14:17.82	39.75	1500m: 19:35.55	38.11
	350m: 4:28.84	39.38	750m: 9:40.89	39.43	1150m: 14:57.79	39.97		
	400m: 5:07.46	38.62	800m: 10:20.16	39.27	1200m: 15:37.83	40.04		
6.	PEREIRA Mariana Dias	214437	10	Algés e Águeda XXI	<b>20:25.56</b>	407		
	50m: 35.97	35.97	450m: 6:00.73	40.71	850m: 11:29.43	41.31	1250m: 17:00.69	41.82
	100m: 1:15.85	39.88	500m: 6:41.92	41.19	900m: 12:10.56	41.13	1300m: 17:42.47	41.78
	150m: 1:55.83	39.98	550m: 7:22.63	40.71	950m: 12:51.76	41.20	1350m: 18:23.55	41.08
	200m: 2:36.52	40.69	600m: 8:03.73	41.10	1000m: 13:32.77	41.01	1400m: 19:04.78	41.23
	250m: 3:17.26	40.74	650m: 8:44.91	41.18	1050m: 14:14.21	41.44	1450m: 19:46.28	41.50
	300m: 3:58.54	41.28	700m: 9:25.91	41.00	1100m: 14:55.52	41.31	1500m: 20:25.56	39.28
	350m: 4:39.45	40.91	750m: 10:06.75	40.84	1150m: 15:37.38	41.86		
	400m: 5:20.02	40.57	800m: 10:48.12	41.37	1200m: 16:18.87	41.49		
7.	FERNANDES Marta Silva	210702	10	Porto	<b>20:32.51</b>	400		
	50m: 37.96	37.96	450m: 6:04.47	40.95	850m: 11:36.77	41.80	1250m: 17:08.50	41.11
	100m: 1:17.99	40.03	500m: 6:45.56	41.09	900m: 12:18.66	41.89	1300m: 17:50.02	41.52
	150m: 1:58.92	40.93	550m: 7:27.08	41.52	950m: 13:00.09	41.43	1350m: 18:30.77	40.75
	200m: 2:39.89	40.97	600m: 8:08.48	41.40	1000m: 13:41.64	41.55	1400m: 19:11.89	41.12
	250m: 3:20.75	40.86	650m: 8:49.89	41.41	1050m: 14:22.98	41.34	1450m: 19:52.75	40.86
	300m: 4:01.45	40.70	700m: 9:31.23	41.34	1100m: 15:04.47	41.49	1500m: 20:32.51	39.76
	350m: 4:42.37	40.92	750m: 10:13.19	41.96	1150m: 15:46.01	41.54		
	400m: 5:23.52	41.15	800m: 10:54.97	41.78	1200m: 16:27.39	41.38		



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

Prova 37, Femin., 1500m Livres, Juvenis B

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
8.	CARVALHO Mariana Bagagem	211148	10	Miranda do Corvo	<b>20:36.27</b>	396
	50m: 36.10	36.10	450m: 6:07.55	42.19	850m: 11:40.18	41.53
	100m: 1:16.05	39.95	500m: 6:49.68	42.13	900m: 12:21.99	41.81
	150m: 1:56.95	40.90	550m: 7:31.32	41.64	950m: 13:03.59	41.60
	200m: 2:38.56	41.61	600m: 8:12.72	41.40	1000m: 13:45.02	41.43
	250m: 3:20.01	41.45	650m: 8:54.38	41.66	1050m: 14:26.41	41.39
	300m: 4:01.70	41.69	700m: 9:35.46	41.08	1100m: 15:08.03	41.62
	350m: 4:43.69	41.99	750m: 10:16.79	41.33	1150m: 15:49.50	41.47
	400m: 5:25.36	41.67	800m: 10:58.65	41.86	1200m: 16:31.10	41.60
					1250m: 17:12.87	41.77
					1300m: 17:54.32	41.45
					1350m: 18:35.71	41.39
					1400m: 19:16.83	41.12
					1450m: 19:57.20	40.37
					1500m: 20:36.27	39.07

Prova 37 Femin., 1500m Livres Juvenis A  
17/12/2023 - 15:30 Resultados

Rec Nac 25m Open	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23/11/2019
Rec Nac 25m Juv A	16:54.39	HOLUB Tamila Hryhorivna	SCB	Vila Praia Ancora	16/03/2014

Tac-JUVAFem 50m: 20:57.71 - 25m: 20:33.24

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	PINTO Maria Carvalho	206343	09	Viana Natacao	<b>18:02.47</b>	590
	50m: 31.20	31.20	450m: 5:14.27	35.96	850m: 10:07.17	36.79
	100m: 1:05.26	34.06	500m: 5:50.82	36.55	900m: 10:44.10	36.93
	150m: 1:40.22	34.96	550m: 6:27.23	36.41	950m: 11:21.11	37.01
	200m: 2:15.26	35.04	600m: 7:04.00	36.77	1000m: 11:57.56	36.45
	250m: 2:50.68	35.42	650m: 7:40.64	36.64	1050m: 12:34.18	36.62
	300m: 3:26.34	35.66	700m: 8:17.24	36.60	1100m: 13:11.08	36.90
	350m: 4:02.29	35.95	750m: 8:53.79	36.55	1150m: 13:47.57	36.49
	400m: 4:38.31	36.02	800m: 9:30.38	36.59	1200m: 14:23.93	36.36
					1250m: 15:00.84	36.91
					1300m: 15:37.30	36.46
					1350m: 16:14.00	36.70
					1400m: 16:50.85	36.85
					1450m: 17:27.35	36.50
					1500m: 18:02.47	35.12
2.	MOREIRA Madalena Valente	207969	09	Colegio Efanor	<b>18:22.40</b>	559
	50m: 32.74	32.74	450m: 5:27.02	36.69	850m: 10:22.62	37.30
	100m: 1:09.04	36.30	500m: 6:03.75	36.73	900m: 10:59.15	36.53
	150m: 1:45.88	36.84	550m: 6:40.42	36.67	950m: 11:36.55	37.40
	200m: 2:22.63	36.75	600m: 7:17.53	37.11	1000m: 12:13.06	36.51
	250m: 2:59.81	37.18	650m: 7:54.37	36.84	1050m: 12:50.46	37.40
	300m: 3:36.67	36.86	700m: 8:31.45	37.08	1100m: 13:27.67	37.21
	350m: 4:13.45	36.78	750m: 9:08.48	37.03	1150m: 14:04.67	37.00
	400m: 4:50.33	36.88	800m: 9:45.32	36.84	1200m: 14:41.90	37.23
					1250m: 15:18.99	37.09
					1300m: 15:56.18	37.19
					1350m: 16:33.44	37.26
					1400m: 17:10.34	36.90
					1450m: 17:46.98	36.64
					1500m: 18:22.40	35.42
3.	GONCALVES Leonor Queiroz	209780	09	Braga	<b>18:30.71</b>	546
	50m: 33.01	33.01	450m: 5:26.66	36.59	850m: 10:22.74	37.72
	100m: 1:09.42	36.41	500m: 6:03.20	36.54	900m: 11:00.13	37.39
	150m: 1:46.84	37.42	550m: 6:39.99	36.79	950m: 11:37.62	37.49
	200m: 2:23.28	36.44	600m: 7:16.88	36.89	1000m: 12:14.90	37.28
	250m: 3:00.00	36.72	650m: 7:53.58	36.70	1050m: 12:52.32	37.42
	300m: 3:35.90	35.90	700m: 8:30.63	37.05	1100m: 13:30.23	37.91
	350m: 4:13.23	37.33	750m: 9:08.21	37.58	1150m: 14:08.06	37.83
	400m: 4:50.07	36.84	800m: 9:45.02	36.81	1200m: 14:45.56	37.50
					1250m: 15:23.00	37.44
					1300m: 16:01.22	38.22
					1350m: 16:38.97	37.75
					1400m: 17:16.21	37.24
					1450m: 17:53.98	37.77
					1500m: 18:30.71	36.73
4.	MAIA Lara Catarina	205712	09	Estarreja/PROZINCO	<b>18:47.04</b>	523
	50m: 32.09	32.09	450m: 5:27.22	37.13	850m: 10:32.73	38.23
	100m: 1:08.04	35.95	500m: 6:04.90	37.68	900m: 11:11.09	38.36
	150m: 1:44.55	36.51	550m: 6:42.72	37.82	950m: 11:49.02	37.93
	200m: 2:21.49	36.94	600m: 7:20.98	38.26	1000m: 12:27.10	38.08
	250m: 2:58.56	37.07	650m: 7:59.47	38.49	1050m: 13:04.90	37.80
	300m: 3:35.93	37.37	700m: 8:37.74	38.27	1100m: 13:42.86	37.96
	350m: 4:13.12	37.19	750m: 9:16.14	38.40	1150m: 14:21.04	38.18
	400m: 4:50.09	36.97	800m: 9:54.50	38.36	1200m: 14:59.15	38.11
					1250m: 15:37.23	38.08
					1300m: 16:15.64	38.41
					1350m: 16:54.02	38.38
					1400m: 17:32.73	38.71
					1450m: 18:10.09	37.36
					1500m: 18:47.04	36.95
5.	FARIA Ines Maria	205180	09	Porto	<b>19:11.22</b>	491
	50m: 34.84	34.84	450m: 5:39.65	38.13	850m: 10:48.19	38.75
	100m: 1:12.09	37.25	500m: 6:17.96	38.31	900m: 11:26.51	38.32
	150m: 1:50.21	38.12	550m: 6:56.49	38.53	950m: 12:05.39	38.88
	200m: 2:28.23	38.02	600m: 7:35.16	38.67	1000m: 12:44.10	38.71
	250m: 3:06.54	38.31	650m: 8:13.55	38.39	1050m: 13:22.70	38.60
	300m: 3:45.13	38.59	700m: 8:52.00	38.45	1100m: 14:01.57	38.87
	350m: 4:23.67	38.54	750m: 9:30.59	38.59	1150m: 14:40.13	38.56
	400m: 5:01.52	37.85	800m: 10:09.44	38.85	1200m: 15:19.01	38.88
					1250m: 15:58.16	39.15
					1300m: 16:37.47	39.31
					1350m: 17:15.99	38.52
					1400m: 17:54.94	38.95
					1450m: 18:33.31	38.37
					1500m: 19:11.22	37.91
6.	MARTINS Carolina Correia	206183	09	Porto	<b>19:15.46</b>	485
	50m: 34.28	34.28	450m: 5:38.14	38.94	850m: 10:49.35	39.04
	100m: 1:10.80	36.52	500m: 6:16.63	38.49	900m: 11:28.46	39.11
	150m: 1:47.46	36.66	550m: 6:55.55	38.92	950m: 12:07.44	38.98
	200m: 2:24.99	37.53	600m: 7:34.42	38.87	1000m: 12:46.42	38.98
	250m: 3:03.58	38.59	650m: 8:13.17	38.75	1050m: 13:24.99	38.57
	300m: 3:42.09	38.51	700m: 8:52.12	38.95	1100m: 14:03.87	38.88
	350m: 4:20.31	38.22	750m: 9:31.39	39.27	1150m: 14:43.17	39.30
	400m: 4:59.20	38.89	800m: 10:10.31	38.92	1200m: 15:22.38	39.21
					1250m: 16:01.32	38.94
					1300m: 16:40.61	39.29
					1350m: 17:19.60	38.99
					1400m: 17:58.75	39.15
					1450m: 18:37.38	38.63
					1500m: 19:15.46	38.08



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

Prova 37, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
7.	SANTOS Mariana Silva	206175	09	Porto	<b>19:28.54</b>	469
	50m: 33.26	33.26	450m: 5:40.94	39.26	850m: 10:57.08	39.51
	100m: 1:09.62	36.36	500m: 6:20.68	39.74	900m: 11:36.79	39.71
	150m: 1:47.11	37.49	550m: 7:00.13	39.45	950m: 12:16.22	39.43
	200m: 2:25.63	38.52	600m: 7:39.65	39.52	1000m: 12:55.96	39.74
	250m: 3:04.46	38.83	650m: 8:18.99	39.34	1050m: 13:35.35	39.39
	300m: 3:43.56	39.10	700m: 8:58.28	39.29	1100m: 14:14.85	39.50
	350m: 4:22.59	39.03	750m: 9:37.94	39.66	1150m: 14:54.39	39.54
	400m: 5:01.68	39.09	800m: 10:17.57	39.63	1200m: 15:33.63	39.24
8.	PEDREIRO Francisca Soreto	139907	09	Galitos / Bresimar	<b>19:36.32</b>	460
	50m: 35.39	35.39	450m: 5:40.92	37.70	850m: 10:54.96	39.54
	100m: 1:13.47	38.08	500m: 6:19.55	38.63	900m: 11:36.07	41.11
	150m: 1:51.90	38.43	550m: 6:58.49	38.94	950m: 12:16.02	39.95
	200m: 2:30.75	38.85	600m: 7:37.38	38.89	1000m: 12:55.81	39.79
	250m: 3:08.97	38.22	650m: 8:16.13	38.75	1050m: 13:35.39	39.58
	300m: 3:47.23	38.26	700m: 8:55.37	39.24	1100m: 14:15.58	40.19
	350m: 4:24.87	37.64	750m: 9:35.27	39.90	1150m: 14:56.60	41.02
	400m: 5:03.22	38.35	800m: 10:15.42	40.15	1200m: 15:37.22	40.62