

ANARA
ASSOCIAÇÃO DE NATACÃO DO ALLENTEJOSINES
MUNICÍPIOTorneio Zonal de Juvenis (Zona Sul)
Sines, 15 - 17/12/2023

Prova 1

Femin., 800m Livres

Juvenis

15/12/2023 - 16:00

Resultados

Rec Nac 25m Open	8:20.97	Diana Margarida DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Juv A	8:46.74	Ana Claudia SANTOS	SFUAP	Cantanhede	19/12/2004
Rec Nac 25m Juv B	9:00.27	Alexandra Maria SILVA	FCP	Antibes (FRA)	20/12/1980

TAC Juvenil A Fem Juv A 50m: 10:40.50 - 25m: 10:22.23 / TAC Juvenil B Fem Juv B 50m: 10:52.14 - 25m: 10:33.54

Pontos: FINA 2023

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
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Juvenil B

1.	Bianca Balbino MENDES	14	206074	Naval de Peniche	9:58.05		508	
	100m: 1:10.48 1:10.48		300m: 3:41.72 1:15.98	500m: 6:13.81 1:16.21	700m: 8:44.85 1:15.24			
	200m: 2:25.74 1:15.26		400m: 4:57.60 1:15.88	600m: 7:29.61 1:15.80	800m: 9:58.05 1:13.20			
2.	Leonor Sombreiro MARTINS	14	211313	BUZIOS - Coruche	10:12.35		473	
	100m: 1:11.02 1:11.02		300m: 3:47.91 1:18.51	500m: 6:23.29 1:17.81	700m: 8:58.75 1:18.39			
	200m: 2:29.40 1:18.38		400m: 5:05.48 1:17.57	600m: 7:40.36 1:17.07	800m: 10:12.35 1:13.60			
3.	Rita Braga GOMES	14	213921	Sporting	10:13.44		471	
	100m: 1:10.12 1:10.12		300m: 3:44.58 1:18.17	500m: 6:19.64 1:17.38	700m: 8:56.41 1:17.86			
	200m: 2:26.41 1:16.29		400m: 5:02.26 1:17.68	600m: 7:38.55 1:18.91	800m: 10:13.44 1:17.03			
4.	Ana Nabais MENDES	14	211556	Laranjeiro	10:16.14		465	
	100m: 1:11.17 1:11.17		300m: 3:44.58 1:17.27	500m: 6:21.70 1:18.46	700m: 8:59.75 1:18.99			
	200m: 2:27.31 1:16.14		400m: 5:03.24 1:18.66	600m: 7:40.76 1:19.06	800m: 10:16.14 1:16.39			
5.	Maria Madalena FERNANDES	14	212757	Alges	10:17.40		462	
	100m: 1:12.64 1:12.64		300m: 3:46.65 1:17.04	500m: 6:22.85 1:18.69	700m: 9:00.00 1:18.67			
	200m: 2:29.61 1:16.97		400m: 5:04.16 1:17.51	600m: 7:41.33 1:18.48	800m: 10:17.40 1:17.40			
6.	Barbara Balbino MENDES	14	206073	Naval de Peniche	10:25.10		445	
	100m: 1:11.47 1:11.47		300m: 3:46.24 1:18.28	500m: 6:25.07 1:19.93	700m: 9:05.76 1:19.96			
	200m: 2:27.96 1:16.49		400m: 5:05.14 1:18.90	600m: 7:45.80 1:20.73	800m: 10:25.10 1:19.34			
7.	Ines Filipa MATEUS	14	212937	Lagoa AC	10:31.32		432	
	100m: 1:09.74 1:09.74		300m: 3:41.97 1:17.39	500m: 6:22.90 1:21.23	700m: 9:09.90 1:23.22			
	200m: 2:24.58 1:14.84		400m: 5:01.67 1:19.70	600m: 7:46.68 1:23.78	800m: 10:31.32 1:21.42			
8.	Lara Paixao SILVA	14	210801	Rio Maior	10:33.01		429	
	100m: 1:12.45 1:12.45		300m: 3:51.22 1:20.62	500m: 6:34.29 1:21.93	700m: 9:15.62 1:20.57			
	200m: 2:30.60 1:18.15		400m: 5:12.36 1:21.14	600m: 7:55.05 1:20.76	800m: 10:33.01 1:17.39			

Juvenil A

1.	Luana Ferreira CRAVEIRO	15	144313	Nautico Marinha Grande	9:16.75		630	
	100m: 1:05.52 1:05.52		300m: 3:24.77 1:10.05	500m: 5:44.29 1:09.12	700m: 8:06.86 1:10.97			
	200m: 2:14.72 1:09.20		400m: 4:35.17 1:10.40	600m: 6:55.89 1:11.60	800m: 9:16.75 1:09.89			
2.	Constanca Baptista TOMAS	15	206496	Alcobaca	9:34.54		573	
	100m: 1:07.05 1:07.05		300m: 3:30.85 1:12.10	500m: 5:55.72 1:12.53	700m: 8:21.87 1:13.13			
	200m: 2:18.75 1:11.70		400m: 4:43.19 1:12.34	600m: 7:08.74 1:13.02	800m: 9:34.54 1:12.67			
3.	Raquel Campos CARDOSO	15	153184	Bombeiros de Ponta Delgada	9:41.64		553	
	100m: 1:08.31 1:08.31		300m: 3:33.14 1:12.72	500m: 5:59.52 1:13.69	700m: 8:27.57 1:14.30			
	200m: 2:20.42 1:12.11		400m: 4:45.83 1:12.69	600m: 7:13.27 1:13.75	800m: 9:41.64 1:14.07			
4.	Carolina Marques MADEIRA	15	208728	Clube Nacional de Nataçao	9:45.11		543	
	100m: 1:07.70 1:07.70		300m: 3:35.12 1:14.07	500m: 6:03.63 1:14.11	700m: 8:32.79 1:14.51			
	200m: 2:21.05 1:13.35		400m: 4:49.52 1:14.40	600m: 7:18.28 1:14.65	800m: 9:45.11 1:12.32			
5.	Joana Melo GASPAS	15	208734	Clube Nacional de Nataçao	9:53.70		519	
	100m: 1:10.59 1:10.59		300m: 3:41.01 1:15.46	500m: 6:11.04 1:14.64	700m: 8:40.52 3:14.59			
	200m: 2:25.55 1:14.96		400m: 4:56.40 1:15.39	600m: 5:25.93 800m: 9:53.70	800m: 9:53.70 1:13.18			
6.	Constanca Lopes CRUZ	15	208279	Colegio Monte Maior	9:57.58		509	
	100m: 1:09.48 1:09.48		300m: 3:36.87 1:14.12	500m: 6:07.91 1:15.78	700m: 8:42.39 1:17.55			
	200m: 2:22.75 1:13.27		400m: 4:52.13 1:15.26	600m: 7:24.84 1:16.93	800m: 9:57.58 1:15.19			
7.	Sofia Monteiro UVA	15	209405	Alges	9:59.03		506	
	100m: 1:08.18 1:08.18		300m: 3:36.93 1:15.02	500m: 6:09.85 1:16.66	700m: 8:42.96 1:16.89			
	200m: 2:21.91 1:13.73		400m: 4:53.19 1:16.26	600m: 7:26.07 1:16.22	800m: 9:59.03 1:16.07			
8.	Laura Prates MORAIS	15	208599	BUZIOS - Coruche	10:11.06		476	
	100m: 1:09.81 1:09.81		300m: 3:44.14 1:17.49	500m: 6:21.19 1:19.09	700m: 8:56.60 1:16.90			
	200m: 2:26.65 1:16.84		400m: 5:02.10 1:17.96	600m: 7:39.70 1:18.51	800m: 10:11.06 1:14.46			
9.	Ines Maria LANCA	15	208303	Uniao Piedense	10:18.20		460	
	100m: 1:09.31 1:09.31		300m: 3:42.89 1:17.34	500m: 6:19.57 1:18.56	700m: 8:58.67 1:19.47			
	200m: 2:25.55 1:16.24		400m: 5:01.01 1:18.12	600m: 7:39.20 1:19.63	800m: 10:18.20 1:19.53			

ANARA
ASSOCIAÇÃO DE NATADORES DE ALENTEJO

Torneio Zonal de Juvenis (Zona Sul)
Sines, 15 - 17/12/2023

Prova 1, Femin., 800m Livres, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Beatriz Ribeiro LIMA <i>Ftl</i>	15	209224	Gesloures	10:22.27		451	
	100m: 1:12.55 1:12.55	300m: 3:50.10	1:19.13	500m: 6:27.75	1:18.16	700m: 9:05.19	1:18.79	
	200m: 2:30.97 1:18.42	400m: 5:09.59	1:19.49	600m: 7:46.40	1:18.65	800m: 10:22.27	1:17.08	
11.	Eduarda Ribeiro PEREIRA <i>Ftl</i>	15	207328	Naval do Funchal	10:24.26		447	
	100m: 1:10.02 1:10.02	300m: 3:46.29	1:19.31	500m: 6:26.22	1:20.59	700m: 9:06.02	1:19.79	
	200m: 2:26.98 1:16.96	400m: 5:05.63	1:19.34	600m: 7:46.23	1:20.01	800m: 10:24.26	1:18.24	