

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

Prova 21

Femin., 400m Livres

Juvenis

16/12/2023 - 17:30

Resultados

| | | | | | |
|-------------------|---------|------------------------|-------|------------------|------------|
| Rec Nac 25m Open | 4:04.61 | Diana Margarida DURAES | POR | Copenhagen (DEN) | 17/12/2017 |
| Rec Nac 25m Juv A | 4:18.39 | Ana Claudia SANTOS | SFUAP | Cantanhede | 20/12/2004 |
| Rec Nac 25m Juv B | 4:23.08 | Susana Patricia MIGUEL | SFUAP | Alhandra | 15/05/2004 |

TAC Juvenil A Fem Juv A 50m: 5:09.67 - 25m: 4:59.94 / TAC Juvenil B Fem Juv B 50m: 5:14.26 - 25m: 5:07.37

Pontos: FINA 2023

| Lugar | Nome | Idade | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------|-------|------|-------|-------------|-------|----------|-----|
|-------|------|-------|------|-------|-------------|-------|----------|-----|

Juvenil B

| | | | | | | | | |
|-----|-----------------------------------|----|---------------------|------------------------|---------------------|--|-----|--|
| 1. | Bianca Balbino MENDES | 14 | 206074 | Naval de Peniche | 4:51.88 | | 497 | |
| | 50m: 32.91 32.91 | | 150m: 1:46.44 37.20 | 250m: 3:01.00 37.34 | 350m: 4:15.87 37.22 | | | |
| | 100m: 1:09.24 36.33 | | 200m: 2:23.66 37.22 | 300m: 3:38.65 37.65 | 400m: 4:51.88 36.01 | | | |
| 2. | Victoria Sales PROENCA | 14 | 211478 | Benfica | 4:52.46 | | 494 | |
| | 50m: 32.83 32.83 | | 150m: 1:45.83 37.05 | 250m: 3:00.92 37.40 | 350m: 4:16.20 37.91 | | | |
| | 100m: 1:08.78 35.95 | | 200m: 2:23.52 37.69 | 300m: 3:38.29 37.37 | 400m: 4:52.46 36.26 | | | |
| 3. | Rita Braga GOMES | 14 | 213921 | Sporting | 4:54.78 | | 483 | |
| | 50m: 32.64 32.64 | | 150m: 1:46.06 37.43 | 250m: 3:01.73 37.87 | 350m: 4:18.28 38.15 | | | |
| | 100m: 1:08.63 35.99 | | 200m: 2:23.86 37.80 | 300m: 3:40.13 38.40 | 400m: 4:54.78 36.50 | | | |
| 4. | Ana Nabais MENDES | 14 | 211556 | Laranjeiro | 4:54.96 | | 482 | |
| | 50m: 34.17 34.17 | | 150m: 1:49.21 38.11 | 250m: 3:05.38 37.95 | 350m: 4:20.51 37.33 | | | |
| | 100m: 1:11.10 36.93 | | 200m: 2:27.43 38.22 | 300m: 3:43.18 37.80 | 400m: 4:54.96 34.45 | | | |
| 5. | Ines Filipa MATEUS | 14 | 212937 | Lagoa AC | 4:55.03 | | 481 | |
| | 50m: 33.02 33.02 | | 150m: 1:47.39 37.66 | 250m: 3:03.58 38.13 | 350m: 4:19.14 37.95 | | | |
| | 100m: 1:09.73 36.71 | | 200m: 2:25.45 38.06 | 300m: 3:41.19 37.61 | 400m: 4:55.03 35.89 | | | |
| 6. | Joana Alexandra SILVA | 14 | 207187 | CPCD-Povoa St Iria | 4:56.61 | | 474 | |
| | 50m: 33.08 33.08 | | 150m: 1:48.07 37.96 | 250m: 3:04.94 38.18 | 350m: 4:21.31 37.67 | | | |
| | 100m: 1:10.11 37.03 | | 200m: 2:26.76 38.69 | 300m: 3:43.64 38.70 | 400m: 4:56.61 35.30 | | | |
| 7. | Leonor Sombreiro MARTINS | 14 | 211313 | BUZIOS - Coruche | 4:57.59 | | 469 | |
| | 50m: 33.32 33.32 | | 150m: 1:48.42 38.62 | 250m: 3:05.65 38.49 | 350m: 4:22.05 38.29 | | | |
| | 100m: 1:09.80 36.48 | | 200m: 2:27.16 38.74 | 300m: 3:43.76 38.11 | 400m: 4:57.59 35.54 | | | |
| 8. | Barbara Balbino MENDES | 14 | 206073 | Naval de Peniche | 5:00.12 | | 457 | |
| | 50m: 33.88 33.88 | | 150m: 1:48.96 38.15 | 250m: 3:05.96 38.90 | 350m: 4:22.72 38.11 | | | |
| | 100m: 1:10.81 36.93 | | 200m: 2:27.06 38.10 | 300m: 3:44.61 38.65 | 400m: 5:00.12 37.40 | | | |
| 9. | Lara Paixao SILVA | 14 | 210801 | Rio Maior | 5:04.15 | | 439 | |
| | 50m: 33.84 33.84 | | 150m: 1:49.50 38.38 | 250m: 3:08.21 39.39 | 350m: 4:26.21 38.46 | | | |
| | 100m: 1:11.12 37.28 | | 200m: 2:28.82 39.32 | 300m: 3:47.75 39.54 | 400m: 5:04.15 37.94 | | | |
| 10. | Mariana Varela COSTA | 14 | 208738 | Sporting | 5:05.50 | | 434 | |
| | 50m: 34.89 34.89 | | 150m: 1:51.69 38.91 | 250m: 3:10.08 39.02 | 350m: 4:28.19 38.67 | | | |
| | 100m: 1:12.78 37.89 | | 200m: 2:31.06 39.37 | 300m: 3:49.52 39.44 | 400m: 5:05.50 37.31 | | | |
| 11. | Laura Helena AMORIM <i>Fil</i> | 14 | 208832 | Nautico Marinha Grande | 5:08.21 | | 422 | |
| | 50m: 33.22 33.22 | | 150m: 1:49.28 38.71 | 250m: 3:08.62 39.87 | 350m: 4:29.29 40.17 | | | |
| | 100m: 1:10.57 37.35 | | 200m: 2:28.75 39.47 | 300m: 3:49.12 40.50 | 400m: 5:08.21 38.92 | | | |

Juvenil A

| | | | | | | | | |
|----|--------------------------|----|---------------------|----------------------------|---------------------|--|-----|--|
| 1. | Luana Ferreira CRAVEIRO | 15 | 144313 | Nautico Marinha Grande | 4:33.41 | | 605 | |
| | 50m: 30.63 30.63 | | 150m: 1:38.77 34.38 | 250m: 2:49.05 35.17 | 350m: 3:59.80 35.30 | | | |
| | 100m: 1:04.39 33.76 | | 200m: 2:13.88 35.11 | 300m: 3:24.50 35.45 | 400m: 4:33.41 33.61 | | | |
| 2. | Raquel Campos CARDOSO | 15 | 153184 | Bombeiros de Ponta Delgada | 4:41.60 | | 554 | |
| | 50m: 32.06 32.06 | | 150m: 1:41.73 35.19 | 250m: 2:53.45 35.88 | 350m: 4:06.55 36.50 | | | |
| | 100m: 1:06.54 34.48 | | 200m: 2:17.57 35.84 | 300m: 3:30.05 36.60 | 400m: 4:41.60 35.05 | | | |
| 3. | Carolina Marques MADEIRA | 15 | 208728 | Clube Nacional de Nataçao | 4:43.72 | | 541 | |
| | 50m: 31.50 31.50 | | 150m: 1:42.87 36.41 | 250m: 2:56.20 36.68 | 350m: 4:09.60 36.26 | | | |
| | 100m: 1:06.46 34.96 | | 200m: 2:19.52 36.65 | 300m: 3:33.34 37.14 | 400m: 4:43.72 34.12 | | | |
| 4. | Beatriz Silva JORDAO | 15 | 206785 | Vikings | 4:44.28 | | 538 | |
| | 50m: 31.94 31.94 | | 150m: 1:42.69 35.79 | 250m: 2:54.99 36.35 | 350m: 4:08.33 36.66 | | | |
| | 100m: 1:06.90 34.96 | | 200m: 2:18.64 35.95 | 300m: 3:31.67 36.68 | 400m: 4:44.28 35.95 | | | |
| 5. | Sofia Monteiro UVA | 15 | 209405 | Alges | 4:46.53 | | 526 | |
| | 50m: 32.08 32.08 | | 150m: 1:43.32 35.95 | 250m: 2:57.04 36.80 | 350m: 4:10.64 36.59 | | | |
| | 100m: 1:07.37 35.29 | | 200m: 2:20.24 36.92 | 300m: 3:34.05 37.01 | 400m: 4:46.53 35.89 | | | |

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

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

| Lugar | Nome | Idade | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-------------------------|-------|---------------|--------------------------|----------------|-------|---------------|-------|
| 6. | Joana Melo GASPAR | 15 | 208734 | Clube Nacional de Nataçã | 4:47.96 | | 518 | |
| | 50m: 33.01 33.01 | | 150m: 1:46.10 | 36.87 | 250m: 2:59.80 | 36.90 | 350m: 4:13.15 | 36.52 |
| | 100m: 1:09.23 36.22 | | 200m: 2:22.90 | 36.80 | 300m: 3:36.63 | 36.83 | 400m: 4:47.96 | 34.81 |
| 7. | Ines Maria LANCA | 15 | 208303 | Uniao Piedense | 4:49.10 | | 512 | |
| | 50m: 32.29 32.29 | | 150m: 1:44.39 | 36.48 | 250m: 2:57.82 | 36.98 | 350m: 4:12.56 | 37.67 |
| | 100m: 1:07.91 35.62 | | 200m: 2:20.84 | 36.45 | 300m: 3:34.89 | 37.07 | 400m: 4:49.10 | 36.54 |
| 8. | Constanca Lopes CRUZ | 15 | 208279 | Colegio Monte Maior | 4:50.94 | | 502 | |
| | 50m: 32.52 32.52 | | 150m: 1:44.82 | 36.84 | 250m: 2:59.16 | 37.14 | 350m: 4:15.33 | 38.32 |
| | 100m: 1:07.98 35.46 | | 200m: 2:22.02 | 37.20 | 300m: 3:37.01 | 37.85 | 400m: 4:50.94 | 35.61 |
| 9. | Francisca Ramos NUNES | 15 | 204735 | Naval de Peniche | 4:52.01 | | 496 | |
| | 50m: 31.92 31.92 | | 150m: 1:45.28 | 37.62 | 250m: 3:00.07 | 36.78 | 350m: 4:15.91 | 38.00 |
| | 100m: 1:07.66 35.74 | | 200m: 2:23.29 | 38.01 | 300m: 3:37.91 | 37.84 | 400m: 4:52.01 | 36.10 |
| 10. | Teresa Maria LOPES | 15 | 205663 | Benedita | 4:52.21 | | 495 | |
| | 50m: 32.91 32.91 | | 150m: 1:45.40 | 36.73 | 250m: 2:59.61 | 37.29 | 350m: 4:15.10 | 38.18 |
| | 100m: 1:08.67 35.76 | | 200m: 2:22.32 | 36.92 | 300m: 3:36.92 | 37.31 | 400m: 4:52.21 | 37.11 |
| 11. | Paula Aguiar MARGARIDO | 15 | 204386 | Juventude Atlantico | 4:54.55 | | 484 | |
| | 50m: 33.04 33.04 | | 150m: 1:45.63 | 36.63 | 250m: 3:00.18 | 37.72 | 350m: 4:16.86 | 38.74 |
| | 100m: 1:09.00 35.96 | | 200m: 2:22.46 | 36.83 | 300m: 3:38.12 | 37.94 | 400m: 4:54.55 | 37.69 |
| 12. | Eduarda Ribeiro PEREIRA | 15 | 207328 | Naval do Funchal | 5:02.39 | | 447 | |
| | <i>Ftl</i> | | | | | | | |
| | 50m: 32.96 32.96 | | 150m: 1:48.14 | 38.28 | 250m: 3:06.60 | 39.50 | 350m: 4:23.89 | 38.90 |
| | 100m: 1:09.86 36.90 | | 200m: 2:27.10 | 38.96 | 300m: 3:44.99 | 38.39 | 400m: 5:02.39 | 38.50 |
| 13. | Beatriz Ribeiro LIMA | 15 | 209224 | Gesloures | 5:03.95 | | 440 | |
| | <i>Ftl</i> | | | | | | | |
| | 50m: 33.59 33.59 | | 150m: 1:49.54 | 38.36 | 250m: 3:06.96 | 38.74 | 350m: 4:25.34 | 39.07 |
| | 100m: 1:11.18 37.59 | | 200m: 2:28.22 | 38.68 | 300m: 3:46.27 | 39.31 | 400m: 5:03.95 | 38.61 |
| 14. | Clara Alexandra VICENTE | 15 | 214385 | Lagoa AC | 5:12.65 | | 404 | |
| | <i>Ftl</i> | | | | | | | |
| | 50m: 32.43 32.43 | | 150m: 1:48.04 | 38.83 | 250m: 3:09.72 | 41.38 | 350m: 4:32.50 | 40.85 |
| | 100m: 1:09.21 36.78 | | 200m: 2:28.34 | 40.30 | 300m: 3:51.65 | 41.93 | 400m: 5:12.65 | 40.15 |