

ANARA
ASSOCIAÇÃO DE NATACÃO DO ALLENTEJO

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

Prova 32

Femin., 400m Estilos

Juvenis

17/12/2023 - 9:40

Resultados

Rec Nac 25m Open	4:36.19	Victoria KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 25m Juv A	4:51.85	Ana Claudia SANTOS	SFUAP	Setubal	21/11/2004
Rec Nac 25m Juv B	4:56.53	Mariana Pacheco CUNHA	CFP	Porto	05/05/2018

TAC Juvenil A Fem Juv A 50m: 5:54.62 - 25m: 5:44.29 / TAC Juvenil B Fem Juv B 50m: 6:01.05 - 25m: 5:50.53

Pontos: FINA 2023

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

1.	Constanca Lourenco AZEVEDO	14	213367	Lagoa AC	5:20.20		528	
	50m: 34.17	34.17	150m: 1:55.14	41.42	250m: 3:20.52	46.09	350m: 4:44.07	37.11
	100m: 1:13.72	39.55	200m: 2:34.43	39.29	300m: 4:06.96	46.44	400m: 5:20.20	36.13
2.	Alicia Del Rio BERNAT	14	212723	Alges	5:32.02		474	
	50m: 33.85	33.85	150m: 1:57.73	44.99	250m: 3:28.61	47.33	350m: 4:55.22	38.77
	100m: 1:12.74	38.89	200m: 2:41.28	43.55	300m: 4:16.45	47.84	400m: 5:32.02	36.80
3.	Rita Braga GOMES	14	213921	Sporting	5:34.20		465	
	50m: 35.39	35.39	150m: 2:01.11	44.08	250m: 3:30.40	45.62	350m: 4:56.99	38.74
	100m: 1:17.03	41.64	200m: 2:44.78	43.67	300m: 4:18.25	47.85	400m: 5:34.20	37.21
4.	Carolina Escrevente GUERRA	14	212746	Alges	5:37.70		450	
	50m: 35.52	35.52	150m: 1:59.19	41.26	250m: 3:29.87	49.25	350m: 4:59.39	39.64
	100m: 1:17.93	42.41	200m: 2:40.62	41.43	300m: 4:19.75	49.88	400m: 5:37.70	38.31
5.	Leonor Sombreiro MARTINS	14	211313	BUZIOS - Coruche	5:47.87		412	
	50m: 37.53	37.53	150m: 2:04.63	42.43	250m: 3:37.74	50.19	350m: 5:09.95	39.57
	100m: 1:22.20	44.67	200m: 2:47.55	42.92	300m: 4:30.38	52.64	400m: 5:47.87	37.92
6.	Clara Sofia ROSA	14	210050	Desportivo Nacional	5:48.77		409	
	50m: 37.18	37.18	150m: 2:05.80	45.75	250m: 3:40.92	50.23	350m: 5:10.89	40.21
	100m: 1:20.05	42.87	200m: 2:50.69	44.89	300m: 4:30.68	49.76	400m: 5:48.77	37.88
7.	Luana Raquel MONTEIRO	14	210983	Palmela	5:52.79		395	
	<i>Fil</i>							
	50m: 37.69	37.69	150m: 2:06.52	45.09	250m: 3:40.43	49.24	350m: 5:13.42	41.12
	100m: 1:21.43	43.74	200m: 2:51.19	44.67	300m: 4:32.30	51.87	400m: 5:52.79	39.37
8.	Laura Helena AMORIM	14	208832	Nautico Marinha Grande	5:54.77		388	
	<i>Fil</i>							
	50m: 37.14	37.14	150m: 2:07.43	45.06	250m: 3:42.82	50.77	350m: 5:15.73	40.97
	100m: 1:22.37	45.23	200m: 2:52.05	44.62	300m: 4:34.76	51.94	400m: 5:54.77	39.04
9.	Matilde Santos VIEIRA	14	214518	Nautico Marinha Grande	6:02.86		363	
	<i>Fil</i>							
	50m: 38.90	38.90	150m: 2:15.91	47.28	250m: 3:52.08	51.70	350m: 5:24.93	39.47
	100m: 1:28.63	49.73	200m: 3:00.38	44.47	300m: 4:45.46	53.38	400m: 6:02.86	37.93

Juvenil A

1.	Luana Ferreira CRAVEIRO	15	144313	Nautico Marinha Grande	5:14.64		557	
	50m: 33.46	33.46	150m: 1:53.60	40.38	250m: 3:18.11	44.78	350m: 4:39.94	36.31
	100m: 1:13.22	39.76	200m: 2:33.33	39.73	300m: 4:03.63	45.52	400m: 5:14.64	34.70
2.	Constanca Baptista TOMAS	15	206496	Alcobaca	5:15.54		552	
	50m: 32.94	32.94	150m: 1:52.68	41.72	250m: 3:19.76	45.65	350m: 4:40.90	34.38
	100m: 1:10.96	38.02	200m: 2:34.11	41.43	300m: 4:06.52	46.76	400m: 5:15.54	34.64
3.	Raquel Sofia BRAS	15	208973	Clube Futebol Os Belenenses	5:21.22		523	
	50m: 34.90	34.90	150m: 1:56.97	41.58	250m: 3:21.88	43.75	350m: 4:44.90	37.77
	100m: 1:15.39	40.49	200m: 2:38.13	41.16	300m: 4:07.13	45.25	400m: 5:21.22	36.32
4.	Eleine Vieira MATEUS	15	206350	Desportivo Nacional	5:24.01		510	
	50m: 34.07	34.07	150m: 1:54.54	41.95	250m: 3:22.25	47.96	350m: 4:47.33	37.36
	100m: 1:12.59	38.52	200m: 2:34.29	39.75	300m: 4:09.97	47.72	400m: 5:24.01	36.68
5.	Maria Ines NETO	15	202390	Bombeiros de Ponta Delgada	5:25.54		503	
	50m: 33.21	33.21	150m: 1:56.12	43.05	250m: 3:25.05	46.59	350m: 4:50.16	37.04
	100m: 1:13.07	39.86	200m: 2:38.46	42.34	300m: 4:13.12	48.07	400m: 5:25.54	35.38
6.	Matilde Lopes FIALHO	15	208396	Palmela	5:30.54		480	
	50m: 34.15	34.15	150m: 1:54.85	40.00	250m: 3:22.79	47.89	350m: 4:52.45	40.28
	100m: 1:14.85	40.70	200m: 2:34.90	40.05	300m: 4:12.17	49.38	400m: 5:30.54	38.09

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Prova 32, Femin., 400m Estilos, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Beatriz Ferreira BATISTA	15	205653	CPCD-Povoa St Iria	5:32.01		474	
	50m: 34.85 34.85	150m: 1:58.56	42.93	250m: 3:27.06	46.03	350m: 4:54.60	40.01	
	100m: 1:15.63 40.78	200m: 2:41.03	42.47	300m: 4:14.59	47.53	400m: 5:32.01	37.41	
8.	Maria Leonor CALCADA	15	210653	Sporting	5:33.78		466	
	50m: 32.90 32.90	150m: 1:56.26	42.17	250m: 3:27.72	49.74	350m: 4:57.80	39.30	
	100m: 1:14.09 41.19	200m: 2:37.98	41.72	300m: 4:18.50	50.78	400m: 5:33.78	35.98	
9.	Paula Aguiar MARGARIDO	15	204386	Juventude Atlantico	5:33.97		466	
	50m: 36.00 36.00	150m: 1:59.04	40.16	250m: 3:27.99	49.28	350m: 4:56.50	38.44	
	100m: 1:18.88 42.88	200m: 2:38.71	39.67	300m: 4:18.06	50.07	400m: 5:33.97	37.47	
10.	Teresa Maria LOPES	15	205663	Benedita	5:36.69		454	
	50m: 35.09 35.09	150m: 2:00.20	44.36	250m: 3:31.41	47.93	350m: 4:59.12	38.55	
	100m: 1:15.84 40.75	200m: 2:43.48	43.28	300m: 4:20.57	49.16	400m: 5:36.69	37.57	
11.	Clara Sobreiro RODRIGUES	15	208694	Pimpoes/Cimai	5:40.29		440	
	50m: 35.36 35.36	150m: 2:00.76	43.87	250m: 3:33.27	49.63	350m: 5:02.89	38.98	
	100m: 1:16.89 41.53	200m: 2:43.64	42.88	300m: 4:23.91	50.64	400m: 5:40.29	37.40	
12.	Rita Antunes RATINHO	15	209679	Naval Setubalense	5:54.29		390	
	<i>Fil</i>							
	50m: 37.34 37.34	150m: 2:09.34	47.39	250m: 3:42.78	47.23	350m: 5:14.49	42.76	
	100m: 1:21.95 44.61	200m: 2:55.55	46.21	300m: 4:31.73	48.95	400m: 5:54.29	39.80	