

Torneio Regional Fundo Infantis e Juvenis  
Cantanhede, 18 - 19/5/2024

Prova 4  
19/05/2024 - 10:30

Femin., 800m Livres

12 anos e mais velhos  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final
<b>Inf B</b>		
1. Leonor Simoes, SOUSA	12 CNAC	<b>10:44.86</b>
100m: 1:18.47 1:18.47	300m: 4:04.76 1:23.01	500m: 6:46.91 1:19.35
200m: 2:41.75 1:23.28	400m: 5:27.56 1:22.80	600m: 8:07.46 1:20.55
		700m: 9:27.59 1:20.13
		800m: 10:44.86 1:17.27
2. Maria Leonor, LOBO	12 CAQC	<b>10:44.90</b>
100m: 1:18.36 1:18.36	300m: 4:01.32 1:21.67	500m: 6:44.92 1:21.56
200m: 2:39.65 1:21.29	400m: 5:23.36 1:22.04	600m: 8:06.00 1:21.08
		700m: 9:27.36 1:21.36
		800m: 10:44.90 1:17.54
3. Maria Luisa, NOGUEIRA	12 AAC	<b>10:47.97</b>
100m: 1:17.81 1:17.81	300m: 4:01.08 1:21.81	500m: 6:46.17 1:21.91
200m: 2:39.27 1:21.46	400m: 5:24.26 1:23.18	600m: 8:08.51 1:22.34
		700m: 9:30.30 1:21.79
		800m: 10:47.97 1:17.67
4. Clara Lopes, FERNANDES	12 ALN	<b>12:09.21</b>
100m: 1:30.01 1:30.01	300m: 4:36.73 1:33.85	500m: 7:43.11 1:32.56
200m: 3:02.88 1:32.87	400m: 6:10.55 1:33.82	600m: 9:14.58 1:31.47
		700m: 10:45.72 1:31.14
		800m: 12:09.21 1:23.49
5. Alice Silva, SENNA	12 CAQC	<b>12:27.05</b>
100m: 1:31.67 1:31.67	300m: 4:41.06 1:34.36	500m: 7:49.58 1:33.90
200m: 3:06.70 1:35.03	400m: 6:15.68 1:34.62	600m: 9:23.42 1:33.84
		700m: 10:57.36 1:33.94
		800m: 12:27.05 1:29.69
6. Maria Ines, MATEUS	12 CAQC	<b>13:36.97</b>
100m: 1:40.05 1:40.05	300m: 5:06.53 1:43.32	500m: 8:35.88 1:45.55
200m: 3:23.21 1:43.16	400m: 6:50.33 1:43.80	600m: 10:19.04 1:43.16
		700m: 12:00.18 1:41.14
		800m: 13:36.97 1:36.79
<b>Inf A</b>		
1. Joana Cura, NEVES	11 CAQC	<b>10:21.54</b>
100m: 1:15.45 1:15.45	300m: 3:53.38 1:18.97	500m: 6:30.83 1:18.34
200m: 2:34.41 1:18.96	400m: 5:12.49 1:19.11	600m: 7:49.44 1:18.61
		700m: 9:07.86 1:18.42
		800m: 10:21.54 1:13.68
2. Eva Miranda, ALMEIDA	11 SCC	<b>10:24.88</b>
100m: 1:14.66 1:14.66	300m: 3:51.51 1:18.97	500m: 6:29.90 1:19.11
200m: 2:32.54 1:17.88	400m: 5:10.79 1:19.28	600m:
		700m: 9:07.99
		800m: 10:24.88 1:16.89
3. Carolina Damas, PITA	11 CNAC	<b>10:48.02</b>
100m: 1:17.74 1:17.74	300m: 3:58.66 1:20.84	500m: 6:41.70 1:21.51
200m: 2:37.82 1:20.08	400m: 5:20.19 1:21.53	600m: 8:04.72 1:23.02
		700m: 9:27.30 1:22.58
		800m: 10:48.02 1:20.72
4. Matilde Conde, FIGUEIREDO	11 CAQC	<b>10:49.36</b>
100m: 1:21.36 1:21.36	300m: 4:05.82 1:21.94	500m: 6:50.27 1:21.86
200m: 2:43.88 1:22.52	400m: 5:28.41 1:22.59	600m: 8:12.03 1:21.76
		700m: 9:32.72 1:20.69
		800m: 10:49.36 1:16.64
5. Matilde Sofia, PEREIRA	11 CNAC	<b>10:56.64</b>
100m: 1:21.12 1:21.12	300m: 4:06.86 1:22.65	500m: 6:51.46 1:22.20
200m: 2:44.21 1:23.09	400m: 5:29.26 1:22.40	600m: 8:14.00 1:22.54
		700m: 9:36.18 1:22.18
		800m: 10:56.64 1:20.46
6. Sara Ferreira, SANTOS	11 SCC	<b>11:17.27</b>
100m: 1:16.14 1:16.14	300m: 3:59.64 1:22.03	500m: 7:01.05 1:39.31
200m: 2:37.61 1:21.47	400m: 5:21.74 1:22.10	600m: 8:28.80 1:27.75
		700m: 9:54.58 1:25.78
		800m: 11:17.27 1:22.69
7. Carlota Francisco, SANTOS	11 CNAC	<b>11:31.57</b>
100m: 1:23.98 1:23.98	300m: 4:18.87 1:27.27	500m: 7:13.52 1:26.86
200m: 2:51.60 1:27.62	400m: 5:46.66 1:27.79	600m: 8:41.51 1:27.99
		700m: 10:08.16 1:26.65
		800m: 11:31.57 1:23.41
8. Rita Cravino, RIBEIRO	11 CNAC	<b>13:55.71</b>
100m: 1:34.07 1:34.07	300m: 5:06.35 1:47.10	500m: 8:40.49 1:46.24
200m: 3:19.25 1:45.18	400m: 6:54.25 1:47.90	600m: 10:28.33 1:47.84
		700m: 12:14.12 1:45.79
		800m: 13:55.71 1:41.59

Torneio Regional Fundo Infantis e Juvenis  
Cantanhede, 18 - 19/5/2024

Prova 4, Femin., 800m Livres

Juv B

1.	Maria Neto, SIMOES	10	CAQC							<b>9:39.29</b>
	100m: 1:08.72 1:08.72	300m: 3:33.00 1:12.35	500m: 5:59.81 1:13.39	700m: 8:27.28 1:13.92						
	200m: 2:20.65 1:11.93	400m: 4:46.42 1:13.42	600m: 7:13.36 1:13.55	800m: 9:39.29 1:12.01						
2.	Rita Lucas, SANTOS	10	CAQC							<b>10:01.02</b>
	100m: 1:12.84 1:12.84	300m: 3:44.54 1:15.60	500m: 6:16.85 1:16.08	700m: 8:49.26 1:16.03						
	200m: 2:28.94 1:16.10	400m: 5:00.77 1:16.23	600m: 7:33.23 1:16.38	800m: 10:01.02 1:11.76						
3.	Leonor Antunes, PAIVA	10	CNAC							<b>10:16.34</b>
	100m: 1:13.44 1:13.44	300m: 3:48.10 1:17.81	500m: 6:24.38 1:17.97	700m: 9:00.32 1:18.13						
	200m: 2:30.29 1:16.85	400m: 5:06.41 1:18.31	600m: 7:42.19 1:17.81	800m: 10:16.34 1:16.02						
4.	Maria Ines, GANTE	10	CNAC							<b>10:18.70</b>
	100m: 1:16.34 1:16.34	300m: 3:53.62 1:18.71	500m: 6:28.71 1:17.24	700m: 9:04.33 1:18.39						
	200m: 2:34.91 1:18.57	400m: 5:11.47 1:17.85	600m: 7:45.94 1:17.23	800m: 10:18.70 1:14.37						
5.	Leonor Mosca, SILVA	10	SCC							<b>10:22.58</b>
	100m: 1:17.04 1:17.04	300m: 3:53.46 1:18.67	500m: 6:29.10 1:17.59	700m: 9:05.97 1:18.80						
	200m: 2:34.79 1:17.75	400m: 5:11.51 1:18.05	600m: 7:47.17 1:18.07	800m: 10:22.58 1:16.61						
6.	Mariana Bagagem, CARVALHO	10	CNMC							<b>10:44.56</b>
	100m: 1:14.57 1:14.57	300m: 3:55.36 1:21.16	500m: 6:40.22 1:22.52	700m: 9:23.95 1:21.41						
	200m: 2:34.20 1:19.63	400m: 5:17.70 1:22.34	600m: 8:02.54 1:22.32	800m: 10:44.56 1:20.61						
7.	Maria Miguel, FERNANDES	10	SCC							<b>10:57.94</b>
	100m: 1:17.00 1:17.00	300m: 4:01.61 1:22.16	500m: 6:49.26 1:23.87	700m: 9:35.42 1:23.15						
	200m: 2:39.45 1:22.45	400m: 5:25.39 1:23.78	600m: 8:12.27 1:23.01	800m: 10:57.94 1:22.52						
8.	Isabella Scavone, LOPES	10	CNMC							<b>11:19.11</b>
	100m: 1:19.41 1:19.41	300m: 4:10.01 1:26.75	500m: 7:02.89 1:27.16	700m: 9:55.03 1:26.96						
	200m: 2:43.26 1:23.85	400m: 5:35.73 1:25.72	600m: 8:28.07 1:25.18	800m: 11:19.11 1:24.08						

Juv A

1.	Leonor Mercês, CAVALEIRO	09	SCC							<b>9:50.65</b>
	100m: 1:12.61 1:12.61	300m: 3:41.61 1:14.43	500m: 6:11.34 1:14.64	700m: 8:39.43 1:13.97						
	200m: 2:27.18 1:14.57	400m: 4:56.70 1:15.09	600m: 7:25.46 1:14.12	800m: 9:50.65 1:11.22						
2.	Raquel Alexandra, CANCELA	09	ALN							<b>10:05.35</b>
	100m: 1:12.52 1:12.52	300m: 3:44.36 1:16.33	500m: 6:18.33 1:17.45	700m: 8:52.03 1:16.32						
	200m: 2:28.03 1:15.51	400m: 5:00.88 1:16.52	600m: 7:35.71 1:17.38	800m: 10:05.35 1:13.32						
3.	Rita Calado, CRUZ	09	CNAC							<b>10:07.39</b>
	100m: 1:15.20 1:15.20	300m: 3:49.39 1:17.21	500m: 6:22.63 1:16.19	700m: 8:53.86 1:15.60						
	200m: 2:32.18 1:16.98	400m: 5:06.44 1:17.05	600m: 7:38.26 1:15.63	800m: 10:07.39 1:13.53						
4.	Ana Margarida, CRUZ	09	CNAC							<b>11:20.34</b>
	100m: 1:19.59 1:19.59	300m: 4:04.87 1:22.56	500m: 6:56.03 1:26.51	700m: 9:53.21 1:29.33						
	200m: 2:42.31 1:22.72	400m: 5:29.52 1:24.65	600m: 8:23.88 1:27.85	800m: 11:20.34 1:27.13						
5.	Gabriela Maria, SILVA	09	SCC							<b>11:26.02</b>
	100m: 1:19.45 1:19.45	300m: 4:12.16 1:26.99	500m: 7:06.83 1:27.25	700m: 10:00.41 1:26.67						
	200m: 2:45.17 1:25.72	400m: 5:39.58 1:27.42	600m: 8:33.74 1:26.91	800m: 11:26.02 1:25.61						
EXH	Rita Isabel, NEVES	08	CAQC							<b>10:00.23</b>
	100m: 1:13.89 1:13.89	300m: 3:44.32 1:15.32	500m: 6:13.80 1:15.01	700m: 8:46.73 1:17.05						
	200m: 2:29.00 1:15.11	400m: 4:58.79 1:14.47	600m: 7:29.68 1:15.88	800m: 10:00.23 1:13.50						
EXH	Anastacia, PROTOLYUK	09	SCC							<b>10:25.33</b>
	100m: 1:14.48 1:14.48	300m: 3:50.84 1:18.65	500m: 6:27.54 1:18.21	700m: 9:07.02 1:20.31						
	200m: 2:32.19 1:17.71	400m: 5:09.33 1:18.49	600m: 7:46.71 1:19.17	800m: 10:25.33 1:18.31						
EXH	Laura Nobre, MONTEIRO	10	SCC							<b>10:40.06</b>
	100m: 1:17.33 1:17.33	300m: 3:57.54 1:20.21	500m: 6:39.46 1:20.81	700m: 9:21.75 1:21.45						
	200m: 2:37.33 1:20.00	400m: 5:18.65 1:21.11	600m: 8:00.30 1:20.84	800m: 10:40.06 1:18.31						
EXH	Filipa Ferreira, LOISAS	11	SCC							<b>11:08.69</b>
	100m: 1:19.42 1:19.42	300m: 4:07.10 1:24.40	500m: 6:56.81 1:24.85	700m: 9:45.97 1:25.29						
	200m: 2:42.70 1:23.28	400m: 5:31.96 1:24.86	600m: 8:20.68 1:23.87	800m: 11:08.69 1:22.72						

Torneio Regional Fundo Infantis e Juvenis  
Cantanhede, 18 - 19/5/2024

---

Prova 4, Femin., 800m Livres

Lugar			Ano						Tempo final	
EXH	Beatriz Ribeiro, VELOSO		10	GRVM						<b>11:17.53</b>
	100m:	1:19.59 1:19.59	300m:	4:08.69 1:24.86	500m:	7:02.52 1:27.05	700m:	9:56.00 1:26.03		
	200m:	2:43.83 1:24.24	400m:	5:35.47 1:26.78	600m:	8:29.97 1:27.45	800m:	11:17.53 1:21.53		
EXH	Ana Leonor, CARRETO		11	CNAC						<b>11:27.17</b>
	100m:	1:24.39 1:24.39	300m:	4:18.94 1:27.04	500m:	7:12.19 1:26.97	700m:	10:04.02 1:24.93		
	200m:	2:51.90 1:27.51	400m:	5:45.22 1:26.28	600m:	8:39.09 1:26.90	800m:	11:27.17 1:23.15		
EXH	Maria Manuela, ANDRADE		11	CUC						<b>13:06.79</b>
	100m:	1:29.10 1:29.10	300m:	4:47.23 1:41.13	500m:	8:10.33 1:41.13	700m:	11:33.85 1:41.01		
	200m:	3:06.10 1:37.00	400m:	6:29.20 1:41.97	600m:	9:52.84 1:42.51	800m:	13:06.79 1:32.94		
EXH	Carolna Almeida, ABRANTES		12	CUC						<b>13:19.79</b>
	100m:	1:35.64 1:35.64	300m:	4:56.98 1:41.10	500m:	8:20.38 1:41.69	700m:	11:43.80 1:41.05		
	200m:	3:15.88 1:40.24	400m:	6:38.69 1:41.71	600m:	10:02.75 1:42.37	800m:	13:19.79 1:35.99		
EXH	Maria Filipa, GOMES		12	CNAC						<b>13:47.21</b>
	100m:	1:38.33 1:38.33	300m:	5:03.57 1:41.86	500m:	8:34.61 1:44.88	700m:	12:07.01 1:44.99		
	200m:	3:21.71 1:43.38	400m:	6:49.73 1:46.16	600m:	10:22.02 1:47.41	800m:	13:47.21 1:40.20		