

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 21 Femin., 400m Livres Juvenis Resultados  
07/12/2024 - 17:30

Rec Nac 25m Open	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m Juv B	4:23.08	MIGUEL Susana Patricia	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: AQUA 2024

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

1.	PEREIRA Sofia Barroca	14	212103	BUZIOS - Coruche	<b>4:44.98</b>		534	
	50m: 32.18 32.18			150m: 1:43.56 36.20	250m: 2:56.89 36.60	350m: 4:10.45 36.71		
	100m: 1:07.36 35.18			200m: 2:20.29 36.73	300m: 3:33.74 36.85	400m: 4:44.98 34.53		
2.	JESUS Vera Franca	14	211346	Naval Do Funchal	<b>4:48.90</b>		513	
	50m: 32.36 32.36			150m: 1:46.59 37.44	250m: 3:00.62 36.89	350m: 4:14.23 36.25		
	100m: 1:09.15 36.79			200m: 2:23.73 37.14	300m: 3:37.98 37.36	400m: 4:48.90 34.67		
3.	FERREIRA Carolina Morao	14	211806	Academia Acores	<b>4:55.80</b>		478	
	50m: 33.37 33.37			150m: 1:46.24 37.25	250m: 3:01.94 38.02	350m: 4:17.80 37.80		
	100m: 1:08.99 35.62			200m: 2:23.92 37.68	300m: 3:40.00 38.06	400m: 4:55.80 38.00		
4.	MONTEIRO Francisca Cunha	14	216298	Benfica	<b>4:56.02</b>		477	
	50m: 33.50 33.50			150m: 1:47.64 37.40	250m: 3:03.68 38.16	350m: 4:19.33 37.60		
	100m: 1:10.24 36.74			200m: 2:25.52 37.88	300m: 3:41.73 38.05	400m: 4:56.02 36.69		
5.	CORREIA Maria Rendeiro	14	214922	Alges	<b>4:57.34</b>		470	
	50m: 33.73 33.73			150m: 1:48.64 37.86	250m: 3:05.01 38.40	350m: 4:20.96 37.59		
	100m: 1:10.78 37.05			200m: 2:26.61 37.97	300m: 3:43.37 38.36	400m: 4:57.34 36.38		
6.	MAO DE FERRO Ana	14	142167	Sporting	<b>4:58.36</b>		465	
	50m: 33.66 33.66			150m: 1:48.72 38.11	250m: 3:05.09 38.22	350m: 4:21.69 38.02		
	100m: 1:10.61 36.95			200m: 2:26.87 38.15	300m: 3:43.67 38.58	400m: 4:58.36 36.67		
7.	SANTOS Carlota Sa	14	211060	Nucleo de Pombal	<b>4:59.82</b>		459	
	50m: 34.24 34.24			150m: 1:48.66 37.33	250m: 3:04.94 38.22	350m: 4:22.11 38.61		
	100m: 1:11.33 37.09			200m: 2:26.72 38.06	300m: 3:43.50 38.56	400m: 4:59.82 37.71		
8.	PRYMACHENKO Anastasiya	14	209931	Nucleo de Pombal	<b>5:01.45</b>		451	
	50m: 33.54 33.54			150m: 1:48.92 38.08	250m: 3:06.57 39.02	350m: 4:23.99 38.60		
	100m: 1:10.84 37.30			200m: 2:27.55 38.63	300m: 3:45.39 38.82	400m: 5:01.45 37.46		
9.	CASTANHEIRA Carolina Silva	14	210906	Nautico de Leiria - VOID	<b>5:01.93</b>		449	
	50m: 33.93 33.93			150m: 1:49.52 38.36	250m: 3:05.90 38.26	350m: 4:23.60 38.42		
	100m: 1:11.16 37.23			200m: 2:27.64 38.12	300m: 3:45.18 39.28	400m: 5:01.93 38.33		
10.	ALVES Leonor Mota	14	213003	Nautico Marinha Grande	<b>5:02.72</b>		446	
	50m: 34.37 34.37			150m: 1:51.63 38.79	250m: 3:08.81 38.17	350m: 4:25.97 38.34		
	100m: 1:12.84 38.47			200m: 2:30.64 39.01	300m: 3:47.63 38.82	400m: 5:02.72 36.75		
11.	GOMES Madalena Correia	14	216271	Colegio Monte Maior	<b>5:10.72</b>		412	
	50m: 34.19 34.19			150m: 1:49.74 38.27	250m: 3:08.87 39.77	350m: 4:30.12 40.67		
	100m: 1:11.47 37.28			200m: 2:29.10 39.36	300m: 3:49.45 40.58	400m: 5:10.72 40.60		

Juvenil A

1.	MARTINS Leonor Sombreiro	15	211313	BUZIOS - Coruche	<b>4:41.60</b>		554	
	50m: 31.48 31.48			150m: 1:41.74 35.87	250m: 2:54.03 36.06	350m: 4:07.29 36.73		
	100m: 1:05.87 34.39			200m: 2:17.97 36.23	300m: 3:30.56 36.53	400m: 4:41.60 34.31		
2.	AMORIM Laura Helena	15	208832	Nautico Marinha Grande	<b>4:44.70</b>		536	
	50m: 32.42 32.42			150m: 1:43.74 36.21	250m: 2:56.89 36.43	350m: 4:09.90 36.36		
	100m: 1:07.53 35.11			200m: 2:20.46 36.72	300m: 3:33.54 36.65	400m: 4:44.70 34.80		
3.	SANTOS Carolina Brito	15	212564	Naval de Faro	<b>4:48.81</b>		513	
	50m: 32.88 32.88			150m: 1:44.89 36.70	250m: 2:58.77 37.15	350m: 4:13.08 36.98		
	100m: 1:08.19 35.31			200m: 2:21.62 36.73	300m: 3:36.10 37.33	400m: 4:48.81 35.73		
4.	PROENCA Victoria Sales	15	211478	Benfica	<b>4:49.08</b>		512	
	50m: 32.64 32.64			150m: 1:46.21 37.27	250m: 3:00.40 36.67	350m: 4:13.81 36.09		
	100m: 1:08.94 36.30			200m: 2:23.73 37.52	300m: 3:37.72 37.32	400m: 4:49.08 35.27		

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Abrantes, 6 - 8/12/2024

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

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	MENDES Bianca Balbino	15	206074	Naval de Peniche	<b>4:49.86</b>		508	
	50m: 33.39 33.39		150m: 1:45.35 36.70	250m: 2:58.84	36.85	350m: 4:13.01 37.34		
	100m: 1:08.65 35.26		200m: 2:21.99 36.64	300m: 3:35.67	36.83	400m: 4:49.86 36.85		
6.	GOMES Rita Braga	15	213921	Alges	<b>4:50.00</b>		507	
	50m: 32.65 32.65		150m: 1:44.20 36.06	250m: 2:58.86	37.43	350m: 4:14.18 37.57		
	100m: 1:08.14 35.49		200m: 2:21.43 37.23	300m: 3:36.61	37.75	400m: 4:50.00 35.82		
7.	DINIZ Beatriz Costa	15	150966	Sporting	<b>4:53.02</b>		491	
	50m: 34.49 34.49		150m: 1:47.73 37.04	250m: 3:02.56	37.18	350m: 4:16.94 36.71		
	100m: 1:10.69 36.20		200m: 2:25.38 37.65	300m: 3:40.23	37.67	400m: 4:53.02 36.08		
8.	MENDES Ana Nabais	15	211556	Laranjeiro	<b>4:54.86</b>		482	
	50m: 33.12 33.12		150m: 1:46.14 37.07	250m: 3:01.71	37.81	350m: 4:17.57 38.08		
	100m: 1:09.07 35.95		200m: 2:23.90 37.76	300m: 3:39.49	37.78	400m: 4:54.86 37.29		
9.	VELEZ Vida Sofia	15	209976	Bairro dos Anjos/ Leiria	<b>4:57.66</b>		469	
	50m: 32.81 32.81		150m: 1:46.24 37.09	250m: 3:02.96	38.64	350m: 4:19.34 38.10		
	100m: 1:09.15 36.34		200m: 2:24.32 38.08	300m: 3:41.24	38.28	400m: 4:57.66 38.32		
10.	LOPES Maria Leonor	15	210579	Torres Novas	<b>4:59.14</b>		462	
	50m: 34.62 34.62		150m: 1:51.04 38.41	250m: 3:07.61	37.92	350m: 4:22.73 37.29		
	100m: 1:12.63 38.01		200m: 2:29.69 38.65	300m: 3:45.44	37.83	400m: 4:59.14 36.41		
11.	FRYXELL Maria Ines	15	205333	AONDA-Azeitao	<b>5:00.40</b>		456	
	50m: 33.45 33.45		150m: 1:48.16 38.02	250m: 3:05.66	38.59	350m: 4:23.09 38.48		
	100m: 1:10.14 36.69		200m: 2:27.07 38.91	300m: 3:44.61	38.95	400m: 5:00.40 37.31		
12.	MATEUS Ines Filipa	15	212937	Lagoa AC	<b>5:01.19</b>		452	
	50m: 32.89 32.89		150m: 1:47.09 37.56	250m: 3:03.91	38.72	350m: 4:22.96 39.74		
	100m: 1:09.53 36.64		200m: 2:25.19 38.10	300m: 3:43.22	39.31	400m: 5:01.19 38.23		
13.	MENDES Barbara Balbino	15	206073	Naval de Peniche	<b>5:01.66</b>		450	
	50m: 34.69 34.69		150m: 1:51.05 38.41	250m: 3:08.33	38.73	350m: 4:24.93 37.97		
	100m: 1:12.64 37.95		200m: 2:29.60 38.55	300m: 3:46.96	38.63	400m: 5:01.66 36.73		
14.	SILVA Lara Paixao	15	210801	Rio Maior	<b>5:01.72</b>		450	
	50m: 33.25 33.25		150m: 1:47.47 37.82	250m: 3:04.38	38.54	350m: 4:23.95 39.76		
	100m: 1:09.65 36.40		200m: 2:25.84 38.37	300m: 3:44.19	39.81	400m: 5:01.72 37.77		
15.	BRANCO Beatriz Paiva	15	213992	Laranjeiro	<b>5:04.23</b>		439	
	50m: 34.02 34.02		150m: 1:49.58 38.00	250m: 3:07.53	39.39	350m: 4:26.05 38.98		
	100m: 1:11.58 37.56		200m: 2:28.14 38.56	300m: 3:47.07	39.54	400m: 5:04.23 38.18		
16.	ALVES Maria Carolina	15	210804	Bairro dos Anjos/ Leiria	<b>5:04.99</b>		436	
	50m: 33.73 33.73		150m: 1:47.37 37.66	250m: 3:05.18	39.52	350m: 4:25.86 40.45		
	100m: 1:09.71 35.98		200m: 2:25.66 38.29	300m: 3:45.41	40.23	400m: 5:04.99 39.13		