

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

Prova 32 Femin., 400m Estilos Juvenis
08/12/2024 - 9:50 Resultados

Rec Nac 25m Open	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 25m Juv A	4:51.85	SANTOS Ana Claudia	SFUAP	Setubal	21/11/2004
Rec Nac 25m Juv B	4:56.53	CUNHA Mariana Pacheco	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: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenil B								
1.	FELICIANO Francisca Moreira	14	213295	Alcobaca	5:24.79		506	
	50m: 34.23 34.23	150m: 1:55.30	41.22	250m: 3:22.53	46.19	350m: 4:48.41	38.62	
	100m: 1:14.08 39.85	200m: 2:36.34	41.04	300m: 4:09.79	47.26	400m: 5:24.79	36.38	
2.	VALA Maria Joao	14	209706	Pimpoes/Cimai	5:34.50		463	
	50m: 36.71 36.71	150m: 2:02.32	41.65	250m: 3:31.32	48.37	350m: 4:57.96	38.55	
	100m: 1:20.67 43.96	200m: 2:42.95	40.63	300m: 4:19.41	48.09	400m: 5:34.50	36.54	
3.	HURYNOVICH Varvara	14	222740	Alges	5:38.36		448	
	50m: 35.50 35.50	150m: 2:01.56	44.07	250m: 3:33.05	47.56	350m: 5:00.75	39.22	
	100m: 1:17.49 41.99	200m: 2:45.49	43.93	300m: 4:21.53	48.48	400m: 5:38.36	37.61	
4.	SERRA Ana Filipa	14	211617	CPCD-Povoa St Iria	5:39.93		442	
	50m: 35.78 35.78	150m: 2:02.95	44.13	250m: 3:33.20	48.30	350m: 5:01.17	39.58	
	100m: 1:18.82 43.04	200m: 2:44.90	41.95	300m: 4:21.59	48.39	400m: 5:39.93	38.76	
5.	PAIVA Ines Silva	14	216507	Colegio Monte Maior	5:47.34		414	
	50m: 37.31 37.31	150m: 2:04.39	41.49	250m: 3:37.32	51.11	350m: 5:07.86	39.85	
	100m: 1:22.90 45.59	200m: 2:46.21	41.82	300m: 4:28.01	50.69	400m: 5:47.34	39.48	
6.	ABRANTES Ines Freitas	14	216508	Colegio Monte Maior	5:50.93		401	
	50m: 37.50 37.50	150m: 2:04.60	46.65	250m: 3:41.89	51.67	350m: 5:11.98	38.24	
	100m: 1:17.95 40.45	200m: 2:50.22	45.62	300m: 4:33.74	51.85	400m: 5:50.93	38.95	
7.	BALDO Madalena Ferreira	14	216272	Colegio Monte Maior	6:02.18		365	
	50m: 36.61 36.61	150m: 2:06.83	44.33	250m: 3:40.52	48.48	350m: 5:17.26	44.47	
	100m: 1:22.50 45.89	200m: 2:52.04	45.21	300m: 4:32.79	52.27	400m: 6:02.18	44.92	

Juvenil A

1.	AZEVEDO Constanca Lourenc	15	213367	Lagoa AC	5:13.90		561	
	50m: 33.40 33.40	150m: 1:51.24	39.52	250m: 3:15.21	46.30	350m: 4:38.43	37.02	
	100m: 1:11.72 38.32	200m: 2:28.91	37.67	300m: 4:01.41	46.20	400m: 5:13.90	35.47	
2.	GOMES Rita Braga	15	213921	Alges	5:25.93		501	
	50m: 33.56 33.56	150m: 1:56.61	43.84	250m: 3:25.44	45.80	350m: 4:49.69	37.36	
	100m: 1:12.77 39.21	200m: 2:39.64	43.03	300m: 4:12.33	46.89	400m: 5:25.93	36.24	
3.	MARTINS Leonor Sombreiro	15	211313	BUZIOS - Coruche	5:27.22		495	
	50m: 34.60 34.60	150m: 1:56.84	41.65	250m: 3:26.26	48.04	350m: 4:52.23	36.57	
	100m: 1:15.19 40.59	200m: 2:38.22	41.38	300m: 4:15.66	49.40	400m: 5:27.22	34.99	
4.	AMORIM Laura Helena	15	208832	Nautico Marinha Grande	5:29.33		486	
	50m: 35.90 35.90	150m: 1:59.75	42.11	250m: 3:27.85	46.93	350m: 4:53.29	37.52	
	100m: 1:17.64 41.74	200m: 2:40.92	41.17	300m: 4:15.77	47.92	400m: 5:29.33	36.04	
5.	ALVES Diana Isabel	15	205555	Pimpoes/Cimai	5:32.03		474	
	50m: 34.56 34.56	150m: 1:57.87	42.59	250m: 3:28.10	48.85	350m: 4:55.44	37.79	
	100m: 1:15.28 40.72	200m: 2:39.25	41.38	300m: 4:17.65	49.55	400m: 5:32.03	36.59	
6.	VIEIRA Matilde Santos	15	214518	Nautico Marinha Grande	5:33.83		466	
	50m: 34.50 34.50	150m: 2:00.53	45.18	250m: 3:31.52	47.88	350m: 4:57.90	37.78	
	100m: 1:15.35 40.85	200m: 2:43.64	43.11	300m: 4:20.12	48.60	400m: 5:33.83	35.93	
7.	ROSA Clara Sofia	15	210050	Desportivo Nacional	5:38.90		446	
	50m: 35.71 35.71	150m: 2:00.79	44.34	250m: 3:32.27	48.29	350m: 5:01.14	40.12	
	100m: 1:16.45 40.74	200m: 2:43.98	43.19	300m: 4:21.02	48.75	400m: 5:38.90	37.76	
8.	FRISCHKNECHT Luisa Anjos	15	210973	Naval Setubalense	5:38.93		445	
	50m: 35.27 35.27	150m: 1:59.29	44.19	250m: 3:31.82	48.70	350m: 5:00.58	39.81	
	100m: 1:15.10 39.83	200m: 2:43.12	43.83	300m: 4:20.77	48.95	400m: 5:38.93	38.35	



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

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

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	FALEIRO Sira Valentim	15	209302	Lagoa AC	5:45.13		422	
	50m: 35.27 35.27	150m: 2:01.08	43.99	250m: 3:34.10	49.66	350m: 5:03.58	39.95	
	100m: 1:17.09 41.82	200m: 2:44.44	43.36	300m: 4:23.63	49.53	400m: 5:45.13	41.55	
10.	VELEZ Vida Sofia	15	209976	Bairro dos Anjos/ Leiria	5:52.12		397	
	50m: 37.60 37.60	150m: 2:09.47	43.65	250m: 3:41.61	50.53	350m: 5:13.22	40.86	
	100m: 1:25.82 48.22	200m: 2:51.08	41.61	300m: 4:32.36	50.75	400m: 5:52.12	38.90	
DSQ	BERNAT Alicia Del Rio	15	212723	Alges				
	<i>9.4 - O(A) nadador(a) não executou a viragem dos 175 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, - A atleta não efetuou a viragem logo após terminar o movimento contínuo da braçada</i>							