

Torneio Zonal de Juvenis (Zona Norte)
Condeixa, 6 - 8/12/2024

Prova 21
07/12/2024 - 16:10

Femin., 400m Livres

Juvenis
Resultados

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

TAC Zonais Juv A Fem Juv A: 4:59.94 / TAC Zonais Juv B Fem Juv B: 5:07.37

Pontos: AQUA 2024

| Lugar | | | Ano | | | Tempo final | | | Pts | |
|------------------|-----------------------------|---------------|-------|---------------------------|-------|----------------|---------|-------|-------|---------------|
| Juvenis B | | | | | | | | | | |
| 1. | Sofia Hryhorivna, HOLUB | | 11 | Vitoria Guimaraes | | 4:40.52 | | | 560 | |
| | 50m: | 31.91 31.91 | 150m: | 1:42.68 | 35.83 | 250m: | 2:54.27 | 35.78 | 350m: | 4:06.34 35.91 |
| | 100m: | 1:06.85 34.94 | 200m: | 2:18.49 | 35.81 | 300m: | 3:30.43 | 36.16 | 400m: | 4:40.52 34.18 |
| 2. | Zoe Pinho, NUNES | | 11 | Galitos / Bresimar | | 4:41.39 | | | 555 | |
| | 50m: | 31.33 31.33 | 150m: | 1:39.71 | 34.90 | 250m: | 2:52.34 | 36.77 | 350m: | 4:05.98 36.64 |
| | 100m: | 1:04.81 33.48 | 200m: | 2:15.57 | 35.86 | 300m: | 3:29.34 | 37.00 | 400m: | 4:41.39 35.41 |
| 3. | Matilde Paiva, CARDOSO | | 11 | Fluvial Portuense | | 4:46.33 | | | 527 | |
| | 50m: | 32.67 32.67 | 150m: | 1:45.72 | 36.83 | 250m: | 2:59.02 | 36.73 | 350m: | 4:11.25 35.71 |
| | 100m: | 1:08.89 36.22 | 200m: | 2:22.29 | 36.57 | 300m: | 3:35.54 | 36.52 | 400m: | 4:46.33 35.08 |
| 4. | Filipa Ferreira, LOISAS | | 11 | Columbofila Cantanhedense | | 4:47.94 | | | 518 | |
| | 50m: | 34.02 34.02 | 150m: | 1:47.00 | 36.10 | 250m: | 3:00.29 | 36.52 | 350m: | 4:12.10 35.83 |
| | 100m: | 1:10.90 36.88 | 200m: | 2:23.77 | 36.77 | 300m: | 3:36.27 | 35.98 | 400m: | 4:47.94 35.84 |
| 5. | Mariana Fernandes, CUNHA | | 11 | Foca Quinta Da Lixa - Cnf | | 4:49.90 | | | 507 | |
| | 50m: | 32.90 32.90 | 150m: | 1:45.32 | 36.77 | 250m: | 2:59.67 | 37.27 | 350m: | 4:13.74 36.81 |
| | 100m: | 1:08.55 35.65 | 200m: | 2:22.40 | 37.08 | 300m: | 3:36.93 | 37.26 | 400m: | 4:49.90 36.16 |
| 6. | Violeta Bernardo, FERREIRA | | 11 | Fluvial Portuense | | 4:53.64 | | | 488 | |
| | 50m: | 33.87 33.87 | 150m: | 1:48.45 | 37.31 | 250m: | 3:03.55 | 37.41 | 350m: | 4:18.11 37.13 |
| | 100m: | 1:11.14 37.27 | 200m: | 2:26.14 | 37.69 | 300m: | 3:40.98 | 37.43 | 400m: | 4:53.64 35.53 |
| 7. | Beatriz Oliveira, PORTULEZ | | 11 | Columbofila Cantanhedense | | 4:54.30 | | | 485 | |
| | 50m: | 34.43 34.43 | 150m: | 1:48.72 | 36.93 | 250m: | 3:03.98 | 37.62 | 350m: | 4:18.61 37.07 |
| | 100m: | 1:11.79 37.36 | 200m: | 2:26.36 | 37.64 | 300m: | 3:41.54 | 37.56 | 400m: | 4:54.30 35.69 |
| 8. | Sofia, SYTNYK | | 11 | Braga | | 4:58.75 | | | 464 | |
| | 50m: | 33.99 33.99 | 150m: | 1:48.90 | 37.83 | 250m: | 3:04.79 | 38.05 | 350m: | 4:21.10 38.11 |
| | 100m: | 1:11.07 37.08 | 200m: | 2:26.74 | 37.84 | 300m: | 3:42.99 | 38.20 | 400m: | 4:58.75 37.65 |
| 9. | Catarina Miguel, ENCARNACAO | | 11 | Famalicao | | 5:00.20 | | | 457 | |
| | 50m: | 34.37 34.37 | 150m: | 1:49.60 | 37.58 | 250m: | 3:06.10 | 38.19 | 350m: | 4:22.86 37.99 |
| | 100m: | 1:12.02 37.65 | 200m: | 2:27.91 | 38.31 | 300m: | 3:44.87 | 38.77 | 400m: | 5:00.20 37.34 |
| 10. | Carlota Gaspar, PIRES | | 11 | Porto | | 5:02.99 | | | 444 | |
| | 50m: | 34.37 34.37 | 150m: | 1:50.52 | 38.48 | 250m: | 3:07.91 | 38.62 | 350m: | 4:25.48 38.73 |
| | 100m: | 1:12.04 37.67 | 200m: | 2:29.29 | 38.77 | 300m: | 3:46.75 | 38.84 | 400m: | 5:02.99 37.51 |
| 11. | Alice Maria, RODRIGUES | | 11 | Academico de Viseu | | 5:04.30 | | | 439 | |
| | 50m: | 34.84 34.84 | 150m: | 1:51.10 | 38.32 | 250m: | 3:08.85 | 38.84 | 350m: | 4:27.42 39.23 |
| | 100m: | 1:12.78 37.94 | 200m: | 2:30.01 | 38.91 | 300m: | 3:48.19 | 39.34 | 400m: | 5:04.30 36.88 |

Juvenis A

| | | | | | | | | | | |
|----|------------------------|---------------|-------|----------------|-------|----------------|---------|-------|-------|---------------|
| 1. | Leonor Nunes, CARDEAL | | 10 | Condeixa Clube | | 4:27.03 | | | 649 | |
| | 50m: | 30.32 30.32 | 150m: | 1:37.35 | 33.79 | 250m: | 2:45.66 | 33.98 | 350m: | 3:54.54 34.40 |
| | 100m: | 1:03.56 33.24 | 200m: | 2:11.68 | 34.33 | 300m: | 3:20.14 | 34.48 | 400m: | 4:27.03 32.49 |
| 2. | Camila Duarte, MARCELO | | 10 | Condeixa Clube | | 4:32.78 | | | 609 | |
| | 50m: | 31.38 31.38 | 150m: | 1:39.78 | 34.25 | 250m: | | | 350m: | 3:58.12 34.55 |
| | 100m: | 1:05.53 34.15 | 200m: | 2:14.27 | 34.49 | 300m: | 3:23.57 | | 400m: | 4:32.78 34.66 |
| 3. | Rita Lucas, SANTOS | | 10 | Condeixa Clube | | 4:40.79 | | | 558 | |
| | 50m: | 31.89 31.89 | 150m: | 1:42.79 | 35.84 | 250m: | 2:54.63 | 35.82 | 350m: | 4:06.88 35.68 |
| | 100m: | 1:06.95 35.06 | 200m: | 2:18.81 | 36.02 | 300m: | 3:31.20 | 36.57 | 400m: | 4:40.79 33.91 |
| 4. | Ana Jose, MARQUES | | 10 | Braga | | 4:45.04 | | | 534 | |
| | 50m: | 32.60 32.60 | 150m: | 1:43.94 | 35.79 | 250m: | 2:56.21 | 36.11 | 350m: | 4:08.93 36.44 |
| | 100m: | 1:08.15 35.55 | 200m: | 2:20.10 | 36.16 | 300m: | 3:32.49 | 36.28 | 400m: | 4:45.04 36.11 |

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

| Lugar | | | Ano | | | | | Tempo final | Pts | | |
|-------|--------------------------|---------------|-------|---------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 5. | Filipa Correia, REGO | | 10 | Vilacondense | | | | 4:45.06 | 534 | | |
| | 50m: | 32.88 32.88 | 150m: | 1:44.08 | 35.89 | 250m: | 2:57.26 | 36.92 | 350m: | 4:10.70 | 36.37 |
| | 100m: | 1:08.19 35.31 | 200m: | 2:20.34 | 36.26 | 300m: | 3:34.33 | 37.07 | 400m: | 4:45.06 | 34.36 |
| 6. | Maria Rita, CUNHA | | 10 | Colegio Efanor | | | | 4:45.48 | 531 | | |
| | 50m: | 33.02 33.02 | 150m: | 1:44.33 | 35.91 | 250m: | 2:57.20 | 36.47 | 350m: | 4:10.36 | 36.39 |
| | 100m: | 1:08.42 35.40 | 200m: | 2:20.73 | 36.40 | 300m: | 3:33.97 | 36.77 | 400m: | 4:45.48 | 35.12 |
| 7. | Leonor Antunes, PAIVA | | 10 | Nautico Academico | | | | 4:50.41 | 505 | | |
| | 50m: | 32.41 32.41 | 150m: | 1:45.17 | 37.11 | 250m: | 2:59.88 | 37.51 | 350m: | 4:14.40 | 37.26 |
| | 100m: | 1:08.06 35.65 | 200m: | 2:22.37 | 37.20 | 300m: | 3:37.14 | 37.26 | 400m: | 4:50.41 | 36.01 |
| 8. | Bruna Bacelar, GREGORIO | | 10 | Vilacondense | | | | 4:50.87 | 502 | | |
| | 50m: | 32.94 32.94 | 150m: | 1:46.41 | 37.20 | 250m: | 3:00.84 | 37.41 | 350m: | 4:14.80 | 36.69 |
| | 100m: | 1:09.21 36.27 | 200m: | 2:23.43 | 37.02 | 300m: | 3:38.11 | 37.27 | 400m: | 4:50.87 | 36.07 |
| 9. | Leticia Alves, CASTRO | | 10 | Braga | | | | 4:53.71 | 488 | | |
| | 50m: | 33.77 33.77 | 150m: | 1:47.12 | 37.25 | 250m: | 3:02.52 | 37.77 | 350m: | 4:17.40 | 37.26 |
| | 100m: | 1:09.87 36.10 | 200m: | 2:24.75 | 37.63 | 300m: | 3:40.14 | 37.62 | 400m: | 4:53.71 | 36.31 |
| 10. | Leonor Mosca, SILVA | | 10 | Columbofila Cantanhedense | | | | 4:54.85 | 482 | | |
| | 50m: | 34.03 34.03 | 150m: | 1:47.92 | 37.36 | 250m: | | | 350m: | 4:18.20 | 37.22 |
| | 100m: | 1:10.56 36.53 | 200m: | 2:25.16 | 37.24 | 300m: | 3:40.98 | | 400m: | 4:54.85 | 36.65 |
| 11. | Beatriz Peguinho, SIMOES | | 10 | Academica de Coimbra | | | | 4:57.17 | 471 | | |
| | 50m: | 34.38 34.38 | 150m: | 1:50.49 | 38.43 | 250m: | | | 350m: | 4:20.02 | 36.94 |
| | 100m: | 1:12.06 37.68 | 200m: | 2:28.69 | 38.20 | 300m: | 3:43.08 | | 400m: | 4:57.17 | 37.15 |
| 12. | Ana Laura, NOGUEIRA | | 10 | Braga | | | | 4:58.01 | 467 | | |
| | 50m: | 34.32 34.32 | 150m: | 1:49.73 | 38.02 | 250m: | 3:05.64 | 37.91 | 350m: | 4:21.46 | 37.78 |
| | 100m: | 1:11.71 37.39 | 200m: | 2:27.73 | 38.00 | 300m: | 3:43.68 | 38.04 | 400m: | 4:58.01 | 36.55 |
| 13. | Sofia Rodrigues, COSTA | | 10 | Colegio Efanor | | | | 4:58.03 | 467 | | |
| | 50m: | 32.92 32.92 | 150m: | 1:46.65 | 37.38 | 250m: | 3:02.76 | 37.93 | 350m: | 4:19.84 | 38.83 |
| | 100m: | 1:09.27 36.35 | 200m: | 2:24.83 | 38.18 | 300m: | 3:41.01 | 38.25 | 400m: | 4:58.03 | 38.19 |