

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

Prova 32 Femin., 400m Estilos Juvenis  
08/12/2024 - 10:35 Resultados

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

TAC Zonais Juv A Fem Juv A: 5:44.29 / TAC Zonais Juv B Fem Juv B: 5:50.53

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Valeria, KOSLOVA	11 Braga	<b>5:24.72</b>	507
50m: 34.25 34.25	150m: 1:56.38 41.91	250m: 3:22.16 44.89	350m: 4:47.73 39.27
100m: 1:14.47 40.22	200m: 2:37.27 40.89	300m: 4:08.46 46.30	400m: 5:24.72 36.99
2. Mariana Fernandes, CUNHA	11 Foca Quinta Da Lixa - Cnf	<b>5:30.73</b>	479
50m: 35.63 35.63	150m: 1:59.74 41.95	250m: 3:29.69 49.23	350m: 4:54.79 37.24
100m: 1:17.79 42.16	200m: 2:40.46 40.72	300m: 4:17.55 47.86	400m: 5:30.73 35.94
3. Joana Cura, NEVES	11 Condeixa Clube	<b>5:33.04</b>	470
50m: 34.85 34.85	150m: 1:58.85 44.50	250m: 3:29.67 48.13	350m: 4:56.46 37.43
100m: 1:14.35 39.50	200m: 2:41.54 42.69	300m: 4:19.03 49.36	400m: 5:33.04 36.58
4. Eva Miranda, ALMEIDA	11 Columbofila Cantanhedense	<b>5:39.38</b>	444
50m: 35.98 35.98	150m: 2:00.44 43.29	250m: 3:32.75 49.02	350m: 5:01.93 38.95
100m: 1:17.15 41.17	200m: 2:43.73 43.29	300m: 4:22.98 50.23	400m: 5:39.38 37.45

**Juvenis A**

1. Leonor Nunes, CARDEAL	10 Condeixa Clube	<b>5:10.71</b>	578
50m: 33.23 33.23	150m: 1:51.65 40.70	250m: 3:16.82 45.57	350m: 4:37.89 35.22
100m: 1:10.95 37.72	200m: 2:31.25 39.60	300m: 4:02.67 45.85	400m: 5:10.71 32.82
2. Maria Neto, SIMOES	10 Condeixa Clube	<b>5:14.16</b>	559
50m: 32.94 32.94	150m: 1:52.96 41.87	250m: 3:17.89 44.33	350m: 4:39.12 36.27
100m: 1:11.09 38.15	200m: 2:33.56 40.60	300m: 4:02.85 44.96	400m: 5:14.16 35.04
3. Francisca Sousa, BRANCO	10 Porto	<b>5:16.18</b>	549
50m: 33.65 33.65	150m: 1:53.00 41.93	250m: 3:19.42 44.43	350m: 4:40.82 36.49
100m: 1:11.07 37.42	200m: 2:34.99 41.99	300m: 4:04.33 44.91	400m: 5:16.18 35.36
4. Maria Rita, CUNHA	10 Colegio Efanor	<b>5:24.14</b>	509
50m: 34.84 34.84	150m: 1:56.20 40.94	250m: 3:22.63 46.80	350m: 4:47.21 37.59
100m: 1:15.26 40.42	200m: 2:35.83 39.63	300m: 4:09.62 46.99	400m: 5:24.14 36.93
5. Ana Laura, NOGUEIRA	10 Braga	<b>5:38.03</b>	449
50m: 35.60 35.60	150m: 2:01.03 43.65	250m: 3:32.19 48.65	350m: 5:00.40 38.82
100m: 1:17.38 41.78	200m: 2:43.54 42.51	300m: 4:21.58 49.39	400m: 5:38.03 37.63
6. Mariana Dias, PEREIRA	10 Algés e Águeda XXI	<b>5:45.19</b>	422
<i>FTL</i>			
50m: 37.06 37.06	150m: 2:06.13 45.26	250m: 3:38.23 48.96	350m: 5:06.24 38.56
100m: 1:20.87 43.81	200m: 2:49.27 43.14	300m: 4:27.68 49.45	400m: 5:45.19 38.95
7. Leonor Sobreiro, ALMEIDA	10 CASPAE	<b>5:54.85</b>	388
<i>FTL</i>			
50m: 37.03 37.03	150m: 2:11.04 47.90	250m: 3:44.10 47.15	350m: 5:15.41 42.54
100m: 1:23.14 46.11	200m: 2:56.95 45.91	300m: 4:32.87 48.77	400m: 5:54.85 39.44

DSQ Eduarda Dias, PIMENTEL 10 Porto  
*SW 6.2 - O/A atleta perdeu a posição de costas aos 200 metros.*