

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

Prova 37
08/12/2024 - 15:30

Femin., 1500m Livres

Juvenis
Resultados

Rec Nacional Open	15:55.19	Diana Margarida, DURAES	SLB	Felgueiras	23/11/2019
Rec Nacional Juv A	16:54.39	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	16/03/2014
Rec Nacional Juv B	17:17.43	Tamila Hryhorivna, HOLUB	SCB	Vila Praia Ancora	30/06/2013

TAC Zonais Juv A Fem Juv A: 20:33.24 / TAC Zonais Juv B Fem Juv B: 20:55.67

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Matilde Paiva, CARDOSO	11	Fluvial Portuense	18:32.85 543
100m: 1:10.28 1:10.28	500m: 6:08.16 1:14.71	900m: 11:07.38 1:14.84	1300m: 16:05.84 1:14.72
200m: 2:24.68 1:14.40	600m: 7:23.06 1:14.90	1000m: 12:21.98 1:14.60	1400m: 17:19.86 1:14.02
300m: 3:39.23 1:14.55	700m: 8:37.87 1:14.81	1100m: 13:36.76 1:14.78	1500m: 18:32.85 1:12.99
400m: 4:53.45 1:14.22	800m: 9:52.54 1:14.67	1200m: 14:51.12 1:14.36	
2. Beatriz Oliveira, PORTULEZ	11	Columbifila Cantanhedense	18:56.86 509
100m: 1:11.78 1:11.78	500m: 6:16.69 1:16.04	900m: 11:21.93 1:15.99	1300m: 16:27.25 1:15.87
200m: 2:29.08 1:17.30	600m: 7:33.33 1:16.64	1000m: 12:38.48 1:16.55	1400m: 17:43.01 1:15.76
300m: 3:44.58 1:15.50	700m: 8:49.43 1:16.10	1100m: 13:55.22 1:16.74	1500m: 18:56.86 1:13.85
400m: 5:00.65 1:16.07	800m: 10:05.94 1:16.51	1200m: 15:11.38 1:16.16	
3. Carlota Gaspar, PIRES	11	Porto	19:39.32 456
100m: 1:16.72 1:16.72	500m: 6:34.49 1:18.81	900m: 11:50.24 1:19.93	1300m: 17:05.41 1:18.87
200m: 2:36.73 1:20.01	600m: 7:52.62 1:18.13	1000m: 13:09.36 1:19.12	1400m: 18:23.62 1:18.21
300m: 3:56.53 1:19.80	700m: 9:11.59 1:18.97	1100m: 14:27.48 1:18.12	1500m: 19:39.32 1:15.70
400m: 5:15.68 1:19.15	800m: 10:30.31 1:18.72	1200m: 15:46.54 1:19.06	
4. Leonor Gomes, MARTINS	11	Porto	19:41.86 453
100m: 1:16.69 1:16.69	500m: 6:34.57 1:18.62	900m: 11:50.20 1:19.85	1300m: 17:06.12 1:19.14
200m: 2:37.03 1:20.34	600m: 7:53.25 1:18.68	1000m: 13:09.62 1:19.42	1400m: 18:24.97 1:18.85
300m: 3:56.97 1:19.94	700m: 9:11.78 1:18.53	1100m: 14:27.73 1:18.11	1500m: 19:41.86 1:16.89
400m: 5:15.95 1:18.98	800m: 10:30.35 1:18.57	1200m: 15:46.98 1:19.25	
5. Matilde Conde, FIGUEIREDO	11	Condeixa Clube	20:16.87 415
100m: 1:18.44 1:18.44	500m: 6:44.01 1:21.67	900m: 12:10.54 1:21.95	1300m: 17:38.69 1:21.12
200m: 2:39.56 1:21.12	600m: 8:05.80 1:21.79	1000m: 13:32.97 1:22.43	1400m: 18:59.48 1:20.79
300m: 4:00.93 1:21.37	700m: 9:27.28 1:21.48	1100m: 14:55.69 1:22.72	1500m: 20:16.87 1:17.39
400m: 5:22.34 1:21.41	800m: 10:48.59 1:21.31	1200m: 16:17.57 1:21.88	

Juvenis A

1. Camila Duarte, MARCELO	10	Condeixa Clube	17:23.64 659
100m: 1:05.73 1:05.73	500m: 5:43.39 1:09.49	900m: 10:22.58 1:10.17	1300m: 15:04.09 1:10.17
200m: 2:14.92 1:09.19	600m: 6:53.18 1:09.79	1000m: 11:32.76 1:10.18	1400m: 16:14.64 1:10.55
300m: 3:24.29 1:09.37	700m: 8:02.94 1:09.76	1100m: 12:43.29 1:10.53	1500m: 17:23.64 1:09.00
400m: 4:33.90 1:09.61	800m: 9:12.41 1:09.47	1200m: 13:53.92 1:10.63	
2. Maria Rita, CUNHA	10	Colegio Efanor	18:36.60 538
100m: 1:10.84 1:10.84	500m: 6:09.63 1:14.81	900m: 11:09.75 1:14.87	1300m: 16:08.84 1:15.12
200m: 2:25.67 1:14.83	600m: 7:24.82 1:15.19	1000m: 12:24.27 1:14.52	1400m: 17:23.17 1:14.33
300m: 3:40.16 1:14.49	700m: 8:39.70 1:14.88	1100m: 13:38.83 1:14.56	1500m: 18:36.60 1:13.43
400m: 4:54.82 1:14.66	800m: 9:54.88 1:15.18	1200m: 14:53.72 1:14.89	
3. Ana Jose, MARQUES	10	Braga	18:53.98 513
100m: 1:10.12 1:10.12	500m: 6:10.44 1:15.67	900m: 11:16.58 1:16.43	1300m: 16:22.71 1:16.76
200m: 2:25.13 1:15.01	600m: 7:26.86 1:16.42	1000m: 12:33.27 1:16.69	1400m: 17:39.59 1:16.88
300m: 3:40.20 1:15.07	700m: 8:43.45 1:16.59	1100m: 13:49.12 1:15.85	1500m: 18:53.98 1:14.39
400m: 4:54.77 1:14.57	800m: 10:00.15 1:16.70	1200m: 15:05.95 1:16.83	
4. Leonor Antunes, PAIVA	10	Nautico Academico	18:54.85 512
100m: 1:09.76 1:09.76	500m: 6:12.09 1:16.17	900m: 11:17.84 1:16.60	1300m: 16:24.81 1:16.63
200m: 2:24.58 1:14.82	600m: 7:28.46 1:16.37	1000m: 12:34.23 1:16.39	1400m: 17:40.81 1:16.00
300m: 3:40.01 1:15.43	700m: 8:44.81 1:16.35	1100m: 13:51.28 1:17.05	1500m: 18:54.85 1:14.04
400m: 4:55.92 1:15.91	800m: 10:01.24 1:16.43	1200m: 15:08.18 1:16.90	

Torneio Zonal de Juvenis (Zona Norte)
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Prova 37, Femin., 1500m Livres, Juvenis A

Lugar			Ano			Tempo final	Pts	
5.	Bruna Bacelar, GREGORIO		10	Vilacondense		18:57.40	509	
	100m:	1:13.21 1:13.21	500m:	6:21.99 1:17.43	900m:	11:25.53 1:16.20	1300m:	16:27.30 1:15.84
	200m:	2:30.48 1:17.27	600m:	7:37.84 1:15.85	1000m:	12:40.61 1:15.08	1400m:	17:43.39 1:16.09
	300m:	3:47.09 1:16.61	700m:	8:53.42 1:15.58	1100m:	13:55.63 1:15.02	1500m:	18:57.40 1:14.01
	400m:	5:04.56 1:17.47	800m:	10:09.33 1:15.91	1200m:	15:11.46 1:15.83		
6.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense		19:19.06	481	
	100m:	1:12.87 1:12.87	500m:	6:21.59 1:17.88	900m:	11:32.47 1:18.09	1300m:	16:45.29 1:17.57
	200m:	2:29.08 1:16.21	600m:	7:39.11 1:17.52	1000m:	12:50.98 1:18.51	1400m:	18:03.22 1:17.93
	300m:	3:46.18 1:17.10	700m:	8:56.71 1:17.60	1100m:	14:09.52 1:18.54	1500m:	19:19.06 1:15.84
	400m:	5:03.71 1:17.53	800m:	10:14.38 1:17.67	1200m:	15:27.72 1:18.20		
7.	Rita Sousa, OLIVEIRA		10	Colegio Efanor		19:30.31	467	
	100m:	1:11.94 1:11.94	500m:	6:22.21 1:17.91	900m:	11:34.49 1:17.86	1300m:	16:52.83 1:20.07
	200m:	2:28.55 1:16.61	600m:	7:40.26 1:18.05	1000m:	12:53.96 1:19.47	1400m:	18:12.52 1:19.69
	300m:	3:46.31 1:17.76	700m:	8:58.05 1:17.79	1100m:	14:13.53 1:19.57	1500m:	19:30.31 1:17.79
	400m:	5:04.30 1:17.99	800m:	10:16.63 1:18.58	1200m:	15:32.76 1:19.23		
8.	Maria Mendes, CUNHA		10	Fafe		20:20.42	412	
	100m:	1:16.58 1:16.58	500m:	6:37.80 1:21.61	900m:	12:05.71 1:20.11	1300m:	17:39.34 1:21.36
	200m:	2:35.92 1:19.34	600m:	8:00.39 1:22.59	1000m:	13:30.25 1:24.54	1400m:	19:02.27 1:22.93
	300m:	3:56.13 1:20.21	700m:	9:23.02 1:22.63	1100m:	14:54.35 1:24.10	1500m:	20:20.42 1:18.15
	400m:	5:16.19 1:20.06	800m:	10:45.60 1:22.58	1200m:	16:17.98 1:23.63		