

Prova 19
18/12/2022 - 17:00

Femin., 400m Livres

Juvenis
Resultados

Rec Nac 25m Absoluto	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 Zonais Juv B Fem Juv B 50m: 5:12.05 - 25m: 5:05.93 / TAC Zonais Juv A Fem Juv A 50m: 5:03.30 - 25m: 4:57.35

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	PROTOLYUK, Anastacia	09	Columbofila Cantanhedense	4:40.30		581	
	50m: 32.45 32.45	150m: 1:43.99	36.31	250m: 2:56.05	36.13	350m: 4:07.54	35.75
	100m: 1:07.68 35.23	200m: 2:19.92	35.93	300m: 3:31.79	35.74	400m: 4:40.30	32.76
2.	GONCALVES, Leonor Queiroz	09	Braga	4:43.63		560	
	50m: 32.67 32.67	150m: 1:43.55	35.94	250m: 2:56.29	36.61	350m: 4:08.79	35.94
	100m: 1:07.61 34.94	200m: 2:19.68	36.13	300m: 3:32.85	36.56	400m: 4:43.63	34.84
3.	PINTO, Maria Carvalho	09	Viana Natacao	4:43.75		560	
	50m: 32.55 32.55	150m: 1:43.09	35.72	250m: 2:56.54	36.50	350m: 4:07.97	35.55
	100m: 1:07.37 34.82	200m: 2:20.04	36.95	300m: 3:32.42	35.88	400m: 4:43.75	35.78
4.	MAIA, Lara Catarina	09	Estarreja/PROZINCO	4:45.00		552	
	50m: 33.10 33.10	150m: 1:44.90	36.63	250m: 2:57.85	36.57	350m: 4:10.70	36.37
	100m: 1:08.27 35.17	200m: 2:21.28	36.38	300m: 3:34.33	36.48	400m: 4:45.00	34.30
5.	BAPTISTA, Carolina Sofia	09	Estarreja/PROZINCO	4:45.59		549	
	50m: 32.28 32.28	150m: 1:44.13	36.28	250m: 2:57.46	36.64	350m: 4:10.10	35.95
	100m: 1:07.85 35.57	200m: 2:20.82	36.69	300m: 3:34.15	36.69	400m: 4:45.59	35.49
6.	SANTOS, Joana Almeida	09	Galitos / Bresimar	4:50.60		521	
	50m: 33.93 33.93	150m: 1:47.44	36.94	250m: 3:01.76	37.08	350m: 4:15.92	36.62
	100m: 1:10.50 36.57	200m: 2:24.68	37.24	300m: 3:39.30	37.54	400m: 4:50.60	34.68
7.	GALANTE, Filipa Carvalho	09	Vilacondense	4:50.92		519	
	50m: 33.15 33.15	150m: 1:45.18	36.58	250m: 2:59.83	37.56	350m: 4:14.11	36.43
	100m: 1:08.60 35.45	200m: 2:22.27	37.09	300m: 3:37.68	37.85	400m: 4:50.92	36.81
8.	CAVALEIRO, Leonor Mercês	09	Columbofila Cantanhedense	4:52.56		511	
	50m: 33.99 33.99	150m: 1:48.01	37.41	250m: 3:03.21	37.77	350m: 4:18.09	37.05
	100m: 1:10.60 36.61	200m: 2:25.44	37.43	300m: 3:41.04	37.83	400m: 4:52.56	34.47
9.	MOREIRA, Madalena Valente	09	Colegio Efanor	4:54.34		501	
	50m: 33.39 33.39	150m: 1:46.61	36.97	250m: 3:01.75	37.80	350m: 4:17.35	37.92
	100m: 1:09.64 36.25	200m: 2:23.95	37.34	300m: 3:39.43	37.68	400m: 4:54.34	36.99
10.	AMBRUS, Beatriz Alves	09	Porto	4:55.10		498	
	50m: 33.61 33.61	150m: 1:47.17	37.12	250m: 3:02.23	37.42	350m: 4:18.49	38.06
	100m: 1:10.05 36.44	200m: 2:24.81	37.64	300m: 3:40.43	38.20	400m: 4:55.10	36.61
11.	PEDREIRO, Francisca Soreto	09	Galitos / Bresimar	4:55.22		497	
	50m: 34.81 34.81	150m: 1:49.29	37.51	250m: 3:04.49	37.11	350m: 4:18.90	37.19
	100m: 1:11.78 36.97	200m: 2:27.38	38.09	300m: 3:41.71	37.22	400m: 4:55.22	36.32
12.	ANTUNES, Ana Moreira	09	Famalicão	4:56.91		489	
	50m: 33.97 33.97	150m: 1:48.37	37.69	250m: 3:03.94	38.28	350m: 4:20.42	38.60
	100m: 1:10.68 36.71	200m: 2:25.66	37.29	300m: 3:41.82	37.88	400m: 4:56.91	36.49
13.	SILVA, Marta Oliveira	09	Sanjoanense/FEPSA	4:58.13		483	
	50m: 34.11 34.11	150m: 1:49.10	38.05	250m: 3:04.88	37.84	350m: 4:21.23	38.55
	100m: 1:11.05 36.94	200m: 2:27.04	37.94	300m: 3:42.68	37.80	400m: 4:58.13	36.90

Prova 19, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	BRAZ, Maria Manuel	09	Ginasio Clube de Vila Real	4:58.52		481	
	50m: 32.53 32.53	150m: 1:46.90	37.77	250m: 3:03.81	38.64	350m: 4:22.04	38.89
	100m: 1:09.13 36.60	200m: 2:25.17	38.27	300m: 3:43.15	39.34	400m: 4:58.52	36.48
15.	SANTOS, Matilde Maria	09	Leixoes Sport Clube	5:00.20		473	
	50m: 36.04 36.04	150m: 1:52.47	38.59	250m: 3:09.01	37.93	350m: 4:24.06	37.39
	100m: 1:13.88 37.84	200m: 2:31.08	38.61	300m: 3:46.67	37.66	400m: 5:00.20	36.14
16.	COSTA, Catarina Ribeiro	09	Vitória Sport Clube	5:02.36		463	
	50m: 34.76 34.76	150m: 1:49.87	38.06	250m: 3:07.25	38.74	350m: 4:24.99	38.92
	100m: 1:11.81 37.05	200m: 2:28.51	38.64	300m: 3:46.07	38.82	400m: 5:02.36	37.37
17.	MARTINS, Carolina Correia	09	Porto	5:02.59		461	
	50m: 33.56 33.56	150m: 1:47.21	37.18	250m: 3:04.33	39.06	350m: 4:22.39	38.87
	100m: 1:10.03 36.47	200m: 2:25.27	38.06	300m: 3:43.52	39.19	400m: 5:02.59	40.20
18.	SANTOS, Mariana Silva	09	Porto	5:04.35		454	
	50m: 33.56 33.56	150m: 1:48.67	38.23	250m: 3:07.09	38.86	350m: 4:25.86	39.51
	100m: 1:10.44 36.88	200m: 2:28.23	39.56	300m: 3:46.35	39.26	400m: 5:04.35	38.49
DNS	RICARDO, Francisca Martingo	09	Porto				

Juvenis A

1.	NEVES, Maria Gomes	08	Braga	4:31.37		640	
	50m: 30.87 30.87	150m: 1:38.09	33.75	250m: 2:47.54	34.90	350m: 3:57.70	34.91
	100m: 1:04.34 33.47	200m: 2:12.64	34.55	300m: 3:22.79	35.25	400m: 4:31.37	33.67
2.	FERREIRA, Carolina Amadeu	08	Leixoes Sport Clube	4:36.55		605	
	50m: 32.25 32.25	150m: 1:42.06	35.20	250m: 2:52.20	35.18	350m: 4:02.47	35.07
	100m: 1:06.86 34.61	200m: 2:17.02	34.96	300m: 3:27.40	35.20	400m: 4:36.55	34.08
3.	FREITAS, Diana Gomes	08	Amigos da Montanha	4:40.11		582	
	50m: 32.04 32.04	150m: 1:41.29	35.00	250m: 2:52.48	35.68	350m: 4:04.95	36.03
	100m: 1:06.29 34.25	200m: 2:16.80	35.51	300m: 3:28.92	36.44	400m: 4:40.11	35.16
4.	MARQUES, Matilde Rodrigues	08	Viana Natacao	4:41.78		572	
	50m: 32.43 32.43	150m: 1:43.45	36.11	250m: 2:56.24	36.52	350m: 4:07.25	34.70
	100m: 1:07.34 34.91	200m: 2:19.72	36.27	300m: 3:32.55	36.31	400m: 4:41.78	34.53
5.	BARBOSA, Sofia Teixeira	08	Porto	4:44.38		556	
	50m: 32.86 32.86	150m: 1:44.51	36.31	250m: 2:57.04	36.36	350m: 4:09.12	35.92
	100m: 1:08.20 35.34	200m: 2:20.68	36.17	300m: 3:33.20	36.16	400m: 4:44.38	35.26
6.	NUNES, Carolina Mendes	08	Estarreja/PROZINCO	4:44.67		554	
	50m: 32.99 32.99	150m: 1:43.93	35.78	250m: 2:56.20	36.27	350m: 4:08.57	35.99
	100m: 1:08.15 35.16	200m: 2:19.93	36.00	300m: 3:32.58	36.38	400m: 4:44.67	36.10
7.	COSTA, Maria Joao	08	Vilacondense	4:44.87		553	
	50m: 32.10 32.10	150m: 1:44.07	36.36	250m: 2:57.13	36.38	350m: 4:09.74	36.14
	100m: 1:07.71 35.61	200m: 2:20.75	36.68	300m: 3:33.60	36.47	400m: 4:44.87	35.13
8.	NEVES, Ana Carolina	08	Fluvial Portuense	4:47.54		538	
	50m: 32.44 32.44	150m: 1:43.26	35.85	250m: 2:56.96	36.89	350m: 4:11.30	37.33
	100m: 1:07.41 34.97	200m: 2:20.07	36.81	300m: 3:33.97	37.01	400m: 4:47.54	36.24
9.	JORGE, Sofia Pereira	08	Galitos / Bresimar	4:47.80		536	
	50m: 32.71 32.71	150m: 1:44.60	36.37	250m: 2:58.04	36.67	350m: 4:12.05	36.75
	100m: 1:08.23 35.52	200m: 2:21.37	36.77	300m: 3:35.30	37.26	400m: 4:47.80	35.75

Prova 19, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	CRUZ, Ana Carolina	08	Famalicão	4:51.46		516	
	50m: 32.18 32.18	150m: 1:44.91	36.90 250m: 2:59.21	37.08 350m: 4:14.46	37.76		
	100m: 1:08.01 35.83	200m: 2:22.13	37.22 300m: 3:36.70	37.49 400m: 4:51.46	37.00		
11.	LOURENCO, Bruna Filipa	08	O Crasto	4:53.27		507	
	50m: 32.67 32.67	150m: 1:44.16	36.32 250m: 2:58.76	37.81 350m: 4:15.65	38.45		
	100m: 1:07.84 35.17	200m: 2:20.95	36.79 300m: 3:37.20	38.44 400m: 4:53.27	37.62		
12.	SOUSA, Mafalda Pinto	08	Fluvial Portuense	4:53.51		506	
	50m: 33.46 33.46	150m: 1:46.00	36.77 250m: 3:00.09	37.05 350m: 4:17.06	38.23		
	100m: 1:09.23 35.77	200m: 2:23.04	37.04 300m: 3:38.83	38.74 400m: 4:53.51	36.45		
13.	CASTRO, Laura Doellinger	08	Assoc. Desportiva de Fafe	4:54.52		501	
	50m: 33.64 33.64	150m: 1:47.52	37.05 250m: 3:03.10	37.83 350m: 4:18.62	37.61		
	100m: 1:10.47 36.83	200m: 2:25.27	37.75 300m: 3:41.01	37.91 400m: 4:54.52	35.90		
14.	CORTESAO, Maria Manuel	08	Náutico Académico de Coirós	4:54.73		499	
	50m: 33.81 33.81	150m: 1:47.56	37.18 250m: 3:02.80	37.47 350m: 4:17.90	37.39		
	100m: 1:10.38 36.57	200m: 2:25.33	37.77 300m: 3:40.51	37.71 400m: 4:54.73	36.83		
15.	PINTO, Luciana Filipa	08	Porto	4:56.72		489	
	50m: 33.85 33.85	150m: 1:48.31	37.33 250m: 3:03.73	37.73 350m: 4:20.26	37.94		
	100m: 1:10.98 37.13	200m: 2:26.00	37.69 300m: 3:42.32	38.59 400m: 4:56.72	36.46		
16.	PIRES, Rita Oliveira	08	Galitos / Bresimar	4:58.75		480	
	<i>FTL</i>						
	50m: 33.10 33.10	150m: 1:46.78	37.65 250m: 3:03.49	38.61 350m: 4:21.28	39.18		
	100m: 1:09.13 36.03	200m: 2:24.88	38.10 300m: 3:42.10	38.61 400m: 4:58.75	37.47		
17.	HENRIQUES, Carolina Cunha	08	Foca Quinta Da Lixa - Cnf	4:58.83		479	
	<i>FTL</i>						
	50m: 33.14 33.14	150m: 1:46.49	37.20 250m: 3:02.70	38.17 350m: 4:20.62	39.25		
	100m: 1:09.29 36.15	200m: 2:24.53	38.04 300m: 3:41.37	38.67 400m: 4:58.83	38.21		
18.	GOMES, Rita Silva	08	Colegio Efanor	4:59.96		474	
	<i>FTL</i>						
	50m: 33.79 33.79	150m: 1:46.94	36.87 250m: 3:04.26	39.15 350m: 4:22.24	39.05		
	100m: 1:10.07 36.28	200m: 2:25.11	38.17 300m: 3:43.19	38.93 400m: 4:59.96	37.72		
19.	BARBOSA, Bruna Maria	08	Aquatico Pacense	5:02.42		462	
	<i>FTL</i>						
	50m: 34.13 34.13	150m: 1:49.25	37.94 250m: 3:05.97	38.70 350m: 4:23.65	38.90		
	100m: 1:11.31 37.18	200m: 2:27.27	38.02 300m: 3:44.75	38.78 400m: 5:02.42	38.77		
20.	SANTOS, Margarida Ascenso	08	Propaganda da Natação	5:08.44		436	
	<i>FTL</i>						
	50m: 36.10 36.10	150m: 1:53.81	39.21 250m: 3:12.48	39.24 350m: 4:29.98	38.50		
	100m: 1:14.60 38.50	200m: 2:33.24	39.43 300m: 3:51.48	39.00 400m: 5:08.44	38.46		
21.	SILVANO, Alexandra Noemia	08	Natacao da Maia	5:22.73		380	
	<i>FTL</i>						
	50m: 37.01 37.01	150m: 1:59.07	41.55 250m: 3:20.32	40.85 350m: 4:42.07	40.91		
	100m: 1:17.52 40.51	200m: 2:39.47	40.40 300m: 4:01.16	40.84 400m: 5:22.73	40.66		