

Prova 30
19/12/2022 - 10:05

Femin., 400m Estilos

Juvenis
Resultados

Rec Nac 25m Absoluto	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 Zonais Juv B Fem Juv B 50m: 5:54.08 - 25m: 5:47.14 / TAC Zonais Juv A Fem Juv A 50m: 5:44.16 - 25m: 5:37.41

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	MAIA, Lara Catarina	09	Estarreja/PROZINCO	5:30.62		480	
	50m: 34.27 34.27	150m: 1:58.71	41.92	250m: 3:28.08	48.26	350m: 4:54.84	37.00
	100m: 1:16.79 42.52	200m: 2:39.82	41.11	300m: 4:17.84	49.76	400m: 5:30.62	35.78
2.	RODRIGUES, Teresa Isabel	09	Foca Quinta Da Lixa - Cnf	5:32.18		473	
	50m: 36.10 36.10	150m: 2:01.45	44.10	250m: 3:29.17	44.08	350m: 4:55.74	39.59
	100m: 1:17.35 41.25	200m: 2:45.09	43.64	300m: 4:16.15	46.98	400m: 5:32.18	36.44
3.	SILVA, Leonor Carnide	09	Ginasio Clube de Vila Real	5:33.71		467	
	50m: 36.72 36.72	150m: 2:00.72	41.74	250m: 3:32.95	48.66	350m: 4:57.51	36.84
	100m: 1:18.98 42.26	200m: 2:44.29	43.57	300m: 4:20.67	47.72	400m: 5:33.71	36.20
4.	CAVALEIRO, Leonor Mercês	09	Cumbrofila Cantanhedense	5:34.28		464	
	50m: 36.14 36.14	150m: 2:00.67	42.05	250m: 3:30.34	48.63	350m: 4:57.64	37.33
	100m: 1:18.62 42.48	200m: 2:41.71	41.04	300m: 4:20.31	49.97	400m: 5:34.28	36.64
5.	MAGALHAES, Matilde Esteves	09	Sporting Club Caminhense	5:35.67		459	
	50m: 35.90 35.90	150m: 1:59.75	42.53	250m: 3:32.16	49.66	350m: 4:59.21	37.62
	100m: 1:17.22 41.32	200m: 2:42.50	42.75	300m: 4:21.59	49.43	400m: 5:35.67	36.46
6.	SILVA, Marta Oliveira	09	Sanjoanense/FEPSA	5:41.29		436	
	50m: 36.08 36.08	150m: 2:03.59	46.33	250m: 3:38.55	49.52	350m: 5:05.20	37.40
	100m: 1:17.26 41.18	200m: 2:49.03	45.44	300m: 4:27.80	49.25	400m: 5:41.29	36.09
7.	CRUZ, Rita Calado	09	Academica de Coimbra	5:43.54		428	
	50m: 37.46 37.46	150m: 2:03.71	43.69	250m: 3:33.79	46.18	350m: 5:02.95	41.74
	100m: 1:20.02 42.56	200m: 2:47.61	43.90	300m: 4:21.21	47.42	400m: 5:43.54	40.59
8.	CANCELA, Raquel Alexandra FTL	09	Louzan Natacao/EFAPEL	5:50.22		404	
	50m: 36.49 36.49	150m: 2:04.91	44.14	250m: 3:37.83	48.20	350m: 5:09.57	41.57
	100m: 1:20.77 44.28	200m: 2:49.63	44.72	300m: 4:28.00	50.17	400m: 5:50.22	40.65
9.	SOUSA, Ines Fernandes FTL	09	Colegio Efanor	6:03.35		361	
	50m: 38.64 38.64	150m: 2:12.75	45.89	250m: 3:49.19	51.50	350m: 5:22.02	41.63
	100m: 1:26.86 48.22	200m: 2:57.69	44.94	300m: 4:40.39	51.20	400m: 6:03.35	41.33

Juvenis A

1.	NUNES, Carolina Mendes	08	Estarreja/PROZINCO	5:23.27		513	
	50m: 35.79 35.79	150m: 1:57.17	42.20	250m: 3:24.27	46.10	350m: 4:47.09	37.39
	100m: 1:14.97 39.18	200m: 2:38.17	41.00	300m: 4:09.70	45.43	400m: 5:23.27	36.18
2.	FREITAS, Diana Gomes	08	Amigos da Montanha	5:29.23		486	
	50m: 35.58 35.58	150m: 1:57.60	41.70	250m: 3:28.60	48.32	350m: 4:53.34	36.17
	100m: 1:15.90 40.32	200m: 2:40.28	42.68	300m: 4:17.17	48.57	400m: 5:29.23	35.89

Prova 30, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	CAMPOS, Ana Beatriz	08	Academica de Coimbra	5:34.47		464	
	50m: 35.58 35.58	150m: 1:58.45	42.85 250m: 3:28.76	47.19	350m: 4:56.89	40.54	
	100m: 1:15.60 40.02	200m: 2:41.57	43.12 300m: 4:16.35	47.59	400m: 5:34.47	37.58	
4.	BARROS, Adriana Ribeiro	08	Braga	5:35.85		458	
	50m: 36.15 36.15	150m: 2:00.63	42.25 250m: 3:31.26	48.38	350m: 4:58.72	38.50	
	100m: 1:18.38 42.23	200m: 2:42.88	42.25 300m: 4:20.22	48.96	400m: 5:35.85	37.13	
5.	SILVA, Francisca Lamas	08	Colegio Efanor	5:37.59		451	
	<i>FTL</i>						
	50m: 36.13 36.13	150m: 2:00.62	44.35 250m: 3:31.50	48.51	350m: 4:58.89	38.78	
	100m: 1:16.27 40.14	200m: 2:42.99	42.37 300m: 4:20.11	48.61	400m: 5:37.59	38.70	
6.	SILVA, Maria Ines	08	Gafanha da Encarnação	5:38.03		449	
	<i>FTL</i>						
	50m: 35.76 35.76	150m: 2:01.43	43.77 250m: 3:31.82	45.63	350m: 4:58.77	40.18	
	100m: 1:17.66 41.90	200m: 2:46.19	44.76 300m: 4:18.59	46.77	400m: 5:38.03	39.26	
7.	PINTO, Lara Filipa	08	Porto	5:39.07		445	
	<i>FTL</i>						
	50m: 34.85 34.85	150m: 1:59.77	42.67 250m: 3:31.77	49.37	350m: 5:01.28	38.66	
	100m: 1:17.10 42.25	200m: 2:42.40	42.63 300m: 4:22.62	50.85	400m: 5:39.07	37.79	
8.	GOMES, Rita Silva	08	Colegio Efanor	5:39.32		444	
	<i>FTL</i>						
	50m: 38.33 38.33	150m: 2:06.33	45.25 250m: 3:35.56	45.51	350m: 5:02.26	39.35	
	100m: 1:21.08 42.75	200m: 2:50.05	43.72 300m: 4:22.91	47.35	400m: 5:39.32	37.06	
9.	BARBOSA, Bruna Maria	08	Aquatico Pacense	5:40.19		440	
	<i>FTL</i>						
	50m: 35.94 35.94	150m: 2:00.80	43.48 250m: 3:34.65	50.96	350m: 5:03.12	39.04	
	100m: 1:17.32 41.38	200m: 2:43.69	42.89 300m: 4:24.08	49.43	400m: 5:40.19	37.07	
10.	SILVA, Ana Gabriela	08	Natacao da Maia	5:43.43		428	
	<i>FTL</i>						
	50m: 35.59 35.59	150m: 2:02.09	44.84 250m: 3:35.54	49.98	350m: 5:04.70	39.07	
	100m: 1:17.25 41.66	200m: 2:45.56	43.47 300m: 4:25.63	50.09	400m: 5:43.43	38.73	
11.	FERNANDES, Francisca Santos	08	Miranda do Corvo	5:47.44		413	
	<i>FTL</i>						
	50m: 37.81 37.81	150m: 2:04.09	42.35 250m: 3:37.83	49.10	350m: 5:09.09	39.66	
	100m: 1:21.74 43.93	200m: 2:48.73	44.64 300m: 4:29.43	51.60	400m: 5:47.44	38.35	