

Prova 1
20-03-2021 - 9:30

Femin., 400m Estilos

12 - 15 anos
Resultados

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
Infantis A			
1. Margarida Carreiro, SOUSA	08	CDE Agua de Pau	6:42.90 265
50m: 45.42 45.42 150m: 2:27.81 53.09 250m: 4:15.05 56.68 350m: 5:59.75 47.25			
100m: 1:34.72 49.30 200m: 3:18.37 50.56 300m: 5:12.50 57.45 400m: 6:42.90 43.15			
2. Maria Correia, BOTELHO	08	Clube Act. Fisica Bombeiros De	7:02.18 230
50m: 46.89 46.89 150m: 2:38.88 52.27 250m: 4:30.54 59.78 350m: 6:17.35 45.44			
100m: 1:46.61 59.72 200m: 3:30.76 51.88 300m: 5:31.91 1:01.37 400m: 7:02.18 44.83			
3. Andreia Borges, TIAGO	08	Clube Act. Fisica Bombeiros De	7:03.82 228
50m: 46.82 46.82 150m: 2:39.27 53.54 250m: 4:33.66 1:01.12 350m: 6:20.18 44.06			
100m: 1:45.73 58.91 200m: 3:32.54 53.27 300m: 5:36.12 1:02.46 400m: 7:03.82 43.64			
4. Maria Moniz, SANTOS	08	Clube Act. Fisica Bombeiros De	7:56.87 160
50m: 59.75 59.75 150m: 3:06.19 58.41 250m: 5:09.91 1:04.37 350m: 7:04.65 52.03			
100m: 2:07.78 1:08.03 200m: 4:05.54 59.35 300m: 6:12.62 1:02.71 400m: 7:56.87 52.22			
DNF Matilde Rosa, CUNHA	08	CDE Agua de Pau	
Infantis B			
1. Maria Ines, NETO	09	Clube Act. Fisica Bombeiros De	6:38.64 274
50m: 40.89 40.89 150m: 2:26.10 53.90 250m: 4:13.36 56.22 350m: 5:55.86 44.48			
100m: 1:32.20 51.31 200m: 3:17.14 51.04 300m: 5:11.38 58.02 400m: 6:38.64 42.78			
2. Raquel Campos, CARDOSO	09	Clube Act. Fisica Bombeiros De	6:53.02 246
50m: 45.61 45.61 150m: 2:34.37 50.48 250m: 4:26.32 58.46 350m: 6:10.32 42.95			
100m: 1:43.89 58.28 200m: 3:27.86 53.49 300m: 5:27.37 1:01.05 400m: 6:53.02 42.70			
3. Laura Vieira, CABRAL	09	Clube Act. Fisica Bombeiros De	7:07.42 222
50m: 50.11 50.11 150m: 2:40.41 51.15 250m: 4:38.00 1:05.00 350m: 6:24.03 44.93			
100m: 1:49.26 59.15 200m: 3:33.00 52.59 300m: 5:39.10 1:01.10 400m: 7:07.42 43.39			
4. Beatriz Rosa, CUNHA	09	CDE Agua de Pau	7:26.98 194
50m: 48.05 48.05 150m: 2:42.35 53.87 250m: 4:40.18 1:04.44 350m: 6:36.35 51.64			
100m: 1:48.48 1:00.43 200m: 3:35.74 53.39 300m: 5:44.71 1:04.53 400m: 7:26.98 50.63			
5. Emilia Borges, FIGUEIREDO	09	Clube Act. Fisica Bombeiros De	7:59.46 157
50m: 55.29 55.29 150m: 3:04.18 1:00.13 250m: 5:06.64 1:01.45 350m: 7:07.24 54.44			
100m: 2:04.05 1:08.76 200m: 4:05.19 1:01.01 300m: 6:12.80 1:06.16 400m: 7:59.46 52.22			
6. Madalena Cardoso, SARAIVA	09	CDE Agua de Pau	8:10.00 147
50m: 55.10 55.10 150m: 2:58.85 1:01.71 250m: 5:12.06 1:10.80 350m: 7:16.36 53.69			
100m: 1:57.14 1:02.04 200m: 4:01.26 1:02.41 300m: 6:22.67 1:10.61 400m: 8:10.00 53.64			
DSQ Maria Brum, VIEIRA	09	CDE Agua de Pau	
<i>A atleta não efetuou a viragem dos 125m em movimento contínuo.</i>			
Juvenis A			
1. Nuria Costa, CABRAL	06	CDE Agua de Pau	6:13.46 333
50m: 39.69 39.69 150m: 2:19.04 50.98 250m: 3:58.41 48.75 350m: 5:33.51 43.63			
100m: 1:28.06 48.37 200m: 3:09.66 50.62 300m: 4:49.88 51.47 400m: 6:13.46 39.95			
2. Matilde Rodrigues, COUTO	06	CDE Agua de Pau	6:28.44 296
50m: 43.13 43.13 150m: 2:25.77 50.33 250m: 4:08.11 53.11 350m: 5:45.00 43.26			
100m: 1:35.44 52.31 200m: 3:15.00 49.23 300m: 5:01.74 53.63 400m: 6:28.44 43.44			
3. Natacha Furtado, MACHADO	06	CDE Agua de Pau	7:03.97 227
50m: 48.72 48.72 150m: 2:36.99 50.32 250m: 4:31.03 1:03.18 350m: 6:19.92 45.58			
100m: 1:46.67 57.95 200m: 3:27.85 50.86 300m: 5:34.34 1:03.31 400m: 7:03.97 44.05			

Prova 2
20-03-2021 - 9:55

Masc., 1500m Livres

13 - 16 anos
Resultados

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
Infantis B			
1. Rodrigo Canedo, SANTOS	08	Clube Act. Fisica Bombeiros De	22:45.16 239
100m: 1:23.82 1:23.82	500m: 7:25.40 1:30.08	900m: 13:30.39 1:32.30	1300m: 19:44.40 1:32.65
200m: 2:53.87 1:30.05	600m: 8:57.06 1:31.66	1000m: 15:03.68 1:33.29	1400m: 21:16.55 1:32.15
300m: 4:24.28 1:30.41	700m: 10:27.42 1:30.36	1100m: 16:37.97 1:34.29	1500m: 22:45.16 1:28.61
400m: 5:55.32 1:31.04	800m: 11:58.09 1:30.67	1200m: 18:11.75 1:33.78	
2. Miguel Lima, PEREIRA	08	Clube Act. Fisica Bombeiros De	23:02.00 231
100m: 1:28.26 1:28.26	500m: 7:44.16 1:32.92	900m: 13:56.60 1:32.42	1300m: 20:07.22 1:32.40
200m: 3:02.75 1:34.49	600m: 9:17.87 1:33.71	1000m: 15:28.80 1:32.20	1400m: 21:36.56 1:29.34
300m: 4:37.19 1:34.44	700m: 10:50.61 1:32.74	1100m: 17:01.68 1:32.88	1500m: 23:02.00 1:25.44
400m: 6:11.24 1:34.05	800m: 12:24.18 1:33.57	1200m: 18:34.82 1:33.14	
3. Miguel Carreiro, SOUSA	08	CDE Agua de Pau	24:24.03 194
100m: 1:23.67 1:23.67	500m: 7:54.34 1:38.35	900m: 14:33.58 1:39.83	1300m: 21:17.33 1:41.76
200m: 3:01.53 1:37.86	600m: 9:33.51 1:39.17	1000m: 16:17.39 1:43.81	1400m: 22:55.27 1:37.94
300m: 4:39.76 1:38.23	700m: 11:12.33 1:38.82	1100m: 17:56.49 1:39.10	1500m: 24:24.03 1:28.76
400m: 6:15.99 1:36.23	800m: 12:53.75 1:41.42	1200m: 19:35.57 1:39.08	
4. Santiago Jorge, CAETANO	08	Clube Act. Fisica Bombeiros De	27:04.93 142
100m: 1:36.21 1:36.21	500m: 8:59.43 1:52.00	900m: 16:36.14 1:55.51	1300m: 23:40.63 1:44.12
200m: 3:25.82 1:49.61	600m: 10:51.74 1:52.31	1000m: 18:23.19 1:47.05	1400m: 25:23.67 1:43.04
300m: 5:16.04 1:50.22	700m: 12:44.90 1:53.16	1100m: 20:11.51 1:48.32	1500m: 27:04.93 1:41.26
400m: 7:07.43 1:51.39	800m: 14:40.63 1:55.73	1200m: 21:56.51 1:45.00	
5. Henrique Ferreira, SANTOS	08	CDE Agua de Pau	30:44.14 97
100m: 1:52.90 1:52.90	500m: 9:55.51 2:01.41	900m: 18:19.54 2:06.09	1300m: 26:43.83 2:04.39
200m: 3:51.22 1:58.32	600m: 12:01.06 2:05.55	1000m: 20:26.29 2:06.75	1400m: 28:52.90 2:09.07
300m: 5:50.64 1:59.42	700m: 14:07.60 2:06.54	1100m: 22:33.73 2:07.44	1500m: 30:44.14 1:51.24
400m: 7:54.10 2:03.46	800m: 16:13.45 2:05.85	1200m: 24:39.44 2:05.71	

Infantis A

1. Bernardo Silva, MANES	07	Clube Act. Fisica Bombeiros De	20:28.83 328
100m: 1:14.82 1:14.82	500m: 6:45.27 1:22.79	900m: 12:17.97 1:23.25	1300m: 17:50.92 1:22.93
200m: 2:36.60 1:21.78	600m: 8:08.26 1:22.99	1000m: 13:40.46 1:22.49	1400m: 19:12.43 1:21.51
300m: 3:59.28 1:22.68	700m: 9:30.75 1:22.49	1100m: 15:04.96 1:24.50	1500m: 20:28.83 1:16.40
400m: 5:22.48 1:23.20	800m: 10:54.72 1:23.97	1200m: 16:27.99 1:23.03	
2. Pedro Pacheco, PINA	07	Clube Act. Fisica Bombeiros De	20:40.49 319
100m: 1:19.08 1:19.08	500m: 6:49.98 1:24.60	900m: 12:25.96 1:23.01	1300m: 17:59.91 1:23.29
200m: 2:38.36 1:19.28	600m: 8:14.74 1:24.76	1000m: 13:49.48 1:23.52	1400m: 19:23.01 1:23.10
300m: 4:02.26 1:23.90	700m: 9:38.49 1:23.75	1100m: 15:13.14 1:23.66	1500m: 20:40.49 1:17.48
400m: 5:25.38 1:23.12	800m: 11:02.95 1:24.46	1200m: 16:36.62 1:23.48	
3. Mateus Jose, ALVES	07	Clube Act. Fisica Bombeiros De	20:44.71 316
100m: 1:17.25 1:17.25	500m: 6:50.22 1:23.78	900m: 12:21.77 1:23.21	1300m: 18:00.50 1:23.89
200m: 2:39.48 1:22.23	600m: 8:12.62 1:22.40	1000m: 13:45.93 1:24.16	1400m: 19:24.85 1:24.35
300m: 4:02.63 1:23.15	700m: 9:35.65 1:23.03	1100m: 15:10.64 1:24.71	1500m: 20:44.71 1:19.86
400m: 5:26.44 1:23.81	800m: 10:58.56 1:22.91	1200m: 16:36.61 1:25.97	
4. Afonso Macedo, FEIJOCA	07	Clube Act. Fisica Bombeiros De	21:43.12 275
100m: 1:18.65 1:18.65	500m: 6:59.62 1:26.49	900m: 12:52.51 1:29.78	1300m: 18:49.15 1:29.38
200m: 2:42.80 1:24.15	600m: 8:27.41 1:27.79	1000m: 14:21.25 1:28.74	1400m: 20:18.36 1:29.21
300m: 4:07.55 1:24.75	700m: 9:54.75 1:27.34	1100m: 15:50.13 1:28.88	1500m: 21:43.12 1:24.76
400m: 5:33.13 1:25.58	800m: 11:22.73 1:27.98	1200m: 17:19.77 1:29.64	

Prova 2, Masc., 1500m Livres, Infantis A

Lugar	Ano	Tempo final	Pts
5. Goncalo Moniz, REBELO	07	CDE Agua de Pau	22:01.92 264
100m: 1:17.04 1:17.04	500m: 7:02.18 1:28.68	900m: 13:01.67 1:31.48	1300m: 19:04.95 1:28.04
200m: 2:40.69 1:23.65	600m: 8:29.58 1:27.40	1000m: 14:32.93 1:31.26	1400m: 20:36.57 1:31.62
300m: 4:07.51 1:26.82	700m: 9:59.78 1:30.20	1100m: 16:03.87 1:30.94	1500m: 22:01.92 1:25.35
400m: 5:33.50 1:25.99	800m: 11:30.19 1:30.41	1200m: 17:36.91 1:33.04	
6. Afonso Carreiro, SUBICA	07	Clube Act. Fisica Bombeiros De	22:11.80 258
100m: 1:18.61 1:18.61	500m: 7:10.30 1:29.41	900m: 13:13.74 1:31.30	1300m: 19:14.74 1:28.65
200m: 2:44.59 1:25.98	600m: 8:40.54 1:30.24	1000m: 14:45.20 1:31.46	1400m: 20:45.34 1:30.60
300m: 4:12.48 1:27.89	700m: 10:11.12 1:30.58	1100m: 16:15.01 1:29.81	1500m: 22:11.80 1:26.46
400m: 5:40.89 1:28.41	800m: 11:42.44 1:31.32	1200m: 17:46.09 1:31.08	

Juvenis B

1. Augusto Bernardo, CASTRO	06	Clube Act. Fisica Bombeiros De	19:34.28 376
100m: 1:13.31 1:13.31	500m: 6:19.84 1:17.39	900m: 11:35.06 1:19.36	1300m: 16:56.53 1:19.73
200m: 2:29.59 1:16.28	600m: 7:37.55 1:17.71	1000m: 12:55.34 1:20.28	1400m: 18:16.67 1:20.14
300m: 3:46.24 1:16.65	700m: 8:56.35 1:18.80	1100m: 14:15.43 1:20.09	1500m: 19:34.28 1:17.61
400m: 5:02.45 1:16.21	800m: 10:15.70 1:19.35	1200m: 15:36.80 1:21.37	
2. David Chagas, VICENTE	06	Clube Act. Fisica Bombeiros De	20:09.77 344
100m: 1:17.55 1:17.55	500m: 6:42.90 1:21.09	900m: 12:05.40 1:21.20	1300m: 17:30.66 1:21.03
200m: 2:39.33 1:21.78	600m: 8:03.78 1:20.88	1000m: 13:26.70 1:21.30	1400m: 18:52.11 1:21.45
300m: 4:00.36 1:21.03	700m: 9:23.77 1:19.99	1100m: 14:48.30 1:21.60	1500m: 20:09.77 1:17.66
400m: 5:21.81 1:21.45	800m: 10:44.20 1:20.43	1200m: 16:09.63 1:21.33	
3. Tomas Araujo, MEDEIROS	06	CDE Agua de Pau	20:57.57 306
100m: 1:14.00 1:14.00	500m: 6:41.37 1:23.69	900m: 12:23.71 1:26.70	1300m: 18:09.18 1:27.25
200m: 2:33.47 1:19.47	600m: 8:06.27 1:24.90	1000m: 13:50.12 1:26.41	1400m: 19:36.18 1:27.00
300m: 3:54.93 1:21.46	700m: 9:31.33 1:25.06	1100m: 15:16.89 1:26.77	1500m: 20:57.57 1:21.39
400m: 5:17.68 1:22.75	800m: 10:57.01 1:25.68	1200m: 16:41.93 1:25.04	

Juvenis A

1. Raul Sousa, ANSELMO	05	Clube Act. Fisica Bombeiros De	16:54.33 584
100m: 1:05.70 1:05.70	500m: 5:36.81 1:07.89	900m: 10:09.03 1:08.43	1300m: 14:41.92 1:07.75
200m: 2:13.77 1:08.07	600m: 6:44.31 1:07.50	1000m: 11:17.32 1:08.29	1400m: 15:49.61 1:07.69
300m: 3:21.22 1:07.45	700m: 7:52.09 1:07.78	1100m: 12:25.84 1:08.52	1500m: 16:54.33 1:04.72
400m: 4:28.92 1:07.70	800m: 9:00.60 1:08.51	1200m: 13:34.17 1:08.33	
2. Diogo Pimentel, MACHADO	05	Clube Act. Fisica Bombeiros De	18:35.64 439
100m: 1:13.20 1:13.20	500m: 6:11.82 1:14.27	900m: 11:12.06 1:14.78	1300m: 16:08.78 1:15.34
200m: 2:26.44 1:13.24	600m: 7:26.39 1:14.57	1000m: 12:26.22 1:14.16	1400m: 17:22.98 1:14.20
300m: 3:44.10 1:17.66	700m: 8:42.07 1:15.68	1100m: 13:39.91 1:13.69	1500m: 18:35.64 1:12.66
400m: 4:57.55 1:13.45	800m: 9:57.28 1:15.21	1200m: 14:53.44 1:13.53	
3. Goncalo Raposo, GARCIA	05	Clube Act. Fisica Bombeiros De	18:54.12 418
100m: 1:10.00 1:10.00	500m: 6:14.03 1:16.15	900m: 11:19.60 1:16.51	1300m: 16:26.15 1:16.19
200m: 2:25.58 1:15.58	600m: 7:30.70 1:16.67	1000m: 12:36.63 1:17.03	1400m: 17:41.40 1:15.25
300m: 3:41.80 1:16.22	700m: 8:46.83 1:16.13	1100m: 13:53.56 1:16.93	1500m: 18:54.12 1:12.72
400m: 4:57.88 1:16.08	800m: 10:03.09 1:16.26	1200m: 15:09.96 1:16.40	
4. Rihards, BUNKOVSKIS	05	CDE Agua de Pau	20:28.75 328
100m: 1:09.99 1:09.99	500m: 6:25.51 1:20.92	900m: 11:59.25 1:25.12	1300m: 17:40.86 1:24.99
200m: 2:25.77 1:15.78	600m: 7:46.89 1:21.38	1000m: 13:24.56 1:25.31	1400m: 19:07.38 1:26.52
300m: 3:44.29 1:18.52	700m: 9:10.44 1:23.55	1100m: 14:50.55 1:25.99	1500m: 20:28.75 1:21.37
400m: 5:04.59 1:20.30	800m: 10:34.13 1:23.69	1200m: 16:15.87 1:25.32	
5. Gustavo Sousa, CHAVES	05	CDE Agua de Pau	26:44.83 147
100m: 1:26.47 1:26.47	500m: 8:27.89 1:49.99	900m: 15:51.11 1:50.31	1300m: 23:08.34 1:49.65
200m: 3:04.16 1:37.69	600m: 10:19.72 1:51.83	1000m: 17:41.16 1:50.05	1400m: 24:58.56 1:50.22
300m: 4:49.54 1:45.38	700m: 12:10.11 1:50.39	1100m: 19:30.23 1:49.07	1500m: 26:44.83 1:46.27
400m: 6:37.90 1:48.36	800m: 14:00.80 1:50.69	1200m: 21:18.69 1:48.46	

Prova 3
20-03-2021 - 15:30

Masc., 400m Estilos

13 - 16 anos
Resultados

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
Infantis B			
1. Rodrigo Canedo, SANTOS	08	Clube Act. Fisica Bombeiros De	6:30.18 217
50m: 38.73 38.73	150m: 2:18.10 48.93	250m: 4:06.85 1:00.62	350m: 5:47.72 41.51
100m: 1:29.17 50.44	200m: 3:06.23 48.13	300m: 5:06.21 59.36	400m: 6:30.18 42.46
2. Miguel Carreiro, SOUSA	08	CDE Agua de Pau	6:50.47 187
50m: 49.96 49.96	150m: 2:39.32 49.68	250m: 4:28.79 1:00.95	350m: 6:10.13 42.73
100m: 1:49.64 59.68	200m: 3:27.84 48.52	300m: 5:27.40 58.61	400m: 6:50.47 40.34
3. Miguel Lima, PEREIRA	08	Clube Act. Fisica Bombeiros De	6:51.60 185
50m: 50.33 50.33	150m: 2:38.31 49.52	250m: 4:27.46 59.81	350m: 6:11.31 43.10
100m: 1:48.79 58.46	200m: 3:27.65 49.34	300m: 5:28.21 1:00.75	400m: 6:51.60 40.29
4. Santiago Jorge, CAETANO	08	Clube Act. Fisica Bombeiros De	6:55.82 180
50m: 50.67 50.67	150m: 2:40.41 51.48	250m: 4:27.02 53.32	350m: 6:10.73 47.78
100m: 1:48.93 58.26	200m: 3:33.70 53.29	300m: 5:22.95 55.93	400m: 6:55.82 45.09
5. Luis Maria, PIRES	08	Clube Naval de Ponta Delgada	7:11.98 160
50m: 51.86 51.86	150m: 2:49.87 50.73	250m: 4:39.64 58.74	350m: 6:25.96 44.63
100m: 1:59.14 1:07.28	200m: 3:40.90 51.03	300m: 5:41.33 1:01.69	400m: 7:11.98 46.02
DSQ Henrique Ferreira, SANTOS	08	CDE Agua de Pau	
<i>Efetou uma braçada de braços antes da viragem dos 100m</i>			

Infantis A

1. Pedro Pacheco, PINA	07	Clube Act. Fisica Bombeiros De	5:54.85 289
50m: 38.42 38.42	150m: 2:11.33 44.44	250m: 3:46.58 52.23	350m: 5:17.31 38.99
100m: 1:26.89 48.47	200m: 2:54.35 43.02	300m: 4:38.32 51.74	400m: 5:54.85 37.54
2. Afonso Carreiro, SUBICA	07	Clube Act. Fisica Bombeiros De	6:03.25 270
50m: 36.45 36.45	150m: 2:08.44 48.36	250m: 3:48.46 51.45	350m: 5:22.73 41.40
100m: 1:20.08 43.63	200m: 2:57.01 48.57	300m: 4:41.33 52.87	400m: 6:03.25 40.52
3. Mateus Jose, ALVES	07	Clube Act. Fisica Bombeiros De	6:09.23 257
50m: 42.08 42.08	150m: 2:17.12 45.14	250m: 3:55.43 53.68	350m: 5:30.38 39.87
100m: 1:31.98 49.90	200m: 3:01.75 44.63	300m: 4:50.51 55.08	400m: 6:09.23 38.85
4. Bernardo Silva, MANES	07	Clube Act. Fisica Bombeiros De	6:12.27 250
50m: 39.59 39.59	150m: 2:19.67 47.61	250m: 4:01.06 53.90	350m: 5:34.85 39.32
100m: 1:32.06 52.47	200m: 3:07.16 47.49	300m: 4:55.53 54.47	400m: 6:12.27 37.42
5. Afonso Macedo, FEIJOCA	07	Clube Act. Fisica Bombeiros De	6:32.04 214
50m: 43.57 43.57	150m: 2:31.49 53.40	250m: 4:16.63 53.99	350m: 5:51.01 42.24
100m: 1:38.09 54.52	200m: 3:22.64 51.15	300m: 5:08.77 52.14	400m: 6:32.04 41.03
6. Goncalo Moniz, REBELO	07	CDE Agua de Pau	6:34.27 211
50m: 33.98 33.98	150m: 2:13.51 56.50	250m: 4:04.98 56.29	350m: 5:49.48 47.05
100m: 1:17.01 43.03	200m: 3:08.69 55.18	300m: 5:02.43 57.45	400m: 6:34.27 44.79

Juvenis B

1. Augusto Bernardo, CASTRO	06	Clube Act. Fisica Bombeiros De	5:29.80 360
50m: 35.07 35.07	150m: 2:00.08 43.50	250m: 3:28.27 45.51	350m: 4:54.76 38.08
100m: 1:16.58 41.51	200m: 2:42.76 42.68	300m: 4:16.68 48.41	400m: 5:29.80 35.04
2. Tomas Araujo, MEDEIROS	06	CDE Agua de Pau	5:57.54 283
50m: 38.18 38.18	150m: 2:09.71 45.77	250m: 3:47.45 54.56	350m: 5:19.75 38.72
100m: 1:23.94 45.76	200m: 2:52.89 43.18	300m: 4:41.03 53.58	400m: 5:57.54 37.79

Prova 3, Masc., 400m Estilos, Juvenis B

Lugar			Ano					Tempo final	Pts
3.	David Chagas, VICENTE		06	Clube Act. Fisica Bombeiros De				6:01.50	274
	50m:	38.97 38.97	150m:	2:15.20	47.25	250m:	3:52.35 51.94	350m:	5:24.03 39.90
	100m:	1:27.95 48.98	200m:	3:00.41	45.21	300m:	4:44.13 51.78	400m:	6:01.50 37.47

Juvenis A

1.	Raul Sousa, ANSELMO		05	Clube Act. Fisica Bombeiros De				4:49.86	531
	50m:	30.72 30.72	150m:	1:44.88	38.37	250m:	3:04.32 41.93	350m:	4:18.38 33.30
	100m:	1:06.51 35.79	200m:	2:22.39	37.51	300m:	3:45.08 40.76	400m:	4:49.86 31.48
2.	Diogo Pimentel, MACHADO		05	Clube Act. Fisica Bombeiros De				5:19.92	395
	50m:	31.15 31.15	150m:	1:51.98	43.65	250m:	3:19.00 45.39	350m:	4:43.75 37.35
	100m:	1:08.33 37.18	200m:	2:33.61	41.63	300m:	4:06.40 47.40	400m:	5:19.92 36.17
3.	Rihards, BUNKOVSKIS		05	CDE Agua de Pau				5:28.09	366
	50m:	34.87 34.87	150m:	1:56.78	41.29	250m:	3:25.73 47.96	350m:	4:50.74 37.56
	100m:	1:15.49 40.62	200m:	2:37.77	40.99	300m:	4:13.18 47.45	400m:	5:28.09 37.35
4.	Goncalo Raposo, GARCIA		05	Clube Act. Fisica Bombeiros De				5:29.21	362
	50m:	35.32 35.32	150m:	2:02.00	43.20	250m:	3:32.07 47.51	350m:	4:56.13 35.52
	100m:	1:18.80 43.48	200m:	2:44.56	42.56	300m:	4:20.61 48.54	400m:	5:29.21 33.08

Prova 4
20-03-2021 - 16:00

Femin., 800m Livres

12 - 15 anos
Resultados

Pontos: FINA 2020

Lugar			Ano					Tempo final	Pts
Infantis B									
1.	Raquel Campos, CARDOSO		09	Clube Act. Fisica Bombeiros De				11:39.53	321
	100m:	1:22.97 1:22.97	300m:	4:18.52	1:28.62	500m:	7:17.74 1:30.12	700m:	10:14.02 1:29.23
	200m:	2:49.90 1:26.93	400m:	5:47.62	1:29.10	600m:	8:44.79 1:27.05	800m:	11:39.53 1:25.51
2.	Maria Ines, NETO		09	Clube Act. Fisica Bombeiros De				11:45.99	312
	100m:	1:25.41 1:25.41	300m:	4:23.79	1:29.26	500m:	7:24.24 1:29.87	700m:	10:20.69 1:28.17
	200m:	2:54.53 1:29.12	400m:	5:54.37	1:30.58	600m:	8:52.52 1:28.28	800m:	11:45.99 1:25.30
3.	Laura Vieira, CABRAL		09	Clube Act. Fisica Bombeiros De				12:30.22	260
	100m:	1:29.00 1:29.00	300m:	4:38.76	1:35.42	500m:	7:50.84 1:35.23	700m:	11:00.35 1:33.47
	200m:	3:03.34 1:34.34	400m:	6:15.61	1:36.85	600m:	9:26.88 1:36.04	800m:	12:30.22 1:29.87
4.	Maria Brum, VIEIRA		09	CDE Agua de Pau				12:49.03	242
	100m:	1:28.71 1:28.71	300m:	4:43.10	1:37.91	500m:	7:59.11 1:38.30	700m:	11:16.26 1:38.98
	200m:	3:05.19 1:36.48	400m:	6:20.81	1:37.71	600m:	9:37.28 1:38.17	800m:	12:49.03 1:32.77
5.	Beatriz Rosa, CUNHA		09	CDE Agua de Pau				13:28.23	208
	100m:	1:36.36 1:36.36	300m:	5:00.68	1:41.78	500m:	8:23.97 1:41.49	700m:	11:52.58 1:44.22
	200m:	3:18.90 1:42.54	400m:	6:42.48	1:41.80	600m:	10:08.36 1:44.39	800m:	13:28.23 1:35.65
6.	Emilia Borges, FIGUEIREDO		09	Clube Act. Fisica Bombeiros De				14:24.67	170
	100m:	1:40.27 1:40.27	300m:	5:17.60	1:49.19	500m:	8:59.94 1:51.22	700m:	12:42.36 1:51.32
	200m:	3:28.41 1:48.14	400m:	7:08.72	1:51.12	600m:	10:51.04 1:51.10	800m:	14:24.67 1:42.31
7.	Madalena Cardoso, SARAIVA		09	CDE Agua de Pau				15:09.79	146
	100m:	1:47.17 1:47.17	300m:	5:35.57	1:57.30	500m:	9:30.84 1:58.01	700m:	13:22.21 1:54.51
	200m:	3:38.27 1:51.10	400m:	7:32.83	1:57.26	600m:	11:27.70 1:56.86	800m:	15:09.79 1:47.58

Prova 4, Femin., 800m Livres

Infantis A

1. Margarida Carreiro, SOUSA	08	CDE Agua de Pau	12:14.12	278
100m: 1:24.00 1:24.00	300m: 4:28.53 1:34.06	500m: 7:36.90 1:34.40	700m: 10:45.41 1:33.18	
200m: 2:54.47 1:30.47	400m: 6:02.50 1:33.97	600m: 9:12.23 1:35.33	800m: 12:14.12 1:28.71	
2. Matilde Rosa, CUNHA	08	CDE Agua de Pau	12:27.36	263
100m: 1:29.14 1:29.14	300m: 4:37.53 1:34.49	500m: 7:48.45 1:35.21	700m: 10:57.63 1:34.18	
200m: 3:03.04 1:33.90	400m: 6:13.24 1:35.71	600m: 9:23.45 1:35.00	800m: 12:27.36 1:29.73	
3. Sara Cristina, GONCALVES	08	Bombeiros Ribeira Grande	12:38.36	252
100m: 1:23.52 1:23.52	300m: 4:31.54 1:35.28	500m: 7:46.62 1:37.78	700m: 11:03.23 1:38.42	
200m: 2:56.26 1:32.74	400m: 6:08.84 1:37.30	600m: 9:24.81 1:38.19	800m: 12:38.36 1:35.13	
4. Andreia Borges, TIAGO	08	Clube Act. Fisica Bombeiros De	12:39.43	251
100m: 1:32.92 1:32.92	300m: 4:46.08 1:35.47	500m: 7:56.81 1:34.35	700m: 11:07.15 1:34.81	
200m: 3:10.61 1:37.69	400m: 6:22.46 1:36.38	600m: 9:32.34 1:35.53	800m: 12:39.43 1:32.28	
5. Maria Correia, BOTELHO	08	Clube Act. Fisica Bombeiros De	13:15.72	218
100m: 1:30.31 1:30.31	300m: 4:49.47 1:40.36	500m: 8:07.42 1:41.44	700m: 11:38.69 1:45.98	
200m: 3:09.11 1:38.80	400m: 6:25.98 1:36.51	600m: 9:52.71 1:45.29	800m: 13:15.72 1:37.03	
6. Maria Moniz, SANTOS	08	Clube Act. Fisica Bombeiros De	14:19.30	173
100m: 1:41.54 1:41.54	300m: 5:18.74 1:47.43	500m: 8:57.25 1:49.66	700m: 12:35.30 1:48.78	
200m: 3:31.31 1:49.77	400m: 7:07.59 1:48.85	600m: 10:46.52 1:49.27	800m: 14:19.30 1:44.00	

Juvenis B

1. Catarina Baptista, MELO	07	Bombeiros Ribeira Grande	11:25.51	341
100m: 1:19.87 1:19.87	300m: 4:11.57 1:25.61	500m: 7:05.98 1:27.62	700m: 10:01.56 1:29.09	
200m: 2:45.96 1:26.09	400m: 5:38.36 1:26.79	600m: 8:32.47 1:26.49	800m: 11:25.51 1:23.95	
2. Ana Maria, RESENDES	07	Clube Naval de Ponta Delgada	12:28.86	262
100m: 1:26.26 1:26.26	300m: 4:34.69 1:34.83	500m: 7:45.88 1:36.73	700m: 10:55.90 1:34.90	
200m: 2:59.86 1:33.60	400m: 6:09.15 1:34.46	600m: 9:21.00 1:35.12	800m: 12:28.86 1:32.96	
3. Ana Miguel, COSTA	07	Bombeiros Ribeira Grande	13:26.28	210
100m: 1:33.75 1:33.75	300m: 4:57.40 1:43.40	500m: 8:25.52 1:44.33	700m: 11:49.28 1:40.85	
200m: 3:14.00 1:40.25	400m: 6:41.19 1:43.79	600m: 10:08.43 1:42.91	800m: 13:26.28 1:37.00	

Juvenis A

1. Nuria Costa, CABRAL	06	CDE Agua de Pau	11:22.40	346
100m: 1:24.09 1:24.09	300m: 4:16.96 1:26.34	500m: 7:09.18 1:25.72	700m: 9:59.73 1:25.95	
200m: 2:50.62 1:26.53	400m: 5:43.46 1:26.50	600m: 8:33.78 1:24.60	800m: 11:22.40 1:22.67	
2. Matilde Rodrigues, COUTO	06	CDE Agua de Pau	12:02.80	291
100m: 1:26.10 1:26.10	300m: 4:25.76 1:30.53	500m: 7:30.27 1:32.28	700m: 10:34.13 1:32.40	
200m: 2:55.23 1:29.13	400m: 5:57.99 1:32.23	600m: 9:01.73 1:31.46	800m: 12:02.80 1:28.67	
3. Natacha Furtado, MACHADO	06	CDE Agua de Pau	12:36.70	254
100m: 1:27.70 1:27.70	300m: 4:36.86 1:35.13	500m: 7:49.39 1:35.71	700m: 11:03.60 1:34.43	
200m: 3:01.73 1:34.03	400m: 6:13.68 1:36.82	600m: 9:29.17 1:39.78	800m: 12:36.70 1:33.10	