

GINÁSTICA RÍTMICA

09

março
2024

DAS 09H00 ÀS 19H30

Entrada gratuita

Campeonato Distrital - 1ª Divisão

Open de Conjuntos

Encontro de Benjamins e Infantis

Campeonato de Veteranas

NAVE POLIVALENTE DE ESPINHO



ESPINHO
CÂMARA MUNICIPAL





Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADAS - Aveiro – All-Around ☐ ☒ ☐ ☐

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	PARALTA	Ana	EGA	2014			☐ 2.3		2.30	8.200	8.100	0 18.600
2.	SILVA	M ^a Inês	CENAP	2014			☐ 2.2		2.20	6.300	7.100	0 15.600



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADAS - Aveiro – All-Around

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P		
1.	PARALTA	Ana	 EGA	2014			U	2.2	1.9	4.10	7.200	7.000	0	18.300
2.	SILVA	Mª Inês	 CENAP	2014			U	2.3	0.9	3.20	5.150	6.300	0	14.650



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADAS - Aveiro – All-Around ☐ ☒ ☐ ☐

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	PARALTA	Ana	EGA	2014			☐ 2.2	0.6	2.80	7.150	7.600	0 17.550
2.	SILVA	M ^a Inês	CENAP	2014			☐ 2.2	0.7	2.90	5.700	6.150	0 14.750



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADAS - Aveiro – All-Around ☐ ☒ ☐ ☐

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	SILVA	M ^a Inês	 CENAP	2014				2.5	0.1	2.60	6.000	5.850	0	14.450
2.	PARALTA	Ana	 EGA	2014				2.1	0.3	2.40	6.300	5.350	0	14.050



Place	Surname	Name	Repr.	Year	Level	Coach					U				O				●				Σ
							DB	DA	P	#	DB	DA	P	#	DB	DA	P	#	DB	DA	P	#	
							A	E	Total		A	E	Total		A	E	Total		A	E	Total		
1.	PARALTA	Ana		EGA	2014		2.3	8.100		0 1	2.2	1.9		0 1	2.2	0.6		0 1	2.1	0.3		0 2	68.500
							8.200		18.600		7.200	7.000	18.300		7.150	7.600	17.550		6.300	5.350	14.050		
2.	SILVA	Mª Inês		CENAP	2014		2.2	7.100		0 2	2.3	0.9		0 2	2.2	0.7		0 2	2.5	0.1		0 1	59.450
							6.300		15.600		5.150	6.300	14.650		5.700	6.150	14.750		6.000	5.850	14.450		



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Aveiro – All-Around



Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P	
1.	RYBALKA	Maryia	 EGA	2014			4.0	4.0	4.00	8.450	8.000	0	20.450
2.	SADOVNIKOVA	Mariia	 AAE	2014			3.9	3.9	3.90	7.550	7.900	0	19.350
3.	MOTA	Carolina	 AAE	2014			4.0	4.0	4.00	7.600	7.650	0	19.250
4.	NOVO	Margarida	 AAE	2015			3.8	3.8	3.80	7.450	6.950	0	18.200



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Aveiro – All-Around



Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P		
1.	RYBALKA	Maryia	 EGA	2014			U	4.0	2.3	6.30	7.250	7.000	0	20.550
2.	NOVO	Margarida	 AAE	2015			U	4.3	3.2	7.50	6.200	6.000	0	19.700
3.	SADOVNIKOVA	Mariia	 AAE	2014			U	3.7	2.1	5.80	6.200	6.600	0	18.600
4.	MOTA	Carolina	 AAE	2014			U	3.8	2.1	5.90	6.250	6.100	0	18.250



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Aveiro – All-Around



Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	RYBALKA	Maryia	 EGA	2014				4.4	3.2	7.60	7.350	7.100	0	22.050
2.	SADOVNIKOVA	Mariia	 AAE	2014				5.3	2.6	7.90	6.600	7.050	0	21.550
3.	MOTA	Carolina	 AAE	2014				3.5	1.9	5.40	6.350	6.500	0	18.250
4.	NOVO	Margarida	 AAE	2015				3.2	1.9	5.10	5.800	5.250	0.30	15.850



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Aveiro – All-Around



Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	MOTA	Carolina	 AAE	2014				4.4	1.3	5.70	6.700	6.650	0	19.050
2.	SADOVNIKOVA	Mariia	 AAE	2014				3.7	2.1	5.80	6.250	6.700	0	18.750
3.	NOVO	Margarida	 AAE	2015				3.7	1.7	5.40	6.550	6.150	0	18.100
4.	RYBALKA	Maryia	 EGA	2014				2.6	1.2	3.80	7.150	6.100	0	17.050



Place	Surname	Name	Repr.	Year	Level	Coach	□				√				○				∥				Σ							
							DB A	DA E	P Total	#	DB A	DA E	P Total	#	DB A	DA E	P Total	#	DB A	DA E	P Total	#								
1.	RYBALKA	Maryia		EGA	2014		4.0	8.000	0	1	8.450	20.450	4.0	2.3	0	1	7.250	7.000	20.550	4.4	3.2	0	1	7.350	7.100	22.050	7.150	6.100	17.050	80.10
2.	SADOVNIKOVA	Mariia		AAE	2014		3.9	7.900	0	2	7.550	19.350	3.7	2.1	0	3	6.200	6.600	18.600	5.3	2.6	0	2	6.600	7.050	21.550	6.250	6.700	18.750	78.25
3.	MOTA	Carolina		AAE	2014		4.0	7.650	0	3	7.600	19.250	3.8	2.1	0	4	6.250	6.100	18.250	3.5	1.9	0	3	6.350	6.500	18.250	6.700	6.650	19.050	74.80
4.	NOVO	Margarida		AAE	2015		3.8	6.950	0	4	7.450	18.200	4.3	3.2	0	2	6.200	6.000	19.700	3.2	1.9	0	3	5.800	5.250	15.850	6.550	6.150	18.100	71.85



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Aveiro – All-Around



Place	Team Score	Year	Level	Coach		□	U	○	
1. T2	169.250	AAE							
	SADOVNIKOVA Mariia	2014	DB/DA D	3.9/3.90	3.7/2.1 5.80	5.3/2.6 7.90	3.7/2.1 5.80		
			E	7.900	6.600	7.050	6.700		
			P Total	0 19.350	0 18.600	0 21.550	0 18.750		
	NOVO	Margarida	2015	DB/DA D	3.8/3.80	4.3/3.2 7.50	3.2/1.9 5.10	3.7/1.7 5.40	
			E	6.950	6.000	5.250	6.150		
			P Total	0 18.200	0 19.700	-0.30 15.850	0 18.100		
	MOTA	Carolina	2014	DB/DA D	4.0/4.00	3.8/2.1 5.90	3.5/1.9 5.40	4.4/1.3 5.70	
			E	7.650	6.100	6.500	6.650		
			P Total	0 19.250	0 18.250	0 18.250	0 19.050		



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Aveiro – All-Around ○ ● || 🚫

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P		
1.	GONÇALVES	Diana		CENAP	2014			○	4.4	1.8	6.20	6.650	6.400	0	19.250
2.	VIEIRA	Lara		CENAP	2014			○	5.2	1.3	6.50	5.550	6.350	0	18.400



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Aveiro – All-Around ○ ● || 🚫

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	GONÇALVES	Diana		CENAP	2014			3.9	1.9	5.80	6.100	5.700	0	17.600
2.	VIEIRA	Lara		CENAP	2014			3.6	1.1	4.70	5.450	4.850	0	15.000



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Aveiro – All-Around ○ ● || |

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P	
1.	GONÇALVES	Diana	 CENAP	2014			5.0	2.2	7.20	6.200	5.500	0.60	18.300
2.	VIEIRA	Lara	 CENAP	2014			3.7	2.3	6.00	5.650	6.150	0	17.800



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Aveiro – All-Around ○ ● || 🚫

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	GONÇALVES	Diana	 CENAP	2014			🚫 3.6	1.1	4.70	6.250	4.900	0 15.850
2.	VIEIRA	Lara	 CENAP	2014			🚫 3.4	0.3	3.70	6.050	4.900	0 14.650



Place	Surname	Name	Repr.	Year	Level	Coach	○				●								🌀				Σ
							DB A	DA E	P Total	#	DB A	DA E	P Total	#	DB A	DA E	P Total	#	DB A	DA E	P Total	#	
1.	GONÇALVES	Diana	🇵🇹 CENAP	2014			4.4 6.650	1.8 6.400	0 19.250	1	3.9 6.100	1.9 5.700	0 17.600	1	5.0 6.200	2.2 5.500	0.60 18.300	1	3.6 6.250	1.1 4.900	0 15.850	1	71.000
2.	VIEIRA	Lara	🇵🇹 CENAP	2014			5.2 5.550	1.3 6.350	0 18.400	2	3.6 5.450	1.1 4.850	0 15.000	2	3.7 5.650	2.3 6.150	0 17.800	2	3.4 6.050	0.3 4.900	0 14.650	2	65.850



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SENIORES - Aveiro – All-Around ○ ● || 🎯

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	AMORIM	Sofia	 AAE	2005			○ 4.6	2.9	7.50	7.300	6.050	0 20.850
2.	HENRIQUES	Joana	 CENAP	2014			○ 3.7	1.5	5.20	6.050	5.400	0 16.650



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SENIORES - Aveiro – All-Around ○ ● || 🎯

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	AMORIM	Sofia	 AAE	2005			● 5.2	3.6	8.80	7.350	6.900	0 23.050
2.	HENRIQUES	Joana	 CENAP	2014			● 3.6	3.0	6.60	6.200	6.050	0 18.850



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SENIORES - Aveiro – All-Around ○ ● || 🎯

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	AMORIM	Sofia	 AAE	2005				5.4	2.7	8.10	7.300	6.900	0	22.300
2.	HENRIQUES	Joana	 CENAP	2014				3.9	2.4	6.30	6.050	5.100	0	17.450



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SENIORES - Aveiro – All-Around ○ ● || 🎯

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	AMORIM	Sofia	 AAE	2005			🎯 5.9	3.1	9.00	7.200	6.350	0 22.550
2.	HENRIQUES	Joana	 CENAP	2014			🎯 3.8	1.8	5.60	5.900	5.650	0 17.150



Place	Surname	Name	Repr.	Year	Level	Coach	○				●								⌘				Σ
							DB A	DA E	P Total	#	DB A	DA E	P Total	#	DB A	DA E	P Total	#	DB A	DA E	P Total	#	
1.	AMORIM	Sofia		AAE	2005		4.6	2.9		0 1	5.2	3.6		0 1	5.4	2.7		0 1	5.9	3.1		0 1	88.750
							7.300	6.050	20.850		7.350	6.900	23.050		7.300	6.900	22.300		7.200	6.350	22.550		
2.	HENRIQUES	Joana		CENAP	2014		3.7	1.5		0 2	3.6	3.0		0 2	3.9	2.4		0 2	3.8	1.8		0 2	70.100
							6.050	5.400	16.650		6.200	6.050	18.850		6.050	5.100	17.450		5.900	5.650	17.150		



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUN EL - Aveiro – All-Around ○ ● || ⊘

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	OSORIO	Maria	 AAE	2014			○ 6.4	2.5	8.90	7.500	8.050	0 24.450
2.	FERNANDES	Inês	 AAE	2014			○ 6.5	2.9	9.40	7.300	7.050	0 23.750



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUN EL - Aveiro – All-Around ○ ● || ⊘

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	OSORIO	Maria	 AAE	2014			● 6.0	3.4	9.40	7.500	7.150	0 24.050
2.	FERNANDES	Inês	 AAE	2014			● 6.2	2.9	9.10	7.450	6.900	0 23.450



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUN EL - Aveiro – All-Around ○ ● || ⊗

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	OSORIO	Maria	 AAE	2014				6.6	3.6	10.20	7.550	7.450	0	25.200
2.	FERNANDES	Inês	 AAE	2014				7.0	2.3	9.30	7.800	6.850	0	23.950



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUN EL - Aveiro – All-Around ○ ● || 🌀

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P	
1.	OSORIO	Maria	 AAE	2014			7.0	3.6	10.60	7.600	7.650	0	25.850
2.	FERNANDES	Inês	 AAE	2014			5.1	2.6	7.70	7.100	6.500	0	21.300



Place	Surname	Name	Repr.	Year	Level	Coach	○				●				⚔				⚔				Σ
							DB	DA	P	#	DB	DA	P	#	DB	DA	P	#	DB	DA	P	#	
							A	E	Total		A	E	Total		A	E	Total		A	E	Total		
1.	OSORIO	Maria		AAE	2014		6.4	2.5		0 1	6.0	3.4		0 1	6.6	3.6		0 1	7.0	3.6		0 1	99.550
							7.500	8.050	24.450		7.500	7.150	24.050		7.550	7.450	25.200		7.600	7.650	25.850		
2.	FERNANDES	Inês		AAE	2014		6.5	2.9		0 2	6.2	2.9		0 2	7.0	2.3		0 2	5.1	2.6		0 2	92.450
							7.300	7.050	23.750		7.450	6.900	23.450		7.800	6.850	23.950		7.100	6.500	21.300		



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SEN EL - Aveiro – All-Around ○ ● || ⊘

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	COUTO	Anamar		EGA	2015		○ 8.8	3.8	12.60	7.600	7.850	0 28.050
2.	CASTRO	Matilde		EGA	2005		○ 6.0	3.7	9.70	7.250	6.350	0.30 23.000



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SEN EL - Aveiro – All-Around ○ ● || ⊘

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	COUTO	Anamar		EGA	2015		●	8.2	3.1	11.30	7.800	7.050	0	26.150
2.	CASTRO	Matilde		EGA	2005		●	8.1	3.3	11.40	7.000	6.100	0	24.500



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SEN EL - Aveiro – All-Around ○ ● || ⊘

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	COUTO	Anamar		EGA	2015			6.9	4.3	11.20	8.300	8.200	0	27.700
2.	CASTRO	Matilde		EGA	2005			6.7	2.9	9.60	6.500	5.850	0	21.950



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SEN EL - Aveiro – All-Around ○ ● || 🌀

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	COUTO	Anamar	🏆	EGA	2015		🌀 6.4	3.2	9.60	6.650	6.300	0.30 22.250
2.	CASTRO	Matilde	🏆	EGA	2005		🌀 5.4	3.1	8.50	7.050	6.200	0 21.750



Place	Surname	Name	Repr.	Year	Level	Coach	○				●				🏸				🥋				Σ															
							DB	DA	P	#	DB	DA	P	#	DB	DA	P	#	DB	DA	P	#																
							A	E	Total		A	E	Total		A	E	Total		A	E	Total																	
1.	COUTO	Anamar 🇪🇵	EGA	2015			8.8	3.8		0	1	7.600	7.850	28.050		8.2	3.1		0	1	7.800	7.050	26.150		8.300	8.200	27.700		6.9	4.3		0	1	6.650	6.300	22.250		104.150
2.	CASTRO	Matilde 🇪🇵	EGA	2005			6.0	3.7		0.30	2	7.250	6.350	23.000		8.1	3.3		0	2	7.000	6.100	24.500		6.7	2.9		0	2	6.500	5.850	21.950		7.050	6.200	21.750		91.200