

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





**Associação
de Ginástica
do Norte**

GINÁSTICA RÍTMICA

Campeonato Distrital de 1ª Divisão

09 de Março de 2024	
CONSTITUIÇÃO JÚRI – CD 1ª Divisão	
Júri 1	
DB1	GABRIELA SALVADOR
DB2	EMÍLIA COSTA
DA1	ADRIANA CASTRO
DA2	AMANDA BATISTA
A1	GABRIELA BATISTA
A2	MARTA RAMOS
A3	RITA ARAÚJO
A4	PAULA SILVA
E1	FERNANDA TRIGO
E2	ANA RAQUEL MAIA
E3	MARIANA VIDEIRA
E4	MADALENA LAGE



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADA - Porto – All-Around ☐ ☒ ☐ ☐

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	FERNANDES	Gabriela		BFC	2013		☐	3.3		3.30	7.950	8.050	0	19.300
2.	PORTO	Mariana		BFC	2013		☐	2.8		2.80	7.650	7.650	0	18.100
3.	SANTOS	Mara		BFC	2013		☐	2.7		2.70	7.550	7.100	0	17.350
4.	DIAS	Lia		BFC	2013		☐	2.2		2.20	7.050	6.950	0.30	15.900



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADA - Porto – All-Around ☐ ☒ ☐ ☐

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	FERNANDES	Gabriela		BFC	2013			3.5	2.4	5.90	7.100	7.100	0	20.100
2.	PORTO	Mariana		BFC	2013			2.7	0.6	3.30	6.250	5.850	0	15.400
3.	SANTOS	Mara		BFC	2013			1.8	1.2	3.00	6.400	5.600	0	15.000
4.	DIAS	Lia		BFC	2013			1.3	0.9	2.20	5.950	5.850	0	14.000



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADA - Porto – All-Around ☐ ☒ ☐ ☐

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	FERNANDES	Gabriela		BFC	2013		☐	4.3	2.2	6.50	6.950	7.200	0	20.650
2.	PORTO	Mariana		BFC	2013		☐	1.4	1.1	2.50	7.000	6.350	0	15.850
3.	DIAS	Lia		BFC	2013		☐	1.2	0.8	2.00	6.050	5.700	0	13.750
4.	SANTOS	Mara		BFC	2013		☐	1.2	0.9	2.10	5.700	5.700	0.60	12.900



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADA - Porto – All-Around



Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	FERNANDES	Gabriela		BFC	2013			3.4	2.0	5.40	6.950	7.350	0	19.700
2.	PORTO	Mariana		BFC	2013			2.4	1.3	3.70	6.450	7.200	0	17.350
3.	DIAS	Lia		BFC	2013			2.0	1.8	3.80	6.400	6.900	0	17.100
4.	SANTOS	Mara		BFC	2013			1.7	0.9	2.60	6.750	7.050	0	16.400



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.	FERNANDES	Gabriela		BFC	2013		3.3 7.950	8.050	0 1	1	3.5 7.100	2.4 7.100	0 20.100	1	4.3 6.950	2.2 7.200	0 20.650	1	3.4 6.950	2.0 7.350	0 19.700	1	79.750
2.	PORTO	Mariana		BFC	2013		2.8 7.650	7.650	0 18.100	2	2.7 6.250	0.6 5.850	0 15.400	2	1.4 7.000	1.1 6.350	0 15.850	2	2.4 6.450	1.3 7.200	0 17.350	2	66.700
3.	SANTOS	Mara		BFC	2013		2.7 7.550	7.100	0 17.350	3	1.8 6.400	1.2 5.600	0 15.000	3	1.2 5.700	0.9 5.700	0.60 12.900	4	1.7 6.750	0.9 7.050	0 16.400	4	61.650
4.	DIAS	Lia		BFC	2013		2.2 7.050	6.950	0.30 15.900	4	1.3 5.950	0.9 5.850	0 14.000	4	1.2 6.050	0.8 5.700	0 13.750	3	2.0 6.400	1.8 6.900	0 17.100	3	60.750



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – INICIADA - Porto – All-Around ☐ ☒ ☐ ☐

Place	Team	Score	Year	Level	Coach	☐	☒	☐	☐
1. T3	181.950		BFC						
	FERNANDES Gabriela	2013				DB/DA D 3.3/3.30 E 8.050 P Total 0 19.300	3.5/2.4 5.90 7.100 0 20.100	4.3/2.2 6.50 7.200 0 20.650	3.4/2.0 5.40 7.350 0 19.700
	PORTO Mariana	2013				DB/DA D 2.8/2.80 E 7.650 P Total 0 18.100	2.7/0.6 3.30 5.850 0 15.400	1.4/1.1 2.50 6.350 0 15.850	2.4/1.3 3.70 7.200 0 17.350
	SANTOS Mara	2013				DB/DA D 2.7/2.70 E 7.100 P Total 0 17.350	1.8/1.2 3.00 5.600 0 15.000	1.2/0.9 2.10 5.700 -0.60 12.900	1.7/0.9 2.60 7.050 0 16.400
	DIAS Lia	2013				DB/DA D 2.2/2.20 E 6.950 P Total -0.30 15.900	1.3/0.9 2.20 5.850 0 14.000	1.2/0.8 2.00 5.700 0 13.750	2.0/1.8 3.80 6.900 0 17.100



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Porto – All-Around ☐ U ☐ O ☐ II

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	VALENTE	Matilde	 BFC	2011			☐	3.8		3.80	7.850	7.200	0	18.850
2.	FERREIRA	Filipa	 BFC	2013			☐	3.0		3.00	7.850	7.650	0	18.500
3.	MARQUES	Benedita	 BFC	2011			☐	3.1		3.10	7.600	7.550	0	18.250
4.	CARDOSO	Matilde	 BFC	2011			☐	2.8		2.80	7.250	7.850	0	17.900
5.	AFONSO	Mariana	 GCST	2013			☐	2.6		2.60	6.800	6.900	0	16.300



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Porto – All-Around

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P		
1.	VALENTE	Matilde	 BFC	2011			U	4.0	3.2	7.20	6.600	6.400	0	20.200
2.	FERREIRA	Filipa	 BFC	2013			U	3.1	2.5	5.60	5.950	6.450	0	18.000
3.	CARDOSO	Matilde	 BFC	2011			U	3.4	2.0	5.40	5.550	6.750	0	17.700
4.	MARQUES	Benedita	 BFC	2011			U	3.3	2.9	6.20	5.750	5.800	0.30	17.450
5.	AFONSO	Mariana	 GCST	2013			U	1.5	1.1	2.60	5.200	6.000	0	13.800



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Porto – All-Around

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	VALENTE	Matilde	 BFC	2011				4.2	2.9	7.10	6.650	6.650	0	20.400
2.	MARQUES	Benedita	 BFC	2011				4.7	2.3	7.00	6.500	5.900	0	19.400
3.	FERREIRA	Filipa	 BFC	2013				4.3	2.1	6.40	6.750	5.850	0.30	18.700
4.	AFONSO	Mariana	 GCST	2013				3.2	1.2	4.40	5.800	6.550	0	16.750
5.	CARDOSO	Matilde	 BFC	2011				2.5	2.1	4.60	6.200	5.300	0	16.100



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Porto – All-Around



Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	VALENTE	Matilde	 BFC	2011				3.6	1.8	5.40	6.350	5.200	0	16.950
2.	MARQUES	Benedita	 BFC	2011				3.6	1.8	5.40	6.350	5.000	0	16.750
3.	CARDOSO	Matilde	 BFC	2011				2.5	2.0	4.50	6.750	5.300	0	16.550
4.	AFONSO	Mariana	 GCST	2013				2.0	0.9	2.90	5.800	5.400	0	14.100
5.	FERREIRA	Filipa	 BFC	2013				2.0	1.4	3.40	5.800	3.750	0.60	12.350



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.	VALENTE	Matilde		BFC	2011		3.8 7.850	7.200	0 18.850	1	4.0 6.600	3.2 6.400	0 20.200	1	4.2 6.650	2.9 6.650	0 20.400	1	3.6 6.350	1.8 5.200	0 16.950	1	76.400
2.	MARQUES	Benedita		BFC	2011		3.1 7.600	7.550	0 18.250	3	3.3 5.750	2.9 5.800	0.30 17.450	4	4.7 6.500	2.3 5.900	0 19.400	2	3.6 6.350	1.8 5.000	0 16.750	2	71.850
3.	CARDOSO	Matilde		BFC	2011		2.8 7.250	7.850	0 17.900	4	3.4 5.550	2.0 6.750	0 17.700	3	2.5 6.200	2.1 5.300	0 16.100	5	2.5 6.750	2.0 5.300	0 16.550	3	68.250
4.	FERREIRA	Filipa		BFC	2013		3.0 7.850	7.650	0 18.500	2	3.1 5.950	2.5 6.450	0 18.000	2	4.3 6.750	2.1 5.850	0.30 18.700	3	2.0 5.800	1.4 3.750	0.60 12.350	5	67.550
5.	AFONSO	Mariana		GCST	2013		2.6 6.800	6.900	0 16.300	5	1.5 5.200	1.1 6.000	0 13.800	5	3.2 5.800	1.2 6.550	0 16.750	4	2.0 5.800	0.9 5.400	0 14.100	4	60.950



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUVENIS - Porto – All-Around ☐ ☒ ☐ ☐

Place	Team Score	Year	Level	Coach	☐	☒	☐	☐
1. T4	170.000	BFC						
	FERREIRA Filipa	2013	DB/DA D	3.0/3.00	3.1/2.5 5.60	4.3/2.1 6.40	2.0/1.4 3.40	
			E	7.650	6.450	5.850	3.750	
			P Total	0 18.500	0 18.000	-0.30 18.700	-0.60 12.350	
	CARDOSO Matilde	2011	DB/DA D	2.8/2.80	3.4/2.0 5.40	2.5/2.1 4.60	2.5/2.0 4.50	
			E	7.850	6.750	5.300	5.300	
			P Total	0 17.900	0 17.700	0 16.100	0 16.550	
	VALENTE Matilde	2011	DB/DA D	3.8/3.80	4.0/3.2 7.20	4.2/2.9 7.10	3.6/1.8 5.40	
			E	7.200	6.400	6.650	5.200	
			P Total	0 18.850	0 20.200	0 20.400	0 16.950	
	MARQUES Benedita	2011	DB/DA D	3.1/3.10	3.3/2.9 6.20	4.7/2.3 7.00	3.6/1.8 5.40	
			E	7.550	5.800	5.900	5.000	
			P Total	0 18.250	-0.30 17.450	0 19.400	0 16.750	



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Porto – All-Around ○ ● || ⊗

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P	
1.	CABANES	Clara	 BFC	2011			○	4.2	2.7	6.90	6.550	4.700	0	18.150
2.	FERNANDES	Rita	 BFC	2013			○	3.7	1.8	5.50	6.450	5.750	0	17.700
3.	TEIXEIRA	Margarida	 BFC	2013			○	2.8	2.8	5.60	6.450	5.800	0.30	17.550



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Porto – All-Around ○ ● || ⊗

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	CABANES	Clara	 BFC	2011			● 4.0	3.0	7.00	6.500	6.150	0 19.650
2.	FERNANDES	Rita	 BFC	2013			● 4.1	2.2	6.30	6.200	6.350	0 18.850
3.	TEIXEIRA	Margarida	 BFC	2013			● 4.0	3.0	7.00	6.500	5.200	0 18.700



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Porto – All-Around ○ ● || ⊗

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P	
1.	FERNANDES	Rita	 BFC	2013			3.7	2.6	6.30	6.500	5.950	0	18.750
2.	TEIXEIRA	Margarida	 BFC	2013			5.4	2.7	8.10	6.000	5.200	0.60	18.700
3.	CABANES	Clara	 BFC	2011			2.4	2.5	4.90	6.050	4.750	0	15.700



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Porto – All-Around ○ ● || 🌀

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P	
1.	CABANES	Clara	 BFC	2011			🌀 3.7	2.1	5.80	6.550	6.150	0	18.500
2.	TEIXEIRA	Margarida	 BFC	2013			🌀 4.8	1.5	6.30	6.150	5.100	0	17.550
3.	FERNANDES	Rita	 BFC	2013			🌀 3.7	1.1	4.80	6.550	5.750	0	17.100



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Porto – All-Around ○ ● || 🌀

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.	TEIXEIRA	Margarida		BFC	2013		2.8 6.450	2.8 5.800	0.30 17.550	3	4.0 6.500	3.0 5.200	0 18.700	3	5.4 6.000	2.7 5.200	0.60 18.700	2	4.8 6.150	1.5 5.100	0 17.550	2	72.500
2.	FERNANDES	Rita		BFC	2013		3.7 6.450	1.8 5.750	0 17.700	2	4.1 6.200	2.2 6.350	0 18.850	2	3.7 6.500	2.6 5.950	0 18.750	1	3.7 6.550	1.1 5.750	0 17.100	3	72.400
3.	CABANES	Clara		BFC	2011		4.2 6.550	2.7 4.700	0 18.150	1	4.0 6.500	3.0 6.150	0 19.650	1	2.4 6.050	2.5 4.750	0 15.700	3	3.7 6.550	2.1 6.150	0 18.500	1	72.000



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – JUNIORES - Porto – All-Around ○ ● || ⊗

Place	Team Score	Year	Level	Coach	○	●		⊗
1. T5	184.100 							
	FERNANDES Rita	2013			DB/DA D 3.7/1.8 5.50	4.1/2.2 6.30	3.7/2.6 6.30	3.7/1.1 4.80
					E 5.750	6.350	5.950	5.750
					P Total 0 17.700	0 18.850	0 18.750	0 17.100
	TEIXEIRA Margarida	2013			DB/DA D 2.8/2.8 5.60	4.0/3.0 7.00	5.4/2.7 8.10	4.8/1.5 6.30
					E 5.800	5.200	5.200	5.100
					P Total -0.30 17.550	0 18.700	-0.60 18.700	0 17.550
	CABANES Clara	2011			DB/DA D 4.2/2.7 6.90	4.0/3.0 7.00	2.4/2.5 4.90	3.7/2.1 5.80
					E 4.700	6.150	4.750	6.150
					P Total 0 18.150	0 19.650	0 15.700	0 18.500



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SENIORES - Porto – All-Around ○ ● || ⌚

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P
1.	RAMOS	Clara	 BFC	2013			○	5.4	2.7	8.10	6.200	6.400	0 20.700



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SENIORES - Porto – All-Around ○ ● || ⊗

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P
1.	RAMOS	Clara		BFC	2013		●	2.2	1.2	3.40	5.350	4.250	0.60 12.400



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SENIORES - Porto – All-Around ○ ● || ⊗

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P
1.	RAMOS	Clara	 BFC	2013				3.6	1.9	5.50	6.300	5.050	0 16.850



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SENIORES - Porto – All-Around ○ ● || 🌀

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	RAMOS	Clara	 BFC	2013			🌀 1.8	1.5	3.30	5.550	4.200	0 13.050



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.	RAMOS	Clara		BFC	2013		5.4	2.7		0 1	2.2	1.2	0.60	1	3.6	1.9		0 1	1.8	1.5		0 1	63.000
							6.200	6.400	20.700		5.350	4.250	12.400		6.300	5.050	16.850		5.550	4.200	13.050		



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SEN EL - Porto – All-Around ○ ● ||

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	COSTA	Sara	 GCST	2011			○ 6.2	1.5	7.70	6.900	7.250	0 21.850



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SEN EL - Porto – All-Around ○ ● || 🚫

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P
1.	COSTA	Sara		GCST	2011		●	4.6	2.8	7.40	6.650	7.200	0 21.250



Campeonato Distrital I Divisão *Event subtitle*

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

Place	Surname	Name	Repr.	Year	Level	Coach		DB	DA	D	A	E	P
1.	COSTA	Sara		GCST	2011			5.9	2.9	8.80	6.900	7.400	0 23.100



Campeonato Distrital I Divisão *Event subtitle*

Individual exercises – SEN EL - Porto – All-Around ○ ● ||

Place	Surname	Name	Repr.	Year	Level	Coach	DB	DA	D	A	E	P
1.	COSTA	Sara	 GCST	2011			 3.9	1.6	5.50	6.550	6.600	0 18.650



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.	COSTA	Sara		GCST	2011		6.2	1.5		0 1	4.6	2.8		0 1	5.9	2.9		0 1	3.9	1.6		0 1	84.850
							6.900	7.250	21.850		6.650	7.200	21.250		6.900	7.400	23.100		6.550	6.600	18.650		