

Campeonatos Regionais JUN-SEN PL 08-09
Póvoa de Varzim, 6. - 8.3.2009

Prova 1 Femin., 800m Livres 15 anos e mais velhos
06-03-2009 - 9:30 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Nacional Absoluto	8:57.14	FERREIRA, Marta Andreia	FPN	Berlim (GER)	31-07-2002
Recorde Nacional Sénior	8:58.41	FERREIRA, Marta Andreia	FPN	Barcelona (ESP)	25-07-2003
Recorde Nacional Junior	8:57.14	FERREIRA, Marta Andreia	FPN	Berlim (GER)	31-07-2002

Time standard 1 Sen: 10:31.80; Jun: 10:40.40

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
-------	------	------	---------	-----	-------	-------------	-----	----

Juniores

1.	SANTOS, Joana Filipa	F	24081	93	Vitória Sport Clube	9:22.51	697	+0,99
	100m: 1:06.18 1:06.18				300m: 3:28.50 1:11.36 500m: 5:50.21 1:10.19	700m: 8:12.83 1:11.21		
	200m: 2:17.14 1:10.96				400m: 4:40.02 1:11.52 600m: 7:01.62 1:11.41	800m: 9:22.51 1:09.68		
2.	BARBOSA, Gilberta Cristina	F	26478	93	Foca-Clube De Nataçao De Felgu	9:23.83	692	+0,91
	100m: 1:06.67 1:06.67				300m: 3:29.34 1:11.74 500m: 5:52.41 1:11.13	700m: 8:14.61 1:10.73		
	200m: 2:17.60 1:10.93				400m: 4:41.28 1:11.94 600m: 7:03.88 1:11.47	800m: 9:23.83 1:09.22		
3.	ROCHA, Diana Ramos	F	14372	94	Viana Natacao Clube	9:34.06	656	+0,87
	100m: 1:05.70 1:05.70				300m: 3:26.15 1:11.25 500m: 5:52.11 1:13.71	700m: 8:21.37 1:14.96		
	200m: 2:14.90 1:09.20				400m: 4:38.40 1:12.25 600m: 7:06.41 1:14.30	800m: 9:34.06 1:12.69		
4.	ANDRE, Angelica Maria	F	15497	94	Leixões Sport Clube	9:42.18	629	
	100m: 1:07.37 1:07.37				300m: 3:33.97 1:13.63 500m: 6:01.80 1:13.56	700m: 8:30.31 1:14.64		
	200m: 2:20.02 1:12.65				400m: 4:48.24 1:14.59 600m: 7:15.67 1:13.87	800m: 9:42.18 1:11.87		
5.	GOMES, Andreia Catarina	F	103701	94	Vitória Sport Clube	9:43.63	624	+0,92
	100m: 1:07.33 1:07.33				300m: 3:31.73 1:13.09 500m: 6:01.22 1:15.13	700m: 8:31.38 1:15.15		
	200m: 2:18.64 1:11.31				400m: 4:46.09 1:14.36 600m: 7:16.23 1:15.01	800m: 9:43.63 1:12.25		
6.	CARMO, Francisca Silva	F	15615	94	Famalicao	9:54.45	591	+0,88
	100m: 1:09.93 1:09.93				300m: 3:40.18 1:15.14 500m: 6:09.38 1:14.67	700m: 8:39.90 1:15.56		
	200m: 2:25.04 1:15.11				400m: 4:54.71 1:14.53 600m: 7:24.34 1:14.96	800m: 9:54.45 1:14.55		
7.	MAGALHAES, Maria Ana	F	13039	93	Escola Desportiva Limiana	9:57.98	580	+0,88
	100m: 1:08.97 1:08.97				300m: 3:38.97 1:15.29 500m: 6:10.96 1:16.04	700m: 8:43.84 1:16.65		
	200m: 2:23.68 1:14.71				400m: 4:54.92 1:15.95 600m: 7:27.19 1:16.23	800m: 9:57.98 1:14.14		
8.	VALE, Mariana Oliveira	F	15977	93	Valongo	10:10.17	546	+0,99
	100m: 1:10.78 1:10.78				300m: 3:45.58 1:17.73 500m: 6:21.13 1:17.67	700m: 8:55.94 1:17.02		
	200m: 2:27.85 1:17.07				400m: 5:03.46 1:17.88 600m: 7:38.92 1:17.79	800m: 10:10.17 1:14.23		
9.	RIBEIRO, Daniela Cristina	F	15616	94	Famalicao	10:10.63	545	+0,96
	100m: 1:10.52 1:10.52				300m: 3:43.07 1:16.67 500m: 6:18.33 1:17.67	700m: 8:54.60 1:18.37		
	200m: 2:26.40 1:15.88				400m: 5:00.66 1:17.59 600m: 7:36.23 1:17.90	800m: 10:10.63 1:16.03		
10.	SEQUEIRA, Rita Ribeiro	F	11071	94	Desportiva de Viana	10:21.35	517	
	100m: 1:11.15 1:11.15				300m: 3:47.50 1:18.80 500m: 6:26.40 1:19.42	700m: 9:05.05 1:19.35		
	200m: 2:28.70 1:17.55				400m: 5:06.98 1:19.48 600m: 7:45.70 1:19.30	800m: 10:21.35 1:16.30		
11.	PEREIRA, Carolina Isabel FTL	F	23115	94	Vitória Sport Clube	10:44.26	464	+0,91
	100m: 1:14.30 1:14.30				300m: 3:58.41 1:21.71 500m: 6:41.35 1:21.69	700m: 9:24.63 1:21.69		
	200m: 2:36.70 1:22.40				400m: 5:19.66 1:21.25 600m: 8:02.94 1:21.59	800m: 10:44.26 1:19.63		
12.	PORTELA, Vania Sofia FTL	F	23975	93	Vitória Sport Clube	10:53.61	445	+1,03
	100m: 1:13.92 1:13.92				300m: 3:56.90 1:21.52 500m: 6:43.77 1:23.63	700m: 9:32.36 1:24.26		
	200m: 2:35.38 1:21.46				400m: 5:20.14 1:23.24 600m: 8:08.10 1:24.33	800m: 10:53.61 1:21.25		

Seniores

1.	FERNANDES, Amelia Pereira	F	15951	89	Vitória Sport Clube	9:31.22	666	+0,93
	100m: 1:07.01 1:07.01				300m: 3:29.68 1:11.79 500m: 5:53.53 1:11.90	700m: 8:18.87 1:12.78		
	200m: 2:17.89 1:10.88				400m: 4:41.63 1:11.95 600m: 7:06.09 1:12.56	800m: 9:31.22 1:12.35		
2.	PINTO, Daniela Filipa	F	20610	91	Vitória Sport Clube	9:43.35	625	+0,94
	100m: 1:09.28 1:09.28				300m: 3:34.44 1:13.02 500m: 6:02.85 1:14.08	700m: 8:31.72 1:14.55		
	200m: 2:21.42 1:12.14				400m: 4:48.77 1:14.33 600m: 7:17.17 1:14.32	800m: 9:43.35 1:11.63		
3.	BARBOSA, Rita Manuela	F	23166	89	Leixões Sport Clube	9:56.17	586	+0,87
	100m: 1:10.16 1:10.16				300m: 3:40.80 1:15.55 500m: 6:12.80 1:16.10	700m: 8:43.68 1:15.40		
	200m: 2:25.25 1:15.09				400m: 4:56.70 1:15.90 600m: 7:28.28 1:15.48	800m: 9:56.17 1:12.49		
4.	MONTEIRO, Alexandra Sofia	F	15415	92	Porto/Império Bonança	10:06.86	555	+0,89
	100m: 1:08.51 1:08.51				300m: 3:40.34 1:16.43 500m: 6:14.28 1:17.86	700m: 8:49.95 1:17.26		
	200m: 2:23.91 1:15.40				400m: 4:56.42 1:16.08 600m: 7:32.69 1:18.41	800m: 10:06.86 1:16.91		
5.	SOUSA, Barbara Daniela	F	15966	92	Valongo	10:13.92	536	
	100m: 1:10.26 1:10.26				300m: 3:42.58 1:15.45 500m: 6:21.38 1:17.96	700m: 8:58.17 1:17.97		
	200m: 2:27.13 1:16.87				400m: 5:03.42 1:20.84 600m: 7:40.20 1:18.82	800m: 10:13.92 1:15.75		
6.	SOUSA, Filipa Vieira	F	15907	92	Maiá/Real Seguros	10:30.42	495	+1,04
	100m: 1:14.70 1:14.70				300m: 3:53.25 1:19.12 500m: 6:32.35 1:19.52	700m: 9:11.83 1:19.65		
	200m: 2:34.13 1:19.43				400m: 5:12.83 1:19.58 600m: 7:52.18 1:19.83	800m: 10:30.42 1:18.59		
7.	MOTA, Barbara Torres FTL	F	23277	92	Clube Propaganda da Natacao	11:14.95	404	+0,93
	100m: 1:13.42 1:13.42				300m: 4:04.45 1:26.20 500m: 6:57.41 1:26.47	700m: 9:50.99 1:27.14		
	200m: 2:38.25 1:24.83				400m: 5:30.94 1:26.49 600m: 8:23.85 1:26.44	800m: 11:14.95 1:23.96		