

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

Prova 19
07-03-2009 - 10:05

Femin., 400m Estilos
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15 anos e mais velhos
Resultados

Recorde Nacional Absoluto	4:55.58	FERREIRA, Barbara Sousa	CNMAIA	EULisboa	30-05-2004
Recorde Nacional Sénior	4:55.58	FERREIRA, Barbara Sousa	FPN	Lisboa	30-05-2004
Recorde Nacional Junior	4:58.87	MIGUEL, Susana Patricia	FPN	Palma Maiorca (ESP)	06-07-2006

Time standard 1 Sen: 6:00.80; Jun: 6:11.80

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
1.	ROCHA, Diana Ramos	F	14372	94	Viana Natacao Clube	5:15.32	649	+0,84
	50m: 32.73 32.73				40.76 250m: 3:15.82 45.60	350m: 4:39.19 37.05		
	100m: 1:10.13 37.40				39.33 300m: 4:02.14 46.32	400m: 5:15.32 36.13		
2.	NEVES, Eduarda Malheiro	F	13222	94	Sporting Clube de Braga	5:20.97	615	+0,83
	50m: 33.02 33.02				43.08 250m: 3:24.89 48.26	350m: 4:46.33 36.36		
	100m: 1:10.96 37.94				42.59 300m: 4:09.97 45.08	400m: 5:20.97 34.64		
3.	ANDRE, Angelica Maria	F	15497	94	Leixões Sport Clube	5:24.95	593	+0,92
	50m: 35.21 35.21				43.71 250m: 3:26.97 45.62	350m: 4:49.75 36.91		
	100m: 1:16.07 40.86				41.57 300m: 4:12.84 45.87	400m: 5:24.95 35.20		
4.	LAGE, Marisa Alexandra	F	14935	94	Viana Natacao Clube	5:24.97	593	+0,96
	50m: 34.09 34.09				43.31 250m: 3:27.03 46.18	350m: 4:50.54 36.36		
	100m: 1:13.93 39.84				43.61 300m: 4:14.18 47.15	400m: 5:24.97 34.43		
5.	MARQUES, Catarina Isabel	F	15618	94	Famalicao	5:28.01	576	+1,02
	50m: 34.25 34.25				42.78 250m: 3:27.19 46.49	350m: 4:51.64 37.09		
	100m: 1:15.62 41.37				42.30 300m: 4:14.55 47.36	400m: 5:28.01 36.37		
6.	MONTEIRO, Ana Catarina	F	24320	93	Vilacondense	5:29.56	568	+0,97
	50m: 32.92 32.92				44.65 250m: 3:27.68 49.57	350m: 4:55.23 36.95		
	100m: 1:11.19 38.27				42.27 300m: 4:18.28 50.60	400m: 5:29.56 34.33		
7.	FREIXO, Marta Rita	F	11065	93	Desportiva de Viana	5:29.73	567	+1,04
	50m: 33.68 33.68				42.59 250m: 3:26.43 48.48	350m: 4:52.24 38.06		
	100m: 1:14.45 40.77				40.91 300m: 4:14.18 47.75	400m: 5:29.73 37.49		
8.	MAGALHAES, Maria Ana	F	13039	93	Escola Desportiva Limiana	5:31.74	557	+0,89
	50m: 33.73 33.73				42.72 250m: 3:27.10 48.69	350m: 4:54.86 38.53		
	100m: 1:13.75 40.02				41.94 300m: 4:16.33 49.23	400m: 5:31.74 36.88		
9.	RIBEIRO, Daniela Cristina	F	15616	94	Famalicao	5:35.57	538	+1,03
	50m: 35.31 35.31				43.67 250m: 3:32.55 48.35	350m: 4:59.12 37.76		
	100m: 1:17.45 42.14				43.08 300m: 4:21.36 48.81	400m: 5:35.57 36.45		
10.	CUNHA, Ana Rita	F	24146	93	Vilacondense	5:39.21	521	+0,95
	50m: 35.04 35.04				45.25 250m: 3:32.21 46.47	350m: 4:58.44 39.70		
	100m: 1:16.16 41.12				44.33 300m: 4:18.74 46.53	400m: 5:39.21 40.77		
11.	FERNANDES, Patricia Cristina	F	23496	94	Gespacos	5:45.19	495	+1,02
	50m: 38.51 38.51				47.32 250m: 3:41.93 47.25	350m: 5:07.23 39.27		
	100m: 1:22.87 44.36				44.49 300m: 4:27.96 46.03	400m: 5:45.19 37.96		
12.	CUNHA, Ana Rita	F	23504	94	Gespacos	5:49.57	476	+0,96
	50m: 35.05 35.05				47.47 250m: 3:38.94 51.11	350m: 5:10.48 40.76		
	100m: 1:15.41 40.36				44.95 300m: 4:29.72 50.78	400m: 5:49.57 39.09		
13.	PEREIRA, Carolina Isabel	F	23115	94	Vitória Sport Clube	6:04.18	421	+0,95
	50m: 39.94 39.94				47.05 250m: 3:52.13 51.81	350m: 5:24.28 39.94		
	100m: 1:28.28 48.34				44.99 300m: 4:44.34 52.21	400m: 6:04.18 39.90		
DSQ	SOARES, Ana Sofia	F	23126	94	Vitória Sport Clube			+0,97
	<i>A atleta, na viragem de mariposa para costas saiu na posição ventral.</i>							

Seniores

1.	FERNANDES, Amélia Pereira	F	15951	89	Vitória Sport Clube	5:21.46	612	+0,95
	50m: 32.94 32.94				42.51 250m: 3:23.37 48.56	350m: 4:48.15 35.68		
	100m: 1:10.84 37.90				41.46 300m: 4:12.47 49.10	400m: 5:21.46 33.31		
2.	PINHEIRO, Filipa Mendes	F	11056	92	Desportiva de Viana	5:28.78	572	+0,81
	50m: 32.56 32.56				41.89 250m: 3:23.21 50.07	350m: 4:50.69 37.95		
	100m: 1:10.29 37.73				40.96 300m: 4:12.74 49.53	400m: 5:28.78 38.09		
3.	DIAS, Elsa Daniel	F	12887	92	Sporting Clube de Braga	5:35.10	541	+0,81
	50m: 34.14 34.14				45.52 250m: 3:30.84 49.71	350m: 4:58.40 38.66		
	100m: 1:12.29 38.15				43.32 300m: 4:19.74 48.90	400m: 5:35.10 36.70		
4.	MENDES, Ana Filipa	F	12685	89	Sporting Clube de Braga	5:35.23	540	+0,82
	50m: 34.86 34.86				43.52 250m: 3:30.74 49.32	350m: 4:59.21 37.86		
	100m: 1:15.49 40.63				42.41 300m: 4:21.35 50.61	400m: 5:35.23 36.02		
5.	MARTINS, Sara Alexandra	F	15884	91	Vilacondense	5:40.94	513	+0,96
	50m: 33.78 33.78				48.50 250m: 3:34.11 45.94	350m: 5:02.52 41.03		
	100m: 1:13.59 39.81				46.08 300m: 4:21.49 47.38	400m: 5:40.94 38.42		
6.	FELIX, Ana Godinho	F	24019	91	Vitória Sport Clube	5:46.96	487	+0,88
	50m: 35.35 35.35				45.70 250m: 3:39.02 51.97	350m: 5:08.99 37.99		
	100m: 1:17.96 42.61				43.39 300m: 4:31.00 51.98	400m: 5:46.96 37.97		
7.	RODRIGUES, Carla Isabel	F	15969	92	Valongo	5:49.53	476	+1,00
	50m: 37.40 37.40				47.07 250m: 3:40.83 48.34	350m: 5:10.71 40.55		
	100m: 1:20.11 42.71				45.31 300m: 4:30.16 49.33	400m: 5:49.53 38.82		