

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

Prova 23
07-03-2009 - 16:00

Femin., 400m Livres
COPIDOURO - Cópia e Artigos de Reprodução, Lda

15 anos e mais velhos
Resultados

Recorde Nacional Absoluto	4:19.89	ALEGRIA, Ana Feio	FPN	Barcelona (ESP)	30-05-1996
Recorde Nacional Sénior	4:19.89	ALEGRIA, Ana Feio	FPN	Barcelona (ESP)	30-05-1996
Recorde Nacional Junior	4:20.37	FERREIRA, Marta Andreia	FPN	Berlim (GER)	04-08-2002

Time standard 1 Sen: 5:12.40; Jun: 5:23.60

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
Juniores								
1.	SANTOS, Joana Filipa	F	24081	93	Vitória Sport Clube	4:32.05	714	+0,96
	50m: 31.30 31.30				150m: 1:40.31 35.08 250m: 2:50.26 35.09 350m: 3:59.07 34.74			
	100m: 1:05.23 33.93				200m: 2:15.17 34.86 300m: 3:24.33 34.07 400m: 4:32.05 32.98			
2.	BARBOSA, Gilberta Cristina	F	26478	93	Foca-Clube De Nataçao De Felgu	4:33.60	702	+0,89
	50m: 31.36 31.36				150m: 1:40.28 34.55 250m: 2:50.16 34.91 350m: 4:00.12 34.86			
	100m: 1:05.73 34.37				200m: 2:15.25 34.97 300m: 3:25.26 35.10 400m: 4:33.60 33.48			
3.	ROCHA, Diana Ramos	F	14372	94	Viana Natacao Clube	4:34.04	698	+0,83
	50m: 31.44 31.44				150m: 1:40.78 35.11 250m: 2:51.59 35.20 350m: 4:01.46 34.33			
	100m: 1:05.67 34.23				200m: 2:16.39 35.61 300m: 3:27.13 35.54 400m: 4:34.04 32.58			
4.	RODRIGUES, Joana Aguiar	F	15401	93	Porto/Império Bonança	4:35.85	685	+0,94
	50m: 31.12 31.12				150m: 1:40.66 35.14 250m: 2:50.78 35.08 350m: 4:01.57 35.47			
	100m: 1:05.52 34.40				200m: 2:15.70 35.04 300m: 3:26.10 35.32 400m: 4:35.85 34.28			
5.	GOMES, Andreia Catarina	F	103701	94	Vitória Sport Clube	4:39.30	660	+0,89
	50m: 31.08 31.08				150m: 1:38.78 34.27 250m: 2:49.71 36.12 350m: 4:03.40 36.87			
	100m: 1:04.51 33.43				200m: 2:13.59 34.81 300m: 3:26.53 36.82 400m: 4:39.30 35.90			
6.	LAGE, Marisa Alexandra	F	14935	94	Viana Natacao Clube	4:41.98	641	+0,94
	50m: 32.66 32.66				150m: 1:43.55 35.50 250m: 2:55.55 35.63 350m: 4:07.14 35.93			
	100m: 1:08.05 35.39				200m: 2:19.92 36.37 300m: 3:31.21 35.66 400m: 4:41.98 34.84			
7.	OLIVEIRA, Patricia Isabel	F	15970	94	Leixões Sport Clube	4:44.25	626	+0,83
	50m: 31.30 31.30				150m: 1:42.73 36.20 250m: 2:56.19 36.66 350m: 4:09.26 36.05			
	100m: 1:06.53 35.23				200m: 2:19.53 36.80 300m: 3:33.21 37.02 400m: 4:44.25 34.99			
8.	ANDRE, Angelica Maria	F	15497	94	Leixões Sport Clube	4:48.55	598	+0,89
	50m: 33.25 33.25				150m: 1:46.84 37.46 250m: 3:00.43 36.95 350m: 4:12.86 36.07			
	100m: 1:09.38 36.13				200m: 2:23.48 36.64 300m: 3:36.79 36.36 400m: 4:48.55 35.69			
9.	MARQUES, Tania Gregorio	F	19505	94	Porto/Império Bonança	4:49.31	594	+0,92
	50m: 32.24 32.24				150m: 1:44.79 36.61 250m: 2:59.42 37.41 350m: 4:14.11 37.18			
	100m: 1:08.18 35.94				200m: 2:22.01 37.22 300m: 3:36.93 37.51 400m: 4:49.31 35.20			
10.	FERNANDES, Ana Sofia	F	13191	93	Sporting Clube de Braga	4:49.38	593	+1,00
	50m: 32.69 32.69				150m: 1:44.24 36.01 250m: 2:58.22 37.31 350m: 4:13.28 37.72			
	100m: 1:08.23 35.54				200m: 2:20.91 36.67 300m: 3:35.56 37.34 400m: 4:49.38 36.10			
11.	CARMO, Francisca Silva	F	15615	94	Famalicao	4:50.12	589	+0,93
	50m: 32.43 32.43				150m: 1:45.76 36.91 250m: 3:00.31 37.50 350m: 4:14.68 37.20			
	100m: 1:08.85 36.42				200m: 2:22.81 37.05 300m: 3:37.48 37.17 400m: 4:50.12 35.44			
12.	MAGALHAES, Maria Ana	F	13039	93	Escola Desportiva Limiana	4:55.06	559	+0,87
	50m: 32.82 32.82				150m: 1:46.53 37.42 250m: 3:01.57 37.76 350m: 4:17.77 38.10			
	100m: 1:09.11 36.29				200m: 2:23.81 37.28 300m: 3:39.67 38.10 400m: 4:55.06 38.10			
13.	SEQUEIRA, Rita Ribeiro	F	11071	94	Desportiva de Viana	4:56.13	553	+0,90
	50m: 32.73 32.73				150m: 1:45.65 37.08 250m: 3:02.13 38.34 350m: 4:18.88 38.00			
	100m: 1:08.57 35.84				200m: 2:23.79 38.14 300m: 3:40.88 38.75 400m: 4:56.13 37.25			
14.	RIBEIRO, Daniela Cristina	F	15616	94	Famalicao	5:00.37	530	+0,93
	50m: 33.45 33.45				150m: 1:47.37 37.50 250m: 3:04.22 38.50 350m: 4:21.73 38.73			
	100m: 1:09.87 36.42				200m: 2:25.72 38.35 300m: 3:43.00 38.78 400m: 5:00.37 38.64			
15.	DINIS, Diana Fatima	F	24115	94	Vilacondense	5:01.44	525	+0,99
	50m: 33.75 33.75				150m: 1:49.24 38.56 250m: 3:06.24 38.90 350m: 4:24.46 39.58			
	100m: 1:10.68 36.93				200m: 2:27.34 38.10 300m: 3:44.88 38.64 400m: 5:01.44 36.98			
16.	CRUZ, Beatriz Marinho	F	23457	93	Gespacos	5:02.17	521	+0,91
	50m: 34.16 34.16				150m: 1:50.37 38.17 250m: 3:07.67 38.67 350m: 4:25.32 39.03			
	100m: 1:12.20 38.04				200m: 2:29.00 38.63 300m: 3:46.29 38.62 400m: 5:02.17 36.85			
17.	ALMEIDA, Mariana Dias	F	22405	93	Ginásio Santo Tirso	5:02.82	518	+0,96
	50m: 33.21 33.21				150m: 1:49.32 39.06 250m: 3:07.59 38.87 350m: 4:25.74 39.00			
	100m: 1:10.26 37.05				200m: 2:28.72 39.40 300m: 3:46.74 39.15 400m: 5:02.82 37.08			
18.	DELGADO, Lucinda Amorim	F	20404	94	Vilacondense	5:04.45	509	+1,14
	50m: 34.81 34.81				150m: 1:51.47 38.43 250m: 3:09.81 39.26 350m: 4:27.21 38.19			
	100m: 1:13.04 38.23				200m: 2:30.55 39.08 300m: 3:49.02 39.21 400m: 5:04.45 37.24			
19.	CARNEIRO, Marta Fernandes	F	24324	94	Vilacondense	5:05.81	503	+0,94
	50m: 33.88 33.88				150m: 1:49.58 38.34 250m: 3:07.57 39.11 350m: 4:27.51 39.89			
	100m: 1:11.24 37.36				200m: 2:28.46 38.88 300m: 3:47.62 40.05 400m: 5:05.81 38.30			
20.	OLIVEIRA, Maria Joao	F	22409	93	Ginásio Santo Tirso	5:10.48	480	+0,87
	50m: 34.73 34.73				150m: 1:53.11 39.59 250m: 3:12.75 39.87 350m: 4:31.86 39.74			
	100m: 1:13.52 38.79				200m: 2:32.88 39.77 300m: 3:52.12 39.37 400m: 5:10.48 38.62			
21.	NASCIMENTO, Laura Beatriz	F	24534	94	Desportiva de Viana	5:11.46	476	+0,96
	50m: 33.64 33.64				150m: 1:52.23 38.99 250m: 3:12.07 40.26 350m: 4:32.53 40.11			
	100m: 1:13.24 39.60				200m: 2:31.81 39.58 300m: 3:52.42 40.35 400m: 5:11.46 38.93			
22.	MARTINS, Barbara Pinto	F	102519	94	Clube Propaganda da Natacao	5:14.37	463	+0,94
	50m: 34.02 34.02				150m: 1:51.58 39.15 250m: 3:12.54 40.48 350m: 4:35.14 41.14			
	100m: 1:12.43 38.41				200m: 2:32.06 40.48 300m: 3:54.00 41.46 400m: 5:14.37 39.23			
23.	MARTINS, Carolina Quintela FTL	F	13294	93	Escola Desportiva Limiana	5:27.13	411	+0,97
	50m: 35.60 35.60				150m: 1:59.55 42.35 250m: 3:24.99 42.02 350m: 4:49.04 41.53			
	100m: 1:17.20 41.60				200m: 2:42.97 43.42 300m: 4:07.51 42.52 400m: 5:27.13 38.09			

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Seniores

1.	FERNANDES, Amelia Pereira	F	15951	89	Vitória Sport Clube				4:33.26	704	+0,92
	50m: 31.35		150m: 1:40.65		34.93	250m: 2:50.75	34.98	350m: 4:00.47		34.46	
	100m: 1:05.72		200m: 2:15.77		35.12	300m: 3:26.01	35.26	400m: 4:33.26		32.79	
2.	FERREIRA, Ana Ribeiro	F	15634	92	Famalicao				4:35.70	686	+0,97
	50m: 31.88	31.88	150m: 1:41.30		35.46	250m: 2:51.96	35.21	350m: 4:01.69		34.30	
	100m: 1:06.11	34.23	200m: 2:16.75		35.45	300m: 3:27.39	35.43	400m: 4:35.70		34.01	
3.	OLIVEIRA, Alexandra Paiva	F	15139	91	Porto/Império Bonança				4:41.53	644	+0,85
	50m: 31.38	31.38	150m: 1:41.54		35.83	250m: 2:52.73	35.36	350m: 4:05.64		36.24	
	100m: 1:06.08	34.70	200m: 2:17.37		35.83	300m: 3:29.40	36.67	400m: 4:41.53		35.89	
4.	PINTO, Daniela Filipa	F	20610	91	Vitória Sport Clube				4:42.24	639	+0,87
	50m: 32.28	32.28	150m: 1:43.56		36.04	250m: 2:56.11	36.31	350m: 4:08.51		36.18	
	100m: 1:07.52	35.24	200m: 2:19.80		36.24	300m: 3:32.33	36.22	400m: 4:42.24		33.73	
5.	BARBOSA, Rita Manuela	F	23166	89	Leixões Sport Clube				4:49.94	590	+0,85
	50m: 32.58	32.58	150m: 1:46.36		37.08	250m: 3:00.73	37.27	350m: 4:14.49		36.84	
	100m: 1:09.28	36.70	200m: 2:23.46		37.10	300m: 3:37.65	36.92	400m: 4:49.94		35.45	
6.	MENDES, Ana Filipa	F	12685	89	Sporting Clube de Braga				4:52.59	574	+0,83
	50m: 32.92	32.92	150m: 1:46.03		37.00	250m: 3:00.21	36.89	350m: 4:15.57		37.46	
	100m: 1:09.03	36.11	200m: 2:23.32		37.29	300m: 3:38.11	37.90	400m: 4:52.59		37.02	
7.	FELIX, Ana Godinho	F	24019	91	Vitória Sport Clube				4:54.14	565	+0,85
	50m: 32.45	33.45	150m: 1:47.08		37.13	250m: 3:01.78	37.43	350m: 4:17.40		37.45	
	100m: 1:09.95	36.50	200m: 2:24.35		37.27	300m: 3:39.95	38.17	400m: 4:54.14		36.74	
8.	MONTEIRO, Alexandra Sofia	F	15415	92	Porto/Império Bonança				4:57.67	545	+0,95
	50m: 32.61	32.61	150m: 1:46.29		37.51	250m: 3:02.68	38.34	350m: 4:20.31		38.90	
	100m: 1:08.78	36.17	200m: 2:24.34		38.05	300m: 3:41.41	38.73	400m: 4:57.67		37.36	
9.	MOURA, Catia Vanessa	F	11048	90	Desportiva de Viana				5:03.55	514	+1,03
	50m: 34.09	34.09	150m: 1:50.34		38.55	250m: 3:07.96	38.51	350m: 4:25.97		39.05	
	100m: 1:11.79	37.70	200m: 2:29.45		39.11	300m: 3:46.92	38.96	400m: 5:03.55		37.58	
10.	NUNES, Sara Margarida	F	15881	92	Vilacondense				5:03.90	512	+0,87
	50m: 32.97	32.97	150m: 1:48.79		38.15	250m: 3:06.18	38.86	350m: 4:25.35		39.37	
	100m: 1:10.64	37.67	200m: 2:27.32		38.53	300m: 3:45.98	39.80	400m: 5:03.90		38.55	
11.	SILVA, Ana Isabel	F	12882	91	Sporting Clube de Braga				5:14.89	460	+0,97
	<i>FTL</i>		150m: 1:53.74		39.24	250m: 3:14.84	40.74	350m: 4:36.66		40.72	
	50m: 35.61	35.61	200m: 2:34.10		40.36	300m: 3:55.94	41.10	400m: 5:14.89		38.23	
12.	SOUSA, Filipa Vieira	F	15907	92	Maia/Real Seguros				5:15.09	459	+1,02
	<i>FTL</i>		150m: 1:54.13		40.25	250m: 3:15.34	40.72	350m: 4:36.58		40.35	
	50m: 34.89	34.89	200m: 2:34.62		40.49	300m: 3:56.23	40.89	400m: 5:15.09		38.51	
13.	GONCALVES, Ana Filipa	F	11055	92	Desportiva de Viana				5:21.75	431	+1,00
	<i>FTL</i>		150m: 1:56.49		41.05	250m: 3:18.83	40.69	350m: 4:41.40		41.22	
	50m: 35.79	35.79	200m: 2:38.14		41.65	300m: 4:00.18	41.35	400m: 5:21.75		40.35	
14.	MOTA, Barbara Torres	F	23277	92	Clube Propaganda da Natacao				5:22.70	428	+0,87
	<i>FTL</i>		150m: 1:51.83		40.22	250m: 3:15.74	41.96	350m: 4:40.84		42.23	
	50m: 33.75	33.75	200m: 2:33.78		41.95	300m: 3:58.61	42.87	400m: 5:22.70		41.86	
EXH	CORREIA, Alice Cativo	F	18067	94	Associação Estamos Juntos				4:49.28	594	+0,98
	50m: 33.80	33.80	150m: 1:47.08		36.95	250m: 3:01.57	37.24	350m: 4:14.63		36.27	
	100m: 1:10.13	36.33	200m: 2:24.33		37.25	300m: 3:38.36	36.79	400m: 4:49.28		34.65	
EXH	SILVA, Inês Martins	F	18069	94	Associação Estamos Juntos				4:49.71	591	+1,02
	50m: 32.96	32.96	150m: 1:46.03		36.99	250m: 3:00.37	37.33	350m: 4:14.34		36.97	
	100m: 1:09.04	36.08	200m: 2:23.04		37.01	300m: 3:37.37	37.00	400m: 4:49.71		35.37	