

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

Prova 36 **Femin., 1500m Livres** 15 anos e mais velhos  
08-03-2009 - 10:45 **COPIDOURO - Cópia e Artigos de Reprodução, Lda** Resultados

Recorde Nacional Absoluto	17:13.93	FERREIRA, Teresa Manuela	FCP	Famalicão	31-07-2005
Recorde Nacional Sénior	17:13.93	FERREIRA, Teresa Manuela	FCP	Famalicão	31-07-2005
Recorde Nacional Junior	17:15.20	VELOSO, Maria Miguel	CNAC	Coimbra	30-03-2008

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
<b>Juniores</b>								
1.	BARBOSA, Gilberta Cristina	F	26478	93	Foca-Clube De Natação De Felgu	<b>17:54.60</b>	706	+0,91
	100m: 1:06.78				500m: 5:53.86	1:11.55		
	200m: 2:18.33				1:11.81	900m: 10:42.34	1300m: 15:31.49	1:12.48
	300m: 3:30.36				1:12.57	1000m: 11:54.60	1400m: 16:43.94	1:12.45
	400m: 4:42.05				1:12.16	1100m: 13:06.82	1500m: 17:54.60	1:10.66
					1:12.20	1200m: 14:19.01		
2.	GOMES, Andreia Catarina	F	103701	94	Vitória Sport Clube	<b>18:21.50</b>	655	+0,91
	100m: 1:09.83				6:04.14	1:14.29	1300m: 15:55.94	1:14.47
	200m: 2:24.00				1:12.68	900m: 10:58.41	1400m: 17:10.63	1:14.69
	300m: 3:37.68				1:12.99	1000m: 12:12.55	1500m: 18:21.50	1:10.87
	400m: 4:51.46				1:13.41	1100m: 13:27.12		
					1:13.58	1200m: 14:41.47		
3.	OLIVEIRA, Patricia Isabel	F	15970	94	Leixões Sport Clube	<b>18:42.73</b>	619	+0,81
	100m: 1:09.60				6:06.91	1:15.84	1300m: 16:12.94	1:15.54
	200m: 2:24.10				1:15.75	900m: 11:10.70	1400m: 17:29.13	1:16.19
	300m: 3:37.74				1:15.75	1000m: 12:26.30	1500m: 18:42.73	1:13.60
	400m: 4:52.10				1:16.00	1100m: 13:41.73		
					1:16.20	1200m: 14:57.40		
4.	MONTEIRO, Ana Catarina	F	24320	93	Vilacondense	<b>18:44.38</b>	616	+0,95
	100m: 1:10.41				6:12.50	1:16.45	1300m: 16:19.39	1:15.05
	200m: 2:25.42				1:15.41	900m: 11:16.95	1400m: 17:34.37	1:14.98
	300m: 3:41.40				1:16.36	1000m: 12:32.95	1500m: 18:44.38	1:10.01
	400m: 4:57.09				1:16.13	1100m: 13:48.74		
					1:15.51	1200m: 15:04.34		
5.	ANDRE, Angelica Maria	F	15497	94	Leixões Sport Clube	<b>19:00.83</b>	590	+0,86
	100m: 1:10.01				6:08.94	1:16.95	1300m: 16:24.61	1:19.77
	200m: 2:23.63				1:15.75	900m: 11:12.41	1400m: 17:43.42	1:18.81
	300m: 3:37.72				1:15.63	1000m: 12:29.42	1500m: 19:00.83	1:17.41
	400m: 4:53.19				1:15.09	1100m: 13:46.10		
					1:15.80	1200m: 15:04.84		
6.	FERNANDES, Ana Sofia	F	13191	93	Sporting Clube de Braga	<b>19:26.75</b>	551	+0,97
	100m: 1:08.21				6:15.93	1:19.66	1300m: 16:50.97	1:19.52
	200m: 2:22.26				1:18.45	900m: 11:31.83	1400m: 18:10.00	1:19.03
	300m: 3:39.29				1:19.02	1000m: 12:51.37	1500m: 19:26.75	1:16.75
	400m: 4:57.48				1:18.45	1100m: 14:11.44		
					1:18.77	1200m: 15:31.45		
7.	DINIS, Diana Fatima	F	24115	94	Vilacondense	<b>19:42.55</b>	530	+0,97
	100m: 1:11.59				6:29.46	1:19.01	1300m: 17:04.98	1:19.77
	200m: 2:30.03				1:20.32	900m: 11:47.36	1400m: 18:24.40	1:19.42
	300m: 3:49.83				1:20.48	1000m: 13:06.72	1500m: 19:42.55	1:18.15
	400m: 5:09.14				1:19.71	1100m: 14:26.36		
					1:18.70	1200m: 15:45.21		
8.	SEQUEIRA, Rita Ribeiro	F	11071	94	Desportiva de Viana	<b>19:53.17</b>	516	+0,91
	100m: 1:14.06				6:35.36	1:20.47	1300m: 17:17.34	1:20.07
	200m: 2:33.92				1:20.47	900m: 11:58.36	1400m: 18:36.97	1:19.63
	300m: 3:54.33				1:21.25	1000m: 13:17.18	1500m: 19:53.17	1:16.20
	400m: 5:14.64				1:20.81	1100m: 14:37.56		
					1:20.81	1200m: 15:57.27		
9.	PEREIRA, Carolina Isabel	F	23115	94	Vitória Sport Clube	<b>20:42.37</b>	457	+0,86
	100m: 1:14.26				6:46.27	1:23.63	1300m: 17:55.73	1:24.01
	200m: 2:37.37				1:23.21	900m: 12:19.75	1400m: 19:19.25	1:23.52
	300m: 3:59.98				1:23.62	1000m: 13:43.55	1500m: 20:42.37	1:23.12
	400m: 5:23.03				1:23.02	1100m: 15:07.26		
					1:23.02	1200m: 16:31.72		
10.	PORTELA, Vania Sofia	F	23975	93	Vitória Sport Clube	<b>20:56.47</b>	441	+1,01
	100m: 1:13.89				6:47.46	1:25.57	1300m: 18:10.17	1:26.02
	200m: 2:35.61				1:24.52	900m: 12:26.04	1400m: 19:35.12	1:24.95
	300m: 3:58.58				1:23.81	1000m: 13:51.98	1500m: 20:56.47	1:21.35
	400m: 5:23.10				1:24.68	1100m: 15:18.05		
					1:24.68	1200m: 16:44.15		
DSQ	SANTOS, Joana Filipa	F	24081	93	Vitória Sport Clube			+0,72

**Seniores**

1.	PINTO, Daniela Filipa	F	20610	91	Vitória Sport Clube	<b>18:45.02</b>	615	+0,90
	100m: 1:07.86				6:05.53	1:17.57	1300m: 16:19.65	1:16.81
	200m: 2:20.41				1:15.19	900m: 11:10.74	1400m: 17:34.42	1:14.77
	300m: 3:35.00				1:15.25	1000m: 12:28.16	1500m: 18:45.02	1:10.60
	400m: 4:50.34				1:15.64	1100m: 13:45.98		
					1:16.75	1200m: 15:02.84		
2.	MONTEIRO, Alexandra Sofia	F	15415	92	Porto/Império Bonança	<b>19:08.77</b>	578	+0,88
	100m: 1:09.98				6:17.37	1:17.39	1300m: 16:37.13	1:17.63
	200m: 2:28.33				1:16.89	900m: 11:25.72	1400m: 17:52.73	1:15.60
	300m: 3:43.31				1:17.02	1000m: 12:43.61	1500m: 19:08.77	1:16.04
	400m: 5:00.31				1:17.25	1100m: 14:01.54		
					1:17.25	1200m: 15:19.50		
3.	SOUSA, Barbara Daniela	F	15966	92	Valongo	<b>19:47.82</b>	523	+0,91
	100m: 1:11.80				6:27.50	1:21.14	1300m: 17:11.42	1:20.49
	200m: 2:29.81				1:19.57	900m: 11:49.04	1400m: 18:31.30	1:19.88
	300m: 3:48.93				1:19.57	1000m: 13:09.85	1500m: 19:47.82	1:16.52
	400m: 5:07.83				1:20.16	1100m: 14:30.81		
					1:20.67	1200m: 15:50.93		
4.	MOURA, Catia Vanessa	F	11048	90	Desportiva de Viana	<b>20:16.71</b>	486	+1,15
	100m: 1:13.27				6:34.52	1:24.39	1300m: 17:38.07	1:22.28
	200m: 2:31.85				1:21.40	900m: 12:07.94	1400m: 18:59.27	1:21.20
	300m: 3:51.38				1:21.34	1000m: 13:32.19	1500m: 20:16.71	1:17.44
	400m: 5:12.02				1:23.29	1100m: 14:53.44		
					1:23.29	1200m: 16:15.79		