

Torneio Nadador Completo Infantis 08-09
Lousada, 9. - 10.5.2009

Prova 5
09-05-2009 - 17:00

Femin., 400m Livres
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Infantis
Resultados

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Infantis B								
1.	MARTINS, Ana Filipa	F	104438	97	Foca-Clube De Natação De Felgu	4:55.02	537	
	50m: 33.27		150m: 1:47.16		37.64	250m: 3:02.29	37.62	350m: 4:18.39
	100m: 1:09.52		200m: 2:24.67		37.51	300m: 3:39.86	37.57	400m: 4:55.02
2.	MEIRELES, Sara Monteiro	F	103921	97	Gesp	5:03.68	493	
	50m: 35.05		150m: 1:50.78		38.25	250m: 3:07.73	38.68	350m: 4:26.03
	100m: 1:12.53		200m: 2:29.05		38.27	300m: 3:46.96	39.23	400m: 5:03.68
3.	AMORIM, Maria Teresa	F	20104	97	Porto/Império Bonança	5:10.71	460	
	50m: 34.47		150m: 1:51.60		39.20	250m: 3:11.36	40.46	350m: 4:32.48
	100m: 1:12.40		200m: 2:30.90		39.30	300m: 3:51.68	40.32	400m: 5:10.71
4.	SILVA, Joana Carina	F	106219	97	Lousada	5:14.09	445	
	50m: 34.97		150m: 1:56.10		40.95	250m: 3:18.00	40.96	350m: 4:38.25
	100m: 1:15.15		200m: 2:37.04		40.94	300m: 3:58.81	40.81	400m: 5:14.09
5.	RAMOS, Ana Sofia	F	102593	97	Assoc. Desportiva de Fafe	5:15.39	440	
	50m: 36.41		150m: 1:55.96		40.23	250m: 3:16.72	40.45	350m: 4:37.40
	100m: 1:15.73		200m: 2:36.27		40.31	300m: 3:57.21	40.49	400m: 5:15.39
6.	FERREIRA, Iris Castro	F	102086	97	Porto/Império Bonança	5:18.01	429	
	50m: 37.66		150m: 1:59.14		40.99	250m: 3:19.88	40.49	350m: 4:40.31
	100m: 1:18.15		200m: 2:39.39		40.25	300m: 4:00.57	40.69	400m: 5:18.01
7.	PEREIRA, Ana Catarina	F	20445	97	Porto/Império Bonança	5:18.26	428	
	50m: 34.91		150m: 1:55.05		40.52	250m: 3:17.56	41.15	350m: 4:40.33
	100m: 1:14.53		200m: 2:36.41		41.36	300m: 3:59.56	42.00	400m: 5:18.26
8.	FERREIRA, Rute dos Santos	F	103823	97	Porto/Império Bonança	5:18.67	426	
	50m: 37.02		150m: 1:57.87		40.68	250m: 3:18.96	40.09	350m: 4:37.20
	100m: 1:17.19		200m: 2:38.87		41.00	300m: 3:59.52	40.56	400m: 5:18.67
9.	AMORIM, Joana Sofia	F	103717	97	Clube Fluvial Portuense	5:21.02	417	
	50m: 36.74		150m: 1:57.93		41.06	250m: 3:19.99	41.08	350m: 4:41.34
	100m: 1:16.87		200m: 2:38.91		40.98	300m: 4:00.98	40.99	400m: 5:21.02
10.	CASTRO, Adriana Daniela	F	104515	97	Maia/Real Seguros	5:22.17	413	
	50m: 36.29		150m: 1:58.45		41.15	250m: 3:20.80	41.39	350m: 4:43.40
	100m: 1:17.30		200m: 2:39.41		40.96	300m: 4:02.11	41.31	400m: 5:22.17
11.	PRETO, Mariana Lourenco	F	103632	97	Leixões Sport Clube	5:23.70	407	
	50m: 37.00		150m: 1:59.20		41.25	250m: 3:21.89	41.06	350m: 4:43.51
	100m: 1:17.95		200m: 2:40.83		41.63	300m: 4:03.01	41.12	400m: 5:23.70
12.	FERNANDES, Maria Joao	F	102092	97	Porto/Império Bonança	5:25.12	402	
	50m: 36.55		150m: 1:59.66		41.88	250m: 3:23.05	42.21	350m: 4:46.31
	100m: 1:17.78		200m: 2:40.84		41.18	300m: 4:05.01	41.96	400m: 5:25.12
13.	VALENTE, Beatriz Ana	F	103715	97	Clube Fluvial Portuense	5:25.74	399	
	50m: 37.52		150m: 1:59.42		41.36	250m: 3:22.25	41.13	350m: 4:45.15
	100m: 1:18.06		200m: 2:41.12		41.70	300m: 4:03.52	41.27	400m: 5:25.74
14.	VALINHAS, Sofia Alexandra	F	102723	97	Grupo Desportivo Natacao V. N.	5:31.20	380	
	50m: 38.10		150m: 2:02.56		42.39	250m: 3:29.23	43.51	350m: 4:53.40
	100m: 1:20.17		200m: 2:45.72		43.16	300m: 4:12.41	43.18	400m: 5:31.20
15.	MATOS, Adriana Filipa	F	110318	97	Grupo Desportivo Natacao V. N.	5:33.55	372	
	50m: 37.42		150m: 2:01.07		42.73	250m: 3:26.02	42.64	350m: 4:50.89
	100m: 1:18.34		200m: 2:43.38		42.31	300m: 4:08.38	42.36	400m: 5:33.55
16.	RIBEIRO, Maria Beatriz	F	105611	97	Maia/Real Seguros	5:35.13	367	
	50m: 39.20		150m: 2:03.81		42.57	250m: 3:28.98	42.47	350m: 4:54.42
	100m: 1:21.24		200m: 2:46.51		42.70	300m: 4:11.80	42.82	400m: 5:35.13
17.	TAVARES, Sofia Isabel	F	101992	97	Porto/Império Bonança	5:35.71	365	
	50m: 36.07		150m: 2:01.72		43.83	250m: 3:28.23	43.86	350m: 4:54.94
	100m: 1:17.89		200m: 2:44.37		42.65	300m: 4:11.72	43.49	400m: 5:35.71
18.	FERREIRA, Maria Alves	F	102727	97	Grupo Desportivo Natacao V. N.	5:35.73	365	
	50m: 38.91		150m: 2:03.51		42.37	250m: 3:27.64	41.81	350m: 4:52.60
	100m: 1:21.14		200m: 2:45.83		42.32	300m: 4:09.90	42.26	400m: 5:35.73
19.	CARVALHO, Ana Micaela	F	102722	97	Grupo Desportivo Natacao V. N.	5:37.01	361	
	50m: 37.92		150m: 2:02.68		42.38	250m: 3:28.11	42.97	350m: 4:53.27
	100m: 1:20.30		200m: 2:45.14		42.46	300m: 4:10.07	41.96	400m: 5:37.01
20.	SANTOS, Cristiana Ferreira	F	108222	97	Valongo	5:37.51	359	
	50m: 38.53		150m: 2:02.41		42.25	250m: 3:28.87	42.98	350m: 4:56.48
	100m: 1:20.16		200m: 2:45.89		43.48	300m: 4:12.41	43.54	400m: 5:37.51
21.	LEITE, Sonia Alexandra	F	110461	97	Vitória Sport Clube	5:38.41	356	
	50m: 37.71		150m: 2:04.13		43.93	250m: 3:32.15	44.07	350m: 4:59.63
	100m: 1:20.20		200m: 2:48.08		43.95	300m: 4:16.07	43.92	400m: 5:38.41
22.	PINHEIRO, Iolanda Ribeiro	F	20530	97	Individual Norte de Portugal	5:40.28	350	
	50m: 37.45		150m: 2:02.94		43.25	250m: 3:30.54	44.22	350m: 4:58.43
	100m: 1:19.69		200m: 2:46.32		43.38	300m: 4:14.45	43.91	400m: 5:40.28
23.	BRAGA, Ines Vilela	F	106935	97	Porto/Império Bonança	5:40.51	350	
	50m: 37.99		150m: 2:04.80		43.94	250m: 3:32.57	44.11	350m: 4:59.26
	100m: 1:20.86		200m: 2:48.46		43.66	300m: 4:16.17	43.60	400m: 5:40.51
24.	BARBOSA, Madalena Meireles	F	103923	97	Gesp	5:45.89	334	
	50m: 38.24		150m: 2:04.25		43.44	250m: 3:32.05	44.27	350m: 5:02.12
	100m: 1:20.81		200m: 2:47.78		43.53	300m: 4:16.59	44.54	400m: 5:45.89
25.	GUERRA, Ines Pereira	F	102080	97	Porto/Império Bonança	5:48.73	325	
	50m: 40.65		150m: 2:09.31		44.93	250m: 3:38.41	43.97	350m: 5:05.75
	100m: 1:24.38		200m: 2:54.44		45.13	300m: 4:22.11	43.70	400m: 5:48.73
26.	CARVALHO, Liliana Patricia	F	111412	97	Grupo Desportivo Natacao V. N.	5:49.03	325	
	50m: 40.31		150m: 2:08.14		44.81	250m: 3:36.92	44.33	350m: 5:05.19
	100m: 1:23.33		200m: 2:52.59		44.45	300m: 4:21.00	44.08	400m: 5:49.03

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Prova 5, Femin., 400m Livres, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
27.	REIS, Maria Ines 50m: 38.69 38.69 100m: 1:20.65 41.96	F	107732	97	Assoc. Desportiva de Penafiel 49.34 250m: 3:40.59 44.63 45.97 300m: 4:25.27 44.68	350m: 5:10.44 45.17 400m: 5:52.14 41.70	316	
28.	SOUSA, Joana Margarida 50m: 39.85 39.85 100m: 1:23.80 43.95	F	104510	97	Valongo 45.23 250m: 3:38.16 44.38 44.75 300m: 4:23.52 45.36	350m: 5:08.76 45.24 400m: 5:52.25 43.49	316	
29.	SILVA, Sandra Mafalda 50m: 40.03 40.03 100m: 1:26.59 46.56	F	110595	97	Maia/Real Seguros 47.46 250m: 3:46.72 45.87 46.80 300m: 4:33.22 46.50	350m: 5:17.42 44.20 400m: 6:00.11 42.69	296	
30.	GONCALVES, Sofia Patricia 50m: 40.01 40.01 100m: 1:23.81 43.80	F	111410	97	Clube Fluvial Portuense 45.38 250m: 3:43.21 46.99 47.03 300m: 4:30.04 46.83	350m: 5:16.66 46.62 400m: 6:02.06 45.40	291	
31.	SANTOS, Mafalda Magalhaes 50m: 41.45 41.45 100m: 1:25.96 44.51	F	103453	97	Vitória Sport Clube 45.37 250m: 3:43.40 45.38 46.69 300m: 4:29.81 46.41	350m: 5:16.17 46.36 400m: 6:02.18 46.01	291	
32.	COUTO, Cristiana Maria 50m: 40.24 40.24 100m: 1:26.21 45.97	F	103716	97	Clube Fluvial Portuense 46.50 250m: 3:47.73 47.05 47.97 300m: 4:34.96 47.23	350m: 5:21.18 46.22 400m: 6:05.27 44.09	283	
33.	SOUSA, Sofia Monteiro 50m: 41.98 41.98 100m: 1:28.89 46.91	F	109240	97	Clube Fluvial Portuense 47.41 250m: 3:49.52 46.24 46.98 300m: 4:37.35 47.83	350m: 5:24.26 46.91 400m: 6:09.46 45.20	274	
34.	MENDES, Paula Almeida 50m: 40.16 40.16 100m: 1:27.43 47.27	F	106411	97	Vitória Sport Clube 47.18 250m: 3:48.14 47.13 46.40 300m: 4:35.25 47.11	350m: 5:23.00 47.75 400m: 6:09.86 46.86	273	
35.	SANTOS, Ana Catarina 50m: 40.58 40.58 100m: 1:27.64 47.06	F	112739	97	Vitória Sport Clube 47.88 250m: 3:50.40 47.71 47.17 300m: 4:38.46 48.06	350m: 5:26.73 48.27 400m: 6:13.69 46.96	264	
36.	FONSECA, Ana Rita 50m: 41.79 41.79 100m: 1:26.96 45.17	F	104507	97	Assoc. Desportiva de Penafiel 46.64 250m: 3:48.09 47.18 47.31 300m: 4:35.73 47.64	350m: 5:24.63 48.90 400m: 6:14.33 49.70	263	
37.	COSTA, Daniela Ferreira 50m: 41.14 41.14 100m: 1:28.44 47.30	F	103627	97	Leixões Sport Clube 48.49 250m: 3:54.70 49.19 48.58 300m: 4:43.38 48.68	350m: 5:29.49 46.11 400m: 6:16.67 47.18	258	
38.	MIRANDA, Julia Casimira 50m: 42.63 42.63 100m: 1:30.73 48.10	F	104512	97	Gesp 48.69 250m: 3:55.72 47.11 49.19 300m: 4:44.29 48.57	350m: 5:31.99 47.70 400m: 6:17.95 45.96	256	
39.	SOUSA, Joana Pinheiro 50m: 40.32 40.32 100m: 1:27.48 47.16	F	112603	97	SSCMP/RM 49.29 250m: 3:57.19 50.19 50.23 300m: 4:46.77 49.58	350m: 5:35.65 48.88 400m: 6:22.70 47.05	246	
40.	OLIVEIRA, Maria Miguel 50m: 36.44 36.44 100m: 1:25.02 48.58	F	117219	97	Maia/Real Seguros 49.96 250m: 3:55.69 50.78 49.93 300m: 4:46.68 50.99	350m: 5:37.88 51.20 400m: 6:24.73 46.85	242	
41.	SILVA, Daniela Ribeiro 50m: 45.06 45.06 100m: 1:34.28 49.22	F	111416	97	Aquabrito 49.88 250m: 4:05.35 50.67 3:14.68 300m: 4:56.28 50.93	350m: 5:45.61 49.33 400m: 6:33.57 47.96	226	
42.	ALVARO, Ines Pinto 50m: 47.06 47.06 100m: 1:39.66 52.60	F	105606	97	Leixões Sport Clube 51.56 250m: 4:14.39 51.13 52.04 300m: 5:04.10 49.71	350m: 5:55.65 51.55 400m: 6:43.91 48.26	209	
43.	PINTO, Maria Ines 50m: 45.03 45.03 100m: 1:37.14 52.11	F	111123	97	Resende 53.86 250m: 4:15.19 52.41 51.78 300m: 5:11.14 55.95	350m: 6:05.86 54.72 400m: 6:54.02 48.16	194	
44.	SOUSA, Marcia Alexandra 50m: 45.03 45.03 100m: 1:38.58 53.55	F	111040	97	SSCMP/RM 54.81 250m: 4:21.70 54.59 53.72 300m: 5:16.24 54.54	350m: 6:10.85 54.61 400m: 7:01.12 50.27	185	
45.	MOREIRA, Andreia Filipa 50m: 50.03 50.03 100m: 1:46.77 56.74	F	111039	97	SSCMP/RM 56.99 250m: 4:37.33 56.73 56.84 300m: 5:35.63 58.30	350m: 6:33.27 57.64 400m: 7:28.70 55.43	153	
46.	LOUREIRO, Eliana Teresa 50m: 51.14 51.14 100m: 1:50.75 59.61	F	111124	97	Resende 1:01.02 250m: 4:58.93 1:02.84 1:04.32 300m: 6:00.81 1:01.88	350m: 7:02.66 1:01.85 400m: 7:59.56 56.90	125	
47.	PINTO, Carolina Sofia 50m: 52.88 52.88 100m: 1:55.13 1:02.25	F	111125	97	Resende 1:05.89 250m: 5:09.11 1:03.62 1:04.47 300m: 6:14.12 1:05.01	350m: 7:16.18 1:02.06 400m: 8:14.99 58.81	114	
48.	RAMOS, Bruna Alexandra 50m: 53.09 53.09 100m: 1:57.38 1:04.29	F	111660	97	Resende 1:04.93 250m: 5:10.00 1:04.29 1:03.40 300m: 7:20.49 2:10.49	350m: 8:18.44 57.95 400m: 8:18.44	111	

Infantis A

1.	DURAES, Diana Margarida 50m: 31.26 31.26 100m: 1:05.53 34.27	F	102992	96	Foca-Clube De Natação De Felgu 34.51 250m: 2:49.86 34.63 35.19 300m: 3:24.85 34.99	350m: 4:00.18 35.33 400m: 4:34.90 34.72	664	
2.	SOUSA, Sofia Cunha 50m: 33.11 33.11 100m: 1:09.70 36.59	F	102996	96	Foca-Clube De Natação De Felgu 37.47 250m: 3:01.96 37.42 37.37 300m: 3:39.46 37.50	350m: 4:17.04 37.58 400m: 4:53.50 36.46	546	
3.	SOUSA, Ana Catarina 50m: 33.61 33.61 100m: 1:10.35 36.74	F	103447	96	Vitória Sport Clube 37.03 250m: 3:02.56 37.81 37.37 300m: 3:40.27 37.71	350m: 4:17.25 36.98 400m: 4:54.17 36.92	542	
4.	VALENTE, Beatriz Casimiro 50m: 33.99 33.99 100m: 1:10.49 36.50	F	15488	96	Clube Fluvial Portuense 37.55 250m: 3:03.42 37.60 37.78 300m: 3:41.05 37.63	350m: 4:18.86 37.81 400m: 4:55.15 36.29	537	

Torneio Nadador Completo Infantis 08-09
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Prova 5, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
5.	AZEVEDO, Ana Catarina	F	102640	96	Grupo Desportivo Natacao V. N.	4:55.30	536	
	50m: 34.25		150m: 1:48.57		37.43	250m: 3:04.04		37.56
	100m: 1:11.14	34.25	200m: 2:26.48		37.91	300m: 3:41.69		37.65
		36.89				350m: 4:19.76		38.07
						400m: 4:55.30		35.54
6.	TEIXEIRA, Claudia Susana	F	102040	96	Gesp	4:58.86	517	
	50m: 33.17	33.17	150m: 1:47.68		38.06	250m: 3:04.49		38.23
	100m: 1:09.62	36.45	200m: 2:26.26		38.58	300m: 3:43.22		38.73
						350m: 4:21.71		38.49
						400m: 4:58.86		37.15
7.	FERNANDES, Ana Isabel	F	102704	96	Grupo Desportivo Natacao V. N.	5:00.96	506	
	50m: 33.09	33.09	150m: 1:48.72		37.88	250m: 3:05.86		38.63
	100m: 1:10.84	37.75	200m: 2:27.23		38.51	300m: 3:44.92		39.06
						350m: 4:24.21		39.29
						400m: 5:00.96		36.75
8.	CUNHA, Ana Isabel	F	102991	96	Foca-Clube De Natacao De Felgu	5:01.18	505	
	50m: 34.85	34.85	150m: 1:49.71		37.87	250m: 3:06.56		38.76
	100m: 1:11.84	36.99	200m: 2:27.80		38.09	300m: 3:45.18		38.62
						350m: 4:23.63		38.45
						400m: 5:01.18		37.55
9.	GRANJO, Andreia Raquel	F	102639	96	Grupo Desportivo Natacao V. N.	5:02.78	497	
	50m: 34.72	34.72	150m: 1:50.63		38.33	250m: 3:07.88		39.01
	100m: 1:12.30	37.58	200m: 2:28.87		38.24	300m: 3:46.67		38.79
						350m: 4:25.49		38.82
						400m: 5:02.78		37.29
10.	BATISTA, Catia Alexandra	F	103036	96	Colégio Liceal de Santa Maria de Lamas	5:04.98	487	
	50m: 34.49	34.49	150m: 1:50.18		38.51	250m: 3:06.88		38.29
	100m: 1:11.67	37.18	200m: 2:28.59		38.41	300m: 3:46.21		39.33
						350m: 4:26.85		40.64
						400m: 5:04.98		38.13
11.	NEVES, Ana Cristina	F	20379	96	Porto/Império Bonança	5:11.50	457	
	50m: 35.08	35.08	150m: 1:54.46		40.27	250m: 3:14.48		40.28
	100m: 1:14.19	39.11	200m: 2:34.20		39.74	300m: 3:53.99		39.51
						350m: 4:34.02		40.03
						400m: 5:11.50		37.48
12.	PINTAO, Ines Maria	F	102043	96	Porto/Império Bonança	5:11.67	456	
	50m: 35.90	35.90	150m: 1:54.90		39.95	250m: 3:14.57		39.83
	100m: 1:14.95	39.05	200m: 2:34.74		39.84	300m: 3:54.01		39.44
						350m: 4:33.90		39.89
						400m: 5:11.67		37.77
13.	OLIVEIRA, Paula Alexandra	F	102084	96	Porto/Império Bonança	5:13.98	446	
	50m: 35.70	35.70	150m: 1:54.60		39.86	250m: 3:14.47		39.58
	100m: 1:14.74	39.04	200m: 2:34.89		40.29	300m: 3:54.91		40.44
						350m: 4:34.93		40.02
						400m: 5:13.98		39.05
14.	ROCHA, Neuza Carina	F	103087	96	Lousada	5:14.62	443	
	50m: 33.71	33.71	150m: 1:50.20		40.07	250m: 3:12.16		41.35
	100m: 1:10.13	36.42	200m: 2:30.81		40.61	300m: 3:53.85		41.69
						350m: 4:35.01		41.16
						400m: 5:14.62		39.61
15.	TEIXEIRA, Teresa Torres	F	103825	96	Porto/Império Bonança	5:18.24	428	
	50m: 35.25	35.25	150m: 1:55.02		40.63	250m: 3:16.94		40.56
	100m: 1:14.39	39.14	200m: 2:36.38		41.36	300m: 3:58.27		41.33
						350m: 4:39.35		41.08
						400m: 5:18.24		38.89
16.	ALMEIDA, Ana Catarina	F	102989	96	Foca-Clube De Natacao De Felgu	5:18.53	427	
	50m: 35.96	35.96	150m: 1:57.45		41.67	250m: 3:19.58		41.96
	100m: 1:15.78	39.82	200m: 2:37.62		40.17	300m: 3:59.15		39.57
						350m: 4:40.15		41.00
						400m: 5:18.53		38.38
17.	LEAO, Claudia Cristina	F	19718	96	Gesp	5:21.66	415	
	50m: 36.86	36.86	150m: 1:56.59		40.20	250m: 3:17.64		40.30
	100m: 1:16.39	39.53	200m: 2:37.34		40.75	300m: 3:59.09		41.45
						350m: 4:38.59		39.50
						400m: 5:21.66		43.07
18.	ESTEVES, Maria Joao	F	103631	96	Clube Fluvial Portuense	5:23.80	407	
	50m: 35.48	35.48	150m: 1:55.87		40.96	250m: 3:19.22		41.68
	100m: 1:14.91	39.43	200m: 2:37.54		41.67	300m: 4:01.16		41.94
						350m: 4:42.68		41.52
						400m: 5:23.80		41.12
19.	ROCHA, Diana Sofia	F	102542	96	Grupo Desportivo Natacao V. N.	5:25.56	400	
	50m: 35.83	35.83	150m: 1:57.28		41.88	250m: 3:21.06		41.59
	100m: 1:15.40	39.57	200m: 2:39.47		42.19	300m: 4:02.65		41.59
						350m: 4:44.51		41.86
						400m: 5:25.56		41.05
20.	CUNHA, Maria Miguel	F	103718	96	Clube Fluvial Portuense	5:26.33	397	
	50m: 38.41	38.41	150m: 2:00.52		40.95	250m: 3:23.26		41.34
	100m: 1:19.57	41.16	200m: 2:41.92		41.40	300m: 4:04.79		41.53
						350m: 4:46.35		41.56
						400m: 5:26.33		39.98
21.	PINTO, Bebiana Catarina	F	102450	96	Porto/Império Bonança	5:26.76	396	
	50m: 36.98	36.98	150m: 1:59.05		41.59	250m: 3:23.11		42.21
	100m: 1:17.46	40.48	200m: 2:40.90		41.85	300m: 4:04.96		41.85
						350m: 4:46.41		41.45
						400m: 5:26.76		40.35
22.	MIRANDA, Rosa Maria	F	102010	96	Gesp	5:26.98	395	
	50m: 38.88	38.88	150m: 2:02.52		42.16	250m: 3:24.57		41.50
	100m: 1:20.36	41.48	200m: 2:43.07		40.55	300m: 4:06.45		41.88
						350m: 4:48.57		42.12
						400m: 5:26.98		38.41
23.	OLIVEIRA, Rita Alexandre	F	105619	96	Maia/Real Seguros	5:27.57	393	
	50m: 36.10	36.10	150m: 1:59.72		41.85	250m: 3:23.52		41.30
	100m: 1:17.87	41.77	200m: 2:42.22		42.50	300m: 4:05.87		42.35
						350m: 4:47.85		41.98
						400m: 5:27.57		39.72
24.	SOUSA, Ana Sofia	F	101952	96	Gesp	5:28.46	389	
	50m: 36.52	36.52	150m: 1:59.33		41.60	250m: 3:23.65		42.24
	100m: 1:17.73	41.21	200m: 2:41.41		42.08	300m: 4:05.90		42.25
						350m: 4:47.84		41.94
						400m: 5:28.46		40.62
25.	GRANJO, Patricia Isabel	F	102565	96	Grupo Desportivo Natacao V. N.	5:29.30	387	
	50m: 37.35	37.35	150m: 1:59.22		41.59	250m: 3:24.09		42.45
	100m: 1:17.63	40.28	200m: 2:41.64		42.42	300m: 4:07.29		43.20
						350m: 4:49.44		42.15
						400m: 5:29.30		39.86
26.	RODRIGUES, Sara Pinto	F	20325	96	Porto/Império Bonança	5:31.26	380	
	50m: 37.47	37.47	150m: 1:58.84		41.10	250m: 3:23.17		42.31
	100m: 1:17.74	40.27	200m: 2:40.86		42.02	300m: 4:06.26		43.09
						350m: 4:49.46		43.20
						400m: 5:31.26		41.80
27.	VALE, Ines Oliveira	F	15548	96	Valongo	5:31.36	379	
	50m: 37.45	37.45	150m: 1:59.46		41.76	250m: 3:23.30		41.71
	100m: 1:17.70	40.25	200m: 2:41.59		42.13	300m: 4:06.18		42.88
						350m: 4:49.42		43.24
						400m: 5:31.36		41.94
28.	SALDANHA, Tamara Filipa	F	103824	96	Porto/Império Bonança	5:33.27	373	
	50m: 36.35	36.35	150m: 1:58.53		41.74	250m: 3:23.86		42.97
	100m: 1:16.79	40.44	200m: 2:40.89		42.36	300m: 4:07.19		43.33
						350m: 4:51.24		44.05
						400m: 5:33.27		42.03
29.	ALVES, Catarina Silva	F	102931	96	Leixões Sport Clube	5:33.89	371	
	50m: 37.78	37.78	150m: 2:01.95		42.27	250m: 3:27.44		42.84
	100m: 1:19.68	41.90	200m: 2:44.60		42.65	300m: 4:10.17		42.73
						350m: 4:52.69		42.52
						400m: 5:33.89		41.20
30.	CORDEIRO, Ines Cristina	F	20606	96	Assoc. Desportiva de Penafiel	5:38.11	357	
	50m: 38.20	38.20	150m: 2:03.41		43.30	250m: 3:29.58		43.06
	100m: 1:20.11	41.91	200m: 2:46.52		43.11	300m: 4:12.97		43.39
						350m: 4:56.10		43.13
						400m: 5:38.11		42.01
31.	SOUSA, Ana Alexandra	F	103085	96	Lousada	5:38.88	355	
	50m: 38.20	38.20	150m: 2:02.49					

Torneio Nadador Completo Infantis 08-09
Lousada, 9. - 10.5.2009

Prova 5, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
33.	MAGALHAES, Vanessa Cristina	F	110566	96	Leixões Sport Clube	5:39.72				352	
	50m: 38.99		150m: 2:04.27		43.29	250m: 3:31.80	43.38	350m: 4:59.00	42.95		
	100m: 1:20.98		200m: 2:48.42		44.15	300m: 4:16.05	44.25	400m: 5:39.72	40.72		
34.	SALGADO, Filipa Rafaela	F	103449	96	Vitória Sport Clube	5:42.09				345	
	50m: 37.57		150m: 2:03.93		43.68	250m: 3:31.43	43.56	350m: 4:59.78	43.84		
	100m: 1:20.25		200m: 2:47.87		43.94	300m: 4:15.94	44.51	400m: 5:42.09	42.31		
35.	CUNHA, Alexandra Fernandes	F	106410	96	Vitória Sport Clube	5:42.15				345	
	50m: 38.99		150m: 2:04.72		43.41	250m: 3:31.95	43.60	350m: 4:59.39	43.81		
	100m: 1:21.31		200m: 2:48.35		43.63	300m: 4:15.58	43.63	400m: 5:42.15	42.76		
36.	MOREIRA, Mariana Brito	F	103026	96	Colégio Liceal de Santa Maria de Lamas	5:44.69				337	
	50m: 39.86		150m: 2:05.41		43.46	250m: 3:33.39	44.13	350m: 5:00.63	43.32		
	100m: 1:21.95		200m: 2:49.26		43.85	300m: 4:17.31	43.92	400m: 5:44.69	44.06		
37.	OLIVEIRA, Ana Catarina	F	117218	96	Maia/Real Seguros	5:47.33				329	
	50m: 39.21		150m: 2:07.54		45.55	250m: 3:37.26	44.38	350m: 5:04.43	43.36		
	100m: 1:21.99		200m: 2:52.88		45.34	300m: 4:21.07	43.81	400m: 5:47.33	42.90		
38.	GONCALVES, Luisa Dias	F	109339	96	Vitória Sport Clube	5:47.90				328	
	50m: 38.88		150m: 2:06.56		44.28	250m: 3:36.05	44.77	350m: 5:04.51	44.04		
	100m: 1:22.28		200m: 2:51.28		44.72	300m: 4:20.47	44.42	400m: 5:47.90	43.39		
39.	NORA, Andreia Filipa	F	15372	96	Leixões Sport Clube	5:49.24				324	
	50m: 39.83		150m: 2:06.97		44.06	250m: 3:36.66	45.10	350m: 5:05.17	44.55		
	100m: 1:22.91		200m: 2:51.56		44.59	300m: 4:20.62	43.96	400m: 5:49.24	44.07		
40.	MIRANDA, Silvia Maria	F	117242	96	Foca-Clube De Natação De Felgu	5:59.58				297	
	50m: 40.21		150m: 2:09.49		45.44	250m: 3:41.05	46.15	350m: 5:14.12	46.82		
	100m: 1:24.05		200m: 2:54.90		45.41	300m: 4:27.30	46.25	400m: 5:59.58	45.46		
41.	CASTRO, Catia Daniela	F	111299	96	Colégio Liceal de Santa Maria de Lamas	6:03.10				288	
	50m: 40.26		150m: 2:11.21		46.45	250m: 3:43.37	46.24	350m: 5:18.13	46.97		
	100m: 1:24.76		200m: 2:57.13		45.92	300m: 4:31.16	47.79	400m: 6:03.10	44.97		
42.	TORRAO, Filipa Fiunte	F	102932	96	CPN	6:32.37				228	
	50m: 46.65		150m: 2:25.95		49.43	250m: 4:05.47	50.21	350m: 5:44.29	49.08		
	100m: 1:36.52		200m: 3:15.26		49.31	300m: 4:55.21	49.74	400m: 6:32.37	48.08		
43.	CORREIA, Joana Catarina	F	106415	96	Vitória Sport Clube	6:37.11				220	
	50m: 44.55		150m: 2:26.71		51.76	250m: 4:08.90	50.88	350m: 5:53.25	52.63		
	100m: 1:34.95		200m: 3:18.02		51.31	300m: 5:00.62	51.72	400m: 6:37.11	43.86		