

Campeonatos Regionais Absolutos P.C.  
Pacos de Ferreira, 20. - 22.11.2009

Prova 17  
21-11-2009 - 15:40

Femin., 400m Livres  
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Absolutos  
Resultados

Recorde Nacional Absoluto	4:16.32	ALEGRIA Ana Feio	SCB	Viana do Castelo	15-02-1997
Recorde Nacional Junior	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
Recorde Nacional Sénior	4:16.32	ALEGRIA Ana Feio	SCB	Viana do Castelo	15-02-1997

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	LOUREIRO Sara Beatriz	F	12503	87	Porto/Dolce Vita	<b>4:22.72</b>	746	
	50m: 30.21 30.21		150m: 1:35.78		33.01 250m: 2:41.99 32.71	350m: 3:49.24 33.66		33.66
	100m: 1:02.77 32.56		200m: 2:09.28		33.50 300m: 3:15.58 33.59	400m: 4:22.72 33.48		33.48
2.	RODRIGUES Joana Aguiar	F	15401	93	Porto/Dolce Vita	<b>4:25.12</b>	726	
	50m: 30.26 30.26		150m: 1:35.75		33.03 250m: 2:42.64 33.48	350m: 3:51.31 34.34		34.34
	100m: 1:02.72 32.46		200m: 2:09.16		33.41 300m: 3:16.97 34.33	400m: 4:25.12 33.81		33.81
3.	FERREIRA Ana Ribeiro	F	15634	92	Famalicao	<b>4:34.45</b>	654	
	50m: 30.62 30.62		150m: 1:37.70		33.91 250m: 2:46.75 34.72	350m: 3:58.44 36.04		36.04
	100m: 1:03.79 33.17		200m: 2:12.03		34.33 300m: 3:22.40 35.65	400m: 4:34.45 36.01		36.01
4.	MONTEIRO Ana Catarina	F	24320	93	Vilacondense	<b>4:35.14</b>	649	
	50m: 32.70 32.70		150m: 1:42.90		35.38 250m: 2:53.28 34.86	350m: 4:01.88 34.24		34.24
	100m: 1:07.52 34.82		200m: 2:18.42		35.52 300m: 3:27.64 34.36	400m: 4:35.14 33.26		33.26
5.	AMORIM Maria Luis	F	102029	95	Porto/Dolce Vita	<b>4:37.22</b>	635	
	50m: 31.80 31.80		150m: 1:41.26		35.08 250m: 2:52.02 35.02	350m: 4:02.25 35.20		35.20
	100m: 1:06.18 34.38		200m: 2:17.00		35.74 300m: 3:27.05 35.03	400m: 4:37.22 34.97		34.97
6.	SOARES Silvia Ariana	F	15272	95	Porto/Dolce Vita	<b>4:39.53</b>	619	
	50m: 32.00 32.00		150m: 1:41.39		35.06 250m: 2:52.18 35.21	350m: 4:03.43 35.97		35.97
	100m: 1:06.33 34.33		200m: 2:16.97		35.58 300m: 3:27.46 35.28	400m: 4:39.53 36.10		36.10
7.	ANDRE Angelica Maria	F	15497	94	Leixões Sport Clube	<b>4:39.57</b>	619	
	50m: 31.33 31.33		150m: 1:41.17		35.48 250m: 2:53.00 36.03	350m: 4:04.22 35.46		35.46
	100m: 1:05.69 34.36		200m: 2:16.97		35.80 300m: 3:28.76 35.76	400m: 4:39.57 35.35		35.35
8.	OLIVEIRA Cassandra Pedro	F	111071	95	Vilacondense	<b>4:40.50</b>	613	
	50m: 32.25 32.25		150m: 1:41.91		35.08 250m: 2:52.75 35.53	350m: 4:05.08 36.28		36.28
	100m: 1:06.83 34.58		200m: 2:17.22		35.31 300m: 3:28.80 36.05	400m: 4:40.50 35.42		35.42
9.	MONTEIRO Isabel Rovisco	F	20608	93	Assoc. Desportiva de Fafe	<b>4:41.08</b>	609	
	50m: 31.90 31.90		150m: 1:40.86		34.78 250m: 2:52.59 35.78	350m: 4:05.09 36.04		36.04
	100m: 1:06.08 34.18		200m: 2:16.81		35.95 300m: 3:29.05 36.46	400m: 4:41.08 35.99		35.99
10.	OLIVEIRA Patricia Isabel	F	15970	94	Leixões Sport Clube	<b>4:42.83</b>	598	
	50m: 32.31 32.31		150m: 1:43.07		35.96 250m: 2:54.78 35.82	350m: 4:07.26 36.41		36.41
	100m: 1:07.11 34.80		200m: 2:18.96		35.89 300m: 3:30.85 36.07	400m: 4:42.83 35.57		35.57
11.	BARBOSA Gilberta Cristina	F	26478	93	Felgueiras	<b>4:45.03</b>	584	
	50m: 30.91 30.91		150m: 1:39.38		35.00 250m: 2:51.58 36.49	350m: 4:04.30 36.31		36.31
	100m: 1:04.38 33.47		200m: 2:15.09		35.71 300m: 3:27.99 36.41	400m: 4:45.03 40.73		40.73
12.	CARMO Francisca Silva	F	15615	94	Famalicao	<b>4:46.43</b>	576	
	50m: 32.21 32.21		150m: 1:43.43		35.82 250m: 2:56.64 36.68	350m: 4:10.34 36.89		36.89
	100m: 1:07.61 35.40		200m: 2:19.96		36.53 300m: 3:33.45 36.81	400m: 4:46.43 36.09		36.09
13.	CUNHA Ana Rita	F	23504	94	Gespacos	<b>4:46.49</b>	575	
	50m: 32.53 32.53		150m: 1:44.39		36.16 250m: 2:57.15 36.38	350m: 4:10.63 36.81		36.81
	100m: 1:08.23 35.70		200m: 2:20.77		36.38 300m: 3:33.82 36.67	400m: 4:46.49 35.86		35.86
14.	PINTO Daniela Filipa	F	20610	91	Vitória Sport Clube	<b>4:47.81</b>	567	
	50m: 32.41 32.41		150m: 1:43.60		36.00 250m: 2:56.93 36.87	350m: 4:11.48 37.23		37.23
	100m: 1:07.60 35.19		200m: 2:20.06		36.46 300m: 3:34.25 37.32	400m: 4:47.81 36.33		36.33
15.	SOUSA Barbara Daniela	F	15966	92	Valongo	<b>4:48.41</b>	564	
	50m: 33.35 33.35		150m: 1:46.55		36.86 250m: 3:00.32 36.74	350m: 4:13.54 36.39		36.39
	100m: 1:09.69 36.34		200m: 2:23.58		37.03 300m: 3:37.15 36.83	400m: 4:48.41 34.87		34.87
16.	TORRES Andreia Sofia	F	102471	95	Gespacos	<b>4:48.97</b>	561	
	50m: 32.31 32.31		150m: 1:44.70		36.60 250m: 2:58.89 36.79	350m: 4:13.77 37.15		37.15
	100m: 1:08.10 35.79		200m: 2:22.10		37.40 300m: 3:36.62 37.73	400m: 4:48.97 35.20		35.20
17.	CARVALHO Hedvigues Ribeiro	F	106925	95	Famalicao	<b>4:50.29</b>	553	
	50m: 33.18 33.18		150m: 1:46.41		37.62 250m: 3:00.18 36.39	350m: 4:14.19 37.27		37.27
	100m: 1:08.79 35.61		200m: 2:23.79		37.38 300m: 3:36.92 36.74	400m: 4:50.29 36.10		36.10
18.	ALVES Ana Sofia	F	25757	95	Vitória Sport Clube	<b>4:52.57</b>	540	
	50m: 32.43 32.43		150m: 1:44.64		37.33 250m: 2:59.09 37.44	350m: 4:15.30 38.24		38.24
	100m: 1:08.04 35.61		200m: 2:21.65		37.01 300m: 3:37.06 37.97	400m: 4:52.57 37.27		37.27
19.	MOTA Ines Maria	F	102067	95	Clube Fluvial Portuense	<b>4:53.42</b>	535	
	50m: 32.96 32.96		150m: 1:46.14		36.53 250m: 3:01.56 37.99	350m: 4:16.83 37.73		37.73
	100m: 1:09.61 36.65		200m: 2:23.57		37.43 300m: 3:39.10 37.54	400m: 4:53.42 36.59		36.59
20.	OLIVEIRA Ana Mafalda	F	23193	81	CNMaia	<b>4:55.55</b>	524	
	50m: 34.21 34.21		150m: 1:48.38		37.57 250m: 3:02.95 36.76	350m: 4:18.32 37.85		37.85
	100m: 1:10.81 36.60		200m: 2:26.19		37.81 300m: 3:40.47 37.52	400m: 4:55.55 37.23		37.23
21.	RAMALHO Catia Santos	F	23275	86	CNMaia	<b>4:55.73</b>	523	
	50m: 33.94 33.94		150m: 1:47.85		37.65 250m: 3:03.18 37.68	350m: 4:18.67 37.68		37.68
	100m: 1:10.52 36.58		200m: 2:25.50		37.65 300m: 3:40.99 37.81	400m: 4:55.73 37.06		37.06
22.	COSTA Ana Margarida	F	15495	95	Leixões Sport Clube	<b>4:58.47</b>	509	
	50m: 33.88 33.88		150m: 1:48.77		38.07 250m: 3:04.45 38.08	350m: 4:21.34 38.43		38.43
	100m: 1:10.70 36.82		200m: 2:26.37		37.60 300m: 3:42.91 38.46	400m: 4:58.47 37.13		37.13
23.	PEREIRA Carolina Isabel	F	23115	94	Vitória Sport Clube	<b>5:01.29</b>	495	
	50m: 33.31 33.31		150m: 1:49.93		38.57 250m: 3:07.09 38.48	350m: 4:24.06 38.38		38.38
	100m: 1:11.36 38.05		200m: 2:28.61		38.68 300m: 3:45.68 38.59	400m: 5:01.29 37.23		37.23
24.	DELGADO Lucinda Amorim	F	20404	94	Vilacondense	<b>5:01.30</b>	494	
	50m: 34.87 34.87		150m: 1:50.54		37.98 250m: 3:07.59 38.18	350m: 4:24.22 38.15		38.15
	100m: 1:12.56 37.69		200m: 2:29.41		38.87 300m: 3:46.07 38.48	400m: 5:01.30 37.08		37.08

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Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
25.	CRUZ Beatriz Marinho	F	23457	93	Gespacos	<b>5:01.37</b>	494	
	50m: 33.59	33.59	150m: 1:49.70	38.27	250m: 3:07.03	38.48	350m: 4:24.08	38.55
	100m: 1:11.43	37.84	200m: 2:28.55	38.85	300m: 3:45.53	38.50	400m: 5:01.37	37.29
26.	SOUSA Filipa Vieira	F	15907	92	CNMaia	<b>5:01.65</b>	493	
	50m: 34.46	34.46	150m: 1:49.23	37.80	250m: 3:05.45	38.24	350m: 4:23.28	39.01
	100m: 1:11.43	36.97	200m: 2:27.21	37.98	300m: 3:44.27	38.82	400m: 5:01.65	38.37
27.	PORTELA Vania Sofia	F	23975	93	Vitória Sport Clube	<b>5:03.10</b>	486	
	50m: 34.60	34.60	150m: 1:49.81	38.19	250m: 3:07.46	38.64	350m: 4:24.93	38.52
	100m: 1:11.62	37.02	200m: 2:28.82	39.01	300m: 3:46.41	38.95	400m: 5:03.10	38.17
28.	RODRIGUES Catia Sofia	F	23305	95	Paredes/Rota dos Moveis	<b>5:05.16</b>	476	
	50m: 33.00	33.00	150m: 1:49.76	38.79	250m: 3:07.92	39.16	350m: 4:25.99	38.82
	100m: 1:10.97	37.97	200m: 2:28.76	39.00	300m: 3:47.17	39.25	400m: 5:05.16	39.17
29.	FREITAS Ana Rita	F	102638	95	Assoc. Desportiva de Fafe	<b>5:06.43</b>	470	
	50m: 34.56	34.56	150m: 1:50.73	38.33	250m: 3:08.65	39.10	350m: 4:28.07	39.72
	100m: 1:12.40	37.84	200m: 2:29.55	38.82	300m: 3:48.35	39.70	400m: 5:06.43	38.36
30.	JOSE Maria Joao	F	15208	90	Ginásio Santo Tirso	<b>5:15.11</b>	432	
	50m: 35.86	35.86	150m: 1:53.03	39.05	250m: 3:11.73	39.38	350m: 4:33.47	41.45
	100m: 1:13.98	38.12	200m: 2:32.35	39.32	300m: 3:52.02	40.29	400m: 5:15.11	41.64
31.	PINHEIRO Guadalupe Ribeiro	F	102032	95	Penafiel	<b>5:16.73</b>	426	
	50m: 36.10	36.10	150m: 1:55.93	40.34	250m: 3:15.87	39.97	350m: 4:36.79	40.25
	100m: 1:15.59	39.49	200m: 2:35.90	39.97	300m: 3:56.54	40.67	400m: 5:16.73	39.94
32.	PEREIRA Helena Marisa	F	20331	95	Felgueiras	<b>5:29.16</b>	379	
	50m: 36.96	36.96	150m: 2:00.23	41.82	250m: 3:23.73	41.50	350m: 4:48.87	42.72
	100m: 1:18.41	41.45	200m: 2:42.23	42.00	300m: 4:06.15	42.42	400m: 5:29.16	40.29
DNS	SAMPAIO Beatriz Magalhaes	F	102666	95	Assoc. Desportiva de Fafe			DNS
doente	MIRANDA Joana Isabel	F	104220	95	Vitória Sport Clube			doente