

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

Prova 3 20-11-2009 - 17:10	Femin., 400m Estilos COPIDOURO - Cópia e Artigos de Reprodução, Lda				Absolutos Resultados
Recorde Nacional Absoluto	4:46.51	VIEIRA Nadia Morais	GESL	Sines	21-12-2008
Recorde Nacional Junior	4:51.07	MIGUEL Susana Patricia	SFUAP	Tomar	09-12-2005
Recorde Nacional Sénior	4:46.51	VIEIRA Nadia Morais	GESL	Sines	21-12-2008

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
1.	ANDRE Angelica Maria	F	15497	94	Leixões Sport Clube	<b>5:08.94</b>				647	
	50m: 33.06		150m: 1:52.51		40.31	250m: 3:15.00	42.31	350m: 4:34.48		35.77	
	100m: 1:12.20		200m: 2:32.69		40.18	300m: 3:58.71	43.71	400m: 5:08.94		34.46	
2.	MONTEIRO Isabel Rovisco	F	20608	93	Assoc. Desportiva de Fafe	<b>5:20.36</b>				580	
	50m: 34.93		150m: 1:54.68		39.36	250m: 3:20.96	45.76	350m: 4:44.06		35.80	
	100m: 1:15.32		200m: 2:35.20		40.52	300m: 4:08.26	47.30	400m: 5:20.36		36.30	
3.	SOUSA Filipa Vieira	F	15907	92	CNMaia	<b>5:25.99</b>				550	
	50m: 35.08		150m: 1:55.94		41.00	250m: 3:22.99	46.51	350m: 4:48.74		39.25	
	100m: 1:14.94		200m: 2:36.48		40.54	300m: 4:09.49	46.50	400m: 5:25.99		37.25	
4.	MAIA Joana Marques	F	25067	91	CNMaia	<b>5:26.28</b>				549	
	50m: 33.87		150m: 1:55.91		41.61	250m: 3:21.24	44.17	350m: 4:47.62		41.13	
	100m: 1:14.30		200m: 2:37.07		41.16	300m: 4:06.49	45.25	400m: 5:26.28		38.66	
5.	FERNANDES Patricia Cristina	F	23496	94	Gespacos	<b>5:32.95</b>				517	
	50m: 35.83		150m: 1:59.27		42.06	250m: 3:27.71	46.91	350m: 4:54.04		39.24	
	100m: 1:17.21		200m: 2:40.80		41.53	300m: 4:14.80	47.09	400m: 5:32.95		38.91	
6.	OLIVEIRA Maria Joao	F	22409	93	Ginásio Santo Tirso	<b>5:34.48</b>				509	
	50m: 36.86		150m: 2:00.88		41.84	250m: 3:29.81	47.02	350m: 4:56.65		38.23	
	100m: 1:19.04		200m: 2:42.79		41.91	300m: 4:18.42	48.61	400m: 5:34.48		37.83	
7.	SAMPAIO Beatriz Magalhaes	F	102666	95	Assoc. Desportiva de Fafe	<b>5:37.30</b>				497	
	50m: 35.89		150m: 2:01.43		43.51	250m: 3:33.37	49.33	350m: 5:00.46		38.41	
	100m: 1:17.92		200m: 2:44.04		42.61	300m: 4:22.05	48.68	400m: 5:37.30		36.84	
8.	FERREIRA Maria Beatriz	F	24133	95	Clube Fluvial Portuense	<b>5:42.52</b>				474	
	50m: 37.02		150m: 2:04.81		44.54	250m: 3:36.22	46.77	350m: 5:03.99		38.97	
	100m: 1:20.27		200m: 2:49.45		44.64	300m: 4:25.02	48.80	400m: 5:42.52		38.53	
9.	FREITAS Ana Rita	F	102638	95	Assoc. Desportiva de Fafe	<b>5:48.60</b>				450	
	50m: 38.42		150m: 2:02.36		42.41	250m: 3:36.61	52.31	350m: 5:09.48		40.11	
	100m: 1:19.95		200m: 2:44.30		41.94	300m: 4:29.37	52.76	400m: 5:48.60		39.12	
DNS	JORDAO Marta Isabel	F	15630	91	Famalicão						DNS
DNS	RIBEIRO Soraia Vanessa	F	15857	92	Vilacondense						DNS