

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

Prova 31
22-11-2009 - 9:30

Femin., 800m Livres
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Absolutos
Resultados

Recorde Nacional Absoluto	8:45.91	FERREIRA Marta Andreia	FPN	Riesa (GER)	13-12-2002
Recorde Nacional Junior	8:46.74	SANTOS Ana Claudia	SFUAP	Cantanhede	19-12-2004
Recorde Nacional Sénior	8:45.91	FERREIRA Marta Andreia	FPN	Riesa (GER)	13-12-2002

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	SANTOS Joana Filipa	F	24081	93	Vitória Sport Clube	9:02.95	732	
	50m: 31.24	31.24	250m: 2:47.87	34.58	450m: 5:05.42	34.08	650m: 7:23.00	34.89
	100m: 1:04.85	33.61	300m: 3:22.02	34.15	500m: 5:39.45	34.03	700m: 7:57.30	34.30
	150m: 1:39.00	34.15	350m: 3:56.55	34.53	550m: 6:13.61	34.16	750m: 8:30.88	33.58
	200m: 2:13.29	34.29	400m: 4:31.34	34.79	600m: 6:48.11	34.50	800m: 9:02.95	32.07
2.	GOMES Andreia Catarina	F	103701	94	Vitória Sport Clube	9:03.98	728	
	50m: 31.06	31.06	250m: 2:48.00	34.84	450m: 5:05.59	34.60	650m: 7:23.21	34.51
	100m: 1:04.75	33.69	300m: 3:22.10	34.10	500m: 5:40.48	34.89	700m: 7:57.71	34.50
	150m: 1:38.84	34.09	350m: 3:56.71	34.61	550m: 6:14.75	34.27	750m: 8:31.80	34.09
	200m: 2:13.16	34.32	400m: 4:30.99	34.28	600m: 6:48.70	33.95	800m: 9:03.98	32.18
3.	RODRIGUES Joana Aguiar	F	15401	93	Porto/Dolce Vita	9:06.56	717	
	50m: 31.18	31.18	250m: 2:47.97	34.52	450m: 5:05.00	33.94	650m: 7:23.34	34.83
	100m: 1:05.15	33.97	300m: 3:22.41	34.44	500m: 5:39.08	34.08	700m: 7:58.43	35.09
	150m: 1:39.18	34.03	350m: 3:57.07	34.66	550m: 6:13.70	34.62	750m: 8:32.88	34.45
	200m: 2:13.45	34.27	400m: 4:31.06	33.99	600m: 6:48.51	34.81	800m: 9:06.56	33.68
4.	ANDRE Angelica Maria	F	15497	94	Leixões Sport Clube	9:27.45	641	
	50m: 31.86	31.86	250m: 2:52.80	35.62	450m: 5:16.88	36.38	650m: 7:41.83	36.04
	100m: 1:06.26	34.40	300m: 3:28.41	35.61	500m: 5:53.37	36.49	700m: 8:17.71	36.18
	150m: 1:41.60	35.34	350m: 4:04.20	35.79	550m: 6:29.46	36.09	750m: 8:53.80	35.79
	200m: 2:17.18	35.58	400m: 4:40.50	36.30	600m: 7:05.79	36.33	800m: 9:27.45	33.65
5.	BARBOSA Gilberta Cristina	F	26478	93	Felgueiras	9:27.81	640	
	50m: 31.80	31.80	250m: 2:52.29	35.46	450m: 5:16.48	36.37	650m: 7:41.30	36.21
	100m: 1:06.19	34.39	300m: 3:28.11	35.82	500m: 5:52.84	36.36	700m: 8:17.49	36.19
	150m: 1:41.37	35.18	350m: 4:04.03	35.92	550m: 6:28.97	36.13	750m: 8:53.23	35.74
	200m: 2:16.83	35.46	400m: 4:40.11	36.08	600m: 7:05.09	36.12	800m: 9:27.81	34.58
6.	ROMPANTE Filipa Maria	F	102733	95	Famalicao	9:31.50	628	
	50m: 33.22	33.22	250m: 2:57.87	36.24	450m: 5:21.24	35.56	650m: 7:44.52	35.93
	100m: 1:09.11	35.89	300m: 3:33.76	35.89	500m: 5:56.79	35.55	700m: 8:20.75	36.23
	150m: 1:45.34	36.23	350m: 4:09.80	36.04	550m: 6:32.63	35.84	750m: 8:56.73	35.98
	200m: 2:21.63	36.29	400m: 4:45.68	35.88	600m: 7:08.59	35.96	800m: 9:31.50	34.77
7.	MONTEIRO Ana Catarina	F	24320	93	Vilacondense	9:33.17	622	
	50m: 32.94	32.94	250m: 2:58.48	36.59	450m: 5:23.29	36.12	650m: 7:48.46	36.38
	100m: 1:08.65	35.71	300m: 3:35.44	36.96	500m: 5:59.73	36.44	700m: 8:23.80	35.34
	150m: 1:45.61	36.96	350m: 4:11.82	36.38	550m: 6:36.20	36.47	750m: 8:59.88	36.08
	200m: 2:21.89	36.28	400m: 4:47.17	35.35	600m: 7:12.08	35.88	800m: 9:33.17	33.29
8.	FERREIRA Ana Ribeiro	F	15634	92	Famalicao	9:34.78	617	
	50m: 31.51	31.51	250m: 2:50.20	34.70	450m: 5:12.89	37.05	650m: 7:43.22	37.79
	100m: 1:05.87	34.36	300m: 3:24.77	34.57	500m: 5:50.05	37.16	700m: 8:20.04	36.82
	150m: 1:40.80	34.93	350m: 3:59.72	34.95	550m: 6:27.65	37.60	750m: 8:57.53	37.49
	200m: 2:15.50	34.70	400m: 4:35.84	36.12	600m: 7:05.43	37.78	800m: 9:34.78	37.25
9.	SOARES Silvia Ariana	F	15272	95	Porto/Dolce Vita	9:38.62	605	
	50m: 33.29	33.29	250m: 2:58.96	36.44	450m: 5:25.21	36.46	650m: 7:51.75	36.84
	100m: 1:08.89	35.60	300m: 3:35.40	36.44	500m: 6:02.02	36.81	700m: 8:28.49	36.74
	150m: 1:45.55	36.66	350m: 4:11.97	36.57	550m: 6:38.66	36.64	750m: 9:05.20	36.71
	200m: 2:22.52	36.97	400m: 4:48.75	36.78	600m: 7:14.91	36.25	800m: 9:38.62	33.42
10.	OLIVEIRA Cassandra Pedro	F	111071	95	Vilacondense	9:42.17	594	
	50m: 33.21	33.21	250m: 2:56.83	36.02	450m: 5:23.52	37.01	650m: 7:52.53	37.32
	100m: 1:08.94	35.73	300m: 3:33.21	36.38	500m: 6:00.77	37.25	700m: 8:29.55	37.02
	150m: 1:44.78	35.84	350m: 4:09.80	36.59	550m: 6:37.76	36.99	750m: 9:06.68	37.13
	200m: 2:20.81	36.03	400m: 4:46.51	36.71	600m: 7:15.21	37.45	800m: 9:42.17	35.49
11.	JORDAO Marta Isabel	F	15630	91	Famalicao	9:45.49	584	
	50m: 33.56	33.56	250m: 2:57.19	36.80	450m: 5:23.99	36.46	650m: 7:53.55	37.81
	100m: 1:08.77	35.21	300m: 3:34.02	36.83	500m: 6:00.92	36.93	700m: 8:30.88	37.33
	150m: 1:44.54	35.77	350m: 4:10.82	36.80	550m: 6:38.31	37.39	750m: 9:08.43	37.55
	200m: 2:20.39	35.85	400m: 4:47.53	36.71	600m: 7:15.74	37.43	800m: 9:45.49	37.06
12.	OLIVEIRA Patricia Isabel	F	15970	94	Leixões Sport Clube	9:53.46	560	
	50m: 33.30	33.30	250m: 3:01.32	37.15	450m: 5:31.54	36.43	650m: 8:00.41	37.71
	100m: 1:09.66	36.36	300m: 3:39.32	38.00	500m: 6:08.20	36.66	700m: 8:39.29	38.88
	150m: 1:47.04	37.38	350m: 4:17.06	37.74	550m: 6:45.07	36.87	750m: 9:16.52	37.23
	200m: 2:24.17	37.13	400m: 4:55.11	38.05	600m: 7:22.70	37.63	800m: 9:53.46	36.94
13.	CUNHA Ana Rita	F	23504	94	Gespacos	9:53.55	560	
	50m: 33.93	33.93	250m: 3:03.21	37.06	450m: 5:31.99	37.30	650m: 8:01.55	37.64
	100m: 1:11.08	37.15	300m: 3:40.24	37.03	500m: 6:09.16	37.17	700m: 8:39.20	37.65
	150m: 1:48.78	37.70	350m: 4:17.29	37.05	550m: 6:46.42	37.26	750m: 9:16.94	37.74
	200m: 2:26.15	37.37	400m: 4:54.69	37.40	600m: 7:23.91	37.49	800m: 9:53.55	36.61
14.	CARMO Francisca Silva	F	15615	94	Famalicao	9:54.99	556	
	50m: 33.77	33.77	250m: 3:01.86	37.56	450m: 5:31.53	37.49	650m: 8:03.85	38.28
	100m: 1:10.32	36.55	300m: 3:39.19	37.33	500m: 6:09.56	38.03	700m: 8:41.59	37.74
	150m: 1:47.21	36.89	350m: 4:16.66	37.47	550m: 6:47.43	37.87	750m: 9:18.82	37.23
	200m: 2:24.30	37.09	400m: 4:54.04	37.38	600m: 7:25.57	38.14	800m: 9:54.99	36.17
15.	MARQUES Catarina Isabel	F	15618	94	Famalicao	9:56.51	552	
	50m: 33.40	33.40	250m: 3:01.83	37.58	450m: 5:33.89	38.44	650m: 8:04.92	37.90
	100m: 1:09.52	36.12	300m: 3:39.69	37.86	500m: 6:11.60	37.71	700m: 8:42.82	37.90
	150m: 1:46.84	37.32	350m: 4:17.26	37.57	550m: 6:49.24	37.64	750m: 9:20.63	37.81
	200m: 2:24.25	37.41	400m: 4:55.45	38.19	600m: 7:27.02	37.78	800m: 9:56.51	35.88
16.	SAMPAIO Beatriz Magalhaes	F	102666	95	Assoc. Desportiva de Fafe	9:56.61	552	
	50m: 33.57	33.57	250m: 3:01.37	37.70	450m: 5:31.93	37.23	650m: 8:03.75	37.49
	100m: 1:09.64	36.07	300m: 3:38.63	37.26	500m: 6:10.35	38.42	700m: 8:41.99	38.24
	150m: 1:46.22	36.58	350m: 4:16.32	37.69	550m: 6:47.98	37.63	750m: 9:20.05	38.06
	200m: 2:23.67	37.45	400m: 4:54.70	38.38	600m: 7:26.26	38.28	800m: 9:56.61	36.56

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

Prova 31, Femin., 800m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
17.	PINTO Daniela Filipa	F	20610	91	Vitória Sport Clube	10:00.30	541	
	50m: 34.25		250m: 3:02.59		37.56	450m: 5:33.52		37.73
	100m: 1:10.35	36.10	300m: 3:40.13		37.54	500m: 6:11.11		37.59
	150m: 1:47.43	37.08	350m: 4:18.17		38.04	550m: 6:49.29		38.18
	200m: 2:25.03	37.60	400m: 4:55.79		37.62	600m: 7:27.69		38.40
18.	SOUSA Barbara Daniela	F	15966	92	Valongo	10:00.70	540	
	50m: 34.04	34.04	250m: 3:04.87		38.15	450m: 5:36.98		37.78
	100m: 1:10.05	37.01	300m: 3:42.59		37.72	500m: 6:14.84		37.86
	150m: 1:48.93	37.88	350m: 4:21.13		38.54	550m: 6:52.73		37.89
	200m: 2:26.72	37.79	400m: 4:59.20		38.07	600m: 7:30.54		37.81
19.	RIBEIRO Daniela Cristina	F	15616	94	Famalicao	10:01.11	539	
	50m: 34.04	34.04	250m: 3:02.98		37.84	450m: 5:34.69		37.97
	100m: 1:10.48	36.44	300m: 3:40.71		37.73	500m: 6:12.68		37.99
	150m: 1:47.62	37.14	350m: 4:18.65		37.94	550m: 6:50.72		38.04
	200m: 2:25.14	37.52	400m: 4:56.72		38.07	600m: 7:28.97		38.25
20.	MOTA Ines Maria	F	102067	95	Clube Fluvial Portuense	10:08.00	521	
	50m: 33.71	33.71	250m: 3:04.24		37.60	450m: 5:38.24		38.45
	100m: 1:10.73	37.02	300m: 3:42.67		38.43	500m: 6:16.72		38.48
	150m: 1:48.79	38.06	350m: 4:21.17		38.50	550m: 6:55.93		39.21
	200m: 2:26.64	37.85	400m: 4:59.79		38.62	600m: 7:34.57		38.64
21.	TORRES Andreia Sofia	F	102471	95	Gespacos	10:09.42	518	
	50m: 33.32	33.32	250m: 3:02.66		37.88	450m: 5:38.31		39.08
	100m: 1:10.41	37.09	300m: 3:41.29		38.63	500m: 6:17.31		39.00
	150m: 1:47.50	37.09	350m: 4:20.25		38.96	550m: 6:56.71		39.40
	200m: 2:24.78	37.28	400m: 4:59.23		38.98	600m: 7:36.11		39.40
22.	DELGADO Lucinda Amorim	F	20404	94	Vilacondense	10:12.71	509	
	50m: 34.86	34.86	250m: 3:08.25		38.68	450m: 5:43.45		38.93
	100m: 1:12.68	37.82	300m: 3:47.02		38.77	500m: 6:22.20		38.75
	150m: 1:50.86	38.18	350m: 4:25.63		38.61	550m: 6:59.86		37.66
	200m: 2:29.57	38.71	400m: 5:04.52		38.89	600m: 7:38.20		38.34
23.	PEREIRA Carolina Isabel	F	23115	94	Vitória Sport Clube	10:13.97	506	
	50m: 34.39	34.39	250m: 3:08.06		38.55	450m: 5:42.57		38.64
	100m: 1:12.19	37.80	300m: 3:46.69		38.63	500m: 6:21.58		39.01
	150m: 1:50.96	38.77	350m: 4:25.45		38.76	550m: 7:00.30		38.72
	200m: 2:29.51	38.55	400m: 5:03.93		38.48	600m: 7:39.19		38.89
24.	OLIVEIRA Ana Mafalda	F	23193	81	CNMaia	10:18.74	494	
	50m: 34.63	34.63	250m: 3:07.04		38.58	450m: 5:43.87		39.12
	100m: 1:11.94	37.31	300m: 3:46.27		39.23	500m: 6:22.95		39.08
	150m: 1:50.04	38.10	350m: 4:25.45		39.18	550m: 7:02.56		39.61
	200m: 2:28.46	38.42	400m: 5:04.75		39.30	600m: 7:41.95		39.39
25.	RAMOS Gisela Filipa	F	24187	93	Vilacondense	10:23.19	484	
	50m: 35.13	35.13	250m: 3:08.72		38.54	450m: 5:47.14		40.02
	100m: 1:13.23	38.10	300m: 3:48.10		39.38	500m: 6:27.34		40.20
	150m: 1:51.60	38.37	350m: 4:27.42		39.32	550m: 7:07.29		39.95
	200m: 2:30.18	38.58	400m: 5:07.12		39.70	600m: 7:47.15		39.86
26.	RODRIGUES Catia Sofia	F	23305	95	Paredes/Rota dos Moveis	10:23.37	484	
	50m: 33.31	33.31	250m: 3:07.60		38.79	450m: 5:44.93		38.97
	100m: 1:11.23	37.92	300m: 3:46.68		39.08	500m: 6:24.66		39.73
	150m: 1:49.95	38.72	350m: 4:26.32		39.64	550m: 7:05.02		40.36
	200m: 2:28.81	38.86	400m: 5:05.96		39.64	600m: 7:45.33		40.31
27.	SOUSA Filipa Vieira	F	15907	92	CNMaia	10:23.47	483	
	50m: 35.41	35.41	250m: 3:10.91		39.12	450m: 5:48.25		39.34
	100m: 1:14.04	38.63	300m: 3:50.01		39.10	500m: 6:27.56		39.31
	150m: 1:52.76	38.72	350m: 4:29.42		39.41	550m: 7:06.78		39.22
	200m: 2:31.79	39.03	400m: 5:08.91		39.49	600m: 7:46.17		39.39
28.	PORTELA Vania Sofia	F	23975	93	Vitória Sport Clube	10:25.82	478	
	50m: 35.06	35.06	250m: 3:09.03		38.90	450m: 5:47.44		40.00
	100m: 1:12.68	37.62	300m: 3:48.51		39.48	500m: 6:26.94		39.50
	150m: 1:51.18	38.50	350m: 4:27.97		39.46	550m: 7:06.96		40.02
	200m: 2:30.13	38.95	400m: 5:07.44		39.47	600m: 7:46.78		39.82
29.	REIS Catarina Lopes	F	15489	95	Porto/Dolce Vita	10:26.85	476	
	50m: 30.73	30.73	250m: 3:02.34		45.01	450m: 5:45.04		40.80
	100m: 1:05.07	34.34	300m: 3:42.12		39.78	500m: 6:26.15		41.11
	150m: 1:41.08	36.01	350m: 4:22.51		40.39	550m: 7:06.57		40.42
	200m: 2:17.33	36.25	400m: 5:04.24		41.73	600m: 7:47.31		40.74
DNS	RIBEIRO Soraia Vanessa	F	15857	92	Vilacondense			DNS
DNS	COSTA Ana Margarida	F	15495	95	Leixões Sport Clube			DNS
doente	MIRANDA Joana Isabel	F	104220	95	Vitória Sport Clube			doente