

Póvoa de Varzim, 06 - 07.02.2010
www.annp.pt/povoameeting10/

Prova 17	Femin., 400m Estilos				Absolutos
06-02-2010 - 12:40	Câmara Municipal da Póvoa de Varzim				Resultados
Recorde Nacional Absoluto	4:53.17	VIEIRA, Nadia Morais	FPN	MONACO (MON)	13-06-2009
Recorde Nacional Sénior	4:53.17	VIEIRA, Nadia Morais	FPN	MONACO (MON)	13-06-2009
Recorde Nacional Junior	4:58.87	MIGUEL, Susana Patricia	FPN	Palma Maiorca (ESP)	06-07-2006
Recorde Nacional Juvenis	5:01.04	MIGUEL, Susana Patricia	SFUAP	Lisboa	08-07-2004
Recorde Nacional Infantis A	5:11.29	ROCHA, Diana Ramos	EDV	Faro	20-07-2007
Recorde Nacional Infantis B	5:14.05	RUIVO, Filipa Vilas	DNMG	S. João da Madeira	24-07-2009
Recorde Meeting	4:55.58	, START		Póvoa de Varzim	
TLP ABS FEMININOS : 5:45.00					

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	NEGRI, SUSANNA <i>MEETING RECORD</i>	F	LOM003091	90	Nuoto Mgm Sport	4:52.87	778	
	100m: 1:06.76	200m: 2:22.45	300m: 3:46.35	400m: 4:52.87	37.12	42.27	32.72	
	150m: 1:45.33	250m: 3:04.08	350m: 4:20.15		41.63	33.80		
2.	VIEIRA, Nadia Morais	F	13092	90	Geslours - Gestão de Equipame	4:57.25	744	34.00
	100m: 1:08.57	200m: 2:24.89	300m: 3:48.48	400m: 4:57.25	37.75	42.25		
	150m: 1:47.14	250m: 3:06.23	350m: 4:23.25		41.34	34.77		
3.	LEONI, LUDOVICA	F	LOM026860	90	Nuoto Mgm Sport	5:01.77	711	35.71
	100m: 1:07.78	200m: 2:22.71	300m: 3:51.53	400m: 5:01.77	37.23	45.05		
	150m: 1:45.48	250m: 3:06.48	350m: 4:26.06		43.77	34.53		
4.	ROCHA, Diana Ramos	F	14372	94	Vilacondense	5:03.70	698	32.96
	100m: 1:07.95	200m: 2:26.07	300m: 3:55.08	400m: 5:03.70	38.41	43.54		
	150m: 1:47.66	250m: 3:11.54	350m: 4:30.74		45.47	35.66		
5.	VELOSO, Maria Miguel	F	10879	93	Náutico/Matobra	5:09.47	660	33.83
	100m: 1:09.29	200m: 2:29.08	300m: 4:00.82	400m: 5:09.47	39.74	46.16		
	150m: 1:49.34	250m: 3:14.66	350m: 4:35.64		45.58	34.82		
6.	MONTEIRO, Ana Catarina	F	24320	93	Vilacondense	5:13.72	633	36.23 34.11
	50m: 32.31	100m: 1:07.91	150m: 1:48.82	200m: 2:28.08	250m: 3:16.27	300m: 4:03.38	350m: 4:39.61	400m: 5:13.72
7.	MARINHO, Patricia Garcia	F	23004	94	Sporting Clube de Portugal	5:15.96	620	35.22
	100m: 1:12.65	200m: 2:36.04	300m: 4:05.07	400m: 5:15.96	41.16	44.54		
	150m: 1:54.88	250m: 3:20.53	350m: 4:40.74		44.49	35.67		
8.	SILVA, Mara Lisboa e	F	10737	93	Ba Leiria	5:16.08	619	36.30 34.90
	50m: 33.43	100m: 1:11.72	150m: 1:51.66	200m: 2:31.33	250m: 3:17.92	300m: 4:04.88	350m: 4:41.18	400m: 5:16.08
9.	PINHEIRO, Lara Santana	F	14554	92	Clube Futebol Os Belenenses	5:17.45	611	35.10
	100m: 1:13.56	200m: 2:36.58	300m: 4:06.55	400m: 5:17.45	41.44	45.30		
	150m: 1:55.14	250m: 3:21.25	350m: 4:42.35		44.67	35.80		
10.	DURAES, Diana Margarida	F	102992	96	Felgueiras	5:17.51	611	36.55 35.51
	50m: 33.56	100m: 1:12.33	150m: 1:54.18	200m: 2:34.90	250m: 3:20.25	300m: 4:05.45	350m: 4:42.00	400m: 5:17.51
11.	RIBEIRO, Soraia Vanessa	F	15857	92	Vilacondense	5:23.13	579	37.04
	100m: 1:10.12	200m: 2:32.91	300m: 4:07.26	400m: 5:23.13	40.64	47.87		
	150m: 1:52.27	250m: 3:19.39	350m: 4:46.09		46.48	38.83		
12.	ARDISSINO, MADDALENA	F	LOM037958	98	Nuoto Mgm Sport	5:23.27	579	36.81 36.32
	50m: 32.93	100m: 1:11.52	150m: 1:53.62	200m: 2:34.80	250m: 3:22.03	300m: 4:10.14	350m: 4:46.95	400m: 5:23.27
13.	LAGE, Marisa Alexandra	F	14935	94	Viana NC	5:24.29	573	36.15 35.20
	50m: 34.65	100m: 1:15.27	150m: 1:57.82	200m: 2:39.80	250m: 3:25.36	300m: 4:12.94	350m: 4:49.09	400m: 5:24.29
14.	ROMPANTE, Filipa Maria	F	102733	95	Famalicão	5:25.23	568	36.46 35.93
	50m: 34.52	100m: 1:14.63	150m: 1:55.81	200m: 2:37.41	250m: 3:24.78	300m: 4:12.84	350m: 4:49.30	400m: 5:25.23
15.	NEVES, Eduarda Malheiro	F	13222	94	Braga	5:25.93	565	37.84 36.49
	50m: 33.61	100m: 1:11.92	150m: 1:55.12	200m: 2:37.89	250m: 3:25.67	300m: 4:11.60	350m: 4:49.44	400m: 5:25.93
16.	ANDRE, Angelica Maria	F	15497	94	Leixões Sport Clube	5:30.59	541	38.25 37.35
	50m: 34.74	100m: 1:15.09	150m: 1:58.60	200m: 2:42.35	250m: 4:31.51	300m: 5:14.99	350m: 4:53.24	400m: 5:30.59
doente	NUNES, Catarina Tiago	F	100949	95	Uniao Piedense			