

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

Prova 9	Femin., 400m Livres				Absolutos
06-02-2010 - 18:10	Halcon Viagens				Resultados Final
Recorde Nacional Absoluto	4:19.89	ALEGRIA, Ana Feio	FPN	Barcelona (ESP)	30-05-1996
Recorde Nacional Sénior	4:19.89	ALEGRIA, Ana Feio	FPN	Barcelona (ESP)	30-05-1996
Recorde Nacional Junior	4:20.37	FERREIRA, Marta Andreia	FPN	Berlim (GER)	04-08-2002
Recorde Nacional Juvenis	4:28.67	, tempo limite			
Recorde Nacional Infantis A	4:31.53	, tempo limite			
Recorde Nacional Infantis B	4:43.70	, tempo limite			
Recorde Meeting	4:19.89	, START		Póvoa de Varzim	
TLP_INF_JUV_FEM_12 - 14: 5:02.50 / TLP_JUN_SEN_FEM_15 +: 4:51.50					

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Final A								
1.	BOLGIANI, GIULIA <i>MEETING RECORD</i>	F	LOM001927		Nuoto Mgm Sport	<b>4:19.16</b>	785	
	50m: 30.34 30.34		150m: 1:35.15	32.44	250m: 2:40.79	32.77	350m: 3:47.02	32.89
	100m: 1:02.71 32.37		200m: 2:08.02	32.87	300m: 3:14.13	33.34	400m: 4:19.16	32.14
2.	RODRIGUES, Joana Aguiar	F	15401	93	Porto/Dolce Vita	<b>4:27.07</b>	718	
	50m: 30.38 30.38		150m: 1:37.26	33.48	250m: 2:45.49	34.09	350m: 3:54.08	34.08
	100m: 1:03.78 33.40		200m: 2:11.40	34.14	300m: 3:20.00	34.51	400m: 4:27.07	32.99
3.	ROTZTEJN, Efrat	F		92	Greater Jerusalem Swimming Clu	<b>4:28.33</b>	707	
	50m: 30.86 30.86		150m: 1:38.25	33.88	250m: 2:46.38	33.93	350m: 3:55.05	33.90
	100m: 1:04.37 33.51		200m: 2:12.45	34.20	300m: 3:21.15	34.77	400m: 4:28.33	33.28
4.	SANTOS, Joana Filipa	F	24081	93	Vitória Sport Clube	<b>4:31.73</b>	681	
	50m: 30.53 30.53		150m: 1:38.69	34.38	250m: 2:48.08	34.82	350m: 3:58.03	34.99
	100m: 1:04.31 33.78		200m: 2:13.26	34.57	300m: 3:23.04	34.96	400m: 4:31.73	33.70
5.	VELOSO, Maria Miguel	F	10879	93	Náutico/Matobra	<b>4:32.32</b>	677	
	50m: 31.80 31.80		150m: 1:40.01	34.50	250m: 2:48.90	34.56	350m: 3:58.35	34.49
	100m: 1:05.51 33.71		200m: 2:14.34	34.33	300m: 3:23.86	34.96	400m: 4:32.32	33.97
6.	SARAIVA, Marta Alexandra	F	14641	93	Uniao Piedense	<b>4:40.28</b>	621	
	50m: 31.96 31.96		150m: 1:41.36	35.22	250m: 2:52.83	36.21	350m: 4:05.20	36.31
	100m: 1:06.14 34.18		200m: 2:16.62	35.26	300m: 3:28.89	36.06	400m: 4:40.28	35.08
7.	SAMPAIO, Ines Sofia	F	13415	94	Ac.Viseu	<b>4:41.58</b>	612	
	50m: 31.72 31.72		150m: 1:41.94	35.47	250m: 2:54.67	36.94	350m: 4:07.34	35.99
	100m: 1:06.47 34.75		200m: 2:17.73	35.79	300m: 3:31.35	36.68	400m: 4:41.58	34.24
8.	MARKS, Martina	F		95	Israel Swimming Association	<b>4:47.69</b>	574	
	50m: 31.46 31.46		150m: 1:43.75	36.61	250m: 2:57.42	36.69	350m: 4:11.13	36.96
	100m: 1:07.14 35.68		200m: 2:20.73	36.98	300m: 3:34.17	36.75	400m: 4:47.69	36.56
Final B								
9.	FERREIRA, Ana Ribeiro	F	15634	92	Famalicao	<b>4:39.18</b>	628	
	50m: 32.22 32.22		150m: 1:42.88	35.78	250m: 2:54.52	35.83	350m: 4:05.26	35.12
	100m: 1:07.10 34.88		200m: 2:18.69	35.81	300m: 3:30.14	35.62	400m: 4:39.18	33.92
10.	MARTINS, Carolina Cunha	F	10881	95	Náutico/Matobra	<b>4:40.38</b>	620	
	50m: 31.92 31.92		150m: 1:43.28	35.86	250m: 2:54.80	35.61	350m: 4:05.73	35.11
	100m: 1:07.42 35.50		200m: 2:19.19	35.91	300m: 3:30.62	35.82	400m: 4:40.38	34.65
11.	BELEZA, Mafalda Gomes	F	26890	94	Sporting Clube de Portugal	<b>4:41.83</b>	611	
	50m: 32.15 32.15		150m: 1:43.63	35.89	250m: 2:56.05	36.12	350m: 4:07.97	35.76
	100m: 1:07.74 35.59		200m: 2:19.93	36.30	300m: 3:32.21	36.16	400m: 4:41.83	33.86
12.	MARINHO, Patricia Garcia	F	23004	94	Sporting Clube de Portugal	<b>4:43.56</b>	599	
	50m: 32.46 32.46		150m: 1:43.67	35.98	250m: 2:56.21	36.33	350m: 4:08.12	35.86
	100m: 1:07.69 35.23		200m: 2:19.88	36.21	300m: 3:32.26	36.05	400m: 4:43.56	35.44
13.	OLIVEIRA, Cassandra Pedro	F	111071	95	Vilacondense	<b>4:44.53</b>	593	
	50m: 32.17 32.17		150m: 1:43.53	35.90	250m: 2:56.45	36.43	350m: 4:08.99	36.07
	100m: 1:07.63 35.46		200m: 2:20.02	36.49	300m: 3:32.92	36.47	400m: 4:44.53	35.54
14.	DOMINGOS, Ana Margarida	F	13416	93	Ac.Viseu	<b>4:46.01</b>	584	
	50m: 32.60 32.60		150m: 1:44.25	35.83	250m: 2:56.75	35.83	350m: 4:09.97	36.22
	100m: 1:08.42 35.82		200m: 2:20.92	36.67	300m: 3:33.75	37.00	400m: 4:46.01	36.04
15.	DURAES, Diana Margarida	F	102992	96	Felgueiras	<b>4:47.49</b>	575	
	50m: 31.85 31.85		150m: 1:43.30	35.94	250m: 2:56.72	36.58	350m: 4:11.02	37.44
	100m: 1:07.36 35.51		200m: 2:20.14	36.84	300m: 3:33.58	36.86	400m: 4:47.49	36.47
16.	FERNANDES, Ana Sofia <i>FTL</i>	F	13191	93	Braga	<b>4:57.37</b>	520	
	50m: 32.83 32.83		150m: 1:47.30	37.50	250m: 3:03.11	37.67	350m: 4:19.50	38.05
	100m: 1:09.80 36.97		200m: 2:25.44	38.14	300m: 3:41.45	38.34	400m: 4:57.37	37.87