

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

Event 9	Women, 400m Freestyle				Absolutos
06-02-2010 - 10:45	Halcon Viagens				Results Prelim
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

Points: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	BOLGIANI, GIULIA	F	LOM001927		Nuoto Mgm Sport	<b>4:28.21</b>	708	A
	50m: 31.60 31.60		150m: 1:40.00 34.65		250m: 2:47.67 33.65	350m: 3:55.46 33.38		
	100m: 1:05.35 33.75		200m: 2:14.02 34.02		300m: 3:22.08 34.41	400m: 4:28.21 32.75		
2.	VELOSO, Maria Miguel	F	10879	93	Nautico/Matobra	<b>4:34.47</b>	661	A
	50m: 32.10 32.10		150m: 1:40.68 34.65		250m: 2:49.98 34.68	350m: 4:00.09 35.18		
	100m: 1:06.03 33.93		200m: 2:15.30 34.62		300m: 3:24.91 34.93	400m: 4:34.47 34.38		
3.	RODRIGUES, Joana Aguiar	F	15401	93	Porto/Dolce Vita	<b>4:35.14</b>	656	A
	50m: 31.88 31.88		150m: 1:41.99 35.06		250m: 2:50.77 34.24	350m: 4:00.64 35.18		
	100m: 1:05.85 35.05		200m: 2:16.53 34.54		300m: 3:25.46 34.69	400m: 4:35.14 34.50		
4.	SARAIVA, Marta Alexandra	F	14641	93	Uniao Piedense	<b>4:36.35</b>	648	A
	50m: 31.78 31.78		150m: 1:40.87 35.02		250m: 2:51.26 35.38	350m: 4:01.80 35.29		
	100m: 1:05.85 34.07		200m: 2:15.88 35.01		300m: 3:26.51 35.25	400m: 4:36.35 34.55		
5.	SANTOS, Joana Filipa	F	24081	93	Vitoria Sport Clube	<b>4:36.74</b>	645	A
	50m: 31.42 31.42		150m: 1:42.29 35.71		250m: 2:52.11 34.84	350m: 4:02.76 35.44		
	100m: 1:06.58 35.16		200m: 2:17.27 34.98		300m: 3:27.32 35.21	400m: 4:36.74 33.98		
6.	ROTZTEJN, Efrat	F		92	Greater Jerusalem Swimming Clu	<b>4:37.12</b>	642	A
	50m: 31.90 31.90		150m: 1:42.53 35.44		250m: 2:52.55 34.90	350m: 4:02.40 34.90		
	100m: 1:07.09 35.19		200m: 2:17.65 35.12		300m: 3:27.50 34.95	400m: 4:37.12 34.72		
7.	SAMPAIO, Ines Sofia	F	13415	94	Ac.Viseu	<b>4:39.00</b>	629	A
	50m: 32.81 32.81		150m: 1:44.43 35.77		250m: 2:54.98 35.01	350m: 4:05.06 34.49		
	100m: 1:08.66 35.85		200m: 2:19.97 35.54		300m: 3:30.57 35.59	400m: 4:39.00 33.94		
8.	MARKS, Martina	F		95	Israel Swimming Association	<b>4:39.24</b>	628	A
	50m: 31.96 31.96		150m: 1:42.54 35.59		250m: 2:53.52 35.47	350m: 4:04.85 35.59		
	100m: 1:06.95 34.99		200m: 2:18.05 35.51		300m: 3:29.26 35.74	400m: 4:39.24 34.39		
9.	MARTINS, Carolina Cunha	F	10881	95	Nautico/Matobra	<b>4:39.58</b>	625	B
	50m: 31.41 31.41		150m: 1:41.65 35.40		250m: 2:52.95 35.76	350m: 4:04.55 35.79		
	100m: 1:06.25 34.84		200m: 2:17.19 35.54		300m: 3:28.76 35.81	400m: 4:39.58 35.03		
10.	MARINHO, Patricia Garcia	F	23004	94	Sporting Clube de Portugal	<b>4:40.71</b>	618	B
	50m: 32.44 32.44		150m: 1:42.59 35.39		250m: 2:53.45 35.34	350m: 4:05.23 35.90		
	100m: 1:07.20 34.76		200m: 2:18.11 35.52		300m: 3:29.33 35.88	400m: 4:40.71 35.48		
11.	BELEZA, Mafalda Gomes	F	26890	94	Sporting Clube de Portugal	<b>4:40.81</b>	617	B
	50m: 31.81 31.81		150m: 1:43.51 36.13		250m: 2:55.18 35.56	350m: 4:06.88 35.69		
	100m: 1:07.38 35.57		200m: 2:19.62 36.11		300m: 3:31.22 36.04	400m: 4:40.81 33.93		
12.	OLIVEIRA, Cassandra Pedro	F	111071	95	Vilacondense	<b>4:41.76</b>	611	B
	50m: 31.89 31.89		150m: 1:42.41 35.36		250m: 2:54.40 36.14	350m: 4:06.80 36.13		
	100m: 1:07.05 35.16		200m: 2:18.26 35.85		300m: 3:30.67 36.27	400m: 4:41.76 34.96		
13.	FERREIRA, Ana Ribeiro	F	15634	92	Famalicao	<b>4:42.96</b>	603	B
	50m: 31.95 31.95		150m: 1:43.01 36.13		250m: 2:54.62 35.48	350m: 4:06.70 36.10		
	100m: 1:06.88 34.93		200m: 2:19.14 36.13		300m: 3:30.60 35.98	400m: 4:42.96 36.26		
14.	DOMINGOS, Ana Margarida	F	13416	93	Ac.Viseu	<b>4:43.25</b>	601	B
	50m: 32.86 32.86		150m: 1:44.42 36.02		250m: 2:56.47 35.73	350m: 4:08.33 35.54		
	100m: 1:08.40 35.54		200m: 2:20.74 36.32		300m: 3:32.79 36.32	400m: 4:43.25 34.92		
15.	DURAES, Diana Margarida	F	102992	96	Felgueiras	<b>4:44.67</b>	592	B
	50m: 32.25 32.25		150m: 1:44.36 36.45		250m: 2:57.40 36.23	350m: 4:09.93 36.23		
	100m: 1:07.91 35.66		200m: 2:21.17 36.81		300m: 3:33.70 36.30	400m: 4:44.67 34.74		
16.	FERNANDES, Ana Sofia	F	13191	93	Braga	<b>4:44.97</b>	591	B
	50m: 32.52 32.52		150m: 1:42.87 35.72		250m: 2:55.38 36.62	350m: 4:09.37 36.89		
	100m: 1:07.15 34.63		200m: 2:18.76 35.89		300m: 3:32.48 37.10	400m: 4:44.97 35.60		
17.	AMORIM, Maria Luis	F	102029	95	Porto/Dolce Vita	<b>4:45.54</b>	587	R
	50m: 31.90 31.90		150m: 1:43.08 35.90		250m: 2:55.96 35.77	350m: 4:08.87 36.24		
	100m: 1:07.18 35.28		200m: 2:20.19 37.11		300m: 3:32.63 36.67	400m: 4:45.54 36.67		
18.	ANDRE, Angelica Maria	F	15497	94	Leixoes Sport Clube	<b>4:46.78</b>	579	R
	50m: 32.53 32.53		150m: 1:44.29 36.47		250m: 2:57.32 36.28	350m: 4:10.95 36.94		
	100m: 1:07.82 35.29		200m: 2:21.04 36.75		300m: 3:34.01 36.69	400m: 4:46.78 35.83		
19.	NETO, Ana Goncalves	F	101958	95	Porto/Dolce Vita	<b>4:47.93</b>	572	
	50m: 33.10 33.10		150m: 1:45.98 36.23		250m: 2:58.87 35.79	350m: 4:12.19 36.37		
	100m: 1:09.75 36.65		200m: 2:23.08 37.10		300m: 3:35.82 36.95	400m: 4:47.93 35.74		

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

Event 9, Women, 400m Freestyle, Prelim, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
20.	MAGALHAES, Maria Ana	F	13039	93	Escola Desportiva Limiana	<b>4:48.50</b>	569	
	50m: 31.73 31.73		150m: 1:42.88		36.15 250m: 2:56.42	36.76 350m: 4:11.43		37.48
	100m: 1:06.73 35.00		200m: 2:19.66		36.78 300m: 3:33.95	37.53 400m: 4:48.50		37.07
21.	MACHADO, Florbela Cavaco	F	103916	96	ASSSCantanhedense	<b>4:48.57</b>	569	
	50m: 32.91 32.91		150m: 1:45.51		35.89 250m: 2:59.84	36.94 350m: 4:13.63		36.32
	100m: 1:09.62 36.71		200m: 2:22.90		37.39 300m: 3:37.31	37.47 400m: 4:48.57		34.94
22.	NEVES, Ana Isabel	F	103550	96	Pimpoes/Cimai	<b>4:49.55</b>	563	
	50m: 32.43 32.43		150m: 1:45.30		36.68 250m: 2:59.69	37.17 350m: 4:14.39		36.56
	100m: 1:08.62 36.19		200m: 2:22.52		37.22 300m: 3:37.83	38.14 400m: 4:49.55		35.16
23.	LOUREIRO, Sara Beatriz	F	12503	87	Porto/Dolce Vita	<b>4:49.90</b>	561	
	50m: 31.52 31.52		150m: 1:43.01		36.12 250m: 2:56.77	36.91 350m: 4:12.70		37.69
	100m: 1:06.89 35.37		200m: 2:19.86		36.85 300m: 3:35.01	38.24 400m: 4:49.90		37.20
24.	ROMPANTE, Filipa Maria	F	102733	95	Famalicao	<b>4:51.41</b>	552	
	50m: 33.13 33.13		150m: 1:46.42		37.10 250m: 3:00.58	37.08 350m: 4:15.25		37.31
	100m: 1:09.32 36.19		200m: 2:23.50		37.08 300m: 3:37.94	37.36 400m: 4:51.41		36.16
25.	VINCELLE, Yaiza Barrios	F		91	CN Santa Olaya	<b>4:51.85</b>	550	
	<i>FTL</i>		150m: 1:44.87		36.52 250m: 2:59.42	37.71 350m: 4:14.95		38.01
	50m: 32.88 32.88		200m: 2:21.71		36.84 300m: 3:36.94	37.52 400m: 4:51.85		36.90
26.	CAPELA, Joana Filipa	F	12794	89	Benfica	<b>4:52.47</b>	546	
	<i>FTL</i>		150m: 1:44.70		36.81 250m: 2:59.94	37.76 350m: 4:16.03		37.58
	50m: 32.27 32.27		200m: 2:22.18		37.48 300m: 3:38.45	38.51 400m: 4:52.47		36.44
27.	SOUSA, Sofia Cunha	F	102996	96	Felgueiras	<b>4:53.06</b>	543	
	50m: 32.84 32.84		150m: 1:46.03		36.92 250m: 3:00.89	37.39 350m: 4:16.31		37.62
	100m: 1:09.11 36.27		200m: 2:23.50		37.47 300m: 3:38.69	37.80 400m: 4:53.06		36.75
28.	MONTEIRO, Isabel Rovisco	F	20608	93	Assoc. Desportiva de Fafe	<b>4:53.31</b>	542	
	<i>FTL</i>		150m: 1:43.30		36.28 250m: 2:58.11	37.45 350m: 4:15.46		38.56
	50m: 31.73 31.73		200m: 2:20.66		37.36 300m: 3:36.90	38.79 400m: 4:53.31		37.85
29.	HENRIQUES, Luisa Costa	F	10484	93	Funchal	<b>4:53.93</b>	538	
	<i>FTL</i>		150m: 1:46.67		37.17 250m: 3:01.56	37.57 350m: 4:17.61		37.81
	50m: 32.76 32.76		200m: 2:23.99		37.32 300m: 3:39.80	38.24 400m: 4:53.93		36.32
30.	VITOR, Raquel Bartolo	F	10865	93	Academica de Coimbra	<b>4:54.18</b>	537	
	<i>FTL</i>		150m: 1:46.33		36.66 250m: 3:01.12	37.18 350m: 4:16.81		37.83
	50m: 33.36 33.36		200m: 2:23.94		37.61 300m: 3:38.98	37.86 400m: 4:54.18		37.37
31.	GOMES, Carolina Francisco	F	26365	95	CNZZ	<b>4:56.65</b>	523	
	<i>FTL</i>		150m: 1:50.11		38.13 250m: 3:05.55	37.71 350m: 4:20.47		37.04
	50m: 34.67 34.67		200m: 2:27.84		37.73 300m: 3:43.43	37.88 400m: 4:56.65		36.18
32.	GASPAR, Maria Amelia	F	26584	96	Nautico/Matobra	<b>4:57.22</b>	520	
	50m: 34.39 34.39		150m: 1:49.32		37.92 250m: 3:05.80	38.61 350m: 4:21.36		37.64
	100m: 1:11.40 37.01		200m: 2:27.19		37.87 300m: 3:43.72	37.92 400m: 4:57.22		35.86
33.	BODIAO, Rafaela Marques	F	26440	96	Clube Natacao Olhao	<b>4:57.30</b>	520	
	50m: 32.74 32.74		150m: 1:47.48		38.15 250m: 3:04.47	38.39 350m: 4:20.73		37.96
	100m: 1:09.33 36.59		200m: 2:26.08		38.60 300m: 3:42.77	38.30 400m: 4:57.30		36.57
34.	VINAGRE, Marta Filipa	F	24660	95	Torres Novas	<b>4:57.42</b>	519	
	<i>FTL</i>		150m: 1:46.22		37.34 250m: 3:02.15	38.35 350m: 4:21.21		39.83
	50m: 32.42 32.42		200m: 2:23.80		37.58 300m: 3:41.38	39.23 400m: 4:57.42		36.21
35.	DUQUE, Debora Filipa	F	103552	96	Pimpoes/Cimai	<b>5:07.92</b>	468	
	<i>FTL</i>		150m: 1:49.48		38.05 250m: 3:08.48	39.64 350m: 4:29.13		40.35
	50m: 34.45 34.45		200m: 2:28.84		39.36 300m: 3:48.78	40.30 400m: 5:07.92		38.79
36.	GUINEA, Alba Ortiz de	F		97	CN Santa Olaya	<b>5:14.27</b>	440	
	<i>FTL</i>		150m: 1:52.67		39.96 250m: 3:13.45	40.28 350m: 4:35.03		40.63
	50m: 33.97 33.97		200m: 2:33.17		40.50 300m: 3:54.40	40.95 400m: 5:14.27		39.24