

Torneio Zonal de Infantis (zona norte)
Ponte da Barca, 5. - 7.3.2010

Prova 1
05-03-2010 - 16:00

Femin., 400m Estilos

Infantis
Resultados

Recorde Nacional Infantis A	5:05.82	Diana Ramos Rocha	EDV	Ponte da Barca	06-07-2007
Recorde Nacional Infantis B	5:15.68	Susana Patricia Miguel	SFUAP	Rio Maior	06-07-2002

TAC Zonais 2010 Inf A: 6:03.50 / TAC Zonais 2010 Inf B: 6:23.00

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Infantis A								
1.	Sara Monteiro Meireles	F	103921	97	Gespaços	5:14.78	611	
	50m: 34.20		150m: 1:55.36		42.23	250m: 3:19.79		350m: 4:39.47
	100m: 1:13.13		200m: 2:36.16		40.80	300m: 4:03.27		400m: 5:14.78
2.	Maria Teresa Amorim	F	20104	97	Porto/Dolce Vita	5:27.10	545	
	50m: 35.35		150m: 1:59.41		42.22	250m: 3:27.72		350m: 4:51.30
	100m: 1:17.19		200m: 2:40.77		41.36	300m: 4:13.90		400m: 5:27.10
3.	Ana Filipa Martins	F	104438	97	Foca	5:31.84	522	
	50m: 35.72		150m: 2:02.18		43.41	250m: 3:31.72		350m: 4:55.82
	100m: 1:18.77		200m: 2:44.24		42.06	300m: 4:19.66		400m: 5:31.84
4.	Iolanda Ribeiro Pinheiro	F	20530	97	Penafiel	5:35.32	506	
	50m: 35.62		150m: 2:00.27		43.00	250m: 3:30.08		350m: 4:58.19
	100m: 1:17.27		200m: 2:41.71		41.44	300m: 4:18.89		400m: 5:35.32
5.	Daniela Figueiredo Metelo	F	26780	97	Náutico/Matobra	5:35.98	503	
	50m: 35.31		150m: 1:58.69		42.30	250m: 3:28.86		350m: 4:58.08
	100m: 1:16.39		200m: 2:40.27		41.58	300m: 4:19.83		400m: 5:35.98
6.	Sofia Alexandra Valinhas	F	102723	97	Famalicão	5:38.65	491	
	50m: 35.11		150m: 2:00.84		46.16	250m: 3:33.87		350m: 5:00.92
	100m: 1:14.68		200m: 2:45.68		44.84	300m: 4:21.97		400m: 5:38.65
7.	Maria Beatriz Ribeiro	F	105611	97	Natação da Maia	5:41.83	477	
	50m: 36.64		150m: 2:02.97		43.80	250m: 3:34.08		350m: 5:02.77
	100m: 1:19.17		200m: 2:47.28		44.31	300m: 4:21.91		400m: 5:41.83
8.	Juliana Lima Freixo	F	100827	97	Desportiva de Viana	5:44.05	468	
	50m: 35.61		150m: 2:01.31		42.76	250m: 3:34.25		350m: 5:05.49
	100m: 1:18.55		200m: 2:43.37		42.06	300m: 4:25.89		400m: 5:44.05
9.	Ana Catarina Liberal	F	105068	97	Náutico/Matobra	5:44.72	465	
	50m: 40.73		150m: 2:06.44		41.51	250m: 3:38.00		350m: 5:06.43
	100m: 1:24.93		200m: 2:48.30		41.86	300m: 4:28.02		400m: 5:44.72
10.	Ines Silva Mendes	F	107143	97	Náutico/Matobra	5:48.95	449	
	50m: 38.60		150m: 2:07.21		43.93	250m: 3:39.11		350m: 5:09.54
	100m: 1:23.28		200m: 2:49.28		42.07	300m: 4:30.43		400m: 5:48.95
11.	Adriana Daniela Castro	F	104515	97	Fluvial Portuense	5:50.07	444	
	50m: 36.22		150m: 2:05.73		44.36	250m: 3:40.48		350m: 5:12.97
	100m: 1:21.37		200m: 2:50.40		44.67	300m: 4:33.86		400m: 5:50.07
12.	Ana Sofia Ramos	F	102593	97	Fafe	5:50.81	442	
	50m: 36.24		150m: 2:04.02		44.37	250m: 3:39.37		350m: 5:10.75
	100m: 1:19.65		200m: 2:49.40		45.38	300m: 4:30.30		400m: 5:50.81
DNS	Sofia Isabel Tavares	F	101992	97	Porto/Dolce Vita			
Infantis B								
1.	Mariana Cunha Guerra	F	102764	98	Columbófila Cantanhedense	5:38.78	490	
	50m: 34.82		150m: 1:59.74		43.03	250m: 3:33.50		350m: 5:02.51
	100m: 1:16.71		200m: 2:41.61		41.87	300m: 4:24.89		400m: 5:38.78
2.	Joana Cunha Sousa	F	103054	98	Foca	5:41.69	478	
	50m: 40.00		150m: 2:05.14		42.27	250m: 3:36.94		350m: 5:04.58
	100m: 1:22.87		200m: 2:48.73		43.59	300m: 4:27.23		400m: 5:41.69
3.	Ines Lucas Alves	F	104738	98	Leixões	5:46.60	458	
	50m: 35.82		150m: 2:01.44		44.11	250m: 3:33.97		350m: 5:06.90
	100m: 1:17.33		200m: 2:43.29		41.85	300m: 4:25.98		400m: 5:46.60
4.	Graca Maria Araujo	F	104456	98	Famalicão	5:48.73	450	
	50m: 37.37		150m: 2:04.88		45.07	250m: 3:38.72		350m: 5:11.03
	100m: 1:19.81		200m: 2:49.21		44.33	300m: 4:30.21		400m: 5:48.73
5.	Maria Carolina Ribeiro	F	106805	98	Porto/Dolce Vita	5:50.99	441	
	50m: 37.20		150m: 2:05.62		45.40	250m: 3:38.84		350m: 5:11.71
	100m: 1:20.22		200m: 2:49.30		43.68	300m: 4:30.60		400m: 5:50.99
6.	Mariana Pereirinha Santos	F	102761	98	Columbófila Cantanhedense	5:54.26	429	
	50m: 37.66		150m: 2:08.83		43.26	250m: 3:44.80		350m: 5:15.41
	100m: 1:25.57		200m: 2:54.60		45.77	300m: 4:36.08		400m: 5:54.26
7.	Margarida Peixoto Pelaio	F	107967	98	Ginásio Figueirense	5:55.08	426	
	50m: 37.60		150m: 2:08.92		46.13	250m: 3:44.83		350m: 5:16.20
	100m: 1:22.79		200m: 2:53.80		44.88	300m: 4:35.69		400m: 5:55.08
8.	Patricia Goncalves Cardoso	F	107707	98	Porto/Dolce Vita	5:55.20	425	
	50m: 38.09		150m: 2:06.57		44.51	250m: 3:43.68		350m: 5:16.30
	100m: 1:22.06		200m: 2:49.84		43.27	300m: 4:37.41		400m: 5:55.20
9.	Beatriz Pereira Vasconcelos	F	107934	98	Vilacondense	5:57.70	417	
	50m: 41.17		150m: 2:12.86		44.55	250m: 3:47.50		350m: 5:20.47
	100m: 1:28.31		200m: 2:55.34		42.48	300m: 4:38.36		400m: 5:57.70
10.	Margarida Mendes Fernandes	F	111732	98	Vitória Sport Clube	6:05.18	391	
	50m: 40.91		150m: 2:14.42		44.71	250m: 3:51.05		350m: 5:25.07
	100m: 1:29.71		200m: 2:58.82		44.40	300m: 4:45.98		400m: 6:05.18
11.	Maria Carolina Correia	F	105571	98	Lousanense	6:05.23	391	
	50m: 40.45		150m: 2:15.11		47.88	250m: 3:53.66		350m: 5:26.92
	100m: 1:27.23		200m: 3:01.23		46.12	300m: 4:46.16		400m: 6:05.23

Torneio Zonal de Infantis (zona norte)
Ponte da Barca, 5. - 7.3.2010

Prova 1, Femin., 400m Estilos, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
12.	Ana Carolina Moreira	F	111076	98	Porto/Dolce Vita	6:05.63	390	
	50m: 39.81 39.81		150m: 2:14.65		47.00 250m: 3:51.92	51.23	350m: 5:25.53	42.16
	100m: 1:27.65 47.84		200m: 3:00.69		46.04 300m: 4:43.37	51.45	400m: 6:05.63	40.10
13.	Maria Joao Ribeiro	F	105422	98	Braga	6:10.86	374	
	50m: 42.72 42.72		150m: 2:21.89		47.29 250m: 3:58.75	51.54	350m: 5:31.47	40.68
	100m: 1:34.60 51.88		200m: 3:07.21		45.32 300m: 4:50.79	52.04	400m: 6:10.86	39.39
14.	Mariana Bordon Peralta	F	105580	98	Académica de Coimbra	6:12.38	369	
	50m: 44.51 44.51		150m: 2:21.77		50.11 250m: 4:00.72	50.97	350m: 5:33.12	41.44
	100m: 1:31.66 47.15		200m: 3:09.75		47.98 300m: 4:51.68	50.96	400m: 6:12.38	39.26
15.	Mariana Domingues Paz	F	108077	98	Miranda do Corvo	6:12.73	368	
	50m: 42.93 42.93		150m: 2:19.39		46.89 250m: 3:57.52	49.86	350m: 5:31.28	42.78
	100m: 1:32.50 49.57		200m: 3:07.66		48.27 300m: 4:48.50	50.98	400m: 6:12.73	41.45
16.	Catarina Antunes Oliveira	F	110670	98	Fundação Beatriz Santos	6:19.40	349	
	50m: 38.77 38.77		150m: 2:14.11		48.74 250m: 3:57.80	55.64	350m: 5:36.69	43.51
	100m: 1:25.37 46.60		200m: 3:02.16		48.05 300m: 4:53.18	55.38	400m: 6:19.40	42.71
17.	Mariana Portugal Costa FTL	F	106871	98	Náutico/Matobra	6:24.52	335	
	50m: 40.04 40.04		100m: 1:32.34		52.30 400m: 6:24.52	4:52.18		
18.	Rafaela Cunha Mendes FTL	F	105852	98	Campinho	6:25.72	332	
	50m: 39.84 39.84		200m: 2:58.72		1:32.54 400m: 6:25.72	1:28.30		
	100m: 1:26.18 46.34		300m: 4:57.42		1:58.70			
19.	Monica Castro Alves FTL	F	108429	98	Desportiva de Viana	6:31.04	319	
	50m: 42.29 42.29		150m: 2:19.80		48.94 250m: 4:02.72	56.41	350m: 5:46.47	45.70
	100m: 1:30.86 48.57		200m: 3:06.31		46.51 300m: 5:00.77	58.05	400m: 6:31.04	44.57
DSQ	Ana Beatriz Meireles	F	110663	98	Fafe			
	<i>A atleta, efectuou batimento alternado de pernas durante o percurso de mariposa.</i>							
DSQ	Ana Beatriz Pereira	F	108032	98	Foca			
	<i>A atleta, efectuou batimento alternado de pernas durante o percurso de mariposa.</i>							