

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

Prova 20  
07-03-2010 - 10:20

Femin., 400m Livres

Infantis  
Resultados

Recorde Nacional Infantis A	4:25.30	tempo limite				
Recorde Nacional Infantis B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça		13-06-2009
TAC Zonais 2010 Inf A: 5:16.50 / TAC Zonais 2010 Inf B: 5:32.00						

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Infantis A</b>								
1.	Daniela Figueiredo Metelo	F	26780	97	Náutico/Matobra	<b>4:54.67</b>	529	
	50m: 32.12 32.12				150m: 1:44.16 36.92	250m: 3:00.02 38.07	350m: 4:16.79 38.35	
	100m: 1:07.24 35.12				200m: 2:21.95 37.79	300m: 3:38.44 38.42	400m: 4:54.67 37.88	
2.	Ana Filipa Martins	F	104438	97	Foca	<b>4:54.85</b>	528	
	50m: 32.38 32.38				150m: 1:45.30 36.90	250m: 3:00.69 37.68	350m: 4:17.40 38.33	
	100m: 1:08.40 36.02				200m: 2:23.01 37.71	300m: 3:39.07 38.38	400m: 4:54.85 37.45	
3.	Maria Teresa Amorim	F	20104	97	Porto/Dolce Vita	<b>4:56.63</b>	518	
	50m: 33.39 33.39				150m: 1:47.72 37.69	250m: 3:03.82 38.12	350m: 4:19.66 37.90	
	100m: 1:10.03 36.64				200m: 2:25.70 37.98	300m: 3:41.76 37.94	400m: 4:56.63 36.97	
4.	Matilde Domingues Gameiro	F	101116	97	Náutico/Matobra	<b>4:57.25</b>	515	
	50m: 33.62 33.62				150m: 1:47.77 37.41	250m: 3:03.78 38.04	350m: 4:20.05 37.96	
	100m: 1:10.36 36.74				200m: 2:25.74 37.97	300m: 3:42.09 38.31	400m: 4:57.25 37.20	
5.	Ines Silva Mendes	F	107143	97	Náutico/Matobra	<b>5:05.51</b>	474	
	50m: 33.66 33.66				150m: 1:49.44 38.46	250m: 3:08.24 39.41	350m: 4:27.31 39.18	
	100m: 1:10.98 37.32				200m: 2:28.83 39.39	300m: 3:48.13 39.89	400m: 5:05.51 38.20	
6.	Mafalda Mendes Magalhaes	F	107706	97	Porto/Dolce Vita	<b>5:08.27</b>	462	
	50m: 34.86 34.86				150m: 1:53.50 39.63	250m: 3:11.59 39.32	350m: 4:30.07 39.03	
	100m: 1:13.87 39.01				200m: 2:32.27 38.77	300m: 3:51.04 39.45	400m: 5:08.27 38.20	
7.	Rute Daniela Simoes	F	103903	97	Lousanense	<b>5:10.04</b>	454	
	50m: 34.59 34.59				150m: 1:51.62 39.17	250m: 3:11.28 39.88	350m: 4:31.47 40.03	
	100m: 1:12.45 37.86				200m: 2:31.40 39.78	300m: 3:51.44 40.16	400m: 5:10.04 38.57	
8.	Adriana Daniela Castro	F	104515	97	Fluvial Portuense	<b>5:10.13</b>	453	
	50m: 33.77 33.77				150m: 1:53.07 39.80	250m: 3:11.51 39.10	350m: 4:30.73 39.32	
	100m: 1:13.27 39.50				200m: 2:32.41 39.34	300m: 3:51.41 39.90	400m: 5:10.13 39.40	
9.	Sara Faria Costa	F	107451	97	Braga	<b>5:12.31</b>	444	
	50m: 33.67 33.67				150m: 1:50.70 39.07	250m: 3:10.70 40.09	350m: 4:31.37 40.22	
	100m: 1:11.63 37.96				200m: 2:30.61 39.91	300m: 3:51.15 40.45	400m: 5:12.31 40.94	
10.	Joana Sofia Amorim	F	103717	97	Fluvial Portuense	<b>5:12.39</b>	444	
	50m: 34.57 34.57				150m: 1:53.25 40.02	250m: 3:13.81 40.54	350m: 4:34.34 39.97	
	100m: 1:13.23 38.66				200m: 2:33.27 40.02	300m: 3:54.37 40.56	400m: 5:12.39 38.05	
11.	Andreia Margarida Morgado	F	100542	97	Náutico/Matobra	<b>5:12.87</b>	442	
	50m: 34.13 34.13				150m: 1:51.41 39.36	250m: 3:12.44 40.86	350m: 4:33.97 40.94	
	100m: 1:12.05 37.92				200m: 2:31.58 40.17	300m: 3:53.03 40.59	400m: 5:12.87 38.90	
12.	Ana Sofia Ramos FTL	F	102593	97	Fafe	<b>5:17.45</b>	423	
	50m: 34.46 34.46				150m: 1:52.86 39.87	250m: 3:14.96 41.28	350m: 4:36.77 40.63	
	100m: 1:12.99 38.53				200m: 2:33.68 40.82	300m: 3:56.14 41.18	400m: 5:17.45 40.68	
DNS	Beatriz Filipa Matos	F	103939	97	Fundação Beatriz Santos			
<b>Infantis B</b>								
1.	Mariana Cunha Guerra	F	102764	98	Columbófila Cantanhedense	<b>4:54.94</b>	527	
	50m: 32.42 32.42				150m: 1:44.80 37.04	250m: 3:00.79 38.24	350m: 4:17.35 38.43	
	100m: 1:07.76 35.34				200m: 2:22.55 37.75	300m: 3:38.92 38.13	400m: 4:54.94 37.59	
2.	Ana Silva Costa	F	104446	98	Famalicão	<b>4:55.60</b>	524	
	50m: 32.18 32.18				150m: 1:46.64 38.24	250m: 3:04.15 38.69	350m: 4:19.09 37.65	
	100m: 1:08.40 36.22				200m: 2:25.46 38.82	300m: 3:41.44 37.29	400m: 4:55.60 36.51	
3.	Joana Cunha Sousa	F	103054	98	Foca	<b>5:02.02</b>	491	
	50m: 34.68 34.68				150m: 1:51.09 38.60	250m: 3:07.35 38.55	350m: 4:24.54 38.84	
	100m: 1:12.49 37.81				200m: 2:28.80 37.71	300m: 3:45.70 38.35	400m: 5:02.02 37.48	
4.	Maria Carolina Ribeiro	F	106805	98	Porto/Dolce Vita	<b>5:06.86</b>	468	
	50m: 34.57 34.57				150m: 1:51.76 38.78	250m: 3:10.76 40.04	350m: 4:29.25 39.43	
	100m: 1:12.98 38.41				200m: 2:30.72 38.96	300m: 3:49.82 39.06	400m: 5:06.86 37.61	
5.	Mariana Pereirinha Santos	F	102761	98	Columbófila Cantanhedense	<b>5:09.06</b>	458	
	50m: 34.27 34.27				150m: 1:51.17 38.78	250m: 3:10.71 39.41	350m: 4:31.09 39.91	
	100m: 1:12.39 38.12				200m: 2:31.30 40.13	300m: 3:51.18 40.47	400m: 5:09.06 37.97	
6.	Carla Luisa Alves	F	117522	98	Famalicão	<b>5:14.36</b>	435	
	50m: 35.08 35.08				150m: 1:53.86 40.06	250m: 3:16.48 41.32	350m: 4:39.23 41.31	
	100m: 1:13.80 38.72				200m: 2:35.16 41.30	300m: 3:57.92 41.44	400m: 5:14.36 35.13	
7.	Ines Evangelista Bastos	F	110627	98	Fafe	<b>5:14.56</b>	435	
	50m: 34.47 34.47				150m: 1:52.26 40.06	250m: 3:13.08 40.54	350m: 4:35.11 40.80	
	100m: 1:12.90 38.43				200m: 2:32.54 40.28	300m: 3:54.31 41.23	400m: 5:14.56 39.45	
8.	Rita Verissimo Damasceno	F	105071	98	Náutico/Matobra	<b>5:16.03</b>	429	
	50m: 35.06 35.06				150m: 1:56.77 40.33	250m: 3:18.65 40.69	350m: 4:39.16 39.86	
	100m: 1:16.44 40.38				200m: 2:37.96 41.19	300m: 3:59.30 40.65	400m: 5:16.03 36.87	
9.	Vanessa Branco Machado	F	102763	98	Columbófila Cantanhedense	<b>5:19.68</b>	414	
	50m: 35.88 35.88				150m: 1:57.32 40.87	250m: 3:19.72 41.29	350m: 4:42.06 40.82	
	100m: 1:16.45 40.57				200m: 2:38.43 41.11	300m: 4:01.24 41.52	400m: 5:19.68 37.62	
10.	Margarida Mendes Fernandes	F	111732	98	Vitória Sport Clube	<b>5:20.70</b>	410	
	50m: 35.78 35.78				150m: 1:55.94 41.04	250m: 3:18.44 40.68	350m: 4:40.81 40.91	
	100m: 1:14.90 39.12				200m: 2:37.76 41.82	300m: 3:59.90 41.46	400m: 5:20.70 39.89	

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

Prova 20, Femin., 400m Livres, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
11.	Mariana Portugal Costa	F	106871	98	Náutico/Matobra	<b>5:21.28</b>				408	
	50m: 34.59	34.59	150m: 1:54.68	40.70	250m: 3:17.16	41.68	350m: 4:40.78	41.80			
	100m: 1:13.98	39.39	200m: 2:35.48	40.80	300m: 3:58.98	41.82	400m: 5:21.28	40.50			
12.	Leonor Figo Rocha	F	106768	98	Galitos	<b>5:25.38</b>				393	
	50m: 35.97	35.97	150m: 1:57.19	41.75	250m: 3:21.66	41.96	350m: 4:44.75	41.94			
	100m: 1:15.44	39.47	200m: 2:39.70	42.51	300m: 4:02.81	41.15	400m: 5:25.38	40.63			
13.	Ines Conceicao Ferraz	F	103245	98	Leixões	<b>5:26.98</b>				387	
	50m: 36.50	36.50	150m: 1:58.57	41.44	250m: 3:22.11	41.61	350m: 4:45.94	42.05			
	100m: 1:17.13	40.63	200m: 2:40.50	41.93	300m: 4:03.89	41.78	400m: 5:26.98	41.04			
14.	Rita Maria Ferreira	F	106777	98	Sporting de Aveiro	<b>5:32.45</b>				368	
	<i>FTL</i>										
	50m: 36.38	36.38	150m: 1:59.74	42.18	250m: 3:25.65	43.06	350m: 4:51.63	42.90			
	100m: 1:17.56	41.18	200m: 2:42.59	42.85	300m: 4:08.73	43.08	400m: 5:32.45	40.82			
15.	Ana Beatriz Pereira	F	108032	98	Foca	<b>5:33.37</b>				365	
	<i>FTL</i>										
	50m: 38.43	38.43	150m: 2:01.92	41.90	250m: 3:26.72	42.49	350m: 4:51.14	42.26			
	100m: 1:20.02	41.59	200m: 2:44.23	42.31	300m: 4:08.88	42.16	400m: 5:33.37	42.23			
16.	Maria Malaguerra Costa	F	106765	98	Desportivo Mealhada	<b>5:33.67</b>				364	
	<i>FTL</i>										
	50m: 34.15	34.15	150m: 1:57.44	42.43	250m: 3:24.48	43.70	350m: 4:53.63	45.02			
	100m: 1:15.01	40.86	200m: 2:40.78	43.34	300m: 4:08.61	44.13	400m: 5:33.67	40.04			
17.	Maria Joao Ribeiro	F	105422	98	Braga	<b>5:33.68</b>				364	
	<i>FTL</i>										
	50m: 36.70	36.70	150m: 2:01.79	42.27	250m: 3:27.62	42.28	350m: 4:52.53	42.50			
	100m: 1:19.52	42.82	200m: 2:45.34	43.55	300m: 4:10.03	42.41	400m: 5:33.68	41.15			