

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

Prova 7
06-03-2010 - 9:30

Femin., 800m Livres

Infantis
Resultados

Recorde Nacional Infantis A	9:03.90	tempo limite				
Recorde Nacional Infantis B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré		16-05-2009
TAC Zonais 2010 Inf A: 10:50.00 / TAC Zonais 2010 Inf B: 11:36.00						

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Infantis A								
1.	Ana Filipa Martins	F	104438	97	Foca	9:52.83	562	
	50m: 32.72	32.72	250m: 3:00.31	37.44	450m: 5:30.37	37.54	650m: 8:01.41	37.69
	100m: 1:08.90	36.18	300m: 3:37.75	37.44	500m: 6:08.76	38.39	700m: 8:38.73	37.32
	150m: 1:45.88	36.98	350m: 4:15.60	37.85	550m: 6:45.99	37.23	750m: 9:16.02	37.29
	200m: 2:22.87	36.99	400m: 4:52.83	37.23	600m: 7:23.72	37.73	800m: 9:52.83	36.81
2.	Maria Teresa Amorim	F	20104	97	Porto/Dolce Vita	10:04.64	530	
	50m: 33.56	33.56	250m: 3:04.59	38.26	450m: 5:38.72	38.45	650m: 8:12.64	38.47
	100m: 1:10.43	36.87	300m: 3:43.16	38.57	500m: 6:17.53	38.81	700m: 8:51.16	38.52
	150m: 1:48.18	37.75	350m: 4:21.51	38.35	550m: 6:55.69	38.16	750m: 9:28.98	37.82
	200m: 2:26.33	38.15	400m: 5:00.27	38.76	600m: 7:34.17	38.48	800m: 10:04.64	35.66
3.	Ines Silva Mendes	F	107143	97	Náutico/Matobra	10:18.98	494	
	50m: 35.00	35.00	250m: 3:07.82	38.89	450m: 5:45.00	39.58	650m: 8:23.41	39.66
	100m: 1:12.37	37.37	300m: 3:46.71	38.89	500m: 6:24.62	39.62	700m: 9:02.59	39.18
	150m: 1:50.37	38.00	350m: 4:26.13	39.42	550m: 7:04.05	39.43	750m: 9:41.87	39.28
	200m: 2:28.93	38.56	400m: 5:05.42	39.29	600m: 7:43.75	39.70	800m: 10:18.98	37.11
4.	Maria Joao Fernandes	F	102092	97	Porto/Dolce Vita	10:23.53	483	
	50m: 34.10	34.10	250m: 3:11.24	39.54	450m: 5:49.28	39.61	650m: 8:26.90	39.78
	100m: 1:13.25	39.15	300m: 3:50.68	39.44	500m: 6:28.53	39.25	700m: 9:06.61	39.71
	150m: 1:52.54	39.29	350m: 4:30.25	39.57	550m: 7:07.83	39.30	750m: 9:45.66	39.05
	200m: 2:31.70	39.16	400m: 5:09.67	39.42	600m: 7:47.12	39.29	800m: 10:23.53	37.87
5.	Adriana Daniela Castro	F	104515	97	Fluvial Portuense	10:26.67	476	
	50m: 35.39	35.39	250m: 3:11.68	39.21	450m: 5:51.52	39.98	650m: 8:30.49	40.03
	100m: 1:14.32	38.93	300m: 3:51.65	39.97	500m: 6:31.45	39.93	700m: 9:11.39	40.90
	150m: 1:52.95	38.63	350m: 4:31.43	39.78	550m: 7:11.51	40.06	750m: 9:50.04	38.65
	200m: 2:32.47	39.52	400m: 5:11.54	40.11	600m: 7:50.46	38.95	800m: 10:26.67	36.63
6.	Rute Daniela Simoes	F	103903	97	Lousanense	10:31.51	465	
	50m: 35.24	35.24	250m: 3:12.57	39.40	450m: 5:52.07	40.12	650m: 8:32.88	40.26
	100m: 1:14.13	38.89	300m: 3:52.17	39.60	500m: 6:31.99	39.92	700m: 9:13.23	40.35
	150m: 1:53.50	39.37	350m: 4:31.89	39.72	550m: 7:12.39	40.40	750m: 9:53.11	39.88
	200m: 2:33.17	39.67	400m: 5:11.95	40.06	600m: 7:52.62	40.23	800m: 10:31.51	38.40
7.	Sara Faria Costa	F	107451	97	Braga	10:36.22	455	
	50m: 33.03	33.03	250m: 3:08.14	39.72	450m: 5:49.44	40.68	650m: 8:33.78	41.39
	100m: 1:10.54	37.51	300m: 3:48.53	40.39	500m: 6:30.36	40.92	700m: 9:15.46	41.68
	150m: 1:48.97	38.43	350m: 4:28.39	39.86	550m: 7:11.50	41.14	750m: 9:56.57	41.11
	200m: 2:28.42	39.45	400m: 5:08.76	40.37	600m: 7:52.39	40.89	800m: 10:36.22	39.65
8.	Joana Sofia Amorim	F	103717	97	Fluvial Portuense	10:39.58	448	
	50m: 35.40	35.40	250m: 3:14.95	40.78	450m: 5:58.74	40.83	650m: 8:41.48	40.32
	100m: 1:14.02	38.62	300m: 3:55.77	40.82	500m: 6:39.43	40.69	700m: 9:21.89	40.41
	150m: 1:53.76	39.74	350m: 4:36.88	41.11	550m: 7:20.29	40.86	750m: 10:01.46	39.57
	200m: 2:34.17	40.41	400m: 5:17.91	41.03	600m: 8:01.16	40.87	800m: 10:39.58	38.12
9.	Mafalda Mendes Magalhaes	F	107706	97	Porto/Dolce Vita	10:39.89	447	
	50m: 35.64	35.64	250m: 3:16.88	40.61	450m: 5:59.54	40.56	650m: 8:41.81	41.31
	100m: 1:15.83	40.19	300m: 3:57.58	40.70	500m: 6:39.63	40.09	700m: 9:21.33	39.52
	150m: 1:56.06	40.23	350m: 4:38.30	40.72	550m: 7:19.99	40.36	750m: 10:02.17	40.84
	200m: 2:36.27	40.21	400m: 5:18.98	40.68	600m: 8:00.50	40.51	800m: 10:39.89	37.72
10.	Rute dos Santos Ferreira	F	103823	97	Porto/Dolce Vita	10:42.87	441	
	50m: 35.28	35.28	250m: 3:11.64	39.69	450m: 5:53.38	40.96	650m: 8:39.67	42.10
	100m: 1:13.42	38.14	300m: 3:51.47	39.83	500m: 6:34.81	41.43	700m: 9:21.37	41.70
	150m: 1:52.52	39.10	350m: 4:31.96	40.49	550m: 7:15.92	41.11	750m: 10:03.20	41.83
	200m: 2:31.95	39.43	400m: 5:12.42	40.46	600m: 7:57.57	41.65	800m: 10:42.87	39.67
11.	Iolanda Ribeiro Pinheiro	F	20530	97	Penafiel	10:43.59	439	
	50m: 35.37	35.37	250m: 3:15.16	40.11	450m: 5:57.98	40.92	650m: 8:42.57	41.24
	100m: 1:14.37	39.00	300m: 3:56.19	41.03	500m: 6:39.58	41.60	700m: 9:23.32	40.75
	150m: 1:54.77	40.40	350m: 4:36.49	40.30	550m: 7:20.04	40.46	750m: 10:04.27	40.95
	200m: 2:35.05	40.28	400m: 5:17.06	40.57	600m: 8:01.33	41.29	800m: 10:43.59	39.32
12.	Iris Castro Ferreira FTL	F	102086	97	Porto/Dolce Vita	10:54.03	419	
	50m: 35.54	35.54	250m: 3:17.95	41.28	450m: 6:03.64	41.32	650m: 8:51.17	41.80
	100m: 1:15.70	40.16	300m: 3:59.52	41.57	500m: 6:45.28	41.64	700m: 9:33.19	42.02
	150m: 1:56.10	40.40	350m: 4:41.04	41.52	550m: 7:27.31	42.03	750m: 10:14.25	41.06
	200m: 2:36.67	40.57	400m: 5:22.32	41.28	600m: 8:09.37	42.06	800m: 10:54.03	39.78
DNS	Beatriz Filipa Matos	F	103939	97	Fundação Beatriz Santos			

Infantis B

1.	Ana Silva Costa	F	104446	98	Famalicao	9:59.28	544	
	50m: 34.66	34.66	250m: 3:04.76	38.07	450m: 5:36.91	38.25	650m: 8:08.03	38.14
	100m: 1:10.94	36.28	300m: 3:43.54	38.78	500m: 6:14.49	37.58	700m: 8:45.87	37.84
	150m: 1:48.52	37.58	350m: 4:20.88	37.34	550m: 6:52.11	37.62	750m: 9:24.13	38.26
	200m: 2:26.69	38.17	400m: 4:58.66	37.78	600m: 7:29.89	37.78	800m: 9:59.28	35.15
2.	Joana Cunha Sousa	F	103054	98	Foca	10:17.78	497	
	50m: 35.01	35.01	250m: 3:09.19	38.77	450m: 5:46.44	39.07	650m: 8:21.55	38.59
	100m: 1:12.80	37.79	300m: 3:49.04	39.85	500m: 6:25.73	39.29	700m: 9:00.78	39.23
	150m: 1:51.65	38.85	350m: 4:28.13	39.09	550m: 7:04.12	38.39	750m: 9:40.13	39.35
	200m: 2:30.42	38.77	400m: 5:07.37	39.24	600m: 7:42.96	38.84	800m: 10:17.78	37.65

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

Prova 7, Femin., 800m Livres, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
3.	Catarina Alexandra Jardim	F	104449	98	Famalicao	10:19.37	493	
	50m: 31.98	31.98	250m: 3:06.58	38.82	450m: 5:45.43	39.57	650m: 8:25.00	40.17
	100m: 1:08.92	36.94	300m: 3:46.25	39.67	500m: 6:24.88	39.45	700m: 9:04.63	39.63
	150m: 1:48.35	39.43	350m: 4:25.96	39.71	550m: 7:05.01	40.13	750m: 9:43.91	39.28
	200m: 2:27.76	39.41	400m: 5:05.86	39.90	600m: 7:44.83	39.82	800m: 10:19.37	35.46
4.	Ana Raquel Ferreira	F	102755	98	Ginasio Figueirense	10:20.39	491	
	50m: 33.83	33.83	250m: 3:07.37	38.86	450m: 5:45.16	39.37	650m: 8:22.71	39.95
	100m: 1:11.36	37.53	300m: 3:46.57	39.20	500m: 6:24.82	39.66	700m: 9:02.17	39.46
	150m: 1:49.84	38.48	350m: 4:26.28	39.71	550m: 7:04.14	39.32	750m: 9:41.89	39.72
	200m: 2:28.51	38.67	400m: 5:05.79	39.51	600m: 7:42.76	38.62	800m: 10:20.39	38.50
5.	Mariana Portugal Costa	F	106871	98	Nautico/Matobra	10:25.08	480	
	50m: 35.57	35.57	250m: 3:13.75	39.77	450m: 5:51.71	39.43	650m: 8:29.26	38.93
	100m: 1:14.92	39.35	300m: 3:52.95	39.20	500m: 6:31.39	39.68	700m: 9:08.58	39.32
	150m: 1:54.17	39.25	350m: 4:32.32	39.37	550m: 7:11.06	39.67	750m: 9:47.74	39.16
	200m: 2:33.98	39.81	400m: 5:12.28	39.96	600m: 7:50.33	39.27	800m: 10:25.08	37.34
6.	Maria Carolina Ribeiro	F	106805	98	Porto/Dolce Vita	10:30.38	468	
	50m: 35.64	35.64	250m: 3:13.79	40.15	450m: 5:53.86	40.51	650m: 8:32.74	38.04
	100m: 1:14.79	39.15	300m: 3:53.03	39.24	500m: 6:33.87	40.01	700m: 9:13.03	40.29
	150m: 1:53.84	39.05	350m: 4:33.60	40.57	550m: 7:14.44	40.57	750m: 9:51.82	38.79
	200m: 2:33.64	39.80	400m: 5:13.35	39.75	600m: 7:54.70	40.26	800m: 10:30.38	38.56
7.	Mariana Pereirinha Santos	F	102761	98	Columbófia Cantanhedense	10:31.50	465	
	50m: 33.77	33.77	250m: 3:12.15	40.19	450m: 5:53.18	40.42	650m: 8:33.72	39.90
	100m: 1:12.63	38.86	300m: 3:52.04	39.89	500m: 6:33.46	40.28	700m: 9:14.13	40.41
	150m: 1:51.93	39.30	350m: 4:32.81	40.77	550m: 7:13.54	40.08	750m: 9:53.72	39.59
	200m: 2:31.96	40.03	400m: 5:12.76	39.95	600m: 7:53.82	40.28	800m: 10:31.50	37.78
8.	Rita Verissimo Damasceno	F	105071	98	Nautico/Matobra	10:51.46	424	
	50m: 34.35	34.35	250m: 3:17.41	40.95	450m: 6:01.91	41.74	650m: 8:48.13	41.65
	100m: 1:14.15	39.80	300m: 3:58.32	40.91	500m: 6:43.28	41.37	700m: 9:29.87	41.74
	150m: 1:55.36	41.21	350m: 4:39.03	41.71	550m: 7:24.66	41.38	750m: 10:11.59	41.72
	200m: 2:36.46	41.10	400m: 5:20.17	41.14	600m: 8:06.48	41.82	800m: 10:51.46	39.87
9.	Leonor Figo Rocha	F	106768	98	Galitos	10:55.99	415	
	50m: 37.08	37.08	250m: 3:21.14	41.01	450m: 6:07.36	42.41	650m: 8:54.62	41.31
	100m: 1:17.78	40.70	300m: 4:02.23	41.09	500m: 6:49.32	41.96	700m: 9:36.83	42.21
	150m: 1:58.59	40.81	350m: 4:44.10	41.87	550m: 7:31.56	42.24	750m: 10:18.64	41.81
	200m: 2:40.13	41.54	400m: 5:24.95	40.85	600m: 8:13.31	41.75	800m: 10:55.99	37.35
10.	Maria Joao Ribeiro	F	105422	98	Braga	10:57.85	411	
	50m: 36.90	36.90	250m: 3:21.96	41.59	450m: 6:08.27	41.62	650m: 8:54.40	42.22
	100m: 1:17.45	40.55	300m: 4:03.40	41.44	500m: 6:49.56	41.29	700m: 9:36.13	41.73
	150m: 1:59.09	41.64	350m: 4:44.93	41.53	550m: 7:31.16	41.60	750m: 10:17.24	41.11
	200m: 2:40.37	41.28	400m: 5:26.65	41.72	600m: 8:12.18	41.02	800m: 10:57.85	40.61
11.	Maria Teresa Martins	F	105948	98	Galitos	10:58.15	411	
	50m: 37.10	37.10	250m: 3:22.51	42.38	450m: 6:09.91	41.91	650m: 8:56.97	41.81
	100m: 1:18.12	41.02	300m: 4:03.97	41.46	500m: 6:52.02	42.11	700m: 9:38.75	41.78
	150m: 1:58.97	40.85	350m: 4:46.86	42.89	550m: 7:34.02	42.00	750m: 10:19.72	40.97
	200m: 2:40.13	41.16	400m: 5:28.00	41.14	600m: 8:15.16	41.14	800m: 10:58.15	38.43
12.	Margarida Mendes Fernandes	F	111732	98	Vitória Sport Clube	10:58.82	410	
	50m: 35.54	35.54	250m: 3:19.04	41.78	450m: 6:06.25	41.90	650m: 8:55.02	42.80
	100m: 1:15.13	39.59	300m: 4:00.82	41.78	500m: 6:48.71	42.46	700m: 9:36.70	41.68
	150m: 1:56.18	41.05	350m: 4:42.40	41.58	550m: 7:30.60	41.89	750m: 10:18.88	42.18
	200m: 2:37.26	41.08	400m: 5:24.35	41.95	600m: 8:12.22	41.62	800m: 10:58.82	39.94
13.	Ines Conceicao Ferraz	F	103245	98	Leixões	11:02.21	403	
	50m: 36.66	36.66	250m: 3:23.82	41.28	450m: 6:12.05	42.35	650m: 9:00.66	42.56
	100m: 1:18.03	41.37	300m: 4:05.33	41.51	500m: 6:54.41	42.36	700m: 9:42.07	41.41
	150m: 2:00.54	42.51	350m: 4:48.02	42.69	550m: 7:36.70	42.29	750m: 10:23.60	41.53
	200m: 2:42.54	42.00	400m: 5:29.70	41.68	600m: 8:18.10	41.40	800m: 11:02.21	38.61
14.	Maria Carolina Correia	F	105571	98	Lousanense	11:03.44	401	
	50m: 36.26	36.26	250m: 3:21.82	41.64	450m: 6:10.79	42.51	650m: 9:00.22	42.54
	100m: 1:16.59	40.33	300m: 4:03.99	42.17	500m: 6:53.21	42.42	700m: 9:42.50	42.28
	150m: 1:58.67	42.08	350m: 4:46.04	42.05	550m: 7:35.39	42.18	750m: 10:24.85	42.35
	200m: 2:40.18	41.51	400m: 5:28.28	42.24	600m: 8:17.68	42.29	800m: 11:03.44	38.59
15.	Vanessa Branco Machado	F	102763	98	Columbófia Cantanhedense	11:04.76	399	
	50m: 36.97	36.97	250m: 3:24.02	42.47	450m: 6:13.83	42.60	650m: 9:03.00	41.75
	100m: 1:18.40	41.43	300m: 4:06.42	42.40	500m: 6:56.51	42.68	700m: 9:44.88	41.88
	150m: 1:59.95	41.55	350m: 4:48.93	42.51	550m: 7:39.19	42.68	750m: 10:26.72	41.84
	200m: 2:41.55	41.60	400m: 5:31.23	42.30	600m: 8:21.25	42.06	800m: 11:04.76	38.04
16.	Ana Margarida Santos	F	106839	98	Porto/Dolce Vita	11:04.89	398	
	50m: 37.53	37.53	250m: 3:23.04	41.99	450m: 6:12.35	42.71	650m: 9:01.69	41.78
	100m: 1:18.17	40.64	300m: 4:05.22	42.18	500m: 6:54.63	42.28	700m: 9:44.17	42.48
	150m: 1:59.26	41.09	350m: 4:47.37	42.15	550m: 7:37.21	42.58	750m: 10:25.97	41.80
	200m: 2:41.05	41.79	400m: 5:29.64	42.27	600m: 8:19.91	42.70	800m: 11:04.89	38.92
17.	Ana Beatriz Pereira	F	108032	98	Foca	11:14.27	382	
	50m: 37.33	37.33	250m: 3:25.61	42.78	450m: 6:18.92	43.18	650m: 9:11.29	42.88
	100m: 1:18.81	41.48	300m: 4:08.83	43.22	500m: 7:02.59	43.67	700m: 9:53.36	42.07
	150m: 2:00.20	41.39	350m: 4:52.52	43.69	550m: 7:45.06	42.47	750m: 10:35.69	42.33
	200m: 2:42.83	42.63	400m: 5:35.74	43.22	600m: 8:28.41	43.35	800m: 11:14.27	38.58
18.	Diana Filipa Portela	F	105488	98	Vitória Sport Clube	11:29.00	358	
	50m: 38.35	38.35	250m: 3:29.39	42.96	450m: 6:24.16	43.82	650m: 9:19.91	44.16
	100m: 1:20.36	42.01	300m: 4:12.93	43.54	500m: 7:07.68	43.52	700m: 10:03.66	43.75
	150m: 2:03.35	42.99	350m: 4:56.88	43.95	550m: 7:51.66	43.98	750m: 10:47.11	43.45
	200m: 2:46.43	43.08	400m: 5:40.34	43.46	600m: 8:35.75	44.09	800m: 11:29.00	41.89
19.	Rita Maria Ferreira FTL	F	106777	98	Sporting de Aveiro	11:40.76	340	
	50m: 36.10	36.10	250m: 3:30.05	44.02	450m: 6:29.19	44.64	650m: 9:29.43	45.33
	100m: 1:17.76	41.66	300m: 4:14.73	44.68	500m: 7:14.24	45.05	700m: 10:14.47	45.04
	150m: 2:01.60	43.84	350m: 4:59.33	44.60	550m: 7:59.12	44.88	750m: 10:58.56	44.09
	200m: 2:46.03	44.43	400m: 5:44.55	45.22	600m: 8:44.10	44.98	800m: 11:40.76	42.20