

Preparação Juvenis
Paredes, 23. - 24.10.2010

Prova 1
23-10-2010 - 15:30

Femin., 400m Estilos
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Juvenis
Resultados

Recorde Regional 25m Open 4:49.17 Sara Beatriz, LOUREIRO FCP S. Antonio Cavaleiros 20-12-2009
Recorde Regional 25m Juv 5:03.78 Cristiana Oliveira, MARQUES ADF Braga 17-03-2000

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Sara Monteiro, MEIRELES	F	103921	97	Gesp	5:18.17	552	
	50m: 33.33 33.33		150m: 1:54.25 42.56		250m: 3:19.62 44.21	350m: 4:41.96 37.72		
	100m: 1:11.69 38.36		200m: 2:35.41 41.16		300m: 4:04.24 44.62	400m: 5:18.17 36.21		
2.	Ana Filipa, MARTINS	F	104438	97	Foca	5:27.97	504	
	50m: 34.23 34.23		150m: 1:57.76 43.50		250m: 3:26.92 47.28	350m: 4:51.48 36.91		
	100m: 1:14.26 40.03		200m: 2:39.64 41.88		300m: 4:14.57 47.65	400m: 5:27.97 36.49		
3.	Maria Teresa, AMORIM	F	20104	97	Porto/Dolce Vita	5:33.56	479	
	50m: 34.24 34.24		150m: 2:00.70 44.75		250m: 3:29.38 46.35	350m: 4:56.60 38.90		
	100m: 1:15.95 41.71		200m: 2:43.03 42.33		300m: 4:17.70 48.32	400m: 5:33.56 36.96		
4.	Joana Carina, SILVA	F	106219	97	Lousada	5:38.09	460	
	50m: 33.28 33.28		150m: 1:53.66 41.80		250m: 3:29.20 54.28	350m: 5:00.64 38.51		
	100m: 1:11.86 38.58		200m: 2:34.92 41.26		300m: 4:22.13 52.93	400m: 5:38.09 37.45		
5.	Sofia Isabel, TAVARES	F	101992	97	Porto/Dolce Vita	5:39.47	454	
	50m: 36.20 36.20		150m: 2:02.30 43.45		250m: 3:32.05 46.72	350m: 5:09.47 37.45		
	100m: 1:18.85 42.65		200m: 2:45.33 43.03		300m: 4:19.38 47.33	400m: 5:39.47 37.45		
6.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	5:42.36	443	
	50m: 35.97 35.97		150m: 2:03.58 44.57		250m: 3:35.61 48.18	350m: 5:03.86 39.12		
	100m: 1:19.01 43.04		200m: 2:47.43 43.85		300m: 4:24.74 49.13	400m: 5:42.36 38.50		
7.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia	5:45.36	431	
	50m: 37.74 37.74		150m: 2:06.56 45.81		250m: 3:37.71 47.25	350m: 5:06.79 40.99		
	100m: 1:20.75 43.01		200m: 2:50.46 43.90		300m: 4:25.80 48.09	400m: 5:45.36 38.57		
8.	Sonia Alexandra, LEITE	F	110461	97	Vitória Sport Clube	5:48.57	420	
	50m: 36.10 36.10		150m: 2:00.98 43.51		250m: 3:36.25 51.60	350m: 5:06.79 40.99		
	100m: 1:17.47 41.37		200m: 2:44.65 43.67		300m: 4:28.82 52.57	400m: 5:48.57 38.57		
9.	Sofia Alexandra, VALINHAS	F	20482	97	Famalicao	5:48.72	419	
	50m: 36.64 36.64		150m: 2:05.56 46.59		250m: 3:40.58 49.63	350m: 5:10.88 40.47		
	100m: 1:18.97 42.33		200m: 2:50.95 45.39		300m: 4:30.41 49.83	400m: 5:48.72 37.84		
10.	Ana Catarina, PEREIRA	F	20445	97	Porto/Dolce Vita	5:49.02	418	
	50m: 35.78 35.78		150m: 2:04.68 45.56		250m: 3:39.71 51.04	350m: 5:10.89 39.52		
	100m: 1:19.12 43.34		200m: 2:48.67 43.99		300m: 4:31.37 51.66	400m: 5:49.02 38.13		
11.	Adriana Daniela, CASTRO	F	104515	97	Fluvial Portuense	5:49.41	416	
	50m: 37.58 37.58		150m: 2:07.43 45.67		250m: 3:41.81 50.48	350m: 5:15.57 41.77		
	100m: 1:21.76 44.18		200m: 2:51.33 43.90		300m: 4:33.54 51.73	400m: 5:49.41 38.44		
12.	Sandra Mafalda, SILVA	F	110595	97	CNMaia	5:51.31	410	
	50m: 38.28 38.28		150m: 2:06.82 44.84		250m: 3:40.00 50.40	350m: 5:12.51 40.91		
	100m: 1:21.98 43.70		200m: 2:49.60 42.78		300m: 4:31.60 51.60	400m: 5:51.31 38.80		
13.	Maria Miguel, OLIVEIRA	F	117219	97	CNMaia	5:54.01	400	
	50m: 36.69 36.69		150m: 2:05.35 44.80		250m: 3:40.50 51.48	350m: 5:15.57 41.77		
	100m: 1:20.55 43.86		200m: 2:49.02 43.67		300m: 4:33.80 53.30	400m: 5:54.01 38.44		
14.	Rita Rafaela, BRUNIDO	F	105182	97	Gesp	5:57.02	390	
	50m: 39.70 39.70		150m: 2:09.44 45.74		250m: 3:50.78 51.34	350m: 5:22.02 31.24		
	100m: 1:24.54 44.84		200m: 2:51.54 43.80		300m: 4:37.18 45.64	400m: 5:57.02 25.88		
15.	Madalena Raquel, BARBOSA	F	103923	97	Gesp	6:06.92	360	
	50m: 38.65 38.65		150m: 2:11.05 48.58		250m: 3:51.15 53.25	350m: 5:22.02 31.24		
	100m: 1:22.47 43.82		200m: 2:57.90 46.85		300m: 4:42.07 50.92	400m: 6:06.92 24.85		
16.	Mariana Lourenco, PRETO	F	103632	97	Leixões Sport Clube	6:10.35	350	
	50m: 40.22 40.22		150m: 2:09.44 45.74		250m: 3:50.78 51.34	350m: 5:22.02 31.24		
	100m: 1:25.56 45.34		200m: 3:00.44 43.80		300m: 4:50.78 49.34	400m: 6:10.35 19.57		
17.	Ana Rosa, ARTEIRO	F	105528	97	Vilacondense	6:12.29	344	
	50m: 40.32 40.32		150m: 2:09.44 45.74		250m: 3:50.78 51.34	350m: 5:22.02 31.24		
	100m: 1:29.87 49.55		200m: 3:03.90 44.06		300m: 4:46.79 42.89	400m: 6:12.29 15.50		
18.	Rute Santos, FERREIRA	F	103823	97	Porto/Dolce Vita	6:12.32	344	
	50m: 41.11 41.11		150m: 2:20.74 48.61		250m: 3:58.01 51.65	350m: 5:22.02 31.24		
	100m: 1:32.13 51.02		200m: 3:06.36 45.62		300m: 4:51.11 53.10	400m: 6:12.32 15.50		
19.	Julia Casimira, MIRANDA	F	104512	97	Gesp	6:15.05	337	
	50m: 40.63 40.63		150m: 2:15.30 47.76		250m: 3:55.64 53.85	350m: 5:32.92 43.26		
	100m: 1:27.54 46.91		200m: 3:01.79 46.49		300m: 4:49.66 54.02	400m: 6:15.05 42.13		
20.	Mafalda Mendes, MAGALHAES	F	107706	97	Porto/Dolce Vita	6:16.45	333	
	50m: 42.76 42.76		150m: 2:24.52 46.97		250m: 4:01.30 51.51	350m: 5:22.02 31.24		
	100m: 1:37.55 54.79		200m: 3:09.79 45.27		300m: 4:56.32 55.02	400m: 6:16.45 15.13		
21.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	6:23.89	314	
	50m: 41.82 41.82		150m: 2:09.44 45.74		250m: 3:50.78 51.34	350m: 5:22.02 31.24		
	100m: 1:31.02 49.20		200m: 2:59.20 49.76		300m: 4:48.95 49.75	400m: 6:23.89 24.94		
22.	Joana Margarida, SOUSA	F	104510	97	Valongo	6:29.94	300	
	50m: 42.22 42.22		150m: 2:09.44 45.74		250m: 3:50.78 51.34	350m: 5:22.02 31.24		
	100m: 1:34.26 52.04		200m: 3:11.08 2:45.08		300m: 4:58.47 42.39	400m: 6:29.94 31.46		
23.	Ana Catarina, SANTOS	F	112739	97	Vitória Sport Clube	6:31.31	296	
	50m: 42.54 42.54		150m: 2:23.45 45.91		250m: 4:06.88 57.84	350m: 5:47.83 42.82		
	100m: 1:33.25 50.71		200m: 3:09.04 45.59		300m: 5:05.01 58.13	400m: 6:31.31 43.48		
24.	Sofia Monteiro, SOUSA	F	109240	97	Leixões Sport Clube	6:33.28	292	
	50m: 44.59 44.59		150m: 2:14.10 46.51		250m: 4:07.57 51.07	350m: 5:47.83 42.82		
	100m: 1:37.44 52.85		200m: 3:14.10 47.60		300m: 5:07.57 50.90	400m: 6:33.28 25.71		
25.	Catarina Machado, BRAGA	F	118324	97	Ginásio Santo Tirso	7:16.20	214	
	50m: 48.70 48.70		150m: 2:09.44 45.74		250m: 3:50.78 51.34	350m: 5:22.02 31.24		
	100m: 1:45.73 57.03		200m: 3:39.13 43.39		300m: 5:43.48 44.35	400m: 7:16.20 22.72		

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Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
DSQ	Maria Joao, FERNANDES	F	102092	97	Porto/Dolce Vita			DSQ	
	<i>303 - Não tocou simultaneamente com duas mãos na parede na viragem aos 275 m</i>								
	50m:	150m:	250m:			350m:			
	100m:	200m:	300m:			400m:			
DSQ	Joana Sofia, AMORIM	F	103717	97	Fluvial Portuense			DSQ	
	<i>A atleta efectuou pernada vertical antes da viragem aos 225 m (estilo bruços)</i>								
	50m:	150m:	250m:			350m:			
	100m:	200m:	300m:			400m:			