

Preparação Juvenis
Paredes, 23. - 24.10.2010

Prova 12
24-10-2010 - 11:20

Femin., 800m Livres
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Juvenis
Resultados

Recorde Regional 25m Open 8:52.24 Ana Feio, ALEGRIA SCB Algés 26-02-1993
Recorde Regional 25m Juv 9:00.27 Alexandra Maria, SILVA FCP Antibes 21-12-1980

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Ana Filipa, MARTINS	F	104438 97	Foca	9:47.24	578	
	100m: 1:10.57 1:10.57		300m: 3:40.84 1:15.74	500m: 6:10.45 1:14.94	700m: 8:38.65 1:13.54		1:13.54
	200m: 2:25.10 1:14.53		400m: 4:55.51 1:14.67	600m: 7:25.11 1:14.66	800m: 9:47.24 1:08.59		1:08.59
2.	Sara Monteiro, MEIRELES	F	103921 97	Gesp	9:51.84	565	
	100m: 1:10.66 1:10.66		300m: 3:41.21 1:15.70	500m: 6:11.03 1:15.24	700m: 8:40.43 1:14.76		1:14.76
	200m: 2:25.51 1:14.85		400m: 4:55.79 1:14.58	600m: 7:25.67 1:14.64	800m: 9:51.84 1:11.41		1:11.41
3.	Maria Teresa, AMORIM	F	20104 97	Porto/Dolce Vita	10:00.70	540	
	100m: 1:11.98 1:11.98		300m: 3:45.50 1:16.74	500m: 6:16.57 1:15.48	700m: 8:47.12 1:15.00		1:15.00
	200m: 2:28.76 1:16.78		400m: 5:01.09 1:15.59	600m: 7:32.12 1:15.55	800m: 10:00.70 1:13.58		1:13.58
4.	Maria Joao, FERNANDES	F	102092 97	Porto/Dolce Vita	10:03.93	532	
	100m: 1:11.91 1:11.91		300m: 3:45.02 1:16.73	500m: 6:16.89 1:15.99	700m: 8:49.28 1:16.20		1:16.20
	200m: 2:28.29 1:16.38		400m: 5:00.90 1:15.88	600m: 7:33.08 1:16.19	800m: 10:03.93 1:14.65		1:14.65
5.	Rute Santos, FERREIRA	F	103823 97	Porto/Dolce Vita	10:30.47	467	
	100m: 1:15.59 1:15.59		300m: 3:54.09 1:18.97	500m: 6:33.01 1:19.91	700m: 9:13.01 1:19.95		1:19.95
	200m: 2:35.12 1:19.53		400m: 5:13.10 1:19.01	600m: 7:53.06 1:20.05	800m: 10:30.47 1:17.46		1:17.46
6.	Sonia Alexandra, LEITE	F	110461 97	Vitória Sport Clube	10:31.56	465	
	100m: 1:16.69 1:16.69		300m: 3:57.39 1:19.93	500m: 6:37.19 1:20.15	700m: 9:15.57 1:19.14		1:19.14
	200m: 2:37.46 1:20.77		400m: 5:17.04 1:19.65	600m: 7:56.43 1:19.24	800m: 10:31.56 1:15.99		1:15.99
7.	Ana Sofia, RAMOS	F	102593 97	Assoc. Desportiva de Fafe	10:33.67	460	
	100m: 1:14.49 1:14.49		300m: 3:54.76 1:20.72	500m: 6:35.23 1:20.38	700m: 9:15.89 1:20.61		1:20.61
	200m: 2:34.04 1:19.55		400m: 5:14.85 1:20.09	600m: 7:55.28 1:20.05	800m: 10:33.67 1:17.78		1:17.78
8.	Mafalda Mendes, MAGALHAES	F	107706 97	Porto/Dolce Vita	10:33.77	460	
	100m: 1:16.20 1:16.20		300m: 3:57.62 1:21.39	500m: 6:38.13 1:20.32	700m: 9:17.33 1:19.67		1:19.67
	200m: 2:36.23 1:20.03		400m: 5:17.81 1:20.19	600m: 7:57.66 1:19.53	800m: 10:33.77 1:16.44		1:16.44
9.	Sofia Isabel, TAVARES	F	101992 97	Porto/Dolce Vita	10:36.41	454	
	100m: 1:16.21 1:16.21		300m: 3:58.56 1:21.15	500m: 6:39.27 1:20.22	700m: 9:19.11 1:19.77		1:19.77
	200m: 2:37.41 1:21.20		400m: 5:19.05 1:20.49	600m: 7:59.34 1:20.07	800m: 10:36.41 1:17.30		1:17.30
10.	Ana Catarina, PEREIRA	F	20445 97	Porto/Dolce Vita	10:40.17	446	
	100m: 1:13.89 1:13.89		300m: 3:55.43 1:21.01	500m: 6:38.74 1:21.50	700m: 9:21.52 1:21.13		1:21.13
	200m: 2:34.42 1:20.53		400m: 5:17.24 1:21.81	600m: 8:00.39 1:21.65	800m: 10:40.17 1:18.65		1:18.65
11.	Maria Beatriz, RIBEIRO	F	105611 97	CNMaia	10:46.74	433	
	100m: 1:18.27 1:18.27		300m: 4:01.94 1:21.78	500m: 6:45.72 1:22.17	700m: 9:29.02 1:21.50		1:21.50
	200m: 2:40.16 1:21.89		400m: 5:23.55 1:21.61	600m: 8:07.52 1:21.80	800m: 10:46.74 1:17.72		1:17.72
12.	Sandra Mafalda, SILVA	F	110595 97	CNMaia	10:48.28	430	
	100m: 1:17.59 1:17.59		300m: 4:02.76 1:22.25	500m: 6:47.25 1:22.15	700m: 9:30.85 1:21.52		1:21.52
	200m: 2:40.51 1:22.92		400m: 5:25.10 1:22.34	600m: 8:09.33 1:22.08	800m: 10:48.28 1:17.43		1:17.43
13.	Maria Miguel, OLIVEIRA	F	117219 97	CNMaia	11:00.19	407	
	100m: 1:18.31 1:18.31		300m: 4:06.21 1:23.36	500m: 6:53.25 1:23.05	700m: 9:37.62 1:21.83		1:21.83
	200m: 2:42.85 1:24.54		400m: 5:30.20 1:23.99	600m: 8:15.79 1:22.54	800m: 11:00.19 1:22.57		1:22.57