

Torneio Regional - Torneio Regional Fundo - Infantis
Pacos de Ferreira, 3. - 5.12.2010

Prova 3
03-12-2010 - 17:30

Femin., 400m Estilos

Infantis
Resultados

Recordes Nacionais 25m Open	4:44.56	Nadia Morais, VIEIRA	GESL	Leiria	04-12-2009
Recordes Nacionais 25m Inf B	5:15.68	Susana Patricia, MIGUEL	SFUAP	Rio Maior	06-07-2002
Recordes Nacionais 25m Inf A	5:05.82	Diana Ramos, ROCHA	EDV	Ponte da Barca	06-07-2007

Infantil A Fem Inf A: 6:25.00 / Infantil B Fem Inf B: 6:45.00

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Infantis B								
1.	Maria Leonor, MARTINS	F	107962	99	Gespacos	6:12.99	342	
	50m: 39.69 39.69		150m: 2:12.29 47.53		250m: 3:54.10 55.00	350m: 5:31.85 42.53		42.53
	100m: 1:24.76 45.07		200m: 2:59.10 46.81		300m: 4:49.32 55.22	400m: 6:12.99 41.14		41.14
2.	Ines Maria, NEVES	F	104492	99	Porto/Dolce Vita	6:16.18	334	
	50m: 44.63 44.63		150m: 2:25.89 48.43		250m: 4:04.16 51.65	350m: 5:36.78 41.66		41.66
	100m: 1:35.44 50.81		200m: 3:12.51 46.62		300m: 4:55.12 50.96	400m: 6:16.18 39.40		39.40
3.	Ana Beatriz La, FERIA	F	116885	99	Porto/Dolce Vita	6:16.75	332	
	50m: 44.46 44.46		150m: 2:22.82 48.43		250m: 4:05.36 52.57	350m: 5:38.24 40.02		40.02
	100m: 1:31.86 47.40		200m: 3:12.79 49.97		300m: 4:58.22 52.86	400m: 6:16.75 38.51		38.51
4.	Ana Teresa, NASCIMENTO	F	111876	99	Leixões Sport Clube	6:22.37	318	
	50m: 44.59 44.59		150m: 2:25.59 48.43		250m: 4:06.14 51.79	350m: 5:40.95 43.38		43.38
	100m: 1:37.16 52.57		200m: 3:14.35 48.76		300m: 4:57.57 51.43	400m: 6:22.37 41.42		41.42
5.	Marta Ferreira, ROCHA	F	110558	99	Leixões Sport Clube	6:28.33	303	
	50m: 42.64 42.64		150m: 2:23.40 49.82		250m: 4:04.83 52.95	350m: 5:43.97 45.16		45.16
	100m: 1:33.58 50.94		200m: 3:11.88 48.48		300m: 4:58.81 53.98	400m: 6:28.33 44.36		44.36
6.	Ines Maria, PEREIRA	F	105607	99	Leixões Sport Clube	6:28.64	303	
	50m: 39.65 39.65		150m: 2:20.91 51.00		250m: 4:05.73 55.05	350m: 5:47.04 43.21		43.21
	100m: 1:29.91 50.26		200m: 3:10.68 49.77		300m: 5:03.83 58.10	400m: 6:28.64 41.60		41.60
7.	Ana Caetano, OLIVEIRA	F	118366	99	Leixões Sport Clube	6:28.84	302	
	50m: 47.05 47.05		150m: 2:27.90 48.64		250m: 4:09.90 52.78	350m: 5:48.17 43.81		43.81
	100m: 1:39.26 52.21		200m: 3:17.12 49.22		300m: 5:04.36 54.46	400m: 6:28.84 40.67		40.67
8.	Rita Almeida, FRECHES	F	111873	99	Leixões Sport Clube	6:29.05	302	
	50m: 45.52 45.52		150m: 2:27.61 47.87		250m: 4:11.54 55.66	350m: 5:47.78 42.48		42.48
	100m: 1:39.74 54.22		200m: 3:15.88 48.27		300m: 5:05.30 53.76	400m: 6:29.05 41.27		41.27
9.	Ines Pereira, OLIVEIRA	F	108311	99	Famalicao	6:29.96	299	
	50m: 42.01 42.01		150m: 2:20.12 47.67		250m: 4:06.02 55.30	350m: 5:47.93 44.32		44.32
	100m: 1:32.45 50.44		200m: 3:10.72 50.60		300m: 5:03.61 57.59	400m: 6:29.96 42.03		42.03
10.	Jessica Joana, TEIXEIRA	F	106663	99	Gespacos	6:32.00	295	
	50m: 45.03 45.03		150m: 2:26.10 50.55		250m: 4:09.81 55.53	350m: 5:49.56 43.02		43.02
	100m: 1:35.55 50.52		200m: 3:14.28 48.18		300m: 5:06.54 56.73	400m: 6:32.00 42.44		42.44
11.	Filipa Maria, EUSEBIO FTL	F	111265	99	Clube Fluvial Vilacondense	6:45.77	266	
	50m: 46.56 46.56		150m: 2:33.04 53.17		250m: 4:20.15 56.83	350m: 6:03.08 42.02		42.02
	100m: 1:39.87 53.31		200m: 3:23.32 50.28		300m: 5:21.06 1:00.91	400m: 6:45.77 42.69		42.69
12.	Leonor Paiva, RUIZ FTL	F	112518	99	Clube Fluvial Vilacondense	6:46.75	264	
	50m: 48.51 48.51		150m: 2:32.99 49.99		250m: 4:18.22 55.82	350m: 6:01.31 44.14		44.14
	100m: 1:43.00 54.49		200m: 3:22.40 49.41		300m: 5:17.17 58.95	400m: 6:46.75 45.44		45.44
13.	Tatiana Isabel, CARDOSO FTL	F	108175	99	Porto/Dolce Vita	6:57.61	244	
	50m: 49.87 49.87		150m: 2:43.29 50.86		250m: 4:29.85 57.06	350m: 6:12.64 44.29		44.29
	100m: 1:52.43 1:02.56		200m: 3:32.79 49.50		300m: 5:28.35 58.50	400m: 6:57.61 44.97		44.97
14.	Mariana Azevedo, SOARES FTL	F	108173	99	Porto/Dolce Vita	7:01.75	237	
	50m: 44.97 44.97		150m: 2:34.84 57.58		250m: 4:26.52 57.44	350m: 6:14.88 50.51		50.51
	100m: 1:37.26 52.29		200m: 3:29.08 54.24		300m: 5:24.37 57.85	400m: 7:01.75 46.87		46.87
Infantis A								
1.	Ana Silva, COSTA	F	104446	98	Famalicao	5:27.64	505	
	50m: 34.23 34.23		150m: 1:57.19 43.17		250m: 3:25.95 47.37	350m: 4:50.98 37.06		37.06
	100m: 1:14.02 39.79		200m: 2:38.58 41.39		300m: 4:13.92 47.97	400m: 5:27.64 36.66		36.66
2.	Joana Cunha, SOUSA	F	103054	98	Felgueiras	5:35.82	469	
	50m: 37.31 37.31		150m: 2:02.49 42.16		250m: 3:32.69 49.08	350m: 4:59.18 36.80		36.80
	100m: 1:20.33 43.02		200m: 2:43.61 41.12		300m: 4:22.38 49.69	400m: 5:35.82 36.64		36.64
3.	Graca Maria, ARAUJO	F	104456	98	Famalicao	5:37.45	462	
	50m: 36.49 36.49		150m: 2:01.52 43.74		250m: 3:32.94 48.89	350m: 5:00.21 38.60		38.60
	100m: 1:17.78 41.29		200m: 2:44.05 42.53		300m: 4:21.61 48.67	400m: 5:37.45 37.24		37.24
4.	Ines Lucas, ALVES	F	104738	98	Leixões Sport Clube	5:40.67	449	
	50m: 37.17 37.17		150m: 2:01.08 42.27		250m: 3:32.36 50.12	350m: 5:02.71 39.53		39.53
	100m: 1:18.81 41.64		200m: 2:42.24 41.16		300m: 4:23.18 50.82	400m: 5:40.67 37.96		37.96
5.	Beatriz Pereira, VASCONCELOS	F	107934	98	Clube Fluvial Vilacondense	5:41.57	446	
	50m: 36.70 36.70		150m: 2:04.95 46.10		250m: 3:35.44 46.26	350m: 5:03.62 40.28		40.28
	100m: 1:18.85 42.15		200m: 2:49.18 44.23		300m: 4:23.34 47.90	400m: 5:41.57 37.95		37.95
6.	Catarina Sofia, NETO	F	104529	98	Gespacos	5:42.83	441	
	50m: 35.91 35.91		150m: 2:00.50 42.74		250m: 3:34.36 50.87	350m: 5:04.38 39.00		39.00
	100m: 1:17.76 41.85		200m: 2:43.49 42.99		300m: 4:25.38 51.02	400m: 5:42.83 38.45		38.45
7.	Carla Luisa, ALVES	F	117522	98	Famalicao	5:43.93	437	
	50m: 34.76 34.76		150m: 2:01.06 45.14		250m: 3:34.53 49.43	350m: 5:03.95 40.48		40.48
	100m: 1:15.92 41.16		200m: 2:45.10 44.04		300m: 4:23.47 48.94	400m: 5:43.93 39.98		39.98

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Pacos de Ferreira, 3. - 5.12.2010

Prova 3, Femin., 400m Estilos, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	5:44.84	433	
	50m: 37.54				42.67	250m: 3:36.13		39.35
	100m: 1:22.00				42.02	300m: 4:27.47		38.02
					49.44	350m: 5:06.82		
					51.34	400m: 5:44.84		
9.	Maria Carolina, RIBEIRO	F	106805	98	Porto/Dolce Vita	5:47.73	423	
	50m: 36.70				45.10	250m: 3:36.90		39.96
	100m: 1:19.14				43.98	300m: 4:29.10		38.67
					48.68	350m: 5:09.06		
					52.20	400m: 5:47.73		
10.	Francisca Pereira, REGO	F	107705	98	Famalicão	5:52.12	407	
	50m: 37.09				46.11	250m: 3:42.99		39.38
	100m: 1:19.89				46.13	300m: 4:33.82		38.92
					50.86	350m: 5:13.20		
					50.83	400m: 5:52.12		
11.	Ana Rita, GRACA	F	111321	98	Clube Fluvial Vilacondense	5:53.97	401	
	50m: 40.64				44.18	250m: 3:44.73		41.42
	100m: 1:29.43				43.55	300m: 4:33.38		39.17
					47.57	350m: 5:14.80		
					48.65	400m: 5:53.97		
12.	Mafalda Ho, SANTOS	F	104714	98	Leixões Sport Clube	5:57.21	390	
	50m: 40.26				45.61	250m: 3:44.94		42.70
	100m: 1:25.85				43.86	300m: 4:34.27		40.24
					49.62	350m: 5:16.97		
					49.33	400m: 5:57.21		
13.	Diana Filipa, PORTELA	F	105488	98	Vitória Sport Clube	6:00.67	379	
	50m: 39.00				46.31	250m: 3:46.45		42.39
	100m: 1:25.00				44.47	300m: 4:37.66		40.62
					50.67	350m: 5:20.05		
					51.21	400m: 6:00.67		
14.	Ines Conceicao, FERRAZ	F	103245	98	Leixões Sport Clube	6:02.07	374	
	50m: 40.36				45.56	250m: 3:50.62		38.58
	100m: 1:25.15				45.76	300m: 4:46.48		37.01
					54.15	350m: 5:25.06		
					55.86	400m: 6:02.07		
15.	Filipa Flambo, SOUSA	F	117827	98	Leixões Sport Clube	6:05.10	365	
	50m: 40.82				43.51	250m: 3:48.73		42.47
	100m: 1:31.59				43.14	300m: 4:41.89		40.74
					50.49	350m: 5:24.36		
					53.16	400m: 6:05.10		
16.	Ana Carolina, MOREIRA	F	111076	98	Porto/Dolce Vita	6:07.46	358	
	50m: 37.66				47.21	250m: 3:49.88		43.14
	100m: 1:24.37				48.04	300m: 4:42.85		41.47
					50.26	350m: 5:25.99		
					52.97	400m: 6:07.46		
17.	Daniela Rodrigues, FIGUEIREDO	F	102684	98	Fluvial Portuense	6:11.82	346	
	50m: 37.80				47.40	250m: 3:52.33		42.15
	100m: 1:23.81				47.76	300m: 4:46.09		43.58
					53.36	350m: 5:28.24		
					53.76	400m: 6:11.82		
18.	Barbara Alves, SILVA	F	104734	98	Leixões Sport Clube	6:12.51	344	
	50m: 42.10				46.88	250m: 3:57.13		42.28
	100m: 1:34.09				46.17	300m: 4:49.08		41.15
					49.99	350m: 5:31.36		
					51.95	400m: 6:12.51		
19.	Ana Filipa, FOLHA	F	106669	98	Leixões Sport Clube	6:23.78	314	
	50m: 44.06				46.11	250m: 4:02.01		44.01
	100m: 1:38.40				46.20	300m: 4:55.81		43.96
					51.30	350m: 5:39.82		
					53.80	400m: 6:23.78		
20.	Rosa, TEIXEIRA	F	111719	98	Aquabrito	6:24.75	312	
	50m: 45.10				48.65	250m: 4:06.96		43.59
	100m: 1:39.06				47.75	300m: 4:59.42		41.74
					51.50	350m: 5:43.01		
					52.46	400m: 6:24.75		
21.	Beatriz Sofia, RIBEIRO FTL	F	111233	98	Clube Fluvial Vilacondense	7:05.65	230	
	50m: 45.01				54.24	250m: 4:28.73		48.05
	100m: 1:43.63				51.45	300m: 5:29.56		48.04
					59.41	350m: 6:17.61		
					1:00.83	400m: 7:05.65		
22.	Claudia Sofia, RIBEIRO FTL	F	107742	98	Clube Fluvial Vilacondense	7:08.66	225	
	50m: 44.85				54.22	250m: 4:30.55		47.23
	100m: 1:45.45				51.06	300m: 5:32.38		49.05
					59.82	350m: 6:19.61		
					1:01.83	400m: 7:08.66		
DSQ	Barbara Nogueira, GONCALVES 701 - O(a) atleta não completou o percurso – SW 10.2	F	104448	98	Famalicão			DSQ