

Torneio Regional de Juvenis
Pacos de Ferreira, 10. - 12.12.2010

Prova 3
10-12-2010 - 17:15

Femin., 400m Estilos
COPIDOURO - Cópia e Artigos de Reprodução, Lda

Juvenis
Resultados

RN Open	4:44.56	Nadia Morais, VIEIRA	GESL	Leiria	04-12-2009
RN Juv	4:57.68	Susana Patricia, MIGUEL	SFUAP	Penafiel	19-03-2004

Time standard 3 Fem : 6:05.00

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Sara Monteiro, MEIRELES	F	103921	97	Gespacos	5:14.93	569	
	50m: 33.00 33.00		150m: 1:51.90 41.52		250m: 3:18.30 44.97	350m: 4:39.12 36.74		
	100m: 1:10.38 37.38		200m: 2:33.33 41.43		300m: 4:02.38 44.08	400m: 5:14.93 35.81		
2.	Maria Teresa, AMORIM	F	20104	97	Porto/Dolce Vita	5:22.03	532	
	50m: 34.26 34.26		150m: 1:56.29 41.81		250m: 3:22.54 45.46	350m: 4:46.72 37.33		
	100m: 1:14.48 40.22		200m: 2:37.08 40.79		300m: 4:09.39 46.85	400m: 5:22.03 35.31		
3.	Ana Filipa, MARTINS	F	104438	97	Foca	5:25.93	513	
	50m: 34.87 34.87		150m: 1:58.56 42.96		250m: 3:25.60 46.16	350m: 4:49.94 36.48		
	100m: 1:15.60 40.73		200m: 2:39.44 40.88		300m: 4:13.46 47.86	400m: 5:25.93 35.99		
4.	Iolanda Ribeiro, PINHEIRO	F	20530	97	Penafiel	5:29.10	499	
	50m: 35.43 35.43		150m: 1:57.04 42.33		250m: 3:27.05 49.42	350m: 4:54.20 36.59		
	100m: 1:14.71 39.28		200m: 2:37.63 40.59		300m: 4:17.61 50.56	400m: 5:29.10 34.90		
5.	Sofia Isabel, TAVARES	F	101992	97	Porto/Dolce Vita	5:32.55	483	
	50m: 35.63 35.63		150m: 2:01.20 44.00		250m: 3:30.19 45.38	350m: 4:55.22 39.12		
	100m: 1:17.20 41.57		200m: 2:44.81 43.61		300m: 4:16.10 45.91	400m: 5:32.55 37.33		
6.	Sofia Alexandra, VALINHAS	F	20482	97	Famalicão	5:33.41	479	
	50m: 34.54 34.54		150m: 1:57.36 44.46		250m: 3:29.56 48.21	350m: 4:56.50 38.75		
	100m: 1:12.90 38.36		200m: 2:41.35 43.99		300m: 4:17.75 48.19	400m: 5:33.41 36.91		
7.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	5:34.86	473	
	50m: 35.07 35.07		150m: 2:00.36 43.76		250m: 3:30.54 47.39	350m: 5:05.09 1:15.30		
	100m: 1:16.60 41.53		200m: 2:43.15 42.79		300m: 4:19.79 49.25	400m: 5:34.86		
8.	Ana Catarina, PEREIRA	F	20445	97	Porto/Dolce Vita	5:38.95	456	
	50m: 37.11 35.87		150m: 2:01.84 42.91		250m: 3:34.15 50.32	350m: 5:03.22 38.19		
	100m: 1:18.93 43.06		200m: 2:43.83 41.99		300m: 4:25.03 50.88	400m: 5:38.95 35.73		
9.	Sonia Alexandra, LEITE	F	110461	97	Vitória Sport Clube	5:39.04	456	
	50m: 35.41 35.41		150m: 1:59.23 43.33		250m: 3:31.24 49.71	350m: 5:01.18 39.47		
	100m: 1:15.90 40.49		200m: 2:41.53 42.30		300m: 4:21.71 50.47	400m: 5:39.04 37.86		
10.	Maria Joao, FERNANDES	F	102092	97	Porto/Dolce Vita	5:44.69	434	
	50m: 37.11 37.11		150m: 2:05.07 43.13		250m: 3:37.79 50.05	350m: 5:07.31 37.29		
	100m: 1:21.94 44.83		200m: 2:47.74 42.67		300m: 4:30.02 52.23	400m: 5:44.69 37.38		
11.	Adriana Filipa, MATOS	F	110318	97	Famalicão	5:54.83	398	
	50m: 43.56 43.56		150m: 2:19.34 44.10		250m: 3:50.65 48.06	350m: 5:17.57 38.77		
	100m: 1:35.24 51.68		200m: 3:02.59 43.25		300m: 4:38.80 48.15	400m: 5:54.83 37.26		
12.	Sandra Mafalda, SILVA	F	110595	97	CNMaia	5:55.80	394	
	50m: 38.61 38.61		150m: 2:08.62 45.67		250m: 3:42.99 50.58	350m: 5:16.20 42.11		
	100m: 1:22.95 44.34		200m: 2:52.41 43.79		300m: 4:34.09 51.10	400m: 5:55.80 39.60		
13.	Daniela Ferreira, COSTA	F	103627	97	Leixões Sport Clube	6:11.03	348	
	<i>FTL</i>		150m: 2:17.55 46.33		250m: 3:52.19 48.91	350m: 5:27.61 44.25		
	50m: 42.34 42.34		200m: 3:03.28 45.73		300m: 4:43.36 51.17	400m: 6:11.03 43.42		
14.	Mariana Lourenco, PRETO	F	103632	97	Leixões Sport Clube	6:13.72	340	
	<i>FTL</i>		150m: 2:14.78 46.48		250m: 3:55.07 55.31	350m: 5:32.15 41.52		
	50m: 40.48 40.48		200m: 2:59.76 44.98		300m: 4:50.63 55.56	400m: 6:13.72 41.57		
15.	Maria Ines, REIS	F	107732	97	Penafiel	6:15.35	336	
	<i>FTL</i>		150m: 2:17.16 48.57		250m: 3:57.57 55.94	350m: 5:35.14 40.55		
	50m: 40.50 40.50		200m: 3:01.63 44.47		300m: 4:54.59 57.02	400m: 6:15.35 40.21		
16.	Ana Rita, FONSECA	F	104507	97	Penafiel	6:30.45	298	
	<i>FTL</i>		150m: 2:21.69 51.66		250m: 4:03.47 51.24	350m: 5:44.27 45.76		
	50m: 41.07 41.07		200m: 3:12.23 50.54		300m: 4:58.51 55.04	400m: 6:30.45 46.18		
DSQ	Maria Miguel, OLIVEIRA	F	117219	97	CNMaia			
	<i>503 - O(a) atleta perdeu a posição ventral durante o percurso – SW 8.1</i>							
DSQ	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia			
	<i>508 - O(a) atleta efectuou movimento alternado de pernas durante o percurso – SW 8.3</i>							