

Torregr1 - Cadetes A-B  
Paredes, 18. - 19.12.2010

Prova 1  
18-12-2010 - 15:30

Femin., 400m Livres  
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Cadetes A  
Resultados

Cadetes A Femininos : 7:00.00

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Joana Francisca, COSTA	F	118312 00	Felgueiras	<b>5:52.15</b>	296	
	50m: 39.43 39.43		150m: 2:11.04 46.41	250m: 3:41.26 45.99	350m: 5:09.40 5:14.64		43.59
	100m: 1:24.63 45.20		200m: 2:55.27 44.23	300m: 4:25.81 44.55	400m: 5:52.15 42.75		42.75
2.	Mariana Pereira, REGO	F	108334 00	Famalicao	<b>6:00.02</b>	277	
	50m: 39.80 39.80		150m: 2:10.11 45.09	250m: 3:42.20 45.77	350m: 5:14.64 5:17.63		46.23
	100m: 1:25.02 45.22		200m: 2:56.43 46.32	300m: 4:28.41 46.21	400m: 6:00.02 45.38		45.38
3.	Joana Martins, PEREIRA	F	111512 00	Fluvial Vilacondense	<b>6:00.87</b>	275	
	50m: 35.52 35.52		150m: 2:07.87 47.47	250m: 3:42.51 47.05	350m: 5:17.63 5:17.63		47.91
	100m: 1:20.40 44.88		200m: 2:55.46 47.59	300m: 4:29.72 47.21	400m: 6:00.87 43.24		43.24
4.	Maria Francisca, CABRAL	F	118113 00	Porto/Dolce Vita	<b>6:03.36</b>	270	
	50m: 43.60 43.60		150m: 2:15.61 46.03	250m: 3:48.63 47.10	350m: 5:17.52 5:17.52		43.48
	100m: 1:29.58 45.98		200m: 3:01.53 45.92	300m: 4:34.04 45.41	400m: 6:03.36 45.84		45.84
5.	Ana Rita, FARIA	F	117417 00	Porto/Dolce Vita	<b>6:05.46</b>	265	
	50m: 40.52 40.52		150m: 2:13.20 47.11	250m: 3:47.04 47.45	350m: 5:20.53 5:20.53		46.62
	100m: 1:26.09 45.57		200m: 2:59.59 46.39	300m: 4:33.91 46.87	400m: 6:05.46 44.93		44.93
6.	Ana Rita, CRUZ	F	108012 00	Gespacos	<b>6:06.40</b>	263	
	50m: 39.11 39.11		150m: 2:10.27 46.64	250m: 3:44.36 46.92	350m: 5:21.36 5:21.36		48.13
	100m: 1:23.63 44.52		200m: 2:57.44 47.17	300m: 4:33.23 48.87	400m: 6:06.40 45.04		45.04
7.	Alexandra Jesus, SANTOS	F	117408 00	Leixões Sport Clube	<b>6:06.54</b>	263	
	50m: 38.97 38.97		150m: 2:12.04 47.97	250m: 3:45.71 46.88	350m: 5:21.41 5:21.41		48.01
	100m: 1:24.07 45.10		200m: 2:58.83 46.79	300m: 4:33.40 47.69	400m: 6:06.54 45.13		45.13
8.	Adriana Azevedo, COUTO	F	108336 00	Famalicao	<b>6:09.49</b>	257	
	50m: 40.34 40.34		150m: 2:13.99 46.79	250m: 3:48.07 47.39	350m: 5:22.54 5:22.54		46.59
	100m: 1:27.20 46.86		200m: 3:00.68 46.69	300m: 4:35.95 47.88	400m: 6:09.49 46.95		46.95
9.	Sofia Pinto, MEIRA	F	107988 00	Gespacos	<b>6:16.23</b>	243	
	50m: 37.74 37.74		150m: 2:11.03 47.45	250m: 3:49.94 49.60	350m: 5:29.00 5:29.00		48.78
	100m: 1:23.58 45.84		200m: 3:00.34 49.31	300m: 4:40.22 50.28	400m: 6:16.23 47.23		47.23
10.	Catarina Pacheco, CUNHA	F	111502 00	Felgueiras	<b>6:16.32</b>	243	
	50m: 39.74 39.74		150m: 2:14.48 48.31	250m: 3:51.22 48.56	350m: 5:29.24 5:29.24		49.09
	100m: 1:26.17 46.43		200m: 3:02.66 48.18	300m: 4:40.15 48.93	400m: 6:16.32 47.08		47.08
11.	Rafaela Campos, OLIVEIRA	F	111322 00	Fluvial Vilacondense	<b>6:16.65</b>	242	
	50m: 39.28 39.28		150m: 2:15.61 48.93	250m: 3:53.53 48.99	350m: 5:30.52 5:30.52		49.33
	100m: 1:26.68 47.40		200m: 3:04.54 48.93	300m: 4:41.19 47.66	400m: 6:16.65 46.13		46.13
12.	Joana Almeida, RAINHA	F	112519 00	Fluvial Vilacondense	<b>6:19.11</b>	237	
	50m: 42.07 42.07		150m: 2:17.58 47.92	250m: 3:54.27 48.34	350m: 5:34.00 5:34.00		49.85
	100m: 1:29.66 47.59		200m: 3:05.93 48.35	300m: 4:44.15 48.88	400m: 6:19.11 45.11		45.11
13.	Ines Silva, OLIVEIRA	F	116890 00	Leixões Sport Clube	<b>6:20.46</b>	235	
	50m: 39.88 39.88		150m: 2:17.03 50.08	250m: 3:57.61 49.75	350m: 5:34.82 5:34.82		49.58
	100m: 1:26.95 47.07		200m: 3:07.86 50.83	300m: 4:45.24 47.63	400m: 6:20.46 45.64		45.64
14.	Maria Rocha, ASCENSAO	F	112141 00	Porto/Dolce Vita	<b>6:20.75</b>	234	
	50m: 41.30 41.30		150m: 2:17.32 48.53	250m: 3:55.69 48.30	350m: 5:34.10 5:34.10		49.38
	100m: 1:28.79 47.49		200m: 3:07.39 50.07	300m: 4:44.72 49.03	400m: 6:20.75 46.65		46.65
15.	Maria Leonor, VALENTE	F	108288 00	Porto/Dolce Vita	<b>6:23.96</b>	229	
	50m: 40.85 40.85		150m: 2:17.22 48.61	250m: 3:55.69 49.60	350m: 5:32.10 5:32.10		47.91
	100m: 1:28.61 47.76		200m: 3:06.09 48.87	300m: 4:44.19 48.50	400m: 6:23.96 51.86		51.86
16.	Ana Sofia, RAMOS	F	108171 00	Porto/Dolce Vita	<b>6:27.55</b>	222	
	50m: 42.05 42.05		150m: 2:19.49 49.72	250m: 3:58.52 49.21	350m: 5:37.76 5:37.76		51.87
	100m: 1:29.77 47.72		200m: 3:09.31 49.82	300m: 4:45.89 47.37	400m: 6:27.55 49.79		49.79
17.	Helena Neto, COSTA	F	111309 00	Gespacos	<b>6:27.71</b>	222	
	50m: 40.14 40.14		150m: 2:17.40 49.59	250m: 4:00.02 51.76	350m: 5:41.62 5:41.62		50.30
	100m: 1:27.81 47.67		200m: 3:08.26 50.86	300m: 4:51.32 51.30	400m: 6:27.71 46.09		46.09
18.	Beatriz Goncalves, FERREIRA	F	108013 00	Gespacos	<b>6:28.56</b>	220	
	50m: 40.30 40.30		150m: 2:16.10 48.71	250m: 3:56.08 50.14	350m: 5:38.03 5:38.03		51.10
	100m: 1:27.39 47.09		200m: 3:05.94 49.84	300m: 4:46.93 50.85	400m: 6:28.56 50.53		50.53
19.	Mariana Paula, BAPTISTA	F	108337 00	Famalicao	<b>6:29.63</b>	219	
	50m: 42.13 42.13		150m: 2:22.12 50.11	250m: 4:02.82 50.57	350m: 5:41.88 5:41.88		49.48
	100m: 1:32.01 49.88		200m: 3:12.25 50.13	300m: 4:52.40 49.58	400m: 6:29.63 47.75		47.75
20.	Alexandra Santos, RODRIGUES	F	111513 00	Fluvial Vilacondense	<b>6:31.57</b>	215	
	50m: 37.98 37.98		150m: 2:17.03 51.42	250m: 4:00.58 51.43	350m: 5:43.78 5:43.78		52.36
	100m: 1:25.61 47.63		200m: 3:09.15 52.12	300m: 4:51.42 50.84	400m: 6:31.57 47.79		47.79
21.	Alexandra Daniela, CASTRO	F	108282 00	Fluvial Portuense	<b>6:32.69</b>	214	
	50m: 42.89 42.89		150m: 2:21.63 50.61	250m: 4:03.42 51.38	350m: 5:43.97 5:43.97		50.12
	100m: 1:31.02 48.13		200m: 3:12.04 50.41	300m: 4:53.85 50.43	400m: 6:32.69 48.72		48.72
22.	Iris Cunha, SANTOS	F	117418 00	Porto/Dolce Vita	<b>6:34.49</b>	211	
	50m: 43.80 43.80		150m: 2:22.77 50.01	250m: 4:04.34 51.17	350m: 5:45.52 5:45.52		50.59
	100m: 1:32.76 48.96		200m: 3:13.17 50.40	300m: 4:54.93 50.59	400m: 6:34.49 48.97		48.97
23.	Francisca Azevedo, DOURADO	F	112521 00	Fluvial Vilacondense	<b>6:34.60</b>	211	
	50m: 41.13 41.13		150m: 2:20.59 51.16	250m: 4:03.79 50.98	350m: 5:47.49 5:47.49		52.61
	100m: 1:29.43 48.30		200m: 3:12.81 52.22	300m: 4:54.88 51.09	400m: 6:34.60 47.11		47.11
24.	Rafaela Araujo, SILVA	F	119630 00	Famalicao	<b>6:34.62</b>	210	
	50m: 43.74 43.74		150m: 2:24.65 50.66	250m: 4:07.48 51.50	350m: 5:47.92 5:47.92		49.75
	100m: 1:33.99 50.25		200m: 3:15.98 51.33	300m: 4:58.17 50.69	400m: 6:34.62 46.70		46.70

Prova 1, Femin., 400m Livres, Cadetes A

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
25.	Barbara Ribeiro, PAIVA 50m: 42.93 42.93 100m: 1:31.13 48.20	F	108172 00	Fluvial Portuense 49.75 250m: 4:02.96 51.59 50.49 300m: 4:54.06 51.10	<b>6:35.19</b>	210	51.31 49.82
26.	Eduarda Carvalho, FERREIRA 50m: 42.21 42.21 100m: 1:31.70 49.49	F	117223 00	Trofa 49.32 250m: 4:00.97 51.15 48.80 300m: 4:52.36 51.39	<b>6:36.28</b>	208	52.11 51.81
27.	Sara Lopes, BARBOSA 50m: 40.49 40.49 100m: 1:30.70 50.21	F	118181 00	Gespacos 52.35 250m: 4:06.42 51.98 51.39 300m: 4:58.02 51.60	<b>6:36.83</b>	207	51.84 46.97
28.	Daniela Domingos, SOUSA 50m: 41.79 41.79 100m: 1:32.56 50.77	F	117411 00	Valongo 52.09 250m: 4:07.37 51.93 50.79 300m: 4:59.88 52.51	<b>6:38.52</b>	204	50.90 47.74
29.	Beatriz Fernandes, PEREIRA 50m: 41.57 41.57 100m: 1:30.65 49.08	F	108281 00	Porto/Dolce Vita 51.00 250m: 4:04.86 52.25 50.96 300m: 4:56.10 51.24	<b>6:41.72</b>	199	53.35 52.27
30.	Marta Santos, PEREIRA 50m: 44.09 44.09 100m: 1:34.52 50.43	F	107371 00	Porto/Dolce Vita 51.38 250m: 4:09.53 52.19 51.44 300m: 5:01.32 51.79	<b>6:42.43</b>	198	51.34 49.77
31.	Ana Jacob, PEREIRA 50m: 43.93 43.93 100m: 1:33.79 49.86	F	112075 00	Porto/Dolce Vita 50.31 250m: 4:08.04 51.38 52.56 300m: 5:00.50 52.46	<b>6:43.31</b>	197	51.42 51.39
32.	Raquel Leao, MONTEIRO 50m: 45.08 45.08 100m: 1:34.96 49.88	F	109336 00	Gespacos 51.19 250m: 4:09.46 51.83 51.48 300m: 5:01.56 52.10	<b>6:44.23</b>	196	52.43 50.24
33.	Maria Isabel, SILVA 50m: 46.14 46.14 100m: 1:37.97 51.83	F	112074 00	Leixões Sport Clube 51.96 250m: 4:14.50 52.86 51.71 300m: 5:06.26 51.76	<b>6:44.95</b>	195	51.57 47.12
34.	Ana Beatriz, MACHADO 50m: 44.21 44.21 100m: 1:35.05 50.84	F	111444 00	Aquabrito 52.55 250m: 4:12.09 52.65 51.84 300m: 5:05.00 52.91	<b>6:48.30</b>	190	52.36 50.94
35.	Maria Carlos, ARAUJO 50m: 43.85 43.85 100m: 1:34.81 50.96	F	108338 00	Famalicão 51.03 250m: 4:09.54 52.77 50.93 300m: 5:02.13 52.59	<b>6:48.69</b>	189	52.45 54.11
36.	Carolina Isabel, MACHADO 50m: 44.04 44.04 100m: 1:35.13 51.09	F	111445 00	Aquabrito 52.24 250m: 4:13.36 53.35 52.64 300m: 5:05.47 52.11	<b>6:49.49</b>	188	53.56 50.46
37.	Beatriz Neto, COSTA 50m: 42.91 42.91 100m: 1:33.98 51.07	F	111310 00	Gespacos 53.94 250m: 4:12.25 52.51 51.82 300m: 5:05.53 53.28	<b>6:51.59</b>	185	5.24 1:40.82
38.	Sara Filipa, SANTOS 50m: 45.18 45.18 100m: 1:35.97 50.79	F	110475 00	Porto/Dolce Vita 51.38 250m: 4:12.86 53.18 52.33 300m: 5:06.25 53.39	<b>6:52.04</b>	185	53.84 51.95
39.	Rita Oliveira, ROCHA FTL 50m: 47.25 47.25 100m: 1:40.29 53.04	F	116897 00	Leixões Sport Clube 54.81 250m: 4:25.81 55.08 55.83 300m: 5:21.06 55.25	<b>7:05.73</b>	168	55.29 49.38
40.	Marta Garcia, NETO FTL 50m: 47.56 47.56 100m: 1:42.72 55.16	F	112220 00	Leixões Sport Clube 54.12 250m: 4:30.97 57.29 56.84 300m: 5:26.64 55.67	<b>7:21.61</b>	150	57.93 57.04
41.	Patricia Isabel, CARVALHO FTL 50m: 53.66 53.66 100m: 2:09.32 1:15.66	F	122280 00	Penafiel 1:20.30 250m: 6:05.19 1:20.49 1:15.08 300m: 7:21.47 1:16.28	<b>9:46.68</b>	64	1:18.08 1:07.13
DNS	Adriana Marisa, FIGUEIREDO	F	109297 00	Famalicão			