

Prova 3	Femin., 400m Estilos				Juvenis
04-03-2011 - 18:20	COPIDOURO - Centro de Cópias e Impressão Digital				Resultados
Recordes Nacionais 25m Open	4:44.56	Nadia Morais, VIEIRA	GESL	Leiria	04-12-2009
Recordes Nacionais 25m Juv	4:57.68	Susana Patricia, MIGUEL	SFUAP	Penafiel	19-03-2004
Juvenis Fem : 5:59.00					

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs	
1.	Sara Monteiro, MEIRELES	F	103921	97	Gespacos	250m: 3:18.34	43.94	350m: 4:40.10	5:15.82	564	37.40	
	50m: 35.31				150m: 1:53.54	42.07		400m: 5:15.82			35.72	
	100m: 1:11.47				200m: 2:34.40	40.86						
2.	Iolanda Ribeiro, PINHEIRO	F	20530	97	Penafiel	250m: 3:24.05	49.35	350m: 4:50.18	5:25.13	517	36.19	
	50m: 34.21				150m: 1:54.14	40.25		400m: 5:25.13			34.95	
	100m: 1:13.89				200m: 2:34.70	40.56						
3.	Luana Raquel, ALVES	F	110022	97	Ancorensis	250m: 3:32.36	50.21	350m: 5:01.23	5:36.57	466	38.40	
	50m: 35.07				150m: 2:00.05	43.95		400m: 5:36.57			35.34	
	100m: 1:16.10				200m: 2:42.15	42.10						
4.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia	250m: 3:31.24	46.09	350m: 4:59.07	5:36.64	466	40.97	
	50m: 35.38				150m: 2:01.89	44.92		400m: 5:36.64			37.57	
	100m: 1:16.97				200m: 2:45.15	43.26						
5.	Sofia Isabel, TAVARES	F	101992	97	Porto/Dolce Vita	250m: 3:32.79	46.04	350m: 4:59.87	5:37.45	462	39.68	
	50m: 35.96				150m: 2:03.51	44.63		400m: 5:37.45			37.58	
	100m: 1:18.88				200m: 2:46.75	43.24						
6.	Sandra Mafalda, SILVA	F	110595	97	CNMaia	250m: 3:34.39	47.64	350m: 5:03.92	5:42.61	442	40.66	
	50m: 36.49				150m: 2:02.90	44.90		400m: 5:42.61			38.69	
	100m: 1:18.00				200m: 2:46.75	43.85						
7.	Sonia Alexandra, LEITE	F	110461	97	Vitória Sport Clube	250m: 3:38.01	52.62	350m: 5:10.41	5:49.00	418	39.53	
	50m: 36.71				150m: 2:02.69	43.34		400m: 5:49.00			38.59	
	100m: 1:19.35				200m: 2:45.39	42.70						
8.	Daniela Ferreira, COSTA FTL	F	103627	97	Leixões Sport Clube	250m: 3:47.73	49.79	350m: 5:23.45	6:05.81	363	43.61	
	50m: 40.29				150m: 2:13.90	45.24		400m: 6:05.81			42.36	
	100m: 1:28.66				200m: 2:57.94	44.04						
9.	Miriam Natacha, ALVES FTL	F	105873	97	Escola Desportiva Limiana	250m: 4:04.74	53.17	350m: 5:44.08	6:25.31	310	43.27	
	50m: 42.46				150m: 2:22.45	49.93		400m: 6:25.31			41.23	
	100m: 1:32.52				200m: 3:11.57	49.12						
10.	Sofia Monteiro, SOUSA FTL	F	109240	97	Leixões Sport Clube	250m: 4:03.12	56.75	350m: 5:42.63	6:25.32	310	43.74	
	50m: 41.69				150m: 2:19.62	47.06		400m: 6:25.32			42.69	
	100m: 1:32.56				200m: 3:06.37	46.75						
DSQ	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	<i>O atleta, efectuou batimento alternado de pernas durante o percurso subaquático aós a viragem aos 250m no estilo de bruços.</i>						
DNS	Diana Sofia, SILVA	F	104679	97	Braga							