

Torregr 2 - Cadetes A-B
Lousada, 19-20/3/2011

Prova 1
19-03-2011 - 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.	Maria Francisca, CABRAL 50m: 38.17 38.17 100m: 1:20.48 42.31	F	118113	00	Porto/Dolce Vita 43.34 250m: 3:32.60 44.30 44.48 300m: 4:17.01 44.41	5:39.46 350m: 4:59.73 42.72 400m: 5:39.46 39.73	331	
2.	Ana Rita, FARIA 50m: 39.83 39.83 100m: 1:22.49 42.66	F	117417	00	Porto/Dolce Vita 43.21 250m: 3:33.12 43.39 44.03 300m: 4:17.17 44.05	5:43.08 350m: 5:01.40 44.23 400m: 5:43.08 41.68	321	
3.	Joana Martins, PEREIRA 50m: 37.04 37.04 100m: 1:18.91 41.87	F	111512	00	Fluvial Vilacondense 44.60 250m: 3:33.57 44.27 45.79 300m: 4:19.25 45.68	5:45.32 350m: 5:05.13 45.88 400m: 5:45.32 40.19	314	
4.	Ana Rita, CRUZ 50m: 37.58 37.58 100m: 1:20.47 42.89	F	108012	00	Gespacos 44.39 250m: 3:34.77 45.11 44.80 300m: 4:20.74 45.97	5:50.66 350m: 5:06.49 45.75 400m: 5:50.66 44.17	300	
5.	Joana Francisca, COSTA 50m: 41.40 41.40 100m: 1:26.85 45.45	F	118312	00	Felgueiras 46.31 250m: 3:44.65 45.13 46.36 300m: 4:30.91 46.26	5:56.69 350m: 5:14.64 43.73 400m: 5:56.69 42.05	285	
6.	Sofia Pinto, MEIRA 50m: 37.01 37.01 100m: 1:20.40 43.39	F	107988	00	Gespacos 46.54 250m: 3:42.11 47.94 47.23 300m: 4:29.81 47.70	5:57.01 350m: 5:14.78 44.97 400m: 5:57.01 42.23	284	
7.	Adriana Azevedo, COUTO 50m: 41.65 41.65 100m: 1:29.55 47.90	F	108336	00	Famalicao 45.15 250m: 3:45.77 44.13 46.94 300m: 4:31.90 46.13	5:58.22 350m: 5:16.33 44.43 400m: 5:58.22 41.89	282	
8.	Alexandra Jesus, SANTOS 50m: 39.01 39.01 100m: 1:23.56 44.55	F	117408	00	Leixões Sport Clube 46.43 250m: 3:39.74 44.62 45.13 300m: 4:26.77 47.03	5:58.26 350m: 5:13.10 46.33 400m: 5:58.26 45.16	281	
9.	Joana Almeida, RAINHA 50m: 39.32 39.32 100m: 1:22.23 42.91	F	112519	00	Fluvial Vilacondense 45.01 250m: 3:42.01 47.81 46.96 300m: 4:29.20 47.19	6:00.77 350m: 5:15.60 46.40 400m: 6:00.77 45.17	276	
10.	Maria Leonor, VALENTE 50m: 40.56 40.56 100m: 1:26.41 45.85	F	108288	00	Porto/Dolce Vita 47.06 250m: 3:45.97 45.86 46.64 300m: 4:31.69 45.72	6:02.17 350m: 5:17.95 46.26 400m: 6:02.17 44.22	272	
11.	Daniela Domingos, SOUSA 50m: 38.76 38.76 100m: 1:24.45 45.69	F	117411	00	Valongo 47.81 250m: 3:46.42 46.91 47.25 300m: 4:32.88 46.46	6:04.30 350m: 5:20.30 47.42 400m: 6:04.30 44.00	268	
12.	Mariana Pereira, REGO 50m: 41.21 41.21 100m: 1:27.68 46.47	F	108334	00	Famalicao 47.11 250m: 3:47.44 45.82 46.83 300m: 4:33.98 46.54	6:06.72 350m: 5:20.85 46.87 400m: 6:06.72 45.87	262	
13.	Francisca Azevedo, DOURADO 50m: 37.52 37.52 100m: 1:21.63 44.11	F	112521	00	Fluvial Vilacondense 46.96 250m: 3:44.62 47.50 48.53 300m: 4:32.74 48.12	6:08.31 350m: 5:22.39 49.65 400m: 6:08.31 45.92	259	
14.	Mariana Paula, BAPTISTA 50m: 41.77 41.77 100m: 1:27.54 45.77	F	108337	00	Famalicao 47.49 250m: 3:49.90 48.16 46.71 300m: 4:37.64 47.74	6:10.10 350m: 5:25.06 47.42 400m: 6:10.10 45.04	255	
15.	Ana Sofia, RAMOS 50m: 40.07 40.07 100m: 1:25.60 45.53	F	108171	00	Porto/Dolce Vita 46.97 250m: 3:45.87 46.98 46.32 300m: 4:34.80 48.93	6:10.82 350m: 5:23.87 49.07 400m: 6:10.82 46.95	254	
16.	Marta Santos, PEREIRA 50m: 42.25 42.25 100m: 1:28.43 46.18	F	107371	00	Porto/Dolce Vita 47.85 250m: 3:51.09 47.79 47.02 300m: 4:38.25 47.16	6:11.21 350m: 5:25.61 47.36 400m: 6:11.21 45.60	253	
17.	Maria Rocha, ASCENSAO 50m: 40.72 40.72 100m: 1:28.91 48.19	F	112141	00	Porto/Dolce Vita 47.82 250m: 3:50.43 46.36 47.34 300m: 4:38.42 47.99	6:11.40 350m: 5:25.98 47.56 400m: 6:11.40 45.42	253	
18.	Ines Silva, OLIVEIRA 50m: 40.30 40.30 100m: 1:26.82 46.52	F	116890	00	Leixões Sport Clube 48.10 250m: 3:52.09 48.52 48.65 300m: 4:39.47 47.38	6:12.66 350m: 5:28.18 48.71 400m: 6:12.66 44.48	250	
19.	Alexandra Santos, RODRIGUES 50m: 42.75 42.75 100m: 1:28.81 46.06	F	111513	00	Fluvial Vilacondense 46.99 250m: 3:52.01 48.63 47.58 300m: 4:40.74 48.73	6:15.77 350m: 5:27.80 47.06 400m: 6:15.77 47.97	244	
20.	Natalia Matos, CUNHA 50m: 43.92 43.92 100m: 1:31.39 47.47	F	120259	00	Assoc. Desportiva de Fafe 48.97 250m: 3:55.37 45.94 49.07 300m: 4:44.06 48.69	6:17.10 350m: 5:31.97 47.91 400m: 6:17.10 45.13	241	
21.	Beatriz Fernandes, PEREIRA 50m: 40.75 40.75 100m: 1:27.95 47.20	F	108281	00	Porto/Dolce Vita 47.76 250m: 3:53.33 49.58 48.04 300m: 4:41.94 48.61	6:17.60 350m: 5:31.18 49.24 400m: 6:17.60 46.42	240	
22.	Adriana Marisa, FIGUEIREDO 50m: 41.95 41.95 100m: 1:28.48 46.53	F	109297	00	Famalicao 47.81 250m: 3:53.33 48.20 48.84 300m: 4:42.46 49.13	6:17.94 350m: 5:30.49 48.03 400m: 6:17.94 47.45	240	
23.	Beatriz Goncalves, FERREIRA 50m: 40.92 40.92 100m: 1:26.93 46.01	F	108013	00	Gespacos 48.53 250m: 3:51.89 48.30 48.13 300m: 4:41.53 49.64	6:17.99 350m: 5:31.39 49.86 400m: 6:17.99 46.60	240	
24.	Catarina Pacheco, CUNHA 50m: 39.31 39.31 100m: 1:27.24 47.93	F	111502	00	Felgueiras 49.13 250m: 3:55.88 49.70 49.81 300m: 4:44.44 48.56	6:18.19 350m: 5:32.26 47.82 400m: 6:18.19 45.93	239	
25.	Iris Cunha, SANTOS 50m: 42.08 42.08 100m: 1:29.03 46.95	F	117418	00	Porto/Dolce Vita 48.13 250m: 3:54.89 48.98 48.75 300m: 4:44.21 49.32	6:19.23 350m: 5:31.66 47.45 400m: 6:19.23 47.57	237	
26.	Rafaela Campos, OLIVEIRA 50m: 40.26 40.26 100m: 1:27.71 47.45	F	111322	00	Fluvial Vilacondense 48.88 250m: 3:54.67 49.43 48.65 300m: 4:43.78 49.11	6:20.16 350m: 5:33.36 49.58 400m: 6:20.16 46.80	235	

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

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
27.	Beatriz Neto, COSTA 50m: 41.10 41.10 100m: 1:27.97 46.87	F	111310 00	Gespacos 49.99 250m: 3:56.96 49.44 49.56 300m: 4:47.29 50.33	6:20.65	235	49.28 44.08
28.	Eduarda Carvalho, FERREIRA 50m: 41.85 41.85 100m: 1:28.52 46.67	F	117223 00	Trofa 48.45 250m: 3:55.20 49.40 48.83 300m: 4:44.27 49.07	6:21.15	234	49.13 47.75
29.	Rafaela Araujo, SILVA 50m: 42.29 42.29 100m: 1:30.08 47.79	F	119630 00	Famalicao 47.63 250m: 3:54.80 47.98 49.11 300m: 4:44.40 49.60	6:21.33	233	49.86 47.07
30.	Maria Carlos, ARAUJO 50m: 42.39 42.39 100m: 1:29.93 47.54	F	108338 00	Famalicao 49.23 250m: 3:57.90 49.54 49.20 300m: 4:47.66 49.76	6:21.78	232	50.81 43.31
31.	Joana Augusta, PEREIRA 50m: 41.59 41.59 100m: 1:28.41 46.82	F	122029 00	Aquabrito 49.48 250m: 3:57.20 50.68 48.63 300m: 4:47.21 50.01	6:23.81	229	51.19 45.41
32.	Ana Beatriz, MACHADO 50m: 41.91 41.91 100m: 1:29.70 47.79	F	111444 00	Aquabrito 48.65 250m: 3:56.51 49.57 48.59 300m: 4:46.36 49.85	6:23.91	229	50.83 46.72
33.	Maria Isabel, SILVA 50m: 41.93 41.93 100m: 1:30.20 48.27	F	112074 00	Leixões Sport Clube 50.11 250m: 4:01.07 50.15 50.61 300m: 4:49.77 48.70	6:24.95	227	48.72 46.46
34.	Sara Lopes, BARBOSA 50m: 42.26 42.26 100m: 1:29.29 47.03	F	118181 00	Gespacos 49.09 250m: 3:58.81 50.45 49.98 300m: 4:49.76 50.95	6:26.54	224	50.03 46.75
35.	Alexandra Daniela, CASTRO 50m: 42.60 42.60 100m: 1:29.01 46.41	F	108282 00	Fluvial Portuense 49.36 250m: 3:59.66 50.51 50.78 300m: 4:50.24 50.58	6:29.62	219	50.77 48.61
36.	Helena Neto, COSTA 50m: 41.21 41.21 100m: 1:28.62 47.41	F	111309 00	Gespacos 49.12 250m: 3:59.08 51.45 49.89 300m: 4:50.42 51.34	6:29.66	219	51.02 48.22
37.	Carolina Isabel, MACHADO 50m: 43.43 43.43 100m: 1:30.69 47.26	F	111445 00	Aquabrito 50.13 250m: 4:00.78 50.50 49.46 300m: 4:52.08 51.30	6:31.26	216	49.75 49.43
38.	Sara Filipa, SANTOS 50m: 44.83 44.83 100m: 1:31.17 46.34	F	110475 00	Porto/Dolce Vita 50.56 250m: 4:02.92 50.67 50.52 300m: 4:54.30 51.38	6:34.34	211	51.94 48.10
39.	Raquel Leao, MONTEIRO 50m: 42.84 42.84 100m: 1:32.01 49.17	F	109336 00	Gespacos 49.70 250m: 4:03.40 51.15 50.54 300m: 4:54.35 50.95	6:34.89	210	50.97 49.57
40.	Barbara Ribeiro, PAIVA 50m: 43.75 43.75 100m: 1:32.53 48.78	F	108172 00	Fluvial Portuense 49.66 250m: 4:05.63 51.21 52.23 300m: 4:55.34 49.71	6:36.17	208	52.37 48.46
41.	Alexandra Santos, FERREIRA 50m: 43.58 43.58 100m: 1:32.18 48.60	F	110546 00	Fluvial Portuense 51.07 250m: 4:07.20 52.50 51.45 300m: 4:59.73 52.53	6:38.42	204	50.96 47.73
42.	Maria Joana, ALMEIDA 50m: 45.04 45.04 100m: 1:34.57 49.53	F	109657 00	Fluvial Portuense 50.36 250m: 4:08.31 51.70 51.68 300m: 5:00.80 52.49	6:40.41	201	50.87 48.74
43.	Rita Oliveira, ROCHA 50m: 44.58 44.58 100m: 1:36.12 51.54	F	116897 00	Leixões Sport Clube 52.50 250m: 4:12.39 52.18 51.59 300m: 5:04.85 52.46	6:45.79	194	52.78 48.16
44.	Marta Garcia, NETO 50m: 46.55 46.55 100m: 1:39.24 52.69	F	112220 00	Leixões Sport Clube 53.28 250m: 4:18.13 52.52 53.09 300m: 5:09.87 51.74	6:51.09	186	52.86 48.36
45.	Eduarda Filipa, BARBOSA FTL 50m: 50.48 50.48 100m: 1:48.25 57.77	F	121546 00	Gespacos 1:00.56 250m: 4:45.95 58.32 58.82 300m: 5:45.38 59.43	7:43.83	129	59.32 59.13
DSQ	Claudia Guterres, NOGUEIRA 102 - Falsa partida - SW 4.4	F	121355 00	CNMaia			
DNS	Ana Jacob, PEREIRA	F	112075 00	Porto/Dolce Vita			