

Prova 19 16-07-2011 - 10:25	Femin., 400m Livres COPIDOURO - Cópia e Artigos de Reprodução, Lda				Absolutos Resultados
RN Absoluto	4:19.89	Ana Feio, ALEGRIA	FPN	Barcelona (ESP)	30-05-1996
RN Juv	4:28.67	tempo limite,			
RN Jun	4:20.37	Marta Andreia, FERREIRA	FPN	Berlim (GER)	04-08-2002
RN Sen	4:19.89	Ana Feio, ALEGRIA	FPN	Barcelona (ESP)	30-05-1996
Feminino Absoluto 15 +: 5:05.00 / Feminino Juvenil Juv: 5:20.00					

Lugar	Ano	Tempo final	100m	200m	300m	400m	
<b>15 anos e mais velhos</b>							
1. Andreia Catarina, GOMES	94	Vitória Sport Clube	<b>4:28.09</b>	1:05.11	1:08.78	1:06.94	1:07.26
50m:		150m:	250m:	350m:			
100m: 1:05.11		200m: 2:13.89	300m: 3:20.83	400m: 4:28.09			
2. Angelica Maria, ANDRE	94	Leixões Sport Clube	<b>4:34.68</b>	1:05.33	1:10.72	1:10.22	1:08.41
50m:		150m:	250m:	350m:			
100m: 1:05.33		200m: 2:16.05	300m: 3:26.27	400m: 4:34.68			
3. Soraia Vanessa, RIBEIRO	92	Gespacos	<b>4:35.43</b>	1:05.98	1:09.88	1:10.55	1:09.02
50m:		150m:	250m:	350m:			
100m: 1:05.98		200m: 2:15.86	300m: 3:26.41	400m: 4:35.43			
4. Maria Luis, AMORIM	95	Porto/Dolce Vita	<b>4:35.70</b>	1:05.13	1:10.03	1:11.15	1:09.39
50m:		150m:	250m:	350m:			
100m: 1:05.13		200m: 2:15.16	300m: 3:26.31	400m: 4:35.70			
5. C., MORENO	91	Porto/Dolce Vita	<b>4:39.68</b>	1:05.62	1:12.32	1:11.90	1:09.84
50m:		150m:	250m:	350m:			
100m: 1:05.62		200m: 2:17.94	300m: 3:29.84	400m: 4:39.68			
6. Ana Catarina, MONTEIRO	93	Vilacondense	<b>4:39.75</b>	1:05.77	1:11.92	1:11.93	1:10.13
50m:		150m:	250m:	350m:			
100m: 1:05.77		200m: 2:17.69	300m: 3:29.62	400m: 4:39.75			
7. Alexandra Paiva, OLIVEIRA	91	Porto/Dolce Vita	<b>4:40.02</b>	1:05.86	1:09.63	1:11.14	1:13.39
50m:		150m:	250m:	350m:			
100m: 1:05.86		200m: 2:15.49	300m: 3:26.63	400m: 4:40.02			
8. Marta Pereira, ABREU	92	Porto/Dolce Vita	<b>4:41.11</b>	1:05.35	1:12.07	1:12.73	1:10.96
50m:		150m:	250m:	350m:			
100m: 1:05.35		200m: 2:17.42	300m: 3:30.15	400m: 4:41.11			
9. C., OLIVEIRA	95	Vilacondense	<b>4:42.81</b>	1:07.58	1:11.72	1:12.75	1:10.76
50m:		150m:	250m:	350m:			
100m: 1:07.58		200m: 2:19.30	300m: 3:32.05	400m: 4:42.81			
10. Sofia Cunha, SOUSA	96	Foca	<b>4:50.71</b>	1:08.54	1:13.68	1:15.02	1:13.47
50m:		150m:	250m:	350m:			
100m: 1:08.54		200m: 2:22.22	300m: 3:37.24	400m: 4:50.71			
11. Diana Patricia, FERREIRA	94	Gespacos	<b>4:50.74</b>	1:08.58	1:14.14	1:14.81	1:13.21
50m:		150m:	250m:	350m:			
100m: 1:08.58		200m: 2:22.72	300m: 3:37.53	400m: 4:50.74			
12. Ana Isabel, CUNHA	96	Foca	<b>4:52.43</b>	1:09.59	1:14.37	1:14.89	1:13.58
50m:		150m:	250m:	350m:			
100m: 1:09.59		200m: 2:23.96	300m: 3:38.85	400m: 4:52.43			
13. H., CARVALHO	95	Famalicao	<b>4:53.52</b>	1:09.92	1:15.29	1:14.90	1:13.41
50m:		150m:	250m:	350m:			
100m: 1:09.92		200m: 2:25.21	300m: 3:40.11	400m: 4:53.52			
14. Filipa Maria, ROMPANTE	95	Famalicao	<b>4:54.52</b>	1:09.68	1:15.22	1:15.23	1:14.39
50m:		150m:	250m:	350m:			
100m: 1:09.68		200m: 2:24.90	300m: 3:40.13	400m: 4:54.52			

O Secretário do Juri

O Juiz Árbitro

Prova 19, Femin., 400m Livres, 15 anos e mais velhos

Lugar	Ano	Tempo final	100m	200m	300m	400m
15. Ana Catarina, AZEVEDO	96 Famalicao	<b>4:57.74</b>	1:10.46	1:15.55	1:16.95	1:14.78
50m:	150m:	250m:		350m:		
100m: 1:10.46	200m: 2:26.01	300m: 3:42.96		400m: 4:57.74		
16. C., MARQUES	94 Famalicao	<b>4:58.66</b>	1:09.96	1:17.23	1:16.83	1:14.64
50m:	150m:	250m:		350m:		
100m: 1:09.96	200m: 2:27.19	300m: 3:44.02		400m: 4:58.66		
17. Teresa Torres, TEIXEIRA	96 Porto/Dolce Vita	<b>5:01.67</b>	1:09.62	1:16.41	1:17.51	1:18.13
50m:	150m:	250m:		350m:		
100m: 1:09.62	200m: 2:26.03	300m: 3:43.54		400m: 5:01.67		
18. Ana Margarida, COSTA	95 Leixões Sport Clube	<b>5:04.36</b>	1:13.15	1:17.51	1:17.83	1:15.87
50m:	150m:	250m:		350m:		
100m: 1:13.15	200m: 2:30.66	300m: 3:48.49		400m: 5:04.36		
19. V., MAGALHAES	96 Leixões Sport Clube	<b>5:04.52</b>	1:11.47	1:17.22	1:18.18	1:17.65
50m:	150m:	250m:		350m:		
100m: 1:11.47	200m: 2:28.69	300m: 3:46.87		400m: 5:04.52		
20. Luciana Tomi, KOBAYASHI	95 Vilacondense	<b>5:04.89</b>	1:11.15	1:18.17	1:18.53	1:17.04
50m:	150m:	250m:		350m:		
100m: 1:11.15	200m: 2:29.32	300m: 3:47.85		400m: 5:04.89		
21. Claudia Cristina, LEAO	96 Gespacos	<b>5:05.27</b>	1:12.10	1:18.05	1:18.98	1:16.14
<i>FTL</i>	150m:	250m:		350m:		
50m:	200m: 2:30.15	300m: 3:49.13		400m: 5:05.27		
22. Andreia Sofia, TORRES	95 Gespacos	<b>5:05.57</b>	1:11.66	1:20.21	1:17.92	1:15.78
<i>FTL</i>	150m:	250m:		350m:		
50m:	200m: 2:31.87	300m: 3:49.79		400m: 5:05.57		
23. Rute Sofia, TEIXEIRA	90 Ginásio Santo Tirso	<b>5:06.85</b>	1:11.02	1:17.24	1:18.86	1:19.73
<i>FTL</i>	150m:	250m:		350m:		
50m:	200m: 2:28.26	300m: 3:47.12		400m: 5:06.85		
24. Ana Cristina, NEVES	96 Leixões Sport Clube	<b>5:09.36</b>	1:14.64	1:18.79	1:19.06	1:16.87
<i>FTL</i>	150m:	250m:		350m:		
50m:	200m: 2:33.43	300m: 3:52.49		400m: 5:09.36		
25. B., VALENTE	96 Leixões Sport Clube	<b>5:10.56</b>	1:13.42	1:18.83	1:19.46	1:18.85
<i>FTL</i>	150m:	250m:		350m:		
50m:	200m: 2:32.25	300m: 3:51.71		400m: 5:10.56		
26. P., FERNANDES	94 Gespacos	<b>5:12.37</b>	1:14.14	1:21.23	1:19.06	1:17.94
<i>FTL</i>	150m:	250m:		350m:		
50m:	200m: 2:35.37	300m: 3:54.43		400m: 5:12.37		
27. Ines Maria, PINTAO	96 Leixões Sport Clube	<b>5:18.28</b>	1:14.92	1:20.48	1:21.15	1:21.73
<i>FTL</i>	150m:	250m:		350m:		
50m:	200m: 2:35.40	300m: 3:56.55		400m: 5:18.28		

Prova 19, Femin., 400m Livres

Juvenis

1.	Ana Filipa, MARTINS	97	Foca	<b>4:39.15</b>	1:06.31	1:10.38	1:11.73	1:10.73
	50m:		150m:	250m:		350m:		
	100m:	1:06.31	200m:	300m:	3:28.42	400m:	4:39.15	
2.	Maria Joao, FERNANDES	97	Porto/Dolce Vita	<b>4:52.55</b>	1:09.77	1:14.71	1:15.17	1:12.90
	50m:		150m:	250m:		350m:		
	100m:	1:09.77	200m:	300m:	3:39.65	400m:	4:52.55	
3.	Adriana Daniela, CASTRO	97	Fluvial Portuense	<b>4:53.65</b>	1:10.21	1:16.27	1:15.42	1:11.75
	50m:		150m:	250m:		350m:		
	100m:	1:10.21	200m:	300m:	3:41.90	400m:	4:53.65	
4.	Ana Catarina, PEREIRA	97	Porto/Dolce Vita	<b>4:54.57</b>	1:09.90	1:16.54	1:15.70	1:12.43
	50m:		150m:	250m:		350m:		
	100m:	1:09.90	200m:	300m:	3:42.14	400m:	4:54.57	
5.	M., MAGALHAES	97	Porto/Dolce Vita	<b>4:55.54</b>	1:10.92	1:16.56	1:15.57	1:12.49
	50m:		150m:	250m:		350m:		
	100m:	1:10.92	200m:	300m:	3:43.05	400m:	4:55.54	
6.	Rute Santos, FERREIRA	97	Porto/Dolce Vita	<b>4:59.74</b>	1:10.31	1:17.32	1:16.57	1:15.54
	50m:		150m:	250m:		350m:		
	100m:	1:10.31	200m:	300m:	3:44.20	400m:	4:59.74	
7.	Adriana Filipa, MATOS	97	Famalicao	<b>5:05.57</b>	1:12.72	1:17.48	1:18.54	1:16.83
	50m:		150m:	250m:		350m:		
	100m:	1:12.72	200m:	300m:	3:48.74	400m:	5:05.57	
8.	Mariana Lourenco, PRETO	97	Leixões Sport Clube	<b>5:11.62</b>	1:14.24	1:20.06	1:19.72	1:17.60
	50m:		150m:	250m:		350m:		
	100m:	1:14.24	200m:	300m:	3:54.02	400m:	5:11.62	
9.	Ana Sofia, RAMOS	97	Assoc. Desportiva de Fafe	<b>5:11.90</b>	1:13.39	1:18.97	1:20.24	1:19.30
	50m:		150m:	250m:		350m:		
	100m:	1:13.39	200m:	300m:	3:52.60	400m:	5:11.90	
10.	Daniela Ferreira, COSTA	97	Leixões Sport Clube	<b>5:30.56</b>	1:18.35	1:24.41	1:24.16	1:23.64
	<i>FTL</i>							
	50m:		150m:	250m:		350m:		
	100m:	1:18.35	200m:	300m:	4:06.92	400m:	5:30.56	
11.	Ana Patricia, HENRIQUES	97	Leixões Sport Clube	<b>5:39.24</b>	1:19.83	1:26.64	1:27.66	1:25.11
	<i>FTL</i>							
	50m:		150m:	250m:		350m:		
	100m:	1:19.83	200m:	300m:	4:14.13	400m:	5:39.24	