

Prova 2	Femin., 400m Estilos					Absolutos
15-07-2011 - 17:25	COPIDOURO - Cópia e Artigos de Reprodução, Lda					Resultados
RN Absoluto	4:50.58	Nadia Morais, VIEIRA	GESL	Coimbra		10-04-2010
RN Juv	5:01.04	Susana Patricia, MIGUEL	SFUAP	Lisboa		08-07-2004
RN Jun	4:58.87	Susana Patricia, MIGUEL	FPN	Palma Maiorca (ESP)		06-07-2006
RN Sen	4:50.58	Nadia Morais, VIEIRA	GESL	Coimbra		10-04-2010

Feminino Absoluto 15 +: 5:40.00 / Feminino Juvenil Juv: 6:05.00

Lugar	Ano	Tempo final	100m	200m	300m	400m
15 anos e mais velhos						
1. Angelica Maria, ANDRE	94	5:00.68	1:06.63	1:22.47	1:24.68	1:06.90
50m:		150m:		350m:		
100m: 1:06.63		200m: 2:29.10		400m: 5:00.68		
2. Ana Catarina, MONTEIRO	93	5:07.64	1:06.22	1:19.83	1:32.41	1:09.18
50m:		150m:		350m:		
100m: 1:06.22		200m: 2:26.05		400m: 5:07.64		
3. J., RODRIGUES	93	5:14.16	1:09.64	1:23.64	1:32.06	1:08.82
50m:		150m:		350m:		
100m: 1:09.64		200m: 2:33.28		400m: 5:14.16		
4. Diana Patricia, FERREIRA	94	5:16.53	1:11.32	1:22.59	1:30.33	1:12.29
50m:		150m:		350m:		
100m: 1:11.32		200m: 2:33.91		400m: 5:16.53		
5. Andreia Catarina, GOMES	94	5:17.01	1:09.23	1:22.68	1:38.48	1:06.62
50m:		150m:		350m:		
100m: 1:09.23		200m: 2:31.91		400m: 5:17.01		
6. Ana Goncalves, NETO	95	5:18.79	1:12.15	1:22.22	1:33.77	1:10.65
50m:		150m:		350m:		
100m: 1:12.15		200m: 2:34.37		400m: 5:18.79		
7. Joana Filipa, SANTOS	93	5:23.01	1:12.25	1:23.20	1:35.75	1:11.81
50m:		150m:		350m:		
100m: 1:12.25		200m: 2:35.45		400m: 5:23.01		
8. Sara Beatriz, LOUREIRO	87	5:23.08	1:11.23	1:21.66	1:34.91	1:15.28
50m:		150m:		350m:		
100m: 1:11.23		200m: 2:32.89		400m: 5:23.08		
9. Sofia Cunha, SOUSA	96	5:25.29	1:16.09	1:22.19	1:34.03	1:12.98
50m:		150m:		350m:		
100m: 1:16.09		200m: 2:38.28		400m: 5:25.29		
10. Ana Isabel, CUNHA	96	5:28.01	1:14.52	1:23.54	1:37.12	1:12.83
50m:		150m:		350m:		
100m: 1:14.52		200m: 2:38.06		400m: 5:28.01		
11. C., OLIVEIRA	95	5:29.71	1:12.68	1:24.78	1:41.67	1:10.58
50m:		150m:		350m:		
100m: 1:12.68		200m: 2:37.46		400m: 5:29.71		
12. Ana Rita, CUNHA	94	5:31.07	1:12.80	1:24.26	1:37.36	1:16.65
50m:		150m:		350m:		
100m: 1:12.80		200m: 2:37.06		400m: 5:31.07		
13. Ana Filipa, TEIXEIRA	95	5:32.35	1:11.73	1:27.03	1:36.26	1:17.33
50m:		150m:		350m:		
100m: 1:11.73		200m: 2:38.76		400m: 5:32.35		
14. Barbara Daniela, SOUSA	92	5:33.08	1:11.74	1:25.93	1:39.56	1:15.85
50m:		150m:		350m:		
100m: 1:11.74		200m: 2:37.67		400m: 5:33.08		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Version 11.1.16410

Registered to Associacao de Natacao do Norte de Portugal

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Prova 2, Femin., 400m Estilos, 15 anos e mais velhos

Lugar	Ano	Tempo final	100m	200m	300m	400m
15. Claudia Susana, TEIXEIRA	96 Gespacos	5:35.93	1:15.92	1:25.60	1:37.48	1:16.93
	50m:	150m:	250m:	350m:		
	100m: 1:15.92	200m: 2:41.52	300m: 4:19.00	400m: 5:35.93		
16. P., FERNANDES	94 Gespacos	5:40.74	1:18.43	1:28.63	1:35.01	1:18.67
<i>FTL</i>						
	50m:	150m:	250m:	350m:		
	100m: 1:18.43	200m: 2:47.06	300m: 4:22.07	400m: 5:40.74		
17. Daniela Cristina, RIBEIRO	94 Famalicao	5:46.41	1:19.72	1:29.32	1:38.03	1:19.34
<i>FTL</i>						
	50m:	150m:	250m:	350m:		
	100m: 1:19.72	200m: 2:49.04	300m: 4:27.07	400m: 5:46.41		
18. Rita Alexandre, OLIVEIRA	96 Individual Norte de Portugal	6:03.16	1:24.48	1:33.19	1:42.12	1:23.37
<i>FTL</i>						
	50m:	150m:	250m:	350m:		
	100m: 1:24.48	200m: 2:57.67	300m: 4:39.79	400m: 6:03.16		

Juvenis

1. Maria Teresa, AMORIM	97 Porto/Dolce Vita	5:19.56	1:11.22	1:24.08	1:32.46	1:11.80
	50m:	150m:	250m:	350m:		
	100m: 1:11.22	200m: 2:35.30	300m: 4:07.76	400m: 5:19.56		
2. Adriana Daniela, CASTRO	97 Fluvial Portuense	5:34.92	1:16.32	1:26.55	1:38.73	1:13.32
	50m:	150m:	250m:	350m:		
	100m: 1:16.32	200m: 2:42.87	300m: 4:21.60	400m: 5:34.92		
3. Maria Beatriz, RIBEIRO	97 CNMaia	5:46.42	1:19.95	1:30.64	1:34.89	1:20.94
	50m:	150m:	250m:	350m:		
	100m: 1:19.95	200m: 2:50.59	300m: 4:25.48	400m: 5:46.42		
4. Ana Sofia, RAMOS	97 Assoc. Desportiva de Fafe	5:51.58	1:18.61	1:31.42	1:43.58	1:17.97
	50m:	150m:	250m:	350m:		
	100m: 1:18.61	200m: 2:50.03	300m: 4:33.61	400m: 5:51.58		
5. Sonia Alexandra, LEITE	97 Vitória Sport Clube	5:52.08	1:17.37	1:27.52	1:48.21	1:18.98
	50m:	150m:	250m:	350m:		
	100m: 1:17.37	200m: 2:44.89	300m: 4:33.10	400m: 5:52.08		
6. Sofia Isabel, TAVARES	97 Porto/Dolce Vita	5:58.53	1:22.18	1:37.05	1:38.24	1:21.06
	50m:	150m:	250m:	350m:		
	100m: 1:22.18	200m: 2:59.23	300m: 4:37.47	400m: 5:58.53		