

Torneio Zonal de Infantis - Norte
Vila Mea, 16, 17 e 18-3-2012

Prova 1 Femin., 400m Estilos Infantis
16-03-2012 - 16:00 Resultados

Recordes Nacionais 25m Absoluto	4:44.56	Nadia Morais, VIEIRA	GESL	Leiria	04-12-2009
Recordes Nacionais 25m Inf B	5:15.68	Susana Patricia, MIGUEL	SFUAP	Rio Maior	06-07-2002
Recordes Nacionais 25m Inf A	5:05.82	Diana Ramos, ROCHA	EDV	Ponte da Barca	06-07-2007

TAC Zonais 2011 Inf A Fem Inf A: 6:03.50 / TAC Zonais 2011 Inf B Fem Inf B: 6:23.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Infantis B								
1.	Ana Miguel, REIS	F	108089	00	SCC/Oryzon Energias	5:25.15	517	
	50m: 35.15		150m: 2:00.12		42.41	250m: 3:26.45		35.15
	100m: 1:17.71		200m: 2:40.59		40.47	300m: 4:12.34		42.56
2.	Maria Ines, FERREIRA	F	116953	00	Miranda do Corvo	5:49.71	415	
	50m: 38.36		150m: 2:07.73		45.73	250m: 3:41.70		38.36
	100m: 1:22.00		200m: 2:54.89		47.16	300m: 4:28.65		43.64
3.	Ana Rita, FARIA	F	117417	00	FCPorto	5:51.56	409	
	50m: 40.91		150m: 2:13.08		46.68	250m: 3:46.28		40.91
	100m: 1:26.40		200m: 2:56.48		43.40	300m: 4:35.86		45.49
4.	Rafaela Araujo, SILVA	F	119630	00	Famalicao	5:58.38	386	
	50m: 38.93		150m: 2:11.53		48.64	250m: 3:46.80		38.93
	100m: 1:22.89		200m: 2:58.44		46.91	300m: 4:36.14		43.96
5.	Carlota Santos, SILVA	F	117491	00	Nautico/Matobra	6:00.81	378	
	50m: 40.58		150m: 2:18.32		45.05	250m: 3:49.90		40.58
	100m: 1:33.27		200m: 3:02.38		44.06	300m: 4:38.61		52.69
6.	Ines Silva, OLIVEIRA	F	116890	00	Leixões Sport Clube	6:03.67	369	
	50m: 40.45		150m: 2:14.59		45.81	250m: 3:54.57		40.45
	100m: 1:28.78		200m: 2:59.81		45.22	300m: 4:49.03		48.33
7.	Daniela Domingues, SOUSA	F	117411	00	Valongo	6:04.78	366	
	50m: 36.89		150m: 2:06.46		45.97	250m: 3:46.39		36.89
	100m: 1:20.49		200m: 2:52.72		46.26	300m: 4:43.44		43.60
8.	Filomena Costa, BARREIROS	F	119238	00	Viana Natacao	6:05.84	363	
	50m: 40.97		150m: 2:14.75		45.84	250m: 3:53.02		40.97
	100m: 1:28.91		200m: 3:03.23		48.48	300m: 4:46.73		47.94

Infantis A

1.	Rita Costa, AMADOR	F	105665	99	Galitos	5:25.00	518	
	50m: 33.87		150m: 1:55.10		42.17	250m: 3:24.30		33.87
	100m: 1:12.93		200m: 2:36.08		40.98	300m: 4:13.86		39.06
2.	Ana Carolina, CARRACO	F	121177	99	Freguesia de Paiao	5:26.06	513	
	50m: 34.22		150m: 1:56.13		42.06	250m: 3:25.48		34.22
	100m: 1:14.07		200m: 2:36.90		40.77	300m: 4:14.88		39.85
3.	Mariana Alexandre, OLIVEIRA	F	107368	99	FCPorto	5:30.41	493	
	50m: 35.70		150m: 1:59.94		42.91	250m: 3:29.30		35.70
	100m: 1:17.03		200m: 2:41.38		41.44	300m: 4:17.75		41.33
4.	Maria Eduarda, VEIGA	F	109030	99	Nautico/Matobra	5:31.87	486	
	50m: 36.24		150m: 2:01.19		43.37	250m: 3:29.93		36.24
	100m: 1:17.82		200m: 2:43.60		42.41	300m: 4:16.92		41.58
5.	Maria Leonor, MARTINS	F	107962	99	Gespacos	5:36.28	467	
	50m: 34.39		150m: 1:56.65		43.30	250m: 3:29.99		34.39
	100m: 1:13.35		200m: 2:40.06		43.41	300m: 4:19.85		38.96
6.	Ana Beatriz La, FERIA	F	116885	99	FCPorto	5:39.35	455	
	50m: 36.02		150m: 2:00.14		43.69	250m: 3:32.07		36.02
	100m: 1:16.45		200m: 2:43.12		42.98	300m: 4:21.96		40.43
7.	Ana Teresa, NASCIMENTO	F	111876	99	Leixões Sport Clube	5:39.74	453	
	50m: 39.18		150m: 2:07.64		43.37	250m: 3:37.43		39.18
	100m: 1:24.27		200m: 2:50.50		42.86	300m: 4:24.94		45.09
8.	Ines Pereira, OLIVEIRA	F	108311	99	Famalicao	5:42.55	442	
	50m: 37.51		150m: 2:04.05		43.34	250m: 3:36.88		37.51
	100m: 1:20.71		200m: 2:48.40		44.35	300m: 4:26.88		43.20
9.	Ines Maria, NEVES	F	104492	99	FCPorto	5:43.65	438	
	50m: 38.67		150m: 2:09.06		44.49	250m: 3:38.81		38.67
	100m: 1:24.57		200m: 2:53.85		44.79	300m: 4:26.43		45.90
10.	Rosana Marinho, MACEDO	F	111500	99	Felgueiras	5:44.19	436	
	50m: 36.04		150m: 2:01.72		42.52	250m: 3:32.86		36.04
	100m: 1:19.20		200m: 2:43.64		41.92	300m: 4:23.77		43.16
11.	Catarina Costa, BALSEIRO	F	112375	99	Sporting Clube de Aveiro	5:46.88	426	
	50m: 36.29		150m: 2:04.35		43.91	250m: 3:38.70		36.29
	100m: 1:20.44		200m: 2:46.88		42.53	300m: 4:29.82		44.15

Prova 1, Femin., 400m Estilos, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
12.	Ana Caetano, OLIVEIRA	F	118366	99	Leixões Sport Clube	5:47.36	424	
	50m: 39.63 39.63		150m: 2:08.11		44.02 250m: 3:41.66	51.29	350m: 5:10.64	38.05
	100m: 1:24.09 44.46		200m: 2:50.37		42.26 300m: 4:32.59	50.93	400m: 5:47.36	36.72
13.	Leonor Paiva, RUIZ	F	112518	99	Clube Fluvial Vilacondense	5:48.66	419	
	50m: 37.43 36.00		150m: 2:05.56		44.94 250m: 3:39.47	49.21	350m: 5:10.13	40.08
	100m: 1:20.62 44.62		200m: 2:50.26		44.70 300m: 4:30.05	50.58	400m: 5:48.66	38.53
14.	Marta Ferreira, ROCHA	F	110558	99	Leixões Sport Clube	5:49.66	416	
	50m: 37.43 37.43		150m: 2:06.15		43.32 250m: 3:39.42	48.98	350m: 5:11.43	39.89
	100m: 1:22.83 45.40		200m: 2:50.44		44.29 300m: 4:31.54	52.12	400m: 5:49.66	38.23
15.	Ana Vanessa, DUARTE	F	111141	99	SCC/Oryzon Energias	5:50.79	412	
	50m: 37.45 37.45		150m: 2:06.23		45.43 250m: 3:41.27	51.17	350m: 5:12.11	39.57
	100m: 1:20.80 43.35		200m: 2:50.10		43.87 300m: 4:32.54	51.27	400m: 5:50.79	38.68
16.	Ana Madalena, SANTOS	F	110671	99	Nautico/Matobra	5:53.79	401	
	50m: 40.64 40.64		150m: 2:14.63		44.54 250m: 3:46.24	47.78	350m: 5:15.15	40.68
	100m: 1:30.09 49.45		200m: 2:58.46		43.83 300m: 4:34.47	48.23	400m: 5:53.79	38.64
17.	Rita Dias, GARRIDO	F	110054	99	Nautico/Matobra	5:54.71	398	
	50m: 36.91 36.91		150m: 2:07.70		45.56 250m: 3:42.99	50.56	350m: 5:16.18	40.38
	100m: 1:22.14 45.23		200m: 2:52.43		44.73 300m: 4:35.80	52.81	400m: 5:54.71	38.53
18.	Tatiana Isabel, CARDOSO	F	108175	99	FCPorto	5:57.29	389	
	50m: 39.93 39.93		150m: 2:10.53		43.79 250m: 3:47.65	54.07	350m: 5:19.12	38.95
	100m: 1:26.74 46.81		200m: 2:53.58		43.05 300m: 4:40.17	52.52	400m: 5:57.29	38.17
19.	Sandra Patricia, OLIVEIRA	F	112030	99	Ginásio Clube Figueirense	5:59.14	383	
	50m: 38.70 38.70		150m: 2:09.42		43.58 250m: 3:45.45	52.09	350m: 5:17.88	40.91
	100m: 1:25.84 47.14		200m: 2:53.36		43.94 300m: 4:36.97	51.52	400m: 5:59.14	41.26
20.	Madalena Nunes, PALMEIRA	F	109703	99	Nautico/Matobra	5:59.54	382	
	50m: 38.70 38.70		150m: 2:14.75		47.60 250m: 3:47.16	46.86	350m: 5:18.65	43.09
	100m: 1:27.15 48.45		200m: 3:00.30		45.55 300m: 4:35.56	48.40	400m: 5:59.54	40.89
21.	Ana Cristina, SOUSA	F	110472	99	FCPorto	5:59.83	381	
	50m: 36.19 36.19		150m: 2:05.92		47.11 250m: 3:44.62	51.17	350m: 5:19.89	41.76
	100m: 1:18.81 42.62		200m: 2:53.45		47.53 300m: 4:38.13	53.51	400m: 5:59.83	39.94
22.	Sara Ramos, CASTELO	F	111156	99	Sporting Clube de Espinho	6:09.91	351	
	<i>FIL</i>							
	50m: 40.33 40.33		150m: 2:15.85		46.01 250m: 3:52.22	49.72	350m: 5:27.40	44.06
	100m: 1:29.84 49.51		200m: 3:02.50		46.65 300m: 4:43.34	51.12	400m: 6:09.91	42.51
DSQ	Ines Maria, PEREIRA	F	105607	99	Leixões Sport Clube			
	<i>701 - O(a) atleta não completou o percurso – SW 10.2, No estilo de bruços.</i>							
DSQ	Carolina Silva, MOREIRA	F	118910	99	CNMaia			
	<i>508 - O(a) atleta efectuou movimento alternado de pernas durante o percurso – SW 8.3, No estilo mariposa.</i>							