

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

Prova 20 Femin., 400m Livres Infantis  
18-03-2012 - 10:20 Resultados

Recordes Nacionais 25m Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009
Recordes Nacionais 25m Inf A	4:25.30	tempo limite,			

TAC Zonais 2011 Inf A Fem Inf A: 5:16.50 / TAC Zonais 2011 Inf B Fem Inf B: 5:32.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Rita Costa, AMADOR	F	105665	99	Galitos	<b>4:41.88</b>	578	
	50m: 33.13 33.13				150m: 1:44.00 36.12	250m: 2:55.80 35.34	350m: 4:07.61 35.57	
	100m: 1:07.88 34.75				200m: 2:20.46 36.46	300m: 3:32.04 36.24	400m: 4:41.88 34.27	
2.	Ana Carolina, CARRACO	F	121177	99	Freguesia de Paiao	<b>4:42.19</b>	576	
	50m: 32.89 32.89				150m: 1:44.51 36.47	250m: 2:56.86 35.84	350m: 4:08.45 35.75	
	100m: 1:08.04 35.15				200m: 2:21.02 36.51	300m: 3:32.70 35.84	400m: 4:42.19 33.74	
3.	Tamila Hryhorivna, HOLUB	F	116887	99	Braga	<b>4:49.16</b>	536	
	50m: 32.54 32.54				150m: 1:44.08 36.35	250m: 2:58.78 37.58	350m: 4:13.07 36.95	
	100m: 1:07.73 35.19				200m: 2:21.20 37.12	300m: 3:36.12 37.34	400m: 4:49.16 36.09	
4.	Mariana Alexandre, OLIVEIRA	F	107368	99	FCPorto	<b>4:52.41</b>	518	
	50m: 31.70 31.70				150m: 1:45.00 37.76	250m: 3:01.27 37.99	350m: 4:16.33 37.37	
	100m: 1:07.24 35.54				200m: 2:23.28 38.28	300m: 3:38.96 37.69	400m: 4:52.41 36.08	
5.	Ana Beatriz La, FERIA	F	116885	99	FCPorto	<b>4:57.91</b>	490	
	50m: 33.66 33.66				150m: 1:46.10 36.74	250m: 3:02.30 38.49	350m: 4:20.09 38.95	
	100m: 1:09.36 35.70				200m: 2:23.81 37.71	300m: 3:41.14 38.84	400m: 4:57.91 37.82	
6.	Maria Ines, MACHADO	F	108320	99	Famalicao	<b>4:58.58</b>	487	
	50m: 32.37 32.37				150m: 1:45.12 35.59	250m: 3:02.36 38.74	350m: 4:20.71 39.16	
	100m: 1:09.53 37.16				200m: 2:23.62 38.50	300m: 3:41.55 39.19	400m: 4:58.58 37.87	
	Ana Caetano, OLIVEIRA	F	118366	99	Leixões Sport Clube	<b>4:58.58</b>	487	
	50m: 33.51 33.51				150m: 1:49.20 38.30	250m: 3:05.80 38.42	350m: 4:22.16 37.77	
	100m: 1:10.90 37.39				200m: 2:27.38 38.18	300m: 3:44.39 38.59	400m: 4:58.58 36.42	
8.	Carina Rodrigues, MARINHO	F	111716	99	Felgueiras	<b>5:00.53</b>	477	
	50m: 33.13 33.13				150m: 1:47.64 37.89	250m: 3:05.02 38.75	350m: 4:22.55 38.84	
	100m: 1:09.75 36.62				200m: 2:26.27 38.63	300m: 3:43.71 38.69	400m: 5:00.53 37.98	
9.	Ines Maria, NEVES	F	104492	99	FCPorto	<b>5:01.19</b>	474	
	50m: 33.80 33.80				150m: 1:49.33 38.43	250m: 3:07.13 38.77	350m: 4:24.67 38.73	
	100m: 1:10.90 37.10				200m: 2:28.36 39.03	300m: 3:45.94 38.81	400m: 5:01.19 36.52	
10.	Ines Maria, PEREIRA	F	105607	99	Leixões Sport Clube	<b>5:01.42</b>	473	
	50m: 34.62 34.62				150m: 1:50.34 38.51	250m: 3:08.38 39.10	350m: 4:25.28 37.80	
	100m: 1:11.83 37.21				200m: 2:29.28 38.94	300m: 3:47.48 39.10	400m: 5:01.42 36.14	
11.	Ines Pereira, OLIVEIRA	F	108311	99	Famalicao	<b>5:04.64</b>	458	
	50m: 33.41 33.41				150m: 1:49.65 38.96	250m: 3:07.93 39.05	350m: 4:27.08 39.34	
	100m: 1:10.69 37.28				200m: 2:28.88 39.23	300m: 3:47.74 39.81	400m: 5:04.64 37.56	
12.	Noemia Verdi, SILVA	F	111770	99	Vitória Sport Clube	<b>5:05.12</b>	456	
	50m: 32.69 32.69				150m: 1:47.10 38.16	250m: 3:04.65 39.02	350m: 4:24.99 41.06	
	100m: 1:08.94 36.25				200m: 2:25.63 38.53	300m: 3:43.93 39.28	400m: 5:05.12 40.13	
13.	Catarina Costa, BALSEIRO	F	112375	99	Sporting Clube de Aveiro	<b>5:08.37</b>	442	
	50m: 35.10 35.10				150m: 1:53.47 39.55	250m: 3:12.63 39.57	350m: 4:31.34 38.81	
	100m: 1:13.92 38.82				200m: 2:33.06 39.59	300m: 3:52.53 39.90	400m: 5:08.37 37.03	
14.	Ana Beatriz, MARTINS	F	108375	99	Famalicao	<b>5:08.71</b>	440	
	50m: 34.49 34.49				150m: 1:52.36 38.93	250m: 3:10.98 38.93	350m: 4:30.29 39.47	
	100m: 1:13.43 38.94				200m: 2:32.05 39.69	300m: 3:50.82 39.84	400m: 5:08.71 38.42	
15.	Marta Ferreira, ROCHA	F	110558	99	Leixões Sport Clube	<b>5:09.60</b>	436	
	50m: 34.74 34.74				150m: 1:50.74 38.68	250m: 3:09.42 39.40	350m: 4:30.96 40.75	
	100m: 1:12.06 37.32				200m: 2:30.02 39.28	300m: 3:50.21 40.79	400m: 5:09.60 38.64	
16.	Maria Migueis, TEIXEIRA	F	107574	99	Clube Natacao Interior Norte	<b>5:10.35</b>	433	
	50m: 32.63 32.63				150m: 1:51.48 40.43	250m: 3:11.15 39.68	350m: 4:31.68 39.81	
	100m: 1:11.05 38.42				200m: 2:31.47 39.99	300m: 3:51.87 40.72	400m: 5:10.35 38.67	
17.	Ana Mafalda, DUARTE	F	111142	99	SCC/Oryzon Energias	<b>5:10.65</b>	432	
	50m: 34.26 34.26				150m: 1:52.72 39.84	250m: 3:13.12 40.17	350m: 4:32.49 39.86	
	100m: 1:12.88 38.62				200m: 2:32.95 40.23	300m: 3:52.63 39.51	400m: 5:10.65 38.16	
18.	Daniela Filipa, MIRA	F	110632	99	Associacao CADES	<b>5:13.66</b>	420	
	50m: 35.76 35.76				150m: 1:54.42 39.79	250m: 3:15.42 40.52	350m: 4:35.68 40.07	
	100m: 1:14.63 38.87				200m: 2:34.90 40.48	300m: 3:55.61 40.19	400m: 5:13.66 37.98	
19.	Ana Teresa, NASCIMENTO	F	111876	99	Leixões Sport Clube	<b>5:13.74</b>	419	
	50m: 34.95 34.95				150m: 1:54.93 40.35	250m: 3:15.26 40.08	350m: 4:34.77 39.50	
	100m: 1:14.58 39.63				200m: 2:35.18 40.25	300m: 3:55.27 40.01	400m: 5:13.74 38.97	
20.	Sara Ramos, CASTELO	F	111156	99	Sporting Clube de Espinho	<b>5:22.13</b>	387	
	50m: 33.99 33.99				150m: 1:53.47 41.20	250m: 3:17.29 42.17	350m: 4:42.07 42.80	
	100m: 1:12.27 38.28				200m: 2:35.12 41.65	300m: 3:59.27 41.98	400m: 5:22.13 40.06	

Prova 20, Femin., 400m Livres

Infantis B

1.	Ana Miguel, REIS	F	108089 00	SCC/Oryzon Energias	37.38	350m:	4:52.47	518
	50m: 33.16 33.16		150m: 1:46.37 37.09	250m: 3:01.00 37.38		400m:	4:16.27 37.75	
	100m: 1:09.28 36.12		200m: 2:23.62 37.25	300m: 3:38.52 37.52			4:52.47 36.20	
2.	Ana Rita, FARIA	F	117417 00	FCPorto	38.43	350m:	4:59.33	483
	50m: 34.84 34.84		150m: 1:50.16 37.67	250m: 3:06.39 38.43		400m:	4:22.49 37.67	
	100m: 1:12.49 37.65		200m: 2:27.96 38.47	300m: 3:44.82 38.43			4:59.33 36.84	
3.	Mariana Santos, FERREIRA	F	112044 00	Miranda do Corvo	39.26	350m:	5:00.15	479
	50m: 33.96 33.96		150m: 1:48.47 37.60	250m: 3:06.20 39.26		400m:	4:23.53 38.90	
	100m: 1:10.87 36.91		200m: 2:26.94 38.47	300m: 3:44.63 38.43			5:00.15 36.62	
4.	Adriana Azevedo, COUTO	F	108336 00	Famalicao	40.39	350m:	5:08.22	442
	50m: 33.23 33.23		150m: 1:50.71 39.77	250m: 3:11.22 40.39		400m:	4:30.97 39.51	
	100m: 1:10.94 37.71		200m: 2:30.83 40.12	300m: 3:51.46 40.24			5:08.22 37.25	
5.	Joana Francisca, COSTA	F	118312 00	Felgueiras	39.03	350m:	5:09.63	436
	50m: 34.25 34.25		150m: 1:52.45 39.82	250m: 3:11.88 39.03		400m:	4:31.15 39.32	
	100m: 1:12.63 38.38		200m: 2:32.85 40.40	300m: 3:51.83 39.95			5:09.63 38.48	
6.	Joana Martins, PEREIRA	F	111512 00	Clube Fluvial Vilacondense	40.84	350m:	5:13.39	421
	50m: 33.89 33.89		150m: 1:52.96 40.41	250m: 3:14.74 40.84		400m:	4:35.48 39.96	
	100m: 1:12.55 38.66		200m: 2:33.90 40.94	300m: 3:55.52 40.78			5:13.39 37.91	
7.	Rita Goncalves, MARIEIRO	F	117710 00	Galitos	41.49	350m:	5:19.63	397
	50m: 36.67 36.67		150m: 1:57.97 41.37	250m: 3:20.73 41.49		400m:	4:41.76 40.75	
	100m: 1:16.60 39.93		200m: 2:39.24 41.27	300m: 4:01.01 40.28			5:19.63 37.87	
8.	Iara Mesquita, COSTA	F	118285 00	Freguesia de Paiao	41.14	350m:	5:19.82	396
	50m: 36.33 36.33		150m: 1:57.83 41.21	250m: 3:20.57 41.14		400m:	4:41.18 40.38	
	100m: 1:16.62 40.29		200m: 2:39.43 41.60	300m: 4:00.80 40.23			5:19.82 38.64	
9.	Ines Silva, OLIVEIRA	F	116890 00	Leixões Sport Clube	40.88	350m:	5:23.32	383
	50m: 34.88 34.88		150m: 1:58.10 42.59	250m: 3:21.40 40.88		400m:	4:44.82 41.35	
	100m: 1:15.51 40.63		200m: 2:40.52 42.42	300m: 4:03.47 42.07			5:23.32 38.50	
10.	Beatriz Teixeira, MARTINS	F	117581 00	Estamos Juntos	41.85	350m:	5:23.71	382
	50m: 36.15 36.15		150m: 1:58.73 42.34	250m: 3:21.72 41.37		400m:	4:44.88 41.31	
	100m: 1:16.39 40.24		200m: 2:40.35 41.62	300m: 4:03.57 41.85			5:23.71 38.83	
11.	Carla Laranjeira, MARQUES	F	109363 00	Galitos	42.34	350m:	5:29.42	362
	50m: 37.75 37.75		150m: 2:00.88 41.75	250m: 3:24.97 42.34		400m:	4:50.52 43.03	
	100m: 1:19.13 41.38		200m: 2:42.63 41.75	300m: 4:07.49 42.52			5:29.42 38.90	
12.	Maria Beatriz, CANAVEIRA	F	112488 00	Académica de Coimbra	42.79	350m:	5:29.77	361
	50m: 36.64 36.64		150m: 2:00.11 42.91	250m: 3:25.60 42.88		400m:	4:50.29 41.90	
	100m: 1:17.20 40.56		200m: 2:42.72 42.61	300m: 4:08.39 42.79			5:29.77 39.48	