

Campeonatos Regionais Juniores e Seniores
Pova de Varzim, 16, 17 e 18-3-2012

Prova 11 Femin., 400m Estilos 15 anos e mais velhos
17-03-2012 - 9:45 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recordes Nacionais 50m Absoluto	4:50.28	Nadia Morais, VIEIRA	FPN	Eindhoven (NED)	09-04-2011
Recordes Nacionais 50m Jun	4:57.84	Victoria, KAMINSKAYA	PMP	Oeiras	19-02-2011
Recordes Nacionais 50m Sen	4:50.28	Nadia Morais, VIEIRA	FPN	Eindhoven (NED)	09-04-2011

Seniores Femininos Sen: 5:45.00 / Juniores Femininos Jun: 5:55.00

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
Juniores								
1.	Diana Margarida, DURAES	F	102992	96	Foca	5:04.68	691	+0,83
	100m: 1:08.02 1:08.02				200m: 2:26.14 1:18.12	300m: 3:56.02 1:29.88	400m: 5:04.68 1:08.66	
2.	Sara Monteiro, MEIRELES	F	103921	97	Gespacos	5:24.46	572	+0,90
	100m: 1:12.77 1:12.77				200m: 2:40.45 1:27.68	300m: 4:12.09 1:31.64	400m: 5:24.46 1:12.37	
3.	Ana Isabel, CUNHA	F	102991	96	Foca	5:27.48	557	+0,87
	100m: 1:13.67 1:13.67				200m: 2:38.53 1:24.86	300m: 4:14.54 1:36.01	400m: 5:27.48 1:12.94	
4.	Sofia Cunha, SOUSA	F	102996	96	Foca	5:27.70	555	+0,91
	100m: 1:16.59 1:16.59				200m: 2:41.03 1:24.44	300m: 4:14.70 1:33.67	400m: 5:27.70 1:13.00	
5.	Debora Guimaraes, OLIVEIRA	F	105629	96	Braga	5:32.92	530	+0,89
	100m: 1:10.78 1:10.78				200m: 2:38.12 1:27.34	300m: 4:15.87 1:37.75	400m: 5:32.92 1:17.05	
6.	Diana Sofia, SILVA	F	104679	97	Braga	5:37.04	510	+0,88
	100m: 1:18.28 1:18.28				200m: 2:45.35 1:27.07	300m: 4:16.32 1:30.97	400m: 5:37.04 1:20.72	
7.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos	5:43.63	482	+0,90
	100m: 1:18.53 1:18.53				200m: 2:44.02 1:25.49	300m: 4:25.01 1:40.99	400m: 5:43.63 1:18.62	
8.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	5:47.57	465	+0,92
	100m: 1:19.07 1:19.07				200m: 2:49.58 1:30.51	300m: 4:30.37 1:40.79	400m: 5:47.57 1:17.20	
9.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia	5:49.14	459	+0,76
	100m: 1:20.55 1:20.55				200m: 2:50.35 1:29.80	300m: 4:27.71 1:37.36	400m: 5:49.14 1:21.43	
DSQ	Joana Carina, SILVA	F	106219	97	Lousada			+0,96
	<i>417 - O(a) atleta efectuou movimento vertical de pernas durante o percurso – SW 7.5</i>							

Seniores

1.	Marta Pereira, ABREU	F	23091	92	FCPorto	5:05.23	687	+0,80
	100m: 1:11.90 1:11.90				200m: 2:29.04 1:17.14	300m: 3:56.50 1:27.46	400m: 5:05.23 1:08.73	
2.	Joana Marques, MAIA	F	25067	91	CNMaia	5:27.14	558	+0,87
	100m: 1:13.95 1:13.95				200m: 2:41.13 1:27.18	300m: 4:09.38 1:28.25	400m: 5:27.14 1:17.76	
3.	Ana Joaquina, GONCALVES	F	13224	95	Braga	5:39.78	498	+0,87
	100m: 1:17.59 1:17.59				200m: 2:41.61 1:24.02	300m: 4:21.59 1:39.98	400m: 5:39.78 1:18.19	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

Registered to Associação de Natacao do Norte de Portugal

19-03-2012 14:08 - Página 1