

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

Prova 17	Femin., 400m Livres				15 anos e mais velhos	
17-03-2012 - 16:20	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados	
Recordes Nacionais 50m Absoluto	4:19.89	Ana Feio, ALEGRIA	FPN	Barcelona (ESP)	30-05-1996	
Recordes Nacionais 50m Jun	4:20.37	Marta Andreia, FERREIRA	FPN	Berlim (GER)	04-08-2002	
Recordes Nacionais 50m Sen	4:19.89	Ana Feio, ALEGRIA	FPN	Barcelona (ESP)	30-05-1996	

Seniores Femininos Sen: 5:08.00 / Juniores Femininos Jun: 5:15.00

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
Juniores								
1.	Diana Margarida, DURAES	F	102992	96	Foca	4:36.32	648	+0,85
	100m: 1:05.89 1:05.89		200m: 2:15.32		1:09.43	300m: 3:25.64 1:10.32	400m: 4:36.32	1:10.68
2.	Adriana Daniela, CASTRO	F	104515	97	FCPorto	4:39.39	627	+0,92
	100m: 1:07.76 1:07.76		200m: 2:19.48		1:11.72	300m: 3:31.44 1:11.96	400m: 4:39.39	1:07.95
3.	Maria Teresa, AMORIM	F	20104	97	FCPorto	4:39.47	626	+0,98
	100m: 1:07.12 1:07.12		200m: 2:18.24		1:11.12	300m: 3:30.24 1:12.00	400m: 4:39.47	1:09.23
4.	Maria Joao, FERNANDES	F	102092	97	Vilacondense	4:43.56	599	+0,77
	100m: 1:08.76 1:08.76		200m: 2:22.24		1:13.48	300m: 3:33.86 1:11.62	400m: 4:43.56	1:09.70
5.	Ana Filipa, MARTINS	F	104438	97	Foca	4:46.26	583	+0,92
	100m: 1:07.24 1:07.24		200m: 2:19.85		1:12.61	300m: 3:34.16 1:14.31	400m: 4:46.26	1:12.10
6.	Patrícia Daniela, MACHADO	F	107567	97	Braga	4:46.44	581	+0,90
	100m: 1:07.15 1:07.15		200m: 2:19.38		1:12.23	300m: 3:33.63 1:14.25	400m: 4:46.44	1:12.81
7.	Vera Patricia, FERNANDES	F	101366	96	Braga	4:49.85	561	+0,93
	100m: 1:08.04 1:08.04		200m: 2:21.53		1:13.49	300m: 3:36.31 1:14.78	400m: 4:49.85	1:13.54
8.	Sofia Cunha, SOUSA	F	102996	96	Foca	4:50.30	559	+1,00
	100m: 1:08.91 1:08.91		200m: 2:22.69		1:13.78	300m: 3:36.78 1:14.09	400m: 4:50.30	1:13.52
9.	Mafalda Mendes, MAGALHAES	F	107706	97	FCPorto	4:51.65	551	+0,81
	100m: 1:09.27 1:09.27		200m: 2:23.88		1:14.61	300m: 3:38.73 1:14.85	400m: 4:51.65	1:12.92
10.	Rute Santos, FERREIRA	F	103823	97	FCPorto	4:52.65	545	+0,90
	100m: 1:09.05 1:09.05		200m: 2:22.73		1:13.68	300m: 3:37.81 1:15.08	400m: 4:52.65	1:14.84
11.	Flavia Daniela, GONCALVES	F	26907	96	Escola Desportiva de Viana	4:58.75	512	+0,98
	100m: 1:11.04 1:11.04		200m: 2:27.23		1:16.19	300m: 3:43.87 1:16.64	400m: 4:58.75	1:14.88
12.	Luana Raquel, ALVES	F		97	Viana Natacao	4:58.86	512	+1,00
	100m: 1:08.33 1:08.33		200m: 2:24.43		1:16.10	300m: 3:42.16 1:17.73	400m: 4:58.86	1:16.70
13.	Ana Catarina, AZEVEDO	F	102640	96	Famalicao	5:06.00	477	+0,85
	100m: 1:12.10 1:12.10		200m: 2:29.93		1:17.83	300m: 3:49.33 1:19.40	400m: 5:06.00	1:16.67
14.	Joana Margarida, SOUSA	F	104510	97	Valongo	5:07.04	472	+1,04
	100m: 1:12.79 1:12.79		200m: 2:32.24		1:19.45	300m: 3:50.54 1:18.30	400m: 5:07.04	1:16.50
15.	Violante Pascoal, FONTOURA	F	101153	97	Viana Natacao	5:07.91	468	+0,87
	100m: 1:13.14 1:13.14		200m: 2:31.98		1:18.84	300m: 3:51.24 1:19.26	400m: 5:07.91	1:16.67
16.	Ana Catarina, ALMEIDA	F	102989	96	Foca	5:08.23	467	+0,81
	100m: 1:12.80 1:12.80		200m: 2:32.02		1:19.22	300m: 3:51.13 1:19.11	400m: 5:08.23	1:17.10
17.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos	5:09.29	462	+0,90
	100m: 1:12.48 1:12.48		200m: 2:31.16		1:18.68	300m: 3:51.21 1:20.05	400m: 5:09.29	1:18.08
18.	Daniela Ferreira, COSTA	F	103627	97	Leixões Sport Clube	5:09.77	460	+0,93
	100m: 1:12.21 1:12.21		200m: 2:31.39		1:19.18	300m: 3:50.72 1:19.33	400m: 5:09.77	1:19.05
19.	Vanessa Cristina, MAGALHAES	F	110566	96	Leixões Sport Clube	5:10.16	458	+0,84
	100m: 1:12.34 1:12.34		200m: 2:31.97		1:19.63	300m: 3:52.25 1:20.28	400m: 5:10.16	1:17.91
20.	Ines Carvalho, FORTE	F	107480	97	Viana Natacao	5:10.23	458	+1,06
	100m: 1:13.45 1:13.45		200m: 2:33.49		1:20.04	300m: 3:53.45 1:19.96	400m: 5:10.23	1:16.78
21.	Mariana Lourenco, PRETO	F	103632	97	Leixões Sport Clube	5:12.47	448	+0,96
	100m: 1:13.30 1:13.30		200m: 2:32.44		1:19.14	300m: 3:53.02 1:20.58	400m: 5:12.47	1:19.45
22.	Miriam Natacha, ALVES FTL	F	105873	97	Escola Desportiva Limiana	5:15.93	433	+0,92
	100m: 1:14.87 1:14.87		200m: 2:36.80		1:21.93	300m: 3:58.72 1:21.92	400m: 5:15.93	1:17.21
23.	Ines Maria, PINTAO FTL	F	102043	96	Leixões Sport Clube	5:21.62	411	+0,86
	100m: 1:13.48 1:13.48		200m: 2:34.63		1:21.15	300m: 3:58.07 1:23.44	400m: 5:21.62	1:23.55
24.	Cristiana Ferreira, SANTOS FTL	F	108222	97	Valongo	5:21.94	409	+0,98
	100m: 1:14.32 1:14.32		200m: 2:36.66		1:22.34	300m: 4:00.91 1:24.25	400m: 5:21.94	1:21.03
WDR	Ana Cristina, NEVES	F	22553	96	Leixões Sport Clube			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

Registered to Associação de Natacao do Norte de Portugal

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

Prova 17, Femin., 400m Livres

Seniores

1.	Marta Vieira, MARINHO	F	15707	91	FCPorto					4:25.65	729	+0,79
	100m: 1:03.82		200m: 2:11.35		1:07.53	300m: 3:17.82	1:06.47	400m: 4:25.65		1:07.83		
2.	Joana Filipa, SANTOS	F	24081	93	Vitória Sport Clube					4:28.66	705	+0,83
	100m: 1:04.55		200m: 2:12.39		1:07.84	300m: 3:20.97	1:08.58	400m: 4:28.66		1:07.69		
3.	Andreia Catarina, GOMES	F	103701	94	Vitória Sport Clube					4:29.07	702	+0,92
	100m: 1:04.69		200m: 2:13.73		1:09.04	300m: 3:22.96	1:09.23	400m: 4:29.07		1:06.11		
4.	Maria Luis, AMORIM	F	102029	95	FCPorto					4:32.30	677	+1,03
	100m: 1:05.98		200m: 2:15.48		1:09.50	300m: 3:23.77	1:08.29	400m: 4:32.30		1:08.53		
5.	Angelica Maria, ANDRE	F	15497	94	Leixões Sport Clube					4:34.53	661	+0,81
	100m: 1:05.17		200m: 2:14.60		1:09.43	300m: 3:24.37	1:09.77	400m: 4:34.53		1:10.16		
6.	Daniela Filipa, PINTO	F	20610	91	Vitória Sport Clube					4:39.97	623	+0,82
	100m: 1:07.58		200m: 2:18.41		1:10.83	300m: 3:29.72	1:11.31	400m: 4:39.97		1:10.25		
7.	Ana Goncalves, NETO	F	101958	95	FCPorto					4:41.37	614	+1,08
	100m: 1:07.49		200m: 2:19.52		1:12.03	300m: 3:30.52	1:11.00	400m: 4:41.37		1:10.85		
8.	Vania Soares, NEVES	F	12380	90	Viana Natacao					4:45.18	589	+0,98
	100m: 1:07.92		200m: 2:20.45		1:12.53	300m: 3:32.99	1:12.54	400m: 4:45.18		1:12.19		
9.	Soraia Vanessa, RIBEIRO	F	15857	92	Gespacos					4:46.87	579	+0,95
	100m: 1:06.33		200m: 2:17.58		1:11.25	300m: 3:31.43	1:13.85	400m: 4:46.87		1:15.44		
10.	Ana Sofia, FERNANDES	F	13191	93	Braga					4:47.51	575	+0,86
	100m: 1:08.37		200m: 2:20.77		1:12.40	300m: 3:34.72	1:13.95	400m: 4:47.51		1:12.79		
11.	Patricia Isabel, OLIVEIRA	F	15970	94	Leixões Sport Clube					4:48.70	568	+0,84
	100m: 1:08.48		200m: 2:22.32		1:13.84	300m: 3:36.49	1:14.17	400m: 4:48.70		1:12.21		
12.	Hedvigés Ribeiro, CARVALHO	F	106925	95	Famalição					4:56.95	522	+1,01
	100m: 1:09.86		200m: 2:25.18		1:15.32	300m: 3:40.95	1:15.77	400m: 4:56.95		1:16.00		
13.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso					5:04.81	482	+0,99
	100m: 1:11.90		200m: 2:29.00		1:17.10	300m: 3:46.72	1:17.72	400m: 5:04.81		1:18.09		
14.	Luciana Tomi, KOBAYASHI	F	107429	95	Vilacondense					5:07.12	472	+0,85
	100m: 1:10.30		200m: 2:29.27		1:18.97	300m: 3:49.13	1:19.86	400m: 5:07.12		1:17.99		
15.	Ana Sofia, MATOS	F	25111	91	Gespacos					5:15.10	437	+0,89
	100m: 1:14.93		200m: 2:35.02		1:20.09	300m: 3:55.61	1:20.59	400m: 5:15.10		1:19.49		
WDR	Joana Aguiar, RODRIGUES	F	15401	93	FCPorto							
WDR	Ana Margarida, COSTA	F	15495	95	Leixões Sport Clube							