

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

Prova 25 Femin., 1500m Livres 15 anos e mais velhos
18-03-2012 - 9:00 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recordes Nacionais 50m Absoluto	17:00.95	Angelica Maria, ANDRE	LSC	Coimbra	29-05-2011
Recordes Nacionais 50m Jun	17:06.28	Maria Miguel, VELOSO	CNAC	Faro	21-07-2009
Recordes Nacionais 50m Sen	17:00.95	Angelica Maria, ANDRE	LSC	Coimbra	29-05-2011

Seniores Femininos Sen: 20:05.00 / Juniores Femininos Jun: 20:25.00

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
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Juniores

1.	Joana Carina, SILVA	F	106219	97	Lousada	18:55.05	572	+0,97
	100m: 1:08.82 1:08.82		500m: 6:07.01 1:15.61		900m: 11:17.31 1:17.46	1300m: 16:26.05 1:17.03		
	200m: 2:21.11 1:12.29		600m: 7:24.76 1:17.75		1000m: 12:34.86 1:17.55	1400m: 17:43.42 1:17.37		
	300m: 3:35.44 1:14.33		700m: 8:42.90 1:18.14		1100m: 13:52.16 1:17.30	1500m: 18:55.05 1:11.63		
	400m: 4:51.40 1:15.96		800m: 9:59.85 1:16.95		1200m: 15:09.02 1:16.86			
2.	Maria Joao, FERNANDES	F	102092	97	Vilacondense	19:04.84	558	+0,83
	100m: 1:10.57 1:10.57		500m: 6:14.28 1:16.25		900m: 11:21.85 1:16.99	1300m: 16:31.78 1:17.67		
	200m: 2:26.28 1:15.71		600m: 7:30.66 1:16.38		1000m: 12:39.06 1:17.21	1400m: 17:49.46 1:17.68		
	300m: 3:42.56 1:16.28		700m: 8:47.75 1:17.09		1100m: 13:56.32 1:17.26	1500m: 19:04.84 1:15.38		
	400m: 4:58.03 1:15.47		800m: 10:04.86 1:17.11		1200m: 15:14.11 1:17.79			
3.	Sara Monteiro, MEIRELES	F	103921	97	Gespacos	19:11.78	548	+0,94
	100m: 1:12.55 1:12.55		500m: 6:24.08 1:18.67		900m: 11:35.04 1:17.76	1300m: 16:43.30 1:16.64		
	200m: 2:31.02 1:18.47		600m: 7:42.57 1:18.49		1000m: 12:52.57 1:17.53	1400m: 17:57.63 1:14.33		
	300m: 3:48.25 1:17.23		700m: 8:59.60 1:17.03		1100m: 14:09.99 1:17.42	1500m: 19:11.78 1:14.15		
	400m: 5:05.41 1:17.16		800m: 10:17.28 1:17.68		1200m: 15:26.66 1:16.67			
4.	Vera Patricia, FERNANDES	F	101366	96	Braga	19:25.45	528	+0,96
	100m: 1:10.43 1:10.43		500m: 6:21.40 1:18.60		900m: 11:35.91 1:19.19	1300m: 16:51.65 1:18.74		
	200m: 2:27.36 1:16.93		600m: 7:39.60 1:18.20		1000m: 12:54.28 1:18.37	1400m: 18:09.80 1:18.15		
	300m: 3:44.81 1:17.45		700m: 8:58.35 1:18.75		1100m: 14:13.56 1:19.28	1500m: 19:25.45 1:15.65		
	400m: 5:02.80 1:17.99		800m: 10:16.72 1:18.37		1200m: 15:32.91 1:19.35			
5.	Sara Faria, COSTA	F	107451	97	Braga	19:28.26	525	+0,96
	100m: 1:10.64 1:10.64		500m: 6:22.56 1:18.19		900m: 11:33.61 1:16.79	1300m: 16:48.49 1:19.29		
	200m: 2:28.02 1:17.38		600m: 7:41.25 1:18.69		1000m: 12:51.11 1:17.50	1400m: 18:09.20 1:20.71		
	300m: 3:45.95 1:17.93		700m: 8:59.81 1:18.56		1100m: 14:09.73 1:18.62	1500m: 19:28.26 1:19.06		
	400m: 5:04.37 1:18.42		800m: 10:16.82 1:17.01		1200m: 15:29.20 1:19.47			
6.	Mafalda Mendes, MAGALHAES	F	107706	97	FCPorto	19:34.14	517	+0,97
	100m: 1:13.99 1:13.99		500m: 6:28.18 1:18.76		900m: 11:42.42 1:17.68	1300m: 16:58.84 1:18.36		
	200m: 2:32.58 1:18.59		600m: 7:47.04 1:18.86		1000m: 13:02.03 1:19.61	1400m: 17:57.56 1:18.72		
	300m: 3:50.78 1:18.20		700m: 9:05.94 1:18.90		1100m: 14:21.18 1:19.15	1500m: 19:34.14 1:16.58		
	400m: 5:09.42 1:18.64		800m: 10:24.74 1:18.80		1200m: 15:40.48 1:19.30			
7.	Violante Pascoal, FONTOURA FTL	F	101153	97	Viana Natacao	20:46.67	432	+1,04
	100m: 1:16.61 1:16.61		500m: 6:47.84 1:23.52		900m: 12:21.29 1:23.68	1300m: 17:56.79 1:24.21		
	200m: 2:38.55 1:21.94		600m: 8:10.96 1:23.12		1000m: 13:45.08 1:23.79	1400m: 19:21.69 1:24.90		
	300m: 4:01.13 1:22.58		700m: 9:34.40 1:23.44		1100m: 15:08.94 1:23.86	1500m: 20:46.67 1:24.98		
	400m: 5:24.32 1:23.19		800m: 10:57.61 1:23.21		1200m: 16:32.58 1:23.64			
WDR	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe			

Seniores

1.	Angelica Maria, ANDRE	F	15497	94	Leixões Sport Clube	17:17.17	750	+0,81
	100m: 1:06.64 1:06.64		500m: 5:41.38 1:08.81		900m: 10:20.12 1:10.32	1300m: 15:00.56 1:10.05		
	200m: 2:15.18 1:08.54		600m: 6:50.53 1:09.15		1000m: 11:30.05 1:09.93	1400m: 16:10.43 1:09.87		
	300m: 3:23.79 1:08.61		700m: 8:00.03 1:09.50		1100m: 12:40.31 1:10.26	1500m: 17:17.17 1:06.74		
	400m: 4:32.57 1:08.78		800m: 9:09.80 1:09.77		1200m: 13:50.51 1:10.20			
2.	Joana Filipa, SANTOS	F	24081	93	Vitória Sport Clube	17:50.31	682	+0,92
	100m: 1:07.07 1:07.07		500m: 5:49.87 1:11.81		900m: 10:36.42 1:11.92	1300m: 15:27.52 1:13.83		
	200m: 2:16.64 1:09.57		600m: 7:01.00 1:11.13		1000m: 11:48.87 1:12.45	1400m: 16:40.65 1:13.13		
	300m: 3:27.28 1:10.64		700m: 8:12.60 1:11.60		1100m: 13:01.30 1:12.43	1500m: 17:50.31 1:09.66		
	400m: 4:38.06 1:10.78		800m: 9:24.50 1:11.90		1200m: 14:13.69 1:12.39			
3.	Andreia Catarina, GOMES	F	103701	94	Vitória Sport Clube	18:04.84	655	+0,96
	100m: 1:08.30 1:08.30		500m: 5:58.52 1:13.44		900m: 10:47.67 1:11.99	1300m: 15:40.77 1:13.92		
	200m: 2:20.71 1:12.41		600m: 7:12.01 1:13.49		1000m: 12:00.11 1:12.44	1400m: 16:54.31 1:13.54		
	300m: 3:33.19 1:12.48		700m: 8:24.55 1:12.54		1100m: 13:13.15 1:13.04	1500m: 18:04.84 1:10.53		
	400m: 4:45.08 1:11.89		800m: 9:35.68 1:11.13		1200m: 14:26.85 1:13.70			
4.	Daniela Filipa, PINTO	F	20610	91	Vitória Sport Clube	18:13.32	640	+0,91
	100m: 1:10.81 1:10.81		500m: 6:03.20 1:13.14		900m: 10:53.75 1:13.00	1300m: 15:47.79 1:13.27		
	200m: 2:23.90 1:13.09		600m: 7:16.23 1:13.03		1000m: 12:07.40 1:13.65	1400m: 17:00.91 1:13.12		
	300m: 3:36.62 1:12.72		700m: 8:28.34 1:12.11		1100m: 13:20.95 1:13.55	1500m: 18:13.32 1:12.41		
	400m: 4:50.06 1:13.44		800m: 9:40.75 1:12.41		1200m: 14:34.52 1:13.57			

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
Povoa de Varzim, 16, 17 e 18-3-2012

Prova 25, Femin., 1500m Livres, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
5.	Vania Soares, NEVES	F	12380	90	Viana Natacao	18:16.21	635	+0,95
	100m: 1:09.95	1:09.95	500m: 6:03.07	1:13.15	900m: 10:56.05	1:13.77	1300m: 15:49.61	1:13.73
	200m: 2:23.40	1:13.45	600m: 7:16.51	1:13.44	1000m: 12:09.59	1:13.54	1400m: 17:03.54	1:13.93
	300m: 3:36.92	1:13.52	700m: 8:29.07	1:12.56	1100m: 13:22.48	1:12.89	1500m: 18:16.21	1:12.67
	400m: 4:49.92	1:13.00	800m: 9:42.28	1:13.21	1200m: 14:35.88	1:13.40		
6.	Ana Sofia, FERNANDES	F	13191	93	Braga	19:15.84	542	+1,05
	100m: 1:09.88	1:09.88	500m: 6:15.83	1:17.81	900m: 11:25.99	1:17.80	1300m: 16:41.42	1:19.01
	200m: 2:24.47	1:14.59	600m: 7:33.48	1:17.65	1000m: 12:43.92	1:17.93	1400m: 18:00.23	1:18.81
	300m: 3:40.77	1:16.30	700m: 8:51.10	1:17.62	1100m: 14:03.02	1:19.10	1500m: 19:15.84	1:15.61
	400m: 4:58.02	1:17.25	800m: 10:08.19	1:17.09	1200m: 15:22.41	1:19.39		
7.	Diana Patricia, FERREIRA	F	23500	94	Gespacos	19:16.10	541	+0,88
	100m: 1:10.44	1:10.44	500m: 6:19.60	1:17.38	900m: 11:28.92	1:17.17	1300m: 16:42.00	1:18.33
	200m: 2:27.30	1:16.86	600m: 7:37.18	1:17.58	1000m: 12:47.25	1:18.33	1400m: 17:59.10	1:17.10
	300m: 3:44.56	1:17.26	700m: 8:54.33	1:17.15	1100m: 14:05.32	1:18.07	1500m: 19:16.10	1:17.00
	400m: 5:02.22	1:17.66	800m: 10:11.75	1:17.42	1200m: 15:23.67	1:18.35		
8.	Soraia Vanessa, RIBEIRO	F	15857	92	Gespacos	19:41.51	507	+1,00
	100m: 1:09.39	1:09.39	500m: 6:12.12	1:19.99	900m: 11:37.49	1:21.31	1300m: 17:02.38	1:21.24
	200m: 2:22.17	1:12.78	600m: 7:33.48	1:21.36	1000m: 12:59.06	1:21.57	1400m: 18:22.13	1:19.75
	300m: 3:35.42	1:13.25	700m: 8:54.79	1:21.31	1100m: 14:19.86	1:20.80	1500m: 19:41.51	1:19.38
	400m: 4:52.13	1:16.71	800m: 10:16.18	1:21.39	1200m: 15:41.14	1:21.28		