

Prova 1  
09-07-2016 - 9:00

Femin., 400m Livres  
GRAFIPRONGO

Cadetes A  
Resultados

Pontos: FINA 2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Daniela Magalhaes, LOPES	F	130098	05	Famalicao	<b>5:41.22</b>	324	
	50m: 36.03 36.03		150m: 2:01.94 44.38		250m: 3:30.81 44.47	350m: 4:59.77 43.99		41.45
	100m: 1:17.56 41.53		200m: 2:46.34 44.40		300m: 4:15.78 44.97	400m: 5:41.22 41.45		
2.	Maria Eduarda, MOREIRA	F	127949	05	Aquatico Pacense	<b>5:44.41</b>	315	
	50m: 39.05 39.05		150m: 2:06.25 44.14		250m: 3:34.00 44.12	350m: 5:03.86 44.54		40.55
	100m: 1:22.11 43.06		200m: 2:49.88 43.63		300m: 4:19.32 45.32	400m: 5:44.41 40.55		
3.	Mariana Isabel, CRUZ	F	127544	05	Porto	<b>5:44.45</b>	315	
	50m: 38.49 38.49		150m: 2:05.87 44.90		250m: 3:32.07 43.43	350m: 5:02.19 45.56		42.26
	100m: 1:20.97 42.48		200m: 2:48.64 42.77		300m: 4:16.63 44.56	400m: 5:44.45 42.26		
4.	Mariana Martins, COSTA	F	127658	05	Famalicao	<b>5:44.93</b>	314	
	50m: 35.38 35.38		150m: 2:02.08 44.86		250m: 3:31.86 44.83	350m: 5:02.34 45.33		42.59
	100m: 1:17.22 41.84		200m: 2:47.03 44.95		300m: 4:17.01 45.15	400m: 5:44.93 42.59		
5.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	<b>5:48.59</b>	304	
	50m: 37.63 37.63		150m: 2:04.75 44.38		250m: 3:34.31 44.72	350m: 5:04.59 45.34		44.00
	100m: 1:20.37 42.74		200m: 2:49.59 44.84		300m: 4:19.25 44.94	400m: 5:48.59 44.00		
6.	Filipa Pereira, FERREIRA	F	129732	05	Porto	<b>5:51.26</b>	297	
	50m: 39.23 39.23		150m: 2:07.39 45.29		250m: 3:37.95 44.93	350m: 5:08.07 45.01		43.19
	100m: 1:22.10 42.87		200m: 2:53.02 45.63		300m: 4:23.06 45.11	400m: 5:51.26 43.19		
7.	Leonor Ines, FERRAZ	F	132207	05	Porto	<b>5:51.77</b>	296	
	50m: 39.79 39.79		150m: 2:09.27 44.97		250m: 3:38.47 44.18	350m: 5:08.61 45.25		43.16
	100m: 1:24.30 44.51		200m: 2:54.29 45.02		300m: 4:23.36 44.89	400m: 5:51.77 43.16		
8.	Natalia Passeira, NEVES	F	200503	05	Natacao de Valongo	<b>5:55.49</b>	287	
	50m: 36.26 36.26		150m: 2:06.80 46.34		250m: 3:40.02 46.89	350m: 5:11.91 46.28		43.58
	100m: 1:20.46 44.20		200m: 2:53.13 46.33		300m: 4:25.63 45.61	400m: 5:55.49 43.58		
9.	Nara Soraia, NOGUEIRA	F	127914	05	Natacao de Valongo	<b>5:55.99</b>	285	
	50m: 39.08 39.08		150m: 2:07.78 44.89		250m: 3:38.76 45.05	350m: 5:12.54 47.59		43.45
	100m: 1:22.89 43.81		200m: 2:53.71 45.93		300m: 4:24.95 46.19	400m: 5:55.99 43.45		
10.	Luisa Coelho, QUINTA	F	127981	05	Leixoes Sport Club	<b>6:01.42</b>	273	
	50m: 39.97 39.97		150m: 2:13.90 47.77		250m: 4:33.36 45.93	350m: 5:22.07 47.27		44.39
	100m: 1:26.13 46.16		200m: 3:47.43 47.41		300m: 4:33.00 45.50	400m: 6:04.66 44.39		
11.	Margarida Carvalho, MARTINS	F	127659	05	Famalicao	<b>6:04.66</b>	265	
	50m: 39.01 39.01		150m: 2:12.20 48.21		250m: 3:47.50 47.89	350m: 5:20.27 47.27		44.39
	100m: 1:23.99 44.98		200m: 2:59.61 47.41		300m: 4:33.00 45.50	400m: 6:04.66 44.39		
12.	Catarina Magalhaes, FERREIRA	F	200240	05	Lousada SXXI	<b>6:04.85</b>	265	
	50m: 40.30 40.30		150m: 2:13.88 47.18		250m: 3:47.22 46.48	350m: 5:20.90 47.03		43.95
	100m: 1:26.70 46.40		200m: 3:00.74 46.86		300m: 4:33.87 46.65	400m: 6:04.85 43.95		
13.	Soraia Conceicao, MELO	F	130116	05	Vit�ria/Olicargo	<b>6:04.93</b>	265	
	50m: 38.57 38.57		150m: 2:12.49 47.91		250m: 3:47.55 47.64	350m: 5:21.56 46.97		43.37
	100m: 1:24.58 46.01		200m: 2:59.91 47.42		300m: 4:34.59 47.04	400m: 6:04.93 43.37		
14.	Joana Areal, JUNQUEIRA	F	148703	05	Famalicao	<b>6:06.19</b>	262	
	50m: 40.35 40.35		150m: 2:14.86 48.54		250m: 3:48.69 47.06	350m: 5:22.07 46.22		44.12
	100m: 1:26.32 45.97		200m: 3:01.63 46.77		300m: 4:35.85 47.16	400m: 6:06.19 44.12		
15.	Joana Filipa, BARBOSA	F	127609	05	Lousada SXXI	<b>6:06.77</b>	261	
	50m: 40.33 40.33		150m: 2:13.99 47.19		250m: 3:47.68 46.31	350m: 5:21.88 46.86		44.89
	100m: 1:26.80 46.47		200m: 3:01.37 47.38		300m: 4:35.02 47.34	400m: 6:06.77 44.89		
16.	Ana Rita, CAPITAO	F	129981	05	Vilacondense	<b>6:08.11</b>	258	
	50m: 41.40 41.40		150m: 2:15.13 47.60		250m: 3:50.25 48.45	350m: 5:23.43 46.47		44.68
	100m: 1:27.53 46.13		200m: 3:01.80 46.67		300m: 4:36.96 46.71	400m: 6:08.11 44.68		
17.	Maria Tavares, RESTIVO	F	132208	05	Porto	<b>6:08.70</b>	257	
	50m: 38.81 38.81		150m: 2:11.14 47.47		250m: 3:48.46 48.61	350m: 5:23.63 46.66		45.07
	100m: 1:23.67 44.86		200m: 2:59.85 48.71		300m: 4:36.97 48.51	400m: 6:08.70 45.07		
18.	Jenifer, FERREIRA	F	127664	05	Famalicao	<b>6:11.33</b>	251	
	50m: 39.03 39.03		150m: 2:13.32 48.73		250m: 3:49.70 48.28	350m: 5:23.99 47.12		47.34
	100m: 1:24.59 45.56		200m: 3:01.42 48.10		300m: 4:36.87 47.17	400m: 6:11.33 47.34		
19.	Ines Faria, REGO	F	127663	05	Famalicao	<b>6:11.99</b>	250	
	50m: 39.52 39.52		150m: 2:12.95 48.36		250m: 3:47.54 47.48	350m: 5:24.54 48.93		47.45
	100m: 1:24.59 45.07		200m: 3:00.06 47.11		300m: 4:35.61 48.07	400m: 6:11.99 47.45		
20.	Catarina Bentes, SANTOS	F	127959	05	Aquatico Pacense	<b>6:13.41</b>	247	
	50m: 42.17 42.17		150m: 2:15.19 46.81		250m: 3:51.97 48.33	350m: 5:26.31 48.24		47.10
	100m: 1:28.38 46.21		200m: 3:03.64 48.45		300m: 4:38.07 46.10	400m: 6:13.41 47.10		
21.	Ines Esteves, COUTINHO	F	200369	05	Porto	<b>6:17.32</b>	240	
	50m: 39.90 39.90		200m: 3:04.08 48.10		400m: 6:17.32 1:35.42			
	100m: 1:26.59 46.69		300m: 4:41.90 1:37.82					
22.	Joana Ferreira, SILVA	F	131358	05	Leixoes Sport Club	<b>6:17.47</b>	239	
	50m: 40.63 40.63		150m: 2:17.31 49.35		250m: 3:56.01 49.86	350m: 5:35.87 50.97		41.60
	100m: 1:27.96 47.33		200m: 3:06.15 48.84		300m: 4:44.90 48.89	400m: 6:17.47 41.60		

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.43808

Registered to Associa o de Nata o do Norte de Portugal

11-07-2016 11:57 - P gina 1



Prova 1, Femin., 400m Livres, Cadetes A

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
23.	Beatriz Estremanho, PINTO	F	132097 05	Natacao da Maia	<b>6:18.84</b>	237	
	50m: 39.62 39.62		150m: 2:15.87	49.84	250m: 3:53.76	48.55	350m: 5:34.45 50.83
	100m: 1:26.03 46.41		200m: 3:05.21	49.34	300m: 4:43.62	49.86	400m: 6:18.84 44.39
24.	Maria Ines, SILVA	F	200371 05	Porto	<b>6:19.63</b>	235	
	50m: 39.35 39.35		150m: 2:13.10	47.16	250m: 3:50.46	49.72	350m: 5:31.37 50.78
	100m: 1:25.94 46.59		200m: 3:00.74	47.64	300m: 4:40.59	50.13	400m: 6:19.63 48.26
25.	Isabel dos Santos, PEREIRA	F	126788 05	Luso-Internacional do Porto	<b>6:24.46</b>	226	
	50m: 41.75 41.75		150m: 2:20.09	49.16	250m: 3:58.23	49.39	350m: 5:37.66 49.15
	100m: 1:30.93 49.18		200m: 3:08.84	48.75	300m: 4:48.51	50.28	400m: 6:24.46 46.80
26.	Alecssia Pedro, PENA	F	127138 05	Clube Naval Povoense	<b>6:28.04</b>	220	
	50m: 41.17 41.17		150m: 2:19.52	50.37	250m: 3:58.77	49.21	350m: 5:38.79 50.18
	100m: 1:29.48 47.98		200m: 3:09.56	50.04	300m: 4:48.61	49.84	400m: 6:28.04 49.25
27.	Ivone Sousa, NEVES	F	127915 05	Natacao de Valongo	<b>6:32.04</b>	214	
	50m: 43.26 43.26		150m: 3:11.26	1:39.78	200m: 4:00.00	1:40.68	
	100m: 1:31.48 48.22		300m: 4:51.36	1:40.10			
28.	Diana Sofia, SAMPAIO	F	130627 05	Foca	<b>6:32.73</b>	212	
	50m: 42.83 42.83		100m: 1:32.11	49.28	300m: 4:57.33	3:25.22	400m: 6:32.73 1:35.40
29.	Maria Joao, MARTINS	F	132280 05	Clube Naval Povoense	<b>6:33.39</b>	211	
	50m: 41.11 41.11		150m: 2:20.28	50.93	250m: 4:00.59	49.74	350m: 5:44.93 52.29
	100m: 1:29.35 48.24		200m: 3:10.85	50.57	300m: 4:52.64	52.05	400m: 6:33.39 48.46
30.	Rita Sofia, NUNES	F	129103 05	Fluvial Portuense	<b>6:33.60</b>	211	
	50m: 42.21 42.21		200m: 3:12.16	1:42.06	400m: 6:33.60	1:39.12	
	100m: 1:30.10 47.89		300m: 4:54.48	1:42.32			
31.	Daniela Alves, FERNANDES	F	200918 05	Leixoes Sport Club	<b>6:36.61</b>	206	
	50m: 45.47 45.47		150m: 2:27.64	51.54	250m: 4:08.55	50.75	350m: 5:48.19 50.05
	100m: 1:36.10 50.63		200m: 3:17.80	50.16	300m: 4:58.14	49.59	400m: 6:36.61 48.42
32.	Nicole Pais, SILVA	F	129360 05	Colegio SMLamas	<b>6:42.51</b>	197	
	50m: 44.20 44.20		200m: 3:16.10	1:42.46	400m: 6:42.51	1:41.91	
	100m: 1:33.64 49.44		300m: 5:00.60	1:44.50			
33.	Beatriz Pinheiro, OLIVEIRA	F	129980 05	Vilacondense	<b>6:44.73</b>	194	
	50m: 44.39 44.39		200m: 3:19.23	1:44.50	400m: 6:44.73	1:43.78	
	100m: 1:34.73 50.34		300m: 5:00.95	1:41.72			
34.	Bruna Ferreira, RODRIGUES	F	130938 05	Colegio SMLamas	<b>6:49.61</b>	187	
	50m: 45.42 45.42		200m: 3:21.04	1:45.13	400m: 6:49.61	1:43.94	
	100m: 1:35.91 50.49		300m: 5:05.67	1:44.63			
35.	Beatriz Coelho, MELO	F	128599 05	Colegio SMLamas	<b>7:19.17</b>	152	
	50m: 42.74 42.74		200m: 3:29.36	1:53.92	400m: 7:19.17	1:55.01	
	100m: 1:35.44 52.70		300m: 5:24.16	1:54.80			
36.	Beatriz Sousa, FONSECA	F	132384 05	Lousada SXXI	<b>7:20.93</b>	150	
	200m: 3:35.28 3:35.28		300m: 5:27.36	56.33	400m: 7:20.93	57.15	
	250m: 4:31.03 55.75		350m: 6:23.78	56.42			
DSQ	Joana Alexandra , PINTO	F	201122 05	Amarantus			DSQ
	<i>404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4</i>						
WDR	Maria Mafalda, SOARES	F	131079 05	Fluvial Portuense			WDR
WDR	Matilde Machado, CALHAS	F	131309 05	Luso-Internacional do Porto			WDR
WDR	Leonor Mascarenhas, CASTRO	F	131785 05	Luso-Internacional do Porto			WDR
WDR	Leonor Sousa, BARBOSA	F	200370 05	Porto			WDR
WDR	Marta Filipa, MARANTES	F	127545 05	Porto			WDR
WDR	Sofia Rebelo, SOUSA	F	200372 05	Porto			WDR