

Dia Olimpico
Oliveira Azemeis, 23. - 24.1.2010

Prova 1 Femin., 400m Livres 12 - 14 anos
23.1.10 - 15:30 Resultados

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
Infantis A			
1. MARQUES, Sara Laranjeira	97 Galitos	5:21.89	406
50m: 35.80 35.80 150m:	250m:	350m:	
100m: 1:15.80 40.00 200m: 2:37.85	300m:	400m: 5:21.89	
2. AREDE, Catarina Filipa	97 Sporting Clube de Aveiro	5:24.89	394
50m: 36.54 36.54 150m:	250m:	350m:	
100m: 1:16.43 39.89 200m: 2:38.48	300m:	400m: 5:24.89	
3. SPINOLA, Maria Pinheiro	97 Gafanha da Encarnacao	5:26.61	388
50m: 38.40 38.40 150m:	250m:	350m:	
100m: 1:19.93 41.53 200m: 2:44.06	300m:	400m: 5:26.61	
4. OLIVEIRA, Beatriz Viegas	97 Galitos	5:34.43	362
50m: 37.60 37.60 150m:	250m:	350m:	
100m: 1:20.93 43.33 200m: 2:47.40	300m:	400m: 5:34.43	
5. RIBEIRO, Ines Margarida	97 Sport Alges e Águeda	5:34.76	361
50m: 37.82 37.82 150m:	250m:	350m:	
100m: 1:20.89 43.07 200m: 2:48.02	300m:	400m: 5:34.76	
6. BAPTISTA, Joana Ferreira	97 Clube Campinho	5:36.71	354
50m: 37.13 37.13 150m:	250m:	350m:	
100m: 1:18.91 41.78 200m: 2:44.11	300m:	400m: 5:36.71	
7. PAIS, Carolina Conceicao	97 Clube Desportivo Feirense	5:36.96	354
50m: 35.83 35.83 150m:	250m:	350m:	
100m: 1:17.68 41.85 200m: 2:43.74	300m:	400m: 5:36.96	
8. SOARES, Beatriz Gomes	97 Sporting Clube de Aveiro	5:39.83	345
50m: 36.27 36.27 150m:	250m:	350m:	
100m: 1:17.40 41.13 200m: 2:43.80	300m:	400m: 5:39.83	
9. NUNES, Ana Rita	97 Sport Alges e Águeda	5:44.78	330
50m: 31.89 31.89 150m:	250m:	350m:	
100m: 1:22.17 50.28 200m: 2:50.48	300m:	400m: 5:44.78	
10. CORREIA, Ana Patricia	97 Estamos Juntos	5:46.90	324
50m: 37.28 37.28 150m:	250m:	350m:	
100m: 1:19.44 42.16 200m: 2:47.89	300m:	400m: 5:46.90	
11. VALENTE, Vera Rodrigues	97 Clube Desportivo Estarreja	5:47.71	322
50m: 37.43 37.43 150m:	250m:	350m:	
100m: 1:19.34 41.91 200m: 2:48.33	300m:	400m: 5:47.71	
12. OLIVEIRA, Ana Catarina	97 Clube Desportivo Feirense	5:49.53	317
50m: 37.18 37.18 150m:	250m:	350m:	
100m: 1:20.32 43.14 200m: 2:51.01	300m:	400m: 5:49.53	
13. RESENDE, Luana Rafaela	97 Estamos Juntos	5:50.20	315
50m: 39.00 39.00 150m:	250m:	350m:	
100m: 1:23.37 44.37 200m: 2:54.17	300m:	400m: 5:50.20	
14. MARQUES, Ana Margarida	97 Clube Campinho	5:53.07	307
50m: 37.86 37.86 150m:	250m:	350m:	
100m: 1:21.23 43.37 200m: 2:50.35	300m:	400m: 5:53.07	
15. MACHADO, Mariana Santos	97 Gafanha da Encarnacao	6:02.01	285
50m: 38.44 38.44 150m:	250m:	350m:	
100m: 1:23.22 44.78 200m: 2:55.52	300m:	400m: 6:02.01	
16. TEIXEIRA, Mariana Martins	97 Estamos Juntos	6:06.56	275
50m: 41.53 41.53 150m:	250m:	350m:	
100m: 1:26.93 45.40 200m: 3:01.18	300m:	400m: 6:06.56	
17. ANDRADE, Filipa Oliveira	97 Estamos Juntos	6:11.62	264
50m: 41.28 41.28 150m:	250m:	350m:	
100m: 1:27.42 46.14 200m: 3:02.82	300m:	400m: 6:11.62	

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

Lugar					Ano					Tempo final	Pts
18.	LOPES, Cristiana Almeida				97	Clube Desportivo Feirense				6:13.15	260
	50m:	38.17	38.17	150m:		250m:		350m:			
	100m:	1:24.41	46.24	200m:	3:00.54	300m:		400m:	6:13.15		
19.	XARA, Renata Freire				97	Estamos Juntos				6:14.34	258
	50m:	42.44	42.44	150m:		250m:		350m:			
	100m:	1:28.77	46.33	200m:	3:04.02	300m:		400m:	6:14.34		
20.	COUTO, Ines Barreira				97	Ac.Viseu				6:15.91	255
	50m:	40.46	40.46	150m:		250m:		350m:			
	100m:	1:26.77	46.31	200m:	3:02.41	300m:		400m:	6:15.91		
21.	ALMEIDA, Sofia Lopes				97	Clube Campinho				6:18.75	249
	50m:	39.86	39.86	150m:		250m:		350m:			
	100m:	1:26.14	46.28	200m:	3:04.28	300m:		400m:	6:18.75		
22.	COSTA, Ines Silva				97	Estamos Juntos				6:51.59	194
	50m:	44.53	44.53	150m:		250m:		350m:			
	100m:	1:37.22	52.69	200m:	3:22.59	300m:		400m:	6:51.59		
23.	FERREIRA, Barbara Andreia				97	Estamos Juntos				7:12.59	167
	50m:	44.42	44.42	150m:		250m:		350m:			
	100m:	1:36.20	51.78	200m:	3:25.60	300m:		400m:	7:12.59		

Infantis B

1.	COSTA, Maria Malaguerra				98	Grupo Desportivo da Mealhada				5:25.48	392
	50m:	34.38	34.38	150m:		250m:		350m:			
	100m:	1:13.26	38.88	200m:	2:36.28	300m:		400m:	5:25.48		
2.	ROCHA, Leonor Figo				98	Galitos				5:29.61	378
	50m:	37.55	37.55	150m:		250m:		350m:			
	100m:	1:19.71	42.16	200m:	2:45.49	300m:		400m:	5:29.61		
3.	FERREIRA, Rita Maria				98	Sporting Clube de Aveiro				5:34.19	362
	50m:	37.05	37.05	150m:		250m:		350m:			
	100m:	1:18.55	41.50	200m:	2:43.83	300m:		400m:	5:34.19		
4.	MARTINS, Maria Teresa				98	Galitos				5:41.23	340
	50m:	37.43	37.43	150m:		250m:		350m:			
	100m:	1:20.78	43.35	200m:	2:49.29	300m:		400m:	5:41.23		
5.	LOPES, Bárbara Sofia				98	Clube Desportivo Estarreja				5:49.40	317
	50m:	40.11	40.11	150m:		250m:		350m:			
	100m:	1:25.22	45.11	200m:	2:55.45	300m:		400m:	5:49.40		
6.	MONTEIRO, Salome Meneses				98	Sporting Clube de Espinho				5:51.28	312
	50m:	39.08	39.08	150m:		250m:		350m:			
	100m:	1:22.42	43.34	200m:	2:52.76	300m:		400m:	5:51.28		
7.	MENDES, Rafaela Cunha				98	Clube Campinho				5:51.77	311
	50m:	39.28	39.28	150m:		250m:		350m:			
	100m:	1:23.19	43.91	200m:	2:53.81	300m:		400m:	5:51.77		
8.	PINTO, Teresa Miguel				98	Sporting Clube de Aveiro				6:00.61	288
	50m:	41.54	41.54	150m:		250m:		350m:			
	100m:	1:26.06	44.52	200m:	2:57.86	300m:		400m:	6:00.61		
9.	SOARES, Ines Carolina				98	Grupo Desportivo da Mealhada				6:02.96	283
	50m:	39.05	39.05	150m:		250m:		350m:			
	100m:	1:24.42	45.37	200m:	2:57.35	300m:		400m:	6:02.96		
10.	GOMES, Sandra Cristina				98	Sporting Clube de Espinho				6:09.10	269
	50m:	42.24	42.24	150m:		250m:		350m:			
	100m:	1:30.21	47.97	200m:	3:06.23	300m:		400m:	6:09.10		
11.	COELHO, Maria Ines				98	Clube Desportivo Feirense				6:10.23	267
	50m:	41.19	41.19	150m:		250m:		350m:			
	100m:	1:28.11	46.92	200m:	3:05.68	300m:		400m:	6:10.23		

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Prova 1, Femin., 400m Livres, Infantis B

Lugar					Ano		Tempo final	Pts
12.	DIAS, Catarina Ataide				98	Sporting Clube de Espinho	6:10.87	265
	50m:	40.71	40.71	150m:	250m:	350m:		
	100m:	1:27.50	46.79	200m:	300m:	400m:	6:10.87	
13.	MACHADO, Madalena Amaro				98	Ac.Viseu	6:11.96	263
	50m:	42.40	42.40	150m:	250m:	350m:		
	100m:	1:29.43	47.03	200m:	300m:	400m:	6:11.96	
14.	PINHO, Ines Santos				98	Clube Desportivo Feirense	6:13.44	260
	50m:	40.71	40.71	150m:	250m:	350m:		
	100m:	1:27.72	47.01	200m:	300m:	400m:	6:13.44	
15.	RODRIGUES, Rafaela Ferreira				98	Ac.Viseu	6:22.86	241
	50m:	41.63	41.63	150m:	250m:	350m:		
	100m:	1:30.00	48.37	200m:	300m:	400m:	6:22.86	
16.	FERREIRA, Rosário Fátima				98	Clube Desportivo Estarreja	6:24.52	238
	50m:	42.65	42.65	150m:	250m:	350m:		
	100m:	1:29.88	47.23	200m:	300m:	400m:	6:24.52	
17.	VAZQUEZ, Ines Santos				98	Clube Desportivo Feirense	6:31.64	225
	50m:	41.35	41.35	150m:	250m:	350m:		
	100m:	1:30.05	48.70	200m:	300m:	400m:	6:31.64	
18.	MARQUES, Ana Catarina				98	Sport Alges e Águeda	6:37.78	215
	50m:	44.27	44.27	150m:	250m:	350m:		
	100m:	1:34.59	50.32	200m:	300m:	400m:	6:37.78	
19.	SILVA, Beatriz Sofia				98	Clube Desportivo Estarreja	6:40.59	210
	50m:	43.56	43.56	150m:	250m:	350m:		
	100m:	1:32.51	48.95	200m:	300m:	400m:	6:40.59	
20.	TELHADO, Carlota Ramos				98	Sport Alges e Águeda	6:45.77	202
	50m:	43.19	43.19	150m:	250m:	350m:		
	100m:	1:33.71	50.52	200m:	300m:	400m:	6:45.77	
21.	FIGUEIREDO, Maria Luis				98	Sport Alges e Águeda	6:46.00	202
	50m:	45.31	45.31	150m:	250m:	350m:		
	100m:	1:36.25	50.94	200m:	300m:	400m:	6:46.00	
22.	BAPTISTA, Bruna Neves				98	Gafanha da Encarnacao	6:56.42	187
	50m:	44.41	44.41	150m:	250m:	350m:		
	100m:	1:34.52	50.11	200m:	300m:	400m:	6:56.42	
23.	PRIOR, Laura Santos				98	Gafanha da Encarnacao	7:00.32	182
	50m:	49.78	49.78	150m:	250m:	350m:		
	100m:	1:44.19	54.41	200m:	300m:	400m:	7:00.32	

Juvenis

1.	RODRIGUES, Ana Margarida				96	Galitos	4:49.22	559
	50m:	32.07	32.07	150m:	250m:	350m:		
	100m:	1:07.22	35.15	200m:	300m:	400m:	4:49.22	
2.	SILVA, Ana Beatriz				96	Gafanha da Encarnacao	4:50.57	551
	50m:	31.53	31.53	150m:	250m:	350m:		
	100m:	1:07.02	35.49	200m:	300m:	400m:	4:50.57	
3.	GONCALVES, Renata Castro				96	Sporting Clube de Aveiro	5:02.37	489
	50m:	32.39	32.39	150m:	250m:	350m:		
	100m:	1:08.73	36.34	200m:	300m:	400m:	5:02.37	
4.	OLIVEIRA, Rosa Maria				96	Clube Desportivo Estarreja	5:04.87	477
	50m:	34.91	34.91	150m:	250m:	350m:		
	100m:	1:13.65	38.74	200m:	300m:	400m:	5:04.87	
5.	FERREIRA, Daniela Valente				96	Estamos Juntos	5:05.99	472
	50m:	34.68	34.68	150m:	250m:	350m:		
	100m:	1:12.74	38.06	200m:	300m:	400m:	5:05.99	

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Lugar	Ano	Tempo final	Pts
6. FERREIRA, Marcia Daniela	96	5:10.51	452
50m: 34.90 34.90	150m:	250m:	350m:
100m: 1:13.36 38.46	200m: 2:32.21	300m:	400m: 5:10.51
7. CRUZ, Carla Sofia	96	5:11.04	449
50m: 35.07 35.07	150m:	250m:	350m:
100m: 1:14.20 39.13	200m: 2:34.57	300m:	400m: 5:11.04
8. AIRES, Teresa Manuela	96	5:11.92	446
50m: 35.62 35.62	150m:	250m:	350m:
100m: 1:14.90 39.28	200m: 2:34.60	300m:	400m: 5:11.92
9. ALMEIDA, Marina Pereira	96	5:12.93	441
50m: 35.65 35.65	150m:	250m:	350m:
100m: 1:14.24 38.59	200m: 2:33.71	300m:	400m: 5:12.93
10. BARTOLOMEU, Carolina Rodrigues	96	5:19.88	413
50m: 35.84 35.84	150m:	250m:	350m:
100m: 1:15.12 39.28	200m: 2:36.31	300m:	400m: 5:19.88
11. ESTEVES, Leonor Almeida	96	5:29.97	376
50m: 37.36 37.36	150m:	250m:	350m:
100m: 1:18.78 41.42	200m: 2:43.19	300m:	400m: 5:29.97
12. CASTRO, Filipa Santos	96	5:34.21	362
50m: 36.32 36.32	150m:	250m:	350m:
100m: 1:16.75 40.43	200m: 2:41.28	300m:	400m: 5:34.21
13. PAULINO, Joana Filipa	96	5:36.17	356
50m: 37.26 37.26	150m:	250m:	350m:
100m: 1:17.86 40.60	200m: 2:43.09	300m:	400m: 5:36.17
14. NETO, Ines Costa	96	5:36.18	356
50m: 35.57 35.57	150m:	250m:	350m:
100m: 1:57.80 1:22.23	200m: 3:21.91	300m:	400m: 5:36.18
15. FURTADO, Cristina Alexandra	96	5:45.43	328
50m: 38.85 38.85	150m:	250m:	350m:
100m: 1:22.84 43.99	200m: 2:51.66	300m:	400m: 5:45.43
16. MAIA, Luisa Filipa	96	5:46.19	326
50m: 38.87 38.87	150m:	250m:	350m:
100m: 1:21.76 42.89	200m: 2:49.81	300m:	400m: 5:46.19
17. TAVARES, Jessica Rodrigues	96	5:50.00	315
50m: 38.55 38.55	150m:	250m:	350m:
100m: 1:22.59 44.04	200m: 2:53.65	300m:	400m: 5:50.00
18. CARVALHO, Adriana Cristina	96	5:59.17	292
50m:	150m:	250m:	350m:
100m: 1:22.46	200m: 2:54.42	300m:	400m: 5:59.17
19. OLIVEIRA, Ines Dias	96	5:59.34	291
50m: 39.87 39.87	150m:	250m:	350m:
100m: 1:25.63 45.76	200m: 2:59.48	300m:	400m: 5:59.34
20. RODRIGUES, Soraia Raquel	96	6:12.15	262
50m: 37.29 37.29	150m:	250m:	350m:
100m: 1:20.41 43.12	200m: 2:55.57	300m:	400m: 6:12.15
21. BARNABE, Sandra Maria	96	6:18.87	249
50m: 42.53 42.53	150m:	250m:	350m:
100m: 1:29.22 46.69	200m: 3:05.37	300m:	400m: 6:18.87
22. GOMES, Bruna Almeida	96	6:38.67	213
50m: 41.74 41.74	150m:	250m:	350m:
100m: 1:29.93 48.19	200m: 3:12.21	300m:	400m: 6:38.67
23. ROSAS, Maria Luisa	96	6:58.63	184
50m: 43.85 43.85	150m:	250m:	350m:
100m: 1:34.73 50.88	200m: 3:21.50	300m:	400m: 6:58.63

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Prova 1, Femin., 400m Livres

EXH	BORGES, Joana Varandas		96	Clube Natação Interior Norte	5:10.33	453
	50m: 34.28	34.28	150m:	250m:	350m:	
	100m: 1:12.38	38.10	200m: 2:30.56	300m:	400m: 5:10.33	