

Prova 9 Femin., 400m Livres Absolutos
05-06-2010 - 11:00 Águas de Carvalhelhos, S.A. Resultados Elimin

Recordes Nacionais 50m Open	4:19.89	Ana Feio, ALEGRIA	FPN	Barcelona (ESP)	30-05-1996
Recordes Nacionais 50m Inf B	4:43.70	tempo limite,			
Recordes Nacionais 50m Inf A	4:31.53	tempo limite,			
Recordes Nacionais 50m Juv	4:28.67	tempo limite,			
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
MEETREC	4:16.00	Camelia, POTEÇ	ROU	Porto	26-06-1999

TLP JUN_SEN FEM 15 +: 4:51.50 / TLP INF_JUV FEM 12 - 14: 5:02.50

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Valeria, BARONI	F	92		Lombardia	4:29.91	695	A
	50m: 31.82 31.82	150m: 1:39.62 34.13	250m: 2:47.55 33.99	350m: 3:55.93 34.44				
	100m: 1:05.49 33.67	200m: 2:13.56 33.94	300m: 3:21.49 33.94	400m: 4:29.91 33.98				
2.	Ana Ribeiro, FERREIRA	F	15634	92	Famalicão	4:32.67	674	A
	50m: 31.17 31.17	150m: 1:40.21 34.89	250m: 2:49.94 35.04	350m: 3:58.83 34.16				
	100m: 1:05.32 34.15	200m: 2:14.90 34.69	300m: 3:24.67 34.73	400m: 4:32.67 33.84				
3.	Joana Filipa, SANTOS	F	24081	93	Vitória Sport Clube	4:32.71	674	A
	50m: 31.83 31.83	150m: 1:40.05 34.45	250m: 2:49.19 34.81	350m: 3:58.81 35.08				
	100m: 1:05.60 33.77	200m: 2:14.38 34.33	300m: 3:23.73 34.54	400m: 4:32.71 33.90				
4.	Andreia Catarina, GOMES	F	103701	94	Vitória Sport Clube	4:32.78	673	A
	50m: 31.82 31.82	150m: 1:40.39 34.57	250m: 2:48.77 34.12	350m: 3:58.66 35.16				
	100m: 1:05.82 34.00	200m: 2:14.65 34.26	300m: 3:23.50 34.73	400m: 4:32.78 34.12				
5.	Rotsztein, EFRAT	F	92		ISR	4:33.06	671	A
	50m: 31.28 31.28	150m: 1:40.66 35.04	250m: 2:50.32 34.78	350m: 3:59.93 34.71				
	100m: 1:05.62 34.34	200m: 2:15.54 34.88	300m: 3:25.22 34.90	400m: 4:33.06 33.13				
6.	Joana Aguiar, RODRIGUES	F	15401	93	Porto/Dolce Vita	4:33.61	667	A
	50m: 30.99 30.99	150m: 1:40.60 35.15	250m: 2:50.27 35.04	350m: 4:00.29 34.92				
	100m: 1:05.45 34.46	200m: 2:15.23 34.63	300m: 3:25.37 35.10	400m: 4:33.61 33.32				
7.	Maria Miguel, VELOSO	F	10879	93	Náutico/Matobra	4:34.19	663	A
	50m: 32.61 32.61	150m: 1:41.43 34.63	250m: 2:50.79 34.72	350m: 4:00.19 34.78				
	100m: 1:06.80 34.19	200m: 2:16.07 34.64	300m: 3:25.41 34.62	400m: 4:34.19 34.00				
8.	OLIVIA, BRIOT	F	0203302	96	Stade Aquitane	4:35.62	653	A
	50m: 32.46 32.46	150m: 1:41.66 35.07	250m: 2:51.65 35.30	350m: 4:01.65 35.35				
	100m: 1:06.59 34.13	200m: 2:16.35 34.69	300m: 3:26.30 34.65	400m: 4:35.62 33.97				
9.	Alexandra Paiva, OLIVEIRA	F	15139	91	Porto/Dolce Vita	4:36.58	646	B
	50m: 31.70 31.70	150m: 1:40.51 34.67	250m: 2:50.46 35.03	350m: 4:01.59 35.56				
	100m: 1:05.84 34.14	200m: 2:15.43 34.92	300m: 3:26.03 35.57	400m: 4:36.58 34.99				
10.	Patricia Garcia, MARINHO	F	23004	94	Sporting Clube de Portugal	4:37.29	641	B
	50m: 32.03 32.03	150m: 1:40.89 34.81	250m: 2:51.55 35.63	350m: 4:02.55 35.70				
	100m: 1:06.08 34.05	200m: 2:15.92 35.03	300m: 3:26.85 35.30	400m: 4:37.29 34.74				
11.	Ana Margarida, DOMINGOS	F	13416	93	Ac.Viseu	4:38.74	631	B
	50m: 32.64 32.64	150m: 1:42.96 35.26	250m: 2:54.22 35.22	350m: 4:05.22 35.32				
	100m: 1:07.70 35.06	200m: 2:19.00 36.04	300m: 3:29.90 35.68	400m: 4:38.74 33.52				
12.	Angelica Maria, ANDRE	F	15497	94	Leixões Sport Clube	4:38.80	631	B
	50m: 32.03 32.03	150m: 1:40.82 34.67	250m: 2:53.11 36.64	350m: 4:04.92 35.93				
	100m: 1:06.15 34.12	200m: 2:16.47 35.65	300m: 3:28.99 35.88	400m: 4:38.80 33.88				
13.	Mafalda Gomes, BELEZA	F	26890	94	Sporting Clube de Portugal	4:39.93	623	B
	50m: 31.96 31.96	150m: 1:41.51 35.30	250m: 2:53.74 36.21	350m: 4:06.15 35.98				
	100m: 1:06.21 34.25	200m: 2:17.53 36.02	300m: 3:30.17 36.43	400m: 4:39.93 33.78				
14.	Diana Margarida, DURAES	F	102992	96	Felgueiras	4:40.05	622	B
	50m: 31.46 31.46	150m: 1:41.26 35.29	250m: 2:54.11 36.35	350m: 4:06.18 35.56				
	100m: 1:05.97 34.51	200m: 2:17.76 36.50	300m: 3:30.62 36.51	400m: 4:40.05 33.87				
15.	Carolina Cunha, MARTINS	F	10881	95	Náutico/Matobra	4:40.46	620	B
	50m: 32.05 32.05	150m: 1:41.90 35.29	250m: 2:53.35 35.90	350m: 4:05.09 35.91				
	100m: 1:06.61 34.56	200m: 2:17.45 35.55	300m: 3:29.18 35.83	400m: 4:40.46 35.37				
16.	Maria Ana, MAGALHAES	F	13039	93	Escola Desportiva Limiana	4:41.05	616	B
	50m: 31.76 31.76	150m: 1:41.51 35.29	250m: 2:52.73 35.92	350m: 4:05.52 36.52				
	100m: 1:06.22 34.46	200m: 2:16.81 35.30	300m: 3:29.00 36.27	400m: 4:41.05 35.53				
17.	Marisa Alexandra, LAGE	F	14935	94	Viana NC	4:41.61	612	R
	50m: 31.77 31.77	150m: 1:42.14 35.76	250m: 2:54.21 36.27	350m: 4:07.02 36.51				
	100m: 1:06.38 34.61	200m: 2:17.94 35.80	300m: 3:30.51 36.30	400m: 4:41.61 34.59				
18.	Ines Sofia, SAMPAIO	F	13415	94	Ac.Viseu	4:41.90	610	R
	50m: 33.27 33.27	150m: 1:45.64 36.35	250m: 2:57.31 35.87	350m: 4:08.70 35.57				
	100m: 1:09.29 36.02	200m: 2:21.44 35.80	300m: 3:33.13 35.82	400m: 4:41.90 33.20				
19.	Ana Goncalves, NETO	F	101958	95	Porto/Dolce Vita	4:45.27	589	
	50m: 32.78 32.78	150m: 1:44.74 36.17	250m: 2:57.04 35.89	350m: 4:09.55 35.89				
	100m: 1:08.57 35.79	200m: 2:21.15 36.41	300m: 3:33.66 36.62	400m: 4:45.27 35.72				

Prova 9, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs							
20.	Florbela Cavaco, MACHADO	F	103916	96	Columbófila/Cantanhedense	4:45.58	587								
								50m: 31.83	31.83	150m: 1:43.05	35.75	250m: 2:56.32	36.56	350m: 4:10.27	36.47
								100m: 1:07.30	35.47	200m: 2:19.76	36.71	300m: 3:33.80	37.48	400m: 4:45.58	35.31
21.	Elsa, LEGER	F		95	D'Ile de France	4:45.83	585								
								50m: 32.63	32.63	150m: 1:43.68	35.50	250m: 2:56.22	36.23	350m: 4:09.93	36.85
								100m: 1:08.06	35.43	200m: 2:19.99	36.43	300m: 3:33.08	36.86	400m: 4:45.83	35.90
22.	Isabella, GAMUCCI	F		92	Lombardia	4:47.01	578								
								50m: 32.39	32.39	150m: 1:43.68	35.72	250m: 2:56.54	36.28	350m: 4:10.15	36.25
								100m: 1:07.96	35.57	200m: 2:20.26	36.58	300m: 3:33.90	37.36	400m: 4:47.01	36.86
23.	Melanie, POULAIN	F		95	D'Ile de France	4:47.19	577								
								50m: 32.16	32.16	150m: 1:44.16	36.73	250m: 2:57.57	36.63	350m: 4:11.94	37.24
								100m: 1:07.43	35.27	200m: 2:20.94	36.78	300m: 3:34.70	37.13	400m: 4:47.19	35.25
24.	Sofia Cunha, SOUSA	F	102996	96	Felgueiras	4:49.38	564								
								50m: 33.73	33.73	150m: 1:46.31	36.74	250m: 2:59.92	36.89	350m: 4:13.64	36.82
								100m: 1:09.57	35.84	200m: 2:23.03	36.72	300m: 3:36.82	36.90	400m: 4:49.38	35.74
25.	Ana Luisa, CARVALHO	F	24493	96	Náutico/Matobra	4:50.70	556								
								50m: 33.04	33.04	150m: 1:45.63	36.68	250m: 3:00.00	37.07	350m: 4:15.20	37.23
								100m: 1:08.95	35.91	200m: 2:22.93	37.30	300m: 3:37.97	37.97	400m: 4:50.70	35.50
26.	Ana Filipa, MARTINS	F	104438	97	Felgueiras	4:50.90	555								
								50m: 33.69	33.69	150m: 1:46.39	36.98	250m: 3:00.35	37.17	350m: 4:15.02	37.39
								100m: 1:09.41	35.72	200m: 2:23.18	36.79	300m: 3:37.63	37.28	400m: 4:50.90	35.88
27.	Alba Ortiz de Guínea, BASTON	F		97	Santa Olaya	4:53.03	543								
								50m: 34.10	34.10	150m: 1:47.05	37.12	250m: 3:01.69	37.64	350m: 4:16.95	37.27
								100m: 1:09.93	35.83	200m: 2:24.05	37.00	300m: 3:39.68	37.99	400m: 4:53.03	36.08
28.	Elsa Garcia, RODRIGUEZ	F		97	Santa Olaya	4:53.59	540								
								50m: 34.20	34.20	150m: 1:49.13	37.77	250m: 3:03.92	37.78	350m: 4:18.42	37.30
								100m: 1:11.36	37.16	200m: 2:26.14	37.01	300m: 3:41.12	37.20	400m: 4:53.59	35.17
29.	Maria Julia, CUNHA	F	26662	96	Braga	4:55.94	527								
								50m: 33.70	33.70	150m: 1:47.87	37.35	250m: 3:03.76	37.92	350m: 4:19.76	38.28
								100m: 1:10.52	36.82	200m: 2:25.84	37.97	300m: 3:41.48	37.72	400m: 4:55.94	36.18