

XIII Torneio Cidade de Fafe
Fafe, 18-6-2011

Prova 2
18-06-2011 - 15:45

Femin., 400m Livres

Absolutos
Resultados

Pontos: FINA 2010

Lugar			Ano			Tempo final			Pts
1.	Andreia Catarina, GOMES		94	Vitória Sport Clube		4:27.77			675
	50m:	30.87 30.87	150m:	1:37.95 33.79	250m:	2:45.36 33.78	350m:	3:53.37 34.01	
	100m:	1:04.16 33.29	200m:	2:11.58 33.63	300m:	3:19.36 34.00	400m:	4:27.77 34.40	
2.	Mariana Oliveira, VALE		93	Valongo		4:42.62			574
	50m:	32.94 32.94	150m:	1:45.43 36.54	250m:	2:56.89 35.18	350m:	4:08.82 35.89	
	100m:	1:08.89 35.95	200m:	2:21.71 36.28	300m:	3:32.93 36.04	400m:	4:42.62 33.80	
3.	Hedviges Ribeiro, CARVALHO		95	Famalicao		4:43.27			570
	50m:	32.38 32.38	150m:	1:44.66 36.60	250m:	2:56.54 35.66	350m:	4:08.73 36.08	
	100m:	1:08.06 35.68	200m:	2:20.88 36.22	300m:	3:32.65 36.11	400m:	4:43.27 34.54	
4.	Ana Filipa, GOMES		96	Fluvial Vilacondense		4:43.28			570
	50m:	32.61 32.61	150m:	1:44.61 36.45	250m:	2:56.47 35.74	350m:	4:08.29 36.02	
	100m:	1:08.16 35.55	200m:	2:20.73 36.12	300m:	3:32.27 35.80	400m:	4:43.28 34.99	
5.	Claudia Cristina, LEAO		96	Gespacos		4:52.05			520
	50m:	32.93 32.93	150m:	1:45.98 37.39	250m:	3:00.06 37.19	350m:	4:15.11 37.53	
	100m:	1:08.59 35.66	200m:	2:22.87 36.89	300m:	3:37.58 37.52	400m:	4:52.05 36.94	
6.	Rute Sofia, TEIXEIRA		90	Ginásio Santo Tirso		4:52.11			520
	50m:	34.37 34.37	150m:	1:48.89 37.15	250m:	3:02.57 36.77	350m:	4:15.69 36.38	
	100m:	1:11.74 37.37	200m:	2:25.80 36.91	300m:	3:39.31 36.74	400m:	4:52.11 36.42	
7.	Carolina Santos, SILVA		86	CNMaia		4:53.57			512
	50m:	34.20 34.20	150m:	1:48.44 37.04	250m:	3:02.52 37.08	350m:	4:17.02 37.18	
	100m:	1:11.40 37.20	200m:	2:25.44 37.00	300m:	3:39.84 37.32	400m:	4:53.57 36.55	
8.	Iolanda Ribeiro, PINHEIRO		97	Penafiel		5:01.70			472
	50m:	32.65 32.65	150m:	1:47.82 37.96	250m:	3:05.03 38.51	350m:	4:23.76 39.77	
	100m:	1:09.86 37.21	200m:	2:26.52 38.70	300m:	3:43.99 38.96	400m:	5:01.70 37.94	
9.	Rita Alexandra, GUEDES		94	Propaganda da Natacao		5:39.37			331
	50m:	36.71 36.71	150m:	1:59.92 42.31	250m:	3:27.46 44.32	350m:	4:56.42 43.86	
	100m:	1:17.61 40.90	200m:	2:43.14 43.22	300m:	4:12.56 45.10	400m:	5:39.37 42.95	
DSQ	Sara Pinto, RODRIGUES		96	Fluvial Portuense					
	<i>102 - Falsa partida – SW 4.4</i>								
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:		
EXH	Noemia Verdi, SILVA		99	Fafe		5:15.17			414
	50m:	32.80 32.80	150m:	1:50.40 40.02	250m:	3:11.69 41.37	350m:	4:34.60 41.47	
	100m:	1:10.38 37.58	200m:	2:30.32 39.92	300m:	3:53.13 41.44	400m:	5:15.17 40.57	