

VII Meeting Internacional da Póvoa de Varzim  
Póvoa de Varzim, 13-14-2-2016

Prova 8	Femin., 400m Livres				Absolutos	
13-02-2016 - 10:20	Clínica Medica da Foz				Resultados Elimin	
Recordes Nacionais 50m Absoluto	4:17.92	HOLUB, Tamila Hryhorivna	POR	Antwerpen (BEL)	24-01-2016	
Recordes Nacionais 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27-07-1979	
Recordes Nacionais 50m Inf A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08-08-1980	
Recordes Nacionais 50m Juv	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26-07-2014	
Recordes Nacionais 50m 15	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07-06-2014	
Recordes Nacionais 50m 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04-08-2002	
Recordes Nacionais 50m 17	4:17.92	HOLUB, Tamila Hryhorivna	POR	Antwerpen (BEL)	24-01-2016	
Recordes Nacionais 50m 18 +	4:19.09	DURAES, Diana Margarida	FCP	Coimbra	25-07-2015	
Recorde Meeting	4:19.16	BOLGIANI, GIULIA	ITA	Póvoa de Varzim	06-02-2010	

TLP JUN\_SEN FEM 16 +: 5:04.43 / TLP INF\_JUV FEM 12 - 15: 5:36.82

Pontos: FINA 2016

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
<b>Absolutos</b>									
1.	HOLUB, Tamila Hryhorivna	F	116887	99	Braga	<b>4:25.48</b>	723	-	A
	50m: 31.45 31.45		150m: 1:38.10 33.59		250m: 2:45.37 33.70		350m: 3:52.55 33.48		
	100m: 1:04.51 33.06		200m: 2:11.67 33.57		300m: 3:19.07 33.70		400m: 4:25.48 32.93		
2.	DURAES, Diana Margarida	F	102992	96	Porto	<b>4:27.51</b>	707	-	A
	50m: 31.84 31.84		150m: 1:40.05 34.14		250m: 2:47.26 33.56		350m: 3:54.23 33.63		
	100m: 1:05.91 34.07		200m: 2:13.70 33.65		300m: 3:20.60 33.34		400m: 4:27.51 33.28		
3.	ALVES, Sara Sofia	F	111234	01	ASSS Columb Cantanhedense	<b>4:34.59</b>	654	-	A
	50m: 33.10 33.10		150m: 1:42.15 35.19		250m: 2:51.76 34.92		350m: 4:01.36 34.72		
	100m: 1:06.96 33.86		200m: 2:16.84 34.69		300m: 3:26.64 34.88		400m: 4:34.59 33.23		
4.	FARIA, Ana Rita	F	117417	00	Porto	<b>4:37.53</b>	633	-	A
	50m: 31.76 31.76		150m: 1:41.43 35.26		250m: 2:51.90 35.00		350m: 4:02.88 35.54		
	100m: 1:06.17 34.41		200m: 2:16.90 35.47		300m: 3:27.34 35.44		400m: 4:37.53 34.65		
5.	NEVES, Vania Soares	F	12380	90	Fluvial Portuense	<b>4:38.42</b>	627	-	A
	50m: 32.51 32.51		150m: 1:42.03 35.06		250m: 2:52.43 35.35		350m: 4:03.41 35.46		
	100m: 1:06.97 34.46		200m: 2:17.08 35.05		300m: 3:27.95 35.52		400m: 4:38.42 35.01		
6.	CABRAL, Maria Francisca	F	118113	00	Porto	<b>4:39.32</b>	621	-	A
	50m: 32.57 32.57		150m: 1:42.53 35.31		250m: 2:53.55 35.32		350m: 4:05.09 35.59		
	100m: 1:07.22 34.65		200m: 2:18.23 35.70		300m: 3:29.50 35.95		400m: 4:39.32 34.23		
7.	TEODOSIO, Barbara Coimbra	F	112716	99	Nautico Marinha Grande	<b>4:40.30</b>	615	-	A
	50m: 32.55 32.55		150m: 1:43.66 35.67		250m: 2:55.21 35.61		350m: 4:06.81 35.63		
	100m: 1:07.99 35.44		200m: 2:19.60 35.94		300m: 3:31.18 35.97		400m: 4:40.30 33.49		
8.	AMADOR, Joana Costa	F	117714	01	Galitos/Bresimar	<b>4:40.66</b>	612	-	A
	50m: 32.77 32.77		150m: 1:42.97 35.55		250m: 2:54.62 35.86		350m: 4:05.72 35.44		
	100m: 1:07.42 34.65		200m: 2:18.76 35.79		300m: 3:30.28 35.66		400m: 4:40.66 34.94		
9.	COSTA, Maria Carolina	F	119080	01	Porto	<b>4:41.95</b>	604	-	B
	50m: 32.01 32.01		150m: 1:42.16 35.13		250m: 2:53.42 35.68		350m: 4:06.14 36.15		
	100m: 1:07.03 35.02		200m: 2:17.74 35.58		300m: 3:29.99 36.57		400m: 4:41.95 35.81		
10.	FERNANDES, Maria Joao	F	102092	97	Vilacondense	<b>4:42.61</b>	600	-	B
	50m: 32.84 32.84		150m: 1:43.20 35.38		250m: 2:54.48 35.69		350m: 4:06.94 36.14		
	100m: 1:07.82 34.98		200m: 2:18.79 35.59		300m: 3:30.80 36.32		400m: 4:42.61 35.67		
11.	PEGO, Isabel Porfirio	F	121336	01	Porto	<b>4:42.97</b>	597	-	B
	50m: 33.13 33.13		150m: 1:43.65 35.24		250m: 2:55.32 35.58		350m: 4:07.53 35.90		
	100m: 1:08.41 35.28		200m: 2:19.74 36.09		300m: 3:31.63 36.31		400m: 4:42.97 35.44		
12.	LOURENCO, Eliana Dirce	F	109369	00	Galitos/Bresimar	<b>4:44.53</b>	587	-	B
	50m: 32.45 32.45		150m: 1:44.01 36.32		250m: 2:56.73 36.42		350m: 4:09.38 36.14		
	100m: 1:07.69 35.24		200m: 2:20.31 36.30		300m: 3:33.24 36.51		400m: 4:44.53 35.15		
13.	COSTA, Ana Silva	F	104446	98	Famalicao	<b>4:45.06</b>	584	-	B
	50m: 32.96 32.96		150m: 1:44.46 36.29		250m: 2:56.15 36.07		350m: 4:09.17 36.60		
	100m: 1:08.17 35.21		200m: 2:20.08 35.62		300m: 3:32.57 36.42		400m: 4:45.06 35.89		
14.	MACHADO, Madalena Amaro	F	105916	98	Ac.Viseu	<b>4:46.48</b>	576	-	B
	50m: 32.67 32.67		150m: 1:45.30 36.83		250m: 2:58.53 36.64		350m: 4:11.71 36.24		
	100m: 1:08.47 35.80		200m: 2:21.89 36.59		300m: 3:35.47 36.94		400m: 4:46.48 34.77		
15.	SANTOS, Iris Cunha	F	117418	00	Porto	<b>4:47.79</b>	568	-	B
	50m: 33.09 33.09		150m: 1:45.36 36.60		250m: 2:58.96 36.45		350m: 4:12.99 36.97		
	100m: 1:08.76 35.67		200m: 2:22.51 37.15		300m: 3:36.02 37.06		400m: 4:47.79 34.80		
16.	RAMOS, Ana Rita	F	126775	02	Porto	<b>4:48.67</b>	563	-	B
	50m: 32.44 32.44		150m: 1:43.40 35.88		250m: 2:57.54 37.13		350m: 4:12.32 37.07		
	100m: 1:07.52 35.08		200m: 2:20.41 37.01		300m: 3:35.25 37.71		400m: 4:48.67 36.35		
17.	BARBOSA, Mariana Fernandes	F	121985	02	Porto	<b>4:48.83</b>	562	-	R
	50m: 32.92 32.92		150m: 1:45.21 36.12		250m: 2:58.76 36.83		350m: 4:12.58 36.74		
	100m: 1:09.09 36.17		200m: 2:21.93 36.72		300m: 3:35.84 37.08		400m: 4:48.83 36.25		

O Juiz Árbitro

O Secretariado do Júri

Splash Meet Manager 11, 11.41263

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VII Meeting Internacional da Póvoa de Varzim  
Póvoa de Varzim, 13-14-2-2016

Prova 8, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
18.	ELOI, Ana Monica	F	107038	96	Nautico Marinha Grande	<b>4:49.02</b>	561	-	R
	50m: 32.35 32.35		150m: 1:43.81		36.27 250m: 2:57.56	36.99	350m: 4:12.54	37.54	
	100m: 1:07.54 35.19		200m: 2:20.57		36.76 300m: 3:35.00	37.44	400m: 4:49.02	36.48	
19.	LEMOS, Leila Tavarıa	F	127860	00	Vilacondense	<b>4:50.13</b>	554	-	
	50m: 32.79 32.79		150m: 1:46.23		37.32 250m: 3:00.48	36.96	350m: 4:14.63	36.90	
	100m: 1:08.91 36.12		200m: 2:23.52		37.29 300m: 3:37.73	37.25	400m: 4:50.13	35.50	
20.	CARDOSO, Beatriz Neves	F	105741	98	Colegio SMLamas	<b>4:52.26</b>	542	-	
	50m: 33.13 33.13		150m: 1:46.17		36.66 250m: 3:00.59	37.08	350m: 4:15.69	37.45	
	100m: 1:09.51 36.38		200m: 2:23.51		37.34 300m: 3:38.24	37.65	400m: 4:52.26	36.57	
21.	FERREIRA, Rute Santos	F	103823	97	Porto	<b>4:52.54</b>	541	-	
	50m: 32.16 32.16		150m: 1:46.68		36.70 250m: 2:59.47	37.49	350m: 4:15.55	38.16	
	100m: 1:07.98 35.82		200m: 2:21.98		37.30 300m: 3:37.39	37.92	400m: 4:52.54	36.99	
22.	MARTINS, Maria Esteves	F	112378	01	Galitos/Bresimar	<b>4:52.60</b>	540	-	
	50m: 34.08 34.08		150m: 1:47.67		36.34 250m: 3:02.43	37.15	350m: 4:17.02	37.02	
	100m: 1:11.33 37.25		200m: 2:25.28		37.61 300m: 3:40.00	37.57	400m: 4:52.60	35.58	
23.	LA FERIA, Ana Beatriz	F	116885	99	Porto	<b>4:53.00</b>	538	-	
	50m: 33.65 33.65		150m: 1:46.31		36.71 250m: 3:00.71	37.41	350m: 4:16.18	37.68	
	100m: 1:09.60 35.95		200m: 2:23.30		36.99 300m: 3:38.50	37.79	400m: 4:53.00	36.82	
24.	SILVA, Ana Pimenta	F	126327	01	Escola Desportiva de Viana	<b>4:53.58</b>	535	-	
	50m: 33.05 33.05		150m: 1:46.46		36.51 250m: 3:02.17	37.77	350m: 4:17.29	37.42	
	100m: 1:08.95 35.90		200m: 2:24.40		37.94 300m: 3:39.87	37.70	400m: 4:53.58	36.29	
25.	MONTEIRO, Margarida Cabral	F	117474	02	Galitos/Bresimar	<b>4:53.79</b>	534	-	
	50m: 33.07 33.07		150m: 1:46.73		37.23 250m: 3:02.25	37.87	350m: 4:17.74	37.72	
	100m: 1:09.50 36.43		200m: 2:24.38		37.65 300m: 3:40.02	37.77	400m: 4:53.79	36.05	
26.	LIMA, Jessica Soares	F	126993	02	Braga	<b>4:55.03</b>	527	-	
	50m: 32.91 32.91		150m: 1:46.76		37.48 250m: 3:02.19	37.62	350m: 4:17.72	37.85	
	100m: 1:09.28 36.37		200m: 2:24.57		37.81 300m: 3:39.87	37.68	400m: 4:55.03	37.31	
27.	MATOS, Lara Beatriz	F	111049	01	Famalicao	<b>4:55.24</b>	526	-	
	50m: 32.74 32.74		150m: 1:45.94		37.00 250m: 3:01.68	37.85	350m: 4:17.80	37.82	
	100m: 1:08.94 36.20		200m: 2:23.83		37.89 300m: 3:39.98	38.30	400m: 4:55.24	37.44	
28.	MARTINS, Ines Alves	F	112126	01	Fluvial Portuense	<b>4:55.33</b>	525	-	
	50m: 32.70 32.70		150m: 1:45.89		37.11 250m: 3:01.77	37.97	350m: 4:18.18	38.11	
	100m: 1:08.78 36.08		200m: 2:23.80		37.91 300m: 3:40.07	38.30	400m: 4:55.33	37.15	
29.	SANTOS, Alexandra Jesus	F	117408	00	Leixoes	<b>4:55.96</b>	522	-	
	50m: 32.48 32.48		150m: 1:45.62		37.05 250m: 3:01.42	38.28	350m: 4:18.67	38.42	
	100m: 1:08.57 36.09		200m: 2:23.14		37.52 300m: 3:40.25	38.83	400m: 4:55.96	37.29	
30.	MARTINS, Maria Leonor	F	107962	99	Aquatico Pacense	<b>4:56.29</b>	520	-	
	50m: 33.40 33.40		150m: 1:48.11		37.71 250m: 3:03.71	37.62	350m: 4:19.60	37.84	
	100m: 1:10.40 37.00		200m: 2:26.09		37.98 300m: 3:41.76	38.05	400m: 4:56.29	36.69	
31.	MARQUES, Carla Laranjeira	F	109363	00	Sporting Clube de Aveiro	<b>4:57.65</b>	513	-	
	50m: 33.89 33.89		150m: 1:47.62		37.64 250m: 3:04.29	38.23	350m: 4:20.47	38.17	
	100m: 1:09.98 36.09		200m: 2:26.06		38.44 300m: 3:42.30	38.01	400m: 4:57.65	37.18	
32.	RAMOS, Ana Sofia	F	108171	00	Fluvial Portuense	<b>4:57.85</b>	512	-	
	50m: 34.07 34.07		150m: 1:47.83		37.34 250m: 3:03.57	37.92	350m: 4:19.80	38.19	
	100m: 1:10.49 36.42		200m: 2:25.65		37.82 300m: 3:41.61	38.04	400m: 4:57.85	38.05	
33.	RODRIGUES, Rafaela Ferreira	F	117752	98	Ac.Viseu	<b>4:58.47</b>	509	-	
	50m: 33.44 33.44		150m: 1:47.14		37.43 250m: 3:03.62	38.11	350m: 4:20.85	38.39	
	100m: 1:09.71 36.27		200m: 2:25.51		38.37 300m: 3:42.46	38.84	400m: 4:58.47	37.62	
34.	SANTOS, Carolina Ascenso	F	121271	01	Natacao da Maia	<b>4:59.43</b>	504	-	
	50m: 32.15 32.15		150m: 1:46.68		38.26 250m: 3:04.84	39.37	350m: 4:22.23	38.85	
	100m: 1:08.42 36.27		200m: 2:25.47		38.79 300m: 3:43.38	38.54	400m: 4:59.43	37.20	
35.	FERREIRA, Ines Sofia	F	125029	02	Galitos/Bresimar	<b>4:59.48</b>	504	-	
	50m: 32.76 32.76		150m: 1:47.78		38.42 250m: 3:05.65	39.12	350m: 4:23.22	38.74	
	100m: 1:09.36 36.60		200m: 2:26.53		38.75 300m: 3:44.48	38.83	400m: 4:59.48	36.26	
36.	BARBOSA, Sara Lopes	F	118181	00	Aquatico Pacense	<b>4:59.71</b>	503	-	
	50m: 33.92 33.92		150m: 1:49.06		37.68 250m: 3:05.31	37.92	350m: 4:22.12	38.21	
	100m: 1:11.38 37.46		200m: 2:27.39		38.33 300m: 3:43.91	38.60	400m: 4:59.71	37.59	
37.	MARQUES, Erika Almeida	F	121691	01	Braga	<b>4:59.85</b>	502	-	
	50m: 33.56 33.56		150m: 1:47.71		37.54 250m: 3:03.97	38.41	350m: 4:21.41	38.67	
	100m: 1:10.17 36.61		200m: 2:25.56		37.85 300m: 3:42.74	38.77	400m: 4:59.85	38.44	
38.	FERNANDES, Filipa Viamonte	F	122198	02	Vitria de Guimaraes/Olicargo	<b>4:59.98</b>	501	-	
	50m: 35.25 35.25		150m: 1:51.47		38.16 250m: 3:07.94	38.30	350m: 4:23.43	37.49	
	100m: 1:13.31 38.06		200m: 2:29.64		38.17 300m: 3:45.94	38.00	400m: 4:59.98	36.55	
39.	MOREIRA, Mariana Filipa	F	125777	02	Natacao Valongo	<b>5:00.01</b>	501	-	
	50m: 33.71 33.71		150m: 1:49.89		38.70 250m: 3:07.14	38.46	350m: 4:23.97	38.14	
	100m: 1:11.19 37.48		200m: 2:28.68		38.79 300m: 3:45.83	38.69	400m: 5:00.01	36.04	
40.	SILVA, Joana Filipa	F	125636	98	O Crasto	<b>5:00.98</b>	496	-	
	50m: 34.70 34.70		150m: 1:50.93		38.33 250m: 3:07.59	38.50	350m: 4:24.41	38.55	
	100m: 1:12.60 37.90		200m: 2:29.09		38.16 300m: 3:45.86	38.27	400m: 5:00.98	36.57	

O Juiz  rbitro

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14-02-2016 17:38 - P gina 2



VII Meeting Internacional da Póvoa de Varzim  
Póvoa de Varzim, 13-14-2-2016

Prova 8, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final			FINA	PTS	OBS
41.	LOURENCO, Alice Carmo	F	122236	02	Viana Natacao	38.92	350m: 5:01.59	424.93	493	38.77	-
	50m: 34.04				150m: 1:49.72	250m: 3:07.60		350m: 4:24.93		38.77	
	100m: 1:11.03				200m: 2:28.68	300m: 3:46.16		400m: 5:01.59		36.66	
42.	RODRIGUES, Daniela Oliveira	F	118056	02	Natacao Valongo	39.16	350m: 5:02.47	425.46	489	38.42	-
	50m: 33.02				150m: 1:49.90	250m: 3:07.96		350m: 4:25.46		38.42	
	100m: 1:10.66				200m: 2:28.80	300m: 3:47.04		400m: 5:02.47		37.01	
43.	SILVA, Beatriz Ferreira	F	124250	01	Braga	39.13	350m: 5:03.01	426.09	486	39.34	-
	50m: 33.47				150m: 1:49.84	250m: 3:07.85		350m: 4:26.09		39.34	
	100m: 1:10.71				200m: 2:28.72	300m: 3:46.75		400m: 5:03.01		36.92	
44.	OLIVEIRA, Rafaela Campos	F	111322	00	Vilacondense	38.50	350m: 5:03.21	425.47	485	38.82	-
	50m: 34.36				150m: 1:50.66	250m: 3:07.87		350m: 4:25.47		38.82	
	100m: 1:12.20				200m: 2:29.37	300m: 3:46.65		400m: 5:03.21		37.74	
45.	COSTA, Mariana Cardoso	F	117322	01	Natacao da Maia	39.21	350m: 5:04.77	427.24	478	39.56	-
	50m: 33.27				150m: 1:49.90	250m: 3:08.22		350m: 4:27.24		39.56	
	100m: 1:11.02				200m: 2:29.01	300m: 3:47.68		400m: 5:04.77		37.53	
46.	SAMPAIO, Mariana Magalhaes	F	122166	03	Assoc. Desportiva de Fafe	39.42	350m: 5:05.48	428.13	475	39.15	-
	50m: 33.40				150m: 1:50.49	250m: 3:09.57		350m: 4:28.13		39.15	
	100m: 1:11.49				200m: 2:30.15	300m: 3:48.98		400m: 5:05.48		37.35	
47.	JACINTO, Joana Daniela	F	111230	01	Natacao da Maia	39.58	350m: 5:06.55	428.78	470	38.94	-
	50m: 32.83				150m: 1:50.67	250m: 3:10.23		350m: 4:28.78		38.94	
	100m: 1:11.09				200m: 2:30.65	300m: 3:49.84		400m: 5:06.55		37.77	
48.	RODRIGUES, Maria Carolina	F	121473	01	Vitória de Guimaraes/Olicargo	39.33	350m: 5:06.65	428.70	469	39.55	-
	50m: 34.26				150m: 1:50.82	250m: 3:09.69		350m: 4:28.70		39.55	
	100m: 1:11.69				200m: 2:30.36	300m: 3:49.15		400m: 5:06.65		37.95	
49.	PAIS, Francisca Vieira	F	117243	01	Galitos/Bresimar	38.62	350m: 5:07.09	428.56	467	39.16	-
	50m: 34.76				150m: 1:51.30	250m: 3:09.60		350m: 4:28.56		39.16	
	100m: 1:12.68				200m: 2:30.49	300m: 3:49.40		400m: 5:07.09		38.53	
50.	FONTE, Bruna Filipa	F	125911	02	Escola Desportiva de Viana	39.23	350m: 5:09.19	431.94	458	38.90	-
	50m: 34.72				150m: 1:52.24	250m: 3:11.85		350m: 4:31.94		38.90	
	100m: 1:13.01				200m: 2:32.29	300m: 3:53.04		400m: 5:09.19		37.25	
51.	TEIXEIRA, Ana Margarida	F	111504	02	Foca	39.39	350m: 5:10.70	432.23	451	38.78	-
	50m: 35.51				150m: 1:53.38	250m: 3:12.71		350m: 4:32.23		38.78	
	100m: 1:13.99				200m: 2:33.03	300m: 3:53.45		400m: 5:10.70		38.47	
52.	ANDIAS, Catarina Salome	F	125847	02	Sporting Clube de Aveiro	39.78	350m: 5:11.74	434.51	447	40.53	-
	50m: 34.64				150m: 1:53.15	250m: 3:13.27		350m: 4:34.51		40.53	
	100m: 1:13.37				200m: 2:33.12	300m: 3:53.98		400m: 5:11.74		37.23	
53.	MAGALHAES, Ana Catarina	F	119092	02	Lousada Seculo XXI	39.14	350m: 5:11.96	432.66	446	40.36	-
	50m: 33.55				150m: 1:50.85	250m: 3:11.38		350m: 4:32.66		40.36	
	100m: 1:11.71				200m: 2:31.08	300m: 3:52.30		400m: 5:11.96		39.30	
54.	SILVA, Adriana Rodrigues	F	116540	01	Galitos/Bresimar	39.74	350m: 5:12.10	433.68	445	39.35	-
	50m: 35.47				150m: 1:54.31	250m: 3:13.95		350m: 4:33.68		39.35	
	100m: 1:14.57				200m: 2:34.29	300m: 3:54.33		400m: 5:12.10		38.42	
55.	MACEDO, Beatriz Daniela	F	124313	02	Vitória de Guimaraes/Olicargo	38.99	350m: 5:12.22	433.90	445	39.58	-
	50m: 35.44				150m: 1:53.27	250m: 3:13.34		350m: 4:33.90		39.58	
	100m: 1:14.28				200m: 2:33.19	300m: 3:54.32		400m: 5:12.22		38.32	
56.	MACHADO, Joana Sofia	F	127918	02	Natacao Valongo	39.67	350m: 5:12.42	434.18	444	40.60	-
	50m: 34.03				150m: 1:51.90	250m: 3:12.53		350m: 4:34.18		40.60	
	100m: 1:12.23				200m: 2:31.68	300m: 3:53.58		400m: 5:12.42		38.24	
57.	CAMPOS, Alexandra Martins	F	127155	02	Leixoes	40.63	350m: 5:12.45	434.80	444	40.01	-
	50m: 34.82				150m: 1:54.83	250m: 3:14.68		350m: 4:34.80		40.01	
	100m: 1:14.20				200m: 2:35.01	300m: 3:54.79		400m: 5:12.45		37.65	
58.	AGUIAR, Ana Sofia	F	120624	02	Vilacondense	39.89	350m: 5:12.88	435.40	442	39.44	-
	50m: 35.12				150m: 1:54.67	250m: 3:15.55		350m: 4:35.40		39.44	
	100m: 1:14.78				200m: 2:35.34	300m: 3:55.96		400m: 5:12.88		37.48	
59.	FERREIRA, Maria Ines	F	123908	02	Natacao Valongo	40.17	350m: 5:13.18	434.81	440	40.35	-
	50m: 34.00				150m: 1:52.74	250m: 3:13.47		350m: 4:34.81		40.35	
	100m: 1:12.57				200m: 2:33.01	300m: 3:54.46		400m: 5:13.18		38.37	
60.	SILVA, Ana Pereira	F	124810	03	Assoc. Desportiva de Fafe	40.35	350m: 5:16.17	437.49	428	40.82	-
	50m: 34.61				150m: 1:54.44	250m: 3:15.90		350m: 4:37.49		40.82	
	100m: 1:14.09				200m: 2:34.76	300m: 3:56.67		400m: 5:16.17		38.68	
61.	FONTES, Beatriz Sousa	F	126659	01	Colegio SMLamas	39.84	350m: 5:17.45	437.41	423	41.96	-
	50m: 34.80				150m: 1:52.13	250m: 3:13.56		350m: 4:37.41		41.96	
	100m: 1:12.29				200m: 2:32.43	300m: 3:55.45		400m: 5:17.45		40.04	
62.	RIBEIRO, Angela Filipa	F	122115	02	Aquatico Pacense	40.91	350m: 5:18.82	439.65	417	40.00	-
	50m: 36.19				150m: 1:57.08	250m: 3:18.47		350m: 4:39.65		40.00	
	100m: 1:16.17				200m: 2:38.34	300m: 3:59.65		400m: 5:18.82		39.17	
63.	LIN, Patricia Cai	F	126266	01	Algés e Águeda XXI	41.16	350m: 5:20.19	442.23	412	41.06	-
	50m: 35.66				150m: 1:56.64	250m: 3:19.54		350m: 4:42.23		41.06	
	100m: 1:15.48				200m: 2:37.89	300m: 4:01.17		400m: 5:20.19		37.96	

O Juiz  rbitro

O Secretariado do J ri

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VII Meeting Internacional da Póvoa de Varzim  
Póvoa de Varzim, 13-14-2-2016

Prova 8, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
64.	SOUSA, Carolina Amaral	F	125085	01	Natacao da Maia	<b>5:24.88</b>	394	-	
	50m: 35.40 35.40		150m: 1:57.17		41.06 250m: 3:20.73 41.42	350m: 4:44.61 41.83			
	100m: 1:16.11 40.71		200m: 2:39.31		42.14 300m: 4:02.78 42.05	400m: 5:24.88 40.27			
65.	PINTO, Mariana Baptista	F	122180	02	Colegio SMLamas	<b>5:25.62</b>	392	-	
	50m: 36.41 36.41		150m: 1:59.23		42.38 250m: 3:21.76 41.07	350m: 4:45.88 41.88			
	100m: 1:16.85 40.44		200m: 2:40.69		41.46 300m: 4:04.00 42.24	400m: 5:25.62 39.74			
66.	VALE, Mariana Almeida	F	126713	03	Natacao Valongo	<b>5:27.74</b>	384	-	
	50m: 35.87 35.87		150m: 1:58.58		41.60 250m: 3:23.71 42.44	350m: 4:49.00 42.01			
	100m: 1:16.98 41.11		200m: 2:41.27		42.69 300m: 4:06.99 43.28	400m: 5:27.74 38.74			
67.	MAGALHAES, Ines Filipa	F	121786	02	Aquatico Pacense	<b>5:28.62</b>	381	-	
	50m: 37.74 37.74		150m: 2:01.22		41.60 250m: 3:25.38 42.12	350m: 4:49.12 42.05			
	100m: 1:18.48 40.74		200m: 2:43.26		42.04 300m: 4:07.07 41.69	400m: 5:28.62 39.50			
68.	PINTO, Ines Carneiro	F	123922	01	Aquatico Pacense	<b>5:36.57</b>	355	-	
	50m: 37.74 36.39		150m: 2:01.94		43.01 250m: 3:27.64 41.54	350m: 4:54.01 43.29			
	100m: 1:18.93 42.54		200m: 2:46.10		44.16 300m: 4:10.72 43.08	400m: 5:36.57 42.56			
69.	NOVA, Ines Neiva FL	F	125002	02	Clube Naval Povoense	<b>5:45.53</b>	328	-	
	50m: 36.68 36.68		150m: 2:02.43		43.98 250m: 3:31.10 44.42	350m: 5:01.24 44.63			
	100m: 1:18.45 41.77		200m: 2:46.68		44.25 300m: 4:16.61 45.51	400m: 5:45.53 44.29			
WDR	SANTOS, Ana Lopes	F	120698	02	Vilacondense			-	
WDR	PINTO, Ana Miguel	F	107478	99	Viana Natacao			-	
WDR	ROCHA, Marta Ferreira	F	110558	99	Leixoes			-	
WDR	OLIVEIRA, Beatriz Rodrigues	F	122175	01	Assoc. Desportiva de Fafe			-	

16 anos e mais velhos

1.	HOLUB, Tamila Hryhorivna	F	116887	99	Braga	<b>4:25.48</b>	723	-	A
	50m: 31.45 31.45		150m: 1:38.10		33.59 250m: 2:45.37 33.70	350m: 3:52.55 33.48			
	100m: 1:04.51 33.06		200m: 2:11.67		33.57 300m: 3:19.07 33.70	400m: 4:25.48 32.93			
2.	DURAES, Diana Margarida	F	102992	96	Porto	<b>4:27.51</b>	707	-	A
	50m: 31.84 31.84		150m: 1:40.05		34.14 250m: 2:47.26 33.56	350m: 3:54.23 33.63			
	100m: 1:05.91 34.07		200m: 2:13.70		33.65 300m: 3:20.60 33.34	400m: 4:27.51 33.28			
3.	FARIA, Ana Rita	F	117417	00	Porto	<b>4:37.53</b>	633	-	A
	50m: 31.76 31.76		150m: 1:41.43		35.26 250m: 2:51.90 35.00	350m: 4:02.88 35.54			
	100m: 1:06.17 34.41		200m: 2:16.90		35.47 300m: 3:27.34 35.44	400m: 4:37.53 34.65			
4.	NEVES, Vania Soares	F	12380	90	Fluvial Portuense	<b>4:38.42</b>	627	-	A
	50m: 32.51 32.51		150m: 1:42.03		35.06 250m: 2:52.43 35.35	350m: 4:03.41 35.46			
	100m: 1:06.97 34.46		200m: 2:17.08		35.05 300m: 3:27.95 35.52	400m: 4:38.42 35.01			
5.	CABRAL, Maria Francisca	F	118113	00	Porto	<b>4:39.32</b>	621	-	A
	50m: 32.57 32.57		150m: 1:42.53		35.31 250m: 2:53.55 35.32	350m: 4:05.09 35.59			
	100m: 1:07.22 34.65		200m: 2:18.23		35.70 300m: 3:29.50 35.95	400m: 4:39.32 34.23			
6.	TEODOSIO, Barbara Coimbra	F	112716	99	Nautico Marinha Grande	<b>4:40.30</b>	615	-	A
	50m: 32.55 32.55		150m: 1:43.66		35.67 250m: 2:55.21 35.61	350m: 4:06.81 35.63			
	100m: 1:07.99 35.44		200m: 2:19.60		35.94 300m: 3:31.18 35.97	400m: 4:40.30 33.49			
7.	FERNANDES, Maria Joao	F	102092	97	Vilacondense	<b>4:42.61</b>	600	-	B
	50m: 32.84 32.84		150m: 1:43.20		35.38 250m: 2:54.48 35.69	350m: 4:06.94 36.14			
	100m: 1:07.82 34.98		200m: 2:18.79		35.59 300m: 3:30.80 36.32	400m: 4:42.61 35.67			
8.	LOURENCO, Eliana Dirce	F	109369	00	Galitos/Bresimar	<b>4:44.53</b>	587	-	B
	50m: 32.45 32.45		150m: 1:44.01		36.32 250m: 2:56.73 36.42	350m: 4:09.38 36.14			
	100m: 1:07.69 35.24		200m: 2:20.31		36.30 300m: 3:33.24 36.51	400m: 4:44.53 35.15			
9.	COSTA, Ana Silva	F	104446	98	Famalicao	<b>4:45.06</b>	584	-	B
	50m: 32.96 32.96		150m: 1:44.46		36.29 250m: 2:56.15 36.07	350m: 4:09.17 36.60			
	100m: 1:08.17 35.21		200m: 2:20.08		35.62 300m: 3:32.57 36.42	400m: 4:45.06 35.89			
10.	MACHADO, Madalena Amaro	F	105916	98	Ac.Viseu	<b>4:46.48</b>	576	-	B
	50m: 32.67 32.67		150m: 1:45.30		36.83 250m: 2:58.53 36.64	350m: 4:11.71 36.24			
	100m: 1:08.47 35.80		200m: 2:21.89		36.59 300m: 3:35.47 36.94	400m: 4:46.48 34.77			
11.	SANTOS, Iris Cunha	F	117418	00	Porto	<b>4:47.79</b>	568	-	B
	50m: 33.09 33.09		150m: 1:45.36		36.60 250m: 2:58.96 36.45	350m: 4:12.99 36.97			
	100m: 1:08.76 35.67		200m: 2:22.51		37.15 300m: 3:36.02 37.06	400m: 4:47.79 34.80			
12.	ELOI, Ana Monica	F	107038	96	Nautico Marinha Grande	<b>4:49.02</b>	561	-	R
	50m: 32.35 32.35		150m: 1:43.81		36.27 250m: 2:57.56 36.99	350m: 4:12.54 37.54			
	100m: 1:07.54 35.19		200m: 2:20.57		36.76 300m: 3:35.00 37.44	400m: 4:49.02 36.48			
13.	LEMONS, Leila Tavarria	F	127860	00	Vilacondense	<b>4:50.13</b>	554	-	
	50m: 32.79 32.79		150m: 1:46.23		37.32 250m: 3:00.48 36.96	350m: 4:14.63 36.90			
	100m: 1:08.91 36.12		200m: 2:23.52		37.29 300m: 3:37.73 37.25	400m: 4:50.13 35.50			
14.	CARDOSO, Beatriz Neves	F	105741	98	Colegio SMLamas	<b>4:52.26</b>	542	-	
	50m: 33.13 33.13		150m: 1:46.17		36.66 250m: 3:00.59 37.08	350m: 4:15.69 37.45			
	100m: 1:09.51 36.38		200m: 2:23.51		37.34 300m: 3:38.24 37.65	400m: 4:52.26 36.57			

O Juiz Árbitro

O Secretariado do Júri

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VII Meeting Internacional da Póvoa de Varzim  
Póvoa de Varzim, 13-14-2-2016

Prova 8, Femin., 400m Livres, Elimin, 16 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
15.	FERREIRA, Rute Santos	F	103823	97	Porto	<b>4:52.54</b>	541	-	
	50m: 32.16 32.16				36.70	250m: 2:59.47 37.49	350m: 4:15.55 38.16		
	100m: 1:07.98 35.82				37.30	300m: 3:37.39 37.92	400m: 4:52.54 36.99		
16.	LA FERIA, Ana Beatriz	F	116885	99	Porto	<b>4:53.00</b>	538	-	
	50m: 33.65 33.65				36.71	250m: 3:00.71 37.41	350m: 4:16.18 37.68		
	100m: 1:09.60 35.95				36.99	300m: 3:38.50 37.79	400m: 4:53.00 36.82		
17.	SANTOS, Alexandra Jesus	F	117408	00	Leixoes	<b>4:55.96</b>	522	-	
	50m: 32.48 32.48				37.05	250m: 3:01.42 38.28	350m: 4:18.67 38.42		
	100m: 1:08.57 36.09				37.52	300m: 3:40.25 38.83	400m: 4:55.96 37.29		
18.	MARTINS, Maria Leonor	F	107962	99	Aquatico Pacense	<b>4:56.29</b>	520	-	
	50m: 33.44 33.44				37.71	250m: 3:03.71 37.62	350m: 4:19.60 37.84		
	100m: 1:10.40 37.00				37.98	300m: 3:41.76 38.05	400m: 4:56.29 36.69		
19.	MARQUES, Carla Laranjeira	F	109363	00	Sporting Clube de Aveiro	<b>4:57.65</b>	513	-	
	50m: 33.89 33.89				37.64	250m: 3:04.29 38.23	350m: 4:20.47 38.17		
	100m: 1:09.98 36.09				38.44	300m: 3:42.30 38.01	400m: 4:57.65 37.18		
20.	RAMOS, Ana Sofia	F	108171	00	Fluvial Portuense	<b>4:57.85</b>	512	-	
	50m: 34.07 34.07				37.34	250m: 3:03.57 37.92	350m: 4:19.80 38.19		
	100m: 1:10.49 36.42				37.82	300m: 3:41.61 38.04	400m: 4:57.85 38.05		
21.	RODRIGUES, Rafaela Ferreira	F	117752	98	Ac.Viseu	<b>4:58.47</b>	509	-	
	50m: 33.44 33.44				37.43	250m: 3:03.62 38.11	350m: 4:20.85 38.39		
	100m: 1:09.71 36.27				38.37	300m: 3:42.46 38.84	400m: 4:58.47 37.62		
22.	BARBOSA, Sara Lopes	F	118181	00	Aquatico Pacense	<b>4:59.71</b>	503	-	
	50m: 33.92 33.92				37.68	250m: 3:05.31 37.92	350m: 4:22.12 38.21		
	100m: 1:11.38 37.46				38.33	300m: 3:43.91 38.60	400m: 4:59.71 37.59		
23.	SILVA, Joana Filipa	F	125636	98	O Crasto	<b>5:00.98</b>	496	-	
	50m: 34.70 34.70				38.33	250m: 3:07.59 38.50	350m: 4:24.41 38.55		
	100m: 1:12.60 37.90				38.16	300m: 3:45.86 38.27	400m: 5:00.98 36.57		
24.	OLIVEIRA, Rafaela Campos	F	111322	00	Vilacondense	<b>5:03.21</b>	485	-	
	50m: 34.36 34.36				38.46	250m: 3:07.87 38.50	350m: 4:25.47 38.82		
	100m: 1:12.20 37.84				38.71	300m: 3:46.65 38.78	400m: 5:03.21 37.74		
WDR	PINTO, Ana Miguel	F	107478	99	Viana Natacao			-	
WDR	ROCHA, Marta Ferreira	F	110558	99	Leixoes			-	

12 - 15 anos

1.	ALVES, Sara Sofia	F	111234	01	ASSS Columb Cantanhedense	<b>4:34.59</b>	654	-	A
	50m: 33.10 33.10				35.19	250m: 2:51.76 34.92	350m: 4:01.36 34.72		
	100m: 1:06.96 33.86				34.69	300m: 3:26.64 34.88	400m: 4:34.59 33.23		
2.	AMADOR, Joana Costa	F	117714	01	Galitos/Bresimar	<b>4:40.66</b>	612	-	A
	50m: 32.77 32.77				35.55	250m: 2:54.62 35.86	350m: 4:05.72 35.44		
	100m: 1:07.42 34.65				35.79	300m: 3:30.28 35.66	400m: 4:40.66 34.94		
3.	COSTA, Maria Carolina	F	119080	01	Porto	<b>4:41.95</b>	604	-	B
	50m: 32.01 32.01				35.13	250m: 2:53.42 35.68	350m: 4:06.14 36.15		
	100m: 1:07.03 35.02				35.58	300m: 3:29.99 36.57	400m: 4:41.95 35.81		
4.	PEGO, Isabel Porfirio	F	121336	01	Porto	<b>4:42.97</b>	597	-	B
	50m: 33.13 33.13				35.24	250m: 2:55.32 35.58	350m: 4:07.53 35.90		
	100m: 1:08.41 35.28				36.09	300m: 3:31.63 36.31	400m: 4:42.97 35.44		
5.	RAMOS, Ana Rita	F	126775	02	Porto	<b>4:48.67</b>	563	-	B
	50m: 32.44 32.44				35.88	250m: 2:57.54 37.13	350m: 4:12.32 37.07		
	100m: 1:07.52 35.08				37.01	300m: 3:35.25 37.71	400m: 4:48.67 36.35		
6.	BARBOSA, Mariana Fernandes	F	121985	02	Porto	<b>4:48.83</b>	562	-	R
	50m: 32.92 32.92				36.12	250m: 2:58.76 36.83	350m: 4:12.58 36.74		
	100m: 1:09.09 36.17				36.72	300m: 3:35.84 37.08	400m: 4:48.83 36.25		
7.	MARTINS, Maria Esteves	F	112378	01	Galitos/Bresimar	<b>4:52.60</b>	540	-	
	50m: 34.08 34.08				36.34	250m: 3:02.43 37.15	350m: 4:17.02 37.02		
	100m: 1:11.33 37.25				37.61	300m: 3:40.00 37.57	400m: 4:52.60 35.58		
8.	SILVA, Ana Pimenta	F	126327	01	Escola Desportiva de Viana	<b>4:53.58</b>	535	-	
	50m: 33.05 33.05				37.51	250m: 3:02.17 37.77	350m: 4:17.29 37.42		
	100m: 1:08.95 35.90				37.94	300m: 3:39.87 37.70	400m: 4:53.58 36.29		
9.	MONTEIRO, Margarida Cabral	F	117474	02	Galitos/Bresimar	<b>4:53.79</b>	534	-	
	50m: 33.07 33.07				37.23	250m: 3:02.25 37.87	350m: 4:17.74 37.72		
	100m: 1:09.50 36.43				37.65	300m: 3:40.02 37.77	400m: 4:53.79 36.05		
10.	LIMA, Jessica Soares	F	126993	02	Braga	<b>4:55.03</b>	527	-	
	50m: 32.91 32.91				37.48	250m: 3:02.19 37.62	350m: 4:17.72 37.85		
	100m: 1:09.28 36.37				37.81	300m: 3:39.87 37.68	400m: 4:55.03 37.31		
11.	MATOS, Lara Beatriz	F	111049	01	Famalicao	<b>4:55.24</b>	526	-	
	50m: 32.74 32.74				37.00	250m: 3:01.68 37.85	350m: 4:17.80 37.82		
	100m: 1:08.94 36.20				37.89	300m: 3:39.98 38.30	400m: 4:55.24 37.44		

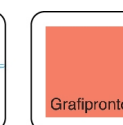
O Juiz  rbitro

O Secretariado do J ri

Splash Meet Manager 11, 11.41263

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VII Meeting Internacional da Póvoa de Varzim  
Póvoa de Varzim, 13-14-2-2016

Prova 8, Femin., 400m Livres, Elimin, 12 - 15 anos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
12.	MARTINS, Ines Alves	F	112126	01	Fluvial Portuense	<b>4:55.33</b>	525	-	
	50m: 32.70 32.70				37.11 250m: 3:01.77 37.97	350m: 4:18.18 38.11			
	100m: 1:08.78 36.08				37.91 300m: 3:40.07 38.30	400m: 4:55.33 37.15			
13.	SANTOS, Carolina Ascenso	F	121271	01	Natacao da Maia	<b>4:59.43</b>	504	-	
	50m: 32.15 32.15				38.26 250m: 3:04.84 39.37	350m: 4:22.23 38.85			
	100m: 1:08.42 36.27				38.79 300m: 3:43.38 38.54	400m: 4:59.43 37.20			
14.	FERREIRA, Ines Sofia	F	125029	02	Galitos/Bresimar	<b>4:59.48</b>	504	-	
	50m: 32.76 32.76				38.42 250m: 3:05.65 39.12	350m: 4:23.22 38.74			
	100m: 1:09.36 36.60				38.75 300m: 3:44.48 38.83	400m: 4:59.48 36.26			
15.	MARQUES, Erika Almeida	F	121691	01	Braga	<b>4:59.85</b>	502	-	
	50m: 33.56 33.56				37.54 250m: 3:03.97 38.41	350m: 4:23.41 38.67			
	100m: 1:10.17 36.61				37.85 300m: 3:42.74 38.77	400m: 4:59.85 38.44			
16.	FERNANDES, Filipa Viamonte	F	122198	02	Vitória de Guimaraes/Olicargo	<b>4:59.98</b>	501	-	
	50m: 35.25 35.25				38.16 250m: 3:07.94 38.30	350m: 4:23.43 37.49			
	100m: 1:13.31 38.06				38.17 300m: 3:45.94 38.00	400m: 4:59.98 36.55			
17.	MOREIRA, Mariana Filipa	F	125777	02	Natacao Valongo	<b>5:00.01</b>	501	-	
	50m: 33.71 33.71				38.70 250m: 3:07.14 38.46	350m: 4:23.97 38.14			
	100m: 1:11.19 37.48				38.79 300m: 3:45.83 38.69	400m: 5:00.01 36.04			
18.	LOURENCO, Alice Carmo	F	122236	02	Viana Natacao	<b>5:01.59</b>	493	-	
	50m: 34.04 34.04				38.69 250m: 3:07.60 38.92	350m: 4:24.93 38.77			
	100m: 1:11.03 36.99				38.96 300m: 3:46.16 38.56	400m: 5:01.59 36.66			
19.	RODRIGUES, Daniela Oliveira	F	118056	02	Natacao Valongo	<b>5:02.47</b>	489	-	
	50m: 33.02 33.02				38.74 250m: 3:07.96 39.16	350m: 4:25.46 38.42			
	100m: 1:10.66 37.64				39.40 300m: 3:47.04 39.08	400m: 5:02.47 37.01			
20.	SILVA, Beatriz Ferreira	F	124250	01	Braga	<b>5:03.01</b>	486	-	
	50m: 33.47 33.47				39.13 250m: 3:07.85 39.13	350m: 4:26.09 39.34			
	100m: 1:10.71 37.24				38.88 300m: 3:46.75 38.90	400m: 5:03.01 36.92			
21.	COSTA, Mariana Cardoso	F	117322	01	Natacao da Maia	<b>5:04.77</b>	478	-	
	50m: 33.27 33.27				38.97 250m: 3:08.22 39.21	350m: 4:27.24 39.56			
	100m: 1:11.02 37.75				39.02 300m: 3:47.68 39.46	400m: 5:04.77 37.53			
22.	SAMPAIO, Mariana Magalhaes	F	122166	03	Assoc. Desportiva de Fafe	<b>5:05.48</b>	475	-	
	50m: 33.40 33.40				39.00 250m: 3:09.57 39.42	350m: 4:28.13 39.15			
	100m: 1:11.49 38.09				39.66 300m: 3:48.98 39.41	400m: 5:05.48 37.35			
23.	JACINTO, Joana Daniela	F	111230	01	Natacao da Maia	<b>5:06.55</b>	470	-	
	50m: 32.83 32.83				39.58 250m: 3:10.23 39.58	350m: 4:28.78 38.94			
	100m: 1:11.09 38.26				39.98 300m: 3:49.84 39.61	400m: 5:06.55 37.77			
24.	RODRIGUES, Maria Carolina	F	121473	01	Vitória de Guimaraes/Olicargo	<b>5:06.65</b>	469	-	
	50m: 34.26 34.26				39.13 250m: 3:09.69 39.33	350m: 4:28.70 39.55			
	100m: 1:11.69 37.43				39.54 300m: 3:49.15 39.46	400m: 5:06.65 37.95			
25.	PAIS, Francisca Vieira	F	117243	01	Galitos/Bresimar	<b>5:07.09</b>	467	-	
	50m: 34.76 34.76				38.62 250m: 3:09.60 39.11	350m: 4:28.56 39.16			
	100m: 1:12.68 37.92				39.19 300m: 3:49.40 39.80	400m: 5:07.09 38.53			
26.	FONTE, Bruna Filipa	F	125911	02	Escola Desportiva de Viana	<b>5:09.19</b>	458	-	
	50m: 34.72 34.72				39.23 250m: 3:11.85 39.56	350m: 4:31.94 38.90			
	100m: 1:13.01 38.29				40.05 300m: 3:53.04 41.19	400m: 5:09.19 37.25			
27.	TEIXEIRA, Ana Margarida	F	111504	02	Foca	<b>5:10.70</b>	451	-	
	50m: 35.51 35.51				39.39 250m: 3:12.71 39.68	350m: 4:32.23 38.78			
	100m: 1:13.99 38.48				39.65 300m: 3:53.45 40.74	400m: 5:10.70 38.47			
28.	ANDIAS, Catarina Salome	F	125847	02	Sporting Clube de Aveiro	<b>5:11.74</b>	447	-	
	50m: 34.64 34.64				39.78 250m: 3:13.27 40.15	350m: 4:34.51 40.53			
	100m: 1:13.37 38.73				39.97 300m: 3:53.98 40.71	400m: 5:11.74 37.23			
29.	MAGALHAES, Ana Catarina	F	119092	02	Lousada Seculo XXI	<b>5:11.96</b>	446	-	
	50m: 33.55 33.55				39.14 250m: 3:11.38 40.30	350m: 4:32.66 40.36			
	100m: 1:11.71 38.16				40.23 300m: 3:52.30 40.92	400m: 5:11.96 39.30			
30.	SILVA, Adriana Rodrigues	F	116540	01	Galitos/Bresimar	<b>5:12.10</b>	445	-	
	50m: 35.47 35.47				39.74 250m: 3:13.95 39.66	350m: 4:33.68 39.35			
	100m: 1:14.57 39.10				39.98 300m: 3:54.33 40.38	400m: 5:12.10 38.42			
31.	MACEDO, Beatriz Daniela	F	124313	02	Vitória de Guimaraes/Olicargo	<b>5:12.22</b>	445	-	
	50m: 35.44 35.44				38.99 250m: 3:13.34 40.15	350m: 4:33.90 39.58			
	100m: 1:14.28 38.84				39.92 300m: 3:54.32 40.98	400m: 5:12.22 38.32			
32.	MACHADO, Joana Sofia	F	127918	02	Natacao Valongo	<b>5:12.42</b>	444	-	
	50m: 34.03 34.03				39.67 250m: 3:12.53 40.85	350m: 4:34.18 40.60			
	100m: 1:12.23 38.20				39.78 300m: 3:53.58 41.05	400m: 5:12.42 38.24			
33.	CAMPOS, Alexandra Martins	F	127155	02	Leixoes	<b>5:12.45</b>	444	-	
	50m: 34.82 34.82				40.63 250m: 3:14.68 39.67	350m: 4:34.80 40.01			
	100m: 1:14.20 39.38				40.18 300m: 3:54.79 40.11	400m: 5:12.45 37.65			
34.	AGUIAR, Ana Sofia	F	120624	02	Vilacondense	<b>5:12.88</b>	442	-	
	50m: 35.12 35.12				39.89 250m: 3:15.55 40.21	350m: 4:35.40 39.44			
	100m: 1:14.78 39.66				40.67 300m: 3:55.96 40.41	400m: 5:12.88 37.48			

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VII Meeting Internacional da Póvoa de Varzim  
Póvoa de Varzim, 13-14-2-2016

Prova 8, Femin., 400m Livres, Elimin, 12 - 15 anos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
35.	FERREIRA, Maria Ines	F	123908	02	Natacao Valongo	<b>5:13.18</b>	440	-	
	50m: 34.00	34.00	150m: 1:52.74	40.17	250m: 3:13.47	40.46	350m: 4:34.81	40.35	
	100m: 1:12.57	38.57	200m: 2:33.01	40.27	300m: 3:54.46	40.99	400m: 5:13.18	38.37	
36.	SILVA, Ana Pereira	F	124810	03	Assoc. Desportiva de Fafe	<b>5:16.17</b>	428	-	
	50m: 34.61	34.61	150m: 1:54.44	40.35	250m: 3:15.90	41.14	350m: 4:37.49	40.82	
	100m: 1:14.09	39.48	200m: 2:34.76	40.32	300m: 3:56.67	40.77	400m: 5:16.17	38.68	
37.	FONTES, Beatriz Sousa	F	126659	01	Colegio SMLamas	<b>5:17.45</b>	423	-	
	50m: 34.80	34.80	150m: 1:52.13	39.84	250m: 3:13.56	41.13	350m: 4:37.41	41.96	
	100m: 1:12.29	37.49	200m: 2:32.43	40.30	300m: 3:55.45	41.89	400m: 5:17.45	40.04	
38.	RIBEIRO, Angela Filipa	F	122115	02	Aquatico Pacense	<b>5:18.82</b>	417	-	
	50m: 36.19	36.19	150m: 1:57.08	40.91	250m: 3:18.47	40.13	350m: 4:39.65	40.00	
	100m: 1:16.17	39.98	200m: 2:38.34	41.26	300m: 3:59.65	41.18	400m: 5:18.82	39.17	
39.	LIN, Patricia Cai	F	126266	01	Algés e Águeda XXI	<b>5:20.19</b>	412	-	
	50m: 35.66	35.66	150m: 1:56.64	41.16	250m: 3:19.54	41.65	350m: 4:42.23	41.06	
	100m: 1:15.48	39.82	200m: 2:37.89	41.25	300m: 4:01.17	41.63	400m: 5:20.19	37.96	
40.	SOUSA, Carolina Amaral	F	125085	01	Natacao da Maia	<b>5:24.88</b>	394	-	
	50m: 35.40	35.40	150m: 1:57.17	41.06	250m: 3:20.73	41.42	350m: 4:44.61	41.83	
	100m: 1:16.11	40.71	200m: 2:39.31	42.14	300m: 4:02.78	42.05	400m: 5:24.88	40.27	
41.	PINTO, Mariana Baptista	F	122180	02	Colegio SMLamas	<b>5:25.62</b>	392	-	
	50m: 36.41	36.41	150m: 1:59.23	42.38	250m: 3:21.76	41.07	350m: 4:45.88	41.88	
	100m: 1:16.85	40.44	200m: 2:40.69	41.46	300m: 4:04.00	42.24	400m: 5:25.62	39.74	
42.	VALE, Mariana Almeida	F	126713	03	Natacao Valongo	<b>5:27.74</b>	384	-	
	50m: 35.87	35.87	150m: 1:58.58	41.60	250m: 3:23.71	42.44	350m: 4:49.00	42.01	
	100m: 1:16.98	41.11	200m: 2:41.27	42.69	300m: 4:06.99	43.28	400m: 5:27.74	38.74	
43.	MAGALHAES, Ines Filipa	F	121786	02	Aquatico Pacense	<b>5:28.62</b>	381	-	
	50m: 37.74	37.74	150m: 2:01.22	42.74	250m: 3:25.38	42.12	350m: 4:49.12	42.05	
	100m: 1:18.48	40.74	200m: 2:43.26	42.04	300m: 4:07.07	41.69	400m: 5:28.62	39.50	
44.	PINTO, Ines Carneiro	F	123922	01	Aquatico Pacense	<b>5:36.57</b>	355	-	
	50m: 36.39	36.39	150m: 2:01.94	43.01	250m: 3:27.64	41.54	350m: 4:54.01	43.29	
	100m: 1:18.93	42.54	200m: 2:46.10	44.16	300m: 4:10.72	43.08	400m: 5:36.57	42.56	
45.	NOVA, Ines Neiva	F	125002	02	Clube Naval Povoense	<b>5:45.53</b>	328	-	
	<i>FTL</i>		150m: 2:02.43	43.98	250m: 3:31.10	44.42	350m: 5:01.24	44.63	
	50m: 36.68	36.68	200m: 2:46.68	44.25	300m: 4:16.61	45.51	400m: 5:45.53	44.29	
WDR	SANTOS, Ana Lopes	F	120698	02	Vilacondense				-
WDR	OLIVEIRA, Beatriz Rodrigues	F	122175	01	Assoc. Desportiva de Fafe				-

O Juiz  rbitro

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