

Campeonato Regional de Juvenis, Juniores e Seniores  
Coimbra, 26. - 28.2.2010

Prova 3  
26.2.10 - 18:10

Femin., 400m Estilos

Open  
Resultados

(TA) JUV Fem Juv: 7:11.25 / (TA) JUN Fem Jun: 6:15.48 / (TA) SEN Fem Sen: 6:08.00

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Juv</b>			
1. Sara Cristiana VALENTE	96	Alcobaça	<b>5:33.38</b> 527
50m: 34.35 34.35	150m: 2:00.59 46.47	250m: 3:32.07 47.65	350m: 4:56.87 37.88
100m: 1:14.12 39.77	200m: 2:44.42 43.83	300m: 4:18.99 46.92	400m: 5:33.38 36.51
2. Maria Beatriz RASCAO	96	Náutico/Matobra	<b>5:34.90</b> 520
50m: 36.56 36.56	150m: 2:04.50 44.77	250m: 3:33.31 45.98	350m: 4:58.30 37.90
100m: 1:19.73 43.17	200m: 2:47.33 42.83	300m: 4:20.40 47.09	400m: 5:34.90 36.60
3. Ana Monica ELOI	96	Náutico da Marinha Grande	<b>5:39.34</b> 500
50m: 34.38 34.38	150m: 2:01.45 44.31	250m: 3:32.33 47.47	350m: 5:01.29 39.54
100m: 1:17.14 42.76	200m: 2:44.86 43.41	300m: 4:21.75 49.42	400m: 5:39.34 38.05
4. Maria Amelia GASPAR	96	Náutico/Matobra	<b>5:39.71</b> 499
50m: 35.03 35.03	150m: 1:59.97 43.22	250m: 3:33.18 50.59	350m: 5:03.05 36.98
100m: 1:16.75 41.72	200m: 2:42.59 42.62	300m: 4:26.07 52.89	400m: 5:39.71 36.66
5. Florbela Cavaco MACHADO	96	Columbófila Cantanhedense	<b>5:46.99</b> 468
50m: 36.54 36.54	150m: 2:05.17 45.06	250m: 3:42.22 51.73	350m: 5:12.50 35.61
100m: 1:20.11 43.57	200m: 2:50.49 45.32	300m: 4:36.89 54.67	400m: 5:46.99 34.49
6. Jennifer Martins DIAS	96	Bombeiros das Caldas Rainha	<b>5:47.79</b> 465
50m: 36.16 36.16	150m: 2:04.12 47.01	250m: 3:38.79 48.53	350m: 5:08.62 41.06
100m: 1:17.11 40.95	200m: 2:50.26 46.14	300m: 4:27.56 48.77	400m: 5:47.79 39.17
7. Debora Filipa DUQUE	96	Pimpões/Cimai	<b>5:48.10</b> 463
50m: 35.39 35.39	150m: 2:00.39 43.92	250m: 3:34.47 49.67	350m: 5:09.27 40.76
100m: 1:16.47 41.08	200m: 2:44.80 44.41	300m: 4:28.51 54.04	400m: 5:48.10 38.83
8. Carlota Moura CARVALHOS	96	Náutico/Matobra	<b>5:52.70</b> 445
50m: 38.67 38.67	150m: 2:08.23 43.98	250m: 3:41.93 50.92	350m: 5:12.98 40.49
100m: 1:24.25 45.58	200m: 2:51.01 42.78	300m: 4:32.49 50.56	400m: 5:52.70 39.72
9. Diana Filipa GONCALVES	96	Náutico/Matobra	<b>6:08.15</b> 392
50m: 43.02 43.02	150m: 2:20.88 46.51	250m: 3:55.76 49.19	350m: 5:27.69 40.72
100m: 1:34.37 51.35	200m: 3:06.57 45.69	300m: 4:46.97 51.21	400m: 6:08.15 40.46
10. Jessica Rodrigues TAVARES	96	Campinho	<b>6:36.39</b> 314
50m: 43.63 43.63	150m: 2:32.79 52.22	250m: 4:11.34 48.64	350m: 5:50.55 48.50
100m: 1:40.57 56.94	200m: 3:22.70 49.91	300m: 5:02.05 50.71	400m: 6:36.39 45.84
DSQ Mafalda Domingues VALENTE	96	Náutico da Marinha Grande	<b>5:47.63</b>
<i>Toque alternado na parede na viragem dos 300 m</i>			
50m: 36.17 36.17	150m: 2:04.68 46.39	250m: 3:38.37 49.31	350m: 5:08.13 40.97
100m: 1:18.29 42.12	200m: 2:49.06 44.38	300m: 4:27.16 48.79	400m: 5:47.63 39.50
<b>Jun</b>			
1. Carolina Cunha MARTINS	95	Náutico/Matobra	<b>5:19.14</b> 601
50m: 32.32 32.32	150m: 1:52.93 43.04	250m: 3:21.06 47.79	350m: 4:44.37 36.15
100m: 1:09.89 37.57	200m: 2:33.27 40.34	300m: 4:08.22 47.16	400m: 5:19.14 34.77
2. Ana Pinho RODRIGUES	94	Estamos Juntos	<b>5:23.79</b> 576
50m: 32.81 32.81	150m: 1:57.11 42.93	250m: 3:22.24 42.83	350m: 4:45.71 37.29
100m: 1:14.18 41.37	200m: 2:39.41 42.30	300m: 4:08.42 46.18	400m: 5:23.79 38.08
3. Carolina Francisco GOMES	95	Naval da Nazaré	<b>5:28.36</b> 552
50m: 33.87 33.87	150m: 1:55.40 43.12	250m: 3:26.09 47.82	350m: 4:52.50 37.93
100m: 1:12.28 38.41	200m: 2:38.27 42.87	300m: 4:14.57 48.48	400m: 5:28.36 35.86
4. Mariana Rocha VALENTE	95	Náutico/Matobra	<b>5:31.93</b> 534
50m: 34.33 34.33	150m: 2:00.14 43.52	250m: 3:29.98 47.64	350m: 4:55.50 37.80
100m: 1:16.62 42.29	200m: 2:42.34 42.20	300m: 4:17.70 47.72	400m: 5:31.93 36.43

Campeonato Regional de Juvenis, Juniores e Seniores  
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Prova 3, Femin., 400m Estilos, Jun

Lugar			Ano							Tempo final	Pts
5.	Ana Sofia COSTA		95	Alcobaça						<b>5:36.20</b>	514
	50m:	36.26 36.26	150m:	1:59.81	44.30	250m:	3:33.28	50.26	350m:	5:00.06	36.94
	100m:	1:15.51 39.25	200m:	2:43.02	43.21	300m:	4:23.12	49.84	400m:	5:36.20	36.14
6.	Ines Filipa BORGES		95	Alcobaça						<b>5:38.31</b>	505
	50m:	33.47 33.47	150m:	1:56.64	43.36	250m:	3:27.77	48.51	350m:	4:58.72	40.22
	100m:	1:13.28 39.81	200m:	2:39.26	42.62	300m:	4:18.50	50.73	400m:	5:38.31	39.59
7.	Beatriz Rocha NUNES		94	Ginásio Figueirense						<b>5:38.63</b>	503
	50m:	34.58 34.58	150m:	1:58.42	43.00	250m:	3:30.40	50.72	350m:	5:01.02	39.93
	100m:	1:15.42 40.84	200m:	2:39.68	41.26	300m:	4:21.09	50.69	400m:	5:38.63	37.61
8.	Mariana Pedroso CARVALHO		95	Náutico/Matobra						<b>5:40.09</b>	497
	50m:	34.67 34.67	150m:	1:58.01	44.57	250m:	3:30.89	50.28	350m:	5:01.25	39.64
	100m:	1:13.44 38.77	200m:	2:40.61	42.60	300m:	4:21.61	50.72	400m:	5:40.09	38.84
9.	Cristina Paris SANTOS		94	Pimpões/Cimai						<b>5:40.68</b>	494
	50m:	35.23 35.23	150m:	2:00.59	45.89	250m:	3:35.14	50.11	350m:	5:03.63	38.28
	100m:	1:14.70 39.47	200m:	2:45.03	44.44	300m:	4:25.35	50.21	400m:	5:40.68	37.05
10.	Mariana Sousa MARTINS		95	Feirense						<b>5:43.27</b>	483
	50m:	33.85 33.85	150m:	1:59.62	46.93	250m:	3:33.16	48.37	350m:	5:03.59	40.41
	100m:	1:12.69 38.84	200m:	2:44.79	45.17	300m:	4:23.18	50.02	400m:	5:43.27	39.68
11.	Melanie Bronze SANTOS		95	Alcobaça						<b>5:48.71</b>	461
	50m:	36.08 36.08	150m:	2:03.28	45.18	250m:	3:39.41	52.31	350m:	5:10.95	39.47
	100m:	1:18.10 42.02	200m:	2:47.10	43.82	300m:	4:31.48	52.07	400m:	5:48.71	37.76
12.	Patricia Santos DINIS		95	Bombeiros das Caldas Rainha						<b>5:49.88</b>	456
	50m:	34.56 34.56	150m:			250m:	3:34.33	53.01	350m:		
	100m:	1:15.44 40.88	200m:	2:41.32		300m:	4:26.51	52.18	400m:	5:49.88	
13.	Claudia Filipa SILVA FTL		95	Miranda do Corvo						<b>6:18.27</b>	361
	50m:	39.84 39.84	150m:	2:17.84	52.65	250m:	3:59.94	50.38	350m:	5:36.20	44.23
	100m:	1:25.19 45.35	200m:	3:09.56	51.72	300m:	4:51.97	52.03	400m:	6:18.27	42.07

Sen

1.	Maria Miguel VELOSO		93	Náutico/Matobra						<b>5:07.93</b>	670
	50m:	33.07 33.07	150m:	1:48.89	40.26	250m:	3:13.93	45.42	350m:	4:34.31	34.91
	100m:	1:08.63 35.56	200m:	2:28.51	39.62	300m:	3:59.40	45.47	400m:	5:07.93	33.62
2.	Mara Lisboa e SILVA		93	Bairro dos Anjos						<b>5:21.96</b>	586
	50m:	34.21 34.21	150m:			250m:	3:22.70	47.88	350m:		
	100m:	1:12.83 38.62	200m:	2:34.82		300m:	4:09.04	46.34	400m:	5:21.96	
3.	Ines Silva PINHEIRO		91	Gafanha da Encarnação						<b>5:35.44</b>	518
	50m:	35.41 35.41	150m:	2:00.87	45.87	250m:	3:30.06	44.68	350m:	4:56.46	40.14
	100m:	1:15.00 39.59	200m:	2:45.38	44.51	300m:	4:16.32	46.26	400m:	5:35.44	38.98
4.	Ana Rita OLIVEIRA		92	Pimpões/Cimai						<b>5:50.31</b>	455
	50m:	36.43 36.43	150m:	2:05.69	46.35	250m:	3:39.86	49.42	350m:	5:10.72	40.44
	100m:	1:19.34 42.91	200m:	2:50.44	44.75	300m:	4:30.28	50.42	400m:	5:50.31	39.59

Open

1.	Maria Miguel VELOSO		93	Náutico/Matobra						<b>5:07.93</b>	670
	50m:	33.07 33.07	150m:	1:48.89	40.26	250m:	3:13.93	45.42	350m:	4:34.31	34.91
	100m:	1:08.63 35.56	200m:	2:28.51	39.62	300m:	3:59.40	45.47	400m:	5:07.93	33.62
2.	Carolina Cunha MARTINS		95	Náutico/Matobra						<b>5:19.14</b>	601
	50m:	32.32 32.32	150m:	1:52.93	43.04	250m:	3:21.06	47.79	350m:	4:44.37	36.15
	100m:	1:09.89 37.57	200m:	2:33.27	40.34	300m:	4:08.22	47.16	400m:	5:19.14	34.77
3.	Mara Lisboa e SILVA		93	Bairro dos Anjos						<b>5:21.96</b>	586
	50m:	34.21 34.21	150m:			250m:	3:22.70	47.88	350m:		
	100m:	1:12.83 38.62	200m:	2:34.82		300m:	4:09.04	46.34	400m:	5:21.96	

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Prova 3, Femin., 400m Estilos, Open

Lugar			Ano					Tempo final	Pts		
4.	Ana Pinho RODRIGUES		94	Estamos Juntos				<b>5:23.79</b>	576		
	50m:	32.81 32.81	150m:	1:57.11	42.93	250m:	3:22.24	42.83	350m:	4:45.71	37.29
	100m:	1:14.18 41.37	200m:	2:39.41	42.30	300m:	4:08.42	46.18	400m:	5:23.79	38.08
5.	Carolina Francisco GOMES		95	Naval da Nazaré				<b>5:28.36</b>	552		
	50m:	33.87 33.87	150m:	1:55.40	43.12	250m:	3:26.09	47.82	350m:	4:52.50	37.93
	100m:	1:12.28 38.41	200m:	2:38.27	42.87	300m:	4:14.57	48.48	400m:	5:28.36	35.86
6.	Mariana Rocha VALENTE		95	Náutico/Matobra				<b>5:31.93</b>	534		
	50m:	34.33 34.33	150m:	2:00.14	43.52	250m:	3:29.98	47.64	350m:	4:55.50	37.80
	100m:	1:16.62 42.29	200m:	2:42.34	42.20	300m:	4:17.70	47.72	400m:	5:31.93	36.43
7.	Sara Cristiana VALENTE		96	Alcobaça				<b>5:33.38</b>	527		
	50m:	34.35 34.35	150m:	2:00.59	46.47	250m:	3:32.07	47.65	350m:	4:56.87	37.88
	100m:	1:14.12 39.77	200m:	2:44.42	43.83	300m:	4:18.99	46.92	400m:	5:33.38	36.51
8.	Maria Beatriz RASCAO		96	Náutico/Matobra				<b>5:34.90</b>	520		
	50m:	36.56 36.56	150m:	2:04.50	44.77	250m:	3:33.31	45.98	350m:	4:58.30	37.90
	100m:	1:19.73 43.17	200m:	2:47.33	42.83	300m:	4:20.40	47.09	400m:	5:34.90	36.60
9.	Ines Silva PINHEIRO		91	Gafanha da Encarnação				<b>5:35.44</b>	518		
	50m:	35.41 35.41	150m:	2:00.87	45.87	250m:	3:30.06	44.68	350m:	4:56.46	40.14
	100m:	1:15.00 39.59	200m:	2:45.38	44.51	300m:	4:16.32	46.26	400m:	5:35.44	38.98
10.	Ana Sofia COSTA		95	Alcobaça				<b>5:36.20</b>	514		
	50m:	36.26 36.26	150m:	1:59.81	44.30	250m:	3:33.28	50.26	350m:	5:00.06	36.94
	100m:	1:15.51 39.25	200m:	2:43.02	43.21	300m:	4:23.12	49.84	400m:	5:36.20	36.14
11.	Ines Filipa BORGES		95	Alcobaça				<b>5:38.31</b>	505		
	50m:	33.47 33.47	150m:	1:56.64	43.36	250m:	3:27.77	48.51	350m:	4:58.72	40.22
	100m:	1:13.28 39.81	200m:	2:39.26	42.62	300m:	4:18.50	50.73	400m:	5:38.31	39.59
12.	Beatriz Rocha NUNES		94	Ginásio Figueirense				<b>5:38.63</b>	503		
	50m:	34.58 34.58	150m:	1:58.42	43.00	250m:	3:30.40	50.72	350m:	5:01.02	39.93
	100m:	1:15.42 40.84	200m:	2:39.68	41.26	300m:	4:21.09	50.69	400m:	5:38.63	37.61
13.	Ana Monica ELOI		96	Náutico da Marinha Grande				<b>5:39.34</b>	500		
	50m:	34.38 34.38	150m:	2:01.45	44.31	250m:	3:32.33	47.47	350m:	5:01.29	39.54
	100m:	1:17.14 42.76	200m:	2:44.86	43.41	300m:	4:21.75	49.42	400m:	5:39.34	38.05
14.	Maria Amelia GASPAR		96	Náutico/Matobra				<b>5:39.71</b>	499		
	50m:	35.03 35.03	150m:	1:59.97	43.22	250m:	3:33.18	50.59	350m:	5:03.05	36.98
	100m:	1:16.75 41.72	200m:	2:42.59	42.62	300m:	4:26.07	52.89	400m:	5:39.71	36.66
15.	Mariana Pedroso CARVALHO		95	Náutico/Matobra				<b>5:40.09</b>	497		
	50m:	34.67 34.67	150m:	1:58.01	44.57	250m:	3:30.89	50.28	350m:	5:01.25	39.64
	100m:	1:13.44 38.77	200m:	2:40.61	42.60	300m:	4:21.61	50.72	400m:	5:40.09	38.84
16.	Cristina Paris SANTOS		94	Pimpões/Cimai				<b>5:40.68</b>	494		
	50m:	35.23 35.23	150m:	2:00.59	45.89	250m:	3:35.14	50.11	350m:	5:03.63	38.28
	100m:	1:14.70 39.47	200m:	2:45.03	44.44	300m:	4:25.35	50.21	400m:	5:40.68	37.05
17.	Mariana Sousa MARTINS		95	Feirense				<b>5:43.27</b>	483		
	50m:	33.85 33.85	150m:	1:59.62	46.93	250m:	3:33.16	48.37	350m:	5:03.59	40.41
	100m:	1:12.69 38.84	200m:	2:44.79	45.17	300m:	4:23.18	50.02	400m:	5:43.27	39.68
18.	Florbela Cavaco MACHADO		96	Columbófila Cantanhedense				<b>5:46.99</b>	468		
	50m:	36.54 36.54	150m:	2:05.17	45.06	250m:	3:42.22	51.73	350m:	5:12.50	35.61
	100m:	1:20.11 43.57	200m:	2:50.49	45.32	300m:	4:36.89	54.67	400m:	5:46.99	34.49
19.	Jennifer Martins DIAS		96	Bombeiros das Caldas Rainha				<b>5:47.79</b>	465		
	50m:	36.16 36.16	150m:	2:04.12	47.01	250m:	3:38.79	48.53	350m:	5:08.62	41.06
	100m:	1:17.11 40.95	200m:	2:50.26	46.14	300m:	4:27.56	48.77	400m:	5:47.79	39.17
20.	Debora Filipa DUQUE		96	Pimpões/Cimai				<b>5:48.10</b>	463		
	50m:	35.39 35.39	150m:	2:00.39	43.92	250m:	3:34.47	49.67	350m:	5:09.27	40.76
	100m:	1:16.47 41.08	200m:	2:44.80	44.41	300m:	4:28.51	54.04	400m:	5:48.10	38.83
21.	Melanie Bronze SANTOS		95	Alcobaça				<b>5:48.71</b>	461		
	50m:	36.08 36.08	150m:	2:03.28	45.18	250m:	3:39.41	52.31	350m:	5:10.95	39.47
	100m:	1:18.10 42.02	200m:	2:47.10	43.82	300m:	4:31.48	52.07	400m:	5:48.71	37.76

Campeonato Regional de Juvenis, Juniores e Seniores  
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Lugar			Ano			Tempo final	Pts
22.	Patricia Santos DINIS		95	Bombeiros das Caldas Raíña		<b>5:49.88</b>	456
	50m: 34.56	34.56	150m:	250m: 3:34.33	53.01	350m:	
	100m: 1:15.44	40.88	200m: 2:41.32	300m: 4:26.51	52.18	400m:	5:49.88
23.	Ana Rita OLIVEIRA		92	Pimpões/Cimai		<b>5:50.31</b>	455
	50m: 36.43	36.43	150m: 2:05.69	250m: 3:39.86	49.42	350m:	5:10.72
	100m: 1:19.34	42.91	200m: 2:50.44	300m: 4:30.28	50.42	400m:	5:50.31
24.	Carlota Moura CARVALHOS		96	Náutico/Matobra		<b>5:52.70</b>	445
	50m: 38.67	38.67	150m: 2:08.23	250m: 3:41.93	50.92	350m:	5:12.98
	100m: 1:24.25	45.58	200m: 2:51.01	300m: 4:32.49	50.56	400m:	5:52.70
25.	Diana Filipa GONCALVES		96	Náutico/Matobra		<b>6:08.15</b>	392
	50m: 43.02	43.02	150m: 2:20.88	250m: 3:55.76	49.19	350m:	5:27.69
	100m: 1:34.37	51.35	200m: 3:06.57	300m: 4:46.97	51.21	400m:	6:08.15
26.	Claudia Filipa SILVA		95	Miranda do Corvo		<b>6:18.27</b>	361
	<i>FTL</i>						
	50m: 39.84	39.84	150m: 2:17.84	250m: 3:59.94	50.38	350m:	5:36.20
	100m: 1:25.19	45.35	200m: 3:09.56	300m: 4:51.97	52.03	400m:	6:18.27
27.	Jessica Rodrigues TAVARES		96	Campinho		<b>6:36.39</b>	314
	50m: 43.63	43.63	150m: 2:32.79	250m: 4:11.34	48.64	350m:	5:50.55
	100m: 1:40.57	56.94	200m: 3:22.70	300m: 5:02.05	50.71	400m:	6:36.39
DSQ	Mafalda Domingues VALENTE		96	Náutico da Marinha Grande		<b>5:47.63</b>	
	<i>Toque alternado na parede na viragem dos 300 m</i>						
	50m: 36.17	36.17	150m: 2:04.68	250m: 3:38.37	49.31	350m:	5:08.13
	100m: 1:18.29	42.12	200m: 2:49.06	300m: 4:27.16	48.79	400m:	5:47.63
EXH	Victoriya KAMINSKAYA		95	Pimpões/Cimai		<b>5:11.80</b>	645
	50m: 32.69	32.69	150m: 1:52.97	250m: 3:16.28	43.11	350m:	4:36.28
	100m: 1:10.32	37.63	200m: 2:33.17	300m: 4:00.02	43.74	400m:	5:11.80