

I Open "Luís Lopes da Conceição"
Coimbra, 13.12.2009

Prova 2
13.12.09 - 10:55

Femin., 400m Livres

20 - 94 anos
Resultados

Pontos: FINA 2009

Lugar	Idade		Tempo final		Pts
25 - 29 anos					
1. Joana Isabel CUNHA	29	Belenenses	5:30.00	376	
50m: 35.11 35.11	150m: 1:56.69 41.89	250m: 3:22.58 42.99	350m: 4:49.16 43.17		
100m: 1:14.80 39.69	200m: 2:39.59 42.90	300m: 4:05.99 43.41	400m: 5:30.00 40.84		
2. Ana Filipa MORETO	25	Leixões	5:48.18	320	
50m: 37.54 37.54	150m: 2:02.20 42.99	250m: 3:30.77 44.82	350m: 5:02.86 46.23		
100m: 1:19.21 41.67	200m: 2:45.95 43.75	300m: 4:16.63 45.86	400m: 5:48.18 45.32		
3. Alexandra Adelinovna INACIO	26	Belenenses	5:54.01	305	
50m: 37.33 37.33	150m: 2:05.41 45.00	250m: 3:38.57 46.68	350m: 5:11.34 46.65		
100m: 1:20.41 43.08	200m: 2:51.89 46.48	300m: 4:24.69 46.12	400m: 5:54.01 42.67		
4. Ana Lucia ROLO	28	Ginásio Figueirense	6:08.30	271	
50m: 39.22 39.22	150m: 2:09.13 45.98	250m: 3:44.83 48.33	350m: 5:21.07 48.13		
100m: 1:23.15 43.93	200m: 2:56.50 47.37	300m: 4:32.94 48.11	400m: 6:08.30 47.23		
30 - 34 anos					
1. Isabel Maria MARQUES	34	Académica de Coimbra	8:00.33	122	
50m: 52.90 52.90	150m: 2:49.86 59.79	250m: 4:53.27 1:02.18	350m: 6:59.04 1:02.70		
100m: 1:50.07 57.17	200m: 3:51.09 1:01.23	300m: 5:56.34 1:03.07	400m: 8:00.33 1:01.29		
35 - 39 anos					
1. Maria Joao VIEGAS	37	Académica de Coimbra	5:53.67	306	
50m: 38.70 38.70	150m: 2:06.73 45.08	250m: 3:38.39 45.81	350m: 5:11.27 46.22		
100m: 1:21.65 42.95	200m: 2:52.58 45.85	300m: 4:25.05 46.66	400m: 5:53.67 42.40		
2. Catarina Portela NEVES	35	Académica de Coimbra	6:32.63	223	
50m: 41.91 41.91	150m: 2:19.23 49.24	250m: 4:01.60 52.14	350m: 5:43.48 51.50		
100m: 1:29.99 48.08	200m: 3:09.46 50.23	300m: 4:51.98 50.38	400m: 6:32.63 49.15		
3. Susana Paula SIMOES	37	Leixões	8:11.20	114	
50m: 57.78 57.78	150m: 2:59.48 1:01.56	250m: 5:05.34 1:03.31	350m: 7:11.06 1:01.47		
100m: 1:57.92 1:00.14	200m: 4:02.03 1:02.55	300m: 6:09.59 1:04.25	400m: 8:11.20 1:00.14		
40 - 44 anos					
1. Maria Teresa BRANDAO	40	Leixões	5:49.31	317	
50m: 38.82 38.82	150m: 2:04.44 43.70	250m: 3:34.03 44.47	350m: 5:04.33 44.93		
100m: 1:20.74 41.92	200m: 2:49.56 45.12	300m: 4:19.40 45.37	400m: 5:49.31 44.98		
45 - 49 anos					
1. Maria Margarida URBANO	46	Académica de Coimbra	6:38.78	213	
50m: 44.83 44.83	150m: 2:22.32 49.38	250m: 4:03.62 50.91	350m: 5:47.06 51.78		
100m: 1:32.94 48.11	200m: 3:12.71 50.39	300m: 4:55.28 51.66	400m: 6:38.78 51.72		
50 - 54 anos					
1. Maria Teresa OLIVEIRA	52	Académica de Coimbra	6:50.92	195	
50m: 46.36 46.36	150m: 2:28.34 51.23	250m: 4:13.55 52.20	350m: 5:59.82 53.36		
100m: 1:37.11 50.75	200m: 3:21.35 53.01	300m: 5:06.46 52.91	400m: 6:50.92 51.10		