

Campeonato Regional de Infantis de Piscina Curta  
Mealhada, 19. - 21.2.2010

Prova 20  
21-02-2010 - 11:30

Femin., 400m Livres

Infantis  
Resultados

TAC INF-A FEM Inf A: 6:03.98 / TAC INF-B FEM Inf B: 6:21.80

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
<b>Infantis B</b>			
1. Mariana Cunha GUERRA	98	<b>4:58.78</b>	507
50m: 33.13 33.13 150m: 1:47.80 37.86 250m: 3:04.41 38.44 350m: 4:22.00 38.89			
100m: 1:09.94 36.81 200m: 2:25.97 38.17 300m: 3:43.11 38.70 400m: 4:58.78 36.78			
2. Mariana Pereirinha SANTOS	98	<b>5:15.79</b>	429
50m: 34.53 34.53 150m: 1:53.71 39.98 250m: 3:15.61 40.58 350m: 4:37.33 40.51			
100m: 1:13.73 39.20 200m: 2:35.03 41.32 300m: 3:56.82 41.21 400m: 5:15.79 38.46			
3. Catarina Martins RIBEIRO	98	<b>5:21.37</b>	408
50m: 35.23 35.23 150m: 1:57.16 41.11 250m: 3:19.45 40.71 350m: 4:41.42 41.06			
100m: 1:16.05 40.82 200m: 2:38.74 41.58 300m: 4:00.36 40.91 400m: 5:21.37 39.95			
4. Vanessa Branco MACHADO	98	<b>5:27.12</b>	386
50m: 35.90 35.90 150m: 1:58.65 42.15 250m: 3:23.48 42.82 350m: 4:46.82 41.55			
100m: 1:16.50 40.60 200m: 2:40.66 42.01 300m: 4:05.27 41.79 400m: 5:27.12 40.30			
5. Mariana Portugal COSTA	98	<b>5:28.86</b>	380
50m: 34.53 34.53 150m: 1:54.10 39.63 250m: 3:15.81 41.16 350m: 4:36.13 38.81			
100m: 1:14.47 39.94 200m: 2:34.65 40.55 300m: 3:57.32 41.51 400m: 5:28.86 52.73			
6. Maria Malaguerra COSTA	98	<b>5:29.24</b>	379
50m: 33.89 33.89 150m: 1:56.42 42.92 250m: 3:22.52 42.74 350m: 4:49.26 43.64			
100m: 1:13.50 39.61 200m: 2:39.78 43.36 300m: 4:05.62 43.10 400m: 5:29.24 39.98			
7. Rita Verissimo DAMASCENO	98	<b>5:29.60</b>	378
50m: 34.61 34.61 150m: 1:55.45 41.31 250m: 3:19.08 42.07 350m: 4:42.77 41.40			
100m: 1:14.14 39.53 200m: 2:37.01 41.56 300m: 4:01.37 42.29 400m: 5:29.60 46.83			
8. Rita Maria FERREIRA	98	<b>5:30.32</b>	375
50m: 35.67 35.67 150m: 1:59.33 42.57 250m: 3:25.17 42.94 350m: 4:50.20 42.27			
100m: 1:16.76 41.09 200m: 2:42.23 42.90 300m: 4:07.93 42.76 400m: 5:30.32 40.12			
9. Maria Teresa MARTINS	98	<b>5:30.83</b>	374
50m: 36.31 36.31 150m: 2:00.48 42.83 250m: 350m: 4:45.11 37.53			
100m: 1:17.65 41.34 200m: 2:41.86 41.38 300m: 4:07.58 400m: 5:30.83 45.72			
10. Salome Meneses MONTEIRO	98	<b>5:36.85</b>	354
50m: 36.86 36.86 150m: 2:01.09 43.27 250m: 3:28.84 44.02 350m: 4:56.08 43.63			
100m: 1:17.82 40.96 200m: 2:44.82 43.73 300m: 4:12.45 43.61 400m: 5:36.85 40.77			
11. Sandra Cristina GOMES	98	<b>5:45.95</b>	327
50m: 38.55 38.55 150m: 2:06.57 44.54 250m: 3:34.05 43.23 350m: 5:00.88 43.14			
100m: 1:22.03 43.48 200m: 2:50.82 44.25 300m: 4:17.74 43.69 400m: 5:45.95 45.07			
12. Margarida Santos LOURO	98	<b>5:48.48</b>	320
50m: 39.97 39.97 150m: 2:09.52 44.98 250m: 3:39.12 44.58 350m: 5:07.63 43.45			
100m: 1:24.54 44.57 200m: 2:54.54 45.02 300m: 4:24.18 45.06 400m: 5:48.48 40.85			
13. Mariana Bordon PERALTA	98	<b>5:48.74</b>	319
50m: 38.96 38.96 150m: 2:07.76 45.83 250m: 3:37.95 45.27 350m: 5:07.63 45.10			
100m: 1:21.93 42.97 200m: 2:52.68 44.92 300m: 4:22.53 44.58 400m: 5:48.74 41.11			
14. Sofia Ramos RIBEIRO	98	<b>5:51.50</b>	311
50m: 37.12 37.12 150m: 250m: 350m:			
100m: 1:19.62 42.50 200m: 2:50.93 300m: 4:22.52 400m: 5:51.50			
15. Teresa Miguel PINTO	98	<b>5:53.74</b>	306
50m: 40.34 40.34 150m: 2:07.56 44.92 250m: 3:37.70 45.48 350m: 5:09.24 45.57			
100m: 1:22.64 42.30 200m: 2:52.22 44.66 300m: 4:23.67 45.97 400m: 5:53.74 44.50			
16. Ines Carolina SOARES	98	<b>5:59.05</b>	292
50m: 38.22 38.22 150m: 2:08.64 45.56 250m: 3:41.21 46.30 350m: 5:13.58 45.90			
100m: 1:23.08 44.86 200m: 2:54.91 46.27 300m: 4:27.68 46.47 400m: 5:59.05 45.47			

Campeonato Regional de Infantis de Piscina Curta  
Mealhada, 19. - 21.2.2010

Prova 20, Femin., 400m Livres, Infantis B

Lugar			Ano			Tempo final	Pts	
17.	Rafaela Cunha MENDES		98	Campinho		<b>5:59.34</b>	291	
	50m:	41.41 41.41	150m:	2:11.80 46.05	250m:	3:44.13 45.69	350m:	5:17.09 45.81
	100m:	1:25.75 44.34	200m:	2:58.44 46.64	300m:	4:31.28 47.15	400m:	5:59.34 42.25
18.	Madalena Amaro MACHADO		98	Académico Viseu		<b>6:00.21</b>	289	
	50m:	39.67 39.67	150m:	2:09.09 45.12	250m:	3:42.60 46.58	350m:	5:16.54 47.59
	100m:	1:23.97 44.30	200m:	2:56.02 46.93	300m:	4:28.95 46.35	400m:	6:00.21 43.67
19.	Maria Luisa PIRES		98	Algés e Águeda		<b>6:00.86</b>	288	
	50m:	39.55 39.55	150m:	2:11.31 45.96	250m:	3:45.09 45.93	350m:	5:17.92 46.03
	100m:	1:25.35 45.80	200m:	2:59.16 47.85	300m:	4:31.89 46.80	400m:	6:00.86 42.94
20.	Madalena Henriques RODRIGUES		98	Náutico/Matobra		<b>6:08.67</b>	270	
	50m:	41.62 41.62	150m:	2:16.76 48.06	250m:	3:51.11 47.36	350m:	5:24.90 45.15
	100m:	1:28.70 47.08	200m:	3:03.75 46.99	300m:	4:39.75 48.64	400m:	6:08.67 43.77
21.	Ines Santos PINHO		98	Feirense		<b>6:14.89</b>	257	
	50m:	39.49 39.49	150m:	2:14.83 48.37	250m:	3:50.52 48.11	350m:	5:28.29 49.51
	100m:	1:26.46 46.97	200m:	3:02.41 47.58	300m:	4:38.78 48.26	400m:	6:14.89 46.60

Infantis A

1.	Filipa Vilas RUIVO		97	Desportivo Náutico da Marinha		<b>4:42.98</b>	597	
	50m:	31.65 31.65	150m:	1:43.04 36.07	250m:	2:55.62 36.24	350m:	4:08.06 36.12
	100m:	1:06.97 35.32	200m:	2:19.38 36.34	300m:	3:31.94 36.32	400m:	4:42.98 34.92
2.	Daniela Figueiredo METELO		97	Náutico/Matobra		<b>4:53.90</b>	533	
	50m:	32.60 32.60	150m:	1:45.54 37.11	250m:	3:00.99 37.68	350m:	4:17.07 38.30
	100m:	1:08.43 35.83	200m:	2:23.31 37.77	300m:	3:38.77 37.78	400m:	4:53.90 36.83
3.	Matilde Domingues GAMEIRO		97	Náutico/Matobra		<b>4:57.67</b>	513	
	50m:	33.96 33.96	150m:	1:48.22 37.46	250m:	3:03.78 37.89	350m:	4:20.38 38.24
	100m:	1:10.76 36.80	200m:	2:25.89 37.67	300m:	3:42.14 38.36	400m:	4:57.67 37.29
4.	Beatriz Filipa MATOS		97	Fundação Beatriz Santos		<b>5:00.94</b>	496	
	50m:	34.04 34.04	150m:	1:48.22 37.57	250m:	3:04.94 38.80	350m:	4:23.35 39.46
	100m:	1:10.65 36.61	200m:	2:26.14 37.92	300m:	3:43.89 38.95	400m:	5:00.94 37.59
5.	Margarida Domingues DUARTE		97	Desportivo Náutico da Marinha		<b>5:04.37</b>	480	
	50m:	33.77 33.77	150m:	1:50.15 38.35	250m:	3:07.78 38.83	350m:	4:25.80 39.10
	100m:	1:11.80 38.03	200m:	2:28.95 38.80	300m:	3:46.70 38.92	400m:	5:04.37 38.57
6.	Marina Nicolina TEODOSIO		97	Académico Leiria		<b>5:04.71</b>	478	
	50m:	33.92 33.92	150m:	1:49.13 37.87	250m:	3:07.55 39.36	350m:	4:26.66 39.68
	100m:	1:11.26 37.34	200m:	2:28.19 39.06	300m:	3:46.98 39.43	400m:	5:04.71 38.05
7.	Rute Daniela SIMOES		97	Lousanense		<b>5:08.12</b>	462	
	50m:	34.35 34.35	150m:	1:51.60 39.34	250m:	3:10.24 39.38	350m:	4:29.52 39.90
	100m:	1:12.26 37.91	200m:	2:30.86 39.26	300m:	3:49.62 39.38	400m:	5:08.12 38.60
8.	Andreia Margarida MORGADO		97	Náutico/Matobra		<b>5:10.27</b>	453	
	50m:	33.12 33.12	150m:	1:48.13 38.50	250m:	3:08.50 40.81	350m:	4:30.87 41.37
	100m:	1:09.63 36.51	200m:	2:27.69 39.56	300m:	3:49.50 41.00	400m:	5:10.27 39.40
9.	Beatriz Oliveira LUIS		97	Pimpões/Cimai		<b>5:15.96</b>	429	
	50m:	34.02 34.02	150m:	1:53.35 41.06	250m:	3:14.97 41.15	350m:	4:37.01 41.09
	100m:	1:12.29 38.27	200m:	2:33.82 40.47	300m:	3:55.92 40.95	400m:	5:15.96 38.95
10.	Ana Catarina LIBERAL		97	Náutico/Matobra		<b>5:18.08</b>	420	
	50m:	36.51 36.51	150m:	1:55.95 40.30	250m:		350m:	
	100m:	1:15.65 39.14	200m:	2:36.38 40.43	300m:		400m:	5:18.08
11.	Sara Laranjeira MARQUES		97	Galitos		<b>5:24.39</b>	396	
	50m:	35.62 35.62	150m:	1:56.81 41.41	250m:	3:20.81 41.90	350m:	4:44.91 41.71
	100m:	1:15.40 39.78	200m:	2:38.91 42.10	300m:	4:03.20 42.39	400m:	5:24.39 39.48
12.	Beatriz Viegas OLIVEIRA		97	Galitos		<b>5:27.59</b>	385	
	50m:	37.71 37.71	150m:	2:00.83 42.13	250m:	3:25.18 42.07	350m:	4:48.27 41.36
	100m:	1:18.70 40.99	200m:	2:43.11 42.28	300m:	4:06.91 41.73	400m:	5:27.59 39.32

Campeonato Regional de Infantis de Piscina Curta  
Mealhada, 19. - 21.2.2010

Prova 20, Femin., 400m Livres, Infantis A

Lugar			Ano					Tempo final	Pts		
13.	Melissa Cardoso	RELVA	97	Académico Leiria				<b>5:27.66</b>	384		
	50m:	36.74 36.74	150m:	1:59.98	42.18	250m:	3:24.05	41.85	350m:	4:46.93	41.25
	100m:	1:17.80 41.06	200m:	2:42.20	42.22	300m:	4:05.68	41.63	400m:	5:27.66	40.73
14.	Adriana Duarte	JOAO	97	Alcobaça				<b>5:28.74</b>	381		
	50m:	35.38 35.38	150m:	1:57.72	42.02	250m:	3:21.37	42.34	350m:	4:46.98	42.52
	100m:	1:15.70 40.32	200m:	2:39.03	41.31	300m:	4:04.46	43.09	400m:	5:28.74	41.76
15.	Beatriz Gomes	SOARES	97	Sporting de Aveiro				<b>5:29.11</b>	379		
	50m:	35.97 35.97	150m:	1:57.14	41.42	250m:	3:21.86	42.74	350m:	4:44.91	41.00
	100m:	1:15.72 39.75	200m:	2:39.12	41.98	300m:	4:03.91	42.05	400m:	5:29.11	44.20
16.	Mara Casimiro	RIBEIRO	97	Alcobaça				<b>5:30.00</b>	376		
	50m:	37.22 37.22	150m:	1:59.00	42.01	250m:	3:22.93	41.90	350m:	4:47.10	42.32
	100m:	1:16.99 39.77	200m:	2:41.03	42.03	300m:	4:04.78	41.85	400m:	5:30.00	42.90
17.	Ines Margarida	RIBEIRO	97	Algés e Águeda				<b>5:30.32</b>	375		
	50m:	35.89 35.89	150m:	1:59.75	42.59	250m:	3:25.42	42.67	350m:	4:49.91	42.25
	100m:	1:17.16 41.27	200m:	2:42.75	43.00	300m:	4:07.66	42.24	400m:	5:30.32	40.41
18.	Francisca Campos	MATIAS	97	Náutico/Matobra				<b>5:31.43</b>	372		
	50m:	36.37 36.37	150m:	1:59.16	42.33	250m:	3:24.24	42.40	350m:	4:49.31	42.66
	100m:	1:16.83 40.46	200m:	2:41.84	42.68	300m:	4:06.65	42.41	400m:	5:31.43	42.12
19.	Mariana Graca	SANTOS	97	Sporting de Aveiro				<b>5:33.60</b>	364		
	50m:	39.41 39.41	150m:	2:04.10	43.04	250m:	3:29.61	42.97	350m:	4:54.60	42.26
	100m:	1:21.06 41.65	200m:	2:46.64	42.54	300m:	4:12.34	42.73	400m:	5:33.60	39.00
20.	Ana Patricia	CORREIA	97	Estamos Juntos				<b>5:34.07</b>	363		
	50m:	36.25 36.25	150m:			250m:			350m:	4:46.86	41.06
	100m:	1:16.34 40.09	200m:	2:40.20		300m:	4:05.80		400m:	5:34.07	47.21
21.	Joana Ferreira	BAPTISTA	97	Campinho				<b>5:35.94</b>	357		
	50m:	36.91 36.91	150m:			250m:			350m:		
	100m:	1:18.98 42.07	200m:	2:46.98		300m:			400m:	5:35.94	
22.	Carolina Conceicao	PAIS	97	Feirense				<b>5:37.67</b>	351		
	50m:	35.50 35.50	150m:	2:01.09	44.02	250m:	3:30.17	44.44	350m:	4:57.58	42.75
	100m:	1:17.07 41.57	200m:	2:45.73	44.64	300m:	4:14.83	44.66	400m:	5:37.67	40.09
23.	Cristiana Maria	PEREIRA	97	Alcobaça				<b>5:42.28</b>	337		
	50m:	35.60 35.60	150m:	1:59.92	43.12	250m:	3:28.16	44.45	350m:	4:58.00	45.18
	100m:	1:16.80 41.20	200m:	2:43.71	43.79	300m:	4:12.82	44.66	400m:	5:42.28	44.28
24.	Carolina Domingues	BORGES	97	Vigor da Mocidade				<b>5:47.19</b>	323		
	50m:	38.18 38.18	150m:	2:04.36	43.78	250m:	3:32.42	44.78	350m:	4:59.65	41.47
	100m:	1:20.58 42.40	200m:	2:47.64	43.28	300m:	4:18.18	45.76	400m:	5:47.19	47.54
25.	Ana Margarida	MARQUES	97	Campinho				<b>5:53.60</b>	306		
	50m:	39.07 39.07	150m:	2:08.96	45.47	250m:	3:38.83	44.92	350m:	5:09.07	45.20
	100m:	1:23.49 44.42	200m:	2:53.91	44.95	300m:	4:23.87	45.04	400m:	5:53.60	44.53
26.	Mariana Santos	MACHADO	97	Gafanha da Encarnação				<b>5:54.28</b>	304		
	50m:	37.47 37.47	150m:	2:04.48	44.00	250m:	3:33.82	45.07	350m:	5:05.75	45.22
	100m:	1:20.48 43.01	200m:	2:48.75	44.27	300m:	4:20.53	46.71	400m:	5:54.28	48.53
27.	Marta Almeida	FERNANDES	97	Núcleo de Pombal				<b>5:59.33</b>	292		
	50m:	39.50 39.50	150m:	2:07.08	44.84	250m:	3:40.49	46.61	350m:	5:14.64	46.32
	100m:	1:22.24 42.74	200m:	2:53.88	46.80	300m:	4:28.32	47.83	400m:	5:59.33	44.69
DSQ	Madalena Maria	FERREIRA	97	Académica de Coimbra				<b>5:20.55</b>			
	<i>Falsa partida</i>										
	50m:	35.83 35.83	150m:	1:57.49	41.77	250m:	3:20.49	41.67	350m:	4:42.46	40.90
	100m:	1:15.72 39.89	200m:	2:38.82	41.33	300m:	4:01.56	41.07	400m:	5:20.55	38.09