

Prova 7 Juvenis  
23-03-2013 - 9:30 Resultados

Rec Nac Absoluto 8:54.41 Angelica Maria Andre LSC Oeiras 26-07-2012  
Rec Nac Juv 9:07.70 tempo limite

TAC Fem Juv : 10:18.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tamila Hryhorivna Holub	99	Braga	<b>9:23.37</b>	+0,99	674
	50m: 31.48 31.48	250m: 2:50.89 35.20	450m: 5:13.39 35.89	650m: 7:37.32 35.81		
	100m: 1:05.73 34.25	300m: 3:26.11 35.22	500m: 5:49.23 35.84	700m: 8:13.59 36.27		
	150m: 1:40.71 34.98	350m: 4:01.88 35.77	550m: 6:25.37 36.14	750m: 8:49.39 35.80		
	200m: 2:15.69 34.98	400m: 4:37.50 35.62	600m: 7:01.51 36.14	800m: 9:23.37 33.98		
2.	Rita Costa Amador	99	Galitos	<b>9:36.98</b>	+0,74	628
	50m: 32.52 32.52	250m: 2:55.06 35.77	450m: 5:19.22 36.20	650m: 7:46.59 36.95		
	100m: 1:07.71 35.19	300m: 3:30.75 35.69	500m: 5:55.77 36.55	700m: 8:23.77 37.18		
	150m: 1:43.39 35.68	350m: 4:06.85 36.10	550m: 6:32.70 36.93	750m: 9:00.50 36.73		
	200m: 2:19.29 35.90	400m: 4:43.02 36.17	600m: 7:09.64 36.94	800m: 9:36.98 36.48		
3.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	<b>9:46.76</b>	+0,87	597
	50m: 33.41 33.41	250m: 2:58.54 37.01	450m: 5:27.43 37.39	650m: 7:55.71 37.04		
	100m: 1:09.33 35.92	300m: 3:35.67 37.13	500m: 6:04.28 36.85	700m: 8:33.94 38.23		
	150m: 1:45.81 36.48	350m: 4:12.60 36.93	550m: 6:41.58 37.30	750m: 9:11.01 37.07		
	200m: 2:21.53 35.72	400m: 4:50.04 37.44	600m: 7:18.67 37.09	800m: 9:46.76 35.75		
4.	Ana Carolina Carraco	99	Freguesia de Paiao	<b>9:50.56</b>	+0,80	585
	50m: 33.15 33.15	250m: 2:59.82 37.11	450m: 5:30.66 37.81	650m: 8:00.94 37.48		
	100m: 1:09.27 36.12	300m: 3:37.41 37.59	500m: 6:08.40 37.74	700m: 8:38.18 37.24		
	150m: 1:45.94 36.67	350m: 4:14.75 37.34	550m: 6:46.05 37.65	750m: 9:15.27 37.09		
	200m: 2:22.71 36.77	400m: 4:52.85 38.10	600m: 7:23.46 37.41	800m: 9:50.56 35.29		
5.	Tania Cristina Mendes	99	Industrial Viegrense	<b>9:52.44</b>	+0,87	580
	50m: 32.83 32.83	250m: 3:00.42 37.23	450m: 5:30.93 37.06	650m: 8:02.11 38.02		
	100m: 1:08.62 35.79	300m: 3:38.51 38.09	500m: 6:08.14 37.21	700m: 8:40.05 37.94		
	150m: 1:45.58 36.96	350m: 4:16.26 37.75	550m: 6:45.90 37.76	750m: 9:16.54 36.49		
	200m: 2:23.19 37.61	400m: 4:53.87 37.61	600m: 7:24.09 38.19	800m: 9:52.44 35.90		
6.	Beatriz Paulo Ranito	99	Sporting	<b>9:53.23</b>		577
	50m: 33.06 33.06	250m: 3:03.09 37.40	450m: 5:33.43 37.23	650m: 8:02.40 36.98		
	100m: 1:10.20 37.14	300m: 3:40.85 37.76	500m: 6:11.10 37.67	700m: 8:39.48 37.08		
	150m: 1:47.78 37.58	350m: 4:18.23 37.38	550m: 6:48.02 36.92	750m: 9:16.44 36.96		
	200m: 2:25.69 37.91	400m: 4:56.20 37.97	600m: 7:25.42 37.40	800m: 9:53.23 36.79		
7.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	<b>10:03.93</b>	+1,00	547
	50m: 33.60 33.60	250m: 3:03.64 38.09	450m: 5:37.00 38.56	650m: 8:11.51 38.75		
	100m: 1:10.29 36.69	300m: 3:41.78 38.14	500m: 6:14.98 37.98	700m: 8:49.83 38.32		
	150m: 1:48.07 37.78	350m: 4:20.24 38.46	550m: 6:54.19 39.21	750m: 9:27.28 37.45		
	200m: 2:25.55 37.48	400m: 4:58.44 38.20	600m: 7:32.76 38.57	800m: 10:03.93 36.65		
8.	Ana Beatriz La Feria	99	Porto	<b>10:04.17</b>	+1,00	546
	50m: 33.95 33.95	250m: 3:03.23 37.69	450m: 5:35.01 38.26	650m: 8:09.32 38.39		
	100m: 1:10.49 36.54	300m: 3:40.84 37.61	500m: 6:13.18 38.17	700m: 8:48.05 38.73		
	150m: 1:47.90 37.41	350m: 4:18.87 38.03	550m: 6:52.33 39.15	750m: 9:26.79 38.74		
	200m: 2:25.54 37.64	400m: 4:56.75 37.88	600m: 7:30.93 38.60	800m: 10:04.17 37.38		
9.	Catarina Costa Fernandes	99	Natacao de Olhao	<b>10:06.05</b>	+0,93	541
	50m: 33.64 33.64	250m: 3:05.30 38.67	450m: 5:40.45 39.10	650m: 8:15.59 39.08		
	100m: 1:10.50 36.86	300m: 3:44.09 38.79	500m: 6:19.23 38.78	700m: 8:52.92 37.33		
	150m: 1:48.57 38.07	350m: 4:23.10 39.01	550m: 6:58.19 38.96	750m: 9:30.66 37.74		
	200m: 2:26.63 38.06	400m: 5:01.35 38.25	600m: 7:36.51 38.32	800m: 10:06.05 35.39		

Prova 7, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Maria Santos Silva	99	Nautico da Marinha Grande	<b>10:08.07</b>	<b>+0,86</b>	<b>536</b>
	50m: 33.42 33.42	250m: 3:05.38 38.27	450m: 5:40.54 38.41	650m: 8:15.48 38.50		
	100m: 1:10.49 37.07	300m: 3:44.58 39.20	500m: 6:19.75 39.21	700m: 8:53.94 38.46		
	150m: 1:48.32 37.83	350m: 4:22.98 38.40	550m: 6:57.83 38.08	750m: 9:31.52 37.58		
	200m: 2:27.11 38.79	400m: 5:02.13 39.15	600m: 7:36.98 39.15	800m: 10:08.07 36.55		
11.	Ana Pires Brito	99	Colegio Monte Maior	<b>10:10.47</b>	<b>+0,90</b>	<b>530</b>
	50m: 33.76 33.76	250m: 3:05.51 38.27	450m: 5:38.89 37.89	650m: 8:14.05 38.79		
	100m: 1:10.66 36.90	300m: 3:44.11 38.60	500m: 6:17.71 38.82	700m: 8:53.34 39.29		
	150m: 1:48.69 38.03	350m: 4:22.64 38.53	550m: 6:56.38 38.67	750m: 9:32.26 38.92		
	200m: 2:27.24 38.55	400m: 5:01.00 38.36	600m: 7:35.26 38.88	800m: 10:10.47 38.21		
12.	Maria Beatriz Dias	99	Viver Santarem	<b>10:14.09</b>	<b>+0,79</b>	<b>520</b>
	50m: 35.12 35.12	250m: 3:08.09 38.62	450m: 5:42.84 38.97	650m: 8:19.22 39.09		
	100m: 1:12.80 37.68	300m: 3:46.35 38.26	500m: 6:21.61 38.77	700m: 8:58.46 39.24		
	150m: 1:51.32 38.52	350m: 4:25.25 38.90	550m: 7:00.90 39.29	750m: 9:37.13 38.67		
	200m: 2:29.47 38.15	400m: 5:03.87 38.62	600m: 7:40.13 39.23	800m: 10:14.09 36.96		
13.	Filipa Sousa Pinheiro <i>FTL</i>	99	Sporting	<b>10:20.89</b>	<b>+0,84</b>	<b>503</b>
	50m: 33.99 33.99	250m: 3:09.22 39.41	450m: 5:46.13 39.01	650m: 8:24.06 39.89		
	100m: 1:11.32 37.33	300m: 3:48.21 38.99	500m: 6:25.16 39.03	700m: 9:02.96 38.90		
	150m: 1:50.62 39.30	350m: 4:27.82 39.61	550m: 7:04.74 39.58	750m: 9:43.07 40.11		
	200m: 2:29.81 39.19	400m: 5:07.12 39.30	600m: 7:44.17 39.43	800m: 10:20.89 37.82		
14.	Ana Caetano Oliveira <i>FTL</i>	99	Leixoes	<b>10:21.49</b>	<b>+1,08</b>	<b>502</b>
	50m: 34.81 34.81	250m: 3:11.24 39.67	450m: 5:48.52 38.97	650m: 8:26.97 39.83		
	100m: 1:12.83 38.02	300m: 3:50.76 39.52	500m: 6:27.89 39.37	700m: 9:06.20 39.23		
	150m: 1:52.29 39.46	350m: 4:30.27 39.51	550m: 7:07.94 40.05	750m: 9:44.70 38.50		
	200m: 2:31.57 39.28	400m: 5:09.55 39.28	600m: 7:47.14 39.20	800m: 10:21.49 36.79		
15.	Maria Joao Domingues <i>FTL</i>	99	Nautico da Marinha Grande	<b>10:21.55</b>	<b>+0,80</b>	<b>502</b>
	50m: 34.97 34.97	250m: 3:11.70 38.96	450m: 5:50.25 39.85	650m: 8:27.12 39.14		
	100m: 1:13.29 38.32	300m: 3:51.33 39.63	500m: 6:29.26 39.01	700m: 9:05.84 38.72		
	150m: 1:53.02 39.73	350m: 4:30.76 39.43	550m: 7:08.66 39.40	750m: 9:44.66 38.82		
	200m: 2:32.74 39.72	400m: 5:10.40 39.64	600m: 7:47.98 39.32	800m: 10:21.55 36.89		
16.	Ines Maria Neves <i>FTL</i>	99	Porto	<b>10:22.57</b>	<b>+0,89</b>	<b>499</b>
	50m: 33.39 33.39	250m: 3:09.44 39.61	450m: 5:47.08 39.24	650m: 8:26.50 39.72		
	100m: 1:11.53 38.14	300m: 3:49.05 39.61	500m: 6:26.85 39.77	700m: 9:05.91 39.41		
	150m: 1:50.34 38.81	350m: 4:28.13 39.08	550m: 7:06.83 39.98	750m: 9:45.14 39.23		
	200m: 2:29.83 39.49	400m: 5:07.84 39.71	600m: 7:46.78 39.95	800m: 10:22.57 37.43		
17.	Beatriz Lopes Pinto <i>FTL</i>	99	Academica de Coimbra	<b>10:25.95</b>	<b>+0,88</b>	<b>491</b>
	50m: 34.88 34.88	250m: 3:10.48 39.69	450m: 5:48.83 39.80	650m: 8:28.06 40.17		
	100m: 1:12.63 37.75	300m: 3:49.60 39.12	500m: 6:28.34 39.51	700m: 9:07.67 39.61		
	150m: 1:51.78 39.15	350m: 4:29.34 39.74	550m: 7:08.04 39.70	750m: 9:47.41 39.74		
	200m: 2:30.79 39.01	400m: 5:09.03 39.69	600m: 7:47.89 39.85	800m: 10:25.95 38.54		
18.	Ines Maria Pereira <i>FTL</i>	99	Leixoes	<b>10:26.95</b>	<b>+0,96</b>	<b>489</b>
	50m: 35.13 35.13	250m: 3:11.68 39.79	450m: 5:49.39 39.47	650m: 8:28.44 40.01		
	100m: 1:13.07 37.94	300m: 3:50.73 39.05	500m: 6:28.52 39.13	700m: 9:08.18 39.74		
	150m: 1:52.74 39.67	350m: 4:30.66 39.93	550m: 7:08.81 40.29	750m: 9:48.14 39.96		
	200m: 2:31.89 39.15	400m: 5:09.92 39.26	600m: 7:48.43 39.62	800m: 10:26.95 38.81		