

4-Campeonatos Regionais Absolutos de Lisboa - PC
Aboboda, 13. - 15.11.2009

Prova 37
15.11.09 - 9:30

Femin., 1500m Livres

14 anos e mais velhos
Resultados

Junior Fem. Jun: 20:01.00 / Senior Fem. Sen: 19:11.30

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
15 anos e mais velhos			
1. Nadia Morais Vieira	90	Gesloures - Gestão de Equipame	17:27.16 738
100m: 1:07.01 1:07.01	500m: 5:48.57 1:09.97	900m: 10:29.73 1:10.40	1300m: 15:08.65 1:09.77
200m: 2:17.57 1:10.56	600m: 6:58.83 1:10.26	1000m: 11:39.59 1:09.86	1400m: 16:18.79 1:10.14
300m: 3:27.99 1:10.42	700m: 8:09.00 1:10.17	1100m: 12:49.14 1:09.55	1500m: 17:27.16 1:08.37
400m: 4:38.60 1:10.61	800m: 9:19.33 1:10.33	1200m: 13:58.88 1:09.74	
2. Lara Santana Pinheiro	92	Clube Futebol Os Belenenses	18:15.15 645
100m: 1:08.60 1:08.60	500m: 5:59.38 1:12.76	900m: 10:52.03 1:13.91	1300m: 16:25.28
200m: 2:21.24 1:12.64	600m: 7:12.39 1:13.01	1000m: 12:05.42 1:13.39	1400m: 17:39.21 1:13.93
300m: 3:34.09 1:12.85	700m: 8:25.49 1:13.10	1100m: 13:19.12 1:13.70	1500m: 18:15.15 35.94
400m: 4:46.62 1:12.53	800m: 9:38.12 1:12.63	1200m: 14:10.30 1:12.75	
3. Marta Sofia Cunha	95	Sporting Clube de Portugal	18:27.52 624
100m: 1:10.12 1:10.12	500m: 6:07.90 1:14.67	900m: 11:07.89 1:14.67	1300m: 16:01.43 1:13.21
200m: 2:24.51 1:14.39	600m: 7:22.79 1:14.89	1000m: 12:22.13 1:14.24	1400m: 17:15.37 1:13.94
300m: 3:39.24 1:14.73	700m: 8:37.69 1:14.90	1100m: 13:35.34 1:13.21	1500m: 18:27.52 1:12.15
400m: 4:53.23 1:13.99	800m: 9:53.22 1:15.53	1200m: 14:48.22 1:12.88	
4. Lisa Marisa Soares	95	Amadora	19:01.97 569
100m: 1:16.23 1:16.23	500m: 6:24.18 1:16.16	900m: 11:30.70 1:16.72	1300m: 16:34.47 1:15.91
200m: 2:34.21 1:17.98	600m: 7:41.09 1:16.91	1000m: 12:47.48 1:16.78	1400m: 17:50.47 1:16.00
300m: 3:50.98 1:16.77	700m: 8:57.62 1:16.53	1100m: 14:03.26 1:15.78	1500m: 19:01.97 1:11.50
400m: 5:08.02 1:17.04	800m: 10:13.98 1:16.36	1200m: 15:18.56 1:15.30	
5. Patricia Silva Damas	92	Gesloures - Gestão de Equipame	19:05.30 564
100m: 1:12.37 1:12.37	500m: 6:20.96 1:17.12	900m: 11:24.56 1:16.34	1300m: 16:31.83 1:17.50
200m: 2:29.45 1:17.08	600m: 7:36.42 1:15.46	1000m: 12:40.98 1:16.42	1400m: 17:49.39 1:17.56
300m: 3:46.51 1:17.06	700m: 8:52.37 1:15.95	1100m: 13:57.62 1:16.64	1500m: 19:05.30 1:15.91
400m: 5:03.84 1:17.33	800m: 10:08.22 1:15.85	1200m: 15:14.33 1:16.71	
6. Tatiana Ladeiro Santos	92	Gesloures - Gestão de Equipame	19:15.23 549
<i>FTL</i>			
100m: 1:08.85 1:08.85	500m: 6:14.75 1:17.90	900m: 11:24.53 1:17.28	1300m: 16:38.53 1:19.54
200m: 2:24.12 1:15.27	600m: 7:32.38 1:17.63	1000m: 12:42.18 1:17.65	1400m: 17:57.46 1:18.93
300m: 3:40.00 1:15.88	700m: 8:49.75 1:17.37	1100m: 14:00.38 1:18.20	1500m: 19:15.23 1:17.77
400m: 4:56.85 1:16.85	800m: 10:07.25 1:17.50	1200m: 15:18.99 1:18.61	
7. Marta Sofia Martins	95	Gesloures - Gestão de Equipame	19:55.22 496
100m: 1:17.42 1:17.42	500m: 6:32.31 1:18.84	900m: 11:47.31 1:18.27	1300m: 17:13.97 1:21.84
200m: 2:35.72 1:18.30	600m: 7:51.47 1:19.16	1000m: 13:08.74 1:21.43	1400m: 18:35.71 1:21.74
300m: 3:54.19 1:18.47	700m: 9:09.85 1:18.38	1100m: 14:30.27 1:21.53	1500m: 19:55.22 1:19.51
400m: 5:13.47 1:19.28	800m: 10:29.04 1:19.19	1200m: 15:52.13 1:21.86	
DSQ Leonor Mourinho Neves	95	Sporting Clube de Portugal	18:26.34
<i>A nadadora não completou o percurso, tendo desistido aos 1250 metros.</i>			
100m: 1:08.84 1:08.84	500m: 5:59.49 1:12.71	900m: 10:56.72 1:17.19	1300m:
200m: 2:21.64 1:12.80	600m: 7:11.62 1:12.13	1000m: 12:14.70 1:17.98	1400m:
300m: 3:34.40 1:12.76	700m: 8:23.75 1:12.13	1100m: 13:31.51 1:16.81	1500m: 18:26.34
400m: 4:46.78 1:12.38	800m: 9:39.53 1:15.78	1200m: 14:49.83 1:18.32	
EXH Ana Rita Ismael	92	Louletano Desportos Clube	18:04.15 665
100m: 1:08.75 1:08.75	500m: 6:00.33 1:13.66	900m: 10:48.92 7:11.25	1300m: 15:37.33 1:12.70
200m: 2:23.04 1:14.29	600m: 7:12.68 1:12.35	1000m: 12:00.67 1:11.75	1400m: 16:50.48 1:13.15
300m: 3:35.91 1:12.87	700m: 8:25.23 1:12.55	1100m: 13:12.58 1:11.91	1500m: 18:04.15 1:13.67
400m: 4:46.67 1:10.76	800m: 3:37.67	1200m: 14:24.63 1:12.05	