

RANKING DE PORTUGAL - 2011 / 2012

a partir de 01-10-11

FEMININOS

ACTUALIZADO : 30-09-2012

Marca Minima para entrar no Ranking

1.22.00

MEIA MARATONA

NOME	ANO	CLUBE	MARCA	LOCAL	DATA	RECORD PESSOAL		OBSERVAÇÕES	ÉPOCA	ÉPOCA	ÉPOCA	ÉPOCA	ÉPOCA	ÉPOCA
						MARCA	ANO		2010 / 2011	2009 / 2010	2008 / 2009	2007 / 2008	2006 / 2007	2005 / 2006
JESSICA AUGUSTO	81	IND	1.09.13	OVAR	05-10-11	1.09.08	2009		1.09.10		1.09.08	1.11.38	1.11.56	
DULCE FÉLIX	82	MCP	1.09.50	GOTEMBURGO (SWE)	12-05-12	1.08.33	2011		1.08.33	1.09.01	1.09.48	1.11.42		1.18.23
MARISA BARROS RODRIGUES	80	SLB	1.10.26	VIANA DO CASTELO	22-01-12	1.09.09	2010		1.09.41	1.09.09	1.10.37	1.10.53	1.12.42	1.16.21
SARA MOREIRA	85	MCP	1.10.55	RÉGUA	20-05-12	1.10.08	2010		1.12.24	1.10.08		1.10.38	1.13.26	
ANA DIAS	74	CBF	1.13.17	MADRID (ESP)	01-04-12	1.10.28	2003		1.15.24	1.15.00	1.13.10	1.13.49	1.10.40	1.13.56
LEONOR CARNEIRO	78	MCP	1.13.33	PORTO	16-09-12	1.11.36	2007		1.14.52	1.13.30	1.14.09	1.14.01	1.11.36	1.13.05
DOROTEIA PEIXOTO	83	NAJ	1.14.19	CORTEGAÇA	13-05-12	1.15.05	2011		1.15.05	1.15.41	1.16.33	1.16.26		
MÓNICA SILVA	83	MCP	1.14.47	RÉGUA	20-05-12	1.14.37	2011		1.14.37	1.15.23	1.16.13	1.16.37	1.17.38	1.18.56
ANÁLIA ROSA	76	MCP	1.14.49	OVAR	05-10-11	1.10.30	2009		1.14.44	1.13.22	1.10.30	1.11.25	1.15.11	1.12.57
FILOMENA COSTA	85	SCB	1.15.13	VIANA DO CASTELO	22-01-12	1.15.08	2010		1.15.38	1.15.08	1.15.11	1.19.27	1.17.49	
INÊS MONTEIRO	80	MCP	1.15.29	LISBOA	25-03-12	1.10.06	2009			1.12.22	1.10.06	1.11.02	1.12.50	1.22.40
SARA CATARINA RIBEIRO	90	SCB	1.16.02	PORTO	16-09-12									
RAFAELA ALMEIDA	83	SLB	1.16.46	VIGO (ESP)	25-03-12	1.19.50	2011		1.19.50					
FERNANDA MIRANDA	70	SCB	1.17.04	VIANA DO CASTELO	22-01-12	1.14.20	2003		1.19.54				1.18.36	1.17.37
SARA PINHO	81	SCP	1.17.18	PORTO	16-09-12	1.15.50	2007				1.17.01	1.17.04	1.15.50	1.18.01
SÓNIA CATARINA LIMA	90	UDV	1.17.30	RÉGUA	20-05-12									
SOLANGE JESUS	87	SCP	1.17.46	LISBOA	25-03-12									
SANDRA TEIXEIRA	78	SCP	1.18.35	PORTO	16-09-12									
LEOPOLDINA SILVEIRA	75	EFSRA	1.19.02	NOGENT (FRA)	25-03-12	1.15.53	2007					1.15.53	1.17.41	1.17.30
VERA NUNES	80	SLB	1.19.09	LISBOA	25-03-12									
CARLA MACHADO	70	UDV	1.19.29	RÉGUA	20-05-12									
CARLA MARTINHO	76	ADERC	1.19.36	OVAR	05-10-11	1.16.35	2008		1.17.03	1.18.56	1.18.10	1.16.35	1.17.39	1.17.42
ELISABETE LOPES	75	MCP	1.19.58	PORTO	16-09-12				1.17.07			1.16.21	1.18.07	1.15.22
ANA MAFALDA FERREIRA	88	GDE	1.20.43	NAZARÉ	13-11-11									
MÓNICA ROSA	78	JV	1.20.49	BADAJOS - ELVAS	02-10-11	1.13.09	2006		1.16.30	1.14.35	1.14.14		1.18.58	1.13.09
FÁTIMA MARTINS		IND	1.20.49	SÃO JOÃO LAMPAS	08-09-12									
ELISABETE AZEVEDO	81	ADERC	1.21.01	PORTO	16-09-12									
MARGARIDA DIONÍSIO	87	LPSC	1.21.28	LISBOA	30-09-12									
JOANA NUNES	85	ADERC	1.21.41	CORTEGAÇA	13-05-12									

Para qualquer correcção, sugestão ou comentário a este Ranking é favor enviar para:

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