

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 13. - 15.3.2009

Prova 1	Femin., 400m Estilos				Juvenis
13.3.09 - 16:00					Resultados
Recorde Nacional Absoluto	4:55.58	Barbara Sousa Ferreira	CNMAIA	EULisboa	30.5.04
Recorde Nacional Juvenis	5:01.04	Susana Patricia Miguel	SFUAP	Jamor	8.7.04
MAC Fem JUV : 5:27.75 / TAC Fem JUV 50m : 5:45.00					

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts
1.	Catarina Tiago Nunes		95	União Piedense				5:13.80	658
	50m:	31.52 31.52	150m:	1:49.31	39.85	250m:	3:13.78 44.80	350m:	4:36.66 37.40
	100m:	1:09.46 37.94	200m:	2:28.98	39.67	300m:	3:59.26 45.48	400m:	5:13.80 37.14
2.	Filipa Maria Rompante		95	Famalicão				5:19.90	621
	50m:	34.19 34.19	150m:	1:55.05	42.38	250m:	3:21.83 46.07	350m:	4:44.66 37.52
	100m:	1:12.67 38.48	200m:	2:35.76	40.71	300m:	4:07.14 45.31	400m:	5:19.90 35.24
3.	Ana Goncalves Neto		95	Porto/Império Bonança				5:21.69	611
	50m:	33.41 33.41	150m:	1:54.56	41.21	250m:	3:22.01 47.65	350m:	4:46.77 36.35
	100m:	1:13.35 39.94	200m:	2:34.36	39.80	300m:	4:10.42 48.41	400m:	5:21.69 34.92
4.	Tatiana Filipa Santos		95	Ginásio Figueirense				5:22.35	607
	50m:	35.48 35.48	150m:	1:54.12	37.82	250m:	3:20.00 48.97	350m:	4:45.91 37.15
	100m:	1:16.30 40.82	200m:	2:31.03	36.91	300m:	4:08.76 48.76	400m:	5:22.35 36.44
5.	Leonor Mourinho Neves		95	Sporting				5:26.50	585
	50m:	34.33 34.33	150m:	1:58.63	43.06	250m:	3:26.47 45.04	350m:	4:50.30 37.42
	100m:	1:15.57 41.24	200m:	2:41.43	42.80	300m:	4:12.88 46.41	400m:	5:26.50 36.20
6.	Ana Joaquina Goncalves		95	Braga				5:26.68	584
	50m:	35.26 35.26	150m:	1:58.04	42.61	250m:	3:26.10 46.70	350m:	4:50.80 37.98
	100m:	1:15.43 40.17	200m:	2:39.40	41.36	300m:	4:12.82 46.72	400m:	5:26.68 35.88
7.	Ana Sofia Costa		95	Alcobaça				5:27.02	582
	50m:	34.49 34.49	150m:	1:56.25	42.78	250m:	3:25.04 47.09	350m:	4:50.17 37.34
	100m:	1:13.47 38.98	200m:	2:37.95	41.70	300m:	4:12.83 47.79	400m:	5:27.02 36.85
8.	Adriana Correia Lopes		95	Náutico/Matobra				5:30.11	566
	50m:	35.15 35.15	150m:	1:57.98	43.10	250m:	3:27.02 46.19	350m:	4:52.17 38.08
	100m:	1:14.88 39.73	200m:	2:40.83	42.85	300m:	4:14.09 47.07	400m:	5:30.11 37.94
9.	Ana Oliveira Cunha		95	Famalicão				5:33.69	548
	50m:	35.72 35.72	150m:	1:58.93	41.75	250m:	3:29.32 48.73	350m:	4:56.17 37.58
	100m:	1:17.18 41.46	200m:	2:40.59	41.66	300m:	4:18.59 49.27	400m:	5:33.69 37.52
10.	Ana Filipa Teixeira		95	Desportiva de Viana				5:36.37	535
	50m:	34.39 34.39	150m:	2:01.26	45.39	250m:	3:31.37 47.52	350m:	4:58.51 39.29
	100m:	1:15.87 41.48	200m:	2:43.85	42.59	300m:	4:19.22 47.85	400m:	5:36.37 37.86
11.	Hedvigés Ribeiro Carvalho		95	Famalicão				5:37.22	531
	50m:	36.63 36.63	150m:	2:02.77	44.17	250m:	3:34.99 50.70	350m:	5:00.77 37.43
	100m:	1:18.60 41.97	200m:	2:44.29	41.52	300m:	4:23.34 48.35	400m:	5:37.22 36.45
12.	Marta Sofia Cunha		95	Sporting				5:38.30	525
	50m:	34.16 34.16	150m:	1:58.81	44.33	250m:	3:31.47 50.53	350m:	5:01.16 38.91
	100m:	1:14.48 40.32	200m:	2:40.94	42.13	300m:	4:22.25 50.78	400m:	5:38.30 37.14
13.	Joana Isabel Miranda		95	Vitória de Guimarães				5:39.38	520
	50m:	34.85 34.85	150m:	2:00.70	45.39	250m:	3:34.14 50.04	350m:	5:03.66 38.75
	100m:	1:15.31 40.46	200m:	2:44.10	43.40	300m:	4:24.91 50.77	400m:	5:39.38 35.72
14.	Patricia Santos Dinis		95	Bombeiros das Caldas Rainha				5:39.78	519
	50m:	35.83 35.83	150m:	2:00.04	43.03	250m:	3:32.67 50.23	350m:	5:03.22 39.02
	100m:	1:17.01 41.18	200m:	2:42.44	42.40	300m:	4:24.20 51.53	400m:	5:39.78 36.56
15.	Catarina Lopes Reis		95	Porto/Império Bonança				5:40.22	517
	50m:	34.34 34.34	150m:	1:58.95	43.97	250m:	3:31.68 49.66	350m:	5:01.78 39.27
	100m:	1:14.98 40.64	200m:	2:42.02	43.07	300m:	4:22.51 50.83	400m:	5:40.22 38.44

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Prova 1, Femin., 400m Estilos, Juvenis

Lugar			Ano					Tempo final	Pts		
16.	Carolina Francisco Gomes		95	Naval da Nazaré				5:41.49	511		
	50m:	35.70 35.70	150m:	2:00.18	44.22	250m:	3:35.68	51.81	350m:	5:04.11	38.83
	100m:	1:15.96 40.26	200m:	2:43.87	43.69	300m:	4:25.28	49.60	400m:	5:41.49	37.38
17.	Ana Francisca Pereira		95	Famalicão				5:42.21	508		
	50m:	35.25 35.25	150m:	2:04.44	46.00	250m:	3:37.51	48.39	350m:	5:05.42	39.02
	100m:	1:18.44 43.19	200m:	2:49.12	44.68	300m:	4:26.40	48.89	400m:	5:42.21	36.79
18.	Beatriz Magalhaes Sampaio		95	Fafe				5:42.53	506		
	50m:	36.22 36.22	150m:	2:03.87	45.91	250m:	3:37.42	48.96	350m:	5:05.91	38.23
	100m:	1:17.96 41.74	200m:	2:48.46	44.59	300m:	4:27.68	50.26	400m:	5:42.53	36.62
19.	Ines Joao Costa		95	Braga				5:42.90	505		
	50m:	36.77 36.77	150m:	2:01.59	43.63	250m:	3:35.71	50.80	350m:	5:03.94	38.55
	100m:	1:17.96 41.19	200m:	2:44.91	43.32	300m:	4:25.39	49.68	400m:	5:42.90	38.96
20.	Cassandra Pedro Oliveira		95	Vilacondense				5:44.19	499		
	50m:	33.61 33.61	150m:	1:58.80	44.92	250m:	3:35.42	53.33	350m:	5:07.00	37.55
	100m:	1:13.88 40.27	200m:	2:42.09	43.29	300m:	4:29.45	54.03	400m:	5:44.19	37.19
21.	Joana Fazendeiro Matos		95	Porto/Império Bonança				5:47.83	483		
	<i>FTL</i>										
	50m:	36.33 36.33	150m:	2:03.63	44.60	250m:	3:38.58	50.68	350m:	5:09.08	39.31
	100m:	1:19.03 42.70	200m:	2:47.90	44.27	300m:	4:29.77	51.19	400m:	5:47.83	38.75
22.	Melanie Bronze Santos		95	Alcobaça				5:48.99	479		
	<i>FTL</i>										
	50m:	35.72 35.72	150m:	2:02.16	44.56	250m:	3:37.92	51.56	350m:	5:09.90	39.71
	100m:	1:17.60 41.88	200m:	2:46.36	44.20	300m:	4:30.19	52.27	400m:	5:48.99	39.09
23.	Maria Beatriz Ferreira		95	Fluvial Portuense				5:50.49	473		
	<i>FTL</i>										
	50m:	38.71 38.71	150m:	2:10.24	47.13	250m:	3:44.30	47.51	350m:	5:12.57	39.78
	100m:	1:23.11 44.40	200m:	2:56.79	46.55	300m:	4:32.79	48.49	400m:	5:50.49	37.92
24.	Ariana Alves Nunes		95	Portinado				5:50.64	472		
	<i>FTL</i>										
	50m:	35.84 35.84	150m:	2:05.96	46.66	250m:	3:39.34	48.63	350m:	5:09.99	41.16
	100m:	1:19.30 43.46	200m:	2:50.71	44.75	300m:	4:28.83	49.49	400m:	5:50.64	40.65
25.	Ana Catarina Teixeira		95	Foca				5:51.01	470		
	<i>FTL</i>										
	50m:	37.28 37.28	150m:	2:08.06	47.61	250m:	3:43.61	49.89	350m:	5:12.49	39.45
	100m:	1:20.45 43.17	200m:	2:53.72	45.66	300m:	4:33.04	49.43	400m:	5:51.01	38.52
DSQ	Carolina Cunha Martins		95	Náutico/Matobra				5:26.09			
	<i>Falsa Partida</i>										
	50m:	33.06 33.06	150m:	1:54.47	43.52	250m:	3:24.55	47.91	350m:	4:49.41	35.92
	100m:	1:10.95 37.89	200m:	2:36.64	42.17	300m:	4:13.49	48.94	400m:	5:26.09	36.68