

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

Prova 20	Femin., 400m Livres				Juvenis
15.3.09 - 10:15					Resultados
Recorde Nacional Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
Recorde Nacional Juvenis	4:28.67	tempo limite			
MAC Fem JUV : 4:46.43 / TAC Fem JUV 50m : 5:01.50					
Pontos: FINA 2008					

Lugar			Ano					Tempo final	Pts
1.	Ana Goncalves Neto		95	Porto/Império Bonança			4:42.84	635	
	50m: 32.28 32.28	150m: 1:42.83 35.63		250m: 2:54.85 35.97		350m: 4:07.26 35.93			
	100m: 1:07.20 34.92	200m: 2:18.88 36.05		300m: 3:31.33 36.48		400m: 4:42.84 35.58			
2.	Silvia Ariana Soares		95	Porto/Império Bonança			4:45.83	615	
	50m: 32.03 32.03	150m: 1:43.68 36.06		250m: 2:57.87 36.99		350m: 4:11.28 35.98			
	100m: 1:07.62 35.59	200m: 2:20.88 37.20		300m: 3:35.30 37.43		400m: 4:45.83 34.55			
3.	Maria Luis Amorim		95	Porto/Império Bonança			4:46.03	614	
	50m: 32.29 32.29	150m: 1:44.04 36.38		250m: 2:57.94 36.94		350m: 4:11.66 36.46			
	100m: 1:07.66 35.37	200m: 2:21.00 36.96		300m: 3:35.20 37.26		400m: 4:46.03 34.37			
4.	Carolina Cunha Martins		95	Náutico/Matobra			4:48.36	599	
	50m: 32.64 32.64	150m: 1:44.27 36.35		250m: 2:58.31 37.33		350m: 4:12.23 36.97			
	100m: 1:07.92 35.28	200m: 2:20.98 36.71		300m: 3:35.26 36.95		400m: 4:48.36 36.13			
5.	Leonor Mourinho Neves		95	Sporting			4:50.02	589	
	50m: 32.49 32.49	150m: 1:44.50 36.52		250m: 2:59.25 37.55		350m: 4:13.70 37.13			
	100m: 1:07.98 35.49	200m: 2:21.70 37.20		300m: 3:36.57 37.32		400m: 4:50.02 36.32			
6.	Adriana Correia Lopes		95	Náutico/Matobra			4:51.24	582	
	50m: 33.19 33.19	150m: 1:46.21 36.94		250m: 3:00.88 37.30		350m: 4:15.48 37.28			
	100m: 1:09.27 36.08	200m: 2:23.58 37.37		300m: 3:38.20 37.32		400m: 4:51.24 35.76			
7.	Joana Isabel Miranda		95	Vitória de Guimarães			4:51.90	578	
	50m: 32.55 32.55	150m: 1:46.43 37.32		250m: 3:01.64 37.86		350m: 4:16.80 37.41			
	100m: 1:09.11 36.56	200m: 2:23.78 37.35		300m: 3:39.39 37.75		400m: 4:51.90 35.10			
8.	Cassandra Pedro Oliveira		95	Vilacondense			4:52.29	576	
	50m: 32.77 32.77	150m: 1:46.16 37.58		250m: 3:01.52 37.83		350m: 4:16.38 37.59			
	100m: 1:08.58 35.81	200m: 2:23.69 37.53		300m: 3:38.79 37.27		400m: 4:52.29 35.91			
9.	Laura Oliveira Ferreira		95	Amadora			4:53.60	568	
	50m: 32.44 32.44	150m: 1:45.77 37.05		250m: 3:01.38 38.06		350m: 4:17.63 38.12			
	100m: 1:08.72 36.28	200m: 2:23.32 37.55		300m: 3:39.51 38.13		400m: 4:53.60 35.97			
10.	Ines Jesus Ribeiro		95	Braga			4:54.43	563	
	50m: 33.00 33.00	150m: 1:46.51 37.30		250m: 3:01.90 37.94		350m: 4:17.90 37.80			
	100m: 1:09.21 36.21	200m: 2:23.96 37.45		300m: 3:40.10 38.20		400m: 4:54.43 36.53			
11.	Hedviges Ribeiro Carvalho		95	Famalicão			4:54.59	562	
	50m: 34.19 34.19	150m: 1:49.00 38.35		250m: 3:04.89 37.96		350m: 4:19.65 37.37			
	100m: 1:10.65 36.46	200m: 2:26.93 37.93		300m: 3:42.28 37.39		400m: 4:54.59 34.94			
12.	Marta Sofia Cunha		95	Sporting			4:56.95	549	
	50m: 32.96 32.96	150m: 1:47.34 37.84		250m: 3:04.30 38.48		350m: 4:20.55 37.95			
	100m: 1:09.50 36.54	200m: 2:25.82 38.48		300m: 3:42.60 38.30		400m: 4:56.95 36.40			
13.	Ana Margarida Costa		95	Leixões			4:58.10	543	
	50m: 34.14 34.14	150m: 1:50.44 38.93		250m: 3:06.52 38.05		350m: 4:22.13 37.19			
	100m: 1:11.51 37.37	200m: 2:28.47 38.03		300m: 3:44.94 38.42		400m: 4:58.10 35.97			
14.	Ana Sofia Costa		95	Alcobaça			4:58.15	542	
	50m: 33.22 33.22	150m: 1:48.56 38.36		250m: 3:04.63 37.87		350m: 4:20.67 37.72			
	100m: 1:10.20 36.98	200m: 2:26.76 38.20		300m: 3:42.95 38.32		400m: 4:58.15 37.48			
15.	Mariana Rocha Valente		95	Académica de Coimbra			4:58.60	540	
	50m: 34.04 34.04	150m: 1:49.07 37.90		250m: 3:05.22 38.01		350m: 4:21.39 38.00			
	100m: 1:11.17 37.13	200m: 2:27.21 38.14		300m: 3:43.39 38.17		400m: 4:58.60 37.21			

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Lugar			Ano					Tempo final	Pts		
16.	Ines Maria Mota		95	Fluvial Portuense				4:58.96	538		
	50m:	33.91 33.91	150m:	1:50.02	38.40	250m:	3:06.49	37.86	350m:	4:23.61	38.12
	100m:	1:11.62 37.71	200m:	2:28.63	38.61	300m:	3:45.49	39.00	400m:	4:58.96	35.35
17.	Catarina Lopes Reis		95	Porto/Império Bonança				4:59.94	533		
	50m:	33.13 33.13	150m:	1:48.58	38.63	250m:	3:05.04	37.11	350m:	4:21.80	38.49
	100m:	1:09.95 36.82	200m:	2:27.93	39.35	300m:	3:43.31	38.27	400m:	4:59.94	38.14
18.	Helena Paula Carvalho		95	Desporto de Setúbal				4:59.97	532		
	50m:	32.44 32.44	150m:	1:49.79	38.93	250m:	3:07.57	39.32	350m:	4:25.54	38.93
	100m:	1:10.86 38.42	200m:	2:28.25	38.46	300m:	3:46.61	39.04	400m:	4:59.97	34.43
19.	Beatriz Magalhaes Sampaio		95	Fafe				5:00.10	532		
	50m:	33.50 33.50	150m:	1:48.88	38.36	250m:	3:05.77	38.76	350m:	4:23.19	38.95
	100m:	1:10.52 37.02	200m:	2:27.01	38.13	300m:	3:44.24	38.47	400m:	5:00.10	36.91
20.	Patricia Santos Dinis		95	Bombeiros das Caldas Rainha				5:00.16	531		
	50m:	32.97 32.97	150m:	1:49.18	38.56	250m:	3:06.08	37.95	350m:	4:24.16	
	100m:	1:10.62 37.65	200m:	2:28.13	38.95	300m:			400m:	5:00.16	36.00
21.	Marta Filipa Vinagre		95	Torres Novas				5:00.70	529		
	50m:	31.94 31.94	150m:	1:45.42	37.70	250m:	3:04.66	39.72	350m:	4:24.19	39.23
	100m:	1:07.72 35.78	200m:	2:24.94	39.52	300m:	3:44.96	40.30	400m:	5:00.70	36.51
22.	Andreia Sofia Torres		95	Gespaços				5:00.72	528		
	50m:	33.02 33.02	150m:	1:48.97	38.21	250m:	3:06.58	38.54	350m:	4:24.89	38.87
	100m:	1:10.76 37.74	200m:	2:28.04	39.07	300m:	3:46.02	39.44	400m:	5:00.72	35.83
23.	Joana Ines Oliveira		95	Académica de Coimbra				5:03.27	515		
	<i>FTL</i>										
	50m:	34.40 34.40	150m:	1:50.15	38.18	250m:	3:06.82	37.92	350m:	4:25.35	40.04
	100m:	1:11.97 37.57	200m:	2:28.90	38.75	300m:	3:45.31	38.49	400m:	5:03.27	37.92
24.	Joana Filipa Rosas		95	Porto/Império Bonança				5:06.71	498		
	<i>FTL</i>										
	50m:	33.72 33.72	150m:	1:50.09	39.04	250m:	3:08.55	38.94	350m:	4:29.13	40.05
	100m:	1:11.05 37.33	200m:	2:29.61	39.52	300m:	3:49.08	40.53	400m:	5:06.71	37.58
25.	Maria Rodrigues Fernandes		95	Naval do Funchal				5:09.47	485		
	<i>FTL</i>										
	50m:	33.23 33.23	150m:	1:49.10	38.66	250m:	3:08.92	40.54	350m:	4:30.28	40.78
	100m:	1:10.44 37.21	200m:	2:28.38	39.28	300m:	3:49.50	40.58	400m:	5:09.47	39.19
26.	Ana Rita Freitas		95	Fafe				5:11.22	477		
	<i>FTL</i>										
	50m:	34.46 34.46	150m:	1:52.60	39.64	250m:	3:12.66	39.90	350m:	4:32.39	39.13
	100m:	1:12.96 38.50	200m:	2:32.76	40.16	300m:	3:53.26	40.60	400m:	5:11.22	38.83