

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

Prova 7	Femin., 800m Livres					Juvenis
14.3.09 - 9:30						Resultados
Recorde Nacional Absoluto	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31.7.02	
Recorde Nacional Juvenis	9:07.70	tempo limite				
MAC Fem JUV : 9:47.10 / TAC Fem JUV 50m : 10:18.00						
Pontos: FINA 2008						

Lugar	Ano		Tempo final		Pts
1. Ana Goncalves Neto	95	Porto/Império Bonança	9:34.18	656	
100m: 1:07.29 1:07.29	300m: 3:31.20 1:12.41	500m: 5:57.00 1:12.88	700m: 8:22.71 1:12.75		
200m: 2:18.79 1:11.50	400m: 4:44.12 1:12.92	600m: 7:09.96 1:12.96	800m: 9:34.18 1:11.47		
2. Catia Raquel Martinheira	95	Louletano/Habipro	9:42.68	627	
100m: 1:07.51 1:07.51	300m: 3:31.72 1:12.54	500m: 5:57.97 1:12.95	700m: 8:27.43 1:15.05		
200m: 2:19.18 1:11.67	400m: 4:45.02 1:13.30	600m: 7:12.38 1:14.41	800m: 9:42.68 1:15.25		
3. Joana Isabel Miranda	95	Vitória de Guimarães	9:49.62	606	
100m: 1:08.78 1:08.78	300m: 3:38.00 1:14.58	500m: 6:08.28 1:15.24	700m: 8:38.91 1:15.57		
200m: 2:23.42 1:14.64	400m: 4:53.04 1:15.04	600m: 7:23.34 1:15.06	800m: 9:49.62 1:10.71		
4. Leonor Mourinho Neves	95	Sporting	9:50.50	603	
100m: 1:07.33 1:07.33	300m: 3:36.22 1:15.33	500m: 6:07.48 1:15.92	700m: 8:38.09 1:15.39		
200m: 2:20.89 1:13.56	400m: 4:51.56 1:15.34	600m: 7:22.70 1:15.22	800m: 9:50.50 1:12.41		
5. Adriana Correia Lopes	95	Náutico/Matobra	9:58.69	578	
100m: 1:10.22 1:10.22	300m: 3:39.92 1:14.87	500m: 6:12.02 1:15.77	700m: 8:44.96 1:16.78		
200m: 2:25.05 1:14.83	400m: 4:56.25 1:16.33	600m: 7:28.18 1:16.16	800m: 9:58.69 1:13.73		
6. Carolina Cunha Martins	95	Náutico/Matobra	10:00.16	574	
100m: 1:09.97 1:09.97	300m: 3:40.08 1:14.32	500m: 6:10.99 1:15.72	700m: 8:44.76 1:17.26		
200m: 2:25.76 1:15.79	400m: 4:55.27 1:15.19	600m: 7:27.50 1:16.51	800m: 10:00.16 1:15.40		
7. Cassandra Pedro Oliveira	95	Vilacondense	10:00.83	572	
100m: 1:10.07 1:10.07	300m: 3:41.14 1:15.69	500m: 6:12.96 1:16.05	700m: 8:46.18 1:16.62		
200m: 2:25.45 1:15.38	400m: 4:56.91 1:15.77	600m: 7:29.56 1:16.60	800m: 10:00.83 1:14.65		
8. Laura Oliveira Ferreira	95	Amadora	10:02.86	566	
100m: 1:10.10 1:10.10	300m: 3:41.09 1:15.37	500m: 6:14.65 1:17.29	700m: 8:48.78 1:16.90		
200m: 2:25.72 1:15.62	400m: 4:57.36 1:16.27	600m: 7:31.88 1:17.23	800m: 10:02.86 1:14.08		
9. Marta Sofia Cunha	95	Sporting	10:03.11	566	
100m: 1:09.33 1:09.33	300m: 3:41.47 1:16.68	500m: 6:15.60 1:16.91	700m: 8:49.53 1:17.22		
200m: 2:24.79 1:15.46	400m: 4:58.69 1:17.22	600m: 7:32.31 1:16.71	800m: 10:03.11 1:13.58		
10. Ines Jesus Ribeiro	95	Braga	10:03.32	565	
100m: 1:10.48 1:10.48	300m: 3:42.92 1:16.20	500m: 6:15.41 1:16.55	700m: 8:48.98 1:16.98		
200m: 2:26.72 1:16.24	400m: 4:58.86 1:15.94	600m: 7:32.00 1:16.59	800m: 10:03.32 1:14.34		
11. Mariana Rocha Valente	95	Académica de Coimbra	10:05.74	558	
100m: 1:10.72 1:10.72	300m: 3:41.73 1:15.55	500m: 6:14.82 1:16.37	700m: 8:48.75 1:16.94		
200m: 2:26.18 1:15.46	400m: 4:58.45 1:16.72	600m: 7:31.81 1:16.99	800m: 10:05.74 1:16.99		
12. Ana Margarida Costa	95	Leixões	10:09.61	548	
100m: 1:12.66 1:12.66	300m: 3:47.86 1:17.76	500m: 6:23.15 1:17.40	700m: 8:55.48 1:16.12		
200m: 2:30.10 1:17.44	400m: 5:05.75 1:17.89	600m: 7:39.36 1:16.21	800m: 10:09.61 1:14.13		
13. Ana Sofia Costa	95	Alcobaça	10:10.68	545	
100m: 1:11.17 1:11.17	300m: 3:45.05 1:16.96	500m: 6:19.08 1:17.20	700m: 8:54.37 1:17.75		
200m: 2:28.09 1:16.92	400m: 5:01.88 1:16.83	600m: 7:36.62 1:17.54	800m: 10:10.68 1:16.31		
14. Diana Patricia Silva	95	Paredes/Rota dos Móveis	10:11.23	544	
100m: 1:09.41 1:09.41	300m: 3:42.66 1:16.90	500m: 6:16.97 1:17.94	700m: 8:55.42 1:19.59		
200m: 2:25.76 1:16.35	400m: 4:59.03 1:16.37	600m: 7:35.83 1:18.86	800m: 10:11.23 1:15.81		
15. Hedvigés Ribeiro Carvalho	95	Famalicão	10:11.43	543	
100m: 1:12.33 1:12.33	300m: 3:44.59 1:16.35	500m: 6:19.78 1:17.75	700m: 8:56.31 1:18.36		
200m: 2:28.24 1:15.91	400m: 5:02.03 1:17.44	600m: 7:37.95 1:18.17	800m: 10:11.43 1:15.12		

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Lugar			Ano					Tempo final	Pts
16.	Paula Cristina Yang		95	Gesloures				10:12.95	539
	100m:	1:08.41 1:08.41	300m:	3:41.69 1:16.85	500m:	6:17.22 1:18.41	700m:	8:55.87 1:19.10	
	200m:	2:24.84 1:16.43	400m:	4:58.81 1:17.12	600m:	7:36.77 1:19.55	800m:	10:12.95 1:17.08	
17.	Ines Maria Mota		95	Fluvial Portuense				10:15.57	532
	100m:	1:12.30 1:12.30	300m:	3:47.75 1:18.05	500m:	6:24.90 1:18.58	700m:	9:01.81 1:18.38	
	200m:	2:29.70 1:17.40	400m:	5:06.32 1:18.57	600m:	7:43.43 1:18.53	800m:	10:15.57 1:13.76	
18.	Helena Paula Carvalho		95	Desporto de Setúbal				10:15.59	532
	100m:	1:12.05 1:12.05	300m:	3:47.41 1:18.25	500m:	6:25.53 1:19.08	700m:	9:02.79 1:18.82	
	200m:	2:29.16 1:17.11	400m:	5:06.45 1:19.04	600m:	7:43.97 1:18.44	800m:	10:15.59 1:12.80	
19.	Maria Luis Amorim		95	Porto/Império Bonança				10:17.81	526
	100m:	1:10.38 1:10.38	300m:	3:44.99 1:17.36	500m:	6:21.58 1:18.58	700m:	8:59.39 1:19.24	
	200m:	2:27.63 1:17.25	400m:	5:03.00 1:18.01	600m:	7:40.15 1:18.57	800m:	10:17.81 1:18.42	
20.	Beatriz Magalhaes Sampaio		95	Fafe				10:21.03	518
	<i>FTL</i>								
	100m:	1:12.59 1:12.59	300m:	3:48.25 1:18.05	500m:	6:25.91 1:18.88	700m:	9:04.28 1:19.11	
	200m:	2:30.20 1:17.61	400m:	5:07.03 1:18.78	600m:	7:45.17 1:19.26	800m:	10:21.03 1:16.75	
21.	Marta Filipa Vinagre		95	Torres Novas				10:23.66	512
	<i>FTL</i>								
	100m:	1:09.92 1:09.92	300m:	3:47.50 1:19.69	500m:	6:28.90 1:20.11	700m:	9:09.60 1:19.31	
	200m:	2:27.81 1:17.89	400m:	5:08.79 1:21.29	600m:	7:50.29 1:21.39	800m:	10:23.66 1:14.06	
22.	Joana Filipa Rosas		95	Porto/Império Bonança				10:28.42	500
	<i>FTL</i>								
	100m:	1:11.96 1:11.96	300m:	3:47.16 1:17.96	500m:	6:27.68 1:21.05	700m:	9:09.37 1:21.78	
	200m:	2:29.20 1:17.24	400m:	5:06.63 1:19.47	600m:	7:47.59 1:19.91	800m:	10:28.42 1:19.05	
23.	Ana Rita Freitas		95	Fafe				10:42.10	469
	<i>FTL</i>								
	100m:	1:13.52 1:13.52	300m:	3:52.09 1:19.98	500m:	6:36.03 1:22.53	700m:	9:21.28 1:22.77	
	200m:	2:32.11 1:18.59	400m:	5:13.50 1:21.41	600m:	7:58.51 1:22.48	800m:	10:42.10 1:20.82	