

Campeonatos Nacionais de Juniores e Seniores PL  
Lisboa, 27. - 29.3.2009

Prova 19	Femin., 400m Estilos				15 anos e mais velhos	
28.3.09 - 10:05					Resultados	
Recorde Nacional Absoluto	4:55.58	Barbara Sousa Ferreira	CNMAIA	Lisboa	30.5.04	
Recorde Nacional Sénior	4:55.58	Barbara Sousa Ferreira	CNMAIA	Lisboa	30.5.04	
Recorde Nacional Júnior	4:58.87	Susana Patricia Miguel	FPN	Palma Maiorca (ESP)	6.7.06	
TAC-SENF Sen: 5:20.00 / TAC-JUNF Jun: 5:26.50 / MAC-SENF Sen: 5:04.00 / MAC-JUNF Jun: 5:10.17						

Pontos: FINA 2008

Lugar			Ano					Tempo final	Pts	
<b>Seniores</b>										
1.	Nadia Morais Vieira		90	Geslours				<b>4:57.94</b>	769	
	<i>MAC</i>									
	50m:	30.82 30.82	150m:	1:45.60	39.03	250m:	3:05.70	42.51	350m:	4:24.27 35.93
	100m:	1:06.57 35.75	200m:	2:23.19	37.59	300m:	3:48.34	42.64	400m:	4:57.94 33.67
2.	Soraia Vanessa Ribeiro		92	Vilacondense				<b>5:09.76</b>	684	
	50m:	31.47 31.47	150m:	1:48.17	40.14	250m:	3:12.75	44.94	350m:	4:34.22 35.49
	100m:	1:08.03 36.56	200m:	2:27.81	39.64	300m:	3:58.73	45.98	400m:	5:09.76 35.54
3.	Lara Santana Pinheiro		92	Belenenses				<b>5:10.84</b>	677	
	50m:	32.98 32.98	150m:	1:53.16	42.12	250m:	3:17.02	44.48	350m:	4:36.45 35.38
	100m:	1:11.04 38.06	200m:	2:32.54	39.38	300m:	4:01.07	44.05	400m:	5:10.84 34.39
4.	Fabiana Maria Quintal		84	Nacional				<b>5:12.78</b>	665	
	50m:	31.72 31.72	150m:	1:50.32	41.18	250m:	3:13.47	43.89	350m:	4:35.97 37.94
	100m:	1:09.14 37.42	200m:	2:29.58	39.26	300m:	3:58.03	44.56	400m:	5:12.78 36.81
5.	Rita Margarida Gomes		91	Alcobaça				<b>5:19.19</b>	626	
	50m:	33.19 33.19	150m:	1:55.23	43.82	250m:	3:21.38	43.77	350m:	4:42.93 36.94
	100m:	1:11.41 38.22	200m:	2:37.61	42.38	300m:	4:05.99	44.61	400m:	5:19.19 36.26
6.	Ana Teresa Franco		91	Sporting				<b>5:21.86</b>	610	
	<i>FTL</i>									
	50m:	33.43 33.43	150m:	1:56.93	44.86	250m:	3:23.22	43.30	350m:	4:44.89 37.40
	100m:	1:12.07 38.64	200m:	2:39.92	42.99	300m:	4:07.49	44.27	400m:	5:21.86 36.97
7.	Joana Pedrosa Marques		91	União Piedense				<b>5:26.62</b>	584	
	<i>FTL</i>									
	50m:	34.19 34.19	150m:	1:58.30	45.02	250m:	3:26.10	43.99	350m:	4:49.54 38.80
	100m:	1:13.28 39.09	200m:	2:42.11	43.81	300m:	4:10.74	44.64	400m:	5:26.62 37.08
<b>Juniores</b>										
1.	Diana Ramos Rocha		94	Viana Natação				<b>5:06.32</b>	708	
	<i>Min CEuropa Junior</i>									
	50m:	31.91 31.91	150m:	1:48.24	40.24	250m:	3:12.27	45.14	350m:	4:32.77 34.43
	100m:	1:08.00 36.09	200m:	2:27.13	38.89	300m:	3:58.34	46.07	400m:	5:06.32 33.55
2.	Maria Miguel Veloso		93	Náutico/Matobra				<b>5:07.76</b>	698	
	<i>MAC</i>									
	50m:	32.49 32.49	150m:	1:49.47	40.57	250m:	3:14.60	45.21	350m:	4:34.61 34.11
	100m:	1:08.90 36.41	200m:	2:29.39	39.92	300m:	4:00.50	45.90	400m:	5:07.76 33.15
3.	Angelica Maria Andre		94	Leixões				<b>5:18.92</b>	627	
	50m:	33.95 33.95	150m:	1:56.45	43.30	250m:	3:22.85	45.23	350m:	4:44.70 36.51
	100m:	1:13.15 39.20	200m:	2:37.62	41.17	300m:	4:08.19	45.34	400m:	5:18.92 34.22
4.	Marisa Alexandra Lage		94	Viana Natação				<b>5:23.04</b>	603	
	50m:	33.80 33.80	150m:	1:56.31	43.15	250m:	3:24.71	45.94	350m:	4:48.15 36.96
	100m:	1:13.16 39.36	200m:	2:38.77	42.46	300m:	4:11.19	46.48	400m:	5:23.04 34.89
5.	Ana Filipa Carmo		93	Colégio Vasco da Gama				<b>5:23.18</b>	603	
	50m:	32.80 32.80	150m:	1:53.15	41.61	250m:	3:20.66	46.03	350m:	4:45.88 38.11
	100m:	1:11.54 38.74	200m:	2:34.63	41.48	300m:	4:07.77	47.11	400m:	5:23.18 37.30

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Lugar			Ano					Tempo final	Pts
6.	Eduarda Malheiro Neves		94	Braga				<b>5:23.21</b>	603
	50m:	32.72 32.72	150m:	1:52.50 40.97	250m:	3:22.87 48.06	350m:	4:46.96 36.14	
	100m:	1:11.53 38.81	200m:	2:34.81 42.31	300m:	4:10.82 47.95	400m:	5:23.21 36.25	
7.	Marta Rita Freixo		93	Desportiva de Viana				<b>5:24.77</b>	594
	50m:	33.38 33.38	150m:	1:54.45 42.02	250m:	3:22.78 47.97	350m:	4:48.10 37.51	
	100m:	1:12.43 39.05	200m:	2:34.81 40.36	300m:	4:10.59 47.81	400m:	5:24.77 36.67	
8.	Raquel Paulo Ranito		94	Benfica				<b>5:28.98</b>	571
	<i>FTL</i>								
	50m:	32.48 32.48	150m:	1:53.41 42.28	250m:	3:23.68 47.73	350m:	4:50.45 39.29	
	100m:	1:11.13 38.65	200m:	2:35.95 42.54	300m:	4:11.16 47.48	400m:	5:28.98 38.53	
9.	Tania Filipa Henriques		93	União Piedense				<b>5:29.15</b>	571
	<i>FTL</i>								
	50m:	32.83 32.83	150m:	1:53.87 42.18	250m:	3:21.86 46.80	350m:	4:50.24 40.85	
	100m:	1:11.69 38.86	200m:	2:35.06 41.19	300m:	4:09.39 47.53	400m:	5:29.15 38.91	
10.	Ines Adriana Mourao		94	Gesloures				<b>5:30.43</b>	564
	<i>FTL</i>								
	50m:	33.22 33.22	150m:	1:53.98 42.36	250m:	3:24.25 48.87	350m:	4:53.67 39.30	
	100m:	1:11.62 38.40	200m:	2:35.38 41.40	300m:	4:14.37 50.12	400m:	5:30.43 36.76	
11.	Catarina Correia Simoes		93	Natação de Olhão				<b>5:35.22</b>	540
	<i>FTL</i>								
	50m:	35.83 35.83	150m:	2:03.25 43.51	250m:	3:31.99 45.92	350m:	4:57.53 38.39	
	100m:	1:19.74 43.91	200m:	2:46.07 42.82	300m:	4:19.14 47.15	400m:	5:35.22 37.69	