

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

Prova 23 Femin., 400m Livres 15 anos e mais velhos
28.3.09 - 16:30 Resultados

Recorde Nacional Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
Recorde Nacional Sénior	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
Recorde Nacional Junior	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	4.8.02

TAC-SENF Sen: 4:44.50 / TAC-JUNF Jun: 4:47.00 / MAC-SENF Sen: 4:30.28 / MAC-JUNF Jun: 4:32.65

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Seniores			
1. Vania Soares Neves	90	Viana Natação	4:23.88 782
MAC			
50m: 30.02 30.02	150m: 1:36.17 33.39	250m: 2:43.84 34.24	350m: 3:51.74 33.87
100m: 1:02.78 32.76	200m: 2:09.60 33.43	300m: 3:17.87 34.03	400m: 4:23.88 32.14
2. Ana Ribeiro Ferreira	92	Famalicão	4:29.24 736
MAC			
50m: 30.88 30.88	150m: 1:38.07 33.88	250m: 2:47.14 34.55	350m: 3:56.04 34.50
100m: 1:04.19 33.31	200m: 2:12.59 34.52	300m: 3:21.54 34.40	400m: 4:29.24 33.20
3. Soraia Vanessa Ribeiro	92	Vilacondense	4:32.45 711
50m: 30.59 30.59	150m: 1:38.12 34.11	250m: 2:47.67 34.71	350m: 3:58.03 34.99
100m: 1:04.01 33.42	200m: 2:12.96 34.84	300m: 3:23.04 35.37	400m: 4:32.45 34.42
4. Sara Beatriz Loureiro	87	Porto/Império Bonança	4:33.87 700
50m: 30.18 30.18	150m: 1:36.83 33.54	250m: 2:46.30 34.82	350m: 3:57.81 35.84
100m: 1:03.29 33.11	200m: 2:11.48 34.65	300m: 3:21.97 35.67	400m: 4:33.87 36.06
5. Claudia Marques Moreno	91	Porto/Império Bonança	4:36.33 681
50m: 29.31 29.31	150m: 1:37.02 34.81	250m: 2:48.29 35.67	350m: 4:01.24 36.88
100m: 1:02.21 32.90	200m: 2:12.62 35.60	300m: 3:24.36 36.07	400m: 4:36.33 35.09
6. Ana Catarina Gomes	91	União Piedense	4:38.27 667
50m: 32.26 32.26	150m: 1:42.27 35.52	250m: 2:53.09 35.35	350m: 4:04.07 35.54
100m: 1:06.75 34.49	200m: 2:17.74 35.47	300m: 3:28.53 35.44	400m: 4:38.27 34.20
7. Daniela Filipa Pinto	91	Vitória de Guimarães	4:38.52 665
50m: 31.57 31.57	150m: 1:40.98 35.26	250m: 2:52.64 36.15	350m: 4:04.29 35.97
100m: 1:05.72 34.15	200m: 2:16.49 35.51	300m: 3:28.32 35.68	400m: 4:38.52 34.23
8. Joana Filipa Capela	89	Benfica	4:41.62 643
50m: 31.95 31.95	150m: 1:43.39 36.24	250m: 2:55.09 35.65	350m: 4:06.63 35.82
100m: 1:07.15 35.20	200m: 2:19.44 36.05	300m: 3:30.81 35.72	400m: 4:41.62 34.99
9. Matilde Goncalves Gracio	91	Galitos	4:51.74 579
FTL			
50m: 33.17 33.17	150m: 1:46.55 37.20	250m: 3:01.14 37.15	350m: 4:15.31 36.80
100m: 1:09.35 36.18	200m: 2:23.99 37.44	300m: 3:38.51 37.37	400m: 4:51.74 36.43

Juniores

1. Maria Miguel Veloso	93	Náutico/Matobra	4:25.69 766
Min CEuropa Junior			
50m: 31.02 31.02	150m: 1:37.30 33.33	250m: 2:44.63 33.75	350m: 3:52.58 34.01
100m: 1:03.97 32.95	200m: 2:10.88 33.58	300m: 3:18.57 33.94	400m: 4:25.69 33.11
2. Joana Aguiar Rodrigues	93	Porto/Império Bonança	4:25.92 764
Min CEuropa Junior			
50m: 30.23 30.23	150m: 1:36.71 33.71	250m: 2:44.29 33.83	350m: 3:52.71 34.26
100m: 1:03.00 32.77	200m: 2:10.46 33.75	300m: 3:18.45 34.16	400m: 4:25.92 33.21
3. Joana Filipa Santos	93	Vitória de Guimarães	4:28.84 740
MAC			
50m: 30.28 30.28	150m: 1:37.47 34.10	250m: 2:46.16 34.34	350m: 3:55.19 34.48
100m: 1:03.37 33.09	200m: 2:11.82 34.35	300m: 3:20.71 34.55	400m: 4:28.84 33.65

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Prova 23, Femin., 400m Livres, Juniores

Lugar			Ano					Tempo final	Pts
4.	Marta Alexandra Saraiva		93	União Piedense				4:34.16	697
	50m:	31.14 31.14	150m:	1:39.69 34.92	250m:	2:50.06 35.23	350m:	3:59.91 34.52	
	100m:	1:04.77 33.63	200m:	2:14.83 35.14	300m:	3:25.39 35.33	400m:	4:34.16 34.25	
5.	Diana Ramos Rocha		94	Viana Natação				4:36.04	683
	50m:	30.95 30.95	150m:	1:38.88 34.47	250m:	2:50.58 35.83	350m:	4:02.10 35.20	
	100m:	1:04.41 33.46	200m:	2:14.75 35.87	300m:	3:26.90 36.32	400m:	4:36.04 33.94	
6.	Gilberta Cristina Barbosa		93	Foca				4:40.04	654
	50m:	30.85 30.85	150m:	1:40.01 35.27	250m:	2:51.68 36.21	350m:	4:04.42 36.29	
	100m:	1:04.74 33.89	200m:	2:15.47 35.46	300m:	3:28.13 36.45	400m:	4:40.04 35.62	
7.	Andreia Catarina Gomes		94	Vitória de Guimarães				4:40.09	654
	50m:	30.76 30.76	150m:	1:38.95 34.59	250m:	2:50.90 36.27	350m:	4:04.58 36.79	
	100m:	1:04.36 33.60	200m:	2:14.63 35.68	300m:	3:27.79 36.89	400m:	4:40.09 35.51	
8.	Marisa Alexandra Lage		94	Viana Natação				4:40.16	654
	50m:	32.09 32.09	150m:	1:42.24 35.31	250m:	2:53.32 35.01	350m:	4:04.95 35.59	
	100m:	1:06.93 34.84	200m:	2:18.31 36.07	300m:	3:29.36 36.04	400m:	4:40.16 35.21	
9.	Ana Margarida Domingos		93	Académico Viseu				4:42.52	637
	50m:	32.36 32.36	150m:	1:43.35 35.78	250m:	2:54.95 35.51	350m:	4:07.28 36.05	
	100m:	1:07.57 35.21	200m:	2:19.44 36.09	300m:	3:31.23 36.28	400m:	4:42.52 35.24	
10.	Mafalda Gomes Beleza		94	Sporting				4:43.45	631
	50m:	31.02 31.02	150m:	1:41.54 35.82	250m:	2:55.28 36.91	350m:	4:08.78 36.53	
	100m:	1:05.72 34.70	200m:	2:18.37 36.83	300m:	3:32.25 36.97	400m:	4:43.45 34.67	
11.	Angelica Maria Andre		94	Leixões				4:43.64	630
	50m:	32.47 32.47	150m:	1:44.19 36.25	250m:	2:56.50 36.08	350m:	4:09.18 36.12	
	100m:	1:07.94 35.47	200m:	2:20.42 36.23	300m:	3:33.06 36.56	400m:	4:43.64 34.46	
12.	Alexandra Ribeiro Paula		93	Sporting				4:44.93	621
	50m:	31.19 31.19	150m:	1:43.71 36.76	250m:	2:57.06 36.59	350m:	4:09.91 36.45	
	100m:	1:06.95 35.76	200m:	2:20.47 36.76	300m:	3:33.46 36.40	400m:	4:44.93 35.02	
13.	Maria Ana Magalhaes		93	Desportiva Limiana				4:45.88	615
	50m:	31.72 31.72	150m:	1:42.96 35.97	250m:	2:56.31 36.63	350m:	4:09.72 36.61	
	100m:	1:06.99 35.27	200m:	2:19.68 36.72	300m:	3:33.11 36.80	400m:	4:45.88 36.16	
14.	Ines Sofia Sampaio		94	Académico Viseu				4:49.31	594
	FTL								
	50m:	32.99 32.99	150m:	1:45.76 36.83	250m:	2:59.79 36.96	350m:	4:13.67 36.71	
	100m:	1:08.93 35.94	200m:	2:22.83 37.07	300m:	3:36.96 37.17	400m:	4:49.31 35.64	
15.	Ines Nunes Tareco		93	Beja				4:50.13	588
	FTL								
	50m:	32.18 32.18	150m:	1:44.09 36.32	250m:	2:57.53 36.75	350m:	4:12.51 37.58	
	100m:	1:07.77 35.59	200m:	2:20.78 36.69	300m:	3:34.93 37.40	400m:	4:50.13 37.62	
16.	Ana Sofia Simoes		93	União Piedense				4:51.86	578
	FTL								
	50m:	32.47 32.47	150m:	1:45.98 37.66	250m:	3:00.42 37.39	350m:	4:15.49 37.58	
	100m:	1:08.32 35.85	200m:	2:23.03 37.05	300m:	3:37.91 37.49	400m:	4:51.86 36.37	
17.	Ana Sofia Fernandes		93	Braga				4:52.89	572
	FTL								
	50m:	32.13 32.13	150m:	1:44.00 36.67	250m:	2:59.34 37.85	350m:	4:15.89 37.98	
	100m:	1:07.33 35.20	200m:	2:21.49 37.49	300m:	3:37.91 38.57	400m:	4:52.89 37.00	
18.	Cristina Maia Correia		94	Louletano/Habipro				4:55.47	557
	FTL								
	50m:	32.43 32.43	150m:	1:44.97 36.97	250m:	3:00.49 37.94	350m:	4:17.24 38.30	
	100m:	1:08.00 35.57	200m:	2:22.55 37.58	300m:	3:38.94 38.45	400m:	4:55.47 38.23	