

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

Prova 32 Femin., 200m Estilos 15 anos e mais velhos
29.3.09 - 9:45 Resultados

Recorde Nacional Absoluto	2:19.95	Maria Carlos Santos	FPN	Lisboa	7.6.98
Recorde Nacional Sénior	2:19.95	Maria Carlos Santos	FPN	Lisboa	7.6.98
Recorde Nacional Junior	2:21.44	Petra Quintela Chaves	SAD	Restelo	29.7.94

TAC-SENF Sen: 2:32.00 / TAC-JUNF Jun: 2:35.00 / MAC-SENF Sen: 2:24.40 / MAC-JUNF Jun: 2:27.25

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
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Seniores

1.	Filipa Ferreira Silva MAC	85	Amadora	2:22.17	764
	50m: 29.60 29.60	100m: 1:05.42	35.82 150m: 1:48.24	42.82 200m: 2:22.17	33.93
2.	Nadia Morais Vieira MAC	90	Geslours	2:23.71	740
	50m: 30.64 30.64	100m: 1:07.53	36.89 150m: 1:49.42	41.89 200m: 2:23.71	34.29
3.	Marta Pereira Abreu MAC	92	Natação de Faro	2:23.87	737
	50m: 31.65 31.65	100m: 1:07.54	35.89 150m: 1:50.36	42.82 200m: 2:23.87	33.51
4.	Soraia Vanessa Ribeiro	92	Vilacondense	2:25.95	706
	50m: 30.69 30.69	100m: 1:08.31	37.62 150m: 1:51.75	43.44 200m: 2:25.95	34.20
5.	Fabiana Maria Quintal	84	Nacional	2:25.98	706
	50m: 31.52 31.52	100m: 1:08.81	37.29 150m: 1:51.65	42.84 200m: 2:25.98	34.33
6.	Ana Beatriz Pereira	91	Louletano/Habipro	2:28.24	674
	50m: 31.28 31.28	100m: 1:11.37	40.09 150m: 1:54.02	42.65 200m: 2:28.24	34.22
7.	Ana Rita Ismael	92	Louletano/Habipro	2:30.28	647
	50m: 31.53 31.53	100m: 1:13.00	41.47 150m: 1:55.12	42.12 200m: 2:30.28	35.16
8.	Susana Patricia Miguel FTL	90	Amadora	2:33.25	610
	50m: 32.66 32.66	100m: 1:12.18	39.52 150m: 1:58.16	45.98 200m: 2:33.25	35.09
9.	Ana Rita Mendes FTL	92	Benfica	2:33.91	602
	50m: 33.41 33.41	100m: 1:14.90	41.49 150m: 1:57.50	42.60 200m: 2:33.91	36.41
10.	Rita Margarida Gomes FTL	91	Alcobaça	2:34.25	598
	50m: 32.94 32.94	100m: 1:15.87	42.93 150m: 1:58.53	42.66 200m: 2:34.25	35.72
11.	Joana Pedrosa Marques FTL	91	União Piedense	2:34.95	590
	50m: 33.83 33.83	100m: 1:15.57	41.74 150m: 1:58.79	43.22 200m: 2:34.95	36.16
12.	Filipa Mendes Pinheiro FTL	92	Desportiva de Viana	2:35.01	589
	50m: 31.46 31.46	100m: 1:09.17	37.71 150m: 1:58.70	49.53 200m: 2:35.01	36.31
DNS	Ines Jesus Bringel	92	Portinado		

Juniores

1.	Diana Ramos Rocha				94	Viana Natação				2:25.59	711	
	MAC											
	50m:	31.99	31.99	100m:	1:09.10	37.11	150m:	1:52.76	43.66	200m:	2:25.59	32.83
2.	Maria Carolina Rosa				94	Sporting				2:27.03	691	
	MAC											
	50m:	31.10	31.10	100m:	1:09.90	38.80	150m:	1:52.43	42.53	200m:	2:27.03	34.60

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Lugar			Ano					Tempo final	Pts
3.	Mara Lisboa e Silva	93	Bairro dos Anjos					2:30.76	641
	50m: 32.96 32.96	100m: 1:11.10	38.14	150m: 1:56.91	45.81	200m: 2:30.76		33.85	
4.	Filipa Vilas Tiago	94	Sporting					2:32.24	622
	50m: 31.20 31.20	100m: 1:10.80	39.60	150m: 1:57.18	46.38	200m: 2:32.24		35.06	
5.	Tania Filipa Henriques	93	União Piedense					2:32.77	616
	50m: 31.97 31.97	100m: 1:10.03	38.06	150m: 1:55.63	45.60	200m: 2:32.77		37.14	
6.	Ana Filipa Carmo	93	Colégio Vasco da Gama					2:32.81	615
	50m: 31.79 31.79	100m: 1:10.78	38.99	150m: 1:56.10	45.32	200m: 2:32.81		36.71	
7.	Marta Rita Freixo	93	Desportiva de Viana					2:32.88	614
	50m: 32.53 32.53	100m: 1:11.62	39.09	150m: 1:58.04	46.42	200m: 2:32.88		34.84	
8.	Mafalda Gomes Beleza	94	Sporting					2:33.61	606
	50m: 32.09 32.09	100m: 1:12.39	40.30	150m: 1:59.40	47.01	200m: 2:33.61		34.21	
9.	Diana Patricia Ferreira	94	Gespaços					2:34.38	597
	50m: 32.79 32.79	100m: 1:12.36	39.57	150m: 1:58.64	46.28	200m: 2:34.38		35.74	
10.	Joana Patricia Pinto	94	Ginásio de Vila Real					2:36.09	577
	FTL								
	50m: 33.64 33.64	100m: 1:15.22	41.58	150m: 1:59.88	44.66	200m: 2:36.09		36.21	
11.	Eduarda Malheiro Neves	94	Braga					2:36.49	573
	FTL								
	50m: 33.16 33.16	100m: 1:14.42	41.26	150m: 2:02.05	47.63	200m: 2:36.49		34.44	
12.	Catarina Isabel Marques	94	Famalicão					2:36.51	573
	FTL								
	50m: 34.00 34.00	100m: 1:15.11	41.11	150m: 2:01.14	46.03	200m: 2:36.51		35.37	
13.	Ines Adriana Mourao	94	Geslours					2:36.80	569
	FTL								
	50m: 32.48 32.48	100m: 1:11.70	39.22	150m: 1:59.02	47.32	200m: 2:36.80		37.78	
14.	Mafalda Jotta Garcia	94	Algés					2:36.98	568
	FTL								
	50m: 33.15 33.15	100m: 1:14.73	41.58	150m: 2:00.52	45.79	200m: 2:36.98		36.46	
15.	Marisa Alexandra Lage	94	Viana Natação					2:37.53	562
	FTL								
	50m: 33.68 33.68	100m: 1:15.14	41.46	150m: 2:02.18	47.04	200m: 2:37.53		35.35	
16.	Carla Sofia Rodrigues	93	Amadora					2:40.66	529
	FTL								
	50m: 33.38 33.38	100m: 1:13.90	40.52	150m: 2:02.26	48.36	200m: 2:40.66		38.40	
17.	Ana Catarina Lima	94	Lisnave					2:42.14	515
	FTL								
	50m: 34.00 34.00	100m: 1:16.64	42.64	150m: 2:02.52	45.88	200m: 2:42.14		39.62	
DSQ	Ana Raquel Miranda	94	União Piedense						
	FTL, Não terminou o percurso de Costas na posição dorsal.								
DNS	Maria Ana Magalhaes	93	Desportiva Limiana						