

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

Prova 36 **Femin., 1500m Livres** **15 anos e mais velhos**
29.3.09 - 10:40 **Resultados**

Recorde Nacional Absoluto	17:13.93	Teresa Manuela Ferreira	FCP	Famalicao	31.7.05
Recorde Nacional Sénior	17:13.93	Teresa Manuela Ferreira	FCP	Famalicao	31.7.05
Recorde Nacional Junior	17:15.20	Maria Miguel Veloso	CNAC	Coimbra	30.3.08

TAC-SENF Sen: 18:55.00 / TAC-JUNF Jun: 19:15.00 / MAC-SENF Sen: 17:58.25 / MAC-JUNF Jun: 18:17.25

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Seniores			
1. Vania Soares Neves	90	Viana Natação	17:34.57 747
MAC			
50m: 31.97 31.97	450m: 5:11.25 35.26	850m: 9:52.33 35.21	1250m: 14:35.95 35.65
100m: 1:05.85 33.88	500m: 5:46.17 34.92	900m: 10:27.65 35.32	1300m: 15:11.52 35.57
150m: 1:40.34 34.49	550m: 6:21.27 35.10	950m: 11:03.08 35.43	1350m: 15:46.87 35.35
200m: 2:15.36 35.02	600m: 6:56.17 34.90	1000m: 11:38.32 35.24	1400m: 16:23.07 36.20
250m: 2:50.60 35.24	650m: 7:31.57 35.40	1050m: 12:14.18 35.86	1450m: 16:58.94 35.87
300m: 3:25.67 35.07	700m: 8:06.68 35.11	1100m: 12:49.36 35.18	1500m: 17:34.57 35.63
350m: 4:00.89 35.22	750m: 8:41.93 35.25	1150m: 13:24.77 35.41	
400m: 4:35.99 35.10	800m: 9:17.12 35.19	1200m: 14:00.30 35.53	
2. Lara Santana Pinheiro	92	Belenenses	17:53.71 707
MAC			
50m: 32.22 32.22	450m: 5:15.81 35.56	850m: 10:03.62 36.17	1250m: 14:53.17 35.54
100m: 1:07.34 35.12	500m: 5:51.64 35.83	900m: 10:39.78 36.16	1300m: 15:30.04 36.87
150m: 1:42.73 35.39	550m: 6:27.22 35.58	950m: 11:16.13 36.35	1350m: 16:05.76 35.72
200m: 2:18.17 35.44	600m: 7:03.20 35.98	1000m: 11:52.69 36.56	1400m: 16:41.87 36.11
250m: 2:53.84 35.67	650m: 7:38.90 35.70	1050m: 12:29.01 36.32	1450m: 17:17.89 36.02
300m: 3:29.24 35.40	700m: 8:14.84 35.94	1100m: 13:05.19 36.18	1500m: 17:53.71 35.82
350m: 4:04.77 35.53	750m: 8:51.16 36.32	1150m: 13:41.61 36.42	
400m: 4:40.25 35.48	800m: 9:27.45 36.29	1200m: 14:17.63 36.02	
3. Daniela Filipa Pinto	91	Vitória de Guimarães	18:11.48 673
50m: 32.50 32.50	450m: 5:22.24 36.52	850m: 10:16.26 36.85	1250m: 15:10.40 36.85
100m: 1:07.43 34.93	500m: 5:58.74 36.50	900m: 10:52.97 36.71	1300m: 15:47.55 37.15
150m: 1:43.41 35.98	550m: 6:35.63 36.89	950m: 11:29.89 36.92	1350m: 16:24.35 36.80
200m: 2:19.59 36.18	600m: 7:12.38 36.75	1000m: 12:06.76 36.87	1400m: 17:00.97 36.62
250m: 2:56.06 36.47	650m: 7:49.11 36.73	1050m: 12:43.30 36.54	1450m: 17:37.06 36.09
300m: 3:32.24 36.18	700m: 8:25.85 36.74	1100m: 13:19.74 36.44	1500m: 18:11.48 34.42
350m: 4:09.09 36.85	750m: 9:02.51 36.66	1150m: 13:56.37 36.63	
400m: 4:45.72 36.63	800m: 9:39.41 36.90	1200m: 14:33.55 37.18	
4. Tatiana Ladeiro Santos	92	Geslours	18:43.09 618
50m: 32.54 32.54	450m: 5:30.62 37.70	850m: 10:33.75 38.06	1250m: 15:34.81 38.03
100m: 1:08.40 35.86	500m: 6:08.51 37.89	900m: 11:10.94 37.19	1300m: 16:12.85 38.04
150m: 1:45.22 36.82	550m: 6:46.22 37.71	950m: 11:48.53 37.59	1350m: 16:50.82 37.97
200m: 2:22.58 37.36	600m: 7:24.13 37.91	1000m: 12:26.07 37.54	1400m: 17:28.68 37.86
250m: 3:00.16 37.58	650m: 8:02.14 38.01	1050m: 13:03.56 37.49	1450m: 18:06.12 37.44
300m: 3:37.40 37.24	700m: 8:40.11 37.97	1100m: 13:41.31 37.75	1500m: 18:43.09 36.97
350m: 4:15.15 37.75	750m: 9:18.00 37.89	1150m: 14:19.04 37.73	
400m: 4:52.92 37.77	800m: 9:55.69 37.69	1200m: 14:56.78 37.74	
5. Ana Rita Oliveira	92	Pimpões/Cimai	18:59.91 591
FTL			
50m: 34.38 34.38	450m: 5:35.35 37.81	850m: 10:39.61 38.53	1250m: 15:48.92 39.07
100m: 1:11.58 37.20	500m: 6:13.14 37.79	900m: 11:17.78 38.17	1300m: 16:27.43 38.51
150m: 1:48.83 37.25	550m: 6:51.02 37.88	950m: 11:56.41 38.63	1350m: 17:05.50 38.07
200m: 2:26.47 37.64	600m: 7:28.93 37.91	1000m: 12:34.78 38.37	1400m: 17:43.28 37.78
250m: 3:03.97 37.50	650m: 8:06.83 37.90	1050m: 13:13.30 38.52	1450m: 18:22.39 39.11
300m: 3:41.83 37.86	700m: 8:44.98 38.15	1100m: 13:51.97 38.67	1500m: 18:59.91 37.52
350m: 4:19.52 37.69	750m: 9:23.19 38.21	1150m: 14:30.92 38.95	
400m: 4:57.54 38.02	800m: 10:01.08 37.89	1200m: 15:09.85 38.93	

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

Prova 36, Femin., 1500m Livres, Seniores

Lugar			Ano			Tempo final			Pts
6.	Tania Martins Garcia		92	Ginásio Figueirense		19:01.65			589
	<i>FTL</i>								
	50m:	32.99 32.99	450m:	5:28.65 37.68	850m:	10:32.38 37.84	1250m:	15:44.36 39.57	
	100m:	1:08.85 35.86	500m:	6:06.47 37.82	900m:	11:10.21 37.83	1300m:	16:23.83 39.47	
	150m:	1:45.40 36.55	550m:	6:44.17 37.70	950m:	11:48.38 38.17	1350m:	17:03.31 39.48	
	200m:	2:22.43 37.03	600m:	7:21.91 37.74	1000m:	12:27.45 39.07	1400m:	17:42.65 39.34	
	250m:	2:59.38 36.95	650m:	8:00.02 38.11	1050m:	13:06.85 39.40	1450m:	18:22.60 39.95	
	300m:	3:36.49 37.11	700m:	8:37.95 37.93	1100m:	13:46.38 39.53	1500m:	19:01.65 39.05	
	350m:	4:13.67 37.18	750m:	9:16.28 38.33	1150m:	14:25.43 39.05			
	400m:	4:50.97 37.30	800m:	9:54.54 38.26	1200m:	15:04.79 39.36			
7.	Matilde Goncalves Gracio		91	Galitos		19:13.56			570
	<i>FTL</i>								
	50m:	34.08 34.08	450m:	5:34.58 37.62	850m:	10:45.67 39.06	1250m:	16:00.17 39.30	
	100m:	1:10.99 36.91	500m:	6:12.81 38.23	900m:	11:25.41 39.74	1300m:	16:39.62 39.45	
	150m:	1:48.29 37.30	550m:	6:51.10 38.29	950m:	12:04.12 38.71	1350m:	17:18.20 38.58	
	200m:	2:25.97 37.68	600m:	7:29.70 38.60	1000m:	12:43.40 39.28	1400m:	17:57.70 39.50	
	250m:	3:03.60 37.63	650m:	8:07.95 38.25	1050m:	13:22.58 39.18	1450m:	18:35.80 38.10	
	300m:	3:41.27 37.67	700m:	8:47.33 39.38	1100m:	14:02.07 39.49	1500m:	19:13.56 37.76	
	350m:	4:19.22 37.95	750m:	9:26.88 39.55	1150m:	14:41.09 39.02			
	400m:	4:56.96 37.74	800m:	10:06.61 39.73	1200m:	15:20.87 39.78			

Juniores

1.	Maria Miguel Veloso		93	Náutico/Matobra		17:28.67			759
	<i>MAC</i>								
	50m:	32.18 32.18	450m:	5:11.37 35.14	850m:	9:52.58 35.33	1250m:	14:35.00 35.12	
	100m:	1:06.47 34.29	500m:	5:46.47 35.10	900m:	10:27.66 35.08	1300m:	15:10.04 35.04	
	150m:	1:40.96 34.49	550m:	6:21.54 35.07	950m:	11:03.15 35.49	1350m:	15:44.82 34.78	
	200m:	2:15.75 34.79	600m:	6:56.49 34.95	1000m:	11:38.60 35.45	1400m:	16:19.92 35.10	
	250m:	2:50.87 35.12	650m:	7:31.63 35.14	1050m:	12:14.03 35.43	1450m:	16:54.97 35.05	
	300m:	3:25.97 35.10	700m:	8:06.81 35.18	1100m:	12:49.37 35.34	1500m:	17:28.67 33.70	
	350m:	4:01.15 35.18	750m:	8:42.07 35.26	1150m:	13:24.71 35.34			
	400m:	4:36.23 35.08	800m:	9:17.25 35.18	1200m:	13:59.88 35.17			
2.	Gilberta Cristina Barbosa		93	Foca		17:49.04			717
	<i>MAC</i>								
	50m:	32.12 32.12	450m:	5:15.32 36.01	850m:	10:03.54 36.40	1250m:	14:52.32 35.81	
	100m:	1:06.16 34.04	500m:	5:51.28 35.96	900m:	10:39.60 36.06	1300m:	15:28.26 35.94	
	150m:	1:41.25 35.09	550m:	6:27.15 35.87	950m:	11:15.87 36.27	1350m:	16:04.07 35.81	
	200m:	2:16.42 35.17	600m:	7:03.23 36.08	1000m:	11:52.24 36.37	1400m:	16:39.51 35.44	
	250m:	2:52.07 35.65	650m:	7:39.41 36.18	1050m:	12:28.38 36.14	1450m:	17:14.67 35.16	
	300m:	3:27.70 35.63	700m:	8:15.12 35.71	1100m:	13:04.26 35.88	1500m:	17:49.04 34.37	
	350m:	4:03.48 35.78	750m:	8:51.19 36.07	1150m:	13:40.38 36.12			
	400m:	4:39.31 35.83	800m:	9:27.14 35.95	1200m:	14:16.51 36.13			
3.	Marta Alexandra Saraiva		93	União Piedense		17:55.56			704
	<i>MAC</i>								
	50m:	31.91 31.91	450m:	5:16.70 36.16	850m:	10:05.32 36.00	1250m:	14:53.92 36.34	
	100m:	1:06.26 34.35	500m:	5:52.72 36.02	900m:	10:41.31 35.99	1300m:	15:30.28 36.36	
	150m:	1:41.45 35.19	550m:	6:28.85 36.13	950m:	11:17.37 36.06	1350m:	16:07.10 36.82	
	200m:	2:17.10 35.65	600m:	7:04.76 35.91	1000m:	11:53.34 35.97	1400m:	16:43.59 36.49	
	250m:	2:52.65 35.55	650m:	7:41.22 36.46	1050m:	12:29.40 36.06	1450m:	17:19.89 36.30	
	300m:	3:28.64 35.99	700m:	8:17.33 36.11	1100m:	13:05.36 35.96	1500m:	17:55.56 35.67	
	350m:	4:04.54 35.90	750m:	8:53.47 36.14	1150m:	13:41.66 36.30			
	400m:	4:40.54 36.00	800m:	9:29.32 35.85	1200m:	14:17.58 35.92			

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

Prova 36, Femin., 1500m Livres, Juniores

Lugar			Ano			Tempo final	Pts	
4.	Alexandra Ribeiro Paula MAC		93	Sporting		18:10.19	676	
	50m:	33.33 33.33	450m:	5:25.70 36.19	850m:	10:16.77 36.73	1250m:	15:10.02 36.56
	100m:	1:09.57 36.24	500m:	6:01.96 36.26	900m:	10:53.31 36.54	1300m:	15:46.34 36.32
	150m:	1:46.42 36.85	550m:	6:38.26 36.30	950m:	11:30.01 36.70	1350m:	16:22.93 36.59
	200m:	2:23.38 36.96	600m:	7:14.56 36.30	1000m:	12:06.64 36.63	1400m:	16:58.96 36.03
	250m:	3:00.04 36.66	650m:	7:51.04 36.48	1050m:	12:43.31 36.67	1450m:	17:35.17 36.21
	300m:	3:36.58 36.54	700m:	8:27.22 36.18	1100m:	13:20.10 36.79	1500m:	18:10.19 35.02
	350m:	4:13.03 36.45	750m:	9:03.73 36.51	1150m:	13:56.82 36.72		
	400m:	4:49.51 36.48	800m:	9:40.04 36.31	1200m:	14:33.46 36.64		
5.	Andreia Catarina Gomes		94	Vitória de Guimarães		18:20.69	657	
	50m:	32.34 32.34	450m:	5:23.23 36.71	850m:	10:20.57 37.41	1250m:	15:18.17 37.20
	100m:	1:07.66 35.32	500m:	5:59.97 36.74	900m:	10:57.59 37.02	1300m:	15:55.89 37.72
	150m:	1:44.11 36.45	550m:	6:37.06 37.09	950m:	11:35.11 37.52	1350m:	16:32.96 37.07
	200m:	2:20.22 36.11	600m:	7:14.02 36.96	1000m:	12:12.82 37.71	1400m:	17:09.87 36.91
	250m:	2:56.54 36.32	650m:	7:51.38 37.36	1050m:	12:49.97 37.15	1450m:	17:46.27 36.40
	300m:	3:33.12 36.58	700m:	8:28.69 37.31	1100m:	13:26.65 36.68	1500m:	18:20.69 34.42
	350m:	4:09.80 36.68	750m:	9:06.25 37.56	1150m:	14:03.84 37.19		
	400m:	4:46.52 36.72	800m:	9:43.16 36.91	1200m:	14:40.97 37.13		
6.	Angelica Maria Andre		94	Leixões		18:23.81	651	
	50m:	32.36 32.36	450m:	5:24.26 37.14	850m:	10:22.64 37.54	1250m:	15:20.47 36.72
	100m:	1:07.68 35.32	500m:	6:01.35 37.09	900m:	11:00.03 37.39	1300m:	15:57.80 37.33
	150m:	1:44.19 36.51	550m:	6:38.80 37.45	950m:	11:37.68 37.65	1350m:	16:34.53 36.73
	200m:	2:20.27 36.08	600m:	7:15.95 37.15	1000m:	12:15.01 37.33	1400m:	17:11.14 36.61
	250m:	2:56.81 36.54	650m:	7:53.33 37.38	1050m:	12:52.33 37.32	1450m:	17:47.50 36.36
	300m:	3:33.32 36.51	700m:	8:30.43 37.10	1100m:	13:28.91 36.58	1500m:	18:23.81 36.31
	350m:	4:10.13 36.81	750m:	9:07.80 37.37	1150m:	14:06.66 37.75		
	400m:	4:47.12 36.99	800m:	9:45.10 37.30	1200m:	14:43.75 37.09		
7.	Alice Cativo Correia		94	Estamos Juntos		18:53.04	602	
	50m:	34.25 34.25	450m:	5:36.07 37.99	850m:	10:38.87 37.81	1250m:	15:44.01 38.54
	100m:	1:11.40 37.15	500m:	6:14.17 38.10	900m:	11:16.94 38.07	1300m:	16:22.64 38.63
	150m:	1:48.71 37.31	550m:	6:51.67 37.50	950m:	11:55.15 38.21	1350m:	17:00.94 38.30
	200m:	2:26.23 37.52	600m:	7:28.97 37.30	1000m:	12:33.43 38.28	1400m:	17:39.32 38.38
	250m:	3:03.86 37.63	650m:	8:06.94 37.97	1050m:	13:10.79 37.36	1450m:	18:16.38 37.06
	300m:	3:41.90 38.04	700m:	8:44.89 37.95	1100m:	13:49.28 38.49	1500m:	18:53.04 36.66
	350m:	4:20.07 38.17	750m:	9:22.64 37.75	1150m:	14:27.43 38.15		
	400m:	4:58.08 38.01	800m:	10:01.06 38.42	1200m:	15:05.47 38.04		
8.	Catarina Correia Simoes		93	Natação de Olhão		18:56.02	597	
	50m:	34.27 34.27	450m:	5:36.32 38.16	850m:	10:39.73 38.40	1250m:	15:49.09 38.96
	100m:	1:11.67 37.40	500m:	6:13.52 37.20	900m:	11:17.97 38.24	1300m:	16:26.94 37.85
	150m:	1:49.46 37.79	550m:	6:51.46 37.94	950m:	11:56.68 38.71	1350m:	17:04.91 37.97
	200m:	2:27.05 37.59	600m:	7:28.85 37.39	1000m:	12:35.09 38.41	1400m:	17:42.39 37.48
	250m:	3:05.36 38.31	650m:	8:07.12 38.27	1050m:	13:14.03 38.94	1450m:	18:20.10 37.71
	300m:	3:42.97 37.61	700m:	8:44.86 37.74	1100m:	13:52.35 38.32	1500m:	18:56.02 35.92
	350m:	4:20.55 37.58	750m:	9:23.26 38.40	1150m:	14:31.82 39.47		
	400m:	4:58.16 37.61	800m:	10:01.33 38.07	1200m:	15:10.13 38.31		
9.	Maria Ana Magalhaes		93	Desportiva Limiana		19:04.78	584	
	50m:	32.89 32.89	450m:	5:34.78 38.59	850m:	10:43.37 38.83	1250m:	15:53.34 38.71
	100m:	1:08.92 36.03	500m:	6:13.20 38.42	900m:	11:21.91 38.54	1300m:	16:31.97 38.63
	150m:	1:46.03 37.11	550m:	6:51.59 38.39	950m:	12:00.57 38.66	1350m:	17:10.66 38.69
	200m:	2:23.45 37.42	600m:	7:29.94 38.35	1000m:	12:39.16 38.59	1400m:	17:49.16 38.50
	250m:	3:01.36 37.91	650m:	8:08.66 38.72	1050m:	13:17.85 38.69	1450m:	18:27.55 38.39
	300m:	3:39.54 38.18	700m:	8:47.24 38.58	1100m:	13:56.57 38.72	1500m:	19:04.78 37.23
	350m:	4:17.78 38.24	750m:	9:25.74 38.50	1150m:	14:35.64 39.07		
	400m:	4:56.19 38.41	800m:	10:04.54 38.80	1200m:	15:14.63 38.99		

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

Prova 36, Femin., 1500m Livres, Juniores

Lugar			Ano					Tempo final	Pts
10.	Raquel Bartolo Vitor		93	Académica de Coimbra				19:12.52	572
	50m:	33.32 33.32	450m:	5:38.11 37.97	850m:	10:44.70 38.82	1250m:	15:58.04 39.36	
	100m:	1:10.18 36.86	500m:	6:16.49 38.38	900m:	11:23.27 38.57	1300m:	16:37.44 39.40	
	150m:	1:48.51 38.33	550m:	6:54.39 37.90	950m:	12:02.12 38.85	1350m:	17:15.98 38.54	
	200m:	2:26.69 38.18	600m:	7:32.95 38.56	1000m:	12:41.04 38.92	1400m:	17:55.72 39.74	
	250m:	3:04.90 38.21	650m:	8:10.78 37.83	1050m:	13:20.12 39.08	1450m:	18:34.26 38.54	
	300m:	3:43.14 38.24	700m:	8:49.45 38.67	1100m:	13:59.99 39.87	1500m:	19:12.52 38.26	
	350m:	4:21.47 38.33	750m:	9:27.55 38.10	1150m:	14:39.08 39.09			
	400m:	5:00.14 38.67	800m:	10:05.88 38.33	1200m:	15:18.68 39.60			
11.	Ana Sofia Fernandes		93	Braga				19:27.89	550
	<i>FTL</i>								
	50m:	33.94 33.94	450m:	5:37.10 39.08	850m:	10:52.14 39.85	1250m:	16:13.20 40.29	
	100m:	1:10.23 36.29	500m:	6:16.63 39.53	900m:	11:32.37 40.23	1300m:	16:52.72 39.52	
	150m:	1:47.16 36.93	550m:	6:56.02 39.39	950m:	12:12.35 39.98	1350m:	17:31.77 39.05	
	200m:	2:24.27 37.11	600m:	7:35.31 39.29	1000m:	12:52.54 40.19	1400m:	18:10.28 38.51	
	250m:	3:01.69 37.42	650m:	8:14.36 39.05	1050m:	13:32.41 39.87	1450m:	18:50.50 40.22	
	300m:	3:39.84 38.15	700m:	8:53.45 39.09	1100m:	14:12.67 40.26	1500m:	19:27.89 37.39	
	350m:	4:18.75 38.91	750m:	9:32.87 39.42	1150m:	14:52.67 40.00			
	400m:	4:58.02 39.27	800m:	10:12.29 39.42	1200m:	15:32.91 40.24			
12.	Ines Sofia Sampaio		94	Académico Viseu				19:33.30	542
	<i>FTL</i>								
	50m:	32.97 32.97	450m:	5:38.49 39.69	850m:	10:56.84 40.11	1250m:	16:17.47 40.46	
	100m:	1:08.99 36.02	500m:	6:18.21 39.72	900m:	11:37.62 40.78	1300m:	16:57.29 39.82	
	150m:	1:46.31 37.32	550m:	6:57.94 39.73	950m:	12:17.62 40.00	1350m:	17:37.47 40.18	
	200m:	2:24.06 37.75	600m:	7:37.40 39.46	1000m:	12:57.25 39.63	1400m:	18:16.75 39.28	
	250m:	3:02.49 38.43	650m:	8:17.02 39.62	1050m:	13:37.76 40.51	1450m:	18:56.24 39.49	
	300m:	3:40.67 38.18	700m:	8:56.58 39.56	1100m:	14:17.18 39.42	1500m:	19:33.30 37.06	
	350m:	4:19.48 38.81	750m:	9:36.68 40.10	1150m:	14:57.27 40.09			
	400m:	4:58.80 39.32	800m:	10:16.73 40.05	1200m:	15:37.01 39.74			