

Campeonatos Nacionais de Infantis
S. João da Madeira, 24. - 26.7.2009

Prova 1	Femin., 400m Estilos				Infantis
24.7.09 - 16:00					Resultados
Recorde Nacional Infantis A	5:11.29	Diana Ramos Rocha	EDV	Faro	20.7.07
Recorde Nacional Infantis B	5:18.76	Filipa Vilas Ruivo	DNMG	Coimbra	31.5.09

TAC Fem A Inf A: 5:55.20 / TAC Fem B Inf B: 6:12.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis A			
1. Diana Margarida Duraes	96 Foca	5:11.89	671
MAC			
50m: 32.16 32.16	150m: 1:50.00 40.26	250m: 3:14.50 44.08	350m: 4:36.12 36.43
100m: 1:09.74 37.58	200m: 2:30.42 40.42	300m: 3:59.69 45.19	400m: 5:11.89 35.77
2. Sara Cristiana Valente	96 Alcobaça	5:18.90	627
MAC			
50m: 32.70 32.70	150m: 1:54.27 43.06	250m: 3:21.43 45.45	350m: 4:44.40 36.73
100m: 1:11.21 38.51	200m: 2:35.98 41.71	300m: 4:07.67 46.24	400m: 5:18.90 34.50
3. Ines Alexandra Paiva	96 Algés	5:19.70	623
MAC			
50m: 32.72 32.72	150m: 1:53.13 42.33	250m: 3:21.73 46.92	350m: 4:45.77 36.85
100m: 1:10.80 38.08	200m: 2:34.81 41.68	300m: 4:08.92 47.19	400m: 5:19.70 33.93
4. Isabel Pinto Abreu	96 Os Belenenses	5:25.36	591
MAC			
50m: 32.06 32.06	150m: 1:51.86 41.88	250m: 3:21.83 48.97	350m: 4:48.35 37.29
100m: 1:09.98 37.92	200m: 2:32.86 41.00	300m: 4:11.06 49.23	400m: 5:25.36 37.01
5. Sofia Cunha Sousa	96 Foca	5:29.41	569
MAC			
50m: 34.81 34.81	150m: 1:58.23 43.00	250m: 3:28.00 46.66	350m: 4:52.15 37.09
100m: 1:15.23 40.42	200m: 2:41.34 43.11	300m: 4:15.06 47.06	400m: 5:29.41 37.26
6. Joana Dias Santos	96 União Piedense	5:33.56	548
MAC			
50m: 36.48 36.48	150m: 2:03.68 43.95	250m: 3:30.55 43.96	350m: 4:55.67 39.83
100m: 1:19.73 43.25	200m: 2:46.59 42.91	300m: 4:15.84 45.29	400m: 5:33.56 37.89
7. Ana Isabel Neves	96 Pimpões/Cimai	5:34.29	545
MAC			
50m: 34.92 34.92	150m: 1:57.95 42.87	250m: 3:28.60 48.89	350m: 4:57.78 39.38
100m: 1:15.08 40.16	200m: 2:39.71 41.76	300m: 4:18.40 49.80	400m: 5:34.29 36.51
8. Ana Marta Miranda	96 União Piedense	5:34.48	544
MAC			
50m: 33.07 33.07	150m: 1:55.94 42.41	250m: 3:26.88 48.94	350m: 4:56.06 39.04
100m: 1:13.53 40.46	200m: 2:37.94 42.00	300m: 4:17.02 50.14	400m: 5:34.48 38.42
9. Catarina Vilhena Gregorio	96 CLAC-Entroncamento	5:36.28	535
MAC			
50m: 34.17 34.17	150m: 2:01.35 46.34	250m: 3:33.58 47.24	350m: 5:00.24 38.83
100m: 1:15.01 40.84	200m: 2:46.34 44.99	300m: 4:21.41 47.83	400m: 5:36.28 36.04
10. Bruna Leal Dantas	96 Sporting	5:36.30	535
MAC			
50m: 33.64 33.64	150m: 1:59.30 45.77	250m: 3:32.46 50.06	350m: 5:00.78 38.00
100m: 1:13.53 39.89	200m: 2:42.40 43.10	300m: 4:22.78 50.32	400m: 5:36.30 35.52

Campeonatos Nacionais de Infantis
S. João da Madeira, 24. - 26.7.2009

Prova 1, Femin., 400m Estilos, Infantis A

Lugar			Ano					Tempo final	Pts
11.	Ana Isabel Cunha		96	Foca				5:38.63	524
	50m:	36.11 36.11	150m:	2:00.95 43.69	250m:	3:32.89 49.23	350m:	5:01.25 38.93	
	100m:	1:17.26 41.15	200m:	2:43.66 42.71	300m:	4:22.32 49.43	400m:	5:38.63 37.38	
12.	Ana Monica Eloi		96	Náutico da Marinha Grande				5:41.34	512
	50m:	36.18 36.18	150m:	2:04.38 43.78	250m:	3:35.15 47.57	350m:	5:03.60 39.06	
	100m:	1:20.60 44.42	200m:	2:47.58 43.20	300m:	4:24.54 49.39	400m:	5:41.34 37.74	
13.	Ana Catarina Sousa		96	Vitória de Guimarães				5:41.54	511
	50m:	34.05 34.05	150m:	1:59.11 44.23	250m:	3:32.20 49.11	350m:	5:02.07 39.20	
	100m:	1:14.88 40.83	200m:	2:43.09 43.98	300m:	4:22.87 50.67	400m:	5:41.54 39.47	
14.	Maria Margarida Rodrigues		96	Estrelas S. João Brito				5:43.99	500
	50m:	35.81 35.81	150m:	2:05.75 45.09	250m:	3:37.73 49.08	350m:	5:07.30 39.55	
	100m:	1:20.66 44.85	200m:	2:48.65 42.90	300m:	4:27.75 50.02	400m:	5:43.99 36.69	
15.	Sara Sousa Gomes		96	Amadora				5:44.82	496
	50m:	36.24 36.24	150m:	2:04.87 46.16	250m:	3:38.58 49.49	350m:	5:07.01 39.24	
	100m:	1:18.71 42.47	200m:	2:49.09 44.22	300m:	4:27.77 49.19	400m:	5:44.82 37.81	
16.	Paula Alexandra Oliveira		96	Porto/Império Bonança				5:44.95	496
	50m:	36.39 36.39	150m:	2:07.53 46.50	250m:	3:37.69 44.87	350m:	5:05.40 40.62	
	100m:	1:21.03 44.64	200m:	2:52.82 45.29	300m:	4:24.78 47.09	400m:	5:44.95 39.55	
17.	Florbela Cavaco Machado		96	Columbófila Cantanhedense				5:45.44	494
	50m:	36.19 36.19	150m:	2:04.46 45.57	250m:	3:40.10 51.97	350m:	5:10.01 36.76	
	100m:	1:18.89 42.70	200m:	2:48.13 43.67	300m:	4:33.25 53.15	400m:	5:45.44 35.43	
18.	Beatriz Casimiro Valente		96	Fluvial Portuense				5:46.23	490
	50m:	38.00 38.00	150m:	2:06.63 46.03	250m:	3:42.73 51.49	350m:	5:10.16 37.23	
	100m:	1:20.60 42.60	200m:	2:51.24 44.61	300m:	4:32.93 50.20	400m:	5:46.23 36.07	
19.	Claudia Susana Teixeira		96	Gespacos				5:46.72	488
	50m:	37.02 37.02	150m:	2:05.49 45.12	250m:	3:39.75 49.35	350m:	5:08.69 39.38	
	100m:	1:20.37 43.35	200m:	2:50.40 44.91	300m:	4:29.31 49.56	400m:	5:46.72 38.03	
20.	Catia Alexandra Batista		96	Colégio SMLamas				5:46.76	488
	50m:	36.05 36.05	150m:	2:01.05 43.67	250m:	3:33.98 49.57	350m:	5:07.05 42.88	
	100m:	1:17.38 41.33	200m:	2:44.41 43.36	300m:	4:24.17 50.19	400m:	5:46.76 39.71	
21.	Maria Joao Santos		96	Desportiva de Viana				5:49.36	477
	50m:	36.81 36.81	150m:	2:07.02 45.61	250m:	3:40.78 48.60	350m:	5:10.97 38.97	
	100m:	1:21.41 44.60	200m:	2:52.18 45.16	300m:	4:32.00 51.22	400m:	5:49.36 38.39	
22.	Mariana Rodrigues Ferreira		96	Benfica				5:49.46	477
	50m:	36.04 36.04	150m:	2:04.91 47.33	250m:	3:39.50 49.14	350m:	5:10.14 39.99	
	100m:	1:17.58 41.54	200m:	2:50.36 45.45	300m:	4:30.15 50.65	400m:	5:49.46 39.32	
23.	Catarina Dias Coutinho		96	Sporting				5:49.92	475
	50m:	36.41 36.41	150m:	2:04.72 44.55	250m:	3:37.50 49.32	350m:	5:10.31 41.98	
	100m:	1:20.17 43.76	200m:	2:48.18 43.46	300m:	4:28.33 50.83	400m:	5:49.92 39.61	
24.	Debora Filipa Duque		96	Pimpões/Cimai				5:50.22	474
	50m:	35.02 35.02	150m:	2:01.56 44.57	250m:	3:36.39 50.75	350m:	5:10.97 40.15	
	100m:	1:16.99 41.97	200m:	2:45.64 44.08	300m:	4:30.82 54.43	400m:	5:50.22 39.25	
25.	Rita Sequeira Raposeiro		96	União Piedense				5:51.40	469
	50m:	37.17 37.17	150m:	2:07.96 46.20	250m:	3:41.28 48.73	350m:	5:11.94 40.48	
	100m:	1:21.76 44.59	200m:	2:52.55 44.59	300m:	4:31.46 50.18	400m:	5:51.40 39.46	

Campeonatos Nacionais de Infantis
S. João da Madeira, 24. - 26.7.2009

Prova 1, Femin., 400m Estilos, Infantis A

Lugar			Ano			Tempo final	Pts
26.	Ines Ribeiro Sequeira	96	Desportiva de Viana	5:52.02	466		
	50m: 37.14 37.14	150m: 2:06.98 45.74	250m: 3:42.74 51.62	350m: 5:13.04 39.50			
	100m: 1:21.24 44.10	200m: 2:51.12 44.14	300m: 4:33.54 50.80	400m: 5:52.02 38.98			
27.	Maria Joao Amaral	96	Viana Natação	5:52.17	466		
	50m: 36.46 36.46	150m: 2:07.00 47.92	250m: 3:42.17 47.12	350m: 5:12.04 40.19			
	100m: 1:19.08 42.62	200m: 2:55.05 48.05	300m: 4:31.85 49.68	400m: 5:52.17 40.13			
28.	Andreia Margarida Araujo	96	Viana Natação	5:53.36	461		
	50m: 36.56 36.56	150m: 2:05.48 46.46	250m: 3:39.73 48.07	350m: 5:12.53 41.81			
	100m: 1:19.02 42.46	200m: 2:51.66 46.18	300m: 4:30.72 50.99	400m: 5:53.36 40.83			
29.	Maria Beatriz Rascao	96	Náutico/Matobra	5:53.46	461		
	50m: 35.88 35.88	150m: 2:08.72 47.74	250m: 3:42.67 48.78	350m: 5:13.57 40.35			
	100m: 1:20.98 45.10	200m: 2:53.89 45.17	300m: 4:33.22 50.55	400m: 5:53.46 39.89			
30.	Ana Carolina Leal	96	Náutico/Matobra	5:54.15	458		
	50m: 37.36 37.36	150m: 2:08.17 46.59	250m: 3:44.04 50.36	350m: 5:14.68 39.63			
	100m: 1:21.58 44.22	200m: 2:53.68 45.51	300m: 4:35.05 51.01	400m: 5:54.15 39.47			
31.	Jennifer Martins Dias	96	Bombeiros das Caldas Rainha	5:56.65	448		
	<i>FTL</i>						
	50m: 37.59 37.59	150m: 2:11.44 50.24	250m: 3:48.17 46.97	350m: 5:17.74 40.56			
	100m: 1:21.20 43.61	200m: 3:01.20 49.76	300m: 4:37.18 49.01	400m: 5:56.65 38.91			
32.	Debora Guimaraes Oliveira	96	Braga	5:57.38	446		
	<i>FTL</i>						
	50m: 36.90 36.90	150m: 2:08.72 47.74	250m: 3:44.08 51.48	350m: 5:16.61 40.09			
	100m: 1:19.76 42.86	200m: 2:52.60 45.17	300m: 4:36.52 52.44	400m: 5:57.38 40.77			
33.	Patricia Silva Ramos	96	Sporting	5:59.97	436		
	<i>FTL</i>						
	50m: 37.06 37.06	150m: 2:06.13 45.79	250m: 3:44.31 52.56	350m: 5:19.51 41.44			
	100m: 1:20.34 43.28	200m: 2:51.75 45.62	300m: 4:38.07 53.76	400m: 5:59.97 40.46			
34.	Patricia Monteiro Negroa	96	Bombeiros das Caldas Rainha	6:00.10	436		
	<i>FTL</i>						
	50m: 37.56 37.56	150m: 2:09.81 43.88	250m: 3:47.05 53.20	350m: 5:21.63 41.17			
	100m: 1:25.93 48.37	200m: 2:53.85 44.04	300m: 4:40.46 53.41	400m: 6:00.10 38.47			
35.	Beatriz Camilo Arsenio	96	Portinado	6:01.44	431		
	<i>FTL</i>						
	50m: 35.73 35.73	150m: 2:03.64 45.03	250m: 3:43.24 54.50	350m: 5:20.22 41.15			
	100m: 1:18.61 42.88	200m: 2:48.74 45.10	300m: 4:39.07 55.83	400m: 6:01.44 41.22			
36.	Ines Mendes Paulo	96	Colégio Monte Maior	6:02.87	426		
	<i>FTL</i>						
	50m: 39.02 39.02	150m: 2:08.72 47.74	250m: 3:49.98 51.95	350m: 5:24.18 41.78			
	100m: 1:25.37 46.35	200m: 2:58.03 45.10	300m: 4:42.40 52.42	400m: 6:02.87 38.69			
37.	Flavia Sofia Lima	96	Desportiva de Viana	6:06.14	414		
	<i>FTL</i>						
	50m: 38.75 38.75	150m: 2:13.72 47.57	250m: 3:52.75 53.14	350m: 5:26.19 40.34			
	100m: 1:26.15 47.40	200m: 2:59.61 45.89	300m: 4:45.85 53.10	400m: 6:06.14 39.95			
DSQ	Mafalda Domingues Valente	96	Náutico da Marinha Grande				
	<i>305 - Não ficou na posição ventral depois de deixar a parede na viragem aos 50 metros</i>						

Campeonatos Nacionais de Infantis
S. João da Madeira, 24. - 26.7.2009

Prova 1, Femin., 400m Estilos

Infantis B

1.	Filipa Vilas Ruivo	97	Náutico da Marinha Grande	5:14.05	657
	<i>Rec Nac Infantis B, MAC</i>				
	50m: 33.49 33.49	150m: 1:54.06	42.05	250m: 3:20.01	44.70
	100m: 1:12.01 38.52	200m: 2:35.31	41.25	300m: 4:05.50	45.49
				350m: 4:40.86	35.36
				400m: 5:14.05	33.19
2.	Ines Camacho Fernandes	97	Sporting	5:33.61	548
	<i>MAC</i>				
	50m: 33.42 33.42	150m: 1:55.69	43.32	250m: 3:25.91	48.23
	100m: 1:12.37 38.95	200m: 2:37.68	41.99	300m: 4:16.52	50.61
				350m: 4:55.55	39.03
				400m: 5:33.61	38.06
3.	Sara Monteiro Meireles	97	Gespacos	5:39.19	521
	<i>MAC</i>				
	50m: 35.26 35.26	150m: 2:02.26	45.81	250m: 3:33.98	46.81
	100m: 1:16.45 41.19	200m: 2:47.17	44.91	300m: 4:22.04	48.06
				350m: 5:01.46	39.42
				400m: 5:39.19	37.73
4.	Margarida Domingues Duarte	97	Náutico da Marinha Grande	5:40.79	514
	<i>MAC</i>				
	50m: 36.38 36.38	150m: 2:04.30	45.06	250m: 3:33.94	46.16
	100m: 1:19.24 42.86	200m: 2:47.78	43.48	300m: 4:21.60	47.66
				350m: 5:01.80	40.20
				400m: 5:40.79	38.99
5.	Ana Filipa Martins	97	Foca	5:43.90	500
	<i>MAC</i>				
	50m: 35.86 35.86	150m: 2:03.09	44.78	250m: 3:36.30	50.42
	100m: 1:18.31 42.45	200m: 2:45.88	42.79	300m: 4:27.59	51.29
				350m: 5:06.03	38.44
				400m: 5:43.90	37.87
6.	Filipa Vicente Custois	97	Benedita	5:47.10	486
	<i>MAC</i>				
	50m: 36.51 36.51	150m: 2:02.71	44.26	250m: 3:37.49	51.12
	100m: 1:18.45 41.94	200m: 2:46.37	43.66	300m: 4:29.67	52.18
				350m: 5:09.60	39.93
				400m: 5:47.10	37.50
7.	Barbara Marques Rodrigues	97	Náutico da Marinha Grande	5:48.91	479
	<i>MAC</i>				
	50m: 37.38 37.38	150m: 2:06.85	46.19	250m: 3:41.28	50.20
	100m: 1:20.66 43.28	200m: 2:51.08	44.23	300m: 4:32.65	51.37
				350m: 5:11.15	38.50
				400m: 5:48.91	37.76
8.	Beatriz Nogueira Sequeira	97	União Piedense	5:50.06	474
	<i>MAC</i>				
	50m: 35.48 35.48	150m:		250m: 3:38.19	49.54
	100m: 1:17.56 42.08	200m: 2:48.65		300m: 4:30.05	51.86
				350m: 5:11.71	41.66
				400m: 5:50.06	38.35
9.	Maria Teresa Amorim	97	Porto/Império Bonança	5:50.10	474
	<i>MAC</i>				
	50m: 37.19 37.19	150m: 2:09.53	46.35	250m: 3:42.92	49.77
	100m: 1:23.18 45.99	200m: 2:53.15	43.62	300m: 4:32.92	50.00
				350m: 5:12.26	39.34
				400m: 5:50.10	37.84
10.	Mariana Ramalhinho Mascarenhas	97	Naval Setubalense	5:50.20	474
	<i>MAC</i>				
	50m: 39.69 39.69	150m: 2:10.94	44.72	250m: 3:43.44	49.91
	100m: 1:26.22 46.53	200m: 2:53.53	42.59	300m: 4:35.61	52.17
				350m: 5:13.40	37.79
				400m: 5:50.20	36.80
11.	Bruna Elisabete Paulino	97	Alcobaça	5:51.87	467
	<i>MAC</i>				
	50m: 36.33 36.33	150m: 2:03.35	43.68	250m: 3:39.58	52.95
	100m: 1:19.67 43.34	200m: 2:46.63	43.28	300m: 4:34.67	55.09
				350m: 5:14.74	40.07
				400m: 5:51.87	37.13
12.	Joana Crespo Domingues	97	Náutico da Marinha Grande	5:55.86	451
	50m: 37.27 37.27	150m: 2:09.28	45.57	250m: 3:43.02	48.25
	100m: 1:23.71 46.44	200m: 2:54.77	45.49	300m: 4:33.03	50.01
				350m: 5:15.09	42.06
				400m: 5:55.86	40.77

Campeonatos Nacionais de Infantis
S. João da Madeira, 24. - 26.7.2009

Prova 1, Femin., 400m Estilos, Infantis B

Lugar					Ano					Tempo final	Pts	
13.	Ines Chan Correia				97	Naval Amorense				5:57.00	447	
	50m:	35.06	35.06	150m:	2:06.82	47.71	250m:	3:42.48	51.03	350m:	5:16.48	40.86
	100m:	1:19.11	44.05	200m:	2:51.45	44.63	300m:	4:35.62	53.14	400m:	5:57.00	40.52
14.	Daniela Figueiredo Metelo				97	Náutico/Matobra				5:57.11	447	
	50m:	35.36	35.36	150m:	2:04.51	46.90	250m:	3:43.55	53.87	350m:	5:18.13	38.90
	100m:	1:17.61	42.25	200m:	2:49.68	45.17	300m:	4:39.23	55.68	400m:	5:57.11	38.98
15.	Maria Beatriz Ribeiro				97	Maia/Real Seguros				5:58.11	443	
	50m:	36.70	36.70	150m:	2:06.89	47.15	250m:	3:43.25	48.33	350m:	5:17.92	42.56
	100m:	1:19.74	43.04	200m:	2:54.92	48.03	300m:	4:35.36	52.11	400m:	5:58.11	40.19
16.	Ines Sofia Borba				97	Litoral Alentejano				6:02.03	429	
	50m:	36.92	36.92	150m:	2:11.83	49.56	250m:	3:51.69	53.15	350m:	5:24.84	38.80
	100m:	1:22.27	45.35	200m:	2:58.54	46.71	300m:	4:46.04	54.35	400m:	6:02.03	37.19
17.	Ana Sofia Ramos				97	Fafe				6:05.67	416	
	50m:	37.86	37.86	150m:	2:12.06	47.10	250m:	3:50.07	51.57	350m:		
	100m:	1:24.96	47.10	200m:	2:58.50	46.44	300m:	4:43.54	53.47	400m:	6:05.67	
18.	Margarida Monteiro Sousa				97	Naval Setubalense				6:07.46	410	
	50m:	40.66	40.66	150m:	2:14.67	47.10	250m:	3:52.56	53.03	350m:	5:26.72	42.58
	100m:	1:27.57	46.91	200m:	2:59.53	44.86	300m:	4:44.14	51.58	400m:	6:07.46	40.74
19.	Sofia Isabel Tavares				97	Porto/Império Bonança				6:07.57	410	
	50m:	39.16	39.16	150m:	2:19.01	48.11	250m:	3:54.71	49.51	350m:	5:27.54	42.03
	100m:	1:30.90	51.74	200m:	3:05.20	46.19	300m:	4:45.51	50.80	400m:	6:07.57	40.03
20.	Joana Catarina Ribeiro				97	Algés				6:12.57	393	
	<i>FTL</i>											
	50m:	39.17	39.17	150m:			250m:	3:56.09	55.50	350m:	5:33.14	41.28
	100m:	1:26.04	46.87	200m:	3:00.59		300m:	4:51.86	55.77	400m:	6:12.57	39.43
21.	Matilde Domingues Gameiro				97	Náutico/Matobra				6:14.06	389	
	<i>FTL</i>											
	50m:	39.78	39.78	150m:	2:14.95	46.76	250m:	3:56.35	54.62	350m:		
	100m:	1:28.19	48.41	200m:	3:01.73	46.78	300m:	4:52.64	56.29	400m:	6:14.06	
22.	Rita Romao Pereira				97	Sporting				6:16.37	382	
	<i>FTL</i>											
	50m:	39.34	39.34	150m:	2:15.74	49.83	250m:	3:55.21	51.85	350m:	5:33.79	44.71
	100m:	1:25.91	46.57	200m:	3:03.36	47.62	300m:	4:49.08	53.87	400m:	6:16.37	42.58
23.	Marta Alexandra Nascimento				97	Desportiva de Viana				6:19.73	372	
	<i>FTL</i>											
	50m:	39.41	39.41	150m:	2:14.90	48.34	250m:	3:59.77	57.52	350m:	5:38.05	41.64
	100m:	1:26.56	47.15	200m:	3:02.25	47.35	300m:	4:56.41	56.64	400m:	6:19.73	41.68
24.	Luana Raquel Alves				97	Desportiva de Viana				6:23.46	361	
	<i>FTL</i>											
	50m:	37.93	37.93	150m:	2:14.82	50.76	250m:	4:01.17	56.83	350m:	5:41.80	41.11
	100m:	1:24.06	46.13	200m:	3:04.34	49.52	300m:	5:00.69	59.52	400m:	6:23.46	41.66
EXH	Debora Goncalves Patrocinio				97	Litoral Alentejano				6:02.15	428	
	50m:	40.99	40.99	150m:	2:15.07	46.05	250m:	3:50.05	49.71	350m:	5:22.53	41.78
	100m:	1:29.02	48.03	200m:	3:00.34	45.27	300m:	4:40.75	50.70	400m:	6:02.15	39.62