

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

Prova 20 Femin., 400m Livres Infantis
26.7.09 - 10:20 Resultados

Recorde Nacional Infantis A 4:31.53 tempo limite
Recorde Nacional Infantis B 4:43.70 tempo limite

TAC Fem A Inf A: 5:09.00 / TAC Fem B Inf B: 5:23.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis A			
1. Diana Margarida Duraes	96 Foca	4:43.45	631
MAC			
50m: 32.07 32.07	150m: 1:42.62 35.68	250m: 2:56.04 36.65	350m: 4:08.90 36.16
100m: 1:06.94 34.87	200m: 2:19.39 36.77	300m: 3:32.74 36.70	400m: 4:43.45 34.55
2. Florbela Cavaco Machado	96 Columbófila Cantanhedense	4:49.72	591
MAC			
50m: 32.15 32.15	150m: 1:44.26 36.62	250m: 2:58.71 37.09	350m: 4:13.69 37.23
100m: 1:07.64 35.49	200m: 2:21.62 37.36	300m: 3:36.46 37.75	400m: 4:49.72 36.03
3. Ana Isabel Neves	96 Pimpões/Cimai	4:50.15	588
MAC			
50m: 32.35 32.35	150m: 1:44.62 36.72	250m: 2:58.71 37.15	350m: 4:14.12 37.36
100m: 1:07.90 35.55	200m: 2:21.56 36.94	300m: 3:36.76 38.05	400m: 4:50.15 36.03
4. Sara Cristiana Valente	96 Alcobaça	4:55.53	557
50m: 32.53 32.53	150m: 1:47.17 38.41	250m: 3:03.20 37.94	350m: 4:19.34 37.90
100m: 1:08.76 36.23	200m: 2:25.26 38.09	300m: 3:41.44 38.24	400m: 4:55.53 36.19
5. Sofia Cunha Sousa	96 Foca	4:55.87	555
50m: 32.90 32.90	150m: 1:46.24 37.17	250m: 3:01.97 37.95	350m: 4:18.99 38.59
100m: 1:09.07 36.17	200m: 2:24.02 37.78	300m: 3:40.40 38.43	400m: 4:55.87 36.88
6. Ana Catarina Azevedo	96 Famalicão	4:56.69	550
50m: 33.89 33.89	150m: 1:48.93 38.47	250m: 3:05.10 38.04	350m: 4:21.12 37.32
100m: 1:10.46 36.57	200m: 2:27.06 38.13	300m: 3:43.80 38.70	400m: 4:56.69 35.57
7. Ines Simoes Rodrigues	96 20Km de Almeirim	4:58.18	542
50m: 33.39 33.39	150m: 1:48.19 37.99	250m: 3:04.48 38.23	350m: 4:20.99 38.08
100m: 1:10.20 36.81	200m: 2:26.25 38.06	300m: 3:42.91 38.43	400m: 4:58.18 37.19
8. Bruna Leal Dantas	96 Sporting	5:00.36	530
50m: 33.88 33.88	150m: 1:48.25 37.88	250m: 3:04.81 38.58	350m: 4:22.73 39.30
100m: 1:10.37 36.49	200m: 2:26.23 37.98	300m: 3:43.43 38.62	400m: 5:00.36 37.63
9. Maria Julia Cunha	96 Braga	5:02.65	518
50m: 34.81 34.81	150m: 1:52.41 39.36	250m: 3:10.38 38.79	350m: 4:26.65 37.79
100m: 1:13.05 38.24	200m: 2:31.59 39.18	300m: 3:48.86 38.48	400m: 5:02.65 36.00
10. Beatriz Casimiro Valente	96 Fluvial Portuense	5:03.18	516
50m: 34.76 34.76	150m: 1:50.76 38.52	250m: 3:08.67 38.81	350m: 4:26.23 38.38
100m: 1:12.24 37.48	200m: 2:29.86 39.10	300m: 3:47.85 39.18	400m: 5:03.18 36.95
11. Maria Amelia Gaspar	96 Náutico/Matobra	5:03.71	513
50m: 33.76 33.76	150m: 1:49.76 38.45	250m: 3:07.38 39.06	350m: 4:25.84 38.77
100m: 1:11.31 37.55	200m: 2:28.32 38.56	300m: 3:47.07 39.69	400m: 5:03.71 37.87
12. Debora Filipa Duque	96 Pimpões/Cimai	5:04.07	511
50m: 34.67 34.67	150m: 1:50.73 38.68	250m: 3:08.34 38.96	350m: 4:26.10 38.78
100m: 1:12.05 37.38	200m: 2:29.38 38.65	300m: 3:47.32 38.98	400m: 5:04.07 37.97

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Prova 20, Femin., 400m Livres, Infantis A

Lugar				Ano					Tempo final	Pts		
13.	Ana Filipa Sousa			96	Natação do Tejo				5:04.35	510		
	50m:	34.60	34.60	150m:	1:51.62	39.20	250m:	3:09.63	39.30	350m:	4:27.54	38.64
	100m:	1:12.42	37.82	200m:	2:30.33	38.71	300m:	3:48.90	39.27	400m:	5:04.35	36.81
14.	Flavia Daniela Goncalves			96	Desportiva de Viana				5:06.47	499		
	50m:	33.83	33.83	150m:	1:50.27	38.97	250m:	3:09.25	39.47	350m:	4:28.53	39.49
	100m:	1:11.30	37.47	200m:	2:29.78	39.51	300m:	3:49.04	39.79	400m:	5:06.47	37.94
15.	Claudia Susana Teixeira			96	Gespacos				5:07.36	495		
	50m:	34.27	34.27	150m:	1:51.68	39.26	250m:	3:10.48	39.35	350m:	4:29.16	39.36
	100m:	1:12.42	38.15	200m:	2:31.13	39.45	300m:	3:49.80	39.32	400m:	5:07.36	38.20
16.	Maria Joao Santos			96	Desportiva de Viana				5:07.56	494		
	50m:	34.00	34.00	150m:	1:51.13	39.38	250m:	3:09.93	39.58	350m:	4:29.21	40.00
	100m:	1:11.75	37.75	200m:	2:30.35	39.22	300m:	3:49.21	39.28	400m:	5:07.56	38.35
17.	Ana Carolina Leal			96	Náutico/Matobra				5:09.97	483		
	FTL											
	50m:	32.74	32.74	150m:	1:49.45	39.64	250m:	3:10.13	40.39	350m:	4:31.30	40.71
	100m:	1:09.81	37.07	200m:	2:29.74	40.29	300m:	3:50.59	40.46	400m:	5:09.97	38.67
18.	Vera Patricia Fernandes			96	Braga				5:10.71	479		
	FTL											
	50m:	34.34	34.34	150m:	1:52.65	39.97	250m:	3:12.79	40.19	350m:	4:33.43	40.50
	100m:	1:12.68	38.34	200m:	2:32.60	39.95	300m:	3:52.93	40.14	400m:	5:10.71	37.28
19.	Ana Isabel Fernandes			96	Famalicão				5:10.83	479		
	FTL											
	50m:	34.72	34.72	150m:	1:52.91	40.06	250m:	3:12.43	40.00	350m:	4:32.33	40.25
	100m:	1:12.85	38.13	200m:	2:32.43	39.52	300m:	3:52.08	39.65	400m:	5:10.83	38.50
20.	Paula Alexandra Oliveira			96	Porto/Império Bonança				5:11.84	474		
	FTL											
	50m:	34.58	34.58	150m:	1:52.88	40.09	250m:	3:12.54	40.03	350m:	4:32.83	40.19
	100m:	1:12.79	38.21	200m:	2:32.51	39.63	300m:	3:52.64	40.10	400m:	5:11.84	39.01
21.	Ines Ribeiro Sequeira			96	Desportiva de Viana				5:12.25	472		
	FTL											
	50m:	34.07	34.07	150m:	1:51.63	39.52	250m:	3:11.73	40.25	350m:	4:32.76	40.37
	100m:	1:12.11	38.04	200m:	2:31.48	39.85	300m:	3:52.39	40.66	400m:	5:12.25	39.49
22.	Sara Filipa Andrade			96	Alhandra				5:14.64	461		
	FTL											
	50m:	34.57	34.57	150m:	1:54.44	40.57	250m:	3:15.72	40.60	350m:	4:36.72	40.32
	100m:	1:13.87	39.30	200m:	2:35.12	40.68	300m:	3:56.40	40.68	400m:	5:14.64	37.92
23.	Marcia Filipa Carvalho			96	Individual				5:16.62	453		
	FTL											
	50m:	34.05	34.05	150m:	1:52.27	40.45	250m:	3:14.21	40.94	350m:	4:36.62	41.21
	100m:	1:11.82	37.77	200m:	2:33.27	41.00	300m:	3:55.41	41.20	400m:	5:16.62	40.00
24.	Maria Beatriz Vieira			96	Naval do Funchal				5:17.23	450		
	FTL											
	50m:	34.68	34.68	150m:	1:52.41	39.91	250m:	3:14.95	41.66	350m:	4:37.30	40.75
	100m:	1:12.50	37.82	200m:	2:33.29	40.88	300m:	3:56.55	41.60	400m:	5:17.23	39.93

Campeonatos Nacionais de Infantis
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Prova 20, Femin., 400m Livres, Infantis A

Lugar				Ano				Tempo final				Pts		
25.	Rita Pinto Monteiro				96	Desportiva de Viana				5:18.23		446		
FTL														
50m:		33.47	33.47	150m:		1:53.21	41.02	250m:		3:15.28	41.07	350m:	4:37.80	40.83
100m:		1:12.19	38.72	200m:		2:34.21	41.00	300m:		3:56.97	41.69	400m:	5:18.23	40.43

Infantis B

1.	Filipa Vilas Ruivo				97	Náutico da Marinha Grande				4:45.10		620
	MAC											
	50m:	31.97	31.97	150m:	1:42.98	36.34	250m:	2:56.91	36.85	350m:	4:10.52	36.47
	100m:	1:06.64	34.67	200m:	2:20.06	37.08	300m:	3:34.05	37.14	400m:	4:45.10	34.58
2.	Ines Camacho Fernandes				97	Sporting				4:56.04		554
	MAC											
	50m:	32.90	32.90	150m:	1:45.85	36.74	250m:	3:02.04	37.91	350m:	4:19.04	38.40
	100m:	1:09.11	36.21	200m:	2:24.13	38.28	300m:	3:40.64	38.60	400m:	4:56.04	37.00
3.	Ana Filipa Martins				97	Foca				4:56.79		550
	MAC											
	50m:	33.62	33.62	150m:	1:48.47	37.86	250m:	3:04.45	38.11	350m:	4:20.33	37.83
	100m:	1:10.61	36.99	200m:	2:26.34	37.87	300m:	3:42.50	38.05	400m:	4:56.79	36.46
4.	Daniela Figueiredo Metelo				97	Náutico/Matobra				5:00.71		529
	MAC											
	50m:	33.14	33.14	150m:	1:47.98	37.75	250m:	3:05.15	38.78	350m:	4:24.01	39.51
	100m:	1:10.23	37.09	200m:	2:26.37	38.39	300m:	3:44.50	39.35	400m:	5:00.71	36.70
5.	Mariana Ramalhinho Mascarenhas				97	Naval Setubalense				5:00.98		527
	MAC											
	50m:	34.94	34.94	150m:	1:50.65	38.50	250m:	3:08.23	38.86	350m:	4:25.58	38.64
	100m:	1:12.15	37.21	200m:	2:29.37	38.72	300m:	3:46.94	38.71	400m:	5:00.98	35.40
6.	Barbara Marques Rodrigues				97	Náutico da Marinha Grande				5:05.67		503
	MAC											
	50m:	34.75	34.75	150m:	1:52.69	39.58	250m:	3:10.48	39.23	350m:	4:27.57	38.42
	100m:	1:13.11	38.36	200m:	2:31.25	38.56	300m:	3:49.15	38.67	400m:	5:05.67	38.10
7.	Carolina Sanchez Rodrigues				97	Algés				5:06.38		500
	MAC											
	50m:	34.05	34.05	150m:	1:51.24	38.91	250m:	3:09.38	39.46	350m:	4:28.39	39.23
	100m:	1:12.33	38.28	200m:	2:29.92	38.68	300m:	3:49.16	39.78	400m:	5:06.38	37.99
8.	Maria Carolina Centeno				97	Colégio Vasco da Gama				5:08.26		491
	50m:	34.44	34.44	150m:	1:51.78	38.47	250m:	3:10.77	39.87	350m:	4:30.07	39.59
	100m:	1:13.31	38.87	200m:	2:30.90	39.12	300m:	3:50.48	39.71	400m:	5:08.26	38.19
9.	Maria Teresa Amorim				97	Porto/Império Bonança				5:08.46		490
	50m:	34.70	34.70	150m:	1:52.00	39.39	250m:	3:10.60	39.62	350m:	4:30.10	39.80
	100m:	1:12.61	37.91	200m:	2:30.98	38.98	300m:	3:50.30	39.70	400m:	5:08.46	38.36
10.	Sara Faria Costa				97	Braga				5:08.83		488
	50m:	32.57	32.57	150m:	1:50.14	39.90	250m:	3:10.52	40.53	350m:	4:29.60	38.88
	100m:	1:10.24	37.67	200m:	2:29.99	39.85	300m:	3:50.72	40.20	400m:	5:08.83	39.23
11.	Beatriz Nogueira Sequeira				97	União Piedense				5:14.87		460
	50m:	35.77	35.77	150m:	1:54.71	39.81	250m:	3:15.48	40.90	350m:	4:36.08	40.36
	100m:	1:14.90	39.13	200m:	2:34.58	39.87	300m:	3:55.72	40.24	400m:	5:14.87	38.79

Campeonatos Nacionais de Infantis
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Prova 20, Femin., 400m Livres, Infantis B

Lugar					Ano					Tempo final	Pts	
12.	Beatriz Filipa Matos				97	Fundação Beatriz Santos				5:15.45	458	
	50m:	34.87	34.87	150m:	1:54.02	40.71	250m:	3:15.78	41.49	350m:	4:37.35	41.25
	100m:	1:13.31	38.44	200m:	2:34.29	40.27	300m:	3:56.10	40.32	400m:	5:15.45	38.10
13.	Daniela Teixeira Moreira				97	Amadora				5:18.16	446	
	50m:	36.48	36.48	150m:	1:57.70	41.09	250m:	3:19.36	41.02	350m:	4:39.57	39.94
	100m:	1:16.61	40.13	200m:	2:38.34	40.64	300m:	3:59.63	40.27	400m:	5:18.16	38.59
14.	Matilde Cotrim Vasconcelos				97	Naval do Funchal				5:18.38	445	
	50m:	35.43	35.43	150m:	1:55.74	41.02	250m:	3:18.61	41.36	350m:	4:41.47	41.60
	100m:	1:14.72	39.29	200m:	2:37.25	41.51	300m:	3:59.87	41.26	400m:	5:18.38	36.91
15.	Iris Castro Ferreira				97	Porto/Império Bonança				5:18.98	443	
	50m:	36.11	36.11	150m:	1:58.22	41.20	250m:	3:19.36	40.94	350m:	4:41.04	40.54
	100m:	1:17.02	40.91	200m:	2:38.42	40.20	300m:	4:00.50	41.14	400m:	5:18.98	37.94
16.	Rute dos Santos Ferreira				97	Porto/Império Bonança				5:19.64	440	
	50m:	36.29	36.29	150m:	1:56.90	40.59	250m:	3:18.64	40.80	350m:	4:40.13	40.29
	100m:	1:16.31	40.02	200m:	2:37.84	40.94	300m:	3:59.84	41.20	400m:	5:19.64	39.51
17.	Ines Sofia Borba				97	Litoral Alentejano				5:20.46	437	
	50m:	35.10	35.10	150m:	1:55.84	41.22	250m:	3:18.80	41.86	350m:	4:41.09	41.02
	100m:	1:14.62	39.52	200m:	2:36.94	41.10	300m:	4:00.07	41.27	400m:	5:20.46	39.37
18.	Joana Catarina Ribeiro				97	Algés				5:20.79	435	
	50m:	35.17	35.17	150m:	1:55.86	40.34	250m:	3:19.24	41.53	350m:	4:41.05	40.07
	100m:	1:15.52	40.35	200m:	2:37.71	41.85	300m:	4:00.98	41.74	400m:	5:20.79	39.74
19.	Matilde Domingues Gameiro				97	Náutico/Matobra				5:20.95	435	
	50m:	35.63	35.63	150m:	1:57.41	41.32	250m:	3:19.38	41.39	350m:	4:41.15	41.10
	100m:	1:16.09	40.46	200m:	2:37.99	40.58	300m:	4:00.05	40.67	400m:	5:20.95	39.80
20.	Ana Sofia Ramos				97	Fafe				5:22.36	429	
	50m:	37.12	37.12	150m:	1:58.90	41.02	250m:	3:20.69	40.64	350m:	4:42.76	40.84
	100m:	1:17.88	40.76	200m:	2:40.05	41.15	300m:	4:01.92	41.23	400m:	5:22.36	39.60
21.	Adriana Duarte Joao				97	Alcobaça				5:23.02	426	
	FTL											
	50m:	35.68	35.68	150m:	1:56.34	41.38	250m:	3:19.13	41.86	350m:	4:42.41	41.67
	100m:	1:14.96	39.28	200m:	2:37.27	40.93	300m:	4:00.74	41.61	400m:	5:23.02	40.61