

Campeonato Nacional de Juvenis PL
Rio Maior, 12. - 14.3.2010

Prova 1
12.3.10 - 16:00

Femin., 400m Estilos

Juvenis
Resultados

Recorde Nacional Absoluto	4:53.17	Nadia Morais Vieira	FPN	MONACO (MON)	13.6.09
Recorde Nacional Juvenis	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	8.7.04

TAC Fem 50m : 5:45.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diana Margarida Duraes	96	Foca - Natação de Felgueiras	5:08.02	+0,93	669
	50m: 31.97 31.97	150m: 1:49.92 39.95	250m: 3:13.32 43.91	350m: 4:33.69 35.22		
	100m: 1:09.97 38.00	200m: 2:29.41 39.49	300m: 3:58.47 45.15	400m: 5:08.02 34.33		
2.	Ana Marta Miranda	96	Uniao Piedense	5:11.31	+0,84	648
	50m: 31.93 31.93	150m: 1:50.22 40.29	250m: 3:13.70 44.41	350m: 4:35.07 36.19		
	100m: 1:09.93 38.00	200m: 2:29.29 39.07	300m: 3:58.88 45.18	400m: 5:11.31 36.24		
3.	Joana Dias Santos	96	Uniao Piedense	5:18.31	+0,97	606
	50m: 34.95 34.95	150m: 1:57.62 42.15	250m: 3:19.78 41.52	350m: 4:40.94 38.31		
	100m: 1:15.47 40.52	200m: 2:38.26 40.64	300m: 4:02.63 42.85	400m: 5:18.31 37.37		
4.	Bruna Leal Dantas	96	Sporting	5:25.58	+1,09	566
	50m: 33.14 33.14	150m: 1:54.11 42.94	250m: 3:22.99 46.95	350m: 4:49.75 38.22		
	100m: 1:11.17 38.03	200m: 2:36.04 41.93	300m: 4:11.53 48.54	400m: 5:25.58 35.83		
5.	Sofia Cunha Sousa	96	Foca - Natação de Felgueiras	5:26.63	+0,97	561
	50m: 35.82 35.82	150m: 1:58.54 42.33	250m: 3:26.46 46.33	350m: 4:50.49 37.11		
	100m: 1:16.21 40.39	200m: 2:40.13 41.59	300m: 4:13.38 46.92	400m: 5:26.63 36.14		
6.	Ana Isabel Neves	96	Pimpões/Cimai	5:29.08	+0,91	548
	50m: 34.32 34.32	150m: 1:55.48 42.54	250m: 3:24.93 48.01	350m: 4:52.65 37.82		
	100m: 1:12.94 38.62	200m: 2:36.92 41.44	300m: 4:14.83 49.90	400m: 5:29.08 36.43		
7.	Vera Patricia Fernandes	96	Braga	5:30.79	+1,04	540
	50m: 34.50 34.50	150m: 1:56.90 42.68	250m: 3:27.02 49.53	350m: 4:54.78 37.23		
	100m: 1:14.22 39.72	200m: 2:37.49 40.59	300m: 4:17.55 50.53	400m: 5:30.79 36.01		
8.	Maria Beatriz Rascao	96	Náutico/Matobra	5:32.60	+1,02	531
	50m: 36.16 36.16	150m: 2:02.85 44.38	250m: 3:31.58 46.12	350m: 4:56.91 38.09		
	100m: 1:18.47 42.31	200m: 2:45.46 42.61	300m: 4:18.82 47.24	400m: 5:32.60 35.69		
9.	Ana Isabel Cunha	96	Foca - Natação de Felgueiras	5:34.08	+0,81	524
	50m: 36.00 36.00	150m: 1:59.90 42.77	250m: 3:31.29 49.53	350m: 4:58.11 37.05		
	100m: 1:17.13 41.13	200m: 2:41.76 41.86	300m: 4:21.06 49.77	400m: 5:34.08 35.97		
10.	Sara Sousa Gomes	96	Amadora	5:34.95	+0,86	520
	50m: 35.30 35.30	150m: 2:01.84 45.37	250m: 3:31.06 45.61	350m: 4:58.17 39.06		
	100m: 1:16.47 41.17	200m: 2:45.45 43.61	300m: 4:19.11 48.05	400m: 5:34.95 36.78		
11.	Andreia Margarida Araujo	96	Viana Natação	5:36.05	+1,01	515
	50m: 33.85 33.85	150m: 1:59.52 46.58	250m: 3:30.66 44.79	350m: 4:57.03 40.24		
	100m: 1:12.94 39.09	200m: 2:45.87 46.35	300m: 4:16.79 46.13	400m: 5:36.05 39.02		
12.	Sara Cristiana Valente	96	Alcobaça	5:36.15	+0,85	515
	50m: 34.51 34.51	150m: 2:00.41 45.73	250m: 3:32.47 47.63	350m: 4:58.82 38.20		
	100m: 1:14.68 40.17	200m: 2:44.84 44.43	300m: 4:20.62 48.15	400m: 5:36.15 37.33		
13.	Catarina Dias Coutinho	96	Sporting	5:36.69	+0,99	512
	50m: 35.29 35.29	150m: 1:58.69 42.53	250m: 3:28.59 47.99	350m: 4:57.94 40.12		
	100m: 1:16.16 40.87	200m: 2:40.60 41.91	300m: 4:17.82 49.23	400m: 5:36.69 38.75		
14.	Rita Sequeira Raposeiro	96	Uniao Piedense	5:38.68	+1,00	503
	50m: 35.28 35.28	150m: 1:59.86 44.81	250m: 3:32.07 48.91	350m: 5:01.09 39.38		
	100m: 1:15.05 39.77	200m: 2:43.16 43.30	300m: 4:21.71 49.64	400m: 5:38.68 37.59		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Ana Monica Eloi	96	Náutico da Marinha Grande	5:38.97	+0,90	502
	50m: 35.54 35.54	150m: 2:03.49 44.59	250m: 3:33.38 46.77	350m: 5:01.19 38.93		
	100m: 1:18.90 43.36	200m: 2:46.61 43.12	300m: 4:22.26 48.88	400m: 5:38.97 37.78		
16.	Maria Amelia Gaspar	96	Náutico/Matobra	5:39.13	+0,92	501
	50m: 35.40 35.40	150m: 2:00.47 43.87	250m: 3:34.21 51.05	350m: 5:04.06 38.43		
	100m: 1:16.60 41.20	200m: 2:43.16 42.69	300m: 4:25.63 51.42	400m: 5:39.13 35.07		
17.	Paula Alexandra Oliveira	96	Porto/Dolce Vita	5:39.92	+0,91	498
	50m: 37.42 37.42	150m: 2:09.13 43.81	250m: 3:35.51 42.81	350m: 5:01.53 40.18		
	100m: 1:25.32 47.90	200m: 2:52.70 43.57	300m: 4:21.35 45.84	400m: 5:39.92 38.39		
18.	Catia Alexandra Batista	96	Colégio SMLamas	5:41.67	+0,88	490
	50m: 34.94 34.94	150m: 1:58.09 43.63	250m: 3:30.93 49.79	350m: 5:02.64 42.38		
	100m: 1:14.46 39.52	200m: 2:41.14 43.05	300m: 4:20.26 49.33	400m: 5:41.67 39.03		
19.	Patricia Silva Ramos	96	Sporting	5:42.38	+0,98	487
	50m: 35.90 35.90	150m: 2:00.89 43.83	250m: 3:32.57 48.31	350m: 5:03.44 41.13		
	100m: 1:17.06 41.16	200m: 2:44.26 43.37	300m: 4:22.31 49.74	400m: 5:42.38 38.94		
20.	Beatriz Casimiro Valente	96	Leixões	5:42.54	+0,94	486
	50m: 37.26 37.26	150m: 2:04.95 45.15	250m: 3:39.00 50.16	350m: 5:05.95 37.60		
	100m: 1:19.80 42.54	200m: 2:48.84 43.89	300m: 4:28.35 49.35	400m: 5:42.54 36.59		
21.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	5:43.11	+0,77	484
	50m: 34.77 34.77	150m: 2:02.32 45.10	250m: 3:36.24 49.44	350m: 5:04.85 39.79		
	100m: 1:17.22 42.45	200m: 2:46.80 44.48	300m: 4:25.06 48.82	400m: 5:43.11 38.26		
22.	Mariana Rodrigues Ferreira	96	Benfica	5:44.72	+0,95	477
	50m: 36.24 36.24	150m: 2:05.77 47.01	250m: 3:38.44 47.38	350m: 5:06.23 39.61		
	100m: 1:18.76 42.52	200m: 2:51.06 45.29	300m: 4:26.62 48.18	400m: 5:44.72 38.49		
23.	Maria Joao Santos	96	Desportiva de Viana	5:48.38	+0,95	462
	<i>FTL</i>					
	50m: 36.04 36.04	150m: 2:05.21 46.73	250m: 3:41.39 51.32	350m: 5:12.14 38.65		
	100m: 1:18.48 42.44	200m: 2:50.07 44.86	300m: 4:33.49 52.10	400m: 5:48.38 36.24		
24.	Marcia Filipa Carvalho	96	Torres Novas	5:49.19	+1,00	459
	<i>FTL</i>					
	50m: 33.10 33.10	150m: 1:58.06 45.83	250m: 3:38.88 54.28	350m: 5:11.36 37.63		
	100m: 1:12.23 39.13	200m: 2:44.60 46.54	300m: 4:33.73 54.85	400m: 5:49.19 37.83		
25.	Claudia Susana Teixeira	96	Gespacos	5:49.76	+1,06	457
	<i>FTL</i>					
	50m: 37.50 37.50	150m: 2:07.19 45.71	250m: 3:41.18 49.38	350m: 5:10.34 40.61		
	100m: 1:21.48 43.98	200m: 2:51.80 44.61	300m: 4:29.73 48.55	400m: 5:49.76 39.42		
26.	Mafalda Domingues Valente	96	Náutico da Marinha Grande	5:50.61	+0,83	453
	<i>FTL</i>					
	50m: 36.27 36.27	150m: 2:05.24 46.75	250m: 3:38.75 48.51	350m: 5:09.86 41.84		
	100m: 1:18.49 42.22	200m: 2:50.24 45.00	300m: 4:28.02 49.27	400m: 5:50.61 40.75		
27.	Debora Filipa Duque	96	Pimpões/Cimai	5:54.03	+0,92	440
	<i>FTL</i>					
	50m: 35.26 35.26	150m: 2:02.69 46.31	250m: 3:40.52 51.35	350m: 5:13.93 40.50		
	100m: 1:16.38 41.12	200m: 2:49.17 46.48	300m: 4:33.43 52.91	400m: 5:54.03 40.10		

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28.	Maria Margarida Rodrigues	96	Estrelas S. João Brito	5:56.33	+0,88	432
	<i>FTL</i>					
	50m: 35.03 35.03	150m: 2:06.64 47.10	250m: 3:43.51 51.24	350m: 5:17.24 40.74		
	100m: 1:19.54 44.51	200m: 2:52.27 45.63	300m: 4:36.50 52.99	400m: 5:56.33 39.09		