

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

Prova 20  
14.3.10 - 10:15

Femin., 400m Livres

Juvenis  
Resultados

Recorde Nacional Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
Recorde Nacional Juvenis	4:28.67	tempo limite			

TAC Fem Juv 50m : 5:01.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diana Margarida Duraes	96	Foca - Natação de Felgueiras	<b>4:39.66</b>	+0,90	625
	50m: 31.54 31.54	150m: 1:41.53 35.45	250m: 2:54.11 36.49	350m: 4:05.67 35.24		
	100m: 1:06.08 34.54	200m: 2:17.62 36.09	300m: 3:30.43 36.32	400m: 4:39.66 33.99		
2.	Florbela Cavaco Machado	96	Columbófila Cantanhedense	<b>4:42.18</b>	+0,92	608
	50m: 33.49 33.49	150m: 1:45.70 36.04	250m: 2:58.26 36.28	350m: 4:08.05 34.34		
	100m: 1:09.66 36.17	200m: 2:21.98 36.28	300m: 3:33.71 35.45	400m: 4:42.18 34.13		
3.	Ana Isabel Neves	96	Pimpões/Cimai	<b>4:42.89</b>	+0,87	604
	50m: 33.37 33.37	150m: 1:45.78 36.51	250m: 2:57.68 35.89	350m: 4:08.80 35.50		
	100m: 1:09.27 35.90	200m: 2:21.79 36.01	300m: 3:33.30 35.62	400m: 4:42.89 34.09		
4.	Sofia Cunha Sousa	96	Foca - Natação de Felgueiras	<b>4:53.25</b>	+0,96	542
	50m: 32.96 32.96	150m: 1:45.65 36.91	250m: 2:59.37 36.98	350m: 4:15.61 38.35		
	100m: 1:08.74 35.78	200m: 2:22.39 36.74	300m: 3:37.26 37.89	400m: 4:53.25 37.64		
5.	Ana Luisa Carvalho	96	Náutico/Matobra	<b>4:53.80</b>	+0,90	539
	50m: 32.64 32.64	150m: 1:46.66 37.72	250m: 3:02.67 37.95	350m: 4:17.59 37.02		
	100m: 1:08.94 36.30	200m: 2:24.72 38.06	300m: 3:40.57 37.90	400m: 4:53.80 36.21		
6.	Bruna Leal Dantas	96	Sporting	<b>4:55.49</b>	+1,01	530
	50m: 33.08 33.08	150m: 1:47.25 37.86	250m: 3:03.84 38.65	350m: 4:18.78 37.49		
	100m: 1:09.39 36.31	200m: 2:25.19 37.94	300m: 3:41.29 37.45	400m: 4:55.49 36.71		
7.	Carla Rosario Palma	96	Alcobaça	<b>4:56.60</b>	+0,89	524
	50m: 33.22 33.22	150m: 1:47.26 37.57	250m: 3:03.22 37.84	350m: 4:19.59 38.10		
	100m: 1:09.69 36.47	200m: 2:25.38 38.12	300m: 3:41.49 38.27	400m: 4:56.60 37.01		
8.	Maria Joao Santos	96	Desportiva de Viana	<b>4:57.09</b>	+0,88	521
	50m: 33.53 33.53	150m: 1:48.09 37.96	250m: 3:05.22 38.61	350m: 4:21.22 37.78		
	100m: 1:10.13 36.60	200m: 2:26.61 38.52	300m: 3:43.44 38.22	400m: 4:57.09 35.87		
9.	Maria Beatriz Rascao	96	Náutico/Matobra	<b>4:57.65</b>	+0,91	518
	50m: 33.57 33.57	150m: 1:48.80 38.12	250m: 3:05.66 38.63	350m: 4:22.50 38.53		
	100m: 1:10.68 37.11	200m: 2:27.03 38.23	300m: 3:43.97 38.31	400m: 4:57.65 35.15		
10.	Maria Amelia Gaspar	96	Náutico/Matobra	<b>4:57.88</b>	+0,91	517
	50m: 34.17 34.17	150m: 1:47.90 37.73	250m: 3:04.08 38.19	350m: 4:20.86 38.26		
	100m: 1:10.17 36.00	200m: 2:25.89 37.99	300m: 3:42.60 38.52	400m: 4:57.88 37.02		
11.	Ana Carolina Leal	96	Náutico/Matobra	<b>4:57.96</b>	+0,89	517
	50m: 33.76 33.76	150m: 1:49.05 38.13	250m: 3:05.88 38.37	350m: 4:22.31 37.95		
	100m: 1:10.92 37.16	200m: 2:27.51 38.46	300m: 3:44.36 38.48	400m: 4:57.96 35.65		
12.	Vera Patricia Fernandes	96	Braga	<b>4:58.58</b>	+0,96	513
	50m: 32.49 32.49	150m: 1:47.55 38.58	250m: 3:04.80 38.66	350m: 4:21.55 38.13		
	100m: 1:08.97 36.48	200m: 2:26.14 38.59	300m: 3:43.42 38.62	400m: 4:58.58 37.03		
13.	Ana Monica Eloi	96	Náutico da Marinha Grande	<b>4:59.21</b>	+0,96	510
	50m: 32.80 32.80	150m: 1:47.03 38.04	250m: 3:04.18 38.70	350m: 4:21.64 38.89		
	100m: 1:08.99 36.19	200m: 2:25.48 38.45	300m: 3:42.75 38.57	400m: 4:59.21 37.57		
14.	Sara Cristiana Valente	96	Alcobaça	<b>4:59.91</b>	+0,77	507
	50m: 33.23 33.23	150m: 1:48.71 38.27	250m: 3:05.11 37.82	350m: 4:21.75 38.38		
	100m: 1:10.44 37.21	200m: 2:27.29 38.58	300m: 3:43.37 38.26	400m: 4:59.91 38.16		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
15.	Maria Julia Cunha	96	Braga	<b>5:00.02</b>	+0,97	506	
	50m: 34.29 34.29	150m: 1:50.11	38.46	250m: 3:07.78	38.91	350m: 4:24.93	38.58
	100m: 1:11.65 37.36	200m: 2:28.87	38.76	300m: 3:46.35	38.57	400m: 5:00.02	35.09
16.	Flavia Daniela Goncalves	96	Desportiva de Viana	<b>5:00.57</b>	+1,10	503	
	50m: 33.81 33.81	150m: 1:49.23	38.42	250m: 3:06.49	39.09	350m: 4:23.81	39.02
	100m: 1:10.81 37.00	200m: 2:27.40	38.17	300m: 3:44.79	38.30	400m: 5:00.57	36.76
17.	Beatriz Casimiro Valente	96	Leixões	<b>5:00.61</b>	+0,90	503	
	50m: 34.38 34.38	150m: 1:49.77	38.18	250m: 3:07.09	38.59	350m: 4:23.77	38.10
	100m: 1:11.59 37.21	200m: 2:28.50	38.73	300m: 3:45.67	38.58	400m: 5:00.61	36.84
18.	Debora Filipa Duque	96	Pimpões/Cimai	<b>5:02.28</b>	+0,85	495	
	<i>FTL</i>						
	50m: 33.82 33.82	150m: 1:48.68	38.07	250m: 3:06.10	39.17	350m: 4:23.71	38.93
	100m: 1:10.61 36.79	200m: 2:26.93	38.25	300m: 3:44.78	38.68	400m: 5:02.28	38.57
19.	Ana Catarina Azevedo	96	Famalicão	<b>5:02.65</b>	+1,05	493	
	<i>FTL</i>						
	50m: 34.15 34.15	150m: 1:49.95	38.56	250m: 3:08.08	39.24	350m: 4:25.77	38.71
	100m: 1:11.39 37.24	200m: 2:28.84	38.89	300m: 3:47.06	38.98	400m: 5:02.65	36.88
20.	Marcia Filipa Carvalho	96	Torres Novas	<b>5:07.53</b>	+0,83	470	
	<i>FTL</i>						
	50m: 32.65 32.65	150m: 1:49.24	39.57	250m: 3:08.32	40.21	350m: 4:29.33	40.38
	100m: 1:09.67 37.02	200m: 2:28.11	38.87	300m: 3:48.95	40.63	400m: 5:07.53	38.20
21.	Ana Beatriz Silva	96	Gafanha da Encarnacao	<b>5:08.31</b>	+0,83	466	
	<i>FTL</i>						
	50m: 32.53 32.53	150m: 1:48.84	38.73	250m: 3:08.48	40.22	350m: 4:29.99	40.67
	100m: 1:10.11 37.58	200m: 2:28.26	39.42	300m: 3:49.32	40.84	400m: 5:08.31	38.32
22.	Maria Beatriz Vieira	96	Naval do Funchal	<b>5:15.88</b>	+0,85	433	
	<i>FTL</i>						
	50m: 33.82 33.82	150m: 1:50.05	39.16	250m: 3:11.69	41.19	350m: 4:34.51	41.73
	100m: 1:10.89 37.07	200m: 2:30.50	40.45	300m: 3:52.78	41.09	400m: 5:15.88	41.37