

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 19 Femin., 400m Estilos 15 anos e mais velhos
10.4.10 - 10:05 Resultados

RNABS	4:53.17	Nadia Morais Vieira	FPN	MONACO (MON)	13.6.09
RNSEN	4:53.17	Nadia Morais Vieira	FPN	MONACO (MON)	13.6.09
RNJUN	4:58.87	Susana Patricia Miguel	FPN	Palma Maiorca (ESP)	6.7.06

TAC-SENF Sen: 5:20.00 / TAC-JUNF Jun: 5:26.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Diana Ramos Rocha	94	Vilacondense	5:02.91	+0,77	703
	50m: 31.43 31.43	150m: 1:46.94 40.36	250m: 3:10.30 45.09	350m: 4:30.05 34.80		
	100m: 1:06.58 35.15	200m: 2:25.21 38.27	300m: 3:55.25 44.95	400m: 5:02.91 32.86		
2.	Patricia Garcia Marinho	94	Sporting	5:10.72	+0,82	652
	50m: 32.49 32.49	150m: 1:48.68 40.65	250m: 3:13.18 44.90	350m: 4:35.24 36.00		
	100m: 1:08.03 35.54	200m: 2:28.28 39.60	300m: 3:59.24 46.06	400m: 5:10.72 35.48		
3.	Angelica Maria Andre	94	Leixões	5:11.24	+0,87	648
	50m: 32.12 32.12	150m: 1:52.82 43.39	250m: 3:18.40 44.16	350m: 4:37.95 34.98		
	100m: 1:09.43 37.31	200m: 2:34.24 41.42	300m: 4:02.97 44.57	400m: 5:11.24 33.29		
4.	Filipa Maria Rompante	95	Famalicao	5:15.51	+0,88	622
	50m: 33.53 33.53	150m: 1:51.42 40.12	250m: 3:16.89 46.47	350m: 4:39.43 36.63		
	100m: 1:11.30 37.77	200m: 2:30.42 39.00	300m: 4:02.80 45.91	400m: 5:15.51 36.08		
5.	Raquel Paulo Ranito	94	Sporting	5:17.61	+0,79	610
	50m: 31.96 31.96	150m: 1:51.77 41.48	250m: 3:18.55 46.54	350m: 4:41.82 37.21		
	100m: 1:10.29 38.33	200m: 2:32.01 40.24	300m: 4:04.61 46.06	400m: 5:17.61 35.79		
6.	Tatiana Filipa Santos	95	Ginásio Figueirense	5:21.06	+0,90	591
	50m: 34.76 34.76	150m: 1:53.60 38.65	250m: 3:19.12 48.41	350m: 4:44.93 36.80		
	100m: 1:14.95 40.19	200m: 2:30.71 37.11	300m: 4:08.13 49.01	400m: 5:21.06 36.13		
7.	Ines Joao Costa	95	Braga	5:25.49	+0,88	567
	50m: 33.85 33.85	150m: 1:55.80 42.73	250m: 3:24.78 46.86	350m: 4:49.28 37.32		
	100m: 1:13.07 39.22	200m: 2:37.92 42.12	300m: 4:11.96 47.18	400m: 5:25.49 36.21		
8.	Ana Sofia Costa	95	Alcobaça	5:26.28	+0,88	563
	50m: 33.87 33.87	150m: 1:55.44 43.18	250m: 3:25.30 48.19	350m: 4:50.14 36.87		
	100m: 1:12.26 38.39	200m: 2:37.11 41.67	300m: 4:13.27 47.97	400m: 5:26.28 36.14		
9.	Leonor Mourinho Neves	95	Sporting	5:26.63	+0,90	561
	<i>FTL</i>					
	50m: 34.33 34.33	150m: 1:57.43 42.97	250m: 3:27.01 46.89	350m: 4:51.45 36.75		
	100m: 1:14.46 40.13	200m: 2:40.12 42.69	300m: 4:14.70 47.69	400m: 5:26.63 35.18		
10.	Mafalda Jotta Garcia	94	Algés	5:27.64	+0,75	556
	<i>FTL</i>					
	50m: 35.29 35.29	150m: 2:00.11 43.54	250m: 3:26.22 44.59	350m: 4:50.52 39.72		
	100m: 1:16.57 41.28	200m: 2:41.63 41.52	300m: 4:10.80 44.58	400m: 5:27.64 37.12		
11.	Carolina Francisco Gomes	95	Naval da Nazaré	5:28.89	+0,96	549
	<i>FTL</i>					
	50m: 34.25 34.25	150m: 1:55.50 42.82	250m: 3:26.96 49.62	350m: 4:53.08 37.45		
	100m: 1:12.68 38.43	200m: 2:37.34 41.84	300m: 4:15.63 48.67	400m: 5:28.89 35.81		
12.	Ines Filipa Borges	95	Alcobaça	5:33.04	+0,84	529
	<i>FTL</i>					
	50m: 33.88 33.88	150m: 1:56.22 43.41	250m: 3:26.04 48.26	350m: 4:54.32 38.62		
	100m: 1:12.81 38.93	200m: 2:37.78 41.56	300m: 4:15.70 49.66	400m: 5:33.04 38.72		

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Prova 19, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
13.	Marisa Alexandra Lage <i>FTL</i>	94	Viana Natação	5:34.12	+0,79	524	
	50m: 34.11 34.11	150m: 1:56.90	42.55	250m: 3:29.19	49.66	350m: 4:57.02	37.72
	100m: 1:14.35 40.24	200m: 2:39.53	42.63	300m: 4:19.30	50.11	400m: 5:34.12	37.10

Seniores

1.	Nadia Morais Vieira <i>Rec Nac Absoluto, e Rec Nac Senior</i>	90	Geslours	4:50.58	+0,67	797	
	50m: 31.17 31.17	150m: 1:43.87	37.58	250m: 3:01.96	41.49	350m: 4:17.37	34.44
	100m: 1:06.29 35.12	200m: 2:20.47	36.60	300m: 3:42.93	40.97	400m: 4:50.58	33.21
2.	Marta Pereira Abreu	92	Natação de Faro	5:04.78	+0,80	690	
	50m: 32.39 32.39	150m: 1:47.82	38.19	250m: 3:08.96	43.21	350m: 4:29.76	36.45
	100m: 1:09.63 37.24	200m: 2:25.75	37.93	300m: 3:53.31	44.35	400m: 5:04.78	35.02
3.	Mara Lisboa e Silva	93	Bairro dos Anjos	5:11.37	+0,91	648	
	50m: 32.69 32.69	150m: 1:50.20	40.01	250m: 3:16.14	47.40	350m: 4:38.67	35.58
	100m: 1:10.19 37.50	200m: 2:28.74	38.54	300m: 4:03.09	46.95	400m: 5:11.37	32.70
4.	Maria Miguel Veloso	93	Náutico/Matobra	5:12.25	+0,95	642	
	50m: 32.80 32.80	150m: 1:50.60	41.25	250m: 3:18.48	46.96	350m: 4:38.96	34.61
	100m: 1:09.35 36.55	200m: 2:31.52	40.92	300m: 4:04.35	45.87	400m: 5:12.25	33.29
5.	Lara Santana Pinheiro	92	Belenenses	5:12.27	+0,83	642	
	50m: 33.88 33.88	150m: 1:54.11	40.90	250m: 3:18.12	44.05	350m: 4:38.28	35.64
	100m: 1:13.21 39.33	200m: 2:34.07	39.96	300m: 4:02.64	44.52	400m: 5:12.27	33.99
6.	Ana Catarina Monteiro	93	Vilacondense	5:12.82	+0,97	639	
	50m: 31.14 31.14	150m: 1:47.11	40.59	250m: 3:13.45	46.74	350m: 4:37.18	36.10
	100m: 1:06.52 35.38	200m: 2:26.71	39.60	300m: 4:01.08	47.63	400m: 5:12.82	35.64
7.	Ana Beatriz Pereira	91	Louletano/Loulé Concelho	5:15.07	+0,78	625	
	50m: 31.90 31.90	150m: 1:51.97	43.09	250m: 3:18.12	43.63	350m: 4:38.93	36.45
	100m: 1:08.88 36.98	200m: 2:34.49	42.52	300m: 4:02.48	44.36	400m: 5:15.07	36.14
8.	Ana Filipa Carmo <i>FTL</i>	93	Colégio Vasco da Gama	5:20.90	+0,87	592	
	50m: 32.44 32.44	150m: 1:52.78	42.29	250m: 3:20.51	46.56	350m: 4:44.65	37.40
	100m: 1:10.49 38.05	200m: 2:33.95	41.17	300m: 4:07.25	46.74	400m: 5:20.90	36.25
EXH	Victoriya Kaminskaya	95	Pimpões/Cimai	5:14.77	+0,85	627	
	50m: 31.84 31.84	150m: 1:51.08	41.97	250m: 3:15.97	43.88	350m: 4:38.43	36.97
	100m: 1:09.11 37.27	200m: 2:32.09	41.01	300m: 4:01.46	45.49	400m: 5:14.77	36.34