

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

Prova 23
10.4.10 - 16:30

Femin., 400m Livres

15 anos e mais velhos
Resultados

RNABS	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
RNSEN	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
RNJUN	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	4.8.02

TAC-SENF Sen: 4:41.00 / TAC-JUNF Jun: 4:47.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Andreia Catarina Gomes	94	Vitória de Guimarães	4:26.79	+0,84	720
	50m: 30.17 30.17	150m: 1:37.56 34.19	250m: 2:45.81 34.06	350m: 3:54.54 34.58		
	100m: 1:03.37 33.20	200m: 2:11.75 34.19	300m: 3:19.96 34.15	400m: 4:26.79 32.25		
2.	Angelica Maria Andre	94	Leixões	4:31.08	+0,85	686
	50m: 31.84 31.84	150m: 1:39.85 34.25	250m: 2:48.33 34.35	350m: 3:58.43 35.20		
	100m: 1:05.60 33.76	200m: 2:13.98 34.13	300m: 3:23.23 34.90	400m: 4:31.08 32.65		
3.	Carolina Cunha Martins	95	Náutico/Matobra	4:32.45	+0,92	676
	50m: 30.88 30.88	150m: 1:39.56 34.65	250m: 2:49.06 34.75	350m: 3:58.32 34.61		
	100m: 1:04.91 34.03	200m: 2:14.31 34.75	300m: 3:23.71 34.65	400m: 4:32.45 34.13		
4.	Patricia Garcia Marinho	94	Sporting	4:35.33	+0,87	655
	50m: 30.99 30.99	150m: 1:39.35 34.56	250m: 2:49.13 34.80	350m: 3:59.98 35.44		
	100m: 1:04.79 33.80	200m: 2:14.33 34.98	300m: 3:24.54 35.41	400m: 4:35.33 35.35		
5.	Catia Raquel Martinheira	95	Louletano/Loulé Concelho	4:35.72	+0,72	652
	50m: 31.38 31.38	150m: 1:39.92 34.83	250m: 2:49.40 34.84	350m: 4:00.94 35.78		
	100m: 1:05.09 33.71	200m: 2:14.56 34.64	300m: 3:25.16 35.76	400m: 4:35.72 34.78		
6.	Leonor Mourinho Neves	95	Sporting	4:35.78	+0,89	652
	50m: 31.09 31.09	150m: 1:40.05 34.96	250m: 2:50.60 35.23	350m: 4:01.37 35.34		
	100m: 1:05.09 34.00	200m: 2:15.37 35.32	300m: 3:26.03 35.43	400m: 4:35.78 34.41		
7.	Ines Sofia Sampaio	94	Académico Viseu	4:37.28	+0,87	641
	50m: 31.75 31.75	150m: 1:41.71 35.15	250m: 2:53.17 35.58	350m: 4:03.60 35.00		
	100m: 1:06.56 34.81	200m: 2:17.59 35.88	300m: 3:28.60 35.43	400m: 4:37.28 33.68		
8.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:37.89	+0,87	637
	50m: 31.26 31.26	150m: 1:41.16 35.29	250m: 2:51.86 35.09	350m: 4:03.53 35.69		
	100m: 1:05.87 34.61	200m: 2:16.77 35.61	300m: 3:27.84 35.98	400m: 4:37.89 34.36		
9.	Marisa Alexandra Lage	94	Viana Natação	4:38.27	+0,93	634
	50m: 31.21 31.21	150m: 1:40.04 34.92	250m: 2:50.58 35.47	350m: 4:02.93 36.30		
	100m: 1:05.12 33.91	200m: 2:15.11 35.07	300m: 3:26.63 36.05	400m: 4:38.27 35.34		
10.	Maria Luis Amorim	95	Porto/Dolce Vita	4:40.63	+0,95	618
	50m: 31.81 31.81	150m: 1:42.03 35.51	250m: 2:53.51 35.68	350m: 4:05.24 35.90		
	100m: 1:06.52 34.71	200m: 2:17.83 35.80	300m: 3:29.34 35.83	400m: 4:40.63 35.39		
11.	Cassandra Pedro Oliveira	95	Vilacondense	4:40.67		618
	50m: 32.27 32.27	150m: 1:43.06 35.66	250m: 2:54.20 35.85	350m: 4:05.82 36.22		
	100m: 1:07.40 35.13	200m: 2:18.35 35.29	300m: 3:29.60 35.40	400m: 4:40.67 34.85		
12.	Marta Sofia Cunha	95	Sporting	4:44.22	+0,79	595
	50m: 32.32 32.32	150m: 1:43.34 35.91	250m: 2:55.93 36.36	350m: 4:08.83 36.32		
	100m: 1:07.43 35.11	200m: 2:19.57 36.23	300m: 3:32.51 36.58	400m: 4:44.22 35.39		
13.	Mafalda Gomes Beleza	94	Sporting	4:44.56		593
	50m: 30.96 30.96	150m: 1:40.60 35.27	250m: 2:54.06 36.69	350m: 4:08.32 36.79		
	100m: 1:05.33 34.37	200m: 2:17.37 36.77	300m: 3:31.53 37.47	400m: 4:44.56 36.24		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Filipa Maria Rompante	95	Famalicão	4:45.70	+0,89	586
	50m: 32.47 32.47	150m: 1:43.86 36.22	250m: 2:56.49 36.64	350m: 4:10.18 36.65		
	100m: 1:07.64 35.17	200m: 2:19.85 35.99	300m: 3:33.53 37.04	400m: 4:45.70 35.52		
15.	Francisca Silva Carmo	94	Famalicão	4:52.75	+0,81	545
	<i>FTL</i>					
	50m: 32.45 32.45	150m: 1:44.89 36.81	250m: 2:59.66 37.78	350m: 4:15.91 38.42		
	100m: 1:08.08 35.63	200m: 2:21.88 36.99	300m: 3:37.49 37.83	400m: 4:52.75 36.84		
16.	Marta Filipa Vinagre	95	Torres Novas	5:01.00	+0,87	501
	<i>FTL</i>					
	50m: 32.63 32.63	150m: 1:46.40 37.72	250m: 3:03.28 39.50	350m: 4:22.83 39.95		
	100m: 1:08.68 36.05	200m: 2:23.78 37.38	300m: 3:42.88 39.60	400m: 5:01.00 38.17		

Seniores

1.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:24.69	+0,86	737
	50m: 30.03 30.03	150m: 1:35.63 33.08	250m: 2:43.13 33.79	350m: 3:51.67 34.24		
	100m: 1:02.55 32.52	200m: 2:09.34 33.71	300m: 3:17.43 34.30	400m: 4:24.69 33.02		
2.	Ana Ribeiro Ferreira	92	Famalicão	4:26.71	+0,88	720
	50m: 30.61 30.61	150m: 1:37.49 34.04	250m: 2:46.21 34.50	350m: 3:54.35 33.90		
	100m: 1:03.45 32.84	200m: 2:11.71 34.22	300m: 3:20.45 34.24	400m: 4:26.71 32.36		
3.	Maria Miguel Veloso	93	Náutico/Matobra	4:27.08	+0,94	717
	50m: 31.03 31.03	150m: 1:37.75 33.71	250m: 2:45.65 34.06	350m: 3:54.00 34.18		
	100m: 1:04.04 33.01	200m: 2:11.59 33.84	300m: 3:19.82 34.17	400m: 4:27.08 33.08		
4.	Joana Filipa Santos	93	Vitória de Guimarães	4:30.09	+0,90	694
	50m: 30.25 30.25	150m: 1:37.80 34.21	250m: 2:46.61 34.58	350m: 3:55.90 34.68		
	100m: 1:03.59 33.34	200m: 2:12.03 34.23	300m: 3:21.22 34.61	400m: 4:30.09 34.19		
5.	Joana Filipa Capela	89	Benfica	4:36.03	+0,78	650
	50m: 30.84 30.84	150m: 1:39.72 35.28	250m: 2:50.59 35.58	350m: 4:02.32 35.96		
	100m: 1:04.44 33.60	200m: 2:15.01 35.29	300m: 3:26.36 35.77	400m: 4:36.03 33.71		
6.	Ana Margarida Domingos	93	Académico Viseu	4:36.10	+0,92	649
	50m: 32.08 32.08	150m: 1:42.28 35.54	250m: 2:53.19 35.41	350m: 4:03.43 35.07		
	100m: 1:06.74 34.66	200m: 2:17.78 35.50	300m: 3:28.36 35.17	400m: 4:36.10 32.67		
7.	Maria Ana Magalhaes	93	Desportiva Limiana	4:37.59	+0,75	639
	50m: 31.58 31.58	150m: 1:40.99 35.07	250m: 2:51.35 35.33	350m: 4:02.84 35.80		
	100m: 1:05.92 34.34	200m: 2:16.02 35.03	300m: 3:27.04 35.69	400m: 4:37.59 34.75		
8.	Alexandra Ribeiro Paula	93	Sporting	4:41.84	+0,76	610
	<i>FTL</i>					
	50m: 31.03 31.03	150m: 1:41.67 35.55	250m: 2:53.70 35.85	350m: 4:06.48 36.14		
	100m: 1:06.12 35.09	200m: 2:17.85 36.18	300m: 3:30.34 36.64	400m: 4:41.84 35.36		
9.	Marta Alexandra Saraiva	93	Uniao Piedense	4:44.40	+0,85	594
	<i>FTL</i>					
	50m: 32.22 32.22	150m: 1:43.10 35.96	250m: 2:55.63 36.47	350m: 4:08.48 36.46		
	100m: 1:07.14 34.92	200m: 2:19.16 36.06	300m: 3:32.02 36.39	400m: 4:44.40 35.92		