

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

Prova 36
11.4.10 - 10:05

Femin., 1500m Livres

15 anos e mais velhos
Resultados

RNABS	17:06.28	Maria Miguel Veloso	CNAC	Faro	21.7.09
RNSEN	17:13.93	Teresa Manuela Ferreira	FCP	Famalicão	31.7.05
RNJUN	17:06.28	Maria Miguel Veloso	CNAC	Faro	21.7.09

TAC-SENF Sen: 18:55.00 / TAC-JUNF Jun: 19:15.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Carolina Cunha Martins	95	Náutico/Matobra	17:48.97	+0,93	685
	100m: 1:08.14 1:08.14	500m: 5:52.84 1:10.87	900m: 10:37.81 1:11.36	1300m: 15:26.13 1:12.42		
	200m: 2:19.54 1:11.40	600m: 7:03.79 1:10.95	1000m: 11:49.43 1:11.62	1400m: 16:38.43 1:12.30		
	300m: 3:30.60 1:11.06	700m: 8:14.98 1:11.19	1100m: 13:01.49 1:12.06	1500m: 17:48.97 1:10.54		
	400m: 4:41.97 1:11.37	800m: 9:26.45 1:11.47	1200m: 14:13.71 1:12.22			
2.	Angelica Maria Andre	94	Leixões	17:51.65	+0,86	680
	100m: 1:07.62 1:07.62	500m: 5:50.63 1:11.33	900m: 10:41.23 1:13.16	1300m: 15:30.53 1:11.78		
	200m: 2:17.39 1:09.77	600m: 7:02.61 1:11.98	1000m: 11:53.57 1:12.34	1400m: 16:42.16 1:11.63		
	300m: 3:27.74 1:10.35	700m: 8:15.94 1:13.33	1100m: 13:06.39 1:12.82	1500m: 17:51.65 1:09.49		
	400m: 4:39.30 1:11.56	800m: 9:28.07 1:12.13	1200m: 14:18.75 1:12.36			
3.	Patricia Garcia Marinho	94	Sporting	17:57.68	+0,94	669
	100m: 1:06.96 1:06.96	500m: 5:53.06 1:11.81	900m: 10:41.93 1:12.30	1300m: 15:32.63 1:13.21		
	200m: 2:17.61 1:10.65	600m: 7:04.83 1:11.77	1000m: 11:54.26 1:12.33	1400m: 16:45.70 1:13.07		
	300m: 3:29.18 1:11.57	700m: 8:17.19 1:12.36	1100m: 13:06.55 1:12.29	1500m: 17:57.68 1:11.98		
	400m: 4:41.25 1:12.07	800m: 9:29.63 1:12.44	1200m: 14:19.42 1:12.87			
4.	Leonor Mourinho Neves	95	Sporting	18:11.54	+0,90	643
	100m: 1:07.05 1:07.05	500m: 5:55.16 1:12.65	900m: 10:47.54 1:13.17	1300m: 15:44.13 1:14.48		
	200m: 2:18.05 1:11.00	600m: 7:07.98 1:12.82	1000m: 12:01.54 1:14.00	1400m: 16:58.14 1:14.01		
	300m: 3:29.80 1:11.75	700m: 8:20.69 1:12.71	1100m: 13:15.56 1:14.02	1500m: 18:11.54 1:13.40		
	400m: 4:42.51 1:12.71	800m: 9:34.37 1:13.68	1200m: 14:29.65 1:14.09			
5.	Ines Sofia Sampaio	94	Académico Viseu	18:26.63	+0,91	617
	100m: 1:08.50 1:08.50	500m: 6:03.27 1:14.41	900m: 11:00.83 1:15.04	1300m: 16:01.64 1:14.61		
	200m: 2:21.41 1:12.91	600m: 7:16.56 1:13.29	1000m: 12:16.28 1:15.45	1400m: 17:16.08 1:14.44		
	300m: 3:35.11 1:13.70	700m: 8:31.09 1:14.53	1100m: 13:32.08 1:15.80	1500m: 18:26.63 1:10.55		
	400m: 4:48.86 1:13.75	800m: 9:45.79 1:14.70	1200m: 14:47.03 1:14.95			
6.	Raquel Paulo Ranito	94	Sporting	18:28.87	+0,82	614
	100m: 1:08.43 1:08.43	500m: 6:05.24 1:14.96	900m: 11:03.33 1:14.65	1300m: 16:02.69 1:15.16		
	200m: 2:22.03 1:13.60	600m: 7:19.56 1:14.32	1000m: 12:18.16 1:14.83	1400m: 17:17.16 1:14.47		
	300m: 3:35.81 1:13.78	700m: 8:33.90 1:14.34	1100m: 13:32.80 1:14.64	1500m: 18:28.87 1:11.71		
	400m: 4:50.28 1:14.47	800m: 9:48.68 1:14.78	1200m: 14:47.53 1:14.73			
7.	Marta Sofia Cunha	95	Sporting	18:45.81	+0,68	586
	100m: 1:09.36 1:09.36	500m: 6:06.27 1:15.16	900m: 11:08.06 1:15.71	1300m: 16:14.71 1:16.28		
	200m: 2:22.59 1:13.23	600m: 7:21.60 1:15.33	1000m: 12:24.03 1:15.97	1400m: 17:31.08 1:16.37		
	300m: 3:36.85 1:14.26	700m: 8:36.95 1:15.35	1100m: 13:40.89 1:16.86	1500m: 18:45.81 1:14.73		
	400m: 4:51.11 1:14.26	800m: 9:52.35 1:15.40	1200m: 14:58.43 1:17.54			
8.	Mariana Rocha Valente	95	Náutico/Matobra	18:47.35	+0,71	584
	100m: 1:09.41 1:09.41	500m: 6:07.04 1:15.04	900m: 11:10.07 1:16.50	1300m: 16:16.86 1:17.41		
	200m: 2:23.04 1:13.63	600m: 7:21.86 1:14.82	1000m: 12:26.46 1:16.39	1400m: 17:32.92 1:16.06		
	300m: 3:37.37 1:14.33	700m: 8:37.41 1:15.55	1100m: 13:42.84 1:16.38	1500m: 18:47.35 1:14.43		
	400m: 4:52.00 1:14.63	800m: 9:53.57 1:16.16	1200m: 14:59.45 1:16.61			

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Coimbra, 9. - 11.4.2010

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Ana Sofia Costa	95	Alcobaça	18:57.01	+0,88	569
	100m: 1:09.68 1:09.68	500m: 6:10.67 1:15.90	900m: 11:15.49 1:16.56	1300m: 16:24.42 1:17.15		
	200m: 2:24.16 1:14.48	600m: 7:26.61 1:15.94	1000m: 12:32.43 1:16.94	1400m: 17:41.35 1:16.93		
	300m: 3:38.97 1:14.81	700m: 8:42.40 1:15.79	1100m: 13:49.65 1:17.22	1500m: 18:57.01 1:15.66		
	400m: 4:54.77 1:15.80	800m: 9:58.93 1:16.53	1200m: 15:07.27 1:17.62			

Seniores

1.	Maria Miguel Veloso	93	Náutico/Matobra	17:31.15	+0,95	720
	100m: 1:06.66 1:06.66	500m: 5:44.27 1:09.74	900m: 10:26.63 1:11.14	1300m: 15:11.09 1:10.84		
	200m: 2:15.85 1:09.19	600m: 6:54.60 1:10.33	1000m: 11:37.75 1:11.12	1400m: 16:22.15 1:11.06		
	300m: 3:25.12 1:09.27	700m: 8:05.05 1:10.45	1100m: 12:48.79 1:11.04	1500m: 17:31.15 1:09.00		
	400m: 4:34.53 1:09.41	800m: 9:15.49 1:10.44	1200m: 14:00.25 1:11.46			
2.	Joana Filipa Santos	93	Vitória de Guimarães	17:45.30	+0,93	692
	100m: 1:06.79 1:06.79	500m: 5:46.97 1:10.66	900m: 10:34.20 1:12.29	1300m: 15:22.42 1:12.52		
	200m: 2:16.67 1:09.88	600m: 6:58.35 1:11.38	1000m: 11:45.86 1:11.66	1400m: 16:34.45 1:12.03		
	300m: 3:26.34 1:09.67	700m: 8:09.98 1:11.63	1100m: 12:57.58 1:11.72	1500m: 17:45.30 1:10.85		
	400m: 4:36.31 1:09.97	800m: 9:21.91 1:11.93	1200m: 14:09.90 1:12.32			
3.	Lara Santana Pinheiro	92	Belenenses	18:00.57	+0,98	663
	100m: 1:07.77 1:07.77	500m: 5:53.13 1:11.66	900m: 10:41.38 1:12.39	1300m: 15:34.69 1:14.16		
	200m: 2:18.73 1:10.96	600m: 7:04.65 1:11.52	1000m: 11:54.39 1:13.01	1400m: 16:48.52 1:13.83		
	300m: 3:30.12 1:11.39	700m: 8:16.94 1:12.29	1100m: 13:07.33 1:12.94	1500m: 18:00.57 1:12.05		
	400m: 4:41.47 1:11.35	800m: 9:28.99 1:12.05	1200m: 14:20.53 1:13.20			
4.	Maria Ana Magalhaes	93	Desportiva Limiana	18:08.20	+0,80	649
	100m: 1:07.44 1:07.44	500m: 5:57.71 1:12.70	900m: 10:48.46 1:12.99	1300m: 15:41.84 1:13.29		
	200m: 2:19.71 1:12.27	600m: 7:10.26 1:12.55	1000m: 12:01.71 1:13.25	1400m: 16:55.33 1:13.49		
	300m: 3:32.20 1:12.49	700m: 8:22.99 1:12.73	1100m: 13:15.20 1:13.49	1500m: 18:08.20 1:12.87		
	400m: 4:45.01 1:12.81	800m: 9:35.47 1:12.48	1200m: 14:28.55 1:13.35			
5.	Marta Alexandra Saraiva	93	Uniao Piedense	18:27.73	+0,90	616
	100m: 1:09.19 1:09.19	500m: 6:02.09 1:13.19	900m: 10:59.37 1:14.55	1300m: 15:58.87 1:14.47		
	200m: 2:22.55 1:13.36	600m: 7:16.08 1:13.99	1000m: 12:14.50 1:15.13	1400m: 17:13.63 1:14.76		
	300m: 3:35.32 1:12.77	700m: 8:30.20 1:14.12	1100m: 13:29.16 1:14.66	1500m: 18:27.73 1:14.10		
	400m: 4:48.90 1:13.58	800m: 9:44.82 1:14.62	1200m: 14:44.40 1:15.24			
6.	Tatiana Ladeiro Santos	92	Geslours	18:38.72	+0,76	598
	100m: 1:09.38 1:09.38	500m: 6:08.39 1:15.32	900m: 11:07.47 1:14.91	1300m: 16:09.14 1:15.87		
	200m: 2:22.81 1:13.43	600m: 7:22.94 1:14.55	1000m: 12:22.53 1:15.06	1400m: 17:24.39 1:15.25		
	300m: 3:37.86 1:15.05	700m: 8:37.81 1:14.87	1100m: 13:38.09 1:15.56	1500m: 18:38.72 1:14.33		
	400m: 4:53.07 1:15.21	800m: 9:52.56 1:14.75	1200m: 14:53.27 1:15.18			
7.	Alexandra Ribeiro Paula	93	Sporting	18:39.06	+0,83	597
	100m: 1:09.08 1:09.08	500m: 6:04.09 1:14.56	900m: 11:05.70 1:15.44	1300m: 16:09.31 1:15.91		
	200m: 2:22.29 1:13.21	600m: 7:19.36 1:15.27	1000m: 12:21.51 1:15.81	1400m: 17:25.51 1:16.20		
	300m: 3:35.54 1:13.25	700m: 8:34.74 1:15.38	1100m: 13:37.61 1:16.10	1500m: 18:39.06 1:13.55		
	400m: 4:49.53 1:13.99	800m: 9:50.26 1:15.52	1200m: 14:53.40 1:15.79			
8.	Daniela Filipa Pinto	91	Vitória de Guimarães	19:07.37	+0,85	554
	FTL					
	100m: 1:08.41 1:08.41	500m: 6:09.75 1:15.86	900m: 11:19.72 1:18.60	1300m: 16:33.97 1:17.67		
	200m: 2:22.22 1:13.81	600m: 7:26.29 1:16.54	1000m: 12:38.64 1:18.92	1400m: 17:50.79 1:16.82		
	300m: 3:37.93 1:15.71	700m: 8:43.46 1:17.17	1100m: 13:57.44 1:18.80	1500m: 19:07.37 1:16.58		
	400m: 4:53.89 1:15.96	800m: 10:01.12 1:17.66	1200m: 15:16.30 1:18.86			