

Campeonato Nacional de Juvenis PL
Oeiras, 25- - 27-3-2011

Prova 1 Juvenis
25-03-2011 - 16:00 Resultados

Recordes Nacionais 50m Absoluto	4:50.58	Nadia Morais Vieira	GESL	Coimbra	10-04-2010
Recordes Nacionais 50m Juv	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004

TAC Fem Juv : 5:45.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:09.15	+0,94	662
	50m: 33.47 33.47	150m: 1:51.72 40.82	250m: 3:16.24 44.03	350m: 4:35.21 35.22		
	100m: 1:10.90 37.43	200m: 2:32.21 40.49	300m: 3:59.99 43.75	400m: 5:09.15 33.94		
2.	Maria Teresa Amorim	97	Porto/Dolce Vita	5:19.05	+0,96	602
	50m: 32.36 32.36	150m: 1:51.59 41.63	250m: 3:20.35 47.61	350m: 4:43.80 36.14		
	100m: 1:09.96 37.60	200m: 2:32.74 41.15	300m: 4:07.66 47.31	400m: 5:19.05 35.25		
3.	Sara Monteiro Meireles	97	Gespacos	5:19.82	+0,90	598
	50m: 33.29 33.29	150m: 1:54.18 42.66	250m: 3:23.68 46.41	350m: 4:44.71 37.09		
	100m: 1:11.52 38.23	200m: 2:37.27 43.09	300m: 4:07.62 43.94	400m: 5:19.82 35.11		
4.	Filipa Vicente Custois	97	Benedita	5:23.57	+0,93	577
	50m: 33.88 33.88	150m: 1:53.38 41.49	250m: 3:21.72 47.09	350m: 4:47.48 38.09		
	100m: 1:11.89 38.01	200m: 2:34.63 41.25	300m: 4:09.39 47.67	400m: 5:23.57 36.09		
5.	Barbara Marques Rodrigues	97	Alges	5:24.18	+0,92	574
	50m: 34.48 34.48	150m: 1:56.12 42.45	250m: 3:23.50 46.39	350m: 4:48.36 36.60		
	100m: 1:13.67 39.19	200m: 2:37.11 40.99	300m: 4:11.76 48.26	400m: 5:24.18 35.82		
6.	Bruna Elisabete Paulino	97	Alcobaca	5:27.68	+0,84	556
	50m: 34.37 34.37	150m: 1:52.28 40.88	250m: 3:22.22 49.98	350m: 4:49.96 37.57		
	100m: 1:11.40 37.03	200m: 2:32.24 39.96	300m: 4:12.39 50.17	400m: 5:27.68 37.72		
7.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	5:31.03	+0,81	539
	50m: 36.53 36.53	150m: 2:01.28 44.42	250m: 3:29.46 45.62	350m: 4:53.44 38.45		
	100m: 1:16.86 40.33	200m: 2:43.84 42.56	300m: 4:14.99 45.53	400m: 5:31.03 37.59		
8.	Andreia Margarida Morgado	97	Nautico/Matobra	5:33.18	+0,86	528
	50m: 33.87 33.87	150m: 1:58.04 43.57	250m: 3:28.58 45.88	350m: 4:56.34 39.82		
	100m: 1:14.47 40.60	200m: 2:42.70 44.66	300m: 4:16.52 47.94	400m: 5:33.18 36.84		
9.	Barbara Sofia Barata	97	Benfica	5:34.45	+0,80	522
	50m: 33.63 33.63	150m: 1:59.48 45.22	250m: 3:28.53 46.17	350m: 4:55.44 40.58		
	100m: 1:14.26 40.63	200m: 2:42.36 42.88	300m: 4:14.86 46.33	400m: 5:34.45 39.01		
10.	Daniela Figueiredo Metelo	97	Nautico/Matobra	5:34.90	+0,91	520
	50m: 34.23 34.23	150m: 1:57.40 43.91	250m: 3:27.60 48.39	350m: 4:56.78 38.80		
	100m: 1:13.49 39.26	200m: 2:39.21 41.81	300m: 4:17.98 50.38	400m: 5:34.90 38.12		
11.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeiro	5:35.18	+0,94	519
	50m: 33.41 33.41	150m: 1:58.39 45.09	250m: 3:30.89 48.76	350m: 4:58.30 38.06		
	100m: 1:13.30 39.89	200m: 2:42.13 43.74	300m: 4:20.24 49.35	400m: 5:35.18 36.88		
12.	Iolanda Ribeiro Pinheiro	97	Penafiel	5:36.42	+0,81	513
	50m: 32.30 32.30	150m: 1:53.86 43.25	250m: 3:28.96 53.04	350m: 4:59.58 38.12		
	100m: 1:10.61 38.31	200m: 2:35.92 42.06	300m: 4:21.46 52.50	400m: 5:36.42 36.84		
13.	Ana Catarina Pereira	97	Porto/Dolce Vita	5:39.69	+0,93	499
	50m: 33.62 33.62	150m: 1:59.53 45.02	250m: 3:31.91 48.80	350m: 5:02.65 38.99		
	100m: 1:14.51 40.89	200m: 2:43.11 43.58	300m: 4:23.66 51.75	400m: 5:39.69 37.04		
14.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	5:39.72	+0,93	498
	50m: 37.26 37.26	150m: 2:05.17 44.13	250m: 3:36.01 48.84	350m: 5:02.87 38.68		
	100m: 1:21.04 43.78	200m: 2:47.17 42.00	300m: 4:24.19 48.18	400m: 5:39.72 36.85		

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Prova 1, Femin., 400m Estilos, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Ines Silva Mendes	97	Nautico/Matobra	5:41.75	+1,04	490
	50m: 35.85 35.85	150m: 2:03.04 44.84	250m: 3:35.81 49.80	350m: 5:04.49 37.75		
	100m: 1:18.20 42.35	200m: 2:46.01 42.97	300m: 4:26.74 50.93	400m: 5:41.75 37.26		
16.	Diana Sofia Silva	97	Braga	5:43.87	+0,94	481
	50m: 35.98 35.98	150m: 2:03.74 43.86	250m: 3:34.52 48.06	350m: 5:03.44 40.22		
	100m: 1:19.88 43.90	200m: 2:46.46 42.72	300m: 4:23.22 48.70	400m: 5:43.87 40.43		
17.	Ana Sofia Ramos	97	Fafe	5:44.77	+0,97	477
	50m: 35.68 35.68	150m: 2:03.52 45.62	250m: 3:37.41 49.49	350m: 5:06.43 38.37		
	100m: 1:17.90 42.22	200m: 2:47.92 44.40	300m: 4:28.06 50.65	400m: 5:44.77 38.34		
18.	Matilde Domingues Gameiro	97	Nautico/Matobra	5:45.47	+1,09	474
	<i>FTL</i>					
	50m: 36.15 36.15	150m: 2:05.90 44.22	250m: 3:39.11 49.11	350m: 5:07.64 37.83		
	100m: 1:21.68 45.53	200m: 2:50.00 44.10	300m: 4:29.81 50.70	400m: 5:45.47 37.83		
19.	Maria Beatriz Ribeiro	97	Natacao da Maia	5:45.77	+0,88	473
	<i>FTL</i>					
	50m: 36.46 36.46	150m: 2:05.31 45.92	250m: 3:38.42 48.06	350m: 5:06.88 40.03		
	100m: 1:19.39 42.93	200m: 2:50.36 45.05	300m: 4:26.85 48.43	400m: 5:45.77 38.89		
20.	Sonia Alexandra Leite	97	Vitoria de Guimaraes	5:47.55	+0,77	465
	<i>FTL</i>					
	50m: 35.69 35.69	150m: 1:59.79 43.70	250m: 3:36.27 53.33	350m: 5:09.05 39.28		
	100m: 1:16.09 40.40	200m: 2:42.94 43.15	300m: 4:29.77 53.50	400m: 5:47.55 38.50		
21.	Sofia Isabel Tavares	97	Porto/Dolce Vita	5:47.56	+0,88	465
	<i>FTL</i>					
	50m: 35.85 35.85	150m: 2:08.12 48.29	250m: 3:41.30 47.62	350m: 5:10.31 40.32		
	100m: 1:19.83 43.98	200m: 2:53.68 45.56	300m: 4:29.99 48.69	400m: 5:47.56 37.25		
22.	Sofia Alexandra Valinhas	97	Famalicao	5:47.73	+0,83	465
	<i>FTL</i>					
	50m: 34.59 34.59	150m: 2:01.24 46.62	250m: 3:38.98 51.36	350m: 5:10.39 40.25		
	100m: 1:14.62 40.03	200m: 2:47.62 46.38	300m: 4:30.14 51.16	400m: 5:47.73 37.34		
23.	Joana Crespo Domingues	97	Nautico da Marinha Grande	5:49.93	+0,86	456
	<i>FTL</i>					
	50m: 35.97 35.97	150m: 2:07.10 45.53	250m: 3:41.07 49.58	350m: 5:11.15 40.27		
	100m: 1:21.57 45.60	200m: 2:51.49 44.39	300m: 4:30.88 49.81	400m: 5:49.93 38.78		
EXH	Debora Goncalves Patrocinio	97	Litoral Alentejano	5:44.85	+0,75	477
	50m: 36.57 36.57	150m: 2:04.92 44.29	250m: 3:35.76 46.87	350m: 5:05.44 41.11		
	100m: 1:20.63 44.06	200m: 2:48.89 43.97	300m: 4:24.33 48.57	400m: 5:44.85 39.41		