

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

Prova 20 Femin., 400m Livres Juvenis
27-03-2011 - 10:35 Resultados

Recordes Nacionais 50m Absoluto 4:19.89 Ana Feio Alegria FPN Barcelona (ESP) 30-05-1996
Recordes Nacionais 50m Juv 4:28.67 tempo limite

TAC Fem Juv : 5:01.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:32.05	+0,93	679
	50m: 31.28 31.28 150m: 1:39.06 34.25 250m: 2:48.81 34.86 350m: 3:58.29 34.68					
	100m: 1:04.81 33.53 200m: 2:13.95 34.89 300m: 3:23.61 34.80 400m: 4:32.05 33.76					
2.	Maria Teresa Amorim	97	Porto/Dolce Vita	4:39.68	+0,91	625
	50m: 32.20 32.20 150m: 1:42.85 35.28 250m: 2:54.34 35.64 350m: 4:05.40 35.11					
	100m: 1:07.57 35.37 200m: 2:18.70 35.85 300m: 3:30.29 35.95 400m: 4:39.68 34.28					
3.	Ana Filipa Martins	97	Foca	4:43.23	+0,95	601
	50m: 31.89 31.89 150m: 1:42.52 35.91 250m: 2:54.90 36.31 350m: 4:07.63 36.51					
	100m: 1:06.61 34.72 200m: 2:18.59 36.07 300m: 3:31.12 36.22 400m: 4:43.23 35.60					
4.	Barbara Marques Rodrigues	97	Alges	4:44.80	+0,97	592
	50m: 32.20 32.20 150m: 1:43.56 36.36 250m: 2:56.91 36.83 350m: 4:09.37 36.32					
	100m: 1:07.20 35.00 200m: 2:20.08 36.52 300m: 3:33.05 36.14 400m: 4:44.80 35.43					
5.	Beatriz Filipa Matos	97	Nautico/Matobra	4:49.25	+0,88	565
	50m: 32.54 32.54 150m: 1:44.72 36.48 250m: 2:59.31 37.33 350m: 4:13.50 36.92					
	100m: 1:08.24 35.70 200m: 2:21.98 37.26 300m: 3:36.58 37.27 400m: 4:49.25 35.75					
6.	Carolina Sanchez Rodrigues	97	Alges	4:50.57	+0,80	557
	50m: 31.41 31.41 150m: 1:43.76 37.03 250m: 2:58.63 37.84 350m: 4:13.89 37.42					
	100m: 1:06.73 35.32 200m: 2:20.79 37.03 300m: 3:36.47 37.84 400m: 4:50.57 36.68					
7.	Sara Faria Costa	97	Braga	4:51.08	+1,05	554
	50m: 31.94 31.94 150m: 1:44.85 37.11 250m: 2:59.98 37.87 350m: 4:15.15 37.19					
	100m: 1:07.74 35.80 200m: 2:22.11 37.26 300m: 3:37.96 37.98 400m: 4:51.08 35.93					
8.	Daniela Figueiredo Metelo	97	Nautico/Matobra	4:55.21	+0,89	531
	50m: 32.53 32.53 150m: 1:46.01 37.37 250m: 3:02.45 38.31 350m: 4:18.65 37.76					
	100m: 1:08.64 36.11 200m: 2:24.14 38.13 300m: 3:40.89 38.44 400m: 4:55.21 36.56					
9.	Mariana Ramalinho Mascarenhas	97	Naval Setubalense	4:55.60	+0,83	529
	50m: 33.13 33.13 150m: 1:45.51 37.33 250m: 3:02.15 38.48 350m: 4:18.92 38.20					
	100m: 1:08.18 35.05 200m: 2:23.67 38.16 300m: 3:40.72 38.57 400m: 4:55.60 36.68					
10.	Andreia Margarida Morgado	97	Nautico/Matobra	4:56.13	+0,85	526
	50m: 32.86 32.86 150m: 1:47.13 37.99 250m: 3:04.16 38.73 350m: 4:21.44 38.25					
	100m: 1:09.14 36.28 200m: 2:25.43 38.30 300m: 3:43.19 39.03 400m: 4:56.13 34.69					
11.	Matilde Domingues Gameiro	97	Nautico/Matobra	4:56.46	+1,02	524
	50m: 32.47 32.47 150m: 1:46.65 37.85 250m: 3:02.52 38.03 350m: 4:19.60 38.76					
	100m: 1:08.80 36.33 200m: 2:24.49 37.84 300m: 3:40.84 38.32 400m: 4:56.46 36.86					
12.	Cecilia Branco Almeida	97	Geslours	4:56.53	+0,86	524
	50m: 33.63 33.63 150m: 1:47.88 37.85 250m: 3:04.32 38.72 350m: 4:19.99 37.82					
	100m: 1:10.03 36.40 200m: 2:25.60 37.72 300m: 3:42.17 37.85 400m: 4:56.53 36.54					
13.	Adriana Daniela Castro	97	Fluvial Portuense	4:56.96	+0,92	522
	50m: 34.49 34.49 150m: 1:50.54 38.36 250m: 3:07.41 38.68 350m: 4:22.54 37.40					
	100m: 1:12.18 37.69 200m: 2:28.73 38.19 300m: 3:45.14 37.73 400m: 4:56.96 34.42					
14.	Ines Silva Mendes	97	Nautico/Matobra	4:57.18	+0,92	521
	50m: 33.15 33.15 150m: 1:47.21 37.48 250m: 3:03.60 37.93 350m: 4:20.31 37.83					
	100m: 1:09.73 36.58 200m: 2:25.67 38.46 300m: 3:42.48 38.88 400m: 4:57.18 36.87					

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Maria Joao Fernandes	97	Porto/Dolce Vita	4:57.34	+0,82	520
	50m: 32.84 32.84	150m: 1:47.65 38.36	250m: 3:05.86 38.62	350m: 4:21.63 36.83		
	100m: 1:09.29 36.45	200m: 2:27.24 39.59	300m: 3:44.80 38.94	400m: 4:57.34 35.71		
16.	Ana Micaela Carvalho	97	Famalicao	4:59.10	+0,89	511
	50m: 33.12 33.12	150m: 1:47.84 37.77	250m: 3:04.84 38.89	350m: 4:21.55 38.24		
	100m: 1:10.07 36.95	200m: 2:25.95 38.11	300m: 3:43.31 38.47	400m: 4:59.10 37.55		
17.	Patricia Daniela Machado	97	Braga	4:59.11	+0,99	511
	50m: 33.10 33.10	150m: 1:47.98 38.15	250m: 3:04.97 38.44	350m: 4:21.80 38.26		
	100m: 1:09.83 36.73	200m: 2:26.53 38.55	300m: 3:43.54 38.57	400m: 4:59.11 37.31		
18.	Luana Raquel Alves	97	Ancorensis/Serrallharia Ribeiro	4:59.50	+0,99	509
	50m: 33.02 33.02	150m: 1:47.11 37.88	250m: 3:05.26 39.04	350m: 4:22.52 38.38		
	100m: 1:09.23 36.21	200m: 2:26.22 39.11	300m: 3:44.14 38.88	400m: 4:59.50 36.98		
19.	Mafalda Mendes Magalhaes	97	Porto/Dolce Vita	5:00.46	+0,89	504
	50m: 34.08 34.08	150m: 1:50.97 38.31	250m: 3:07.98 38.23	350m: 4:24.80 38.09		
	100m: 1:12.66 38.58	200m: 2:29.75 38.78	300m: 3:46.71 38.73	400m: 5:00.46 35.66		
20.	Sara Filipe Marcos	97	Natacao de Olhao	5:01.11	+0,84	500
	50m: 34.23 34.23	150m: 1:49.72 38.29	250m: 3:06.78 38.69	350m: 4:23.69 38.11		
	100m: 1:11.43 37.20	200m: 2:28.09 38.37	300m: 3:45.58 38.80	400m: 5:01.11 37.42		
21.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	5:01.31	+0,75	500
	50m: 33.42 33.42	150m: 1:49.23 37.90	250m: 3:06.13 38.72	350m: 4:23.48 38.79		
	100m: 1:11.33 37.91	200m: 2:27.41 38.18	300m: 3:44.69 38.56	400m: 5:01.31 37.83		
22.	Matilde Cotrim Vasconcelos	97	Naval do Funchal	5:02.34	+0,77	494
	<i>FTL</i>					
	50m: 32.44 32.44	150m: 1:48.67 39.49	250m: 3:08.76 40.20	350m: 4:25.77 38.34		
	100m: 1:09.18 36.74	200m: 2:28.56 39.89	300m: 3:47.43 38.67	400m: 5:02.34 36.57		
23.	Ines Sofia Borba	97	Litoral Alentejano	5:03.50	+0,86	489
	<i>FTL</i>					
	50m: 33.06 33.06	150m: 1:48.01 38.25	250m: 3:05.87 39.35	350m: 4:24.70 39.62		
	100m: 1:09.76 36.70	200m: 2:26.52 38.51	300m: 3:45.08 39.21	400m: 5:03.50 38.80		
24.	Catarina Ramos Moura	97	Scalabisport	5:06.08	+0,85	476
	<i>FTL</i>					
	50m: 34.33 34.33	150m: 1:50.86 39.01	250m: 3:09.26 39.32	350m: 4:27.91 39.71		
	100m: 1:11.85 37.52	200m: 2:29.94 39.08	300m: 3:48.20 38.94	400m: 5:06.08 38.17		
25.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	5:06.69	+0,81	474
	<i>FTL</i>					
	50m: 33.58 33.58	150m: 1:50.18 38.42	250m: 3:09.08 38.80	350m: 4:28.33 38.71		
	100m: 1:11.76 38.18	200m: 2:30.28 40.10	300m: 3:49.62 40.54	400m: 5:06.69 38.36		
26.	Mafalda Cristina Pita	97	Electrico Clube	5:08.87	+1,04	464
	<i>FTL</i>					
	50m: 33.89 33.89	150m: 1:50.96 39.59	250m: 3:09.67 39.63	350m: 4:29.21 39.37		
	100m: 1:11.37 37.48	200m: 2:30.04 39.08	300m: 3:49.84 40.17	400m: 5:08.87 39.66		
27.	Ana Sofia Ramos	97	Fafe	5:10.31	+0,93	457
	<i>FTL</i>					
	50m: 33.51 33.51	150m: 1:49.10 38.67	250m: 3:08.65 39.93	350m: 4:30.29 41.09		
	100m: 1:10.43 36.92	200m: 2:28.72 39.62	300m: 3:49.20 40.55	400m: 5:10.31 40.02		