

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1- - 3-4-2011

Prova 23 Femin., 400m Livres 15 anos e mais velhos
02-04-2011 - 16:30 Resultados

Recordes Nacionais 50m Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Recordes Nacionais 50m Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Recordes Nacionais 50m Sen	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
TAC-SENF Sen: 4:41.00 / TAC-JUNF Jun: 4:47.00					

Lugar	Ano			Tempo final			100m	200m	300m	400m
Juniores										
1.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:27.47			1:03.63	1:08.69	1:08.21	1:06.94
	50m: 30.23	30.23	150m: 1:37.78	34.15	250m: 2:46.29	33.97	350m: 3:54.69	34.16		
	100m: 1:03.63	33.40	200m: 2:12.32	34.54	300m: 3:20.53	34.24	400m: 4:27.47	32.78		
2.	Carolina Cunha Martins	95	Nautico/Matobra	4:30.24			1:05.27	1:08.85	1:08.55	1:07.57
	50m: 31.42	31.42	150m: 1:39.56	34.29	250m: 2:48.47	34.35	350m: 3:56.63	33.96		
	100m: 1:05.27	33.85	200m: 2:14.12	34.56	300m: 3:22.67	34.20	400m: 4:30.24	33.61		
3.	Maria Luis Amorim	95	Porto/Dolce Vita	4:31.40			1:05.31	1:09.61	1:09.17	1:07.31
	50m: 31.43	31.43	150m: 1:40.24	34.93	250m: 2:49.79	34.87	350m: 3:58.70	34.61		
	100m: 1:05.31	33.88	200m: 2:14.92	34.68	300m: 3:24.09	34.30	400m: 4:31.40	32.70		
4.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	4:32.14			1:04.35	1:09.63	1:09.77	1:08.39
	50m: 30.73	30.73	150m: 1:39.10	34.75	250m: 2:48.59	34.61	350m: 3:58.83	35.08		
	100m: 1:04.35	33.62	200m: 2:13.98	34.88	300m: 3:23.75	35.16	400m: 4:32.14	33.31		
5.	Leonor Mourinho Neves	95	Sporting	4:32.82			1:04.35	1:09.00	1:10.50	1:08.97
	50m: 30.87	30.87	150m: 1:38.79	34.44	250m: 2:48.41	35.06	350m: 3:59.10	35.25		
	100m: 1:04.35	33.48	200m: 2:13.35	34.56	300m: 3:23.85	35.44	400m: 4:32.82	33.72		
6.	Florbela Cavaco Machado	96	Cantanhedense/Oryzon Energia	4:34.01			1:05.23	1:09.16	1:10.03	1:09.59
	50m: 31.62	31.62	150m: 1:39.92	34.69	250m: 2:49.65	35.26	350m: 3:59.92	35.50		
	100m: 1:05.23	33.61	200m: 2:14.39	34.47	300m: 3:24.42	34.77	400m: 4:34.01	34.09		
7.	Ines Alexandra Paiva	96	Alges	4:38.18			1:07.83	1:10.13	1:10.96	1:09.26
	50m: 32.77	32.77	150m: 1:42.73	34.90	250m: 2:53.04	35.08	350m: 4:04.28	35.36		
	100m: 1:07.83	35.06	200m: 2:17.96	35.23	300m: 3:28.92	35.88	400m: 4:38.18	33.90		
8.	Cassandra Pedro Oliveira	95	Vilacondense	4:41.68			1:05.62	1:10.79	1:12.47	1:12.80
	50m: 31.44	31.44	150m: 1:40.95	35.33	250m: 2:52.36	35.95	350m: 4:05.70	36.82		
	100m: 1:05.62	34.18	200m: 2:16.41	35.46	300m: 3:28.88	36.52	400m: 4:41.68	35.98		
9.	Catia Andreia Clara	95	Nautico da Marinha Grande	4:44.31			1:07.72	1:12.16	1:12.48	1:11.95
	50m: 32.27	32.27	150m: 1:43.74	36.02	250m: 2:56.39	36.51	350m: 4:09.10	36.74		
	100m: 1:07.72	35.45	200m: 2:19.88	36.14	300m: 3:32.36	35.97	400m: 4:44.31	35.21		
10.	Maria Amelia Gaspar	96	Nautico/Matobra	4:44.57			1:07.53	1:12.21	1:13.25	1:11.58
	50m: 32.24	32.24	150m: 1:43.56	36.03	250m: 2:56.30	36.56	350m: 4:09.41	36.42		
	100m: 1:07.53	35.29	200m: 2:19.74	36.18	300m: 3:32.99	36.69	400m: 4:44.57	35.16		
11.	Ana Isabel Neves	96	Pimpoes/Cimai	4:45.25			1:08.37	1:12.20	1:12.70	1:11.98
	50m: 32.72	32.72	150m: 1:44.37	36.00	250m: 2:57.04	36.47	350m: 4:09.87	36.60		
	100m: 1:08.37	35.65	200m: 2:20.57	36.20	300m: 3:33.27	36.23	400m: 4:45.25	35.38		
12.	Helena Paula Carvalho	95	Uniao Piedense	4:45.78			1:07.49	1:12.73	1:13.66	1:11.90
	50m: 32.23	32.23	150m: 1:43.59	36.10	250m: 2:56.92	36.70	350m: 4:10.93	37.05		
	100m: 1:07.49	35.26	200m: 2:20.22	36.63	300m: 3:33.88	36.96	400m: 4:45.78	34.85		
13.	Mariana Jesus Costa	96	Alcobaca	4:48.26			1:07.24	1:13.56	1:14.06	1:13.40
	FTL									
	50m: 32.23	32.23	150m: 1:43.95	36.71	250m: 2:57.44	36.64	350m: 4:12.59	37.73		
	100m: 1:07.24	35.01	200m: 2:20.80	36.85	300m: 3:34.86	37.42	400m: 4:48.26	35.67		
14.	Carla Rosario Palma	96	Alcobaca	4:52.23			1:07.77	1:15.09	1:15.74	1:13.63
	FTL									
	50m: 32.22	32.22	150m: 1:44.92	37.15	250m: 3:00.96	38.10	350m: 4:16.73	38.13		
	100m: 1:07.77	35.55	200m: 2:22.86	37.94	300m: 3:38.60	37.64	400m: 4:52.23	35.50		

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Lugar	Ano						Tempo final		100m	200m	300m	400m
15. Marta Filipa Vinagre	95	Torres Novas					4:53.12		1:08.82	1:13.94	1:16.31	1:14.05
FTL												
50m:	32.81	32.81	150m:	1:45.64	36.82	250m:	3:00.73	37.97	350m:	4:16.56	37.49	
100m:	1:08.82	36.01	200m:	2:22.76	37.12	300m:	3:39.07	38.34	400m:	4:53.12	36.56	
16. Ana Catarina Azevedo	96	Famalicao					4:55.92		1:08.78	1:15.34	1:16.65	1:15.15
FTL												
50m:	32.74	32.74	150m:	1:45.70	36.92	250m:	3:02.29	38.17	350m:	4:19.01	38.24	
100m:	1:08.78	36.04	200m:	2:24.12	38.42	300m:	3:40.77	38.48	400m:	4:55.92	36.91	
17. Carolina Madeira Santos	96	Naval Amorense					5:00.60		1:10.01	1:16.63	1:18.70	1:15.26
FTL												
50m:	32.93	32.93	150m:	1:47.73	37.72	250m:	3:05.48	38.84	350m:	4:23.30	37.96	
100m:	1:10.01	37.08	200m:	2:26.64	38.91	300m:	3:45.34	39.86	400m:	5:00.60	37.30	

Seniores

1.	Marta Vieira Marinho	91	Porto/Dolce Vita	4:22.20	1:02.31	1:07.26	1:07.36	1:05.27
	50m: 29.68 29.68	150m: 1:35.81 33.50	250m: 2:42.89 33.32	350m: 3:50.52 33.59				
	100m: 1:02.31 32.63	200m: 2:09.57 33.76	300m: 3:16.93 34.04	400m: 4:22.20 31.68				
2.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:23.59	1:02.20	1:07.03	1:07.80	1:06.56
	50m: 29.92 29.92	150m: 1:35.60 33.40	250m: 2:43.08 33.85	350m: 3:50.77 33.74				
	100m: 1:02.20 32.28	200m: 2:09.23 33.63	300m: 3:17.03 33.95	400m: 4:23.59 32.82				
3.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:27.14	1:03.65	1:07.32	1:08.46	1:07.71
	50m: 30.48 30.48	150m: 1:37.20 33.55	250m: 2:44.86 33.89	350m: 3:53.88 34.45				
	100m: 1:03.65 33.17	200m: 2:10.97 33.77	300m: 3:19.43 34.57	400m: 4:27.14 33.26				
4.	Angelica Maria Andre	94	Leixoes	4:27.15	1:03.42	1:08.16	1:08.97	1:06.60
	50m: 30.69 30.69	150m: 1:37.36 33.94	250m: 2:46.02 34.44	350m: 3:54.96 34.41				
	100m: 1:03.42 32.73	200m: 2:11.58 34.22	300m: 3:20.55 34.53	400m: 4:27.15 32.19				
5.	Marisa Alexandra Lage	94	Viana Natacao	4:31.63	1:03.29	1:09.06	1:09.84	1:09.44
	50m: 30.45 30.45	150m: 1:37.54 34.25	250m: 2:46.69 34.34	350m: 3:57.70 35.51				
	100m: 1:03.29 32.84	200m: 2:12.35 34.81	300m: 3:22.19 35.50	400m: 4:31.63 33.93				
6.	Joana Filipa Capela	89	Benfica	4:31.82	1:04.27	1:09.33	1:09.66	1:08.56
	50m: 30.63 30.63	150m: 1:38.75 34.48	250m: 2:48.34 34.74	350m: 3:58.41 35.15				
	100m: 1:04.27 33.64	200m: 2:13.60 34.85	300m: 3:23.26 34.92	400m: 4:31.82 33.41				
7.	Ana Ribeiro Ferreira	92	Famalicao	4:33.00	1:03.92	1:08.25	1:09.96	1:10.87
	50m: 30.79 30.79	150m: 1:37.78 33.86	250m: 2:46.51 34.34	350m: 3:57.69 35.56				
	100m: 1:03.92 33.13	200m: 2:12.17 34.39	300m: 3:22.13 35.62	400m: 4:33.00 35.31				
8.	Patricia Garcia Marinho	94	Sporting	4:35.67	1:06.35	1:09.56	1:09.99	1:09.77
	50m: 32.12 32.12	150m: 1:41.23 34.88	250m: 2:50.65 34.74	350m: 4:01.22 35.32				
	100m: 1:06.35 34.23	200m: 2:15.91 34.68	300m: 3:25.90 35.25	400m: 4:35.67 34.45				
9.	Ana Margarida Domingos	93	Academico Viseu	4:36.60	1:06.27	1:10.13	1:10.57	1:09.63
	50m: 31.96 31.96	150m: 1:41.27 35.00	250m: 2:51.31 34.91	350m: 4:02.12 35.15				
	100m: 1:06.27 34.31	200m: 2:16.40 35.13	300m: 3:26.97 35.66	400m: 4:36.60 34.48				
10.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:36.61	1:04.72	1:10.13	1:11.15	1:10.61
	50m: 30.76 30.76	150m: 1:39.54 34.82	250m: 2:50.16 35.31	350m: 4:01.56 35.56				
	100m: 1:04.72 33.96	200m: 2:14.85 35.31	300m: 3:26.00 35.84	400m: 4:36.61 35.05				
11.	Marta Alexandra Saraiva	93	Uniao Piedense	4:37.78	1:05.43	1:10.51	1:11.48	1:10.36
	50m: 31.63 31.63	150m: 1:40.59 35.16	250m: 2:51.75 35.81	350m: 4:02.92 35.50				
	100m: 1:05.43 33.80	200m: 2:15.94 35.35	300m: 3:27.42 35.67	400m: 4:37.78 34.86				
12.	Ines Sofia Sampaio	94	Academico Viseu	4:41.34	1:07.18	1:11.84	1:12.11	1:10.21
	<i>FTL</i>							
	50m: 31.87 31.87	150m: 1:42.66 35.48	250m: 2:54.85 35.83	350m: 4:06.94 35.81				
	100m: 1:07.18 35.31	200m: 2:19.02 36.36	300m: 3:31.13 36.28	400m: 4:41.34 34.40				

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Prova 23, Femin., 400m Livres, Seniores

Lugar	Ano						Tempo final		100m	200m	300m	400m	
13. Maria Ana Magalhaes	93	Desportiva Limiana						4:42.86		1:05.42	1:11.55	1:12.98	1:12.91
FTL													
50m:	31.16	31.16	150m:	1:41.08	35.66	250m:	2:53.26	36.29	350m:	4:06.92	36.97		
100m:	1:05.42	34.26	200m:	2:16.97	35.89	300m:	3:29.95	36.69	400m:	4:42.86	35.94		
14. Soraia Vanessa Ribeiro	92	Gespacos						4:43.09		1:03.92	1:10.41	1:13.26	1:15.50
FTL													
50m:	30.44	30.44	150m:	1:38.81	34.89	250m:	2:50.10	35.77	350m:	4:05.25	37.66		
100m:	1:03.92	33.48	200m:	2:14.33	35.52	300m:	3:27.59	37.49	400m:	4:43.09	37.84		
15. Lara Santana Pinheiro	92	Uniao Piedense						4:46.23		1:07.49	1:13.55	1:13.16	1:12.03
FTL													
50m:	32.13	32.13	150m:	1:44.07	36.58	250m:	2:57.50	36.46	350m:	4:10.67	36.47		
100m:	1:07.49	35.36	200m:	2:21.04	36.97	300m:	3:34.20	36.70	400m:	4:46.23	35.56		
16. Ana Sofia Fernandes	93	Braga						4:48.51		1:05.73	1:12.40	1:15.64	1:14.74
FTL													
50m:	31.31	31.31	150m:	1:41.79	36.06	250m:	2:55.82	37.69	350m:	4:11.72	37.95		
100m:	1:05.73	34.42	200m:	2:18.13	36.34	300m:	3:33.77	37.95	400m:	4:48.51	36.79		
17. Patricia Silva Damas	92	Geslours						4:51.60		1:09.35	1:13.54	1:14.18	1:14.53
FTL													
50m:	33.42	33.42	150m:	1:46.06	36.71	250m:	2:59.84	36.95	350m:	4:14.64	37.57		
100m:	1:09.35	35.93	200m:	2:22.89	36.83	300m:	3:37.07	37.23	400m:	4:51.60	36.96		
18. Paula Cristina Melo	93	Natacao de Faro						4:53.05		1:06.61	1:14.41	1:15.99	1:16.04
FTL													
50m:	31.58	31.58	150m:	1:43.43	36.82	250m:	2:59.20	38.18	350m:	4:15.15	38.14		
100m:	1:06.61	35.03	200m:	2:21.02	37.59	300m:	3:37.01	37.81	400m:	4:53.05	37.90		