

Campeonatos Nacionais de Juniores e Seniores
Coimbra, 5- - 7-4-2012

Prova 19 Femin., 400m Estilos 15 anos e mais velhos
06-04-2012 - 10:05 Resultados

Recordes Nacionais 50m Absoluto	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011
Recordes Nacionais 50m Jun	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Recordes Nacionais 50m Sen	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011

TAC-SENF Sen: 5:19.00 / TAC-JUNF Jun: 5:25.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Marta Miranda	96	Uniao Piedense	5:07.01	+0,81	676
	50m: 31.65 31.65	150m: 1:47.82 39.66	250m: 3:10.39 43.35	350m: 4:31.43 36.82		
	100m: 1:08.16 36.51	200m: 2:27.04 39.22	300m: 3:54.61 44.22	400m: 5:07.01 35.58		
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:08.12	+0,90	668
	50m: 32.39 32.39	150m: 1:51.51 41.64	250m: 3:16.22 44.57	350m: 4:35.24 34.73		
	100m: 1:09.87 37.48	200m: 2:31.65 40.14	300m: 4:00.51 44.29	400m: 5:08.12 32.88		
3.	Ines Alexandra Paiva	96	Alges	5:09.36	+0,86	660
	50m: 32.70 32.70	150m: 1:50.47 40.67	250m: 3:14.97 45.10	350m: 4:34.74 34.91		
	100m: 1:09.80 37.10	200m: 2:29.87 39.40	300m: 3:59.83 44.86	400m: 5:09.36 34.62		
4.	Diana Margarida Duraes	96	Foca	5:09.38	+0,77	660
	50m: 31.89 31.89	150m: 1:48.98 40.56	250m: 3:12.87 43.97	350m: 4:34.11 36.35		
	100m: 1:08.42 36.53	200m: 2:28.90 39.92	300m: 3:57.76 44.89	400m: 5:09.38 35.27		
5.	Ana Monica Eloj	96	Nautico da Marinha Grande	5:12.89	+0,85	638
	50m: 32.83 32.83	150m: 1:51.98 40.85	250m: 3:16.44 45.07	350m: 4:37.60 36.15		
	100m: 1:11.13 38.30	200m: 2:31.37 39.39	300m: 4:01.45 45.01	400m: 5:12.89 35.29		
6.	Maria Teresa Amorim	97	Porto	5:14.04	+0,92	631
	50m: 32.85 32.85	150m: 1:51.23 40.57	250m: 3:17.54 45.97	350m: 4:39.38 35.55		
	100m: 1:10.66 37.81	200m: 2:31.57 40.34	300m: 4:03.83 46.29	400m: 5:14.04 34.66		
7.	Filipa Vicente Custois	97	Benedita	5:19.23	+0,72	601
	50m: 33.17 33.17	150m: 1:53.61 41.03	250m: 3:19.86 46.04	350m: 4:43.36 36.26		
	100m: 1:12.58 39.41	200m: 2:33.82 40.21	300m: 4:07.10 47.24	400m: 5:19.23 35.87		
8.	Joana Dias Santos	96	Uniao Piedense	5:20.10	+0,92	596
	50m: 34.03 34.03	150m: 1:57.83 44.19	250m: 3:20.84 41.07	350m: 4:42.62 38.76		
	100m: 1:13.64 39.61	200m: 2:39.77 41.94	300m: 4:03.86 43.02	400m: 5:20.10 37.48		
9.	Sara Monteiro Meireles	97	Gespacos	5:21.54	+0,89	588
	50m: 33.90 33.90	150m: 1:56.08 42.74	250m: 3:23.09 44.49	350m: 4:46.15 37.71		
	100m: 1:13.34 39.44	200m: 2:38.60 42.52	300m: 4:08.44 45.35	400m: 5:21.54 35.39		
10.	Bruna Leal Dantas	96	Sporting	5:24.65	+0,71	571
	50m: 32.12 32.12	150m: 1:51.76 43.43	250m: 3:22.04 49.05	350m: 4:48.44 38.24		
	100m: 1:08.33 36.21	200m: 2:32.99 41.23	300m: 4:10.20 48.16	400m: 5:24.65 36.21		
11.	Ana Isabel Cunha	96	Foca	5:30.09	+0,79	543
	50m: 34.51 34.51	150m: 1:57.17 43.41	250m: 3:27.91 48.50	350m: 4:54.28 37.62		
	100m: 1:13.76 39.25	200m: 2:39.41 42.24	300m: 4:16.66 48.75	400m: 5:30.09 35.81		
DSQ	Ines Mendes Paulo	96	Colegio Monte Maior		+0,80	
	<i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 250 m - SW 7.6</i>					
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

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Prova 19, Femin., 400m Estilos

Seniores

1.	Nadia Morais Vieira	90	Geslours	4:55.40	+0,71	758
	50m: 31.32 31.32	150m: 1:45.52 38.12	250m: 3:04.59 42.09	350m: 4:21.52 34.95		
	100m: 1:07.40 36.08	200m: 2:22.50 36.98	300m: 3:46.57 41.98	400m: 4:55.40 33.88		
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:58.07	+0,80	738
	50m: 31.86 31.86	150m: 1:46.46 38.48	250m: 3:05.84 41.82	350m: 4:23.19 35.45		
	100m: 1:07.98 36.12	200m: 2:24.02 37.56	300m: 3:47.74 41.90	400m: 4:58.07 34.88		
3.	Marta Pereira Abreu	92	Porto	5:02.23	+0,76	708
	50m: 32.09 32.09	150m: 1:47.98 38.37	250m: 3:08.06 42.99	350m: 4:27.83 35.75		
	100m: 1:09.61 37.52	200m: 2:25.07 37.09	300m: 3:52.08 44.02	400m: 5:02.23 34.40		
4.	Maria Carolina Rosa	94	Sporting	5:07.12	+0,76	675
	50m: 31.51 31.51	150m: 1:50.02 42.12	250m: 3:13.42 42.78	350m: 4:32.99 35.81		
	100m: 1:07.90 36.39	200m: 2:30.64 40.62	300m: 3:57.18 43.76	400m: 5:07.12 34.13		
5.	Rute Margarida Marques	94	Amadora	5:14.46	+0,77	629
	50m: 33.08 33.08	150m: 1:53.75 41.57	250m: 3:17.83 43.31	350m: 4:39.27 37.74		
	100m: 1:12.18 39.10	200m: 2:34.52 40.77	300m: 4:01.53 43.70	400m: 5:14.46 35.19		
6.	Helena Paula Carvalho	95	Uniao Piedense	5:15.94	+0,77	620
	50m: 32.76 32.76	150m: 1:50.80 39.94	250m: 3:18.31 47.75	350m: 4:41.69 36.22		
	100m: 1:10.86 38.10	200m: 2:30.56 39.76	300m: 4:05.47 47.16	400m: 5:15.94 34.25		
7.	Raquel Paulo Ranito	94	Sporting	5:16.53	+0,81	616
	50m: 31.68 31.68	150m: 1:48.97 39.96	250m: 3:17.59 47.64	350m: 4:40.75 36.03		
	100m: 1:09.01 37.33	200m: 2:29.95 40.98	300m: 4:04.72 47.13	400m: 5:16.53 35.78		
8.	Diana Patricia Ferreira	94	Gespacos	5:21.98	+0,84	586
	<i>FTL</i>					
	50m: 31.91 31.91	150m: 1:50.97 41.75	250m: 3:18.96 47.46	350m: 4:44.51 39.18		
	100m: 1:09.22 37.31	200m: 2:31.50 40.53	300m: 4:05.33 46.37	400m: 5:21.98 37.47		
9.	Ines Joao Costa	95	Braga	5:31.43	+0,72	537
	<i>FTL</i>					
	50m: 34.47 34.47	150m: 1:56.58 42.67	250m: 3:26.88 47.62	350m: 4:54.14 38.84		
	100m: 1:13.91 39.44	200m: 2:39.26 42.68	300m: 4:15.30 48.42	400m: 5:31.43 37.29		