

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

Prova 23
06-04-2012 - 16:30

Femin., 400m Livres

15 anos e mais velhos
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: 4:38.00 / TAC-JUNF Jun: 4:45.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:26.00	+0,84	726
	50m: 30.51 30.51	150m: 1:37.87 33.92	250m: 2:45.82 33.93	350m: 3:53.93 34.08		
	100m: 1:03.95 33.44	200m: 2:11.89 34.02	300m: 3:19.85 34.03	400m: 4:26.00 32.07		
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:29.24	+0,95	700
	50m: 30.78 30.78	150m: 1:38.02 33.96	250m: 2:46.83 34.45	350m: 3:56.15 34.44		
	100m: 1:04.06 33.28	200m: 2:12.38 34.36	300m: 3:21.71 34.88	400m: 4:29.24 33.09		
3.	Maria Teresa Amorim	97	Porto	4:33.45	+0,91	668
	50m: 31.56 31.56	150m: 1:40.87 34.95	250m: 2:51.02 34.98	350m: 4:00.27 34.68		
	100m: 1:05.92 34.36	200m: 2:16.04 35.17	300m: 3:25.59 34.57	400m: 4:33.45 33.18		
4.	Ines Alexandra Paiva	96	Alges	4:34.03	+0,86	664
	50m: 31.68 31.68	150m: 1:40.67 34.94	250m: 2:50.99 35.10	350m: 4:00.23 34.10		
	100m: 1:05.73 34.05	200m: 2:15.89 35.22	300m: 3:26.13 35.14	400m: 4:34.03 33.80		
5.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:36.99	+0,83	643
	50m: 31.56 31.56	150m: 1:40.89 34.96	250m: 2:51.80 35.66	350m: 4:02.56 35.12		
	100m: 1:05.93 34.37	200m: 2:16.14 35.25	300m: 3:27.44 35.64	400m: 4:36.99 34.43		
6.	Barbara Marques Rodrigues	97	Alges	4:37.22	+0,82	642
	50m: 31.09 31.09	150m: 1:40.03 34.99	250m: 2:51.17 35.69	350m: 4:02.19 35.68		
	100m: 1:05.04 33.95	200m: 2:15.48 35.45	300m: 3:26.51 35.34	400m: 4:37.22 35.03		
7.	Adriana Daniela Castro	97	Porto	4:38.64	+0,80	632
	50m: 32.06 32.06	150m: 1:43.28 35.93	250m: 2:54.85 35.49	350m: 4:05.13 34.90		
	100m: 1:07.35 35.29	200m: 2:19.36 36.08	300m: 3:30.23 35.38	400m: 4:38.64 33.51		
8.	Beatriz Filipa Matos	97	Nautico/Matobra	4:38.95	+1,02	630
	50m: 31.94 31.94	150m: 1:42.50 35.60	250m: 2:54.09 35.95	350m: 4:05.33 35.40		
	100m: 1:06.90 34.96	200m: 2:18.14 35.64	300m: 3:29.93 35.84	400m: 4:38.95 33.62		
9.	Francisca Gomes Azevedo	97	Alges	4:39.68	+0,81	625
	50m: 30.91 30.91	150m: 1:41.27 35.66	250m: 2:52.89 35.57	350m: 4:04.88 36.10		
	100m: 1:05.61 34.70	200m: 2:17.32 36.05	300m: 3:28.78 35.89	400m: 4:39.68 34.80		
10.	Sara Monteiro Meireles	97	Gespacos	4:42.35	+0,88	607
	50m: 32.50 32.50	150m: 1:43.39 35.81	250m: 2:56.03 36.33	350m: 4:07.79 35.69		
	100m: 1:07.58 35.08	200m: 2:19.70 36.31	300m: 3:32.10 36.07	400m: 4:42.35 34.56		
11.	Ana Filipa Martins	97	Foca	4:42.53	+0,82	606
	50m: 31.63 31.63	150m: 1:42.21 35.59	250m: 2:54.59 36.15	350m: 4:07.34 36.17		
	100m: 1:06.62 34.99	200m: 2:18.44 36.23	300m: 3:31.17 36.58	400m: 4:42.53 35.19		
12.	Maria Joao Fernandes	97	Vilacondense	4:46.64	+0,77	580
	FTL					
	50m: 32.39 32.39	150m: 1:44.07 35.55	250m: 2:57.51 36.04	350m: 4:10.99 36.49		
	100m: 1:08.52 36.13	200m: 2:21.47 37.40	300m: 3:34.50 36.99	400m: 4:46.64 35.65		

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

Prova 23, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Joana Isabel Lampreia <i>FTL</i>	96	Beja	4:58.33	+0,78	515
	50m: 31.75 31.75	150m: 1:43.87 36.79	250m: 2:59.90 38.22	350m: 4:18.73 39.23		
	100m: 1:07.08 35.33	200m: 2:21.68 37.81	300m: 3:39.50 39.60	400m: 4:58.33 39.60		

Seniores

1.	Angelica Maria Andre	94	Leixoes	4:24.15	+0,80	742
	50m: 30.09 30.09	150m: 1:36.28 33.70	250m: 2:44.25 33.99	350m: 3:51.98 33.71		
	100m: 1:02.58 32.49	200m: 2:10.26 33.98	300m: 3:18.27 34.02	400m: 4:24.15 32.17		
2.	Marta Vieira Marinho	91	Porto	4:25.97	+0,68	726
	50m: 29.84 29.84	150m: 1:36.24 33.79	250m: 2:44.28 33.96	350m: 3:53.22 34.26		
	100m: 1:02.45 32.61	200m: 2:10.32 34.08	300m: 3:18.96 34.68	400m: 4:25.97 32.75		
3.	Ana Goncalves Neto	95	Porto	4:26.67	+0,96	721
	50m: 30.92 30.92	150m: 1:38.43 33.84	250m: 2:46.31 33.14	350m: 3:53.47 33.58		
	100m: 1:04.59 33.67	200m: 2:13.17 34.74	300m: 3:19.89 33.58	400m: 4:26.67 33.20		
4.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:27.75	+0,77	712
	50m: 30.00 30.00	150m: 1:36.30 33.81	250m: 2:45.30 34.80	350m: 3:53.93 34.27		
	100m: 1:02.49 32.49	200m: 2:10.50 34.20	300m: 3:19.66 34.36	400m: 4:27.75 33.82		
5.	Mafalda Gomes Beleza	94	Sporting	4:28.09	+0,78	709
	50m: 30.09 30.09	150m: 1:37.79 34.70	250m: 2:47.14 34.61	350m: 3:55.42 33.99		
	100m: 1:03.09 33.00	200m: 2:12.53 34.74	300m: 3:21.43 34.29	400m: 4:28.09 32.67		
6.	Maria Luis Amorim	95	Porto	4:29.96	+0,90	695
	50m: 30.80 30.80	150m: 1:38.84 34.17	250m: 2:47.38 33.82	350m: 3:56.04 34.32		
	100m: 1:04.67 33.87	200m: 2:13.56 34.72	300m: 3:21.72 34.34	400m: 4:29.96 33.92		
7.	Joana Aguiar Rodrigues	93	Porto	4:31.01	+0,89	687
	50m: 30.28 30.28	150m: 1:37.77 34.05	250m: 2:46.68 34.12	350m: 3:56.16 34.49		
	100m: 1:03.72 33.44	200m: 2:12.56 34.79	300m: 3:21.67 34.99	400m: 4:31.01 34.85		
8.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	4:32.76	+0,76	674
	50m: 30.73 30.73	150m: 1:38.52 33.98	250m: 2:48.17 34.74	350m: 3:59.44 35.80		
	100m: 1:04.54 33.81	200m: 2:13.43 34.91	300m: 3:23.64 35.47	400m: 4:32.76 33.32		
9.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:34.60	+0,85	660
	50m: 30.21 30.21	150m: 1:38.24 34.69	250m: 2:48.84 35.40	350m: 3:59.95 35.78		
	100m: 1:03.55 33.34	200m: 2:13.44 35.20	300m: 3:24.17 35.33	400m: 4:34.60 34.65		
10.	Joana Filipa Capela	89	Benfica	4:34.91	+0,69	658
	50m: 31.25 31.25	150m: 1:40.20 34.94	250m: 2:50.74 35.21	350m: 4:01.46 35.53		
	100m: 1:05.26 34.01	200m: 2:15.53 35.33	300m: 3:25.93 35.19	400m: 4:34.91 33.45		
11.	Leonor Mourinho Neves	95	Sporting	4:35.23	+0,82	656
	50m: 31.56 31.56	150m: 1:40.32 34.96	250m: 2:50.43 35.14	350m: 4:01.00 35.42		
	100m: 1:05.36 33.80	200m: 2:15.29 34.97	300m: 3:25.58 35.15	400m: 4:35.23 34.23		
12.	Ines Sofia Sampaio <i>FTL</i>	94	Academico Viseu	4:39.12	+0,97	628
	50m: 32.12 32.12	150m: 1:41.86 35.08	250m: 2:53.25 35.88	350m: 4:05.22 35.78		
	100m: 1:06.78 34.66	200m: 2:17.37 35.51	300m: 3:29.44 36.19	400m: 4:39.12 33.90		

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

Prova 23, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Vania Soares Neves	90	Viana Natacao	4:39.94	+0,83	623
	<i>FTL</i>					
	50m: 31.49 31.49	150m: 1:40.77 35.04	250m: 2:52.14 35.61	350m: 4:04.31 36.00		
	100m: 1:05.73 34.24	200m: 2:16.53 35.76	300m: 3:28.31 36.17	400m: 4:39.94 35.63		
14.	Marta Alexandra Saraiva	93	Uniao Piedense	4:42.39	+0,89	607
	<i>FTL</i>					
	50m: 32.11 32.11	150m: 1:42.03 35.51	250m: 2:54.39 36.35	350m: 4:07.14 36.24		
	100m: 1:06.52 34.41	200m: 2:18.04 36.01	300m: 3:30.90 36.51	400m: 4:42.39 35.25		
15.	Helena Paula Carvalho	95	Uniao Piedense	4:42.69	+0,73	605
	<i>FTL</i>					
	50m: 32.36 32.36	150m: 1:43.92 35.80	250m: 2:56.01 35.84	350m: 4:08.70 36.01		
	100m: 1:08.12 35.76	200m: 2:20.17 36.25	300m: 3:32.69 36.68	400m: 4:42.69 33.99		
16.	Soraia Vanessa Ribeiro	92	Gespacos	4:43.52	+0,89	600
	<i>FTL</i>					
	50m: 31.45 31.45	150m: 1:40.22 35.07	250m: 2:51.77 35.83	350m: 4:05.97 37.45		
	100m: 1:05.15 33.70	200m: 2:15.94 35.72	300m: 3:28.52 36.75	400m: 4:43.52 37.55		