

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

Prova 36 Femin., 1500m Livres 15 anos e mais velhos
07-04-2012 - 10:05 Resultados

Recordes Nacionais 50m Absoluto	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011
Recordes Nacionais 50m Jun	17:06.28	Maria Miguel Veloso	CNAC	Faro	21-07-2009
Recordes Nacionais 50m Sen	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011

TAC-SENF Sen: 18:40.00 / TAC-JUNF Jun: 19:15.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	17:02.46	+0,82	783
	<i>Recorde Nacional, Junior</i>					
	100m: 1:05.07 1:05.07	500m: 5:37.39 1:08.40	900m: 10:11.42 1:08.69	1300m: 14:48.19 1:09.51		
	200m: 2:12.40 1:07.33	600m: 6:45.58 1:08.19	1000m: 11:20.79 1:09.37	1400m: 15:57.17 1:08.98		
	300m: 3:20.85 1:08.45	700m: 7:54.09 1:08.51	1100m: 12:29.33 1:08.54	1500m: 17:02.46 1:05.29		
	400m: 4:28.99 1:08.14	800m: 9:02.73 1:08.64	1200m: 13:38.68 1:09.35			
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	17:37.94	+0,94	707
	100m: 1:06.09 1:06.09	500m: 5:47.29 1:10.86	900m: 10:32.07 1:11.42	1300m: 15:17.77 1:11.39		
	200m: 2:15.60 1:09.51	600m: 6:58.53 1:11.24	1000m: 11:43.36 1:11.29	1400m: 16:27.97 1:10.20		
	300m: 3:25.68 1:10.08	700m: 8:09.48 1:10.95	1100m: 12:54.70 1:11.34	1500m: 17:37.94 1:09.97		
	400m: 4:36.43 1:10.75	800m: 9:20.65 1:11.17	1200m: 14:06.38 1:11.68			
3.	Ana Monica Eloi	96	Nautico da Marinha Grande	18:09.17	+0,85	648
	100m: 1:07.04 1:07.04	500m: 5:56.28 1:12.25	900m: 10:48.42 1:13.03	1300m: 15:42.48 1:13.58		
	200m: 2:19.01 1:11.97	600m: 7:09.10 1:12.82	1000m: 12:01.66 1:13.24	1400m: 16:56.63 1:14.15		
	300m: 3:31.54 1:12.53	700m: 8:22.30 1:13.20	1100m: 13:14.95 1:13.29	1500m: 18:09.17 1:12.54		
	400m: 4:44.03 1:12.49	800m: 9:35.39 1:13.09	1200m: 14:28.90 1:13.95			
4.	Barbara Marques Rodrigues	97	Alges	18:12.22	+0,84	642
	100m: 1:07.62 1:07.62	500m: 5:59.15 1:13.38	900m: 10:52.28 1:13.16	1300m: 15:46.13 1:13.59		
	200m: 2:20.19 1:12.57	600m: 7:12.46 1:13.31	1000m: 12:05.62 1:13.34	1400m: 16:59.45 1:13.32		
	300m: 3:33.05 1:12.86	700m: 8:25.67 1:13.21	1100m: 13:19.16 1:13.54	1500m: 18:12.22 1:12.77		
	400m: 4:45.77 1:12.72	800m: 9:39.12 1:13.45	1200m: 14:32.54 1:13.38			
5.	Beatriz Filipa Matos	97	Nautico/Matobra	18:28.22	+0,95	615
	100m: 1:08.48 1:08.48	500m: 6:01.10 1:13.37	900m: 10:59.07 1:14.34	1300m: 16:00.44 1:15.84		
	200m: 2:21.33 1:12.85	600m: 7:15.06 1:13.96	1000m: 12:14.14 1:15.07	1400m: 17:15.53 1:15.09		
	300m: 3:34.51 1:13.18	700m: 8:29.61 1:14.55	1100m: 13:29.15 1:15.01	1500m: 18:28.22 1:12.69		
	400m: 4:47.73 1:13.22	800m: 9:44.73 1:15.12	1200m: 14:44.60 1:15.45			
6.	Sara Monteiro Meireles	97	Gespacos	18:43.82	+0,86	589
	100m: 1:10.82 1:10.82	500m: 6:13.41 1:15.31	900m: 11:15.38 1:15.18	1300m: 16:16.60 1:15.81		
	200m: 2:26.55 1:15.73	600m: 7:28.95 1:15.54	1000m: 12:30.64 1:15.26	1400m: 17:30.97 1:14.37		
	300m: 3:42.23 1:15.68	700m: 8:44.68 1:15.73	1100m: 13:45.85 1:15.21	1500m: 18:43.82 1:12.85		
	400m: 4:58.10 1:15.87	800m: 10:00.20 1:15.52	1200m: 15:00.79 1:14.94			
7.	Cecilia Branco Almeida	97	Gesloures	18:49.98	+0,88	580
	100m: 1:12.02 1:12.02	500m: 6:14.54 1:15.44	900m: 11:17.37 1:16.03	1300m: 16:20.45 1:15.70		
	200m: 2:27.62 1:15.60	600m: 7:29.90 1:15.36	1000m: 12:33.28 1:15.91	1400m: 17:35.94 1:15.49		
	300m: 3:43.23 1:15.61	700m: 8:45.71 1:15.81	1100m: 13:49.20 1:15.92	1500m: 18:49.98 1:14.04		
	400m: 4:59.10 1:15.87	800m: 10:01.34 1:15.63	1200m: 15:04.75 1:15.55			
8.	Ana Isabel Neves	96	Pimpoes/Cimai	18:54.53	+0,79	573
	100m: 1:08.24 1:08.24	500m: 6:06.11 1:15.96	900m: 11:12.19 1:17.05	1300m: 16:21.72 1:16.88		
	200m: 2:21.35 1:13.11	600m: 7:21.94 1:15.83	1000m: 12:30.23 1:18.04	1400m: 17:38.53 1:16.81		
	300m: 3:35.58 1:14.23	700m: 8:38.58 1:16.64	1100m: 13:47.58 1:17.35	1500m: 18:54.53 1:16.00		
	400m: 4:50.15 1:14.57	800m: 9:55.14 1:16.56	1200m: 15:04.84 1:17.26			

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

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	19:00.37	+0,78	564
	100m: 1:10.52 1:10.52	500m: 6:14.12 1:16.99	900m: 11:19.61 1:15.67	1300m: 16:28.16 1:17.55		
	200m: 2:26.23 1:15.71	600m: 7:31.41 1:17.29	1000m: 12:36.56 1:16.95	1400m: 17:45.71 1:17.55		
	300m: 3:41.19 1:14.96	700m: 8:48.30 1:16.89	1100m: 13:53.15 1:16.59	1500m: 19:00.37 1:14.66		
	400m: 4:57.13 1:15.94	800m: 10:03.94 1:15.64	1200m: 15:10.31 1:17.16			
10.	Vera Patricia Fernandes	96	Braga	19:09.69	+0,84	551
	100m: 1:10.77 1:10.77	500m: 6:12.02 1:16.00	900m: 11:21.20 1:17.65	1300m: 16:35.09 1:18.89		
	200m: 2:26.05 1:15.28	600m: 7:28.50 1:16.48	1000m: 12:39.24 1:18.04	1400m: 17:53.42 1:18.33		
	300m: 3:40.65 1:14.60	700m: 8:46.31 1:17.81	1100m: 13:57.62 1:18.38	1500m: 19:09.69 1:16.27		
	400m: 4:56.02 1:15.37	800m: 10:03.55 1:17.24	1200m: 15:16.20 1:18.58			
11.	Matilde Domingues Gameiro	97	Nautico/Matobra	19:14.23	+0,89	544
	100m: 1:10.59 1:10.59	500m: 6:12.16 1:16.10	900m: 11:20.46 1:18.22	1300m: 16:38.23 1:19.34		
	200m: 2:25.48 1:14.89	600m: 7:28.84 1:16.68	1000m: 12:39.84 1:19.38	1400m: 17:56.62 1:18.39		
	300m: 3:40.32 1:14.84	700m: 8:44.97 1:16.13	1100m: 13:59.54 1:19.70	1500m: 19:14.23 1:17.61		
	400m: 4:56.06 1:15.74	800m: 10:02.24 1:17.27	1200m: 15:18.89 1:19.35			
12.	Maria Joao Fernandes	97	Vilacondense	19:35.64	+0,80	515
	<i>FTL</i>					
	100m: 1:11.89 1:11.89	500m: 6:23.32 1:18.42	900m: 11:39.08 1:19.28	1300m: 16:59.76 1:20.28		
	200m: 2:29.08 1:17.19	600m: 7:41.71 1:18.39	1000m: 12:58.70 1:19.62	1400m: 18:19.10 1:19.34		
	300m: 3:46.72 1:17.64	700m: 9:00.29 1:18.58	1100m: 14:19.23 1:20.53	1500m: 19:35.64 1:16.54		
	400m: 5:04.90 1:18.18	800m: 10:19.80 1:19.51	1200m: 15:39.48 1:20.25			
13.	Sofia Cristina Grilo	97	Aminata	19:48.33	+0,97	498
	<i>FTL</i>					
	100m: 1:11.48 1:11.48	500m: 6:27.94 1:20.34	900m: 11:49.44 1:21.27	1300m: 17:09.96 1:20.50		
	200m: 2:28.75 1:17.27	600m: 7:47.03 1:19.09	1000m: 13:09.88 1:20.44	1400m: 18:29.92 1:19.96		
	300m: 3:47.46 1:18.71	700m: 9:07.39 1:20.36	1100m: 14:29.15 1:19.27	1500m: 19:48.33 1:18.41		
	400m: 5:07.60 1:20.14	800m: 10:28.17 1:20.78	1200m: 15:49.46 1:20.31			

Seniores

1.	Angelica Maria Andre	94	Leixoes	17:01.20	+0,80	786
	100m: 1:04.68 1:04.68	500m: 5:35.75 1:08.44	900m: 10:11.47 1:08.67	1300m: 14:47.89 1:09.27		
	200m: 2:11.47 1:06.79	600m: 6:44.48 1:08.73	1000m: 11:20.60 1:09.13	1400m: 15:56.89 1:09.00		
	300m: 3:19.28 1:07.81	700m: 7:53.71 1:09.23	1100m: 12:29.46 1:08.86	1500m: 17:01.20 1:04.31		
	400m: 4:27.31 1:08.03	800m: 9:02.80 1:09.09	1200m: 13:38.62 1:09.16			
2.	Joana Filipa Santos	93	Vitoria de Guimaraes	17:34.48	+0,79	714
	100m: 1:06.04 1:06.04	500m: 5:46.58 1:10.56	900m: 10:31.87 1:11.45	1300m: 15:17.57 1:11.34		
	200m: 2:15.07 1:09.03	600m: 6:57.98 1:11.40	1000m: 11:43.19 1:11.32	1400m: 16:25.14 1:07.57		
	300m: 3:25.12 1:10.05	700m: 8:09.34 1:11.36	1100m: 12:54.53 1:11.34	1500m: 17:34.48 1:09.34		
	400m: 4:36.02 1:10.90	800m: 9:20.42 1:11.08	1200m: 14:06.23 1:11.70			
3.	Leonor Mourinho Neves	95	Sporting	17:51.80	+0,86	680
	100m: 1:06.49 1:06.49	500m: 5:49.60 1:11.60	900m: 10:38.10 1:12.30	1300m: 15:27.88 1:12.68		
	200m: 2:15.84 1:09.35	600m: 7:01.54 1:11.94	1000m: 11:50.34 1:12.24	1400m: 16:40.53 1:12.65		
	300m: 3:26.73 1:10.89	700m: 8:13.68 1:12.14	1100m: 13:02.65 1:12.31	1500m: 17:51.80 1:11.27		
	400m: 4:38.00 1:11.27	800m: 9:25.80 1:12.12	1200m: 14:15.20 1:12.55			
4.	Raquel Paulo Ranito	94	Sporting	18:01.73	+0,77	661
	100m: 1:07.18 1:07.18	500m: 5:58.65 1:12.82	900m: 10:49.05 1:12.31	1300m: 15:39.12 1:11.91		
	200m: 2:19.92 1:12.74	600m: 7:11.78 1:13.13	1000m: 12:01.33 1:12.28	1400m: 16:51.61 1:12.49		
	300m: 3:33.23 1:13.31	700m: 8:24.11 1:12.33	1100m: 13:13.67 1:12.34	1500m: 18:01.73 1:10.12		
	400m: 4:45.83 1:12.60	800m: 9:36.74 1:12.63	1200m: 14:27.21 1:13.54			

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

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
5.	Ana Catarina Monteiro	93	Vilacondense	18:03.50	+0,76	658	
	100m: 1:06.44 1:06.44	500m: 5:56.44	1:13.25	900m: 10:48.47	1:12.53	1300m: 15:41.10	1:13.42
	200m: 2:18.22 1:11.78	600m: 7:10.40	1:13.96	1000m: 12:01.76	1:13.29	1400m: 16:53.64	1:12.54
	300m: 3:30.61 1:12.39	700m: 8:23.99	1:13.59	1100m: 13:14.23	1:12.47	1500m: 18:03.50	1:09.86
	400m: 4:43.19 1:12.58	800m: 9:35.94	1:11.95	1200m: 14:27.68	1:13.45		
6.	Vania Soares Neves	90	Viana Natacao	18:04.57	+0,88	656	
	100m: 1:06.78 1:06.78	500m: 5:54.31	1:12.21	900m: 10:44.00	1:12.86	1300m: 15:38.84	1:13.86
	200m: 2:17.80 1:11.02	600m: 7:06.38	1:12.07	1000m: 11:57.37	1:13.37	1400m: 16:52.99	1:14.15
	300m: 3:29.77 1:11.97	700m: 8:18.59	1:12.21	1100m: 13:10.97	1:13.60	1500m: 18:04.57	1:11.58
	400m: 4:42.10 1:12.33	800m: 9:31.14	1:12.55	1200m: 14:24.98	1:14.01		
7.	Marta Alexandra Saraiva	93	Uniao Piedense	18:13.01	+0,89	641	
	100m: 1:07.62 1:07.62	500m: 5:58.26	1:13.04	900m: 10:51.86	1:13.94	1300m: 15:47.18	1:13.94
	200m: 2:19.67 1:12.05	600m: 7:11.43	1:13.17	1000m: 12:05.63	1:13.77	1400m: 17:00.79	1:13.61
	300m: 3:32.36 1:12.69	700m: 8:24.37	1:12.94	1100m: 13:19.54	1:13.91	1500m: 18:13.01	1:12.22
	400m: 4:45.22 1:12.86	800m: 9:37.92	1:13.55	1200m: 14:33.24	1:13.70		
8.	Julia Matos Lopes	94	Scalabisport	18:17.07	+0,88	634	
	100m: 1:10.43 1:10.43	500m: 6:04.67	1:13.36	900m: 10:57.12	1:12.94	1300m: 15:51.01	1:13.92
	200m: 2:24.29 1:13.86	600m: 7:17.68	1:13.01	1000m: 12:10.31	1:13.19	1400m: 17:04.54	1:13.53
	300m: 3:37.88 1:13.59	700m: 8:30.78	1:13.10	1100m: 13:23.69	1:13.38	1500m: 18:17.07	1:12.53
	400m: 4:51.31 1:13.43	800m: 9:44.18	1:13.40	1200m: 14:37.09	1:13.40		
9.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	18:20.99	+0,91	627	
	100m: 1:06.87 1:06.87	500m: 5:54.39	1:12.22	900m: 10:50.15	1:13.90	1300m: 15:52.01	1:16.04
	200m: 2:17.99 1:11.12	600m: 7:07.58	1:13.19	1000m: 12:05.48	1:15.33	1400m: 17:07.08	1:15.07
	300m: 3:30.11 1:12.12	700m: 8:22.25	1:14.67	1100m: 13:20.80	1:15.32	1500m: 18:20.99	1:13.91
	400m: 4:42.17 1:12.06	800m: 9:36.25	1:14.00	1200m: 14:35.97	1:15.17		
10.	Helena Paula Carvalho	95	Uniao Piedense	18:28.72	+0,76	614	
	100m: 1:08.81 1:08.81	500m: 6:05.35	1:14.78	900m: 11:04.68	1:15.03	1300m: 16:02.90	1:14.29
	200m: 2:21.96 1:13.15	600m: 7:19.72	1:14.37	1000m: 12:19.18	1:14.50	1400m: 17:17.33	1:14.43
	300m: 3:36.09 1:14.13	700m: 8:34.13	1:14.41	1100m: 13:33.91	1:14.73	1500m: 18:28.72	1:11.39
	400m: 4:50.57 1:14.48	800m: 9:49.65	1:15.52	1200m: 14:48.61	1:14.70		
11.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:34.59	+0,86	604	
	100m: 1:07.92 1:07.92	500m: 6:03.42	1:14.19	900m: 11:02.25	1:15.03	1300m: 16:04.50	1:15.71
	200m: 2:21.36 1:13.44	600m: 7:18.06	1:14.64	1000m: 12:17.57	1:15.32	1400m: 17:20.40	1:15.90
	300m: 3:34.98 1:13.62	700m: 8:32.61	1:14.55	1100m: 13:32.98	1:15.41	1500m: 18:34.59	1:14.19
	400m: 4:49.23 1:14.25	800m: 9:47.22	1:14.61	1200m: 14:48.79	1:15.81		
12.	Ana Sofia Fernandes	93	Braga	18:38.68	+0,91	598	
	100m: 1:08.46 1:08.46	500m: 6:02.21	1:12.92	900m: 11:06.00	1:16.33	1300m: 16:09.46	1:16.10
	200m: 2:21.44 1:12.98	600m: 7:17.54	1:15.33	1000m: 12:21.79	1:15.79	1400m: 17:25.30	1:15.84
	300m: 3:35.10 1:13.66	700m: 8:32.96	1:15.42	1100m: 13:37.68	1:15.89	1500m: 18:38.68	1:13.38
	400m: 4:49.29 1:14.19	800m: 9:49.67	1:16.71	1200m: 14:53.36	1:15.68		
13.	Ines Sofia Sampaio	94	Academico Viseu	18:43.32	+0,97	590	
	<i>FTL</i>						
	100m: 1:08.59 1:08.59	500m: 6:06.48	1:15.58	900m: 11:12.66	1:17.13	1300m: 16:17.86	1:15.64
	200m: 2:22.43 1:13.84	600m: 7:22.59	1:16.11	1000m: 12:29.47	1:16.81	1400m: 17:32.46	1:14.60
	300m: 3:36.18 1:13.75	700m: 8:38.89	1:16.30	1100m: 13:45.78	1:16.31	1500m: 18:43.32	1:10.86
	400m: 4:50.90 1:14.72	800m: 9:55.53	1:16.64	1200m: 15:02.22	1:16.44		