

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 28 a 30-3-2013

Prova 19 Femin., 400m Estilos 15 anos e mais velhos
29-03-2013 - 10:00 Resultados

Rec Nac Absoluto	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011
Rec Nac Jun	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac 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 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:10.37	+0,77	646
	50m: 33.26 33.26	150m: 1:52.69 41.64	250m: 3:17.86 44.75	350m: 4:37.44 35.34		
	100m: 1:11.05 37.79	200m: 2:33.11 40.42	300m: 4:02.10 44.24	400m: 5:10.37 32.93		
2.	Maria Teresa Amorim	97	Porto	5:10.48	+0,88	646
	50m: 32.64 32.64	150m: 1:49.53 39.64	250m: 3:13.74 45.10	350m: 4:36.59 36.61		
	100m: 1:09.89 37.25	200m: 2:28.64 39.11	300m: 3:59.98 46.24	400m: 5:10.48 33.89		
3.	Filipa Vicente Custoias	97	Benedita	5:11.06	+0,67	642
	50m: 32.67 32.67	150m: 1:49.49 39.72	250m: 3:12.34 44.74	350m: 4:35.58 37.53		
	100m: 1:09.77 37.10	200m: 2:27.60 38.11	300m: 3:58.05 45.71	400m: 5:11.06 35.48		
4.	Carolina Mantua Guedes	98	Sporting	5:20.30	+0,85	588
	50m: 33.54 33.54	150m: 1:56.27 42.78	250m: 3:24.20 46.09	350m: 4:46.25 35.71		
	100m: 1:13.49 39.95	200m: 2:38.11 41.84	300m: 4:10.54 46.34	400m: 5:20.30 34.05		
5.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:22.98	+0,82	574
	50m: 34.49 34.49	150m: 1:54.74 40.64	250m: 3:23.20 47.99	350m: 4:47.42 36.97		
	100m: 1:14.10 39.61	200m: 2:35.21 40.47	300m: 4:10.45 47.25	400m: 5:22.98 35.56		
6.	Barbara Sofia Barata	97	Alges	5:24.79	+0,81	564
	50m: 31.96 31.96	150m: 1:53.82 43.01	250m: 3:22.81 45.30	350m: 4:46.87 38.21		
	100m: 1:10.81 38.85	200m: 2:37.51 43.69	300m: 4:08.66 45.85	400m: 5:24.79 37.92		
7.	Ana Filipa Martins	97	Foca	5:26.96	+0,80	553
	<i>FTL</i>					
	50m: 33.91 33.91	150m: 1:57.10 43.68	250m: 3:26.86 47.33	350m: 4:51.50 36.62		
	100m: 1:13.42 39.51	200m: 2:39.53 42.43	300m: 4:14.88 48.02	400m: 5:26.96 35.46		
8.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	5:27.36	+0,89	551
	<i>FTL</i>					
	50m: 34.61 34.61	150m: 1:58.09 43.42	250m: 3:25.76 46.39	350m: 4:50.68 37.32		
	100m: 1:14.67 40.06	200m: 2:39.37 41.28	300m: 4:13.36 47.60	400m: 5:27.36 36.68		
9.	Daniela Figueiredo Metelo	97	Academica de Coimbra	5:27.68	+0,56	549
	<i>FTL</i>					
	50m: 33.02 33.02	150m: 1:56.36 44.61	250m: 3:27.02 47.04	350m: 4:52.57 37.64		
	100m: 1:11.75 38.73	200m: 2:39.98 43.62	300m: 4:14.93 47.91	400m: 5:27.68 35.11		

Seniores

1.	Nadia Morais Vieira	90	GesLoures	4:51.95	+0,77	777
	50m: 30.97 30.97	150m: 1:44.32 38.06	250m: 3:02.28 40.84	350m: 4:18.24 34.97		
	100m: 1:06.26 35.29	200m: 2:21.44 37.12	300m: 3:43.27 40.99	400m: 4:51.95 33.71		
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:58.21	+0,77	729
	50m: 30.94 30.94	150m: 1:45.08 38.93	250m: 3:04.51 41.56	350m: 4:22.35 36.22		
	100m: 1:06.15 35.21	200m: 2:22.95 37.87	300m: 3:46.13 41.62	400m: 4:58.21 35.86		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Marta Pereira Abreu	92	Porto	5:06.08	+0,84	674
	50m: 32.00 32.00	150m: 1:48.81 38.74	250m: 3:09.44 43.26	350m: 4:30.46 36.94		
	100m: 1:10.07 38.07	200m: 2:26.18 37.37	300m: 3:53.52 44.08	400m: 5:06.08 35.62		
4.	Ana Teresa Franco	91	Sporting	5:08.89	+0,84	656
	50m: 33.11 33.11	150m: 1:53.39 42.15	250m: 3:14.89 41.52	350m: 4:33.30 36.68		
	100m: 1:11.24 38.13	200m: 2:33.37 39.98	300m: 3:56.62 41.73	400m: 5:08.89 35.59		
5.	Ines Alexandra Paiva	96	Alges	5:09.61	+0,81	651
	50m: 32.60 32.60	150m: 1:50.36 41.03	250m: 3:15.61 45.77	350m: 4:35.70 35.13		
	100m: 1:09.33 36.73	200m: 2:29.84 39.48	300m: 4:00.57 44.96	400m: 5:09.61 33.91		
6.	Ana Marta Miranda	96	Uniao Piedense	5:10.42	+0,81	646
	50m: 31.92 31.92	150m: 1:49.74 40.94	250m: 3:13.27 44.91	350m: 4:35.10 37.11		
	100m: 1:08.80 36.88	200m: 2:28.36 38.62	300m: 3:57.99 44.72	400m: 5:10.42 35.32		
7.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	5:15.33	+0,70	616
	50m: 32.04 32.04	150m: 1:51.92 43.46	250m: 3:17.65 42.69	350m: 4:39.18 36.89		
	100m: 1:08.46 36.42	200m: 2:34.96 43.04	300m: 4:02.29 44.64	400m: 5:15.33 36.15		
8.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:15.40	+0,87	616
	50m: 32.30 32.30	150m: 1:52.20 41.34	250m: 3:18.02 44.77	350m: 4:39.83 36.53		
	100m: 1:10.86 38.56	200m: 2:33.25 41.05	300m: 4:03.30 45.28	400m: 5:15.40 35.57		
9.	Rute Margarida Marques	94	Amadora	5:15.76	+0,81	614
	50m: 32.65 32.65	150m: 1:52.39 41.05	250m: 3:17.11 44.71	350m: 4:39.86 37.45		
	100m: 1:11.34 38.69	200m: 2:32.40 40.01	300m: 4:02.41 45.30	400m: 5:15.76 35.90		
10.	Helena Paula Carvalho	95	Uniao Piedense	5:16.28	+0,74	611
	50m: 32.01 32.01	150m: 1:52.11 41.81	250m: 3:19.98 47.77	350m: 4:42.75 34.97		
	100m: 1:10.30 38.29	200m: 2:32.21 40.10	300m: 4:07.78 47.80	400m: 5:16.28 33.53		
11.	Raquel Paulo Ranito	94	Sporting	5:16.95	+0,79	607
	50m: 33.44 33.44	150m: 1:52.76 40.60	250m: 3:19.45 46.32	350m: 4:42.46 37.51		
	100m: 1:12.16 38.72	200m: 2:33.13 40.37	300m: 4:04.95 45.50	400m: 5:16.95 34.49		
12.	Joana Dias Santos	96	Uniao Piedense	5:18.18	+0,77	600
	50m: 34.31 34.31	150m: 1:57.84 44.10	250m: 3:21.00 41.72	350m: 4:42.11 38.32		
	100m: 1:13.74 39.43	200m: 2:39.28 41.44	300m: 4:03.79 42.79	400m: 5:18.18 36.07		
13.	Leonor Mourinho Neves	95	Sporting	5:20.46	+0,78	587
	<i>FTL</i>					
	50m: 33.41 33.41	150m: 1:56.85 43.95	250m: 3:23.47 45.22	350m: 4:46.02 36.37		
	100m: 1:12.90 39.49	200m: 2:38.25 41.40	300m: 4:09.65 46.18	400m: 5:20.46 34.44		
14.	Ines Joao Costa	95	Braga	5:27.80	+0,92	549
	<i>FTL</i>					
	50m: 33.27 33.27	150m: 1:54.41 41.59	250m: 3:24.35 47.72	350m: 4:49.84 36.82		
	100m: 1:12.82 39.55	200m: 2:36.63 42.22	300m: 4:13.02 48.67	400m: 5:27.80 37.96		