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

Prova 23 | Femin., 400m Livres | 15 anos e mais velhos
29-03-2013 - 16:30 | Resultados

Rec Nac Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Rec Nac Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Rec Nac 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 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Maria Teresa Amorim	97	Porto	**4:32.45**	+0,91	676
	50m: 31.32 31.32 150m: 1:39.60 34.79 250m: 2:49.09 34.69 350m: 3:58.66 34.63					
	100m: 1:04.81 33.49 200m: 2:14.40 34.80 300m: 3:24.03 34.94 400m: 4:32.45 33.79					
2.	Barbara Marques Rodrigues	97	Alges	**4:33.23**	+0,88	670
	50m: 30.85 30.85 150m: 1:39.36 34.62 250m: 2:49.09 34.70 350m: 3:58.46 34.38					
	100m: 1:04.74 33.89 200m: 2:14.39 35.03 300m: 3:24.08 34.99 400m: 4:33.23 34.77					
3.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	**4:33.68**	+0,80	667
	50m: 31.09 31.09 150m: 1:39.97 34.83 250m: 2:50.16 35.02 350m: 4:00.36 35.05					
	100m: 1:05.14 34.05 200m: 2:15.14 35.17 300m: 3:25.31 35.15 400m: 4:33.68 33.32					
4.	Ana Silva Costa	98	Famalicao	**4:35.60**	+0,75	653
	50m: 31.78 31.78 150m: 1:41.26 34.88 250m: 2:51.39 34.71 350m: 4:01.48 34.72					
	100m: 1:06.38 34.60 200m: 2:16.68 35.42 300m: 3:26.76 35.37 400m: 4:35.60 34.12					
5.	Maria Joao Fernandes	97	Vilacondense	**4:37.71**	+0,80	638
	50m: 31.56 31.56 150m: 1:41.32 34.67 250m: 2:52.59 35.10 350m: 4:03.87 35.15					
	100m: 1:06.65 35.09 200m: 2:17.49 36.17 300m: 3:28.72 36.13 400m: 4:37.71 33.84					
6.	Adriana Daniela Castro	97	Porto	**4:38.11**	+0,80	635
	50m: 31.27 31.27 150m: 1:39.92 34.64 250m: 2:50.70 35.66 350m: 4:03.34 36.42					
	100m: 1:05.28 34.01 200m: 2:15.04 35.12 300m: 3:26.92 36.22 400m: 4:38.11 34.77					
7.	Beatriz Rodrigues Conde	98	Sporting	**4:39.48**	+0,80	626
	50m: 32.12 32.12 150m: 1:42.90 35.88 250m: 2:54.55 35.96 350m: 4:06.21 35.61					
	100m: 1:07.02 34.90 200m: 2:18.59 35.69 300m: 3:30.60 36.05 400m: 4:39.48 33.27					
8.	Maria Carolina Ribeiro	98	Porto	**4:39.81**	+0,73	624
	50m: 31.14 31.14 150m: 1:42.11 35.91 250m: 2:53.50 35.38 350m: 4:05.41 35.91					
	100m: 1:06.20 35.06 200m: 2:18.12 36.01 300m: 3:29.50 36.00 400m: 4:39.81 34.40					
9.	Maria Malaguerra Costa	98	Columbofila Cantanhedense	**4:42.65**	+0,66	605
	50m: 31.85 31.85 150m: 1:41.56 35.18 250m: 2:53.60 36.11 350m: 4:06.60 36.62					
	100m: 1:06.38 34.53 200m: 2:17.49 35.93 300m: 3:29.98 36.38 400m: 4:42.65 36.05					
10.	Ana Raquel Ferreira	98	Ginasio Figueirense	**4:42.94**	+0,94	603
	50m: 31.83 31.83 150m: 1:42.36 35.07 250m: 2:54.07 35.87 350m: 4:07.06 36.27					
	100m: 1:07.29 35.46 200m: 2:18.20 35.84 300m: 3:30.79 36.72 400m: 4:42.94 35.88					
11.	Catarina Alexandra Jardim	98	Famalicao	**4:47.15**	+0,81	577
	FTL					
	50m: 31.88 31.88 150m: 1:42.67 35.54 250m: 2:54.47 36.02 350m: 4:09.58 37.49					
	100m: 1:07.13 35.25 200m: 2:18.45 35.78 300m: 3:32.09 37.62 400m: 4:47.15 37.57					
12.	Beatriz Filipa Matos	97	Nautico de Coimbra	**4:49.55**	+0,83	563
	FTL					
	50m: 32.60 32.60 150m: 1:45.00 36.60 250m: 2:58.59 36.73 350m: 4:13.21 36.84					
	100m: 1:08.40 35.80 200m: 2:21.86 36.86 300m: 3:36.37 37.78 400m: 4:49.55 36.34					

Prova 23, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Ana Filipa Martins	97	Foca	**4:50.68**	+0,80	556
	FTL					
	50m: 32.09 32.09 150m: 1:43.08 35.82 250m: 2:56.61 37.28 350m: 4:13.06 38.60					
	100m: 1:07.26 35.17 200m: 2:19.33 36.25 300m: 3:34.46 37.85 400m: 4:50.68 37.62					
14.	Cecilia Branco Almeida	97	GesLoures	**4:54.05**	+0,91	537
	FTL					
	50m: 32.75 32.75 150m: 1:44.81 36.90 250m: 3:00.56 38.31 350m: 4:16.73 38.49					
	100m: 1:07.91 35.16 200m: 2:22.25 37.44 300m: 3:38.24 37.68 400m: 4:54.05 37.32					

Seniores

1.	Angelica Maria Andre	94	Leixoes	**4:21.62**	+0,76	763
	50m: 30.20 30.20 150m: 1:36.09 33.56 250m: 2:43.30 33.75 350m: 3:50.34 33.42					
	100m: 1:02.53 32.33 200m: 2:09.55 33.46 300m: 3:16.92 33.62 400m: 4:21.62 31.28					
2.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	**4:21.88**	+0,79	761
	50m: 30.00 30.00 150m: 1:36.07 33.50 250m: 2:43.16 33.59 350m: 3:50.49 33.58					
	100m: 1:02.57 32.57 200m: 2:09.57 33.50 300m: 3:16.91 33.75 400m: 4:21.88 31.39					
3.	Ana Goncalves Neto	95	Porto	**4:25.85**	+0,99	727
	50m: 30.56 30.56 150m: 1:37.87 34.23 250m: 2:45.82 33.72 350m: 3:52.98 33.32					
	100m: 1:03.64 33.08 200m: 2:12.10 34.23 300m: 3:19.66 33.84 400m: 4:25.85 32.87					
4.	Vania Soares Neves	90	Viana Natacao	**4:29.90**	+0,81	695
	50m: 31.39 31.39 150m: 1:39.93 34.61 250m: 2:48.48 33.95 350m: 3:56.74 34.01					
	100m: 1:05.32 33.93 200m: 2:14.53 34.60 300m: 3:22.73 34.25 400m: 4:29.90 33.16					
5.	Diana Margarida Duraes	96	Porto	**4:31.22**	+0,78	685
	50m: 30.12 30.12 150m: 1:36.03 33.54 250m: 2:45.03 33.95 350m: 3:55.53 35.72					
	100m: 1:02.49 32.37 200m: 2:11.08 35.05 300m: 3:19.81 34.78 400m: 4:31.22 35.69					
6.	Mafalda Gomes Beleza	94	Sporting	**4:32.02**	+0,76	679
	50m: 30.73 30.73 150m: 1:38.30 34.30 250m: 2:46.71 34.23 350m: 3:57.36 35.59					
	100m: 1:04.00 33.27 200m: 2:12.48 34.18 300m: 3:21.77 35.06 400m: 4:32.02 34.66					
7.	Ines Alexandra Paiva	96	Alges	**4:32.45**	+0,79	676
	50m: 31.91 31.91 150m: 1:40.01 34.76 250m: 2:49.38 34.82 350m: 3:59.17 34.93					
	100m: 1:05.25 33.34 200m: 2:14.56 34.55 300m: 3:24.24 34.86 400m: 4:32.45 33.28					
8.	Ana Margarida Domingos	93	Academico Viseu	**4:33.52**	+0,91	668
	50m: 31.89 31.89 150m: 1:40.99 34.82 250m: 2:50.58 34.31 350m: 3:59.34 34.20					
	100m: 1:06.17 34.28 200m: 2:16.27 35.28 300m: 3:25.14 34.56 400m: 4:33.52 34.18					
9.	Ana Monica Eloi	96	Nautico da Marinha Grande	**4:36.51**	+0,84	646
	50m: 31.81 31.81 150m: 1:40.63 34.95 250m: 2:51.36 35.52 350m: 4:02.11 35.52					
	100m: 1:05.68 33.87 200m: 2:15.84 35.21 300m: 3:26.59 35.23 400m: 4:36.51 34.40					
10.	Marta Alexandra Saraiva	93	Uniao Piedense	**4:36.65**	+0,75	645
	50m: 31.42 31.42 150m: 1:40.86 35.05 250m: 2:51.70 35.30 350m: 4:02.29 34.96					
	100m: 1:05.81 34.39 200m: 2:16.40 35.54 300m: 3:27.33 35.63 400m: 4:36.65 34.36					
11.	Helena Paula Carvalho	95	Uniao Piedense	**4:37.33**	+0,76	641
	50m: 31.30 31.30 150m: 1:41.23 35.48 250m: 2:52.39 35.63 350m: 4:03.49 35.81					
	100m: 1:05.75 34.45 200m: 2:16.76 35.53 300m: 3:27.68 35.29 400m: 4:37.33 33.84					
12.	Maria Luis Amorim	95	Porto	**4:37.76**	+0,94	638
	50m: 31.06 31.06 150m: 1:40.98 35.65 250m: 2:51.72 35.32 350m: 4:02.57 35.33					
	100m: 1:05.33 34.27 200m: 2:16.40 35.42 300m: 3:27.24 35.52 400m: 4:37.76 35.19					

Prova 23, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Leonor Mourinho Neves	95	Sporting	**4:39.28**	+0,79	627
	FTL					
	50m: 31.81 31.81 150m: 1:41.11 34.93 250m: 2:51.75 35.18 350m: 4:03.60 35.78					
	100m: 1:06.18 34.37 200m: 2:16.57 35.46 300m: 3:27.82 36.07 400m: 4:39.28 35.68					
14.	Soraia Vanessa Ribeiro	92	Gespacos	**4:42.28**	+0,92	608
	FTL					
	50m: 31.91 31.91 150m: 1:40.98 34.95 250m: 2:51.10 34.95 350m: 4:04.74 37.10					
	100m: 1:06.03 34.12 200m: 2:16.15 35.17 300m: 3:27.64 36.54 400m: 4:42.28 37.54					
15.	Joana Filipa Capela	89	Benfica	**4:42.85**	+0,77	604
	FTL					
	50m: 31.82 31.82 150m: 1:41.55 35.28 250m: 2:53.30 36.12 350m: 4:06.88 37.03					
	100m: 1:06.27 34.45 200m: 2:17.18 35.63 300m: 3:29.85 36.55 400m: 4:42.85 35.97					
16.	Ana Sofia Fernandes	93	Braga	**4:45.91**	+0,93	585
	FTL					
	50m: 31.50 31.50 150m: 1:40.92 35.21 250m: 2:54.21 36.97 350m: 4:09.18 37.54					
	100m: 1:05.71 34.21 200m: 2:17.24 36.32 300m: 3:31.64 37.43 400m: 4:45.91 36.73					