

Prova 19 Femin., 400m Livres 14 - 17 anos
05-04-2014 - 16:00 Resultados

Recordes Nacionais 50m Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Recordes Nacionais 50m Juv B	4:28.67	Alexandra Maria Silva	FPN	Guadalupe (FRA)	24-04-1981
Recordes Nacionais 50m Juv A	4:24.77	Ana Claudia Santos	SFUAP	Oeiras	19-03-2005
Recordes Nacionais 50m Jun16	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Recordes Nacionais 50m Jun17	4:19.98	Florbela Cavaco Machado	ASSSCC	Coimbra	26-05-2013

TAC-JUN16F Jun16: 4:46.14 / TAC-JUN17F Jun17: 4:43.33 / TAC-JUVAF Juv A: 4:51.75 / TAC-JUVBF Juv B: 5:00.17

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Maria Francisca Cabral	00	Porto	4:31.68	+0,87	682
	50m: 31.48 31.48	150m: 1:39.60 34.26	250m: 2:49.28 34.78	350m: 3:58.45 33.82		
	100m: 1:05.34 33.86	200m: 2:14.50 34.90	300m: 3:24.63 35.35	400m: 4:31.68 33.23		
2.	Ana Rita Faria	00	Porto	4:38.49	+0,96	633
	50m: 31.90 31.90	150m: 1:41.94 35.32	250m: 2:53.66 35.69	350m: 4:04.58 35.12		
	100m: 1:06.62 34.72	200m: 2:17.97 36.03	300m: 3:29.46 35.80	400m: 4:38.49 33.91		
3.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:40.76	+0,70	618
	50m: 32.05 32.05	150m: 1:42.48 35.55	250m: 2:54.00 35.86	350m: 4:05.96 36.35		
	100m: 1:06.93 34.88	200m: 2:18.14 35.66	300m: 3:29.61 35.61	400m: 4:40.76 34.80		
4.	Sofia Isabel Gouveia	00	Uniao Piedense	4:46.50	+0,96	581
	50m: 31.89 31.89	150m: 1:43.78 36.66	250m: 2:58.12 36.99	350m: 4:11.90 36.68		
	100m: 1:07.12 35.23	200m: 2:21.13 37.35	300m: 3:35.22 37.10	400m: 4:46.50 34.60		
5.	Laura Sanchez Rodrigues	00	Alges	4:49.21	+0,77	565
	50m: 31.73 31.73	150m: 1:43.65 36.29	250m: 2:57.18 36.93	350m: 4:12.46 38.00		
	100m: 1:07.36 35.63	200m: 2:20.25 36.60	300m: 3:34.46 37.28	400m: 4:49.21 36.75		
6.	Margarida Valente Orrico	00	Uniao Piedense	4:52.19	+0,92	548
	50m: 32.73 32.73	150m: 1:46.13 36.90	250m: 3:00.72 36.74	350m: 4:15.77 37.33		
	100m: 1:09.23 36.50	200m: 2:23.98 37.85	300m: 3:38.44 37.72	400m: 4:52.19 36.42		
7.	Ana Sofia Ramos	00	Porto	4:53.34	+0,85	541
	50m: 33.67 33.67	150m: 1:47.86 37.47	250m: 3:03.32 37.34	350m: 4:17.21 36.04		
	100m: 1:10.39 36.72	200m: 2:25.98 38.12	300m: 3:41.17 37.85	400m: 4:53.34 36.13		
8.	Mariana Silva Navalho	00	Uniao Piedense	4:53.79	+0,87	539
	50m: 33.71 33.71	150m: 1:48.03 38.14	250m: 3:03.76 37.85	350m: 4:18.71 37.59		
	100m: 1:09.89 36.18	200m: 2:25.91 37.88	300m: 3:41.12 37.36	400m: 4:53.79 35.08		
9.	Mariana Santos Ferreira	00	Miranda do Corvo	4:53.85	+0,91	539
	50m: 34.43 34.43	150m: 1:48.66 37.50	250m: 3:03.51 37.43	350m: 4:17.93 37.03		
	100m: 1:11.16 36.73	200m: 2:26.08 37.42	300m: 3:40.90 37.39	400m: 4:53.85 35.92		
10.	Beatriz Mendes Viegas	00	Tavira Natacao	4:54.29	+0,70	536
	50m: 31.95 31.95	150m: 1:45.73 37.32	250m: 3:02.02 37.75	350m: 4:18.04 37.63		
	100m: 1:08.41 36.46	200m: 2:24.27 38.54	300m: 3:40.41 38.39	400m: 4:54.29 36.25		
11.	Rafaela Araujo Silva	00	Famalicao	4:54.78	+0,91	533
	50m: 33.66 33.66	150m: 1:48.33 38.02	250m: 3:04.10 38.12	350m: 4:19.46 37.20		
	100m: 1:10.31 36.65	200m: 2:25.98 37.65	300m: 3:42.26 38.16	400m: 4:54.78 35.32		
12.	Ana Miguel Reis	00	Columbofila Cantanhedense	4:55.39	+0,85	530
	50m: 33.11 33.11	150m: 1:47.34 37.10	250m: 3:03.01 37.41	350m: 4:18.27 37.08		
	100m: 1:10.24 37.13	200m: 2:25.60 38.26	300m: 3:41.19 38.18	400m: 4:55.39 37.12		

Prova 19, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Maria Leonor Valente	00	Fluvial Portuense	4:56.91	+0,80	522
	50m: 33.45 33.45	150m: 1:47.29 37.59	250m: 3:02.44 37.32	350m: 4:19.19 37.69		
	100m: 1:09.70 36.25	200m: 2:25.12 37.83	300m: 3:41.50 39.06	400m: 4:56.91 37.72		
14.	Mariana Silva Ramos	00	Sporting	4:57.71	+0,78	518
	50m: 33.42 33.42	150m: 1:48.33 38.47	250m: 3:04.60 38.60	350m: 4:20.89 38.35		
	100m: 1:09.86 36.44	200m: 2:26.00 37.67	300m: 3:42.54 37.94	400m: 4:57.71 36.82		
15.	Joana Francisca Costa	00	Foca	4:57.76	+0,76	518
	50m: 33.03 33.03	150m: 1:47.25 37.54	250m: 3:04.00 38.19	350m: 4:20.90 38.49		
	100m: 1:09.71 36.68	200m: 2:25.81 38.56	300m: 3:42.41 38.41	400m: 4:57.76 36.86		
16.	Maria Tome Fialho	00	Amadora	4:57.79	+0,67	517
	50m: 33.27 33.27	150m: 1:47.46 37.23	250m: 3:04.34 38.06	350m: 4:21.05 38.08		
	100m: 1:10.23 36.96	200m: 2:26.28 38.82	300m: 3:42.97 38.63	400m: 4:57.79 36.74		
17.	Ines Silva Oliveira	00	Leixoes	4:58.87	+0,89	512
	50m: 31.92 31.92	150m: 1:45.94 38.27	250m: 3:03.04 38.75	350m: 4:20.52 39.18		
	100m: 1:07.67 35.75	200m: 2:24.29 38.35	300m: 3:41.34 38.30	400m: 4:58.87 38.35		
18.	Sara Filipa Santos FTL	00	Porto	5:00.23	+0,80	505
	50m: 34.77 34.77	150m: 1:48.98 37.63	250m: 3:05.67 38.53	350m: 4:22.71 38.39		
	100m: 1:11.35 36.58	200m: 2:27.14 38.16	300m: 3:44.32 38.65	400m: 5:00.23 37.52		
19.	Patricia Palmeiro Baeta FTL	00	Viver Santarem	5:03.34	+0,81	490
	50m: 32.77 32.77	150m: 1:47.80 38.22	250m: 3:05.11 38.88	350m: 4:24.58 40.13		
	100m: 1:09.58 36.81	200m: 2:26.23 38.43	300m: 3:44.45 39.34	400m: 5:03.34 38.76		
20.	Margarida Reconha Marques FTL	00	Nautico Marinha Grande	5:04.44	+0,91	484
	50m: 34.98 34.98	150m: 1:51.30 39.00	250m: 3:08.82 39.06	350m: 4:27.23 39.06		
	100m: 1:12.30 37.32	200m: 2:29.76 38.46	300m: 3:48.17 39.35	400m: 5:04.44 37.21		
21.	Carolina Pastor Escada FTL	00	Aminata	5:08.81	+0,73	464
	50m: 33.76 33.76	150m: 1:48.93 38.42	250m: 3:08.09 40.04	350m: 4:29.12 40.84		
	100m: 1:10.51 36.75	200m: 2:28.05 39.12	300m: 3:48.28 40.19	400m: 5:08.81 39.69		
22.	Carla Laranjeira Marques FTL	00	Sporting de Aveiro	5:14.03	+0,85	441
	50m: 33.83 33.83	150m: 1:50.41 39.30	250m: 3:11.33 40.66	350m: 4:34.05 41.28		
	100m: 1:11.11 37.28	200m: 2:30.67 40.26	300m: 3:52.77 41.44	400m: 5:14.03 39.98		
DNS	Maria Leonor Gomes	00	Desportivo Nacional			

Juvenis A

1.	Tamila Hryhorivna Holub	99	Braga	4:24.42	+0,85	739
	<i>Recorde Nacional, Minimos CEJ 2014</i>					
	50m: 31.26 31.26	150m: 1:37.80 33.37	250m: 2:44.46 33.13	350m: 3:51.40 33.40		
	100m: 1:04.43 33.17	200m: 2:11.33 33.53	300m: 3:18.00 33.54	400m: 4:24.42 33.02		
2.	Beatriz Paulo Ranito	99	Sporting	4:39.63	+0,68	625
	50m: 31.74 31.74	150m: 1:41.97 35.69	250m: 2:53.63 36.11	350m: 4:05.18 35.74		
	100m: 1:06.28 34.54	200m: 2:17.52 35.55	300m: 3:29.44 35.81	400m: 4:39.63 34.45		

Prova 19, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:40.16	+0,96	622
	50m: 31.54 31.54 150m: 1:43.01 35.91 250m: 2:55.37 35.89 350m: 4:07.14 35.61					
	100m: 1:07.10 35.56 200m: 2:19.48 36.47 300m: 3:31.53 36.16 400m: 4:40.16 33.02					
4.	Madalena Gomes Azevedo	99	Alges	4:40.18	+0,76	621
	50m: 30.80 30.80 150m: 1:41.76 35.96 250m: 2:54.00 36.43 350m: 4:05.40 35.56					
	100m: 1:05.80 35.00 200m: 2:17.57 35.81 300m: 3:29.84 35.84 400m: 4:40.18 34.78					
5.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:42.96	+0,73	603
	50m: 31.45 31.45 150m: 1:42.56 36.18 250m: 2:54.98 36.50 350m: 4:07.52 36.58					
	100m: 1:06.38 34.93 200m: 2:18.48 35.92 300m: 3:30.94 35.96 400m: 4:42.96 35.44					
6.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	4:45.44	+0,99	588
	50m: 31.90 31.90 150m: 1:43.09 35.79 250m: 2:56.27 36.55 350m: 4:09.70 36.22					
	100m: 1:07.30 35.40 200m: 2:19.72 36.63 300m: 3:33.48 37.21 400m: 4:45.44 35.74					
7.	Carolina Silva Moreira	99	Natacao da Maia	4:46.77	+0,80	579
	50m: 33.00 33.00 150m: 1:45.40 36.79 250m: 2:58.90 36.89 350m: 4:11.61 36.23					
	100m: 1:08.61 35.61 200m: 2:22.01 36.61 300m: 3:35.38 36.48 400m: 4:46.77 35.16					
8.	Joana Miguel Alexandre	99	Amadora	4:47.28	+0,81	576
	50m: 32.37 32.37 150m: 1:44.68 36.50 250m: 2:58.53 36.36 350m: 4:12.37 36.45					
	100m: 1:08.18 35.81 200m: 2:22.17 37.49 300m: 3:35.92 37.39 400m: 4:47.28 34.91					
9.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:47.63	+0,84	574
	50m: 32.95 32.95 150m: 1:44.90 36.57 250m: 2:58.79 37.28 350m: 4:12.21 36.63					
	100m: 1:08.33 35.38 200m: 2:21.51 36.61 300m: 3:35.58 36.79 400m: 4:47.63 35.42					
10.	Ana Beatriz La Feria	99	Porto	4:47.93	+0,98	572
	50m: 32.58 32.58 150m: 1:44.65 36.83 250m: 2:58.29 37.04 350m: 4:12.03 36.80					
	100m: 1:07.82 35.24 200m: 2:21.25 36.60 300m: 3:35.23 36.94 400m: 4:47.93 35.90					
11.	Tania Cristina Mendes	99	Industrial Viegense	4:49.29	+0,80	564
	50m: 31.22 31.22 150m: 1:42.94 36.51 250m: 2:58.05 37.51 350m: 4:12.57 36.86					
	100m: 1:06.43 35.21 200m: 2:20.54 37.60 300m: 3:35.71 37.66 400m: 4:49.29 36.72					
12.	Mariana Pinto Angelo	99	Academica de Coimbra	4:49.47	+0,75	563
	50m: 32.88 32.88 150m: 1:44.88 36.61 250m: 2:58.72 37.02 350m: 4:13.11 37.39					
	100m: 1:08.27 35.39 200m: 2:21.70 36.82 300m: 3:35.72 37.00 400m: 4:49.47 36.36					
13.	Maria Dias Neves	99	Miranda do Corvo	4:51.57	+0,75	551
	50m: 32.71 32.71 150m: 1:45.96 37.35 250m: 3:00.75 37.65 350m: 4:15.51 37.19					
	100m: 1:08.61 35.90 200m: 2:23.10 37.14 300m: 3:38.32 37.57 400m: 4:51.57 36.06					
14.	Mariana Soares Martinho	99	20Km de Almeirim	4:51.89	+0,75	549
	<i>FTL</i>					
	50m: 32.68 32.68 150m: 1:45.16 37.00 250m: 2:59.74 37.40 350m: 4:15.00 37.73					
	100m: 1:08.16 35.48 200m: 2:22.34 37.18 300m: 3:37.27 37.53 400m: 4:51.89 36.89					
15.	Catarina Costa Fernandes	99	Colegio Bernardette Romeira	4:52.17	+0,83	548
	<i>FTL</i>					
	50m: 32.58 32.58 150m: 1:45.93 37.22 250m: 3:01.03 37.95 350m: 4:16.26 37.62					
	100m: 1:08.71 36.13 200m: 2:23.08 37.15 300m: 3:38.64 37.61 400m: 4:52.17 35.91					
16.	Maria Santos Silva	99	Nautico Marinha Grande	4:55.58	+0,86	529
	<i>FTL</i>					
	50m: 32.61 32.61 150m: 1:45.53 37.18 250m: 3:01.50 37.95 350m: 4:18.11 38.16					
	100m: 1:08.35 35.74 200m: 2:23.55 38.02 300m: 3:39.95 38.45 400m: 4:55.58 37.47					

Prova 19, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Ana Miguel Pinto FTL	99	Viana Natacao	4:57.69	+0,88	518
	50m: 33.36 33.36	150m: 1:47.19 37.47	250m: 3:03.19 37.89	350m: 4:19.94 38.48		
	100m: 1:09.72 36.36	200m: 2:25.30 38.11	300m: 3:41.46 38.27	400m: 4:57.69 37.75		
18.	Ana Pires Brito FTL	99	Colegio Monte Maior	5:01.05	+0,82	501
	50m: 31.91 31.91	150m: 1:45.08 37.56	250m: 3:02.81 39.20	350m: 4:22.15 39.56		
	100m: 1:07.52 35.61	200m: 2:23.61 38.53	300m: 3:42.59 39.78	400m: 5:01.05 38.90		

Juniores

1.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	4:25.53	+0,87	730
	50m: 31.39 31.39	150m: 1:38.03 33.55	250m: 2:45.19 33.55	350m: 3:52.63 33.62		
	100m: 1:04.48 33.09	200m: 2:11.64 33.61	300m: 3:19.01 33.82	400m: 4:25.53 32.90		
2.	Carolina Mantua Guedes	98	Sporting	4:30.97	+0,75	687
	50m: 30.74 30.74	150m: 1:38.60 34.06	250m: 2:47.95 34.75	350m: 3:57.61 34.69		
	100m: 1:04.54 33.80	200m: 2:13.20 34.60	300m: 3:22.92 34.97	400m: 4:30.97 33.36		
3.	Maria Teresa Amorim	97	Porto	4:31.12	+0,94	686
	50m: 31.34 31.34	150m: 1:39.02 34.18	250m: 2:48.21 34.78	350m: 3:57.95 34.93		
	100m: 1:04.84 33.50	200m: 2:13.43 34.41	300m: 3:23.02 34.81	400m: 4:31.12 33.17		
4.	Francisca Gomes Azevedo	97	Alges	4:31.52	+0,79	683
	50m: 30.70 30.70	150m: 1:39.32 34.42	250m: 2:49.53 34.83	350m: 3:59.34 34.62		
	100m: 1:04.90 34.20	200m: 2:14.70 35.38	300m: 3:24.72 35.19	400m: 4:31.52 32.18		
5.	Barbara Marques Rodrigues	97	Alges	4:35.55	+0,94	653
	50m: 31.48 31.48	150m: 1:39.73 34.77	250m: 2:49.72 35.30	350m: 4:00.62 35.56		
	100m: 1:04.96 33.48	200m: 2:14.42 34.69	300m: 3:25.06 35.34	400m: 4:35.55 34.93		
6.	Marina Micaela Sequeira	98	Uniao Piedense	4:37.83	+0,71	637
	50m: 31.06 31.06	150m: 1:40.60 35.43	250m: 2:52.32 36.34	350m: 4:04.28 36.15		
	100m: 1:05.17 34.11	200m: 2:15.98 35.38	300m: 3:28.13 35.81	400m: 4:37.83 33.55		
7.	Ana Silva Costa	98	Famalicao	4:40.33	+0,73	620
	50m: 31.77 31.77	150m: 1:41.28 34.84	250m: 2:52.02 35.10	350m: 4:04.48 35.97		
	100m: 1:06.44 34.67	200m: 2:16.92 35.64	300m: 3:28.51 36.49	400m: 4:40.33 35.85		
8.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:41.29	+0,85	614
	50m: 31.66 31.66	150m: 1:42.60 35.48	250m: 2:54.61 36.02	350m: 4:06.57 35.92		
	100m: 1:07.12 35.46	200m: 2:18.59 35.99	300m: 3:30.65 36.04	400m: 4:41.29 34.72		
9.	Madalena Amaro Machado	98	Academico Viseu	4:42.79	+0,86	604
	50m: 31.75 31.75	150m: 1:43.17 35.93	250m: 2:56.31 36.55	350m: 4:08.45 35.93		
	100m: 1:07.24 35.49	200m: 2:19.76 36.59	300m: 3:32.52 36.21	400m: 4:42.79 34.34		
10.	Catarina Alexandra Jardim	98	Famalicao	4:43.73	+0,85	598
	50m: 31.65 31.65	150m: 1:42.19 35.85	250m: 2:54.51 36.53	350m: 4:07.83 36.88		
	100m: 1:06.34 34.69	200m: 2:17.98 35.79	300m: 3:30.95 36.44	400m: 4:43.73 35.90		
11.	Maria Joao Fernandes FTL	97	Vilacondense	4:44.52	+0,75	593
	50m: 32.16 32.16	150m: 1:41.99 34.66	250m: 2:53.44 35.62	350m: 4:07.91 37.07		
	100m: 1:07.33 35.17	200m: 2:17.82 35.83	300m: 3:30.84 37.40	400m: 4:44.52 36.61		
12.	Maria Malaguerra Costa	98	Columbofila Cantanhedense	4:45.58	+0,73	587
	50m: 30.90 30.90	150m: 1:41.41 36.06	250m: 2:54.91 36.79	350m: 4:09.31 37.13		
	100m: 1:05.35 34.45	200m: 2:18.12 36.71	300m: 3:32.18 37.27	400m: 4:45.58 36.27		

Prova 19, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:46.53	+0,79	581
	<i>FTL</i>					
	50m: 31.50 31.50	150m: 1:43.85 36.47	250m: 2:56.17 35.75	350m: 4:10.08 36.51		
	100m: 1:07.38 35.88	200m: 2:20.42 36.57	300m: 3:33.57 37.40	400m: 4:46.53 36.45		
14.	Maria Carolina Ribeiro	98	Porto	4:50.66	+0,80	557
	<i>FTL</i>					
	50m: 32.24 32.24	150m: 1:44.51 36.77	250m: 2:58.51 37.06	350m: 4:13.48 37.18		
	100m: 1:07.74 35.50	200m: 2:21.45 36.94	300m: 3:36.30 37.79	400m: 4:50.66 37.18		
WDR	Sofia Machado Dionisio	98	Sporting			