

Prova 1
4.12.15 - 16:00

Femin., 400m Estilos

Juvenis
Resultados

Rec Nacional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Nacional Absoluto	4:39.03	Victoria Kaminskaya	PIMP	Porto	2014

Mínimos de Participação Juv B: 5:47.14; Juv A: 5:37.41

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Clara Gomes Pereira	02	Algés	5:06.77	607
	50m: 33.32 33.32		150m: 1:52.44 41.11	250m: 3:13.61 41.53	350m: 4:32.65 36.43
	100m: 1:11.33 38.01		200m: 2:32.08 39.64	300m: 3:56.22 42.61	400m: 5:06.77 34.12
2.	Mariana Amaral Mendes	02	Colégio Monte Maior	5:13.17	571
	50m: 34.69 34.69		150m: 1:56.12 41.01	250m: 3:18.83 43.59	350m: 4:38.90 36.09
	100m: 1:15.11 40.42		200m: 2:35.24 39.12	300m: 4:02.81 43.98	400m: 5:13.17 34.27
3.	Maria Margarida Belo	02	Sporting	5:20.82	531
	50m: 34.76 34.76		150m: 1:56.92 41.15	250m: 3:22.76 46.44	350m: 4:45.46 35.98
	100m: 1:15.77 41.01		200m: 2:36.32 39.40	300m: 4:09.48 46.72	400m: 5:20.82 35.36
4.	Catia Iordan Agostinho	02	Rio Maior	5:20.92	530
	50m: 35.71 35.71		150m: 1:58.74 41.59	250m: 3:23.83 44.16	350m: 4:45.80 36.59
	100m: 1:17.15 41.44		200m: 2:39.67 40.93	300m: 4:09.21 45.38	400m: 5:20.92 35.12
5.	Constanca Filipa Rodrigues	02	Benedita Sport Clube	5:29.12	492
	50m: 35.21 35.21		150m: 1:58.94 42.65	250m: 3:27.01 46.51	350m: 4:52.68 38.72
	100m: 1:16.29 41.08		200m: 2:40.50 41.56	300m: 4:13.96 46.95	400m: 5:29.12 36.44
6.	Ana Reis Sousa	02	Litoral Alentejano	5:29.14	492
	50m: 34.94 34.94		150m: 2:00.84 43.29	250m: 3:28.94 45.44	350m: 4:53.05 38.20
	100m: 1:17.55 42.61		200m: 2:43.50 42.66	300m: 4:14.85 45.91	400m: 5:29.14 36.09
7.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	5:33.63	472
	50m: 35.82 35.82		150m: 2:03.69 45.34	250m: 3:35.73 49.06	350m: 4:59.42 35.74
	100m: 1:18.35 42.53		200m: 2:46.67 42.98	300m: 4:23.68 47.95	400m: 5:33.63 34.21
8.	Rita Morgado Vieira	02	Rio Maior	5:35.02	466
	50m: 36.80 36.80		150m: 2:03.48 43.50	250m: 3:32.54 45.20	350m: 4:58.21 39.20
	100m: 1:19.98 43.18		200m: 2:47.34 43.86	300m: 4:19.01 46.47	400m: 5:35.02 36.81
9.	Leticia Maia Andre	02	União Piedense	5:35.43	464
	50m: 35.15 35.15		150m: 2:03.90 46.45	250m: 3:34.67 45.40	350m: 4:58.89 37.45
	100m: 1:17.45 42.30		200m: 2:49.27 45.37	300m: 4:21.44 46.77	400m: 5:35.43 36.54
10.	Elisa Sauval Goncalves	02	Natação de Olhão	5:35.48	464
	50m: 37.00 37.00		150m: 2:04.20 43.27	250m: 3:34.58 47.54	350m: 4:59.65 36.99
	100m: 1:20.93 43.93		200m: 2:47.04 42.84	300m: 4:22.66 48.08	400m: 5:35.48 35.83
11.	Maria Afonso Gouveia	02	Sporting	5:37.04	458
	50m: 35.79 35.79		150m: 2:02.62 45.53	250m: 3:33.89 46.53	350m: 5:00.08 38.59
	100m: 1:17.09 41.30		200m: 2:47.36 44.74	300m: 4:21.49 47.60	400m: 5:37.04 36.96
12.	Natacha Sofia Silva	02	Benfica	5:37.61	456
	50m: 35.78 35.78		150m: 2:02.54 45.42	250m: 3:32.24 45.54	350m: 4:58.84 39.87
	100m: 1:17.12 41.34		200m: 2:46.70 44.16	300m: 4:18.97 46.73	400m: 5:37.61 38.77
13.	Ana Daniela Espingardeiro	02	Naval Praia da Vitoria	5:42.45	436
	50m: 36.77 36.77		150m: 2:04.38 44.62	250m: 3:35.88 48.92	350m: 5:04.60 39.58
	100m: 1:19.76 42.99		200m: 2:46.96 42.58	300m: 4:25.02 49.14	400m: 5:42.45 37.85
14.	Ines Cambe Cunha	02	Torres Novas	5:43.22	434
	50m: 36.28 36.28		150m: 2:01.47 43.27	250m: 3:34.68 48.74	350m: 5:03.81 40.45
	100m: 1:18.20 41.92		200m: 2:45.94 44.47	300m: 4:23.36 48.68	400m: 5:43.22 39.41
15.	Barbara Vila Verde	02	Sporting	5:43.62	432
	50m: 37.36 37.36		150m: 2:07.25 47.15	250m: 3:36.64 44.58	350m: 5:04.18 40.34
	100m: 1:20.10 42.74		200m: 2:52.06 44.81	300m: 4:23.84 47.20	400m: 5:43.62 39.44
16.	Cintia Cristina Cruz	02	Alcobaça	5:44.91	427
	50m: 37.54 37.54		150m: 2:04.27 43.15	250m: 3:37.15 49.63	350m: 5:05.94 39.51
	100m: 1:21.12 43.58		200m: 2:47.52 43.25	300m: 4:26.43 49.28	400m: 5:44.91 38.97
17.	Margarida Cunha Barros	02	Naval Amorense	5:52.42	400
	<i>FTL (Fora do Tempo Limite)</i>		150m: 2:06.79 47.25	250m: 3:40.95 48.50	350m: 5:12.82 41.69
			200m: 2:52.45 45.66	300m: 4:31.13 50.18	400m: 5:52.42 39.60

Prova 1, Femin., 400m Estilos, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
DSQ	Carina Vlasyuk	02	Sporting		

E-C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 125m) imediatamente após o final da braçada.

Juvenis A

1.	Carolina Rosa Marcelino	01	Algés	5:03.18	629
	50m: 32.63 32.63	150m: 1:49.61 39.22	250m: 3:10.86 42.90	350m: 4:29.70 34.96	
	100m: 1:10.39 37.76	200m: 2:27.96 38.35	300m: 3:54.74 43.88	400m: 5:03.18 33.48	
2.	Filipa Serrano Rodrigues	01	União Piedense	5:03.64	626
	50m: 32.62 32.62	150m: 1:47.29 38.13	250m: 3:10.38 45.31	350m: 4:30.03 34.76	
	100m: 1:09.16 36.54	200m: 2:25.07 37.78	300m: 3:55.27 44.89	400m: 5:03.64 33.61	
3.	Luisa Maria Machado	01	União Piedense	5:06.35	610
	50m: 32.30 32.30	150m: 1:49.35 39.32	250m: 3:11.70 43.40	350m: 4:31.12 35.50	
	100m: 1:10.03 37.73	200m: 2:28.30 38.95	300m: 3:55.62 43.92	400m: 5:06.35 35.23	
4.	Raquel Antunes Tremoco	01	Sporting	5:16.41	553
	50m: 32.97 32.97	150m: 1:50.70 39.62	250m: 3:15.70 45.47	350m: 4:39.12 37.33	
	100m: 1:11.08 38.11	200m: 2:30.23 39.53	300m: 4:01.79 46.09	400m: 5:16.41 37.29	
5.	Rita Alexandra Vital	01	Algés	5:19.59	537
	50m: 33.55 33.55	150m: 1:53.40 40.68	250m: 3:19.58 46.41	350m: 4:43.83 36.16	
	100m: 1:12.72 39.17	200m: 2:33.17 39.77	300m: 4:07.67 48.09	400m: 5:19.59 35.76	
6.	Mafalda Rato Monteiro	01	Naval Setubalense	5:20.27	534
	50m: 33.62 33.62	150m: 1:54.50 42.14	250m: 3:20.76 45.43	350m: 4:44.40 38.12	
	100m: 1:12.36 38.74	200m: 2:35.33 40.83	300m: 4:06.28 45.52	400m: 5:20.27 35.87	
7.	Mariana Sobral Galacha	01	Sporting	5:23.73	517
	50m: 33.40 33.40	150m: 1:56.45 41.45	250m: 3:23.30 45.92	350m: 4:47.61 37.74	
	100m: 1:15.00 41.60	200m: 2:37.38 40.93	300m: 4:09.87 46.57	400m: 5:23.73 36.12	
8.	Tatiana Alexandre Cardoso	01	Amadora	5:27.20	500
	50m: 34.40 34.40	150m: 1:54.09 41.16	250m: 3:19.81 46.01	350m: 4:48.09 40.98	
	100m: 1:12.93 38.53	200m: 2:33.80 39.71	300m: 4:07.11 47.30	400m: 5:27.20 39.11	
9.	Mariana Sebastiao Mendes	01	Portinado	5:30.53	485
	50m: 33.33 33.33	150m: 1:55.83 43.29	250m: 3:26.44 49.10	350m: 4:53.03 38.44	
	100m: 1:12.54 39.21	200m: 2:37.34 41.51	300m: 4:14.59 48.15	400m: 5:30.53 37.50	
10.	Ines Rodrigues Ferreira	01	Benfica	5:33.73	472
	50m: 34.70 34.70	150m: 2:00.18 44.37	250m: 3:30.22 47.72	350m: 4:57.31 38.45	
	100m: 1:15.81 41.11	200m: 2:42.50 42.32	300m: 4:18.86 48.64	400m: 5:33.73 36.42	
11.	Ana Margarida Branco	01	Algés	5:34.98	466
	50m: 33.09 33.09	150m: 1:54.13 42.89	250m: 3:27.43 51.27	350m: 4:57.63 38.19	
	100m: 1:11.24 38.15	200m: 2:36.16 42.03	300m: 4:19.44 52.01	400m: 5:34.98 37.35	
12.	Sara Alexandra Sousa <i>FTL (Fora do Tempo Limite)</i>	01	Geslours	5:51.04	405
	50m: 36.60 36.60	150m: 2:04.05 43.90	250m: 3:38.20 51.12	350m: 5:12.18 41.68	
	100m: 1:20.15 43.55	200m: 2:47.08 43.03	300m: 4:30.50 52.30	400m: 5:51.04 38.86	

Juvenis

1.	Carolina Rosa Marcelino	01	Algés	5:03.18	629
	50m: 32.63 32.63	150m: 1:49.61 39.22	250m: 3:10.86 42.90	350m: 4:29.70 34.96	
	100m: 1:10.39 37.76	200m: 2:27.96 38.35	300m: 3:54.74 43.88	400m: 5:03.18 33.48	
2.	Filipa Serrano Rodrigues	01	União Piedense	5:03.64	626
	50m: 32.62 32.62	150m: 1:47.29 38.13	250m: 3:10.38 45.31	350m: 4:30.03 34.76	
	100m: 1:09.16 36.54	200m: 2:25.07 37.78	300m: 3:55.27 44.89	400m: 5:03.64 33.61	
3.	Luisa Maria Machado	01	União Piedense	5:06.35	610
	50m: 32.30 32.30	150m: 1:49.35 39.32	250m: 3:11.70 43.40	350m: 4:31.12 35.50	
	100m: 1:10.03 37.73	200m: 2:28.30 38.95	300m: 3:55.62 43.92	400m: 5:06.35 35.23	
4.	Clara Gomes Pereira	02	Algés	5:06.77	607
	50m: 33.32 33.32	150m: 1:52.44 41.11	250m: 3:13.61 41.53	350m: 4:32.65 36.43	
	100m: 1:11.33 38.01	200m: 2:32.08 39.64	300m: 3:56.22 42.61	400m: 5:06.77 34.12	
5.	Mariana Amaral Mendes	02	Colégio Monte Maior	5:13.17	571
	50m: 34.69 34.69	150m: 1:56.12 41.01	250m: 3:18.83 43.59	350m: 4:38.90 36.09	
	100m: 1:15.11 40.42	200m: 2:35.24 39.12	300m: 4:02.81 43.98	400m: 5:13.17 34.27	
6.	Raquel Antunes Tremoco	01	Sporting	5:16.41	553
	50m: 32.97 32.97	150m: 1:50.70 39.62	250m: 3:15.70 45.47	350m: 4:39.12 37.33	
	100m: 1:11.08 38.11	200m: 2:30.23 39.53	300m: 4:01.79 46.09	400m: 5:16.41 37.29	

Prova 1, Femin., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Rita Alexandra Vital 50m: 33.55 33.55 100m: 1:12.72 39.17	01	Algés	150m: 1:53.40 40.68 200m: 2:33.17 39.77 250m: 3:19.58 46.41 300m: 4:07.67 48.09 350m: 4:43.83 36.16 400m: 5:19.59 35.76	5:19.59 537
8.	Mafalda Rato Monteiro 50m: 33.62 33.62 100m: 1:12.36 38.74	01	Naval Setubalense	150m: 1:54.50 42.14 200m: 2:35.33 40.83 250m: 3:20.76 45.43 300m: 4:06.28 45.52 350m: 4:44.40 38.12 400m: 5:20.27 35.87	5:20.27 534
9.	Maria Margarida Belo 50m: 34.76 34.76 100m: 1:15.77 41.01	02	Sporting	150m: 1:56.92 41.15 200m: 2:36.32 39.40 250m: 3:22.76 46.44 300m: 4:09.48 46.72 350m: 4:45.46 35.98 400m: 5:20.82 35.36	5:20.82 531
10.	Catia Iordan Agostinho 50m: 35.71 35.71 100m: 1:17.15 41.44	02	Rio Maior	150m: 1:58.74 41.59 200m: 2:39.67 40.93 250m: 3:23.83 44.16 300m: 4:09.21 45.38 350m: 4:45.80 36.59 400m: 5:20.92 35.12	5:20.92 530
11.	Mariana Sobral Galacha 50m: 33.40 33.40 100m: 1:15.00 41.60	01	Sporting	150m: 1:56.45 41.45 200m: 2:37.38 40.93 250m: 3:23.30 45.92 300m: 4:09.87 46.57 350m: 4:47.61 37.74 400m: 5:23.73 36.12	5:23.73 517
12.	Tatiana Alexandre Cardoso 50m: 34.40 34.40 100m: 1:12.93 38.53	01	Amadora	150m: 1:54.09 41.16 200m: 2:33.80 39.71 250m: 3:19.81 46.01 300m: 4:07.11 47.30 350m: 4:48.09 40.98 400m: 5:27.20 39.11	5:27.20 500
13.	Constanca Filipa Rodrigues 50m: 35.21 35.21 100m: 1:16.29 41.08	02	Benedita Sport Clube	150m: 1:58.94 42.65 200m: 2:40.50 41.56 250m: 3:27.01 46.51 300m: 4:13.96 46.95 350m: 4:52.68 38.72 400m: 5:29.12 36.44	5:29.12 492
14.	Ana Reis Sousa 50m: 34.94 34.94 100m: 1:17.55 42.61	02	Litoral Alentejano	150m: 2:00.84 43.29 200m: 2:43.50 42.66 250m: 3:28.94 45.44 300m: 4:14.85 45.91 350m: 4:53.05 38.20 400m: 5:29.14 36.09	5:29.14 492
15.	Mariana Sebastiao Mendes 50m: 33.33 33.33 100m: 1:12.54 39.21	01	Portinado	150m: 1:55.83 43.29 200m: 2:37.34 41.51 250m: 3:26.44 49.10 300m: 4:14.59 48.15 350m: 4:53.03 38.44 400m: 5:30.53 37.50	5:30.53 485
16.	Carolina Silverio Carpinteiro 50m: 35.82 35.82 100m: 1:18.35 42.53	02	Natacao do Tejo	150m: 2:03.69 45.34 200m: 2:46.67 42.98 250m: 3:35.73 49.06 300m: 4:23.68 47.95 350m: 4:59.42 35.74 400m: 5:33.63 34.21	5:33.63 472
17.	Ines Rodrigues Ferreira 50m: 34.70 34.70 100m: 1:15.81 41.11	01	Benfica	150m: 2:00.18 44.37 200m: 2:42.50 42.32 250m: 3:30.22 47.72 300m: 4:18.86 48.64 350m: 4:57.31 38.45 400m: 5:33.73 36.42	5:33.73 472
18.	Ana Margarida Branco 50m: 33.09 33.09 100m: 1:11.24 38.15	01	Algés	150m: 1:54.13 42.89 200m: 2:36.16 42.03 250m: 3:27.43 51.27 300m: 4:19.44 52.01 350m: 4:57.63 38.19 400m: 5:34.98 37.35	5:34.98 466
19.	Rita Morgado Vieira 50m: 36.80 36.80 100m: 1:19.98 43.18	02	Rio Maior	150m: 2:03.48 43.50 200m: 2:47.34 43.86 250m: 3:32.54 45.20 300m: 4:19.01 46.47 350m: 4:58.21 39.20 400m: 5:35.02 36.81	5:35.02 466
20.	Leticia Maia Andre 50m: 35.15 35.15 100m: 1:17.45 42.30	02	União Piedense	150m: 2:03.90 46.45 200m: 2:49.27 45.37 250m: 3:34.67 45.40 300m: 4:21.44 46.77 350m: 4:58.89 37.45 400m: 5:35.43 36.54	5:35.43 464
21.	Elisa Sauval Goncalves 50m: 37.00 37.00 100m: 1:20.93 43.93	02	Natação de Olhão	150m: 2:04.20 43.27 200m: 2:47.04 42.84 250m: 3:34.58 47.54 300m: 4:22.66 48.08 350m: 4:59.65 36.99 400m: 5:35.48 35.83	5:35.48 464
22.	Maria Afonso Gouveia 50m: 35.79 35.79 100m: 1:17.09 41.30	02	Sporting	150m: 2:02.62 45.53 200m: 2:47.36 44.74 250m: 3:33.89 46.53 300m: 4:21.49 47.60 350m: 5:00.08 38.59 400m: 5:37.04 36.96	5:37.04 458
23.	Natacha Sofia Silva 50m: 35.78 35.78 100m: 1:17.12 41.34	02	Benfica	150m: 2:02.54 45.42 200m: 2:46.70 44.16 250m: 3:32.24 45.54 300m: 4:18.97 46.73 350m: 4:58.84 39.87 400m: 5:37.61 38.77	5:37.61 456
24.	Ana Daniela Espingardeiro 50m: 36.77 36.77 100m: 1:19.76 42.99	02	Naval Praia da Vitoria	150m: 2:04.38 44.62 200m: 2:46.96 42.58 250m: 3:35.88 48.92 300m: 4:25.02 49.14 350m: 5:04.60 39.58 400m: 5:42.45 37.85	5:42.45 436
25.	Ines Cambe Cunha 50m: 36.28 36.28 100m: 1:18.20 41.92	02	Torres Novas	150m: 2:01.47 43.27 200m: 2:45.94 44.47 250m: 3:34.68 48.74 300m: 4:23.36 48.68 350m: 5:03.81 40.45 400m: 5:43.22 39.41	5:43.22 434
26.	Barbara Vila Verde 50m: 37.36 37.36 100m: 1:20.10 42.74	02	Sporting	150m: 2:07.25 47.15 200m: 2:52.06 44.81 250m: 3:36.64 44.58 300m: 4:23.84 47.20 350m: 5:04.18 40.34 400m: 5:43.62 39.44	5:43.62 432
27.	Cintia Cristina Cruz 50m: 37.54 37.54 100m: 1:21.12 43.58	02	Alcobaça	150m: 2:04.27 43.15 200m: 2:47.52 43.25 250m: 3:37.15 49.63 300m: 4:26.43 49.28 350m: 5:05.94 39.51 400m: 5:44.91 38.97	5:44.91 427

Prova 1, Femin., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
28.	Sara Alexandra Sousa <i>FTL (Fora do Tempo Limite)</i>	01	Geslours	5:51.04	405
	50m: 36.60 36.60	150m: 2:04.05	43.90	250m: 3:38.20	51.12
	100m: 1:20.15 43.55	200m: 2:47.08	43.03	300m: 4:30.50	52.30
				350m: 5:12.18	41.68
				400m: 5:51.04	38.86
29.	Margarida Cunha Barros <i>FTL (Fora do Tempo Limite)</i>	02	Naval Amorense	5:52.42	400
	50m: 36.43 36.43	150m: 2:06.79	47.25	250m: 3:40.95	48.50
	100m: 1:19.54 43.11	200m: 2:52.45	45.66	300m: 4:31.13	50.18
				350m: 5:12.82	41.69
				400m: 5:52.42	39.60
DSQ	Carina Vlasyuk	02	Sporting		
	<i>E-C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 125m) imediatamente após o final da braçada.</i>				