

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 9 Femin., 400m Estilos Absolutos
4.12.09 - 10:50 Resultados

Recorde Nacional Absoluto	4:46.51	Nadia Morais Vieira	GESL	Sines	21.12.08
Recorde Nacional Sénior	4:46.51	Nadia Morais Vieira	GESL	Sines	21.12.08
Recorde Nacional Junior	4:51.07	Susana Patricia Miguel	SFUAP	Tomar	9.12.05

TAC - Fem Sen: 5:18.00; Jun2: 5:18.00; Jun1: 5:24.36

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
Absolutos			
1. Nadia Morais Vieira	90 Geslours	4:44.56	827
<i>Rec Nac Absoluto, e Rec Nac Senior</i>			
50m: 31.10 31.10	150m: 1:43.53 37.16	250m: 2:59.13 39.86	350m: 4:12.33 33.47
100m: 1:06.37 35.27	200m: 2:19.27 35.74	300m: 3:38.86 39.73	400m: 4:44.56 32.23
2. Maria Miguel Veloso	93 Náutico/Matobra	4:53.67	753
50m: 31.87 31.87	150m: 1:45.57 37.87	250m: 3:05.92 42.73	350m: 4:21.75 32.91
100m: 1:07.70 35.83	200m: 2:23.19 37.62	300m: 3:48.84 42.92	400m: 4:53.67 31.92
3. Diana Ramos Rocha	94 Vilacondense	4:55.09	742
50m: 31.63 31.63	150m: 1:45.39 37.77	250m: 3:04.00 42.26	350m: 4:21.49 34.30
100m: 1:07.62 35.99	200m: 2:21.74 36.35	300m: 3:47.19 43.19	400m: 4:55.09 33.60
4. Patricia Garcia Marinho	94 Sporting	4:57.40	725
50m: 31.64 31.64	150m: 1:45.50 38.10	250m: 3:05.50 42.32	350m: 4:23.62 34.47
100m: 1:07.40 35.76	200m: 2:23.18 37.68	300m: 3:49.15 43.65	400m: 4:57.40 33.78
5. Catarina Tiago Nunes	95 Uniao Piedense	4:57.41	725
50m: 31.19 31.19	150m: 1:46.08 38.52	250m: 3:05.19 41.17	350m: 4:22.73 35.42
100m: 1:07.56 36.37	200m: 2:24.02 37.94	300m: 3:47.31 42.12	400m: 4:57.41 34.68
6. Soraia Vanessa Ribeiro	92 Vilacondense	4:58.52	717
50m: 31.17 31.17	150m: 1:43.98 36.88	250m: 3:03.58 42.83	350m: 4:23.10 35.61
100m: 1:07.10 35.93	200m: 2:20.75 36.77	300m: 3:47.49 43.91	400m: 4:58.52 35.42
7. Mara Lisboa e Silva	93 Bairro dos Anjos	5:00.17	705
50m: 31.88 31.88	150m: 1:45.64 37.78	250m: 3:06.31 44.30	350m: 4:26.32 35.42
100m: 1:07.86 35.98	200m: 2:22.01 36.37	300m: 3:50.90 44.59	400m: 5:00.17 33.85
8. Ana Rita Ismael	92 Louletano/Loulé Concelho	5:00.46	703
50m: 30.99 30.99	150m: 1:47.20 40.28	250m: 3:08.37 41.16	350m: 4:27.07 35.39
100m: 1:06.92 35.93	200m: 2:27.21 40.01	300m: 3:51.68 43.31	400m: 5:00.46 33.39
9. Ana Filipa Carmo	93 Colégio Vasco da Gama	5:01.55	695
50m: 31.97 31.97	150m: 1:47.69 38.70	250m: 3:07.46 41.97	350m: 4:26.76 35.84
100m: 1:08.99 37.02	200m: 2:25.49 37.80	300m: 3:50.92 43.46	400m: 5:01.55 34.79
10. Lara Santana Pinheiro	92 Belenenses	5:05.71	667
50m: 32.43 32.43	150m: 1:49.20 39.19	250m: 3:11.67 44.78	350m: 4:31.67 35.02
100m: 1:10.01 37.58	200m: 2:26.89 37.69	300m: 3:56.65 44.98	400m: 5:05.71 34.04
11. Adriana Correia Lopes	95 Náutico/Matobra	5:11.30	632
50m: 33.36 33.36	150m: 1:49.42 37.87	250m: 3:13.09 45.52	350m: 4:36.92 36.03
100m: 1:11.55 38.19	200m: 2:27.57 38.15	300m: 4:00.89 47.80	400m: 5:11.30 34.38
12. Raquel Paulo Ranito	94 Sporting	5:11.82	629
50m: 31.67 31.67	150m: 1:48.60 39.59	250m: 3:14.48 45.95	350m: 4:37.44 36.82
100m: 1:09.01 37.34	200m: 2:28.53 39.93	300m: 4:00.62 46.14	400m: 5:11.82 34.38
13. Leonor Mourinho Neves	95 Sporting	5:16.41	602
50m: 32.93 32.93	150m: 1:54.24 42.28	250m: 3:19.45 44.76	350m: 4:41.45 36.32
100m: 1:11.96 39.03	200m: 2:34.69 40.45	300m: 4:05.13 45.68	400m: 5:16.41 34.96

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 9, Femin., 400m Estilos, Absolutos

Lugar	Ano						Tempo final	Pts
14. Angelica Maria Andre	94 Leixões						5:16.46	602
50m: 33.07 33.07	150m: 1:53.74 42.18	250m: 3:18.87 44.65	350m: 4:41.13 36.04	100m: 1:11.56 38.49	200m: 2:34.22 40.48	300m: 4:05.09 46.22	400m: 5:16.46 35.33	
15. Carolina Francisco Gomes	95 Naval da Nazaré						5:17.95	593
50m: 34.56 34.56	150m: 1:53.67 41.34	250m: 3:20.28 45.83	350m: 4:42.44 36.86	100m: 1:12.33 37.77	200m: 2:34.45 40.78	300m: 4:05.58 45.30	400m: 5:17.95 35.51	
16. Tatiana Filipa Santos	95 Ginásio Figueirense						5:20.60	579
50m: 35.13 35.13	150m: 1:54.09 38.07	250m: 3:19.40 48.14	350m: 4:44.67 37.57	100m: 1:16.02 40.89	200m: 2:31.26 37.17	300m: 4:07.10 47.70	400m: 5:20.60 35.93	
17. Mafalda Jotta Garcia	94 Algés						5:21.25	575
<i>FTL</i>								
50m: 32.97 32.97	150m: 1:55.44 41.41	250m: 3:20.82 44.97	350m: 4:45.07 40.07	100m: 1:14.03 41.06	200m: 2:35.85 40.41	300m: 4:05.00 44.18	400m: 5:21.25 36.18	
18. Ines Joao Costa	95 Braga						5:22.68	567
50m: 35.12 35.12	150m: 1:56.33 40.57	250m: 3:24.04 46.61	350m: 4:46.90 36.43	100m: 1:15.76 40.64	200m: 2:37.43 41.10	300m: 4:10.47 46.43	400m: 5:22.68 35.78	
19. Ana Joaquina Goncalves	95 Braga						5:25.33	554
<i>FTL</i>								
50m: 35.00 35.00	150m: 1:55.80 40.53	250m: 3:23.03 47.48	350m: 4:48.37 38.58	100m: 1:15.27 40.27	200m: 2:35.55 39.75	300m: 4:09.79 46.76	400m: 5:25.33 36.96	
20. Ines Filipa Borges	95 Alcobaca						5:26.43	548
<i>FTL</i>								
50m: 33.47 33.47	150m: 1:53.95 42.01	250m: 3:23.17 48.19	350m: 4:49.23 37.20	100m: 1:11.94 38.47	200m: 2:34.98 41.03	300m: 4:12.03 48.86	400m: 5:26.43 37.20	
21. Ana Sofia Costa	95 Alcobaca						5:29.80	531
<i>FTL</i>								
50m: 35.54 35.54	150m: 1:56.50 41.44	250m: 3:26.68 48.80	350m: 4:53.12 37.63	100m: 1:15.06 39.52	200m: 2:37.88 41.38	300m: 4:15.49 48.81	400m: 5:29.80 36.68	
22. Catarina Lopes Reis	95 Porto/Dolce Vita						5:29.85	531
<i>FTL</i>								
50m: 33.88 33.88	150m: 1:55.09 41.91	250m: 3:26.39 49.95	350m: 4:53.30 37.47	100m: 1:13.18 39.30	200m: 2:36.44 41.35	300m: 4:15.83 49.44	400m: 5:29.85 36.55	

Seniores

1. Nadia Morais Vieira	90 Geslours						4:44.56	827
<i>Rec Nac Absoluto, e Rec Nac Senior</i>								
50m: 31.10 31.10	150m: 1:43.53 37.16	250m: 2:59.13 39.86	350m: 4:12.33 33.47	100m: 1:06.37 35.27	200m: 2:19.27 35.74	300m: 3:38.86 39.73	400m: 4:44.56 32.23	
2. Maria Miguel Veloso	93 Náutico/Matobra						4:53.67	753
50m: 31.87 31.87	150m: 1:45.57 37.87	250m: 3:05.92 42.73	350m: 4:21.75 32.91	100m: 1:07.70 35.83	200m: 2:23.19 37.62	300m: 3:48.84 42.92	400m: 4:53.67 31.92	
3. Soraia Vanessa Ribeiro	92 Vilacondense						4:58.52	717
50m: 31.17 31.17	150m: 1:43.98 36.88	250m: 3:03.58 42.83	350m: 4:23.10 35.61	100m: 1:07.10 35.93	200m: 2:20.75 36.77	300m: 3:47.49 43.91	400m: 4:58.52 35.42	

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 9, Femin., 400m Estilos, Seniores

Lugar			Ano					Tempo final	Pts		
4.	Mara Lisboa e Silva		93	Bairro dos Anjos				5:00.17	705		
	50m:	31.88 31.88	150m:	1:45.64	37.78	250m:	3:06.31	44.30	350m:	4:26.32	35.42
	100m:	1:07.86 35.98	200m:	2:22.01	36.37	300m:	3:50.90	44.59	400m:	5:00.17	33.85
5.	Ana Rita Ismael		92	Louletano/Loulé Concelho				5:00.46	703		
	50m:	30.99 30.99	150m:	1:47.20	40.28	250m:	3:08.37	41.16	350m:	4:27.07	35.39
	100m:	1:06.92 35.93	200m:	2:27.21	40.01	300m:	3:51.68	43.31	400m:	5:00.46	33.39
6.	Ana Filipa Carmo		93	Colégio Vasco da Gama				5:01.55	695		
	50m:	31.97 31.97	150m:	1:47.69	38.70	250m:	3:07.46	41.97	350m:	4:26.76	35.84
	100m:	1:08.99 37.02	200m:	2:25.49	37.80	300m:	3:50.92	43.46	400m:	5:01.55	34.79
7.	Lara Santana Pinheiro		92	Belenenses				5:05.71	667		
	50m:	32.43 32.43	150m:	1:49.20	39.19	250m:	3:11.67	44.78	350m:	4:31.67	35.02
	100m:	1:10.01 37.58	200m:	2:26.89	37.69	300m:	3:56.65	44.98	400m:	5:05.71	34.04

Juniores2

1.	Diana Ramos Rocha		94	Vilacondense				4:55.09	742		
	50m:	31.63 31.63	150m:	1:45.39	37.77	250m:	3:04.00	42.26	350m:	4:21.49	34.30
	100m:	1:07.62 35.99	200m:	2:21.74	36.35	300m:	3:47.19	43.19	400m:	4:55.09	33.60
2.	Patricia Garcia Marinho		94	Sporting				4:57.40	725		
	50m:	31.64 31.64	150m:	1:45.50	38.10	250m:	3:05.50	42.32	350m:	4:23.62	34.47
	100m:	1:07.40 35.76	200m:	2:23.18	37.68	300m:	3:49.15	43.65	400m:	4:57.40	33.78
3.	Raquel Paulo Ranito		94	Sporting				5:11.82	629		
	50m:	31.67 31.67	150m:	1:48.60	39.59	250m:	3:14.48	45.95	350m:	4:37.44	36.82
	100m:	1:09.01 37.34	200m:	2:28.53	39.93	300m:	4:00.62	46.14	400m:	5:11.82	34.38
4.	Angelica Maria Andre		94	Leixões				5:16.46	602		
	50m:	33.07 33.07	150m:	1:53.74	42.18	250m:	3:18.87	44.65	350m:	4:41.13	36.04
	100m:	1:11.56 38.49	200m:	2:34.22	40.48	300m:	4:05.09	46.22	400m:	5:16.46	35.33
5.	Mafalda Jotta Garcia		94	Algés				5:21.25	575		
	<i>FTL</i>										
	50m:	32.97 32.97	150m:	1:55.44	41.41	250m:	3:20.82	44.97	350m:	4:45.07	40.07
	100m:	1:14.03 41.06	200m:	2:35.85	40.41	300m:	4:05.00	44.18	400m:	5:21.25	36.18

Juniores1

1.	Catarina Tiago Nunes		95	Uniao Piedense				4:57.41	725		
	50m:	31.19 31.19	150m:	1:46.08	38.52	250m:	3:05.19	41.17	350m:	4:22.73	35.42
	100m:	1:07.56 36.37	200m:	2:24.02	37.94	300m:	3:47.31	42.12	400m:	4:57.41	34.68
2.	Adriana Correia Lopes		95	Náutico/Matobra				5:11.30	632		
	50m:	33.36 33.36	150m:	1:49.42	37.87	250m:	3:13.09	45.52	350m:	4:36.92	36.03
	100m:	1:11.55 38.19	200m:	2:27.57	38.15	300m:	4:00.89	47.80	400m:	5:11.30	34.38
3.	Leonor Mourinho Neves		95	Sporting				5:16.41	602		
	50m:	32.93 32.93	150m:	1:54.24	42.28	250m:	3:19.45	44.76	350m:	4:41.45	36.32
	100m:	1:11.96 39.03	200m:	2:34.69	40.45	300m:	4:05.13	45.68	400m:	5:16.41	34.96
4.	Carolina Francisco Gomes		95	Naval da Nazaré				5:17.95	593		
	50m:	34.56 34.56	150m:	1:53.67	41.34	250m:	3:20.28	45.83	350m:	4:42.44	36.86
	100m:	1:12.33 37.77	200m:	2:34.45	40.78	300m:	4:05.58	45.30	400m:	5:17.95	35.51

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 9, Femin., 400m Estilos, Juniores1

Lugar			Ano					Tempo final	Pts
5.	Tatiana Filipa Santos		95	Ginásio Figueirense				5:20.60	579
	50m:	35.13 35.13	150m:	1:54.09 38.07	250m:	3:19.40 48.14	350m:	4:44.67 37.57	
	100m:	1:16.02 40.89	200m:	2:31.26 37.17	300m:	4:07.10 47.70	400m:	5:20.60 35.93	
6.	Ines Joao Costa		95	Braga				5:22.68	567
	50m:	35.12 35.12	150m:	1:56.33 40.57	250m:	3:24.04 46.61	350m:	4:46.90 36.43	
	100m:	1:15.76 40.64	200m:	2:37.43 41.10	300m:	4:10.47 46.43	400m:	5:22.68 35.78	
7.	Ana Joaquina Goncalves		95	Braga				5:25.33	554
	<i>FTL</i>								
	50m:	35.00 35.00	150m:	1:55.80 40.53	250m:	3:23.03 47.48	350m:	4:48.37 38.58	
	100m:	1:15.27 40.27	200m:	2:35.55 39.75	300m:	4:09.79 46.76	400m:	5:25.33 36.96	
8.	Ines Filipa Borges		95	Alcoçaba				5:26.43	548
	<i>FTL</i>								
	50m:	33.47 33.47	150m:	1:53.95 42.01	250m:	3:23.17 48.19	350m:	4:49.23 37.20	
	100m:	1:11.94 38.47	200m:	2:34.98 41.03	300m:	4:12.03 48.86	400m:	5:26.43 37.20	
9.	Ana Sofia Costa		95	Alcoçaba				5:29.80	531
	<i>FTL</i>								
	50m:	35.54 35.54	150m:	1:56.50 41.44	250m:	3:26.68 48.80	350m:	4:53.12 37.63	
	100m:	1:15.06 39.52	200m:	2:37.88 41.38	300m:	4:15.49 48.81	400m:	5:29.80 36.68	
10.	Catarina Lopes Reis		95	Porto/Dolce Vita				5:29.85	531
	<i>FTL</i>								
	50m:	33.88 33.88	150m:	1:55.09 41.91	250m:	3:26.39 49.95	350m:	4:53.30 37.47	
	100m:	1:13.18 39.30	200m:	2:36.44 41.35	300m:	4:15.83 49.44	400m:	5:29.85 36.55	