

Campeonato Nacional de Juniores e Seniores PL  
Rio Maior, 1- - 3-4-2011

Prova 36 Femin., 1500m Livres 15 anos e mais velhos  
03-04-2011 - 10:10 Resultados

Recordes Nacionais 50m Absoluto	17:06.28	Maria Miguel Veloso	CNAC	Faro	21-07-2009
Recordes Nacionais 50m Jun	17:06.28	Maria Miguel Veloso	CNAC	Faro	21-07-2009
Recordes Nacionais 50m Sen	17:13.93	Teresa Manuela Ferreira	FCP	Famalicao	31-07-2005

TAC-SENF Sen: 18:55.00 / TAC-JUNF Jun: 19:15.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juniores</b>						
1.	Florbela Cavaco Machado	96	Cantanhedense/Oryzon Energia	<b>17:43.10</b>	+0,88	696
	100m: 1:07.21 1:07.21	500m: 5:49.75 1:10.73	900m: 10:35.52 1:11.59	1300m: 15:23.80 1:12.14		
	200m: 2:17.38 1:10.17	600m: 7:01.14 1:11.39	1000m: 11:47.35 1:11.83	1400m: 16:35.30 1:11.50		
	300m: 3:28.05 1:10.67	700m: 8:12.22 1:11.08	1100m: 12:59.26 1:11.91	1500m: 17:43.10 1:07.80		
	400m: 4:39.02 1:10.97	800m: 9:23.93 1:11.71	1200m: 14:11.66 1:12.40			
2.	Leonor Mourinho Neves	95	Sporting	<b>17:51.62</b>	+0,89	680
	100m: 1:05.77 1:05.77	500m: 5:50.39 1:11.80	900m: 10:38.84 1:12.40	1300m: 15:28.54 1:12.48		
	200m: 2:15.86 1:10.09	600m: 7:02.59 1:12.20	1000m: 11:50.95 1:12.11	1400m: 16:40.98 1:12.44		
	300m: 3:26.97 1:11.11	700m: 8:14.93 1:12.34	1100m: 13:03.52 1:12.57	1500m: 17:51.62 1:10.64		
	400m: 4:38.59 1:11.62	800m: 9:26.44 1:11.51	1200m: 14:16.06 1:12.54			
3.	Carolina Cunha Martins	95	Nautico/Matobra	<b>17:58.07</b>	+1,00	668
	100m: 1:06.86 1:06.86	500m: 5:52.79 1:12.15	900m: 10:43.18 1:12.48	1300m: 15:35.80 1:13.33		
	200m: 2:18.00 1:11.14	600m: 7:05.38 1:12.59	1000m: 11:56.12 1:12.94	1400m: 16:48.68 1:12.88		
	300m: 3:29.21 1:11.21	700m: 8:17.86 1:12.48	1100m: 13:09.37 1:13.25	1500m: 17:58.07 1:09.39		
	400m: 4:40.64 1:11.43	800m: 9:30.70 1:12.84	1200m: 14:22.47 1:13.10			
4.	Catia Andreia Clara	95	Nautico da Marinha Grande	<b>18:26.04</b>	+0,96	618
	100m: 1:07.87 1:07.87	500m: 6:01.78 1:13.29	900m: 10:58.21 1:14.61	1300m: 15:57.32 1:14.45		
	200m: 2:21.20 1:13.33	600m: 7:15.28 1:13.50	1000m: 12:13.10 1:14.89	1400m: 17:12.35 1:15.03		
	300m: 3:35.05 1:13.85	700m: 8:29.37 1:14.09	1100m: 13:28.02 1:14.92	1500m: 18:26.04 1:13.69		
	400m: 4:48.49 1:13.44	800m: 9:43.60 1:14.23	1200m: 14:42.87 1:14.85			
5.	Helena Paula Carvalho	95	Uniao Piedense	<b>18:27.57</b>	+0,83	616
	100m: 1:07.61 1:07.61	500m: 6:03.56 1:13.81	900m: 11:01.72 1:14.35	1300m: 16:00.86 1:14.99		
	200m: 2:20.79 1:13.18	600m: 7:18.42 1:14.86	1000m: 12:16.42 1:14.70	1400m: 17:15.61 1:14.75		
	300m: 3:35.49 1:14.70	700m: 8:33.04 1:14.62	1100m: 13:30.98 1:14.56	1500m: 18:27.57 1:11.96		
	400m: 4:49.75 1:14.26	800m: 9:47.37 1:14.33	1200m: 14:45.87 1:14.89			
6.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	<b>18:29.45</b>	+0,83	613
	100m: 1:06.78 1:06.78	500m: 5:53.16 1:13.23	900m: 10:51.64 1:15.68	1300m: 15:58.36 1:16.76		
	200m: 2:17.70 1:10.92	600m: 7:06.66 1:13.50	1000m: 12:08.39 1:16.75	1400m: 17:14.83 1:16.47		
	300m: 3:28.33 1:10.63	700m: 8:20.85 1:14.19	1100m: 13:24.97 1:16.58	1500m: 18:29.45 1:14.62		
	400m: 4:39.93 1:11.60	800m: 9:35.96 1:15.11	1200m: 14:41.60 1:16.63			
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>18:39.52</b>	+0,93	596
	100m: 1:07.70 1:07.70	500m: 6:02.92 1:13.99	900m: 11:01.41 1:14.74	1300m: 16:06.15 1:16.61		
	200m: 2:20.67 1:12.97	600m: 7:17.27 1:14.35	1000m: 12:16.59 1:15.18	1400m: 17:23.17 1:17.02		
	300m: 3:34.70 1:14.03	700m: 8:32.07 1:14.80	1100m: 13:32.51 1:15.92	1500m: 18:39.52 1:16.35		
	400m: 4:48.93 1:14.23	800m: 9:46.67 1:14.60	1200m: 14:49.54 1:17.03			
8.	Cassandra Pedro Oliveira	95	Vilacondense	<b>18:42.87</b>		591
	100m: 1:08.33 1:08.33	500m: 6:03.69 1:14.94	900m: 11:07.44 1:16.08	1300m: 16:12.08 1:16.02		
	200m: 2:21.42 1:13.09	600m: 7:19.37 1:15.68	1000m: 12:23.80 1:16.36	1400m: 17:28.21 1:16.13		
	300m: 3:34.87 1:13.45	700m: 8:35.12 1:15.75	1100m: 13:39.86 1:16.06	1500m: 18:42.87 1:14.66		
	400m: 4:48.75 1:13.88	800m: 9:51.36 1:16.24	1200m: 14:56.06 1:16.20			

Campeonato Nacional de Juniores e Seniores PL  
Rio Maior, 1- - 3-4-2011

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Ana Isabel Neves	96	Pimpoes/Cimai	<b>18:50.24</b>	<b>+0,84</b>	<b>579</b>
	100m: 1:11.02 1:11.02	500m: 6:16.26 1:16.29	900m: 11:19.13 1:15.80	1300m: 16:21.21 1:15.47		
	200m: 2:27.27 1:16.25	600m: 7:31.94 1:15.68	1000m: 12:35.27 1:16.14	1400m: 17:36.92 1:15.71		
	300m: 3:43.44 1:16.17	700m: 8:47.22 1:15.28	1100m: 13:50.81 1:15.54	1500m: 18:50.24 1:13.32		
	400m: 4:59.97 1:16.53	800m: 10:03.33 1:16.11	1200m: 15:05.74 1:14.93			
10.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	<b>19:06.99</b>	<b>+0,79</b>	<b>554</b>
	100m: 1:10.99 1:10.99	500m: 6:15.16 1:17.43	900m: 11:25.06 1:17.43	1300m: 16:34.54 1:17.72		
	200m: 2:25.72 1:14.73	600m: 7:32.41 1:17.25	1000m: 12:42.46 1:17.40	1400m: 17:52.24 1:17.70		
	300m: 3:41.64 1:15.92	700m: 8:50.07 1:17.66	1100m: 13:59.48 1:17.02	1500m: 19:06.99 1:14.75		
	400m: 4:57.73 1:16.09	800m: 10:07.63 1:17.56	1200m: 15:16.82 1:17.34			
11.	Marta Filipa Vinagre FTL	95	Torres Novas	<b>19:48.52</b>	<b>+0,80</b>	<b>498</b>
	100m: 1:11.57 1:11.57	500m: 6:28.32 1:20.30	900m: 11:44.47 1:17.49	1300m: 17:07.98 1:21.18		
	200m: 2:28.90 1:17.33	600m: 7:49.28 1:20.96	1000m: 13:04.06 1:19.59	1400m: 18:28.85 1:20.87		
	300m: 3:47.65 1:18.75	700m: 9:08.52 1:19.24	1100m: 14:25.66 1:21.60	1500m: 19:48.52 1:19.67		
	400m: 5:08.02 1:20.37	800m: 10:26.98 1:18.46	1200m: 15:46.80 1:21.14			

Seniores

1.	Angelica Maria Andre	94	Leixoes	<b>17:26.02</b>	<b>+0,79</b>	<b>731</b>
	100m: 1:06.44 1:06.44	500m: 5:49.08 1:10.96	900m: 10:32.35 1:10.42	1300m: 15:14.60 1:10.55		
	200m: 2:17.13 1:10.69	600m: 7:00.11 1:11.03	1000m: 11:43.06 1:10.71	1400m: 16:23.48 1:08.88		
	300m: 3:27.89 1:10.76	700m: 8:10.37 1:10.26	1100m: 12:53.81 1:10.75	1500m: 17:26.02 1:02.54		
	400m: 4:38.12 1:10.23	800m: 9:21.93 1:11.56	1200m: 14:04.05 1:10.24			
2.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	<b>17:29.11</b>	<b>+0,89</b>	<b>725</b>
	100m: 1:06.30 1:06.30	500m: 5:49.09 1:11.15	900m: 10:32.17 1:10.36	1300m: 15:14.31 1:10.39		
	200m: 2:16.68 1:10.38	600m: 7:00.10 1:11.01	1000m: 11:42.94 1:10.77	1400m: 16:23.69 1:09.38		
	300m: 3:27.57 1:10.89	700m: 8:10.35 1:10.25	1100m: 12:53.71 1:10.77	1500m: 17:29.11 1:05.42		
	400m: 4:37.94 1:10.37	800m: 9:21.81 1:11.46	1200m: 14:03.92 1:10.21			
3.	Joana Filipa Santos	93	Vitoria de Guimaraes	<b>17:40.94</b>	<b>+0,94</b>	<b>701</b>
	100m: 1:06.84 1:06.84	500m: 5:50.09 1:10.94	900m: 10:33.12 1:10.59	1300m: 15:17.75 1:12.13		
	200m: 2:17.54 1:10.70	600m: 7:01.14 1:11.05	1000m: 11:44.00 1:10.88	1400m: 16:29.89 1:12.14		
	300m: 3:28.22 1:10.68	700m: 8:11.88 1:10.74	1100m: 12:54.92 1:10.92	1500m: 17:40.94 1:11.05		
	400m: 4:39.15 1:10.93	800m: 9:22.53 1:10.65	1200m: 14:05.62 1:10.70			
4.	Patricia Garcia Marinho	94	Sporting	<b>17:57.86</b>	<b>+0,87</b>	<b>668</b>
	100m: 1:07.13 1:07.13	500m: 5:52.71 1:11.29	900m: 10:43.04 1:12.56	1300m: 15:35.63 1:13.10		
	200m: 2:18.21 1:11.08	600m: 7:05.30 1:12.59	1000m: 11:55.98 1:12.94	1400m: 16:48.41 1:12.78		
	300m: 3:29.80 1:11.59	700m: 8:17.69 1:12.39	1100m: 13:09.27 1:13.29	1500m: 17:57.86 1:09.45		
	400m: 4:41.42 1:11.62	800m: 9:30.48 1:12.79	1200m: 14:22.53 1:13.26			
5.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	<b>18:11.08</b>	<b>+0,94</b>	<b>644</b>
	100m: 1:07.27 1:07.27	500m: 5:55.62 1:12.68	900m: 10:48.66 1:13.32	1300m: 15:44.93 1:14.13		
	200m: 2:18.38 1:11.11	600m: 7:08.69 1:13.07	1000m: 12:02.14 1:13.48	1400m: 16:58.97 1:14.04		
	300m: 3:30.55 1:12.17	700m: 8:21.86 1:13.17	1100m: 13:16.60 1:14.46	1500m: 18:11.08 1:12.11		
	400m: 4:42.94 1:12.39	800m: 9:35.34 1:13.48	1200m: 14:30.80 1:14.20			
6.	Marta Alexandra Saraiva	93	Uniao Piedense	<b>18:21.14</b>	<b>+0,93</b>	<b>627</b>
	100m: 1:06.59 1:06.59	500m: 5:57.92 1:14.16	900m: 10:55.34 1:14.54	1300m: 15:54.11 1:15.20		
	200m: 2:18.19 1:11.60	600m: 7:12.08 1:14.16	1000m: 12:09.34 1:14.00	1400m: 17:08.70 1:14.59		
	300m: 3:30.88 1:12.69	700m: 8:26.36 1:14.28	1100m: 13:24.01 1:14.67	1500m: 18:21.14 1:12.44		
	400m: 4:43.76 1:12.88	800m: 9:40.80 1:14.44	1200m: 14:38.91 1:14.90			

Campeonato Nacional de Juniores e Seniores PL  
Rio Maior, 1- - 3-4-2011

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Lara Santana Pinheiro	92	Uniao Piedense	<b>18:22.22</b>	<b>+0,91</b>	<b>625</b>
	100m: 1:08.84 1:08.84	500m: 5:59.19 1:13.47	900m: 10:54.87 1:14.20	1300m: 15:53.47 1:14.79		
	200m: 2:21.07 1:12.23	600m: 7:12.91 1:13.72	1000m: 12:09.42 1:14.55	1400m: 17:08.69 1:15.22		
	300m: 3:33.25 1:12.18	700m: 8:26.90 1:13.99	1100m: 13:23.97 1:14.55	1500m: 18:22.22 1:13.53		
	400m: 4:45.72 1:12.47	800m: 9:40.67 1:13.77	1200m: 14:38.68 1:14.71			
8.	Raquel Paulo Ranito	94	Sporting	<b>18:36.40</b>	<b>+0,85</b>	<b>601</b>
	100m: 1:07.78 1:07.78	500m: 6:05.46 1:15.23	900m: 11:06.57 1:15.16	1300m: 16:08.67 1:15.58		
	200m: 2:21.05 1:13.27	600m: 7:20.29 1:14.83	1000m: 12:22.07 1:15.50	1400m: 17:23.38 1:14.71		
	300m: 3:35.52 1:14.47	700m: 8:35.70 1:15.41	1100m: 13:37.64 1:15.57	1500m: 18:36.40 1:13.02		
	400m: 4:50.23 1:14.71	800m: 9:51.41 1:15.71	1200m: 14:53.09 1:15.45			
9.	Ines Sofia Sampaio	94	Academico Viseu	<b>18:52.17</b>	<b>+1,01</b>	<b>576</b>
	100m: 1:08.39 1:08.39	500m: 6:05.56 1:16.45	900m: 11:13.15 1:16.66	1300m: 16:23.26 1:17.38		
	200m: 2:21.44 1:13.05	600m: 7:22.35 1:16.79	1000m: 12:30.72 1:17.57	1400m: 17:39.39 1:16.13		
	300m: 3:34.52 1:13.08	700m: 8:39.18 1:16.83	1100m: 13:47.80 1:17.08	1500m: 18:52.17 1:12.78		
	400m: 4:49.11 1:14.59	800m: 9:56.49 1:17.31	1200m: 15:05.88 1:18.08			
10.	Julia Matos Lopes	94	Scalabisport	<b>19:03.00</b>	<b>+0,90</b>	<b>560</b>
	<i>FTL</i>					
	100m: 1:10.47 1:10.47	500m: 6:09.20 1:15.50	900m: 11:13.37 1:16.67	1300m: 16:26.15 1:18.78		
	200m: 2:24.41 1:13.94	600m: 7:24.66 1:15.46	1000m: 12:31.12 1:17.75	1400m: 17:45.38 1:19.23		
	300m: 3:38.84 1:14.43	700m: 8:40.52 1:15.86	1100m: 13:49.00 1:17.88	1500m: 19:03.00 1:17.62		
	400m: 4:53.70 1:14.86	800m: 9:56.70 1:16.18	1200m: 15:07.37 1:18.37			
DNF	Rubina Capitao Vieira	80	Nacional		<b>+0,94</b>	
	100m: 1:10.81 1:10.81	500m: 6:19.52 1:18.08	900m: 11:40.54 1:21.84	1300m:		
	200m: 2:26.69 1:15.88	600m: 7:38.50 1:18.98	1000m: 13:16.12 1:35.58	1400m:		
	300m: 3:43.80 1:17.11	700m: 8:57.95 1:19.45	1100m: 15:21.53 2:05.41	1500m:		
	400m: 5:01.44 1:17.64	800m: 10:18.70 1:20.75	1200m: 17:18.38 1:56.85			