

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 16 Femin., 400m Estilos Open
19.7.09 - 10:10 Resultados Elimin

Recorde Nacional Absoluto	4:53.17	Nadia Morais Vieira	FPN	MONACO (MON)	13.6.09
Recorde Nacional Sénior	4:53.17	Nadia Morais Vieira	FPN	MONACO (MON)	13.6.09
Recorde Nacional Junior	4:58.87	Susana Patricia Miguel	FPN	Palma Maiorca (ESP)	6.7.06
Recorde Nacional Juvenis	5:01.04	Susana Patricia Miguel	SFUAP	Jamor	8.7.04

TAC JUN/SEN Fem 15 +: 5:20.00 / TAC JUV Fem Juv: 5:42.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Open			
1. Nadia Morais Vieira MAC	90 Gesloures	4:57.09	776 A
50m: 30.99 30.99	150m: 1:45.98 38.96	250m: 3:05.75 42.02	350m: 4:23.26 34.84
100m: 1:07.02 36.03	200m: 2:23.73 37.75	300m: 3:48.42 42.67	400m: 4:57.09 33.83
2. Patricia Garcia Marinho	94 Sporting	5:07.61	699 A
50m: 32.00 32.00	150m: 1:49.13 40.53	250m: 3:12.98 43.78	350m: 4:32.75 34.97
100m: 1:08.60 36.60	200m: 2:29.20 40.07	300m: 3:57.78 44.80	400m: 5:07.61 34.86
3. Julie Leth-Espensen	92 Denmark	5:11.16	675 A
50m: 31.96 31.96	150m: 1:53.14 43.64	250m: 3:15.40 40.07	350m: 4:34.49 36.70
100m: 1:09.50 37.54	200m: 2:35.33 42.19	300m: 3:57.79 42.39	400m: 5:11.16 36.67
4. Lara Santana Pinheiro	92 Os Belenenses	5:12.07	669 A
50m: 33.24 33.24	150m: 1:54.15 42.24	250m: 3:19.70 45.01	350m: 4:38.97 34.58
100m: 1:11.91 38.67	200m: 2:34.69 40.54	300m: 4:04.39 44.69	400m: 5:12.07 33.10
5. Maria Miguel Veloso	93 Náutico/Matobra	5:12.09	669 A
50m: 32.73 32.73	150m: 1:51.30 41.80	250m: 3:18.56 46.11	350m: 4:38.80 33.85
100m: 1:09.50 36.77	200m: 2:32.45 41.15	300m: 4:04.95 46.39	400m: 5:12.09 33.29
6. Ana Beatriz Pereira	91 Louletano/Habipro	5:13.99	657 A
50m: 31.74 31.74	150m: 1:51.06 42.94	250m: 3:16.18 42.45	350m: 4:37.11 36.63
100m: 1:08.12 36.38	200m: 2:33.73 42.67	300m: 4:00.48 44.30	400m: 5:13.99 36.88
7. Soraia Vanessa Ribeiro	92 Vilacondense	5:15.47	648 A
50m: 31.97 31.97	150m: 1:49.74 40.11	250m: 3:15.17 45.13	350m: 4:39.08 37.59
100m: 1:09.63 37.66	200m: 2:30.04 40.30	300m: 4:01.49 46.32	400m: 5:15.47 36.39
8. Angelica Maria Andre	94 Leixões	5:19.53	624 A
50m: 33.19 33.19	150m: 1:55.83 43.68	250m: 3:22.59 44.86	350m: 4:44.59 36.34
100m: 1:12.15 38.96	200m: 2:37.73 41.90	300m: 4:08.25 45.66	400m: 5:19.53 34.94
9. Ana Filipa Carmo	93 Colégio Vasco da Gama	5:19.88	622 A
50m: 33.05 33.05	150m: 1:54.07 41.35	250m: 3:20.59 45.04	350m: 4:43.60 36.89
100m: 1:12.72 39.67	200m: 2:35.55 41.48	300m: 4:06.71 46.12	400m: 5:19.88 36.28
10. Filipa Maria Rompante MAC	95 Famalicão	5:20.01	621 B
50m: 34.21 34.21	150m: 1:54.77 41.53	250m: 3:22.30 46.56	350m: 4:44.41 35.99
100m: 1:13.24 39.03	200m: 2:35.74 40.97	300m: 4:08.42 46.12	400m: 5:20.01 35.60
11. Eduarda Malheiro Neves FTL	94 Braga	5:20.78	616 B
50m: 32.71 32.71	150m: 1:52.95 42.24	250m: 3:21.09 45.99	350m: 4:44.83 36.39
100m: 1:10.71 38.00	200m: 2:35.10 42.15	300m: 4:08.44 47.35	400m: 5:20.78 35.95

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar			Ano			Tempo final			Pts
12.	Raquel Paulo Ranito		94	Benfica		5:22.09	609	B	
	<i>FTL</i>								
	50m:	31.98 31.98	150m:	1:51.53 41.39	250m:	3:21.00 46.79	350m:	4:45.21 37.10	
	100m:	1:10.14 38.16	200m:	2:34.21 42.68	300m:	4:08.11 47.11	400m:	5:22.09 36.88	
13.	Catarina Isabel Marques		94	Famalicão		5:23.67	600	B	
	<i>FTL</i>								
	50m:	33.72 33.72	150m:	1:57.79 43.32	250m:	3:25.27 44.86	350m:	4:48.33 36.82	
	100m:	1:14.47 40.75	200m:	2:40.41 42.62	300m:	4:11.51 46.24	400m:	5:23.67 35.34	
14.	Joana Pedrosa Marques		91	Uniao Piedense		5:24.38	596	B	
	<i>FTL</i>								
	50m:	33.89 33.89	150m:	1:58.01 44.89	250m:	3:25.60 43.05	350m:	4:47.31 37.96	
	100m:	1:13.12 39.23	200m:	2:42.55 44.54	300m:	4:09.35 43.75	400m:	5:24.38 37.07	
15.	Marta Rita Freixo		93	Desportiva de Viana		5:25.98	587	B	
	<i>FTL</i>								
	50m:	32.92 32.92	150m:	1:55.04 42.28	250m:	3:23.30 47.75	350m:	4:48.01 38.22	
	100m:	1:12.76 39.84	200m:	2:35.55 40.51	300m:	4:09.79 46.49	400m:	5:25.98 37.97	
16.	Leonor Mourinho Neves		95	Sporting		5:26.14	586	B	
	50m:	33.23 33.23	150m:	1:57.62 43.60	250m:	3:26.71 45.79	350m:	4:50.10 36.58	
	100m:	1:14.02 40.79	200m:	2:40.92 43.30	300m:	4:13.52 46.81	400m:	5:26.14 36.04	
17.	Ines Filipa Borges		95	Alcoçaba		5:26.46	585	B	
	50m:	32.96 32.96	150m:	1:52.90 40.46	250m:	3:21.71 47.78	350m:	4:48.28 37.77	
	100m:	1:12.44 39.48	200m:	2:33.93 41.03	300m:	4:10.51 48.80	400m:	5:26.46 38.18	
18.	Carolina Francisco Gomes		95	Naval da Nazaré		5:28.93	572	R	
	50m:	33.19 33.19	150m:	1:56.01 43.46	250m:	3:25.91 47.17	350m:	4:52.41 38.48	
	100m:	1:12.55 39.36	200m:	2:38.74 42.73	300m:	4:13.93 48.02	400m:	5:28.93 36.52	
19.	Ana Sofia Costa		95	Alcoçaba		5:32.59	553	R	
	50m:	34.90 34.90	150m:	1:57.59 42.81	250m:	3:28.40 48.37	350m:	4:54.61 38.48	
	100m:	1:14.78 39.88	200m:	2:40.03 42.44	300m:	4:16.13 47.73	400m:	5:32.59 37.98	
20.	Ines Joao Costa		95	Braga		5:33.66	548		
	50m:	35.35 35.35	150m:	2:00.01 42.91	250m:	3:30.82 47.98	350m:	4:56.92 37.30	
	100m:	1:17.10 41.75	200m:	2:42.84 42.83	300m:	4:19.62 48.80	400m:	5:33.66 36.74	
21.	Ana Oliveira Cunha		95	Famalicão		5:33.91	546		
	50m:	35.20 35.20	150m:	1:57.67 40.20	250m:	3:28.65 48.45	350m:	4:55.69 36.73	
	100m:	1:17.47 42.27	200m:	2:40.20 42.53	300m:	4:18.96 50.31	400m:	5:33.91 38.22	
22.	Marta Sofia Cunha		95	Sporting		5:34.41	544		
	50m:	33.72 33.72	150m:	1:59.23 45.13	250m:	3:31.32 47.72	350m:	4:58.86 37.47	
	100m:	1:14.10 40.38	200m:	2:43.60 44.37	300m:	4:21.39 50.07	400m:	5:34.41 35.55	
23.	Helena Paula Carvalho		95	Desporto de Setúbal		5:36.66	533		
	50m:	34.61 34.61	150m:	1:59.90 43.93	250m:	3:33.08 50.27	350m:	5:01.66 37.74	
	100m:	1:15.97 41.36	200m:	2:42.81 42.91	300m:	4:23.92 50.84	400m:	5:36.66 35.00	
24.	Ana Filipa Teixeira		95	Desportiva de Viana		5:37.86	528		
	50m:	33.24 33.24	150m:	1:59.44 46.03	250m:	3:31.74 47.73	350m:	5:00.33 38.91	
	100m:	1:13.41 40.17	200m:	2:44.01 44.57	300m:	4:21.42 49.68	400m:	5:37.86 37.53	
25.	Maria Beatriz Ferreira		95	Fluvial Portuense		5:38.98	522		
	50m:	35.14 35.14	150m:	2:02.27 45.38	250m:	3:34.64 47.97	350m:	5:00.76 38.64	
	100m:	1:16.89 41.75	200m:	2:46.67 44.40	300m:	4:22.12 47.48	400m:	5:38.98 38.22	



Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar			Ano					Tempo final	Pts		
26.	Catarina Lopes Reis		95	Porto/Império Bonança				5:39.29	521		
	50m:	33.67 33.67	150m:	1:59.33	44.94	250m:	3:31.77	49.76	350m:	5:01.68	38.42
	100m:	1:14.39 40.72	200m:	2:42.01	42.68	300m:	4:23.26	51.49	400m:	5:39.29	37.61
27.	Ana Joaquina Goncalves		95	Braga				5:39.94	518		
	50m:	36.08 36.08	150m:	2:02.26	43.83	250m:	3:34.95	49.62	350m:	5:02.93	38.74
	100m:	1:18.43 42.35	200m:	2:45.33	43.07	300m:	4:24.19	49.24	400m:	5:39.94	37.01
28.	Ariana Alves Nunes		95	Portinado				5:44.58	497		
	<i>FTL</i>										
	50m:	34.54 34.54	150m:	2:01.63	44.12	250m:	3:33.99	47.93	350m:	5:04.18	41.24
	100m:	1:17.51 42.97	200m:	2:46.06	44.43	300m:	4:22.94	48.95	400m:	5:44.58	40.40
29.	Patricia Santos Dinis		95	Bombeiros das Caldas Rainha				5:45.35	494		
	<i>FTL</i>										
	50m:	33.80 33.80	150m:	1:56.18	41.89	250m:	3:31.03	52.42	350m:	5:05.40	39.81
	100m:	1:14.29 40.49	200m:	2:38.61	42.43	300m:	4:25.59	54.56	400m:	5:45.35	39.95
30.	Mariana Rocha Valente		95	Académica de Coimbra				5:47.20	486		
	<i>FTL</i>										
	50m:	35.73 35.73	150m:	2:06.26	46.13	250m:	3:39.56	49.04	350m:	5:09.63	39.47
	100m:	1:20.13 44.40	200m:	2:50.52	44.26	300m:	4:30.16	50.60	400m:	5:47.20	37.57
DSQ	Nance Antunes Vinagre		95	Bombeiros dos Estoris							
	<i>NADADORA NÃO COMPLETOU A PROVA</i>										
	50m:	37.63 37.63	150m:	2:05.43	42.86	250m:			350m:		
	100m:	1:22.57 44.94	200m:			300m:			400m:		

Absoluto

1.	Nadia Morais Vieira		90	Gesloures				4:57.09	776	A	
	<i>MAC</i>										
	50m:	30.99 30.99	150m:	1:45.98	38.96	250m:	3:05.75	42.02	350m:	4:23.26	34.84
	100m:	1:07.02 36.03	200m:	2:23.73	37.75	300m:	3:48.42	42.67	400m:	4:57.09	33.83
2.	Patricia Garcia Marinho		94	Sporting				5:07.61	699	A	
	50m:	32.00 32.00	150m:	1:49.13	40.53	250m:	3:12.98	43.78	350m:	4:32.75	34.97
	100m:	1:08.60 36.60	200m:	2:29.20	40.07	300m:	3:57.78	44.80	400m:	5:07.61	34.86
3.	Lara Santana Pinheiro		92	Os Belenenses				5:12.07	669	A	
	50m:	33.24 33.24	150m:	1:54.15	42.24	250m:	3:19.70	45.01	350m:	4:38.97	34.58
	100m:	1:11.91 38.67	200m:	2:34.69	40.54	300m:	4:04.39	44.69	400m:	5:12.07	33.10
4.	Maria Miguel Veloso		93	Náutico/Matobra				5:12.09	669	A	
	50m:	32.73 32.73	150m:	1:51.30	41.80	250m:	3:18.56	46.11	350m:	4:38.80	33.85
	100m:	1:09.50 36.77	200m:	2:32.45	41.15	300m:	4:04.95	46.39	400m:	5:12.09	33.29
5.	Ana Beatriz Pereira		91	Louletano/Habipro				5:13.99	657	A	
	50m:	31.74 31.74	150m:	1:51.06	42.94	250m:	3:16.18	42.45	350m:	4:37.11	36.63
	100m:	1:08.12 36.38	200m:	2:33.73	42.67	300m:	4:00.48	44.30	400m:	5:13.99	36.88
6.	Soraia Vanessa Ribeiro		92	Vilacondense				5:15.47	648	A	
	50m:	31.97 31.97	150m:	1:49.74	40.11	250m:	3:15.17	45.13	350m:	4:39.08	37.59
	100m:	1:09.63 37.66	200m:	2:30.04	40.30	300m:	4:01.49	46.32	400m:	5:15.47	36.39
7.	Angelica Maria Andre		94	Leixões				5:19.53	624	A	
	50m:	33.19 33.19	150m:	1:55.83	43.68	250m:	3:22.59	44.86	350m:	4:44.59	36.34
	100m:	1:12.15 38.96	200m:	2:37.73	41.90	300m:	4:08.25	45.66	400m:	5:19.53	34.94

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 16, Femin., 400m Estilos, Elimin, Absoluto

Lugar					Ano					Tempo final	Pts	
8.	Ana Filipa Carmo				93	Colégio Vasco da Gama				5:19.88	622 A	
	50m:	33.05	33.05	150m:	1:54.07	41.35	250m:	3:20.59	45.04	350m:	4:43.60	36.89
	100m:	1:12.72	39.67	200m:	2:35.55	41.48	300m:	4:06.71	46.12	400m:	5:19.88	36.28
9.	Filipa Maria Rompante MAC				95	Famalicão				5:20.01	621 B	
	50m:	34.21	34.21	150m:	1:54.77	41.53	250m:	3:22.30	46.56	350m:	4:44.41	35.99
	100m:	1:13.24	39.03	200m:	2:35.74	40.97	300m:	4:08.42	46.12	400m:	5:20.01	35.60
10.	Eduarda Malheiro Neves FTL				94	Braga				5:20.78	616 B	
	50m:	32.71	32.71	150m:	1:52.95	42.24	250m:	3:21.09	45.99	350m:	4:44.83	36.39
	100m:	1:10.71	38.00	200m:	2:35.10	42.15	300m:	4:08.44	47.35	400m:	5:20.78	35.95
11.	Raquel Paulo Ranito FTL				94	Benfica				5:22.09	609 B	
	50m:	31.98	31.98	150m:	1:51.53	41.39	250m:	3:21.00	46.79	350m:	4:45.21	37.10
	100m:	1:10.14	38.16	200m:	2:34.21	42.68	300m:	4:08.11	47.11	400m:	5:22.09	36.88
12.	Catarina Isabel Marques FTL				94	Famalicão				5:23.67	600 B	
	50m:	33.72	33.72	150m:	1:57.79	43.32	250m:	3:25.27	44.86	350m:	4:48.33	36.82
	100m:	1:14.47	40.75	200m:	2:40.41	42.62	300m:	4:11.51	46.24	400m:	5:23.67	35.34
13.	Joana Pedrosa Marques FTL				91	Uniao Piedense				5:24.38	596 B	
	50m:	33.89	33.89	150m:	1:58.01	44.89	250m:	3:25.60	43.05	350m:	4:47.31	37.96
	100m:	1:13.12	39.23	200m:	2:42.55	44.54	300m:	4:09.35	43.75	400m:	5:24.38	37.07
14.	Marta Rita Freixo FTL				93	Desportiva de Viana				5:25.98	587 B	
	50m:	32.92	32.92	150m:	1:55.04	42.28	250m:	3:23.30	47.75	350m:	4:48.01	38.22
	100m:	1:12.76	39.84	200m:	2:35.55	40.51	300m:	4:09.79	46.49	400m:	5:25.98	37.97
15.	Leonor Mourinho Neves				95	Sporting				5:26.14	586 B	
	50m:	33.23	33.23	150m:	1:57.62	43.60	250m:	3:26.71	45.79	350m:	4:50.10	36.58
	100m:	1:14.02	40.79	200m:	2:40.92	43.30	300m:	4:13.52	46.81	400m:	5:26.14	36.04
16.	Ines Filipa Borges				95	Alcobaça				5:26.46	585 B	
	50m:	32.96	32.96	150m:	1:52.90	40.46	250m:	3:21.71	47.78	350m:	4:48.28	37.77
	100m:	1:12.44	39.48	200m:	2:33.93	41.03	300m:	4:10.51	48.80	400m:	5:26.46	38.18
17.	Carolina Francisco Gomes				95	Naval da Nazaré				5:28.93	572 R	
	50m:	33.19	33.19	150m:	1:56.01	43.46	250m:	3:25.91	47.17	350m:	4:52.41	38.48
	100m:	1:12.55	39.36	200m:	2:38.74	42.73	300m:	4:13.93	48.02	400m:	5:28.93	36.52
18.	Ana Sofia Costa				95	Alcobaça				5:32.59	553 R	
	50m:	34.90	34.90	150m:	1:57.59	42.81	250m:	3:28.40	48.37	350m:	4:54.61	38.48
	100m:	1:14.78	39.88	200m:	2:40.03	42.44	300m:	4:16.13	47.73	400m:	5:32.59	37.98
19.	Ines Joao Costa				95	Braga				5:33.66	548	
	50m:	35.35	35.35	150m:	2:00.01	42.91	250m:	3:30.82	47.98	350m:	4:56.92	37.30
	100m:	1:17.10	41.75	200m:	2:42.84	42.83	300m:	4:19.62	48.80	400m:	5:33.66	36.74
20.	Ana Oliveira Cunha				95	Famalicão				5:33.91	546	
	50m:	35.20	35.20	150m:	1:57.67	40.20	250m:	3:28.65	48.45	350m:	4:55.69	36.73
	100m:	1:17.47	42.27	200m:	2:40.20	42.53	300m:	4:18.96	50.31	400m:	5:33.91	38.22

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 16, Femin., 400m Estilos, Elimin, Absoluto

Lugar	Ano		Tempo final							Pts
21. Marta Sofia Cunha	95	Sporting	5:34.41							544
50m: 33.72 33.72	150m: 1:59.23	45.13	250m: 3:31.32	47.72	350m: 4:58.86	37.47	400m: 5:34.41	35.55		
100m: 1:14.10 40.38	200m: 2:43.60	44.37	300m: 4:21.39	50.07						
22. Helena Paula Carvalho	95	Desporto de Setúbal	5:36.66							533
50m: 34.61 34.61	150m: 1:59.90	43.93	250m: 3:33.08	50.27	350m: 5:01.66	37.74	400m: 5:36.66	35.00		
100m: 1:15.97 41.36	200m: 2:42.81	42.91	300m: 4:23.92	50.84						
23. Ana Filipa Teixeira	95	Desportiva de Viana	5:37.86							528
50m: 33.24 33.24	150m: 1:59.44	46.03	250m: 3:31.74	47.73	350m: 5:00.33	38.91	400m: 5:37.86	37.53		
100m: 1:13.41 40.17	200m: 2:44.01	44.57	300m: 4:21.42	49.68						
24. Maria Beatriz Ferreira	95	Fluvial Portuense	5:38.98							522
50m: 35.14 35.14	150m: 2:02.27	45.38	250m: 3:34.64	47.97	350m: 5:00.76	38.64	400m: 5:38.98	38.22		
100m: 1:16.89 41.75	200m: 2:46.67	44.40	300m: 4:22.12	47.48						
25. Catarina Lopes Reis	95	Porto/Império Bonança	5:39.29							521
50m: 33.67 33.67	150m: 1:59.33	44.94	250m: 3:31.77	49.76	350m: 5:01.68	38.42	400m: 5:39.29	37.61		
100m: 1:14.39 40.72	200m: 2:42.01	42.68	300m: 4:23.26	51.49						
26. Ana Joaquina Goncalves	95	Braga	5:39.94							518
50m: 36.08 36.08	150m: 2:02.26	43.83	250m: 3:34.95	49.62	350m: 5:02.93	38.74	400m: 5:39.94	37.01		
100m: 1:18.43 42.35	200m: 2:45.33	43.07	300m: 4:24.19	49.24						
27. Ariana Alves Nunes	95	Portinado	5:44.58							497
<i>FTL</i>										
50m: 34.54 34.54	150m: 2:01.63	44.12	250m: 3:33.99	47.93	350m: 5:04.18	41.24	400m: 5:44.58	40.40		
100m: 1:17.51 42.97	200m: 2:46.06	44.43	300m: 4:22.94	48.95						
28. Patricia Santos Dinis	95	Bombeiros das Caldas Rainha	5:45.35							494
<i>FTL</i>										
50m: 33.80 33.80	150m: 1:56.18	41.89	250m: 3:31.03	52.42	350m: 5:05.40	39.81	400m: 5:45.35	39.95		
100m: 1:14.29 40.49	200m: 2:38.61	42.43	300m: 4:25.59	54.56						
29. Mariana Rocha Valente	95	Académica de Coimbra	5:47.20							486
<i>FTL</i>										
50m: 35.73 35.73	150m: 2:06.26	46.13	250m: 3:39.56	49.04	350m: 5:09.63	39.47	400m: 5:47.20	37.57		
100m: 1:20.13 44.40	200m: 2:50.52	44.26	300m: 4:30.16	50.60						
DSQ Nance Antunes Vinagre	95	Bombeiros dos Estoris	NADADORA NÃO COMPLETOU A PROVA							
50m: 37.63 37.63	150m: 2:05.43	42.86	250m:		350m:		400m:			
100m: 1:22.57 44.94	200m:		300m:							

Juvenis

1. Filipa Maria Rompante	95	Famalicao	5:20.01							621	B
<i>MAC</i>											
50m: 34.21 34.21	150m: 1:54.77	41.53	250m: 3:22.30	46.56	350m: 4:44.41	35.99	400m: 5:20.01	35.60			
100m: 1:13.24 39.03	200m: 2:35.74	40.97	300m: 4:08.42	46.12							
2. Leonor Mourinho Neves	95	Sporting	5:26.14							586	B
50m: 33.23 33.23	150m: 1:57.62	43.60	250m: 3:26.71	45.79	350m: 4:50.10	36.58	400m: 5:26.14	36.04			
100m: 1:14.02 40.79	200m: 2:40.92	43.30	300m: 4:13.52	46.81							
3. Ines Filipa Borges	95	Alcobaça	5:26.46							585	B
50m: 32.96 32.96	150m: 1:52.90	40.46	250m: 3:21.71	47.78	350m: 4:48.28	37.77	400m: 5:26.46	38.18			
100m: 1:12.44 39.48	200m: 2:33.93	41.03	300m: 4:10.51	48.80							

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar			Ano			Tempo final	Pts	
4.	Carolina Francisco Gomes		95	Naval da Nazaré		5:28.93	572 R	
	50m:	33.19 33.19	150m:	1:56.01 43.46	250m:	3:25.91 47.17	350m:	4:52.41 38.48
	100m:	1:12.55 39.36	200m:	2:38.74 42.73	300m:	4:13.93 48.02	400m:	5:28.93 36.52
5.	Ana Sofia Costa		95	Alcobaça		5:32.59	553 R	
	50m:	34.90 34.90	150m:	1:57.59 42.81	250m:	3:28.40 48.37	350m:	4:54.61 38.48
	100m:	1:14.78 39.88	200m:	2:40.03 42.44	300m:	4:16.13 47.73	400m:	5:32.59 37.98
6.	Ines Joao Costa		95	Braga		5:33.66	548	
	50m:	35.35 35.35	150m:	2:00.01 42.91	250m:	3:30.82 47.98	350m:	4:56.92 37.30
	100m:	1:17.10 41.75	200m:	2:42.84 42.83	300m:	4:19.62 48.80	400m:	5:33.66 36.74
7.	Ana Oliveira Cunha		95	Famalicão		5:33.91	546	
	50m:	35.20 35.20	150m:	1:57.67 40.20	250m:	3:28.65 48.45	350m:	4:55.69 36.73
	100m:	1:17.47 42.27	200m:	2:40.20 42.53	300m:	4:18.96 50.31	400m:	5:33.91 38.22
8.	Marta Sofia Cunha		95	Sporting		5:34.41	544	
	50m:	33.72 33.72	150m:	1:59.23 45.13	250m:	3:31.32 47.72	350m:	4:58.86 37.47
	100m:	1:14.10 40.38	200m:	2:43.60 44.37	300m:	4:21.39 50.07	400m:	5:34.41 35.55
9.	Helena Paula Carvalho		95	Desporto de Setúbal		5:36.66	533	
	50m:	34.61 34.61	150m:	1:59.90 43.93	250m:	3:33.08 50.27	350m:	5:01.66 37.74
	100m:	1:15.97 41.36	200m:	2:42.81 42.91	300m:	4:23.92 50.84	400m:	5:36.66 35.00
10.	Ana Filipa Teixeira		95	Desportiva de Viana		5:37.86	528	
	50m:	33.24 33.24	150m:	1:59.44 46.03	250m:	3:31.74 47.73	350m:	5:00.33 38.91
	100m:	1:13.41 40.17	200m:	2:44.01 44.57	300m:	4:21.42 49.68	400m:	5:37.86 37.53
11.	Maria Beatriz Ferreira		95	Fluvial Portuense		5:38.98	522	
	50m:	35.14 35.14	150m:	2:02.27 45.38	250m:	3:34.64 47.97	350m:	5:00.76 38.64
	100m:	1:16.89 41.75	200m:	2:46.67 44.40	300m:	4:22.12 47.48	400m:	5:38.98 38.22
12.	Catarina Lopes Reis		95	Porto/Império Bonança		5:39.29	521	
	50m:	33.67 33.67	150m:	1:59.33 44.94	250m:	3:31.77 49.76	350m:	5:01.68 38.42
	100m:	1:14.39 40.72	200m:	2:42.01 42.68	300m:	4:23.26 51.49	400m:	5:39.29 37.61
13.	Ana Joaquina Goncalves		95	Braga		5:39.94	518	
	50m:	36.08 36.08	150m:	2:02.26 43.83	250m:	3:34.95 49.62	350m:	5:02.93 38.74
	100m:	1:18.43 42.35	200m:	2:45.33 43.07	300m:	4:24.19 49.24	400m:	5:39.94 37.01
14.	Ariana Alves Nunes		95	Portinado		5:44.58	497	
	<i>FTL</i>							
	50m:	34.54 34.54	150m:	2:01.63 44.12	250m:	3:33.99 47.93	350m:	5:04.18 41.24
	100m:	1:17.51 42.97	200m:	2:46.06 44.43	300m:	4:22.94 48.95	400m:	5:44.58 40.40
15.	Patricia Santos Dinis		95	Bombeiros das Caldas Rainha		5:45.35	494	
	<i>FTL</i>							
	50m:	33.80 33.80	150m:	1:56.18 41.89	250m:	3:31.03 52.42	350m:	5:05.40 39.81
	100m:	1:14.29 40.49	200m:	2:38.61 42.43	300m:	4:25.59 54.56	400m:	5:45.35 39.95
16.	Mariana Rocha Valente		95	Académica de Coimbra		5:47.20	486	
	<i>FTL</i>							
	50m:	35.73 35.73	150m:	2:06.26 46.13	250m:	3:39.56 49.04	350m:	5:09.63 39.47
	100m:	1:20.13 44.40	200m:	2:50.52 44.26	300m:	4:30.16 50.60	400m:	5:47.20 37.57
DSQ	Nance Antunes Vinagre		95	Bombeiros dos Estoris				
	<i>NADADORA NÃO COMPLETOU A PROVA</i>							
	50m:	37.63 37.63	150m:	2:05.43 42.86	250m:		350m:	
	100m:	1:22.57 44.94	200m:		300m:		400m:	