

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

Prova 16 Open  
19.7.09 - 17:10 Resultados Final

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
<b>Open</b>			
<b>Final A</b>			
1. Nadia Morais Vieira MAC	90 Gesloures	<b>4:54.21</b>	799
50m: 31.46 31.46	150m: 1:45.66 38.02	250m: 3:04.54 41.86	350m: 4:21.21 34.80
100m: 1:07.64 36.18	200m: 2:22.68 37.02	300m: 3:46.41 41.87	400m: 4:54.21 33.00
2. Maria Miguel Veloso MAC	93 Náutico/Matobra	<b>5:01.62</b>	741
50m: 32.08 32.08	150m: 1:47.53 39.63	250m: 3:10.60 44.10	350m: 4:29.57 33.85
100m: 1:07.90 35.82	200m: 2:26.50 38.97	300m: 3:55.72 45.12	400m: 5:01.62 32.05
3. Julie Leth-Espensen	92 Denmark	<b>5:01.69</b>	741
50m: 32.16 32.16	150m: 1:49.40 39.96	250m: 3:09.97 41.46	350m: 4:28.01 35.75
100m: 1:09.44 37.28	200m: 2:28.51 39.11	300m: 3:52.26 42.29	400m: 5:01.69 33.68
4. Patricia Garcia Marinho MAC	94 Sporting	<b>5:02.41</b>	736
50m: 32.00 32.00	150m: 1:49.11 40.18	250m: 3:11.32 42.98	350m: 4:29.31 34.23
100m: 1:08.93 36.93	200m: 2:28.34 39.23	300m: 3:55.08 43.76	400m: 5:02.41 33.10
5. Ana Beatriz Pereira	91 Louletano/Habipro	<b>5:08.35</b>	694
50m: 31.81 31.81	150m: 1:51.02 43.33	250m: 3:14.80 42.12	350m: 4:33.24 35.20
100m: 1:07.69 35.88	200m: 2:32.68 41.66	300m: 3:58.04 43.24	400m: 5:08.35 35.11
6. Soraia Vanessa Ribeiro	92 Vilacondense	<b>5:09.33</b>	687
50m: 31.93 31.93	150m: 1:48.09 38.99	250m: 3:10.74 42.90	350m: 4:33.18 36.46
100m: 1:09.10 37.17	200m: 2:27.84 39.75	300m: 3:56.72 45.98	400m: 5:09.33 36.15
7. Lara Santana Pinheiro	92 Os Belenenses	<b>5:10.72</b>	678
50m: 33.47 33.47	150m: 1:52.94 41.36	250m: 3:17.67 45.04	350m: 4:37.03 34.75
100m: 1:11.58 38.11	200m: 2:32.63 39.69	300m: 4:02.28 44.61	400m: 5:10.72 33.69
8. Angelica Maria Andre	94 Leixões	<b>5:18.60</b>	629
50m: 33.73 33.73	150m: 1:55.31 42.71	250m: 3:21.55 45.38	350m: 4:43.47 36.28
100m: 1:12.60 38.87	200m: 2:36.17 40.86	300m: 4:07.19 45.64	400m: 5:18.60 35.13
<b>Final B</b>			
9. Ana Filipa Carmo	93 Colégio Vasco da Gama	<b>5:16.29</b>	643
50m: 32.15 32.15	150m: 1:52.03 41.29	250m: 3:18.24 45.61	350m: 4:40.65 36.75
100m: 1:10.74 38.59	200m: 2:32.63 40.60	300m: 4:03.90 45.66	400m: 5:16.29 35.64
10. Eduarda Malheiro Neves	94 Braga	<b>5:17.50</b>	636
50m: 32.83 32.83	150m: 1:53.70 42.92	250m: 3:21.68 45.93	350m: 4:43.53 34.83
100m: 1:10.78 37.95	200m: 2:35.75 42.05	300m: 4:08.70 47.02	400m: 5:17.50 33.97

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

Lugar			Ano			Tempo final			Pts
11.	Filipa Maria Rompante MAC		95	Famalicão		<b>5:19.41</b>			624
	50m:	34.15 34.15	150m:	1:56.09 42.43	250m:	3:22.89 46.49	350m:	4:45.16 36.04	
	100m:	1:13.66 39.51	200m:	2:36.40 40.31	300m:	4:09.12 46.23	400m:	5:19.41 34.25	
12.	Raquel Paulo Ranito		94	Benfica		<b>5:19.86</b>			622
	50m:	32.33 32.33	150m:	1:52.51 41.41	250m:	3:20.43 46.37	350m:	4:44.52 37.19	
	100m:	1:11.10 38.77	200m:	2:34.06 41.55	300m:	4:07.33 46.90	400m:	5:19.86 35.34	
13.	Leonor Mourinho Neves MAC		95	Sporting		<b>5:21.57</b>			612
	50m:	32.44 32.44	150m:	1:55.38 43.20	250m:	3:23.05 44.84	350m:	4:46.04 36.41	
	100m:	1:12.18 39.74	200m:	2:38.21 42.83	300m:	4:09.63 46.58	400m:	5:21.57 35.53	
14.	Catarina Isabel Marques FTL		94	Famalicão		<b>5:22.82</b>			605
	50m:	33.90 33.90	150m:	1:58.33 43.65	250m:	3:25.31 45.10	350m:	4:47.88 36.83	
	100m:	1:14.68 40.78	200m:	2:40.21 41.88	300m:	4:11.05 45.74	400m:	5:22.82 34.94	
15.	Marta Rita Freixo FTL		93	Desportiva de Viana		<b>5:27.93</b>			577
	50m:	33.37 33.37	150m:	1:56.40 43.46	250m:	3:25.39 47.93	350m:	4:50.83 38.25	
	100m:	1:12.94 39.57	200m:	2:37.46 41.06	300m:	4:12.58 47.19	400m:	5:27.93 37.10	
16.	Ines Filipa Borges		95	Alcobaça		<b>5:29.32</b>			570
	50m:	34.17 34.17	150m:	1:56.38 42.59	250m:	3:25.44 47.65	350m:	4:52.23 37.56	
	100m:	1:13.79 39.62	200m:	2:37.79 41.41	300m:	4:14.67 49.23	400m:	5:29.32 37.09	

Absoluto

Final A

1.	Nadia Morais Vieira MAC		90	Gesloures		<b>4:54.21</b>			799
	50m:	31.46 31.46	150m:	1:45.66 38.02	250m:	3:04.54 41.86	350m:	4:21.21 34.80	
	100m:	1:07.64 36.18	200m:	2:22.68 37.02	300m:	3:46.41 41.87	400m:	4:54.21 33.00	
2.	Maria Miguel Veloso MAC		93	Náutico/Matobra		<b>5:01.62</b>			741
	50m:	32.08 32.08	150m:	1:47.53 39.63	250m:	3:10.60 44.10	350m:	4:29.57 33.85	
	100m:	1:07.90 35.82	200m:	2:26.50 38.97	300m:	3:55.72 45.12	400m:	5:01.62 32.05	
3.	Patricia Garcia Marinho MAC		94	Sporting		<b>5:02.41</b>			736
	50m:	32.00 32.00	150m:	1:49.11 40.18	250m:	3:11.32 42.98	350m:	4:29.31 34.23	
	100m:	1:08.93 36.93	200m:	2:28.34 39.23	300m:	3:55.08 43.76	400m:	5:02.41 33.10	
4.	Ana Beatriz Pereira		91	Louletano/Habipro		<b>5:08.35</b>			694
	50m:	31.81 31.81	150m:	1:51.02 43.33	250m:	3:14.80 42.12	350m:	4:33.24 35.20	
	100m:	1:07.69 35.88	200m:	2:32.68 41.66	300m:	3:58.04 43.24	400m:	5:08.35 35.11	
5.	Soraia Vanessa Ribeiro		92	Vilacondense		<b>5:09.33</b>			687
	50m:	31.93 31.93	150m:	1:48.09 38.99	250m:	3:10.74 42.90	350m:	4:33.18 36.46	
	100m:	1:09.10 37.17	200m:	2:27.84 39.75	300m:	3:56.72 45.98	400m:	5:09.33 36.15	
6.	Lara Santana Pinheiro		92	Os Belenenses		<b>5:10.72</b>			678
	50m:	33.47 33.47	150m:	1:52.94 41.36	250m:	3:17.67 45.04	350m:	4:37.03 34.75	
	100m:	1:11.58 38.11	200m:	2:32.63 39.69	300m:	4:02.28 44.61	400m:	5:10.72 33.69	

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Lugar			Ano					Tempo final	Pts		
7.	Angelica Maria Andre		94	Leixões				<b>5:18.60</b>	629		
	50m:	33.73 33.73	150m:	1:55.31	42.71	250m:	3:21.55	45.38	350m:	4:43.47	36.28
	100m:	1:12.60 38.87	200m:	2:36.17	40.86	300m:	4:07.19	45.64	400m:	5:18.60	35.13
Final B											
9.	Ana Filipa Carmo		93	Colégio Vasco da Gama				<b>5:16.29</b>	643		
	50m:	32.15 32.15	150m:	1:52.03	41.29	250m:	3:18.24	45.61	350m:	4:40.65	36.75
	100m:	1:10.74 38.59	200m:	2:32.63	40.60	300m:	4:03.90	45.66	400m:	5:16.29	35.64
10.	Eduarda Malheiro Neves		94	Braga				<b>5:17.50</b>	636		
	50m:	32.83 32.83	150m:	1:53.70	42.92	250m:	3:21.68	45.93	350m:	4:43.53	34.83
	100m:	1:10.78 37.95	200m:	2:35.75	42.05	300m:	4:08.70	47.02	400m:	5:17.50	33.97
11.	Filipa Maria Rompante MAC		95	Famalicão				<b>5:19.41</b>	624		
	50m:	34.15 34.15	150m:	1:56.09	42.43	250m:	3:22.89	46.49	350m:	4:45.16	36.04
	100m:	1:13.66 39.51	200m:	2:36.40	40.31	300m:	4:09.12	46.23	400m:	5:19.41	34.25
12.	Raquel Paulo Ranito		94	Benfica				<b>5:19.86</b>	622		
	50m:	32.33 32.33	150m:	1:52.51	41.41	250m:	3:20.43	46.37	350m:	4:44.52	37.19
	100m:	1:11.10 38.77	200m:	2:34.06	41.55	300m:	4:07.33	46.90	400m:	5:19.86	35.34
13.	Leonor Mourinho Neves MAC		95	Sporting				<b>5:21.57</b>	612		
	50m:	32.44 32.44	150m:	1:55.38	43.20	250m:	3:23.05	44.84	350m:	4:46.04	36.41
	100m:	1:12.18 39.74	200m:	2:38.21	42.83	300m:	4:09.63	46.58	400m:	5:21.57	35.53
14.	Catarina Isabel Marques FTL		94	Famalicão				<b>5:22.82</b>	605		
	50m:	33.90 33.90	150m:	1:58.33	43.65	250m:	3:25.31	45.10	350m:	4:47.88	36.83
	100m:	1:14.68 40.78	200m:	2:40.21	41.88	300m:	4:11.05	45.74	400m:	5:22.82	34.94
15.	Marta Rita Freixo FTL		93	Desportiva de Viana				<b>5:27.93</b>	577		
	50m:	33.37 33.37	150m:	1:56.40	43.46	250m:	3:25.39	47.93	350m:	4:50.83	38.25
	100m:	1:12.94 39.57	200m:	2:37.46	41.06	300m:	4:12.58	47.19	400m:	5:27.93	37.10
16.	Ines Filipa Borges		95	Alcobaça				<b>5:29.32</b>	570		
	50m:	34.17 34.17	150m:	1:56.38	42.59	250m:	3:25.44	47.65	350m:	4:52.23	37.56
	100m:	1:13.79 39.62	200m:	2:37.79	41.41	300m:	4:14.67	49.23	400m:	5:29.32	37.09