

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

Prova 35 Femin., 400m Livres Open
20.7.09 - 11:20 Resultados Elimin

Recorde Nacional Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
Recorde Nacional Sénior	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
Recorde Nacional Junior	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	4.8.02
Recorde Nacional Juvenis	4:28.67	tempo limite			

TAC JUN/SEN Fem 15 +: 4:44.50 / TAC JUV Fem Juv: 4:58.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Open			
1. Trine Gudnitz	87 Denmark	4:24.26	779 A
50m: 31.27 31.27	150m: 1:37.23 32.94	250m: 2:44.01 33.05	350m: 3:51.23 33.49
100m: 1:04.29 33.02	200m: 2:10.96 33.73	300m: 3:17.74 33.73	400m: 4:24.26 33.03
2. Randi F. Nielsen	89 Denmark	4:26.25	761 A
50m: 30.94 30.94	150m: 1:38.66 33.91	250m: 2:46.66 33.84	350m: 3:53.90 33.29
100m: 1:04.75 33.81	200m: 2:12.82 34.16	300m: 3:20.61 33.95	400m: 4:26.25 32.35
3. Mathilde Riis Sorensen	88 Denmark	4:28.15	745 A
50m: 31.71 31.71	150m: 1:39.42 33.80	250m: 2:47.40 33.71	350m: 3:55.26 33.96
100m: 1:05.62 33.91	200m: 2:13.69 34.27	300m: 3:21.30 33.90	400m: 4:28.15 32.89
4. Joana Filipa Santos	93 Vitória de Guimarães	4:30.27	728 A
<i>MAC</i>			
50m: 30.62 30.62	150m: 1:38.46 34.27	250m: 2:47.78 34.39	350m: 3:57.30 34.48
100m: 1:04.19 33.57	200m: 2:13.39 34.93	300m: 3:22.82 35.04	400m: 4:30.27 32.97
5. Ana Ribeiro Ferreira	92 Famalicão	4:30.33	727 A
50m: 30.88 30.88	150m: 1:38.67 34.22	250m: 2:47.82 34.18	350m: 3:57.08 34.27
100m: 1:04.45 33.57	200m: 2:13.64 34.97	300m: 3:22.81 34.99	400m: 4:30.33 33.25
6. Maria Miguel Veloso	93 Náutico/Matobra	4:30.95	723 A
50m: 31.90 31.90	150m: 1:39.81 33.76	250m: 2:47.97 33.96	350m: 3:56.73 34.34
100m: 1:06.05 34.15	200m: 2:14.01 34.20	300m: 3:22.39 34.42	400m: 4:30.95 34.22
7. Patricia Garcia Marinho	94 Sporting	4:31.96	714 A
50m: 31.54 31.54	150m: 1:39.38 33.72	250m: 2:47.99 34.22	350m: 3:57.86 34.84
100m: 1:05.66 34.12	200m: 2:13.77 34.39	300m: 3:23.02 35.03	400m: 4:31.96 34.10
8. Marisa Alexandra Lage	94 Viana Natação	4:31.98	714 A
50m: 30.94 30.94	150m: 1:39.23 34.30	250m: 2:48.69 34.69	350m: 3:58.91 35.08
100m: 1:04.93 33.99	200m: 2:14.00 34.77	300m: 3:23.83 35.14	400m: 4:31.98 33.07
9. Joana Aguiar Rodrigues	93 Porto/Império Bonança	4:32.10	713 A
50m: 30.61 30.61	150m: 1:38.89 34.40	250m: 2:48.27 34.76	350m: 3:58.78 35.23
100m: 1:04.49 33.88	200m: 2:13.51 34.62	300m: 3:23.55 35.28	400m: 4:32.10 33.32
10. Andreia Catarina Gomes	94 Vitória de Guimarães	4:33.85	700 A
50m: 31.65 31.65	150m: 1:40.43 34.30	250m: 2:50.33 34.94	350m: 4:00.32 34.74
100m: 1:06.13 34.48	200m: 2:15.39 34.96	300m: 3:25.58 35.25	400m: 4:33.85 33.53
11. Marta Alexandra Saraiva	93 Uniao Piedense	4:34.02	699 A
50m: 31.36 31.36	150m: 1:40.39 34.90	250m: 2:50.09 34.72	350m: 4:00.15 34.92
100m: 1:05.49 34.13	200m: 2:15.37 34.98	300m: 3:25.23 35.14	400m: 4:34.02 33.87
12. Alexandra Ribeiro Paula	93 Sporting	4:38.49	665 B
50m: 31.49 31.49	150m: 1:41.46 34.81	250m: 2:51.83 34.85	350m: 4:03.28 35.60
100m: 1:06.65 35.16	200m: 2:16.98 35.52	300m: 3:27.68 35.85	400m: 4:38.49 35.21

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

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar			Ano					Tempo final	Pts
13.	Ana Margarida Domingos	93	Académico Viseu				4:39.79	656 B	
	50m: 32.63 32.63	150m: 1:43.03 35.30	250m: 2:54.24 35.44	350m: 4:05.44 35.86					
	100m: 1:07.73 35.10	200m: 2:18.80 35.77	300m: 3:29.58 35.34	400m: 4:39.79 34.35					
14.	Soraia Vanessa Ribeiro	92	Vilacondense				4:39.85	656 B	
	50m: 30.99 30.99	150m: 1:38.93 33.94	250m: 2:49.54 35.01	350m: 4:03.21 36.64					
	100m: 1:04.99 34.00	200m: 2:14.53 35.60	300m: 3:26.57 37.03	400m: 4:39.85 36.64					
15.	Ana Sofia Fernandes	93	Braga				4:40.11	654 B	
	50m: 31.95 31.95	150m: 1:42.10 35.44	250m: 2:53.63 35.89	350m: 4:05.54 35.86					
	100m: 1:06.66 34.71	200m: 2:17.74 35.64	300m: 3:29.68 36.05	400m: 4:40.11 34.57					
16.	Ana Catarina Gomes	91	Uniao Piedense				4:40.55	651 B	
	50m: 32.23 32.23	150m: 1:42.57 35.91	250m: 2:54.60 36.04	350m: 4:06.26 35.98					
	100m: 1:06.66 34.43	200m: 2:18.56 35.99	300m: 3:30.28 35.68	400m: 4:40.55 34.29					
17.	Tania Martins Garcia	92	Ginásio Figueirense				4:41.03	648 B	
	50m: 32.01 32.01	150m: 1:41.98 35.27	250m: 2:53.35 35.58	350m: 4:05.39 35.87					
	100m: 1:06.71 34.70	200m: 2:17.77 35.79	300m: 3:29.52 36.17	400m: 4:41.03 35.64					
18.	Joana Filipa Capela	89	Benfica				4:42.02	641 B	
	50m: 32.10 32.10	150m: 1:43.27 36.17	250m: 2:55.55 35.95	350m: 4:07.40 35.66					
	100m: 1:07.10 35.00	200m: 2:19.60 36.33	300m: 3:31.74 36.19	400m: 4:42.02 34.62					
19.	Leonor Mourinho Neves MAC	95	Sporting				4:42.93	635 B	
	50m: 31.50 31.50	150m: 1:41.43 35.43	250m: 2:54.09 36.36	350m: 4:07.17 36.34					
	100m: 1:06.00 34.50	200m: 2:17.73 36.30	300m: 3:30.83 36.74	400m: 4:42.93 35.76					
20.	Daniela Filipa Pinto	91	Vitória de Guimarães				4:43.00	634 R	
	50m: 32.07 32.07	150m: 1:42.39 35.26	250m: 2:54.26 35.86	350m: 4:08.32 36.67					
	100m: 1:07.13 35.06	200m: 2:18.40 36.01	300m: 3:31.65 37.39	400m: 4:43.00 34.68					
21.	Angelica Maria Andre	94	Leixões				4:43.01	634 R	
	50m: 32.65 32.65	150m: 1:43.99 35.77	250m: 2:58.15 36.94	350m: 4:09.23 34.72					
	100m: 1:08.22 35.57	200m: 2:21.21 37.22	300m: 3:34.51 36.36	400m: 4:43.01 33.78					
22.	Maria Ana Magalhaes	93	Desportiva Limiana				4:43.08	634	
	50m: 31.38 31.38	150m: 1:41.14 35.78	250m: 2:53.47 36.23	350m: 4:07.04 37.00					
	100m: 1:05.36 33.98	200m: 2:17.24 36.10	300m: 3:30.04 36.57	400m: 4:43.08 36.04					
23.	Gilberta Cristina Barbosa	93	Foca				4:44.44	625	
	50m: 32.05 32.05	150m: 1:42.34 35.55	250m: 2:54.62 35.90	350m: 4:08.35 36.78					
	100m: 1:06.79 34.74	200m: 2:18.72 36.38	300m: 3:31.57 36.95	400m: 4:44.44 36.09					
24.	Filipa Maria Rompante	95	Famalicão				4:45.52	617	
	50m: 32.17 32.17	150m: 1:43.95 36.40	250m: 2:57.34 36.51	350m: 4:10.15 36.19					
	100m: 1:07.55 35.38	200m: 2:20.83 36.88	300m: 3:33.96 36.62	400m: 4:45.52 35.37					
25.	Isabel Rovisco Monteiro FTL	93	Fafe				4:46.40	612	
	50m: 31.52 31.52	150m: 1:42.25 35.52	250m: 2:54.92 36.10	350m: 4:09.50 37.03					
	100m: 1:06.73 35.21	200m: 2:18.82 36.57	300m: 3:32.47 37.55	400m: 4:46.40 36.90					
26.	Paula Cristina Melo FTL	93	Natação de Faro				4:48.99	595	
	50m: 31.40 31.40	150m: 1:43.68 36.84	250m: 2:58.11 37.47	350m: 4:12.52 37.12					
	100m: 1:06.84 35.44	200m: 2:20.64 36.96	300m: 3:35.40 37.29	400m: 4:48.99 36.47					

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

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar			Ano					Tempo final	Pts
27.	Matilde Goncalves Gracio		91	Galitos				4:49.32	593
	<i>FTL</i>								
	50m:	32.04 32.04	150m:	1:43.07 35.70	250m:	2:56.95 37.19	350m:	4:12.99 37.88	
	100m:	1:07.37 35.33	200m:	2:19.76 36.69	300m:	3:35.11 38.16	400m:	4:49.32 36.33	
28.	Helena Paula Carvalho		95	Desporto de Setúbal				4:49.50	592
	50m:	32.45 32.45	150m:	1:46.01 37.05	250m:	3:01.00 37.59	350m:	4:15.93 37.48	
	100m:	1:08.96 36.51	200m:	2:23.41 37.40	300m:	3:38.45 37.45	400m:	4:49.50 33.57	
29.	Carolina Cunha Martins		95	Náutico/Matobra				4:49.74	591
	50m:	31.88 31.88	150m:	1:43.81 36.14	250m:	2:57.75 36.82	350m:	4:12.76 37.28	
	100m:	1:07.67 35.79	200m:	2:20.93 37.12	300m:	3:35.48 37.73	400m:	4:49.74 36.98	
30.	Mariana Rocha Valente		95	Académica de Coimbra				4:50.75	585
	50m:	33.44 33.44	150m:	1:46.26 36.57	250m:	3:00.52 36.97	350m:	4:14.61 37.24	
	100m:	1:09.69 36.25	200m:	2:23.55 37.29	300m:	3:37.37 36.85	400m:	4:50.75 36.14	
31.	Carolina Francisco Gomes		95	Naval da Nazaré				4:51.04	583
	50m:	33.54 33.54	150m:	1:47.11 36.71	250m:	3:01.08 36.62	350m:	4:15.72 37.48	
	100m:	1:10.40 36.86	200m:	2:24.46 37.35	300m:	3:38.24 37.16	400m:	4:51.04 35.32	
32.	Maria Luis Amorim		95	Porto/Império Bonança				4:51.21	582
	50m:	32.50 32.50	150m:	1:44.30 36.08	250m:	2:57.72 36.57	350m:	4:12.61 37.85	
	100m:	1:08.22 35.72	200m:	2:21.15 36.85	300m:	3:34.76 37.04	400m:	4:51.21 38.60	
33.	Marta Filipa Vinagre		95	Torres Novas				4:51.90	578
	50m:	33.22 33.22	150m:	1:46.39 36.98	250m:	3:00.84 37.15	350m:	4:16.04 37.20	
	100m:	1:09.41 36.19	200m:	2:23.69 37.30	300m:	3:38.84 38.00	400m:	4:51.90 35.86	
34.	Hedvigés Ribeiro Carvalho		95	Famalicão				4:52.60	574
	50m:	33.35 33.35	150m:	1:47.36 37.34	250m:	3:01.71 37.23	350m:	4:16.78 37.52	
	100m:	1:10.02 36.67	200m:	2:24.48 37.12	300m:	3:39.26 37.55	400m:	4:52.60 35.82	
35.	Marta Sofia Cunha		95	Sporting				4:52.67	573
	50m:	33.04 33.04	150m:	1:46.32 36.62	250m:	3:01.25 37.26	350m:	4:16.78 37.20	
	100m:	1:09.70 36.66	200m:	2:23.99 37.67	300m:	3:39.58 38.33	400m:	4:52.67 35.89	
36.	Ines Joao Costa		95	Braga				4:54.39	563
	50m:	33.33 33.33	150m:	1:48.03 37.59	250m:	3:03.11 37.46	350m:	4:18.24 37.35	
	100m:	1:10.44 37.11	200m:	2:25.65 37.62	300m:	3:40.89 37.78	400m:	4:54.39 36.15	
37.	Ines Maria Mota		95	Fluvial Portuense				4:55.37	558
	50m:	33.33 33.33	150m:	1:47.45 37.58	250m:	3:03.99 37.80	350m:	4:19.31 37.08	
	100m:	1:09.87 36.54	200m:	2:26.19 38.74	300m:	3:42.23 38.24	400m:	4:55.37 36.06	
38.	Joana Isabel Miranda		95	Vitória de Guimarães				4:55.89	555
	50m:	33.16 33.16	150m:	1:46.31 37.09	250m:	3:02.58 38.10	350m:	4:19.68 38.68	
	100m:	1:09.22 36.06	200m:	2:24.48 38.17	300m:	3:41.00 38.42	400m:	4:55.89 36.21	
39.	Cassandra Pedro Oliveira		95	Vilacondense				4:56.49	551
	50m:	32.94 32.94	150m:	1:46.22 37.16	250m:	3:02.14 38.35	350m:	4:18.91 38.82	
	100m:	1:09.06 36.12	200m:	2:23.79 37.57	300m:	3:40.09 37.95	400m:	4:56.49 37.58	
40.	Ana Sofia Costa		95	Alcoçaba				4:56.84	549
	50m:	33.30 33.30	150m:	1:47.37 37.33	250m:	3:03.50 37.87	350m:	4:19.62 37.60	
	100m:	1:10.04 36.74	200m:	2:25.63 38.26	300m:	3:42.02 38.52	400m:	4:56.84 37.22	
41.	Laura Oliveira Ferreira		95	Amadora				4:57.34	547
	50m:	32.93 32.93	150m:	1:47.42 37.85	250m:	3:03.61 38.25	350m:	4:20.00 38.25	
	100m:	1:09.57 36.64	200m:	2:25.36 37.94	300m:	3:41.75 38.14	400m:	4:57.34 37.34	

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

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar									Ano									Tempo final	Pts
42.	Catarina Lopes Reis								95	Porto/Império Bonança								4:57.40	546
	50m:	32.90	32.90	150m:	1:47.45	38.33	250m:	3:03.52	37.16	350m:	4:18.77	36.96	400m:	4:57.40	38.63				
	100m:	1:09.12	36.22	200m:	2:26.36	38.91	300m:	3:41.81	38.29										
43.	Maria Rodrigues Fernandes								95	Naval do Funchal								4:57.55	546
	50m:	33.27	33.27	150m:	1:47.70	37.67	250m:	3:04.66	38.84	350m:	4:21.31	37.80	400m:	4:57.55	36.24				
	100m:	1:10.03	36.76	200m:	2:25.82	38.12	300m:	3:43.51	38.85										
44.	Beatriz Magalhaes Sampaio								95	Fafe								4:57.77	544
	50m:	33.60	33.60	150m:	1:48.46	37.12	250m:	3:04.39	37.49	350m:	4:20.50	37.53	400m:	4:57.77	37.27				
	100m:	1:11.34	37.74	200m:	2:26.90	38.44	300m:	3:42.97	38.58										
45.	Ana Catarina Costa								95	Feirense								4:58.30	541
	<i>FTL</i>																		
	50m:	32.56	32.56	150m:	1:46.57	37.67	250m:	3:03.38	38.43	350m:	4:19.98	38.14	400m:	4:58.30	38.32				
	100m:	1:08.90	36.34	200m:	2:24.95	38.38	300m:	3:41.84	38.46										
46.	Ana Margarida Costa								95	Leixões								4:58.62	540
	<i>FTL</i>																		
	50m:	33.89	33.89	150m:	1:48.80	37.58	250m:	3:05.55	38.16	350m:	4:21.54	37.93	400m:	4:58.62	37.08				
	100m:	1:11.22	37.33	200m:	2:27.39	38.59	300m:	3:43.61	38.06										
47.	Joana Ines Oliveira								95	Académica de Coimbra								4:59.31	536
	<i>FTL</i>																		
	50m:	33.10	33.10	150m:	1:47.04	37.34	250m:	3:03.47	38.05	350m:	4:21.63	38.75	400m:	4:59.31	37.68				
	100m:	1:09.70	36.60	200m:	2:25.42	38.38	300m:	3:42.88	39.41										
48.	Ines Jesus Ribeiro								95	Braga								5:02.28	520
	<i>FTL</i>																		
	50m:	33.64	33.64	150m:	1:48.66	38.18	250m:	3:06.30	38.76	350m:	4:24.03	38.67	400m:	5:02.28	38.25				
	100m:	1:10.48	36.84	200m:	2:27.54	38.88	300m:	3:45.36	39.06										
49.	Joana Filipa Marques								95	Bombeiros Ponta Delgada								5:03.03	516
	<i>FTL</i>																		
	50m:	33.23	33.23	150m:	1:48.46	38.60	250m:	3:06.62	39.29	350m:	4:25.48	39.78	400m:	5:03.03	37.55				
	100m:	1:09.86	36.63	200m:	2:27.33	38.87	300m:	3:45.70	39.08										
50.	Ana Francisca Pereira								95	Famalicão								5:07.98	492
	<i>FTL</i>																		
	50m:	34.13	34.13	150m:	1:51.30	39.55	250m:	3:11.94	40.37	350m:	4:30.25	39.31	400m:	5:07.98	37.73				
	100m:	1:11.75	37.62	200m:	2:31.57	40.27	300m:	3:50.94	39.00										
51.	Andreia Sofia Torres								95	Gespaços								5:09.73	484
	<i>FTL</i>																		
	50m:	32.85	32.85	150m:	1:49.86	39.08	250m:	3:10.44	39.84	350m:	4:31.35	40.08	400m:	5:09.73	38.38				
	100m:	1:10.78	37.93	200m:	2:30.60	40.74	300m:	3:51.27	40.83										
DSQ	Joana Filipa Rosas								95	Porto/Império Bonança									
	204 - Falsa partida																		

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

Prova 35, Femin., 400m Livres, Elimin

Absoluto

1. Joana Filipa Santos MAC	93	Vitória de Guimarães	4:30.27	728	A
50m: 30.62 30.62	150m: 1:38.46 34.27	250m: 2:47.78 34.39	350m: 3:57.30 34.48		
100m: 1:04.19 33.57	200m: 2:13.39 34.93	300m: 3:22.82 35.04	400m: 4:30.27 32.97		
2. Ana Ribeiro Ferreira	92	Famalicão	4:30.33	727	A
50m: 30.88 30.88	150m: 1:38.67 34.22	250m: 2:47.82 34.18	350m: 3:57.08 34.27		
100m: 1:04.45 33.57	200m: 2:13.64 34.97	300m: 3:22.81 34.99	400m: 4:30.33 33.25		
3. Maria Miguel Veloso	93	Náutico/Matobra	4:30.95	723	A
50m: 31.90 31.90	150m: 1:39.81 33.76	250m: 2:47.97 33.96	350m: 3:56.73 34.34		
100m: 1:06.05 34.15	200m: 2:14.01 34.20	300m: 3:22.39 34.42	400m: 4:30.95 34.22		
4. Patricia Garcia Marinho	94	Sporting	4:31.96	714	A
50m: 31.54 31.54	150m: 1:39.38 33.72	250m: 2:47.99 34.22	350m: 3:57.86 34.84		
100m: 1:05.66 34.12	200m: 2:13.77 34.39	300m: 3:23.02 35.03	400m: 4:31.96 34.10		
5. Marisa Alexandra Lage	94	Viana Natação	4:31.98	714	A
50m: 30.94 30.94	150m: 1:39.23 34.30	250m: 2:48.69 34.69	350m: 3:58.91 35.08		
100m: 1:04.93 33.99	200m: 2:14.00 34.77	300m: 3:23.83 35.14	400m: 4:31.98 33.07		
6. Joana Aguiar Rodrigues	93	Porto/Império Bonança	4:32.10	713	A
50m: 30.61 30.61	150m: 1:38.89 34.40	250m: 2:48.27 34.76	350m: 3:58.78 35.23		
100m: 1:04.49 33.88	200m: 2:13.51 34.62	300m: 3:23.55 35.28	400m: 4:32.10 33.32		
7. Andreia Catarina Gomes	94	Vitória de Guimarães	4:33.85	700	A
50m: 31.65 31.65	150m: 1:40.43 34.30	250m: 2:50.33 34.94	350m: 4:00.32 34.74		
100m: 1:06.13 34.48	200m: 2:15.39 34.96	300m: 3:25.58 35.25	400m: 4:33.85 33.53		
8. Marta Alexandra Saraiva	93	Uniao Piedense	4:34.02	699	A
50m: 31.36 31.36	150m: 1:40.39 34.90	250m: 2:50.09 34.72	350m: 4:00.15 34.92		
100m: 1:05.49 34.13	200m: 2:15.37 34.98	300m: 3:25.23 35.14	400m: 4:34.02 33.87		
9. Alexandra Ribeiro Paula	93	Sporting	4:38.49	665	B
50m: 31.49 31.49	150m: 1:41.46 34.81	250m: 2:51.83 34.85	350m: 4:03.28 35.60		
100m: 1:06.65 35.16	200m: 2:16.98 35.52	300m: 3:27.68 35.85	400m: 4:38.49 35.21		
10. Ana Margarida Domingos	93	Académico Viseu	4:39.79	656	B
50m: 32.63 32.63	150m: 1:43.03 35.30	250m: 2:54.24 35.44	350m: 4:05.44 35.86		
100m: 1:07.73 35.10	200m: 2:18.80 35.77	300m: 3:29.58 35.34	400m: 4:39.79 34.35		
11. Soraia Vanessa Ribeiro	92	Vilacondense	4:39.85	656	B
50m: 30.99 30.99	150m: 1:38.93 33.94	250m: 2:49.54 35.01	350m: 4:03.21 36.64		
100m: 1:04.99 34.00	200m: 2:14.53 35.60	300m: 3:26.57 37.03	400m: 4:39.85 36.64		
12. Ana Sofia Fernandes	93	Braga	4:40.11	654	B
50m: 31.95 31.95	150m: 1:42.10 35.44	250m: 2:53.63 35.89	350m: 4:05.54 35.86		
100m: 1:06.66 34.71	200m: 2:17.74 35.64	300m: 3:29.68 36.05	400m: 4:40.11 34.57		
13. Ana Catarina Gomes	91	Uniao Piedense	4:40.55	651	B
50m: 32.23 32.23	150m: 1:42.57 35.91	250m: 2:54.60 36.04	350m: 4:06.26 35.98		
100m: 1:06.66 34.43	200m: 2:18.56 35.99	300m: 3:30.28 35.68	400m: 4:40.55 34.29		
14. Tania Martins Garcia	92	Ginásio Figueirense	4:41.03	648	B
50m: 32.01 32.01	150m: 1:41.98 35.27	250m: 2:53.35 35.58	350m: 4:05.39 35.87		
100m: 1:06.71 34.70	200m: 2:17.77 35.79	300m: 3:29.52 36.17	400m: 4:41.03 35.64		
15. Joana Filipa Capela	89	Benfica	4:42.02	641	B
50m: 32.10 32.10	150m: 1:43.27 36.17	250m: 2:55.55 35.95	350m: 4:07.40 35.66		
100m: 1:07.10 35.00	200m: 2:19.60 36.33	300m: 3:31.74 36.19	400m: 4:42.02 34.62		

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

Prova 35, Femin., 400m Livres, Elimin, Absoluto

Lugar			Ano			Tempo final			Pts
16.	Leonor Mourinho Neves MAC		95	Sporting		4:42.93	635	B	
	50m:	31.50 31.50	150m:	1:41.43 35.43	250m:	2:54.09 36.36	350m:	4:07.17 36.34	
	100m:	1:06.00 34.50	200m:	2:17.73 36.30	300m:	3:30.83 36.74	400m:	4:42.93 35.76	
17.	Daniela Filipa Pinto		91	Vitória de Guimarães		4:43.00	634	R	
	50m:	32.07 32.07	150m:	1:42.39 35.26	250m:	2:54.26 35.86	350m:	4:08.32 36.67	
	100m:	1:07.13 35.06	200m:	2:18.40 36.01	300m:	3:31.65 37.39	400m:	4:43.00 34.68	
18.	Angelica Maria Andre		94	Leixões		4:43.01	634	R	
	50m:	32.65 32.65	150m:	1:43.99 35.77	250m:	2:58.15 36.94	350m:	4:09.23 34.72	
	100m:	1:08.22 35.57	200m:	2:21.21 37.22	300m:	3:34.51 36.36	400m:	4:43.01 33.78	
19.	Maria Ana Magalhaes		93	Desportiva Limiana		4:43.08	634		
	50m:	31.38 31.38	150m:	1:41.14 35.78	250m:	2:53.47 36.23	350m:	4:07.04 37.00	
	100m:	1:05.36 33.98	200m:	2:17.24 36.10	300m:	3:30.04 36.57	400m:	4:43.08 36.04	
20.	Gilberta Cristina Barbosa		93	Foca		4:44.44	625		
	50m:	32.05 32.05	150m:	1:42.34 35.55	250m:	2:54.62 35.90	350m:	4:08.35 36.78	
	100m:	1:06.79 34.74	200m:	2:18.72 36.38	300m:	3:31.57 36.95	400m:	4:44.44 36.09	
21.	Filipa Maria Rompante		95	Famalicão		4:45.52	617		
	50m:	32.17 32.17	150m:	1:43.95 36.40	250m:	2:57.34 36.51	350m:	4:10.15 36.19	
	100m:	1:07.55 35.38	200m:	2:20.83 36.88	300m:	3:33.96 36.62	400m:	4:45.52 35.37	
22.	Isabel Rovisco Monteiro FTL		93	Fafe		4:46.40	612		
	50m:	31.52 31.52	150m:	1:42.25 35.52	250m:	2:54.92 36.10	350m:	4:09.50 37.03	
	100m:	1:06.73 35.21	200m:	2:18.82 36.57	300m:	3:32.47 37.55	400m:	4:46.40 36.90	
23.	Paula Cristina Melo FTL		93	Natação de Faro		4:48.99	595		
	50m:	31.40 31.40	150m:	1:43.68 36.84	250m:	2:58.11 37.47	350m:	4:12.52 37.12	
	100m:	1:06.84 35.44	200m:	2:20.64 36.96	300m:	3:35.40 37.29	400m:	4:48.99 36.47	
24.	Matilde Goncalves Gracio FTL		91	Galitos		4:49.32	593		
	50m:	32.04 32.04	150m:	1:43.07 35.70	250m:	2:56.95 37.19	350m:	4:12.99 37.88	
	100m:	1:07.37 35.33	200m:	2:19.76 36.69	300m:	3:35.11 38.16	400m:	4:49.32 36.33	
25.	Helena Paula Carvalho		95	Desporto de Setúbal		4:49.50	592		
	50m:	32.45 32.45	150m:	1:46.01 37.05	250m:	3:01.00 37.59	350m:	4:15.93 37.48	
	100m:	1:08.96 36.51	200m:	2:23.41 37.40	300m:	3:38.45 37.45	400m:	4:49.50 33.57	
26.	Carolina Cunha Martins		95	Náutico/Matobra		4:49.74	591		
	50m:	31.88 31.88	150m:	1:43.81 36.14	250m:	2:57.75 36.82	350m:	4:12.76 37.28	
	100m:	1:07.67 35.79	200m:	2:20.93 37.12	300m:	3:35.48 37.73	400m:	4:49.74 36.98	
27.	Mariana Rocha Valente		95	Académica de Coimbra		4:50.75	585		
	50m:	33.44 33.44	150m:	1:46.26 36.57	250m:	3:00.52 36.97	350m:	4:14.61 37.24	
	100m:	1:09.69 36.25	200m:	2:23.55 37.29	300m:	3:37.37 36.85	400m:	4:50.75 36.14	
28.	Carolina Francisco Gomes		95	Naval da Nazaré		4:51.04	583		
	50m:	33.54 33.54	150m:	1:47.11 36.71	250m:	3:01.08 36.62	350m:	4:15.72 37.48	
	100m:	1:10.40 36.86	200m:	2:24.46 37.35	300m:	3:38.24 37.16	400m:	4:51.04 35.32	
29.	Maria Luis Amorim		95	Porto/Império Bonança		4:51.21	582		
	50m:	32.50 32.50	150m:	1:44.30 36.08	250m:	2:57.72 36.57	350m:	4:12.61 37.85	
	100m:	1:08.22 35.72	200m:	2:21.15 36.85	300m:	3:34.76 37.04	400m:	4:51.21 38.60	

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

Prova 35, Femin., 400m Livres, Elimin, Absoluto

Lugar			Ano					Tempo final	Pts
30.	Marta Filipa Vinagre		95	Torres Novas				4:51.90	578
	50m:	33.22 33.22	150m:	1:46.39	36.98	250m:	3:00.84 37.15	350m:	4:16.04 37.20
	100m:	1:09.41 36.19	200m:	2:23.69	37.30	300m:	3:38.84 38.00	400m:	4:51.90 35.86
31.	Hedviges Ribeiro Carvalho		95	Famalicão				4:52.60	574
	50m:	33.35 33.35	150m:	1:47.36	37.34	250m:	3:01.71 37.23	350m:	4:16.78 37.52
	100m:	1:10.02 36.67	200m:	2:24.48	37.12	300m:	3:39.26 37.55	400m:	4:52.60 35.82
32.	Marta Sofia Cunha		95	Sporting				4:52.67	573
	50m:	33.04 33.04	150m:	1:46.32	36.62	250m:	3:01.25 37.26	350m:	4:16.78 37.20
	100m:	1:09.70 36.66	200m:	2:23.99	37.67	300m:	3:39.58 38.33	400m:	4:52.67 35.89
33.	Ines Joao Costa		95	Braga				4:54.39	563
	50m:	33.33 33.33	150m:	1:48.03	37.59	250m:	3:03.11 37.46	350m:	4:18.24 37.35
	100m:	1:10.44 37.11	200m:	2:25.65	37.62	300m:	3:40.89 37.78	400m:	4:54.39 36.15
34.	Ines Maria Mota		95	Fluvial Portuense				4:55.37	558
	50m:	33.33 33.33	150m:	1:47.45	37.58	250m:	3:03.99 37.80	350m:	4:19.31 37.08
	100m:	1:09.87 36.54	200m:	2:26.19	38.74	300m:	3:42.23 38.24	400m:	4:55.37 36.06
35.	Joana Isabel Miranda		95	Vitória de Guimarães				4:55.89	555
	50m:	33.16 33.16	150m:	1:46.31	37.09	250m:	3:02.58 38.10	350m:	4:19.68 38.68
	100m:	1:09.22 36.06	200m:	2:24.48	38.17	300m:	3:41.00 38.42	400m:	4:55.89 36.21
36.	Cassandra Pedro Oliveira		95	Vilacondense				4:56.49	551
	50m:	32.94 32.94	150m:	1:46.22	37.16	250m:	3:02.14 38.35	350m:	4:18.91 38.82
	100m:	1:09.06 36.12	200m:	2:23.79	37.57	300m:	3:40.09 37.95	400m:	4:56.49 37.58
37.	Ana Sofia Costa		95	Alcoçaba				4:56.84	549
	50m:	33.30 33.30	150m:	1:47.37	37.33	250m:	3:03.50 37.87	350m:	4:19.62 37.60
	100m:	1:10.04 36.74	200m:	2:25.63	38.26	300m:	3:42.02 38.52	400m:	4:56.84 37.22
38.	Laura Oliveira Ferreira		95	Amadora				4:57.34	547
	50m:	32.93 32.93	150m:	1:47.42	37.85	250m:	3:03.61 38.25	350m:	4:20.00 38.25
	100m:	1:09.57 36.64	200m:	2:25.36	37.94	300m:	3:41.75 38.14	400m:	4:57.34 37.34
39.	Catarina Lopes Reis		95	Porto/Império Bonança				4:57.40	546
	50m:	32.90 32.90	150m:	1:47.45	38.33	250m:	3:03.52 37.16	350m:	4:18.77 36.96
	100m:	1:09.12 36.22	200m:	2:26.36	38.91	300m:	3:41.81 38.29	400m:	4:57.40 38.63
40.	Maria Rodrigues Fernandes		95	Naval do Funchal				4:57.55	546
	50m:	33.27 33.27	150m:	1:47.70	37.67	250m:	3:04.66 38.84	350m:	4:21.31 37.80
	100m:	1:10.03 36.76	200m:	2:25.82	38.12	300m:	3:43.51 38.85	400m:	4:57.55 36.24
41.	Beatriz Magalhaes Sampaio		95	Fafe				4:57.77	544
	50m:	33.60 33.60	150m:	1:48.46	37.12	250m:	3:04.39 37.49	350m:	4:20.50 37.53
	100m:	1:11.34 37.74	200m:	2:26.90	38.44	300m:	3:42.97 38.58	400m:	4:57.77 37.27
42.	Ana Catarina Costa		95	Feirense				4:58.30	541
	<i>FTL</i>								
	50m:	32.56 32.56	150m:	1:46.57	37.67	250m:	3:03.38 38.43	350m:	4:19.98 38.14
	100m:	1:08.90 36.34	200m:	2:24.95	38.38	300m:	3:41.84 38.46	400m:	4:58.30 38.32
43.	Ana Margarida Costa		95	Leixões				4:58.62	540
	<i>FTL</i>								
	50m:	33.89 33.89	150m:	1:48.80	37.58	250m:	3:05.55 38.16	350m:	4:21.54 37.93
	100m:	1:11.22 37.33	200m:	2:27.39	38.59	300m:	3:43.61 38.06	400m:	4:58.62 37.08

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

Prova 35, Femin., 400m Livres, Elimin, Absoluto

Lugar	Ano	Tempo final	Pts
44. Joana Ines Oliveira <i>FTL</i>	95 Académica de Coimbra	4:59.31	536
50m: 33.10 33.10 150m: 1:47.04 37.34 250m: 3:03.47 38.05 350m: 4:21.63 38.75 100m: 1:09.70 36.60 200m: 2:25.42 38.38 300m: 3:42.88 39.41 400m: 4:59.31 37.68			
45. Ines Jesus Ribeiro <i>FTL</i>	95 Braga	5:02.28	520
50m: 33.64 33.64 150m: 1:48.66 38.18 250m: 3:06.30 38.76 350m: 4:24.03 38.67 100m: 1:10.48 36.84 200m: 2:27.54 38.88 300m: 3:45.36 39.06 400m: 5:02.28 38.25			
46. Joana Filipa Marques <i>FTL</i>	95 Bombeiros Ponta Delgada	5:03.03	516
50m: 33.23 33.23 150m: 1:48.46 38.60 250m: 3:06.62 39.29 350m: 4:25.48 39.78 100m: 1:09.86 36.63 200m: 2:27.33 38.87 300m: 3:45.70 39.08 400m: 5:03.03 37.55			
47. Ana Francisca Pereira <i>FTL</i>	95 Famalicão	5:07.98	492
50m: 34.13 34.13 150m: 1:51.30 39.55 250m: 3:11.94 40.37 350m: 4:30.25 39.31 100m: 1:11.75 37.62 200m: 2:31.57 40.27 300m: 3:50.94 39.00 400m: 5:07.98 37.73			
48. Andreia Sofia Torres <i>FTL</i>	95 Gespaços	5:09.73	484
50m: 32.85 32.85 150m: 1:49.86 39.08 250m: 3:10.44 39.84 350m: 4:31.35 40.08 100m: 1:10.78 37.93 200m: 2:30.60 40.74 300m: 3:51.27 40.83 400m: 5:09.73 38.38			
DSQ Joana Filipa Rosas <i>204 - Falsa partida</i>	95 Porto/Império Bonança		

Juvenis

1. Leonor Mourinho Neves <i>MAC</i>	95 Sporting	4:42.93	635 B
50m: 31.50 31.50 150m: 1:41.43 35.43 250m: 2:54.09 36.36 350m: 4:07.17 36.34 100m: 1:06.00 34.50 200m: 2:17.73 36.30 300m: 3:30.83 36.74 400m: 4:42.93 35.76			
2. Filipa Maria Rompante	95 Famalicão	4:45.52	617
50m: 32.17 32.17 150m: 1:43.95 36.40 250m: 2:57.34 36.51 350m: 4:10.15 36.19 100m: 1:07.55 35.38 200m: 2:20.83 36.88 300m: 3:33.96 36.62 400m: 4:45.52 35.37			
3. Helena Paula Carvalho	95 Desporto de Setúbal	4:49.50	592
50m: 32.45 32.45 150m: 1:46.01 37.05 250m: 3:01.00 37.59 350m: 4:15.93 37.48 100m: 1:08.96 36.51 200m: 2:23.41 37.40 300m: 3:38.45 37.45 400m: 4:49.50 33.57			
4. Carolina Cunha Martins	95 Náutico/Matobra	4:49.74	591
50m: 31.88 31.88 150m: 1:43.81 36.14 250m: 2:57.75 36.82 350m: 4:12.76 37.28 100m: 1:07.67 35.79 200m: 2:20.93 37.12 300m: 3:35.48 37.73 400m: 4:49.74 36.98			
5. Mariana Rocha Valente	95 Académica de Coimbra	4:50.75	585
50m: 33.44 33.44 150m: 1:46.26 36.57 250m: 3:00.52 36.97 350m: 4:14.61 37.24 100m: 1:09.69 36.25 200m: 2:23.55 37.29 300m: 3:37.37 36.85 400m: 4:50.75 36.14			
6. Carolina Francisco Gomes	95 Naval da Nazaré	4:51.04	583
50m: 33.54 33.54 150m: 1:47.11 36.71 250m: 3:01.08 36.62 350m: 4:15.72 37.48 100m: 1:10.40 36.86 200m: 2:24.46 37.35 300m: 3:38.24 37.16 400m: 4:51.04 35.32			
7. Maria Luis Amorim	95 Porto/Império Bonança	4:51.21	582
50m: 32.50 32.50 150m: 1:44.30 36.08 250m: 2:57.72 36.57 350m: 4:12.61 37.85 100m: 1:08.22 35.72 200m: 2:21.15 36.85 300m: 3:34.76 37.04 400m: 4:51.21 38.60			

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

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar					Ano					Tempo final	Pts	
8.	Marta Filipa Vinagre				95	Torres Novas				4:51.90	578	
	50m:	33.22	33.22	150m:	1:46.39	36.98	250m:	3:00.84	37.15	350m:	4:16.04	37.20
	100m:	1:09.41	36.19	200m:	2:23.69	37.30	300m:	3:38.84	38.00	400m:	4:51.90	35.86
9.	Hedvigues Ribeiro Carvalho				95	Famalicão				4:52.60	574	
	50m:	33.35	33.35	150m:	1:47.36	37.34	250m:	3:01.71	37.23	350m:	4:16.78	37.52
	100m:	1:10.02	36.67	200m:	2:24.48	37.12	300m:	3:39.26	37.55	400m:	4:52.60	35.82
10.	Marta Sofia Cunha				95	Sporting				4:52.67	573	
	50m:	33.04	33.04	150m:	1:46.32	36.62	250m:	3:01.25	37.26	350m:	4:16.78	37.20
	100m:	1:09.70	36.66	200m:	2:23.99	37.67	300m:	3:39.58	38.33	400m:	4:52.67	35.89
11.	Ines Joao Costa				95	Braga				4:54.39	563	
	50m:	33.33	33.33	150m:	1:48.03	37.59	250m:	3:03.11	37.46	350m:	4:18.24	37.35
	100m:	1:10.44	37.11	200m:	2:25.65	37.62	300m:	3:40.89	37.78	400m:	4:54.39	36.15
12.	Ines Maria Mota				95	Fluvial Portuense				4:55.37	558	
	50m:	33.33	33.33	150m:	1:47.45	37.58	250m:	3:03.99	37.80	350m:	4:19.31	37.08
	100m:	1:09.87	36.54	200m:	2:26.19	38.74	300m:	3:42.23	38.24	400m:	4:55.37	36.06
13.	Joana Isabel Miranda				95	Vitória de Guimarães				4:55.89	555	
	50m:	33.16	33.16	150m:	1:46.31	37.09	250m:	3:02.58	38.10	350m:	4:19.68	38.68
	100m:	1:09.22	36.06	200m:	2:24.48	38.17	300m:	3:41.00	38.42	400m:	4:55.89	36.21
14.	Cassandra Pedro Oliveira				95	Vilacondense				4:56.49	551	
	50m:	32.94	32.94	150m:	1:46.22	37.16	250m:	3:02.14	38.35	350m:	4:18.91	38.82
	100m:	1:09.06	36.12	200m:	2:23.79	37.57	300m:	3:40.09	37.95	400m:	4:56.49	37.58
15.	Ana Sofia Costa				95	Alcoçaba				4:56.84	549	
	50m:	33.30	33.30	150m:	1:47.37	37.33	250m:	3:03.50	37.87	350m:	4:19.62	37.60
	100m:	1:10.04	36.74	200m:	2:25.63	38.26	300m:	3:42.02	38.52	400m:	4:56.84	37.22
16.	Laura Oliveira Ferreira				95	Amadora				4:57.34	547	
	50m:	32.93	32.93	150m:	1:47.42	37.85	250m:	3:03.61	38.25	350m:	4:20.00	38.25
	100m:	1:09.57	36.64	200m:	2:25.36	37.94	300m:	3:41.75	38.14	400m:	4:57.34	37.34
17.	Catarina Lopes Reis				95	Porto/Império Bonança				4:57.40	546	
	50m:	32.90	32.90	150m:	1:47.45	38.33	250m:	3:03.52	37.16	350m:	4:18.77	36.96
	100m:	1:09.12	36.22	200m:	2:26.36	38.91	300m:	3:41.81	38.29	400m:	4:57.40	38.63
18.	Maria Rodrigues Fernandes				95	Naval do Funchal				4:57.55	546	
	50m:	33.27	33.27	150m:	1:47.70	37.67	250m:	3:04.66	38.84	350m:	4:21.31	37.80
	100m:	1:10.03	36.76	200m:	2:25.82	38.12	300m:	3:43.51	38.85	400m:	4:57.55	36.24
19.	Beatriz Magalhaes Sampaio				95	Fafe				4:57.77	544	
	50m:	33.60	33.60	150m:	1:48.46	37.12	250m:	3:04.39	37.49	350m:	4:20.50	37.53
	100m:	1:11.34	37.74	200m:	2:26.90	38.44	300m:	3:42.97	38.58	400m:	4:57.77	37.27
20.	Ana Catarina Costa				95	Feirense				4:58.30	541	
	<i>FTL</i>											
	50m:	32.56	32.56	150m:	1:46.57	37.67	250m:	3:03.38	38.43	350m:	4:19.98	38.14
	100m:	1:08.90	36.34	200m:	2:24.95	38.38	300m:	3:41.84	38.46	400m:	4:58.30	38.32
21.	Ana Margarida Costa				95	Leixões				4:58.62	540	
	<i>FTL</i>											
	50m:	33.89	33.89	150m:	1:48.80	37.58	250m:	3:05.55	38.16	350m:	4:21.54	37.93
	100m:	1:11.22	37.33	200m:	2:27.39	38.59	300m:	3:43.61	38.06	400m:	4:58.62	37.08

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

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar			Ano			Tempo final	Pts	
22.	Joana Ines Oliveira		95	Académica de Coimbra		4:59.31	536	
	<i>FTL</i>							
	50m:	33.10 33.10	150m:	1:47.04 37.34	250m:	3:03.47 38.05	350m:	4:21.63 38.75
	100m:	1:09.70 36.60	200m:	2:25.42 38.38	300m:	3:42.88 39.41	400m:	4:59.31 37.68
23.	Ines Jesus Ribeiro		95	Braga		5:02.28	520	
	<i>FTL</i>							
	50m:	33.64 33.64	150m:	1:48.66 38.18	250m:	3:06.30 38.76	350m:	4:24.03 38.67
	100m:	1:10.48 36.84	200m:	2:27.54 38.88	300m:	3:45.36 39.06	400m:	5:02.28 38.25
24.	Joana Filipa Marques		95	Bombeiros Ponta Delgada		5:03.03	516	
	<i>FTL</i>							
	50m:	33.23 33.23	150m:	1:48.46 38.60	250m:	3:06.62 39.29	350m:	4:25.48 39.78
	100m:	1:09.86 36.63	200m:	2:27.33 38.87	300m:	3:45.70 39.08	400m:	5:03.03 37.55
25.	Ana Francisca Pereira		95	Famalicão		5:07.98	492	
	<i>FTL</i>							
	50m:	34.13 34.13	150m:	1:51.30 39.55	250m:	3:11.94 40.37	350m:	4:30.25 39.31
	100m:	1:11.75 37.62	200m:	2:31.57 40.27	300m:	3:50.94 39.00	400m:	5:07.98 37.73
26.	Andreia Sofia Torres		95	Gespaços		5:09.73	484	
	<i>FTL</i>							
	50m:	32.85 32.85	150m:	1:49.86 39.08	250m:	3:10.44 39.84	350m:	4:31.35 40.08
	100m:	1:10.78 37.93	200m:	2:30.60 40.74	300m:	3:51.27 40.83	400m:	5:09.73 38.38
DSQ	Joana Filipa Rosas		95	Porto/Império Bonança				
	204 - Falsa partida							