

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

Prova 35 Femin., 400m Livres Open
20.7.09 - 17:40 Resultados Final

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			
Final A			
1. Trine Gudnitz	87 Denmark	4:19.43	823
50m: 30.72 30.72	150m: 1:35.72 32.53	250m: 2:41.08 32.56	350m: 3:47.13 32.90
100m: 1:03.19 32.47	200m: 2:08.52 32.80	300m: 3:14.23 33.15	400m: 4:19.43 32.30
2. Maria Miguel Veloso	93 Náutico/Matobra	4:23.05	790
MAC			
50m: 31.28 31.28	150m: 1:37.60 33.17	250m: 2:43.89 33.13	350m: 3:50.55 33.35
100m: 1:04.43 33.15	200m: 2:10.76 33.16	300m: 3:17.20 33.31	400m: 4:23.05 32.50
3. Randi F. Nielsen	89 Denmark	4:24.61	776
50m: 30.50 30.50	150m: 1:36.93 33.38	250m: 2:44.57 33.74	350m: 3:52.49 33.80
100m: 1:03.55 33.05	200m: 2:10.83 33.90	300m: 3:18.69 34.12	400m: 4:24.61 32.12
4. Ana Ribeiro Ferreira	92 Famalicão	4:24.91	773
MAC			
50m: 30.72 30.72	150m: 1:37.46 33.50	250m: 2:45.55 34.21	350m: 3:52.88 33.33
100m: 1:03.96 33.24	200m: 2:11.34 33.88	300m: 3:19.55 34.00	400m: 4:24.91 32.03
5. Joana Filipa Santos	93 Vitória de Guimarães	4:28.33	744
MAC			
50m: 30.78 30.78	150m: 1:37.75 33.55	250m: 2:46.20 34.22	350m: 3:54.95 34.37
100m: 1:04.20 33.42	200m: 2:11.98 34.23	300m: 3:20.58 34.38	400m: 4:28.33 33.38
6. Patricia Garcia Marinho	94 Sporting	4:30.66	725
50m: 30.41 30.41	150m: 1:37.25 33.69	250m: 2:46.27 34.68	350m: 3:56.23 34.99
100m: 1:03.56 33.15	200m: 2:11.59 34.34	300m: 3:21.24 34.97	400m: 4:30.66 34.43
7. Marisa Alexandra Lage	94 Viana Natação	4:32.97	707
50m: 31.61 31.61	150m: 1:39.41 33.91	250m: 2:48.23 34.46	350m: 3:58.61 35.52
100m: 1:05.50 33.89	200m: 2:13.77 34.36	300m: 3:23.09 34.86	400m: 4:32.97 34.36
8. Joana Aguiar Rodrigues	93 Porto/Império Bonança	4:33.32	704
50m: 29.94 29.94	150m: 1:36.81 33.92	250m: 2:47.03 35.32	350m: 3:58.58 35.98
100m: 1:02.89 32.95	200m: 2:11.71 34.90	300m: 3:22.60 35.57	400m: 4:33.32 34.74
Final B			
9. Andreia Catarina Gomes	94 Vitória de Guimarães	4:29.73	732
MAC			
50m: 31.43 31.43	150m: 1:40.13 34.43	250m: 2:48.86 33.98	350m: 3:57.33 34.17
100m: 1:05.70 34.27	200m: 2:14.88 34.75	300m: 3:23.16 34.30	400m: 4:29.73 32.40
10. Mathilde Riis Sorensen	88 Denmark	4:30.39	727
50m: 30.85 30.85	150m: 1:37.53 33.51	250m: 2:46.53 34.62	350m: 3:56.27 34.81
100m: 1:04.02 33.17	200m: 2:11.91 34.38	300m: 3:21.46 34.93	400m: 4:30.39 34.12

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

Lugar			Ano					Tempo final	Pts		
11.	Marta Alexandra Saraiva		93	Uniao Piedense				4:34.75	693		
	50m:	31.09 31.09	150m:	1:39.47	34.69	250m:	2:49.78	35.10	350m:	4:00.40	35.04
	100m:	1:04.78 33.69	200m:	2:14.68	35.21	300m:	3:25.36	35.58	400m:	4:34.75	34.35
12.	Ana Catarina Gomes		91	Uniao Piedense				4:36.28	682		
	50m:	32.05 32.05	150m:	1:41.63	35.21	250m:	2:52.05	35.23	350m:	4:02.30	35.08
	100m:	1:06.42 34.37	200m:	2:16.82	35.19	300m:	3:27.22	35.17	400m:	4:36.28	33.98
13.	Ana Margarida Domingos		93	Académico Viseu				4:39.75	656		
	50m:	32.41 32.41	150m:	1:43.32	35.39	250m:	2:54.53	35.53	350m:	4:06.10	35.67
	100m:	1:07.93 35.52	200m:	2:19.00	35.68	300m:	3:30.43	35.90	400m:	4:39.75	33.65
14.	Ana Sofia Fernandes		93	Braga				4:39.99	655		
	50m:	32.01 32.01	150m:	1:41.91	35.04	250m:	2:53.76	35.90	350m:	4:05.86	35.91
	100m:	1:06.87 34.86	200m:	2:17.86	35.95	300m:	3:29.95	36.19	400m:	4:39.99	34.13
15.	Alexandra Ribeiro Paula		93	Sporting				4:42.00	641		
	50m:	31.81 31.81	150m:	1:42.71	35.37	250m:	2:54.82	36.00	350m:	4:07.12	35.50
	100m:	1:07.34 35.53	200m:	2:18.82	36.11	300m:	3:31.62	36.80	400m:	4:42.00	34.88
16.	Soraia Vanessa Ribeiro		92	Vilacondense				4:42.65	636		
	50m:	31.95 31.95	150m:	1:41.64	34.34	250m:	2:53.70	35.85	350m:	4:06.90	36.32
	100m:	1:07.30 35.35	200m:	2:17.85	36.21	300m:	3:30.58	36.88	400m:	4:42.65	35.75

Absoluto

Final A

1.	Maria Miguel Veloso		93	Náutico/Matobra				4:23.05	790		
	MAC										
	50m:	31.28 31.28	150m:	1:37.60	33.17	250m:	2:43.89	33.13	350m:	3:50.55	33.35
	100m:	1:04.43 33.15	200m:	2:10.76	33.16	300m:	3:17.20	33.31	400m:	4:23.05	32.50
2.	Ana Ribeiro Ferreira		92	Famalicão				4:24.91	773		
	MAC										
	50m:	30.72 30.72	150m:	1:37.46	33.50	250m:	2:45.55	34.21	350m:	3:52.88	33.33
	100m:	1:03.96 33.24	200m:	2:11.34	33.88	300m:	3:19.55	34.00	400m:	4:24.91	32.03
3.	Joana Filipa Santos		93	Vitória de Guimarães				4:28.33	744		
	MAC										
	50m:	30.78 30.78	150m:	1:37.75	33.55	250m:	2:46.20	34.22	350m:	3:54.95	34.37
	100m:	1:04.20 33.42	200m:	2:11.98	34.23	300m:	3:20.58	34.38	400m:	4:28.33	33.38
4.	Patricia Garcia Marinho		94	Sporting				4:30.66	725		
	50m:	30.41 30.41	150m:	1:37.25	33.69	250m:	2:46.27	34.68	350m:	3:56.23	34.99
	100m:	1:03.56 33.15	200m:	2:11.59	34.34	300m:	3:21.24	34.97	400m:	4:30.66	34.43
5.	Marisa Alexandra Lage		94	Viana Natação				4:32.97	707		
	50m:	31.61 31.61	150m:	1:39.41	33.91	250m:	2:48.23	34.46	350m:	3:58.61	35.52
	100m:	1:05.50 33.89	200m:	2:13.77	34.36	300m:	3:23.09	34.86	400m:	4:32.97	34.36
6.	Joana Aguiar Rodrigues		93	Porto/Império Bonança				4:33.32	704		
	50m:	29.94 29.94	150m:	1:36.81	33.92	250m:	2:47.03	35.32	350m:	3:58.58	35.98
	100m:	1:02.89 32.95	200m:	2:11.71	34.90	300m:	3:22.60	35.57	400m:	4:33.32	34.74

Final B

9.	Andreia Catarina Gomes		94	Vitória de Guimarães				4:29.73	732		
	MAC										
	50m:	31.43 31.43	100m:	1:05.70	34.27	150m:	1:40.13	34.43	200m:	2:14.88	34.75

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Lugar			Ano				Tempo final	Pts
	250m:	2:48.86 33.98	300m:	3:23.16 34.30	350m:	3:57.33 34.17	400m:	4:29.73 32.40
10.	Marta Alexandra Saraiva		93	Uniao Piedense			4:34.75	693
	50m:	31.09 31.09	150m:	1:39.47 34.69	250m:	2:49.78 35.10	350m:	4:00.40 35.04
	100m:	1:04.78 33.69	200m:	2:14.68 35.21	300m:	3:25.36 35.58	400m:	4:34.75 34.35
11.	Ana Catarina Gomes		91	Uniao Piedense			4:36.28	682
	50m:	32.05 32.05	150m:	1:41.63 35.21	250m:	2:52.05 35.23	350m:	4:02.30 35.08
	100m:	1:06.42 34.37	200m:	2:16.82 35.19	300m:	3:27.22 35.17	400m:	4:36.28 33.98
12.	Ana Margarida Domingos		93	Académico Viseu			4:39.75	656
	50m:	32.41 32.41	150m:	1:43.32 35.39	250m:	2:54.53 35.53	350m:	4:06.10 35.67
	100m:	1:07.93 35.52	200m:	2:19.00 35.68	300m:	3:30.43 35.90	400m:	4:39.75 33.65
13.	Ana Sofia Fernandes		93	Braga			4:39.99	655
	50m:	32.01 32.01	150m:	1:41.91 35.04	250m:	2:53.76 35.90	350m:	4:05.86 35.91
	100m:	1:06.87 34.86	200m:	2:17.86 35.95	300m:	3:29.95 36.19	400m:	4:39.99 34.13
14.	Alexandra Ribeiro Paula		93	Sporting			4:42.00	641
	50m:	31.81 31.81	150m:	1:42.71 35.37	250m:	2:54.82 36.00	350m:	4:07.12 35.50
	100m:	1:07.34 35.53	200m:	2:18.82 36.11	300m:	3:31.62 36.80	400m:	4:42.00 34.88
15.	Soraia Vanessa Ribeiro		92	Vilacondense			4:42.65	636
	50m:	31.95 31.95	150m:	1:41.64 34.34	250m:	2:53.70 35.85	350m:	4:06.90 36.32
	100m:	1:07.30 35.35	200m:	2:17.85 36.21	300m:	3:30.58 36.88	400m:	4:42.65 35.75