

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 35 Femin., 400m Livres Open
31-07-2010 - 17:55 Resultados Final

Rec Nac Open	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Rec Nac Inf B	4:43.70	tempo limite			
Rec Nac Inf A	4:31.53	tempo limite			
Rec Nac Juv	4:28.67	tempo limite			
Rec Nac Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Rec Nac Sen	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996

TAC SEN/JUN2 Fem 16 +: 4:41.00 / TAC JUN1 Fem 15: 4:45.75 / TAC JUV Fem Juv: 4:58.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	Andrea Kneppers	93	Eiffel	4:23.40	+0.83	748	
	50m: 29.73 29.73	150m: 1:35.12 33.21	250m: 2:42.89 33.91	350m: 3:51.20 34.41			
	100m: 1:01.91 32.18	200m: 2:08.98 33.86	300m: 3:16.79 33.90	400m: 4:23.40 32.20			
2.	Ana Ribeiro Ferreira	92	Famalicao	4:23.61	+0.98	746	
	50m: 30.56 30.56	150m: 1:36.53 33.61	250m: 2:44.59 34.03	350m: 3:51.88 33.08			
	100m: 1:02.92 32.36	200m: 2:10.56 34.03	300m: 3:18.80 34.21	400m: 4:23.61 31.73			
3.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:24.06	+0.90	742	
	50m: 30.83 30.83	150m: 1:36.92 33.43	250m: 2:44.76 34.01	350m: 3:52.19 33.41			
	100m: 1:03.49 32.66	200m: 2:10.75 33.83	300m: 3:18.78 34.02	400m: 4:24.06 31.87			
4.	Maria Miguel Veloso	93	Nautico/Matobra	4:27.73	+0.94	712	
	50m: 31.53 31.53	150m: 1:38.53 33.52	250m: 2:46.51 34.02	350m: 3:54.54 33.83			
	100m: 1:05.01 33.48	200m: 2:12.49 33.96	300m: 3:20.71 34.20	400m: 4:27.73 33.19			
5.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:29.07	+0.84	702	
	50m: 29.73 29.73	150m: 1:35.00 33.20	250m: 2:43.37 34.66	350m: 3:54.72 36.05			
	100m: 1:01.80 32.07	200m: 2:08.71 33.71	300m: 3:18.67 35.30	400m: 4:29.07 34.35			
6.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:29.32	+0.87	700	
	50m: 30.72 30.72	150m: 1:38.48 33.91	250m: 2:46.88 33.53	350m: 3:55.75 34.08			
	100m: 1:04.57 33.85	200m: 2:13.35 34.87	300m: 3:21.67 34.79	400m: 4:29.32 33.57			
7.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:35.00	+0.83	657	
	50m: 30.94 30.94	150m: 1:39.06 34.56	250m: 2:48.95 34.92	350m: 4:00.27 35.63			
	100m: 1:04.50 33.56	200m: 2:14.03 34.97	300m: 3:24.64 35.69	400m: 4:35.00 34.73			
8.	Patricia Garcia Marinho	94	Sporting	4:36.78	+0.84	645	
	50m: 31.44 31.44	150m: 1:40.91 35.04	250m: 2:51.50 35.14	350m: 4:02.23 35.01			
	100m: 1:05.87 34.43	200m: 2:16.36 35.45	300m: 3:27.22 35.72	400m: 4:36.78 34.55			

Final B

9.	Angelica Maria Andre	94	Leixoes	4:29.99	+0.83	694	
	50m: 30.79 30.79	150m: 1:37.34 33.44	250m: 2:46.39 34.78	350m: 3:56.51 34.96			
	100m: 1:03.90 33.11	200m: 2:11.61 34.27	300m: 3:21.55 35.16	400m: 4:29.99 33.48			
10.	Leonor Mourinho Neves	95	Sporting	4:34.70	+0.83	659	
	50m: 31.64 31.64	150m: 1:40.67 34.91	250m: 2:51.09 35.23	350m: 4:01.72 35.19			
	100m: 1:05.76 34.12	200m: 2:15.86 35.19	300m: 3:26.53 35.44	400m: 4:34.70 32.98			
11.	Carolina Cunha Martins	95	Nautico/Matobra	4:35.24	+0.97	655	
	50m: 31.00 31.00	150m: 1:40.40 35.22	250m: 2:50.77 35.37	350m: 4:01.71 35.52			
	100m: 1:05.18 34.18	200m: 2:15.40 35.00	300m: 3:26.19 35.42	400m: 4:35.24 33.53			
12.	Ana Margarida Domingos	93	Academico Viseu	4:35.25	+0.90	655	
	50m: 31.67 31.67	150m: 1:41.52 35.25	250m: 2:52.35 34.94	350m: 4:02.50 34.87			
	100m: 1:06.27 34.60	200m: 2:17.41 35.89	300m: 3:27.63 35.28	400m: 4:35.25 32.75			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Joana Filipa Capela	89	Benfica	4:35.51	+0.85	654	
	50m: 30.80 30.80	150m: 1:38.70 33.93	250m: 2:48.89 35.11	350m: 4:00.15 35.26			
	100m: 1:04.77 33.97	200m: 2:13.78 35.08	300m: 3:24.89 36.00	400m: 4:35.51 35.36			
14.	Marta Alexandra Saraiva	93	Uniao Piedense	4:35.67	+0.83	652	
	50m: 31.73 31.73	150m: 1:41.31 35.28	250m: 2:51.73 35.46	350m: 4:02.78 35.52			
	100m: 1:06.03 34.30	200m: 2:16.27 34.96	300m: 3:27.26 35.53	400m: 4:35.67 32.89			
15.	Ines Sofia Sampaio	94	Academico Viseu	4:37.22	+0.92	642	
	50m: 31.41 31.41	150m: 1:41.40 35.40	250m: 2:52.53 35.50	350m: 4:03.45 35.27			
	100m: 1:06.00 34.59	200m: 2:17.03 35.63	300m: 3:28.18 35.65	400m: 4:37.22 33.77			
16.	Maria Ana Magalhaes	93	Desportiva Limiana	4:39.35	+0.80	627	
	50m: 30.66 30.66	150m: 1:39.70 34.82	250m: 2:51.10 35.51	350m: 4:03.57 36.07			
	100m: 1:04.88 34.22	200m: 2:15.59 35.89	300m: 3:27.50 36.40	400m: 4:39.35 35.78			