

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

Event 35 Women, 400m Freestyle Open
31-07-2010 - 11:15 Results Prelim

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

Points: FINA 2010

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
Open							
1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:28.02	+0.81	710	A
	50m: 31.11 31.11	150m: 1:38.77 34.11	250m: 2:46.44 34.10	350m: 3:55.08 34.15			
	100m: 1:04.66 33.55	200m: 2:12.34 33.57	300m: 3:20.93 34.49	400m: 4:28.02 32.94			
2.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:28.48	+0.85	706	A
	50m: 31.35 31.35	150m: 1:39.68 34.61	250m: 2:47.54 34.05	350m: 3:55.40 33.99			
	100m: 1:05.07 33.72	200m: 2:13.49 33.81	300m: 3:21.41 33.87	400m: 4:28.48 33.08			
3.	Ana Ribeiro Ferreira	92	Famalicao	4:28.70	+0.84	705	A
	50m: 31.41 31.41	150m: 1:39.63 34.68	250m: 2:47.87 34.26	350m: 3:55.93 33.76			
	100m: 1:04.95 33.54	200m: 2:13.61 33.98	300m: 3:22.17 34.30	400m: 4:28.70 32.77			
4.	Maria Miguel Veloso	93	Nautico/Matobra	4:29.20	+0.99	701	A
	50m: 31.79 31.79	150m: 1:39.16 33.88	250m: 2:47.09 33.92	350m: 3:55.62 34.21			
	100m: 1:05.28 33.49	200m: 2:13.17 34.01	300m: 3:21.41 34.32	400m: 4:29.20 33.58			
5.	Andrea Kneppers	93	Eiffel	4:32.45	+0.80	676	A
	50m: 30.75 30.75	150m: 1:38.52 33.86	250m: 2:48.74 35.50	350m: 3:59.77 35.46			
	100m: 1:04.66 33.91	200m: 2:13.24 34.72	300m: 3:24.31 35.57	400m: 4:32.45 32.68			
6.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:33.17	+0.88	670	A
	50m: 31.85 31.85	150m: 1:41.33 35.16	250m: 2:50.78 34.11	350m: 3:59.83 34.86			
	100m: 1:06.17 34.32	200m: 2:16.67 35.34	300m: 3:24.97 34.19	400m: 4:33.17 33.34			
7.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:33.19	+0.89	670	A
	50m: 31.24 31.24	150m: 1:39.42 34.53	250m: 2:49.15 35.01	350m: 3:59.71 35.27			
	100m: 1:04.89 33.65	200m: 2:14.14 34.72	300m: 3:24.44 35.29	400m: 4:33.19 33.48			
8.	Diana Margarida Duraes	96	Foca	4:35.16	+0.78	656	A
	50m: 31.20 31.20	150m: 1:40.70 35.59	250m: 2:51.28 35.11	350m: 4:02.25 35.45			
	100m: 1:05.11 33.91	200m: 2:16.17 35.47	300m: 3:26.80 35.52	400m: 4:35.16 32.91			
9.	Patricia Garcia Marinho	94	Sporting	4:35.23	+0.95	656	B
	50m: 32.15 32.15	150m: 1:40.19 34.42	250m: 2:50.99 35.66	350m: 4:01.49 35.26			
	100m: 1:05.77 33.62	200m: 2:15.33 35.14	300m: 3:26.23 35.24	400m: 4:35.23 33.74			
10.	Angelica Maria Andre	94	Leixoes	4:35.95	+0.84	650	B
	50m: 31.76 31.76	150m: 1:40.92 34.94	250m: 2:51.34 35.14	350m: 4:01.71 34.73			
	100m: 1:05.98 34.22	200m: 2:16.20 35.28	300m: 3:26.98 35.64	400m: 4:35.95 34.24			
11.	Carolina Cunha Martins	95	Nautico/Matobra	4:36.77	+0.97	645	B
	50m: 31.24 31.24	150m: 1:40.43 34.78	250m: 2:51.15 35.31	350m: 4:02.09 35.16			
	100m: 1:05.65 34.41	200m: 2:15.84 35.41	300m: 3:26.93 35.78	400m: 4:36.77 34.68			
12.	Leonor Mourinho Neves	95	Sporting	4:36.85	+0.86	644	B
	50m: 31.79 31.79	150m: 1:41.27 34.67	250m: 2:51.86 35.12	350m: 4:02.49 34.91			
	100m: 1:06.60 34.81	200m: 2:16.74 35.47	300m: 3:27.58 35.72	400m: 4:36.85 34.36			

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

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
13.	Alexandra Paiva Oliveira	91	Porto/Dolce Vita	4:36.87	+0.80	644	B
	50m: 31.46 31.46	150m: 1:39.90 34.49	250m: 2:49.78 34.70	350m: 4:01.16 35.66			
	100m: 1:05.41 33.95	200m: 2:15.08 35.18	300m: 3:25.50 35.72	400m: 4:36.87 35.71			
14.	Ana Margarida Domingos	93	Academico Viseu	4:37.19	+0.91	642	B
	50m: 32.20 32.20	150m: 1:43.14 35.71	250m: 2:54.15 35.21	350m: 4:04.07 34.67			
	100m: 1:07.43 35.23	200m: 2:18.94 35.80	300m: 3:29.40 35.25	400m: 4:37.19 33.12			
15.	Marta Alexandra Saraiva	93	Uniao Piedense	4:37.59	+0.84	639	B
	50m: 31.97 31.97	150m: 1:42.09 35.56	250m: 2:53.05 35.62	350m: 4:03.45 35.26			
	100m: 1:06.53 34.56	200m: 2:17.43 35.34	300m: 3:28.19 35.14	400m: 4:37.59 34.14			
16.	Joana Filipa Capela	89	Benfica	4:37.74	+0.90	638	B
	50m: 31.05 31.05	150m: 1:40.10 34.92	250m: 2:51.05 35.80	350m: 4:03.02 36.15			
	100m: 1:05.18 34.13	200m: 2:15.25 35.15	300m: 3:26.87 35.82	400m: 4:37.74 34.72			
17.	Ines Sofia Sampaio	94	Academico Viseu	4:39.16	+0.91	628	R
	50m: 32.20 32.20	150m: 1:43.37 35.64	250m: 2:54.29 35.07	350m: 4:04.90 35.05			
	100m: 1:07.73 35.53	200m: 2:19.22 35.85	300m: 3:29.85 35.56	400m: 4:39.16 34.26			
18.	Maria Ana Magalhaes	93	Desportiva Limiana	4:39.18	+0.66	628	R
	50m: 31.55 31.55	150m: 1:40.65 34.97	250m: 2:51.95 35.94	350m: 4:03.78 36.09			
	100m: 1:05.68 34.13	200m: 2:16.01 35.36	300m: 3:27.69 35.74	400m: 4:39.18 35.40			
19.	Maria Luis Amorim	95	Porto/Dolce Vita	4:39.28	+0.96	627	
	50m: 32.33 32.33	150m: 1:42.37 35.66	250m: 2:53.32 35.47	350m: 4:03.99 35.26			
	100m: 1:06.71 34.38	200m: 2:17.85 35.48	300m: 3:28.73 35.41	400m: 4:39.28 35.29			
20.	Florbela Cavaco Machado	96	Columbofila/Cantanhedense	4:39.29	+0.89	627	
	50m: 32.43 32.43	150m: 1:42.23 34.67	250m: 2:53.74 35.77	350m: 4:04.80 34.99			
	100m: 1:07.56 35.13	200m: 2:17.97 35.74	300m: 3:29.81 36.07	400m: 4:39.29 34.49			
21.	Alexandra Ribeiro Paula	93	Sporting	4:39.90	+0.81	623	
	50m: 31.45 31.45	150m: 1:42.76 35.84	250m: 2:53.62 35.26	350m: 4:05.18 35.76			
	100m: 1:06.92 35.47	200m: 2:18.36 35.60	300m: 3:29.42 35.80	400m: 4:39.90 34.72			
22.	Marisa Alexandra Lage	94	Viana Natacao	4:40.21	+0.95	621	
	50m: 31.49 31.49	150m: 1:39.74 34.58	250m: 2:51.08 35.74	350m: 4:04.56 36.64			
	100m: 1:05.16 33.67	200m: 2:15.34 35.60	300m: 3:27.92 36.84	400m: 4:40.21 35.65			
23.	Soraia Vanessa Ribeiro	92	Individual Norte de Portugal	4:41.73	+0.86	611	
	<i>FTL</i> 50m: 31.46 31.46	150m: 1:40.76 35.23	250m: 2:51.90 35.62	350m: 4:05.03 37.16			
	100m: 1:05.53 34.07	200m: 2:16.28 35.52	300m: 3:27.87 35.97	400m: 4:41.73 36.70			
24.	Cassandra Pedro Oliveira	95	Vilacondense	4:42.46	+0.84	606	
	50m: 32.43 32.43	150m: 1:43.17 35.39	250m: 2:54.79 35.82	350m: 4:06.93 36.10			
	100m: 1:07.78 35.35	200m: 2:18.97 35.80	300m: 3:30.83 36.04	400m: 4:42.46 35.53			
25.	Ines Alexandra Paiva	96	Alges	4:44.00	+0.81	597	
	50m: 32.36 32.36	150m: 1:43.71 35.85	250m: 2:56.25 36.09	350m: 4:09.24 36.72			
	100m: 1:07.86 35.50	200m: 2:20.16 36.45	300m: 3:32.52 36.27	400m: 4:44.00 34.76			
26.	Catia Andreia Clara	95	Nautico da Marinha Grande	4:44.39	+0.93	594	
	50m: 32.43 32.43	150m: 1:43.64 36.20	250m: 2:56.68 36.68	350m: 4:09.38 36.44			
	100m: 1:07.44 35.01	200m: 2:20.00 36.36	300m: 3:32.94 36.26	400m: 4:44.39 35.01			
27.	Ana Isabel Neves	96	Pimpoes/Cimai	4:44.68	+0.99	592	
	50m: 32.81 32.81	150m: 1:44.86 36.24	250m: 2:57.43 36.31	350m: 4:10.21 36.36			
	100m: 1:08.62 35.81	200m: 2:21.12 36.26	300m: 3:33.85 36.42	400m: 4:44.68 34.47			

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

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
28.	Bruna Leal Dantas	96	Sporting	4:46.43	+0.87	582	
	50m: 33.06 33.06	150m: 1:44.89 36.51	250m: 2:57.96 37.02	350m: 4:11.48 36.85			
	100m: 1:08.38 35.32	200m: 2:20.94 36.05	300m: 3:34.63 36.67	400m: 4:46.43 34.95			
29.	Carla Rosario Palma	96	Alcobaca	4:48.26	+0.78	571	
	50m: 31.81 31.81	150m: 1:43.57 36.86	250m: 2:57.98 37.56	350m: 4:12.50 37.35			
	100m: 1:06.71 34.90	200m: 2:20.42 36.85	300m: 3:35.15 37.17	400m: 4:48.26 35.76			
30.	Ana Catarina Azevedo	96	Famalicao	4:50.09	+0.77	560	
	50m: 33.13 33.13	150m: 1:46.13 37.12	250m: 3:00.20 36.92	350m: 4:14.54 37.19			
	100m: 1:09.01 35.88	200m: 2:23.28 37.15	300m: 3:37.35 37.15	400m: 4:50.09 35.55			
31.	Mariana Jesus Costa	96	Alcobaca	4:50.57	+0.85	557	
	50m: 33.06 33.06	150m: 1:46.51 37.65	250m: 3:01.49 37.42	350m: 4:14.83 36.95			
	100m: 1:08.86 35.80	200m: 2:24.07 37.56	300m: 3:37.88 36.39	400m: 4:50.57 35.74			
32.	Vera Patricia Fernandes	96	Braga	4:51.38	+1.00	552	
	50m: 33.00 33.00	150m: 1:45.97 36.57	250m: 3:00.69 37.12	350m: 4:15.36 36.78			
	100m: 1:09.40 36.40	200m: 2:23.57 37.60	300m: 3:38.58 37.89	400m: 4:51.38 36.02			
33.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:52.21	+0.89	548	
	50m: 33.40 33.40	150m: 1:46.50 36.99	250m: 3:01.04 37.83	350m: 4:15.92 37.35			
	100m: 1:09.51 36.11	200m: 2:23.21 36.71	300m: 3:38.57 37.53	400m: 4:52.21 36.29			
34.	Ana Carolina Leal	96	Nautico/Matobra	4:52.68	+0.86	545	
	50m: 32.66 32.66	150m: 1:45.92 37.14	250m: 3:00.86 37.00	350m: 4:15.81 37.29			
	100m: 1:08.78 36.12	200m: 2:23.86 37.94	300m: 3:38.52 37.66	400m: 4:52.68 36.87			
35.	Carolina Francisco Gomes <i>FTL</i>	95	Naval da Nazare	4:52.87	+1.01	544	
	50m: 33.80 33.80	150m: 1:47.49 36.93	250m: 3:01.75 37.09	350m: 4:16.60 37.24			
	100m: 1:10.56 36.76	200m: 2:24.66 37.17	300m: 3:39.36 37.61	400m: 4:52.87 36.27			
36.	Sofia Cunha Sousa	96	Foca	4:53.77	+0.97	539	
	50m: 32.90 32.90	150m: 1:46.12 36.95	250m: 3:01.43 37.63	350m: 4:16.49 37.20			
	100m: 1:09.17 36.27	200m: 2:23.80 37.68	300m: 3:39.29 37.86	400m: 4:53.77 37.28			
37.	Rita Silva Fernandes	96	Colegio Vasco da Gama	4:54.41	+0.88	535	
	50m: 34.15 34.15	150m: 1:48.28 37.24	250m: 3:03.57 36.98	350m: 4:18.53 37.01			
	100m: 1:11.04 36.89	200m: 2:26.59 38.31	300m: 3:41.52 37.95	400m: 4:54.41 35.88			
38.	Maria Julia Cunha	96	Braga	4:55.02	+0.78	532	
	50m: 33.11 33.11	150m: 1:47.13 37.50	250m: 3:03.42 38.51	350m: 4:19.13 38.22			
	100m: 1:09.63 36.52	200m: 2:24.91 37.78	300m: 3:40.91 37.49	400m: 4:55.02 35.89			
39.	Ana Luisa Carvalho	96	Nautico/Matobra	4:55.45	+0.83	530	
	50m: 32.69 32.69	150m: 1:45.79 37.11	250m: 3:01.31 37.40	350m: 4:17.81 37.85			
	100m: 1:08.68 35.99	200m: 2:23.91 38.12	300m: 3:39.96 38.65	400m: 4:55.45 37.64			
40.	Marta Filipa Vinagre <i>FTL</i>	95	Torres Novas	4:57.23	+0.80	520	
	50m: 32.47 32.47	150m: 1:45.40 37.46	250m: 3:01.52 38.55	350m: 4:19.68 39.13			
	100m: 1:07.94 35.47	200m: 2:22.97 37.57	300m: 3:40.55 39.03	400m: 4:57.23 37.55			
41.	Mariana Rodrigues Ferreira	96	Benfica	4:57.68	+0.90	518	
	50m: 33.99 33.99	150m: 1:49.42 38.13	250m: 3:05.64 37.84	350m: 4:21.19 37.45			
	100m: 1:11.29 37.30	200m: 2:27.80 38.38	300m: 3:43.74 38.10	400m: 4:57.68 36.49			

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

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
42.	Ana Beatriz Silva <i>FTL</i>	96	Gafanha da Encarnacao	4:58.14	+0.97	516	
	50m: 33.72 33.72	150m: 1:49.39 37.93	250m: 3:06.11 38.39	350m: 4:21.65 37.39			
	100m: 1:11.46 37.74	200m: 2:27.72 38.33	300m: 3:44.26 38.15	400m: 4:58.14 36.49			
43.	Ana Margarida Rodrigues <i>FTL</i>	96	Galitos	5:00.29	+0.74	505	
	50m: 33.24 33.24	150m: 1:46.82 37.29	250m: 3:04.37 38.92	350m: 4:22.07 39.01			
	100m: 1:09.53 36.29	200m: 2:25.45 38.63	300m: 3:43.06 38.69	400m: 5:00.29 38.22			
44.	Maria Beatriz Rascao <i>FTL</i>	96	Nautico/Matobra	5:00.45	+0.97	504	
	50m: 33.70 33.70	150m: 1:48.27 37.77	250m: 3:05.89 38.61	350m: 4:23.35 38.70			
	100m: 1:10.50 36.80	200m: 2:27.28 39.01	300m: 3:44.65 38.76	400m: 5:00.45 37.10			
45.	Debora Filipa Duque <i>FTL</i>	96	Pimpoes/Cimai	5:00.99	+0.87	501	
	50m: 34.03 34.03	150m: 1:46.37 36.67	250m: 3:02.71 38.85	350m: 4:22.06 39.81			
	100m: 1:09.70 35.67	200m: 2:23.86 37.49	300m: 3:42.25 39.54	400m: 5:00.99 38.93			
46.	Joana Milhazes Pinto <i>FTL</i>	96	Braga	5:03.80	+0.97	487	
	50m: 33.74 33.74	150m: 1:49.02 38.25	250m: 3:06.76 39.20	350m: 4:25.33 39.57			
	100m: 1:10.77 37.03	200m: 2:27.56 38.54	300m: 3:45.76 39.00	400m: 5:03.80 38.47			
47.	Maria Joao Santos <i>FTL</i>	96	Desportiva de Viana	5:06.50	+0.67	475	
	50m: 33.09 33.09	150m: 1:47.79 38.08	250m: 3:07.68 39.96	350m: 4:27.56 39.63			
	100m: 1:09.71 36.62	200m: 2:27.72 39.93	300m: 3:47.93 40.25	400m: 5:06.50 38.94			
48.	Marcia Filipa Carvalho <i>FTL</i>	96	Torres Novas	5:08.00	+0.78	468	
	50m: 33.63 33.63	150m: 1:49.59 38.81	250m: 3:08.28 39.12	350m: 4:28.70 39.83			
	100m: 1:10.78 37.15	200m: 2:29.16 39.57	300m: 3:48.87 40.59	400m: 5:08.00 39.30			

Juvenis

1.	Diana Margarida Duraes	96	Foca	4:35.16	+0.78	656	A
	50m: 31.20 31.20	150m: 1:40.70 35.59	250m: 2:51.28 35.11	350m: 4:02.25 35.45			
	100m: 1:05.11 33.91	200m: 2:16.17 35.47	300m: 3:26.80 35.52	400m: 4:35.16 32.91			
2.	Florbela Cavaco Machado	96	Columbofila/Cantanhedense	4:39.29	+0.89	627	
	50m: 32.43 32.43	150m: 1:42.23 34.67	250m: 2:53.74 35.77	350m: 4:04.80 34.99			
	100m: 1:07.56 35.13	200m: 2:17.97 35.74	300m: 3:29.81 36.07	400m: 4:39.29 34.49			
3.	Ines Alexandra Paiva	96	Alges	4:44.00	+0.81	597	
	50m: 32.36 32.36	150m: 1:43.71 35.85	250m: 2:56.25 36.09	350m: 4:09.24 36.72			
	100m: 1:07.86 35.50	200m: 2:20.16 36.45	300m: 3:32.52 36.27	400m: 4:44.00 34.76			
4.	Ana Isabel Neves	96	Pimpoes/Cimai	4:44.68	+0.99	592	
	50m: 32.81 32.81	150m: 1:44.86 36.24	250m: 2:57.43 36.31	350m: 4:10.21 36.36			
	100m: 1:08.62 35.81	200m: 2:21.12 36.26	300m: 3:33.85 36.42	400m: 4:44.68 34.47			
5.	Bruna Leal Dantas	96	Sporting	4:46.43	+0.87	582	
	50m: 33.06 33.06	150m: 1:44.89 36.51	250m: 2:57.96 37.02	350m: 4:11.48 36.85			
	100m: 1:08.38 35.32	200m: 2:20.94 36.05	300m: 3:34.63 36.67	400m: 4:46.43 34.95			

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

Event 35, Girls, 400m Freestyle, Prelim, Juvenis

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
6.	Carla Rosario Palma	96	Alcobaca	4:48.26	+0.78	571	
	50m: 31.81 31.81	150m: 1:43.57 36.86	250m: 2:57.98 37.56	350m: 4:12.50 37.35			
	100m: 1:06.71 34.90	200m: 2:20.42 36.85	300m: 3:35.15 37.17	400m: 4:48.26 35.76			
7.	Ana Catarina Azevedo	96	Famalicao	4:50.09	+0.77	560	
	50m: 33.13 33.13	150m: 1:46.13 37.12	250m: 3:00.20 36.92	350m: 4:14.54 37.19			
	100m: 1:09.01 35.88	200m: 2:23.28 37.15	300m: 3:37.35 37.15	400m: 4:50.09 35.55			
8.	Mariana Jesus Costa	96	Alcobaca	4:50.57	+0.85	557	
	50m: 33.06 33.06	150m: 1:46.51 37.65	250m: 3:01.49 37.42	350m: 4:14.83 36.95			
	100m: 1:08.86 35.80	200m: 2:24.07 37.56	300m: 3:37.88 36.39	400m: 4:50.57 35.74			
9.	Vera Patricia Fernandes	96	Braga	4:51.38	+1.00	552	
	50m: 33.00 33.00	150m: 1:45.97 36.57	250m: 3:00.69 37.12	350m: 4:15.36 36.78			
	100m: 1:09.40 36.40	200m: 2:23.57 37.60	300m: 3:38.58 37.89	400m: 4:51.38 36.02			
10.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:52.21	+0.89	548	
	50m: 33.40 33.40	150m: 1:46.50 36.99	250m: 3:01.04 37.83	350m: 4:15.92 37.35			
	100m: 1:09.51 36.11	200m: 2:23.21 36.71	300m: 3:38.57 37.53	400m: 4:52.21 36.29			
11.	Ana Carolina Leal	96	Nautico/Matobra	4:52.68	+0.86	545	
	50m: 32.66 32.66	150m: 1:45.92 37.14	250m: 3:00.86 37.00	350m: 4:15.81 37.29			
	100m: 1:08.78 36.12	200m: 2:23.86 37.94	300m: 3:38.52 37.66	400m: 4:52.68 36.87			
12.	Sofia Cunha Sousa	96	Foca	4:53.77	+0.97	539	
	50m: 32.90 32.90	150m: 1:46.12 36.95	250m: 3:01.43 37.63	350m: 4:16.49 37.20			
	100m: 1:09.17 36.27	200m: 2:23.80 37.68	300m: 3:39.29 37.86	400m: 4:53.77 37.28			
13.	Rita Silva Fernandes	96	Colegio Vasco da Gama	4:54.41	+0.88	535	
	50m: 34.15 34.15	150m: 1:48.28 37.24	250m: 3:03.57 36.98	350m: 4:18.53 37.01			
	100m: 1:11.04 36.89	200m: 2:26.59 38.31	300m: 3:41.52 37.95	400m: 4:54.41 35.88			
14.	Maria Julia Cunha	96	Braga	4:55.02	+0.78	532	
	50m: 33.11 33.11	150m: 1:47.13 37.50	250m: 3:03.42 38.51	350m: 4:19.13 38.22			
	100m: 1:09.63 36.52	200m: 2:24.91 37.78	300m: 3:40.91 37.49	400m: 4:55.02 35.89			
15.	Ana Luisa Carvalho	96	Nautico/Matobra	4:55.45	+0.83	530	
	50m: 32.69 32.69	150m: 1:45.79 37.11	250m: 3:01.31 37.40	350m: 4:17.81 37.85			
	100m: 1:08.68 35.99	200m: 2:23.91 38.12	300m: 3:39.96 38.65	400m: 4:55.45 37.64			
16.	Mariana Rodrigues Ferreira	96	Benfica	4:57.68	+0.90	518	
	50m: 33.99 33.99	150m: 1:49.42 38.13	250m: 3:05.64 37.84	350m: 4:21.19 37.45			
	100m: 1:11.29 37.30	200m: 2:27.80 38.38	300m: 3:43.74 38.10	400m: 4:57.68 36.49			
17.	Ana Beatriz Silva	96	Gafanha da Encarnacao	4:58.14	+0.97	516	
	<i>FTL</i>						
	50m: 33.72 33.72	150m: 1:49.39 37.93	250m: 3:06.11 38.39	350m: 4:21.65 37.39			
	100m: 1:11.46 37.74	200m: 2:27.72 38.33	300m: 3:44.26 38.15	400m: 4:58.14 36.49			
18.	Ana Margarida Rodrigues	96	Galitos	5:00.29	+0.74	505	
	<i>FTL</i>						
	50m: 33.24 33.24	150m: 1:46.82 37.29	250m: 3:04.37 38.92	350m: 4:22.07 39.01			
	100m: 1:09.53 36.29	200m: 2:25.45 38.63	300m: 3:43.06 38.69	400m: 5:00.29 38.22			
19.	Maria Beatriz Rascao	96	Nautico/Matobra	5:00.45	+0.97	504	
	<i>FTL</i>						
	50m: 33.70 33.70	150m: 1:48.27 37.77	250m: 3:05.89 38.61	350m: 4:23.35 38.70			
	100m: 1:10.50 36.80	200m: 2:27.28 39.01	300m: 3:44.65 38.76	400m: 5:00.45 37.10			

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

Event 35, Girls, 400m Freestyle, Prelim, Juvenis

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
20.	Debora Filipa Duque <i>FTL</i>	96	Pimpoes/Cimai	5:00.99	+0.87	501	
	50m: 34.03 34.03	150m: 1:46.37 36.67	250m: 3:02.71 38.85	350m: 4:22.06 39.81			
	100m: 1:09.70 35.67	200m: 2:23.86 37.49	300m: 3:42.25 39.54	400m: 5:00.99 38.93			
21.	Joana Milhazes Pinto <i>FTL</i>	96	Braga	5:03.80	+0.97	487	
	50m: 33.74 33.74	150m: 1:49.02 38.25	250m: 3:06.76 39.20	350m: 4:25.33 39.57			
	100m: 1:10.77 37.03	200m: 2:27.56 38.54	300m: 3:45.76 39.00	400m: 5:03.80 38.47			
22.	Maria Joao Santos <i>FTL</i>	96	Desportiva de Viana	5:06.50	+0.67	475	
	50m: 33.09 33.09	150m: 1:47.79 38.08	250m: 3:07.68 39.96	350m: 4:27.56 39.63			
	100m: 1:09.71 36.62	200m: 2:27.72 39.93	300m: 3:47.93 40.25	400m: 5:06.50 38.94			
23.	Marcia Filipa Carvalho <i>FTL</i>	96	Torres Novas	5:08.00	+0.78	468	
	50m: 33.63 33.63	150m: 1:49.59 38.81	250m: 3:08.28 39.12	350m: 4:28.70 39.83			
	100m: 1:10.78 37.15	200m: 2:29.16 39.57	300m: 3:48.87 40.59	400m: 5:08.00 39.30			

Absolutos

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:28.02	+0.81	710	A
	50m: 31.11 31.11	150m: 1:38.77 34.11	250m: 2:46.44 34.10	350m: 3:55.08 34.15			
	100m: 1:04.66 33.55	200m: 2:12.34 33.57	300m: 3:20.93 34.49	400m: 4:28.02 32.94			
2.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:28.48	+0.85	706	A
	50m: 31.35 31.35	150m: 1:39.68 34.61	250m: 2:47.54 34.05	350m: 3:55.40 33.99			
	100m: 1:05.07 33.72	200m: 2:13.49 33.81	300m: 3:21.41 33.87	400m: 4:28.48 33.08			
3.	Ana Ribeiro Ferreira	92	Famalicao	4:28.70	+0.84	705	A
	50m: 31.41 31.41	150m: 1:39.63 34.68	250m: 2:47.87 34.26	350m: 3:55.93 33.76			
	100m: 1:04.95 33.54	200m: 2:13.61 33.98	300m: 3:22.17 34.30	400m: 4:28.70 32.77			
4.	Maria Miguel Veloso	93	Nautico/Matobra	4:29.20	+0.99	701	A
	50m: 31.79 31.79	150m: 1:39.16 33.88	250m: 2:47.09 33.92	350m: 3:55.62 34.21			
	100m: 1:05.28 33.49	200m: 2:13.17 34.01	300m: 3:21.41 34.32	400m: 4:29.20 33.58			
5.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:33.17	+0.88	670	A
	50m: 31.85 31.85	150m: 1:41.33 35.16	250m: 2:50.78 34.11	350m: 3:59.83 34.86			
	100m: 1:06.17 34.32	200m: 2:16.67 35.34	300m: 3:24.97 34.19	400m: 4:33.17 33.34			
6.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:33.19	+0.89	670	A
	50m: 31.24 31.24	150m: 1:39.42 34.53	250m: 2:49.15 35.01	350m: 3:59.71 35.27			
	100m: 1:04.89 33.65	200m: 2:14.14 34.72	300m: 3:24.44 35.29	400m: 4:33.19 33.48			
7.	Diana Margarida Duraes	96	Foca	4:35.16	+0.78	656	A
	50m: 31.20 31.20	150m: 1:40.70 35.59	250m: 2:51.28 35.11	350m: 4:02.25 35.45			
	100m: 1:05.11 33.91	200m: 2:16.17 35.47	300m: 3:26.80 35.52	400m: 4:35.16 32.91			
8.	Patricia Garcia Marinho	94	Sporting	4:35.23	+0.95	656	B
	50m: 32.15 32.15	150m: 1:40.19 34.42	250m: 2:50.99 35.66	350m: 4:01.49 35.26			
	100m: 1:05.77 33.62	200m: 2:15.33 35.14	300m: 3:26.23 35.24	400m: 4:35.23 33.74			
9.	Angelica Maria Andre	94	Leixoes	4:35.95	+0.84	650	B
	50m: 31.76 31.76	150m: 1:40.92 34.94	250m: 2:51.34 35.14	350m: 4:01.71 34.73			
	100m: 1:05.98 34.22	200m: 2:16.20 35.28	300m: 3:26.98 35.64	400m: 4:35.95 34.24			

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

Event 35, Women, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
10.	Carolina Cunha Martins	95	Nautico/Matobra	4:36.77	+0.97	645 B	
	50m: 31.24 31.24	150m: 1:40.43 34.78	250m: 2:51.15 35.31	350m: 4:02.09 35.16			
	100m: 1:05.65 34.41	200m: 2:15.84 35.41	300m: 3:26.93 35.78	400m: 4:36.77 34.68			
11.	Leonor Mourinho Neves	95	Sporting	4:36.85	+0.86	644 B	
	50m: 31.79 31.79	150m: 1:41.27 34.67	250m: 2:51.86 35.12	350m: 4:02.49 34.91			
	100m: 1:06.60 34.81	200m: 2:16.74 35.47	300m: 3:27.58 35.72	400m: 4:36.85 34.36			
12.	Alexandra Paiva Oliveira	91	Porto/Dolce Vita	4:36.87	+0.80	644 B	
	50m: 31.46 31.46	150m: 1:39.90 34.49	250m: 2:49.78 34.70	350m: 4:01.16 35.66			
	100m: 1:05.41 33.95	200m: 2:15.08 35.18	300m: 3:25.50 35.72	400m: 4:36.87 35.71			
13.	Ana Margarida Domingos	93	Academico Viseu	4:37.19	+0.91	642 B	
	50m: 32.20 32.20	150m: 1:43.14 35.71	250m: 2:54.15 35.21	350m: 4:04.07 34.67			
	100m: 1:07.43 35.23	200m: 2:18.94 35.80	300m: 3:29.40 35.25	400m: 4:37.19 33.12			
14.	Marta Alexandra Saraiva	93	Uniao Piedense	4:37.59	+0.84	639 B	
	50m: 31.97 31.97	150m: 1:42.09 35.56	250m: 2:53.05 35.62	350m: 4:03.45 35.26			
	100m: 1:06.53 34.56	200m: 2:17.43 35.34	300m: 3:28.19 35.14	400m: 4:37.59 34.14			
15.	Joana Filipa Capela	89	Benfica	4:37.74	+0.90	638 B	
	50m: 31.05 31.05	150m: 1:40.10 34.92	250m: 2:51.05 35.80	350m: 4:03.02 36.15			
	100m: 1:05.18 34.13	200m: 2:15.25 35.15	300m: 3:26.87 35.82	400m: 4:37.74 34.72			
16.	Ines Sofia Sampaio	94	Academico Viseu	4:39.16	+0.91	628 R	
	50m: 32.20 32.20	150m: 1:43.37 35.64	250m: 2:54.29 35.07	350m: 4:04.90 35.05			
	100m: 1:07.73 35.53	200m: 2:19.22 35.85	300m: 3:29.85 35.56	400m: 4:39.16 34.26			
17.	Maria Ana Magalhaes	93	Desportiva Limiana	4:39.18	+0.66	628 R	
	50m: 31.55 31.55	150m: 1:40.65 34.97	250m: 2:51.95 35.94	350m: 4:03.78 36.09			
	100m: 1:05.68 34.13	200m: 2:16.01 35.36	300m: 3:27.69 35.74	400m: 4:39.18 35.40			
18.	Maria Luis Amorim	95	Porto/Dolce Vita	4:39.28	+0.96	627	
	50m: 32.33 32.33	150m: 1:42.37 35.66	250m: 2:53.32 35.47	350m: 4:03.99 35.26			
	100m: 1:06.71 34.38	200m: 2:17.85 35.48	300m: 3:28.73 35.41	400m: 4:39.28 35.29			
19.	Florbela Cavaco Machado	96	Columbofila/Cantanhedense	4:39.29	+0.89	627	
	50m: 32.43 32.43	150m: 1:42.23 34.67	250m: 2:53.74 35.77	350m: 4:04.80 34.99			
	100m: 1:07.56 35.13	200m: 2:17.97 35.74	300m: 3:29.81 36.07	400m: 4:39.29 34.49			
20.	Alexandra Ribeiro Paula	93	Sporting	4:39.90	+0.81	623	
	50m: 31.45 31.45	150m: 1:42.76 35.84	250m: 2:53.62 35.26	350m: 4:05.18 35.76			
	100m: 1:06.92 35.47	200m: 2:18.36 35.60	300m: 3:29.42 35.80	400m: 4:39.90 34.72			
21.	Marisa Alexandra Lage	94	Viana Natacao	4:40.21	+0.95	621	
	50m: 31.49 31.49	150m: 1:39.74 34.58	250m: 2:51.08 35.74	350m: 4:04.56 36.64			
	100m: 1:05.16 33.67	200m: 2:15.34 35.60	300m: 3:27.92 36.84	400m: 4:40.21 35.65			
22.	Soraia Vanessa Ribeiro	92	Individual Norte de Portugal	4:41.73	+0.86	611	
	<i>FTL</i>						
	50m: 31.46 31.46	150m: 1:40.76 35.23	250m: 2:51.90 35.62	350m: 4:05.03 37.16			
	100m: 1:05.53 34.07	200m: 2:16.28 35.52	300m: 3:27.87 35.97	400m: 4:41.73 36.70			
23.	Cassandra Pedro Oliveira	95	Vilacondense	4:42.46	+0.84	606	
	50m: 32.43 32.43	150m: 1:43.17 35.39	250m: 2:54.79 35.82	350m: 4:06.93 36.10			
	100m: 1:07.78 35.35	200m: 2:18.97 35.80	300m: 3:30.83 36.04	400m: 4:42.46 35.53			
24.	Ines Alexandra Paiva	96	Alges	4:44.00	+0.81	597	
	50m: 32.36 32.36	150m: 1:43.71 35.85	250m: 2:56.25 36.09	350m: 4:09.24 36.72			
	100m: 1:07.86 35.50	200m: 2:20.16 36.45	300m: 3:32.52 36.27	400m: 4:44.00 34.76			

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

Event 35, Women, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
25.	Catia Andreia Clara	95	Nautico da Marinha Grande	4:44.39	+0.93	594	
	50m: 32.43 32.43	150m: 1:43.64 36.20	250m: 2:56.68 36.68	350m: 4:09.38 36.44			
	100m: 1:07.44 35.01	200m: 2:20.00 36.36	300m: 3:32.94 36.26	400m: 4:44.39 35.01			
26.	Ana Isabel Neves	96	Pimpoes/Cimai	4:44.68	+0.99	592	
	50m: 32.81 32.81	150m: 1:44.86 36.24	250m: 2:57.43 36.31	350m: 4:10.21 36.36			
	100m: 1:08.62 35.81	200m: 2:21.12 36.26	300m: 3:33.85 36.42	400m: 4:44.68 34.47			
27.	Bruna Leal Dantas	96	Sporting	4:46.43	+0.87	582	
	50m: 33.06 33.06	150m: 1:44.89 36.51	250m: 2:57.96 37.02	350m: 4:11.48 36.85			
	100m: 1:08.38 35.32	200m: 2:20.94 36.05	300m: 3:34.63 36.67	400m: 4:46.43 34.95			
28.	Carla Rosario Palma	96	Alcobaca	4:48.26	+0.78	571	
	50m: 31.81 31.81	150m: 1:43.57 36.86	250m: 2:57.98 37.56	350m: 4:12.50 37.35			
	100m: 1:06.71 34.90	200m: 2:20.42 36.85	300m: 3:35.15 37.17	400m: 4:48.26 35.76			
29.	Ana Catarina Azevedo	96	Famalicao	4:50.09	+0.77	560	
	50m: 33.13 33.13	150m: 1:46.13 37.12	250m: 3:00.20 36.92	350m: 4:14.54 37.19			
	100m: 1:09.01 35.88	200m: 2:23.28 37.15	300m: 3:37.35 37.15	400m: 4:50.09 35.55			
30.	Mariana Jesus Costa	96	Alcobaca	4:50.57	+0.85	557	
	50m: 33.06 33.06	150m: 1:46.51 37.65	250m: 3:01.49 37.42	350m: 4:14.83 36.95			
	100m: 1:08.86 35.80	200m: 2:24.07 37.56	300m: 3:37.88 36.39	400m: 4:50.57 35.74			
31.	Vera Patricia Fernandes	96	Braga	4:51.38	+1.00	552	
	50m: 33.00 33.00	150m: 1:45.97 36.57	250m: 3:00.69 37.12	350m: 4:15.36 36.78			
	100m: 1:09.40 36.40	200m: 2:23.57 37.60	300m: 3:38.58 37.89	400m: 4:51.38 36.02			
32.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:52.21	+0.89	548	
	50m: 33.40 33.40	150m: 1:46.50 36.99	250m: 3:01.04 37.83	350m: 4:15.92 37.35			
	100m: 1:09.51 36.11	200m: 2:23.21 36.71	300m: 3:38.57 37.53	400m: 4:52.21 36.29			
33.	Ana Carolina Leal	96	Nautico/Matobra	4:52.68	+0.86	545	
	50m: 32.66 32.66	150m: 1:45.92 37.14	250m: 3:00.86 37.00	350m: 4:15.81 37.29			
	100m: 1:08.78 36.12	200m: 2:23.86 37.94	300m: 3:38.52 37.66	400m: 4:52.68 36.87			
34.	Carolina Francisco Gomes	95	Naval da Nazare	4:52.87	+1.01	544	
	<i>FTL</i>						
	50m: 33.80 33.80	150m: 1:47.49 36.93	250m: 3:01.75 37.09	350m: 4:16.60 37.24			
	100m: 1:10.56 36.76	200m: 2:24.66 37.17	300m: 3:39.36 37.61	400m: 4:52.87 36.27			
35.	Sofia Cunha Sousa	96	Foca	4:53.77	+0.97	539	
	50m: 32.90 32.90	150m: 1:46.12 36.95	250m: 3:01.43 37.63	350m: 4:16.49 37.20			
	100m: 1:09.17 36.27	200m: 2:23.80 37.68	300m: 3:39.29 37.86	400m: 4:53.77 37.28			
36.	Rita Silva Fernandes	96	Colegio Vasco da Gama	4:54.41	+0.88	535	
	50m: 34.15 34.15	150m: 1:48.28 37.24	250m: 3:03.57 36.98	350m: 4:18.53 37.01			
	100m: 1:11.04 36.89	200m: 2:26.59 38.31	300m: 3:41.52 37.95	400m: 4:54.41 35.88			
37.	Maria Julia Cunha	96	Braga	4:55.02	+0.78	532	
	50m: 33.11 33.11	150m: 1:47.13 37.50	250m: 3:03.42 38.51	350m: 4:19.13 38.22			
	100m: 1:09.63 36.52	200m: 2:24.91 37.78	300m: 3:40.91 37.49	400m: 4:55.02 35.89			
38.	Ana Luisa Carvalho	96	Nautico/Matobra	4:55.45	+0.83	530	
	50m: 32.69 32.69	150m: 1:45.79 37.11	250m: 3:01.31 37.40	350m: 4:17.81 37.85			
	100m: 1:08.68 35.99	200m: 2:23.91 38.12	300m: 3:39.96 38.65	400m: 4:55.45 37.64			
39.	Marta Filipa Vinagre	95	Torres Novas	4:57.23	+0.80	520	
	<i>FTL</i>						
	50m: 32.47 32.47	150m: 1:45.40 37.46	250m: 3:01.52 38.55	350m: 4:19.68 39.13			
	100m: 1:07.94 35.47	200m: 2:22.97 37.57	300m: 3:40.55 39.03	400m: 4:57.23 37.55			

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

Event 35, Women, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
40.	Mariana Rodrigues Ferreira	96	Benfica	4:57.68	+0.90	518	
	50m: 33.99 33.99	150m: 1:49.42 38.13	250m: 3:05.64 37.84	350m: 4:21.19 37.45			
	100m: 1:11.29 37.30	200m: 2:27.80 38.38	300m: 3:43.74 38.10	400m: 4:57.68 36.49			
41.	Ana Beatriz Silva	96	Gafanha da Encarnacao	4:58.14	+0.97	516	
	<i>FTL</i>						
	50m: 33.72 33.72	150m: 1:49.39 37.93	250m: 3:06.11 38.39	350m: 4:21.65 37.39			
	100m: 1:11.46 37.74	200m: 2:27.72 38.33	300m: 3:44.26 38.15	400m: 4:58.14 36.49			
42.	Ana Margarida Rodrigues	96	Galitos	5:00.29	+0.74	505	
	<i>FTL</i>						
	50m: 33.24 33.24	150m: 1:46.82 37.29	250m: 3:04.37 38.92	350m: 4:22.07 39.01			
	100m: 1:09.53 36.29	200m: 2:25.45 38.63	300m: 3:43.06 38.69	400m: 5:00.29 38.22			
43.	Maria Beatriz Rascao	96	Nautico/Matobra	5:00.45	+0.97	504	
	<i>FTL</i>						
	50m: 33.70 33.70	150m: 1:48.27 37.77	250m: 3:05.89 38.61	350m: 4:23.35 38.70			
	100m: 1:10.50 36.80	200m: 2:27.28 39.01	300m: 3:44.65 38.76	400m: 5:00.45 37.10			
44.	Debora Filipa Duque	96	Pimpoes/Cimai	5:00.99	+0.87	501	
	<i>FTL</i>						
	50m: 34.03 34.03	150m: 1:46.37 36.67	250m: 3:02.71 38.85	350m: 4:22.06 39.81			
	100m: 1:09.70 35.67	200m: 2:23.86 37.49	300m: 3:42.25 39.54	400m: 5:00.99 38.93			
45.	Joana Milhazes Pinto	96	Braga	5:03.80	+0.97	487	
	<i>FTL</i>						
	50m: 33.74 33.74	150m: 1:49.02 38.25	250m: 3:06.76 39.20	350m: 4:25.33 39.57			
	100m: 1:10.77 37.03	200m: 2:27.56 38.54	300m: 3:45.76 39.00	400m: 5:03.80 38.47			
46.	Maria Joao Santos	96	Desportiva de Viana	5:06.50	+0.67	475	
	<i>FTL</i>						
	50m: 33.09 33.09	150m: 1:47.79 38.08	250m: 3:07.68 39.96	350m: 4:27.56 39.63			
	100m: 1:09.71 36.62	200m: 2:27.72 39.93	300m: 3:47.93 40.25	400m: 5:06.50 38.94			
47.	Marcia Filipa Carvalho	96	Torres Novas	5:08.00	+0.78	468	
	<i>FTL</i>						
	50m: 33.63 33.63	150m: 1:49.59 38.81	250m: 3:08.28 39.12	350m: 4:28.70 39.83			
	100m: 1:10.78 37.15	200m: 2:29.16 39.57	300m: 3:48.87 40.59	400m: 5:08.00 39.30			

Seniores

1.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:28.48	+0.85	706 A	
	50m: 31.35 31.35	150m: 1:39.68 34.61	250m: 2:47.54 34.05	350m: 3:55.40 33.99			
	100m: 1:05.07 33.72	200m: 2:13.49 33.81	300m: 3:21.41 33.87	400m: 4:28.48 33.08			
2.	Ana Ribeiro Ferreira	92	Famalicao	4:28.70	+0.84	705 A	
	50m: 31.41 31.41	150m: 1:39.63 34.68	250m: 2:47.87 34.26	350m: 3:55.93 33.76			
	100m: 1:04.95 33.54	200m: 2:13.61 33.98	300m: 3:22.17 34.30	400m: 4:28.70 32.77			
3.	Maria Miguel Veloso	93	Nautico/Matobra	4:29.20	+0.99	701 A	
	50m: 31.79 31.79	150m: 1:39.16 33.88	250m: 2:47.09 33.92	350m: 3:55.62 34.21			
	100m: 1:05.28 33.49	200m: 2:13.17 34.01	300m: 3:21.41 34.32	400m: 4:29.20 33.58			
4.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:33.19	+0.89	670 A	
	50m: 31.24 31.24	150m: 1:39.42 34.53	250m: 2:49.15 35.01	350m: 3:59.71 35.27			
	100m: 1:04.89 33.65	200m: 2:14.14 34.72	300m: 3:24.44 35.29	400m: 4:33.19 33.48			

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

Event 35, Women, 400m Freestyle, Prelim, Seniores

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
5.	Alexandra Paiva Oliveira	91	Porto/Dolce Vita	4:36.87	+0.80	644 B	
	50m: 31.46 31.46	150m: 1:39.90 34.49	250m: 2:49.78 34.70	350m: 4:01.16 35.66			
	100m: 1:05.41 33.95	200m: 2:15.08 35.18	300m: 3:25.50 35.72	400m: 4:36.87 35.71			
6.	Ana Margarida Domingos	93	Academico Viseu	4:37.19	+0.91	642 B	
	50m: 32.20 32.20	150m: 1:43.14 35.71	250m: 2:54.15 35.21	350m: 4:04.07 34.67			
	100m: 1:07.43 35.23	200m: 2:18.94 35.80	300m: 3:29.40 35.25	400m: 4:37.19 33.12			
7.	Marta Alexandra Saraiva	93	Uniao Piedense	4:37.59	+0.84	639 B	
	50m: 31.97 31.97	150m: 1:42.09 35.56	250m: 2:53.05 35.62	350m: 4:03.45 35.26			
	100m: 1:06.53 34.56	200m: 2:17.43 35.34	300m: 3:28.19 35.14	400m: 4:37.59 34.14			
8.	Joana Filipa Capela	89	Benfica	4:37.74	+0.90	638 B	
	50m: 31.05 31.05	150m: 1:40.10 34.92	250m: 2:51.05 35.80	350m: 4:03.02 36.15			
	100m: 1:05.18 34.13	200m: 2:15.25 35.15	300m: 3:26.87 35.82	400m: 4:37.74 34.72			
9.	Maria Ana Magalhaes	93	Desportiva Limiana	4:39.18	+0.66	628 R	
	50m: 31.55 31.55	150m: 1:40.65 34.97	250m: 2:51.95 35.94	350m: 4:03.78 36.09			
	100m: 1:05.68 34.13	200m: 2:16.01 35.36	300m: 3:27.69 35.74	400m: 4:39.18 35.40			
10.	Alexandra Ribeiro Paula	93	Sporting	4:39.90	+0.81	623	
	50m: 31.45 31.45	150m: 1:42.76 35.84	250m: 2:53.62 35.26	350m: 4:05.18 35.76			
	100m: 1:06.92 35.47	200m: 2:18.36 35.60	300m: 3:29.42 35.80	400m: 4:39.90 34.72			
11.	Soraia Vanessa Ribeiro	92	Individual Norte de Portugal	4:41.73	+0.86	611	
	<i>FTL</i>						
	50m: 31.46 31.46	150m: 1:40.76 35.23	250m: 2:51.90 35.62	350m: 4:05.03 37.16			
	100m: 1:05.53 34.07	200m: 2:16.28 35.52	300m: 3:27.87 35.97	400m: 4:41.73 36.70			

Juniores2

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:28.02	+0.81	710 A	
	50m: 31.11 31.11	150m: 1:38.77 34.11	250m: 2:46.44 34.10	350m: 3:55.08 34.15			
	100m: 1:04.66 33.55	200m: 2:12.34 33.57	300m: 3:20.93 34.49	400m: 4:28.02 32.94			
2.	Patricia Garcia Marinho	94	Sporting	4:35.23	+0.95	656 B	
	50m: 32.15 32.15	150m: 1:40.19 34.42	250m: 2:50.99 35.66	350m: 4:01.49 35.26			
	100m: 1:05.77 33.62	200m: 2:15.33 35.14	300m: 3:26.23 35.24	400m: 4:35.23 33.74			
3.	Angelica Maria Andre	94	Leixoes	4:35.95	+0.84	650 B	
	50m: 31.76 31.76	150m: 1:40.92 34.94	250m: 2:51.34 35.14	350m: 4:01.71 34.73			
	100m: 1:05.98 34.22	200m: 2:16.20 35.28	300m: 3:26.98 35.64	400m: 4:35.95 34.24			
4.	Ines Sofia Sampaio	94	Academico Viseu	4:39.16	+0.91	628 R	
	50m: 32.20 32.20	150m: 1:43.37 35.64	250m: 2:54.29 35.07	350m: 4:04.90 35.05			
	100m: 1:07.73 35.53	200m: 2:19.22 35.85	300m: 3:29.85 35.56	400m: 4:39.16 34.26			
5.	Marisa Alexandra Lage	94	Viana Natacao	4:40.21	+0.95	621	
	50m: 31.49 31.49	150m: 1:39.74 34.58	250m: 2:51.08 35.74	350m: 4:04.56 36.64			
	100m: 1:05.16 33.67	200m: 2:15.34 35.60	300m: 3:27.92 36.84	400m: 4:40.21 35.65			

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

Event 35, Women, 400m Freestyle, Prelim

Juniores1

1.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:33.17	+0.88	670	A					
	50m:	31.85	31.85	150m:	1:41.33	35.16	250m:	2:50.78	34.11	350m:	3:59.83	34.86
	100m:	1:06.17	34.32	200m:	2:16.67	35.34	300m:	3:24.97	34.19	400m:	4:33.17	33.34
2.	Carolina Cunha Martins	95	Nautico/Matobra	4:36.77	+0.97	645	B					
	50m:	31.24	31.24	150m:	1:40.43	34.78	250m:	2:51.15	35.31	350m:	4:02.09	35.16
	100m:	1:05.65	34.41	200m:	2:15.84	35.41	300m:	3:26.93	35.78	400m:	4:36.77	34.68
3.	Leonor Mourinho Neves	95	Sporting	4:36.85	+0.86	644	B					
	50m:	31.79	31.79	150m:	1:41.27	34.67	250m:	2:51.86	35.12	350m:	4:02.49	34.91
	100m:	1:06.60	34.81	200m:	2:16.74	35.47	300m:	3:27.58	35.72	400m:	4:36.85	34.36
4.	Maria Luis Amorim	95	Porto/Dolce Vita	4:39.28	+0.96	627						
	50m:	32.33	32.33	150m:	1:42.37	35.66	250m:	2:53.32	35.47	350m:	4:03.99	35.26
	100m:	1:06.71	34.38	200m:	2:17.85	35.48	300m:	3:28.73	35.41	400m:	4:39.28	35.29
5.	Cassandra Pedro Oliveira	95	Vilacondense	4:42.46	+0.84	606						
	50m:	32.43	32.43	150m:	1:43.17	35.39	250m:	2:54.79	35.82	350m:	4:06.93	36.10
	100m:	1:07.78	35.35	200m:	2:18.97	35.80	300m:	3:30.83	36.04	400m:	4:42.46	35.53
6.	Catia Andreia Clara	95	Nautico da Marinha Grande	4:44.39	+0.93	594						
	50m:	32.43	32.43	150m:	1:43.64	36.20	250m:	2:56.68	36.68	350m:	4:09.38	36.44
	100m:	1:07.44	35.01	200m:	2:20.00	36.36	300m:	3:32.94	36.26	400m:	4:44.39	35.01
7.	Carolina Francisco Gomes	95	Naval da Nazare	4:52.87	+1.01	544						
	<i>FTL</i>											
	50m:	33.80	33.80	150m:	1:47.49	36.93	250m:	3:01.75	37.09	350m:	4:16.60	37.24
	100m:	1:10.56	36.76	200m:	2:24.66	37.17	300m:	3:39.36	37.61	400m:	4:52.87	36.27
8.	Marta Filipa Vinagre	95	Torres Novas	4:57.23	+0.80	520						
	<i>FTL</i>											
	50m:	32.47	32.47	150m:	1:45.40	37.46	250m:	3:01.52	38.55	350m:	4:19.68	39.13
	100m:	1:07.94	35.47	200m:	2:22.97	37.57	300m:	3:40.55	39.03	400m:	4:57.23	37.55