

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

Event 16 Women, 400m Medley Open
30-07-2010 - 10:00 Startlist Prelim

Rec Nac Open	4:50.58	Nadia Morais Vieira	GESL	Coimbra	10-04-2010
Rec Nac Inf B	5:14.05	Filipa Vilas Ruivo	DNMG	S. João da Madeira	24-07-2009
Rec Nac Inf A	5:11.29	Diana Ramos Rocha	EDV	Faro	20-07-2007
Rec Nac Juv	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004
Rec Nac Jun	4:58.87	Susana Patricia Miguel	FPN	Palma Maiorca (ESP)	06-07-2006
Rec Nac Sen	4:50.58	Nadia Morais Vieira	GESL	Coimbra	10-04-2010

TAC SEN/JUN2 Fem 16 +: 5:20.00 / TAC JUN1 Fem 15: 5:23.50 / TAC JUV Fem Juv: 5:42.00

Pista	Nome	YB	Clube	Time	Tp inscrição
<u>Heat 1 of 6</u>					
3	Catia Alexandra Batista	96	Colegio SMLamas	5:41.67	___:___:___
4	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	5:39.80	___:___:___
5	Ana Rita Martins	96	Amadora	5:40.04	___:___:___
<u>Heat 2 of 6</u>					
2	Ines Mendes Paulo	96	Colegio Monte Maior	5:38.43	___:___:___
3	Claudia Susana Teixeira	96	Gespacos	5:36.90	___:___:___
4	Andreia Margarida Araujo	96	Viana Natacao	5:36.05	___:___:___
5	Catarina Dias Coutinho	96	Sporting	5:36.69	___:___:___
6	Patricia Silva Ramos	96	Sporting	5:37.22	___:___:___
7	Rita Sequeira Raposeiro	96	Uniao Piedense	5:38.68	___:___:___
<u>Heat 3 of 6</u>					
1	Maria Amelia Gaspar	96	Nautico/Matobra	5:35.61	___:___:___
2	Jennifer Martins Dias	96	Bombeiros V. Caldas Rainha	5:34.10	___:___:___
3	Sara Sousa Gomes	96	Amadora	5:33.71	___:___:___
4	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	5:26.87	___:___:___
5	Ana Isabel Cunha	96	Foca	5:30.84	___:___:___
6	Mariana Rodrigues Ferreira	96	Benfica	5:33.91	___:___:___
7	Ana Monica Eloi	96	Nautico da Marinha Grande	5:34.76	___:___:___
8	Debora Guimaraes Oliveira	96	Braga	5:35.96	___:___:___
<u>Heat 4 of 6</u>					
1	Carolina Francisco Gomes	95	Naval da Nazare	5:22.68	___:___:___
2	Ana Filipa Carmo	93	Colegio Vasco da Gama	5:16.29	___:___:___
3	Ana Marta Miranda	96	Uniao Piedense	5:09.56	___:___:___
4	Patricia Garcia Marinho	94	Sporting	5:02.41	___:___:___
5	Diana Margarida Duraes	96	Foca	5:08.02	___:___:___
6	Ana Catarina Monteiro	93	Vilacondense	5:12.82	___:___:___
DNS	7 Maria Ana Magalhaes	93	Desportiva Limiana	5:18.70	___:___:___
	8 Maria Beatriz Rascao	96	Nautico/Matobra	5:26.60	___:___:___

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Heat 5 of 6

1	Ines Joao Costa	95	Braga	5:20.57	__ : __ . __
2	Filipa Maria Rompante	95	Famalicao	5:14.18	__ : __ . __
3	Catarina Tiago Nunes	95	Uniao Piedense	5:09.32	__ : __ . __
4	Maria Miguel Veloso	93	Nautico/Matobra	5:01.62	__ : __ . __
5	Victoriya Kaminskaya	95	Pimpoes/Cimai	5:05.73	__ : __ . __
6	Angelica Maria Andre	94	Leixoes	5:11.24	__ : __ . __
7	Joana Dias Santos	96	Uniao Piedense	5:18.31	__ : __ . __
8	Bruna Leal Dantas	96	Sporting	5:25.58	__ : __ . __

Heat 6 of 6

1	Sara Cristiana Valente	96	Alcobaca	5:18.90	__ : __ . __
2	Mafalda Jotta Garcia	94	Alges	5:14.10	__ : __ . __
3	Ana Beatriz Pereira	91	Louletano/Loule Concelho	5:08.35	__ : __ . __
4	Marta Pereira Abreu	92	Natacao de Faro	4:57.77	__ : __ . __
5	Diana Ramos Rocha	94	Vilacondense	5:02.91	__ : __ . __
6	Lara Santana Pinheiro	92	Belenenses	5:10.72	__ : __ . __
7	Raquel Paulo Ranito	94	Sporting	5:17.61	__ : __ . __
8	Sofia Cunha Sousa	96	Foca	5:25.01	__ : __ . __