

Campeonatos Absolutos de Portugal PC  
Guarda, 10. - 12.12.2010

Prova 9 10-12-2010	Femin., 400m Estilos					Absolutos Resultados
Rec. Nac. 25m Absoluto	4:44.56	Nadia Morais Vieira	GESL	Leiria		04-12-2009
Rec. Nac. 25m Jun	4:51.07	Susana Patricia Miguel	SFUAP	Tomar		09-12-2005
Rec. Nac. 25m Sen	4:44.56	Nadia Morais Vieira	GESL	Leiria		04-12-2009
TAC - Fem Sen: 5:18.00; Jun2: 5:18.00; Jun1: 5:24.36						

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absolutos</b>							
1.	Marta Pereira Abreu	92	Porto/Dolce Vita	<b>4:54.72</b>	+0,87	694	
	50m: 31.09 31.09	150m: 1:44.99 36.46	250m: 3:03.04 42.10	350m: 4:21.16 35.35			
	100m: 1:08.53 37.44	200m: 2:20.94 35.95	300m: 3:45.81 42.77	400m: 4:54.72 33.56			
2.	Diana Margarida Duraes	96	Foca	<b>4:55.09</b>	+0,79	692	
	50m: 30.41 30.41	150m: 1:45.01 38.15	250m: 3:05.37 42.47	350m: 4:22.45 34.52			
	100m: 1:06.86 36.45	200m: 2:22.90 37.89	300m: 3:47.93 42.56	400m: 4:55.09 32.64			
3.	Maria Carolina Rosa	94	Sporting	<b>4:56.91</b>	+0,79	679	
	50m: 30.61 30.61	150m: 1:45.25 39.35	250m: 3:04.62 40.59	350m: 4:22.37 36.15			
	100m: 1:05.90 35.29	200m: 2:24.03 38.78	300m: 3:46.22 41.60	400m: 4:56.91 34.54			
4.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:58.17</b>	+0,86	671	
	50m: 31.43 31.43	150m: 1:46.39 38.30	250m: 3:05.44 41.16	350m: 4:22.93 34.94			
	100m: 1:08.09 36.66	200m: 2:24.28 37.89	300m: 3:47.99 42.55	400m: 4:58.17 35.24			
5.	Angelica Maria Andre	94	Leixoes	<b>4:58.19</b>	+0,90	670	
	50m: 30.81 30.81	150m: 1:45.85 39.42	250m: 3:07.39 42.89	350m: 4:25.04 34.38			
	100m: 1:06.43 35.62	200m: 2:24.50 38.65	300m: 3:50.66 43.27	400m: 4:58.19 33.15			
6.	Ana Marta Miranda	96	Uniao Piedense	<b>5:01.80</b>	+0,96	647	
	50m: 31.48 31.48	150m: 1:46.84 39.06	250m: 3:07.28 42.71	350m: 4:26.83 35.74			
	100m: 1:07.78 36.30	200m: 2:24.57 37.73	300m: 3:51.09 43.81	400m: 5:01.80 34.97			
7.	Diana Ramos Rocha	94	Desportiva de Viana	<b>5:02.51</b>	+0,82	642	
	50m: 32.11 32.11	150m: 1:46.65 37.97	250m: 3:07.01 43.65	350m: 4:27.99 35.75			
	100m: 1:08.68 36.57	200m: 2:23.36 36.71	300m: 3:52.24 45.23	400m: 5:02.51 34.52			
8.	Catarina Tiago Nunes	95	Uniao Piedense	<b>5:06.28</b>	+0,85	619	
	50m: 31.63 31.63	150m: 1:48.20 39.14	250m: 3:10.10 43.46	350m: 4:31.90 37.06			
	100m: 1:09.06 37.43	200m: 2:26.64 38.44	300m: 3:54.84 44.74	400m: 5:06.28 34.38			
9.	Patricia Garcia Marinho	94	Sporting	<b>5:06.54</b>	+0,85	617	
	50m: 31.78 31.78	150m: 1:48.17 40.18	250m: 3:12.07 44.59	350m: 4:32.32 35.14			
	100m: 1:07.99 36.21	200m: 2:27.48 39.31	300m: 3:57.18 45.11	400m: 5:06.54 34.22			
10.	Ana Filipa Carmo	93	Colegio Vasco da Gama	<b>5:10.98</b>	+0,91	591	
	50m: 32.38 32.38	150m: 1:49.33 40.06	250m: 3:14.12 44.58	350m: 4:36.01 36.78			
	100m: 1:09.27 36.89	200m: 2:29.54 40.21	300m: 3:59.23 45.11	400m: 5:10.98 34.97			
11.	Rute Margarida Marques	94	Amadora	<b>5:11.34</b>	+1,03	589	
	50m: 33.65 33.65	150m: 1:52.69 39.43	250m: 3:15.03 42.67	350m: 4:36.71 37.38			
	100m: 1:13.26 39.61	200m: 2:32.36 39.67	300m: 3:59.33 44.30	400m: 5:11.34 34.63			
12.	Leonor Mourinho Neves	95	Sporting	<b>5:11.50</b>	+0,85	588	
	50m: 32.28 32.28	150m: 1:50.86 40.71	250m: 3:14.76 44.04	350m: 4:37.40 36.84			
	100m: 1:10.15 37.87	200m: 2:30.72 39.86	300m: 4:00.56 45.80	400m: 5:11.50 34.10			
13.	Mara Lisboa e Silva	93	Bairro dos Anjos/Mr.Pizza	<b>5:11.57</b>	+0,94	588	
	50m: 32.68 32.68	150m: 1:49.20 39.39	250m: 3:13.65 45.80	350m: 4:36.67 35.99			
	100m: 1:09.81 37.13	200m: 2:27.85 38.65	300m: 4:00.68 47.03	400m: 5:11.57 34.90			

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Prova 9, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Raquel Paulo Ranito	94	Sporting	<b>5:14.22</b>	+0,85	573	
	50m: 32.52 32.52	150m: 1:50.74 40.35	250m: 3:17.17 45.40	350m: 4:38.84 36.83			
	100m: 1:10.39 37.87	200m: 2:31.77 41.03	300m: 4:02.01 44.84	400m: 5:14.22 35.38			
15.	Lara Santana Pinheiro	92	Uniao Piedense	<b>5:15.06</b>	+0,94	568	
	50m: 33.40 33.40	150m: 1:53.00 40.79	250m: 3:18.26 45.62	350m: 4:39.91 35.99			
	100m: 1:12.21 38.81	200m: 2:32.64 39.64	300m: 4:03.92 45.66	400m: 5:15.06 35.15			
16.	Ana Rita Cunha	94	Gespacos	<b>5:15.52</b>	+0,97	566	
	50m: 33.41 33.41	150m: 1:51.87 40.57	250m: 3:15.78 43.57	350m: 4:38.45 37.83			
	100m: 1:11.30 37.89	200m: 2:32.21 40.34	300m: 4:00.62 44.84	400m: 5:15.52 37.07			
17.	Adriana Correia Lopes	95	Nautico/Matobra	<b>5:17.47</b>	+1,00	555	
	50m: 33.53 33.53	150m: 1:51.62 39.92	250m: 3:18.15 47.38	350m: 4:41.62 36.82			
	100m: 1:11.70 38.17	200m: 2:30.77 39.15	300m: 4:04.80 46.65	400m: 5:17.47 35.85			
18.	Filipa Maria Rompante	95	Famalicao	<b>5:17.82</b>	+0,93	554	
	50m: 33.37 33.37	150m: 1:51.85 39.79	250m: 3:17.42 46.39	350m: 4:40.93 37.06			
	100m: 1:12.06 38.69	200m: 2:31.03 39.18	300m: 4:03.87 46.45	400m: 5:17.82 36.89			
19.	Ana Filipa Goncalves	92	Ancorensis/Serralharia Ribeiro	<b>5:20.41</b>	+0,98	540	
	<i>FTL</i>						
	50m: 33.35 33.35	150m: 1:53.25 41.83	250m: 3:20.26 46.80	350m: 4:44.15 36.94			
	100m: 1:11.42 38.07	200m: 2:33.46 40.21	300m: 4:07.21 46.95	400m: 5:20.41 36.26			
20.	Ines Joao Costa	95	Braga	<b>5:22.86</b>	+0,87	528	
	<i>FTL</i>						
	50m: 34.37 34.37	150m: 1:54.48 41.00	250m: 3:21.80 46.13	350m: 4:46.12 36.81			
	100m: 1:13.48 39.11	200m: 2:35.67 41.19	300m: 4:09.31 47.51	400m: 5:22.86 36.74			
21.	Sofia Cunha Sousa	96	Foca	<b>5:25.01</b>	+0,93	518	
	<i>FTL</i>						
	50m: 35.84 35.84	150m: 1:58.11 41.59	250m: 3:25.38 45.77	350m: 4:48.96 37.08			
	100m: 1:16.52 40.68	200m: 2:39.61 41.50	300m: 4:11.88 46.50	400m: 5:25.01 36.05			
22.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:25.44</b>	+1,03	516	
	<i>FTL</i>						
	50m: 35.39 35.39	150m: 1:55.82 41.09	250m: 3:23.07 46.50	350m: 4:48.30 36.61			
	100m: 1:14.73 39.34	200m: 2:36.57 40.75	300m: 4:11.69 48.62	400m: 5:25.44 37.14			
23.	Bruna Leal Dantas	96	Sporting	<b>5:27.01</b>	+0,91	508	
	<i>FTL</i>						
	50m: 33.61 33.61	150m: 1:57.44 43.70	250m: 3:27.96 47.65	350m: 4:50.77 36.99			
	100m: 1:13.74 40.13	200m: 2:40.31 42.87	300m: 4:13.78 45.82	400m: 5:27.01 36.24			
24.	Carla Rosario Palma	96	Alcobaca	<b>5:28.66</b>	+0,87	501	
	<i>FTL</i>						
	50m: 33.99 33.99	150m: 1:55.17 41.99	250m: 3:26.22 48.92	350m: 4:52.38 36.75			
	100m: 1:13.18 39.19	200m: 2:37.30 42.13	300m: 4:15.63 49.41	400m: 5:28.66 36.28			
25.	Ana Isabel Neves	96	Pimpoes/Cimai	<b>5:33.24</b>	+0,95	480	
	<i>FTL</i>						
	50m: 35.21 35.21	150m: 1:55.92 41.66	250m: 3:26.84 50.12	350m: 4:56.39 37.84			
	100m: 1:14.26 39.05	200m: 2:36.72 40.80	300m: 4:18.55 51.71	400m: 5:33.24 36.85			
26.	Ana Margarida Rodrigues	96	Galitos	<b>5:34.52</b>	+0,79	475	
	<i>FTL</i>						
	50m: 33.81 33.81	150m: 1:56.27 41.96	250m: 3:26.42 47.77	350m: 4:55.19 39.50			
	100m: 1:14.31 40.50	200m: 2:38.65 42.38	300m: 4:15.69 49.27	400m: 5:34.52 39.33			

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Prova 9, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Soraia Vanessa Ribeiro	92	Gespacos		+0,99		
	<i>719 - Toque alternado na viragem aos 250 m – SW 7.6</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Seniores

1.	Marta Pereira Abreu	92	Porto/Dolce Vita	<b>4:54.72</b>	+0,87	694	
	50m: 31.09 31.09	150m: 1:44.99 36.46	250m: 3:03.04 42.10	350m: 4:21.16 35.35			
	100m: 1:08.53 37.44	200m: 2:20.94 35.95	300m: 3:45.81 42.77	400m: 4:54.72 33.56			
2.	Maria Carolina Rosa	94	Sporting	<b>4:56.91</b>	+0,79	679	
	50m: 30.61 30.61	150m: 1:45.25 39.35	250m: 3:04.62 40.59	350m: 4:22.37 36.15			
	100m: 1:05.90 35.29	200m: 2:24.03 38.78	300m: 3:46.22 41.60	400m: 4:56.91 34.54			
3.	Angelica Maria Andre	94	Leixoes	<b>4:58.19</b>	+0,90	670	
	50m: 30.81 30.81	150m: 1:45.85 39.42	250m: 3:07.39 42.89	350m: 4:25.04 34.38			
	100m: 1:06.43 35.62	200m: 2:24.50 38.65	300m: 3:50.66 43.27	400m: 4:58.19 33.15			
4.	Diana Ramos Rocha	94	Desportiva de Viana	<b>5:02.51</b>	+0,82	642	
	50m: 32.11 32.11	150m: 1:46.65 37.97	250m: 3:07.01 43.65	350m: 4:27.99 35.75			
	100m: 1:08.68 36.57	200m: 2:23.36 36.71	300m: 3:52.24 45.23	400m: 5:02.51 34.52			
5.	Patricia Garcia Marinho	94	Sporting	<b>5:06.54</b>	+0,85	617	
	50m: 31.78 31.78	150m: 1:48.17 40.18	250m: 3:12.07 44.59	350m: 4:32.32 35.14			
	100m: 1:07.99 36.21	200m: 2:27.48 39.31	300m: 3:57.18 45.11	400m: 5:06.54 34.22			
6.	Ana Filipa Carmo	93	Colegio Vasco da Gama	<b>5:10.98</b>	+0,91	591	
	50m: 32.38 32.38	150m: 1:49.33 40.06	250m: 3:14.12 44.58	350m: 4:36.01 36.78			
	100m: 1:09.27 36.89	200m: 2:29.54 40.21	300m: 3:59.23 45.11	400m: 5:10.98 34.97			
7.	Rute Margarida Marques	94	Amadora	<b>5:11.34</b>	+1,03	589	
	50m: 33.65 33.65	150m: 1:52.69 39.43	250m: 3:15.03 42.67	350m: 4:36.71 37.38			
	100m: 1:13.26 39.61	200m: 2:32.36 39.67	300m: 3:59.33 44.30	400m: 5:11.34 34.63			
8.	Mara Lisboa e Silva	93	Bairro dos Anjos/Mr.Pizza	<b>5:11.57</b>	+0,94	588	
	50m: 32.68 32.68	150m: 1:49.20 39.39	250m: 3:13.65 45.80	350m: 4:36.67 35.99			
	100m: 1:09.81 37.13	200m: 2:27.85 38.65	300m: 4:00.68 47.03	400m: 5:11.57 34.90			
9.	Raquel Paulo Ranito	94	Sporting	<b>5:14.22</b>	+0,85	573	
	50m: 32.52 32.52	150m: 1:50.74 40.35	250m: 3:17.17 45.40	350m: 4:38.84 36.83			
	100m: 1:10.39 37.87	200m: 2:31.77 41.03	300m: 4:02.01 44.84	400m: 5:14.22 35.38			
10.	Lara Santana Pinheiro	92	Uniao Piedense	<b>5:15.06</b>	+0,94	568	
	50m: 33.40 33.40	150m: 1:53.00 40.79	250m: 3:18.26 45.62	350m: 4:39.91 35.99			
	100m: 1:12.21 38.81	200m: 2:32.64 39.64	300m: 4:03.92 45.66	400m: 5:15.06 35.15			
11.	Ana Rita Cunha	94	Gespacos	<b>5:15.52</b>	+0,97	566	
	50m: 33.41 33.41	150m: 1:51.87 40.57	250m: 3:15.78 43.57	350m: 4:38.45 37.83			
	100m: 1:11.30 37.89	200m: 2:32.21 40.34	300m: 4:00.62 44.84	400m: 5:15.52 37.07			
12.	Ana Filipa Goncalves	92	Ancorensis/Serralharia Ribeiro	<b>5:20.41</b>	+0,98	540	
	<i>FTL</i>						
	50m: 33.35 33.35	150m: 1:53.25 41.83	250m: 3:20.26 46.80	350m: 4:44.15 36.94			
	100m: 1:11.42 38.07	200m: 2:33.46 40.21	300m: 4:07.21 46.95	400m: 5:20.41 36.26			

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Prova 9, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Soraia Vanessa Ribeiro	92	Gespacos		+0,99		
	<i>719 - Toque alternado na viragem aos 250 m – SW 7.6</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Juniores2

1.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:58.17</b>	+0,86	671	
	50m: 31.43 31.43	150m: 1:46.39 38.30	250m: 3:05.44 41.16	350m: 4:22.93 34.94			
	100m: 1:08.09 36.66	200m: 2:24.28 37.89	300m: 3:47.99 42.55	400m: 4:58.17 35.24			
2.	Catarina Tiago Nunes	95	Uniao Piedense	<b>5:06.28</b>	+0,85	619	
	50m: 31.63 31.63	150m: 1:48.20 39.14	250m: 3:10.10 43.46	350m: 4:31.90 37.06			
	100m: 1:09.06 37.43	200m: 2:26.64 38.44	300m: 3:54.84 44.74	400m: 5:06.28 34.38			
3.	Leonor Mourinho Neves	95	Sporting	<b>5:11.50</b>	+0,85	588	
	50m: 32.28 32.28	150m: 1:50.86 40.71	250m: 3:14.76 44.04	350m: 4:37.40 36.84			
	100m: 1:10.15 37.87	200m: 2:30.72 39.86	300m: 4:00.56 45.80	400m: 5:11.50 34.10			
4.	Adriana Correia Lopes	95	Nautico/Matobra	<b>5:17.47</b>	+1,00	555	
	50m: 33.53 33.53	150m: 1:51.62 39.92	250m: 3:18.15 47.38	350m: 4:41.62 36.82			
	100m: 1:11.70 38.17	200m: 2:30.77 39.15	300m: 4:04.80 46.65	400m: 5:17.47 35.85			
5.	Filipa Maria Rompante	95	Famalicao	<b>5:17.82</b>	+0,93	554	
	50m: 33.37 33.37	150m: 1:51.85 39.79	250m: 3:17.42 46.39	350m: 4:40.93 37.06			
	100m: 1:12.06 38.69	200m: 2:31.03 39.18	300m: 4:03.87 46.45	400m: 5:17.82 36.89			
6.	Ines Joao Costa	95	Braga	<b>5:22.86</b>	+0,87	528	
	<i>FTL</i>						
	50m: 34.37 34.37	150m: 1:54.48 41.00	250m: 3:21.80 46.13	350m: 4:46.12 36.81			
	100m: 1:13.48 39.11	200m: 2:35.67 41.19	300m: 4:09.31 47.51	400m: 5:22.86 36.74			

Juniores1

1.	Diana Margarida Duraes	96	Foca	<b>4:55.09</b>	+0,79	692	
	50m: 30.41 30.41	150m: 1:45.01 38.15	250m: 3:05.37 42.47	350m: 4:22.45 34.52			
	100m: 1:06.86 36.45	200m: 2:22.90 37.89	300m: 3:47.93 42.56	400m: 4:55.09 32.64			
2.	Ana Marta Miranda	96	Uniao Piedense	<b>5:01.80</b>	+0,96	647	
	50m: 31.48 31.48	150m: 1:46.84 39.06	250m: 3:07.28 42.71	350m: 4:26.83 35.74			
	100m: 1:07.78 36.30	200m: 2:24.57 37.73	300m: 3:51.09 43.81	400m: 5:01.80 34.97			
3.	Sofia Cunha Sousa	96	Foca	<b>5:25.01</b>	+0,93	518	
	<i>FTL</i>						
	50m: 35.84 35.84	150m: 1:58.11 41.59	250m: 3:25.38 45.77	350m: 4:48.96 37.08			
	100m: 1:16.52 40.68	200m: 2:39.61 41.50	300m: 4:11.88 46.50	400m: 5:25.01 36.05			
4.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:25.44</b>	+1,03	516	
	<i>FTL</i>						
	50m: 35.39 35.39	150m: 1:55.82 41.09	250m: 3:23.07 46.50	350m: 4:48.30 36.61			
	100m: 1:14.73 39.34	200m: 2:36.57 40.75	300m: 4:11.69 48.62	400m: 5:25.44 37.14			
5.	Bruna Leal Dantas	96	Sporting	<b>5:27.01</b>	+0,91	508	
	<i>FTL</i>						
	50m: 33.61 33.61	150m: 1:57.44 43.70	250m: 3:27.96 47.65	350m: 4:50.77 36.99			
	100m: 1:13.74 40.13	200m: 2:40.31 42.87	300m: 4:13.78 45.82	400m: 5:27.01 36.24			

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Prova 9, Femin., 400m Estilos, Juniores1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Carla Rosario Palma <i>FTL</i>	96	Alcobaca	<b>5:28.66</b>	+0,87	501	
	50m: 33.99 33.99	150m: 1:55.17 41.99	250m: 3:26.22 48.92	350m: 4:52.38 36.75			
	100m: 1:13.18 39.19	200m: 2:37.30 42.13	300m: 4:15.63 49.41	400m: 5:28.66 36.28			
7.	Ana Isabel Neves <i>FTL</i>	96	Pimpoes/Cimai	<b>5:33.24</b>	+0,95	480	
	50m: 35.21 35.21	150m: 1:55.92 41.66	250m: 3:26.84 50.12	350m: 4:56.39 37.84			
	100m: 1:14.26 39.05	200m: 2:36.72 40.80	300m: 4:18.55 51.71	400m: 5:33.24 36.85			
8.	Ana Margarida Rodrigues <i>FTL</i>	96	Galitos	<b>5:34.52</b>	+0,79	475	
	50m: 33.81 33.81	150m: 1:56.27 41.96	250m: 3:26.42 47.77	350m: 4:55.19 39.50			
	100m: 1:14.31 40.50	200m: 2:38.65 42.38	300m: 4:15.69 49.27	400m: 5:34.52 39.33			