

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Event 16 Women, 400m Medley Open
05-08-2011 Results Finals

Rec Nac Open	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011
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	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Sen	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011

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

Points: FINA 2011

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
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Open

Final A

1.	Lucy Spencer	93	Co Sheffield	4:52.99	+0,78	777	
	50m: 30.72 30.72	150m: 1:44.65 38.51	250m: 3:04.07 42.01	350m: 4:20.28	33.01		
	100m: 1:06.14 35.42	200m: 2:22.06 37.41	300m: 3:47.27 43.20	400m: 4:52.99	32.71		
2.	Diana Margarida Duraes	96	Foca	4:58.08	+0,84	738	
	50m: 31.73 31.73	150m: 1:47.57 38.90	250m: 3:09.15 42.53	350m: 4:25.71	33.88		
	100m: 1:08.67 36.94	200m: 2:26.62 39.05	300m: 3:51.83 42.68	400m: 4:58.08	32.37		
3.	Marta Pereira Abreu	92	Porto/Dolce Vita	4:59.77	+0,82	726	
	50m: 32.67 32.67	150m: 1:47.57 38.42	250m: 3:07.58 42.43	350m: 4:26.28	35.21		
	100m: 1:09.15 36.48	200m: 2:25.15 37.58	300m: 3:51.07 43.49	400m: 4:59.77	33.49		
4.	Angelica Maria Andre	94	Leixoes	4:59.84	+0,78	725	
	50m: 31.14 31.14	150m: 1:46.50 40.18	250m: 3:10.07 43.82	350m: 4:28.34	33.98		
	100m: 1:06.32 35.18	200m: 2:26.25 39.75	300m: 3:54.36 44.29	400m: 4:59.84	31.50		
5.	Maria Carolina Rosa	94	Sporting	5:04.48	+0,81	693	
	50m: 31.06 31.06	150m: 1:47.59 41.22	250m: 3:09.55 41.97	350m: 4:29.04	36.39		
	100m: 1:06.37 35.31	200m: 2:27.58 39.99	300m: 3:52.65 43.10	400m: 5:04.48	35.44		
6.	Victoria Kaminskaya	95	Pimpoes/Cimai	5:04.97	+0,78	689	
	50m: 31.87 31.87	150m: 1:47.26 39.79	250m: 3:10.06 43.68	350m: 4:29.02	36.56		
	100m: 1:07.47 35.60	200m: 2:26.38 39.12	300m: 3:52.46 42.40	400m: 5:04.97	35.95		
7.	Emilie James	96	Swim Wales	5:06.10	+0,82	682	
	50m: 32.80 32.80	150m: 1:47.49 37.44	250m: 3:09.81 45.23	350m: 4:30.92	35.50		
	100m: 1:10.05 37.25	200m: 2:24.58 37.09	300m: 3:55.42 45.61	400m: 5:06.10	35.18		
8.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:10.33	+0,95	654	
	50m: 32.74 32.74	150m: 1:52.17 41.45	250m: 3:16.34 43.25	350m: 4:35.51	35.25		
	100m: 1:10.72 37.98	200m: 2:33.09 40.92	300m: 4:00.26 43.92	400m: 5:10.33	34.82		

Final B

9.	Sarah Mommers	94	Vilacondense	5:06.81	+0,84	677	
	50m: 33.12 33.12	150m: 1:52.34 41.10	250m: 3:16.31 45.22	350m: 4:34.97	33.36		
	100m: 1:11.24 38.12	200m: 2:31.09 38.75	300m: 4:01.61 45.30	400m: 5:06.81	31.84		
10.	Ana Catarina Monteiro	93	Vilacondense	5:06.88	+0,74	676	
	50m: 31.50 31.50	150m: 1:46.62 40.44	250m: 3:13.05 47.43	350m: 4:34.41	35.15		
	100m: 1:06.18 34.68	200m: 2:25.62 39.00	300m: 3:59.26 46.21	400m: 5:06.88	32.47		
11.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	5:07.70	+0,71	671	
	50m: 31.61 31.61	150m: 1:50.55 42.51	250m: 3:14.31 42.07	350m: 4:32.77	35.44		
	100m: 1:08.04 36.43	200m: 2:32.24 41.69	300m: 3:57.33 43.02	400m: 5:07.70	34.93		

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Event 16, Women, 400m Medley, Final, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
12.	Ana Marta Miranda	96	Uniao Piedense	5:08.29	+0,87	667	
	50m: 31.56 31.56	150m: 1:49.50 40.61	250m: 3:12.12 43.54	350m: 4:33.24 36.67			
	100m: 1:08.89 37.33	200m: 2:28.58 39.08	300m: 3:56.57 44.45	400m: 5:08.29 35.05			
13.	Raquel Paulo Ranito	94	Sporting	5:08.41	+0,85	666	
	50m: 32.23 32.23	150m: 1:48.99 39.46	250m: 3:13.63 45.50	350m: 4:34.59 35.85			
	100m: 1:09.53 37.30	200m: 2:28.13 39.14	300m: 3:58.74 45.11	400m: 5:08.41 33.82			
14.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:10.19	+0,90	655	
	50m: 32.51 32.51	150m: 1:51.77 40.62	250m: 3:15.86 44.01	350m: 4:35.59 35.25			
	100m: 1:11.15 38.64	200m: 2:31.85 40.08	300m: 4:00.34 44.48	400m: 5:10.19 34.60			
15.	Joana Dias Santos	96	Uniao Piedense	5:14.80	+0,91	627	
	50m: 33.46 33.46	150m: 1:54.94 41.81	250m: 3:17.87 41.29	350m: 4:38.41 37.02			
	100m: 1:13.13 39.67	200m: 2:36.58 41.64	300m: 4:01.39 43.52	400m: 5:14.80 36.39			
16.	Helena Paula Carvalho	95	Uniao Piedense	5:16.52	+0,71	616	
	50m: 32.49 32.49	150m: 1:51.72 40.64	250m: 3:18.30 47.45	350m: 4:42.01 35.94			
	100m: 1:11.08 38.59	200m: 2:30.85 39.13	300m: 4:06.07 47.77	400m: 5:16.52 34.51			

Absolutos

Final A

1.	Diana Margarida Duraes	96	Foca	4:58.08	+0,84	738	
	50m: 31.73 31.73	150m: 1:47.57 38.90	250m: 3:09.15 42.53	350m: 4:25.71 33.88			
	100m: 1:08.67 36.94	200m: 2:26.62 39.05	300m: 3:51.83 42.68	400m: 4:58.08 32.37			
2.	Marta Pereira Abreu	92	Porto/Dolce Vita	4:59.77	+0,82	726	
	50m: 32.67 32.67	150m: 1:47.57 38.42	250m: 3:07.58 42.43	350m: 4:26.28 35.21			
	100m: 1:09.15 36.48	200m: 2:25.15 37.58	300m: 3:51.07 43.49	400m: 4:59.77 33.49			
3.	Angelica Maria Andre	94	Leixoes	4:59.84	+0,78	725	
	50m: 31.14 31.14	150m: 1:46.50 40.18	250m: 3:10.07 43.82	350m: 4:28.34 33.98			
	100m: 1:06.32 35.18	200m: 2:26.25 39.75	300m: 3:54.36 44.29	400m: 4:59.84 31.50			
4.	Maria Carolina Rosa	94	Sporting	5:04.48	+0,81	693	
	50m: 31.06 31.06	150m: 1:47.59 41.22	250m: 3:09.55 41.97	350m: 4:29.04 36.39			
	100m: 1:06.37 35.31	200m: 2:27.58 39.99	300m: 3:52.65 43.10	400m: 5:04.48 35.44			
5.	Victoria Kaminskaya	95	Pimpoes/Cimai	5:04.97	+0,78	689	
	50m: 31.87 31.87	150m: 1:47.26 39.79	250m: 3:10.06 43.68	350m: 4:29.02 36.56			
	100m: 1:07.47 35.60	200m: 2:26.38 39.12	300m: 3:52.46 42.40	400m: 5:04.97 35.95			
6.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:10.33	+0,95	654	
	50m: 32.74 32.74	150m: 1:52.17 41.45	250m: 3:16.34 43.25	350m: 4:35.51 35.25			
	100m: 1:10.72 37.98	200m: 2:33.09 40.92	300m: 4:00.26 43.92	400m: 5:10.33 34.82			

Final B

9.	Ana Catarina Monteiro	93	Vilacondense	5:06.88	+0,74	676	
	50m: 31.50 31.50	150m: 1:46.62 40.44	250m: 3:13.05 47.43	350m: 4:34.41 35.15			
	100m: 1:06.18 34.68	200m: 2:25.62 39.00	300m: 3:59.26 46.21	400m: 5:06.88 32.47			
10.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	5:07.70	+0,71	671	
	50m: 31.61 31.61	150m: 1:50.55 42.51	250m: 3:14.31 42.07	350m: 4:32.77 35.44			
	100m: 1:08.04 36.43	200m: 2:32.24 41.69	300m: 3:57.33 43.02	400m: 5:07.70 34.93			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
11.	Ana Marta Miranda	96	Uniao Piedense	5:08.29	+0,87	667	
	50m: 31.56 31.56	150m: 1:49.50 40.61	250m: 3:12.12 43.54	350m: 4:33.24 36.67			
	100m: 1:08.89 37.33	200m: 2:28.58 39.08	300m: 3:56.57 44.45	400m: 5:08.29 35.05			
12.	Raquel Paulo Ranito	94	Sporting	5:08.41	+0,85	666	
	50m: 32.23 32.23	150m: 1:48.99 39.46	250m: 3:13.63 45.50	350m: 4:34.59 35.85			
	100m: 1:09.53 37.30	200m: 2:28.13 39.14	300m: 3:58.74 45.11	400m: 5:08.41 33.82			
13.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:10.19	+0,90	655	
	50m: 32.51 32.51	150m: 1:51.77 40.62	250m: 3:15.86 44.01	350m: 4:35.59 35.25			
	100m: 1:11.15 38.64	200m: 2:31.85 40.08	300m: 4:00.34 44.48	400m: 5:10.19 34.60			
14.	Joana Dias Santos	96	Uniao Piedense	5:14.80	+0,91	627	
	50m: 33.46 33.46	150m: 1:54.94 41.81	250m: 3:17.87 41.29	350m: 4:38.41 37.02			
	100m: 1:13.13 39.67	200m: 2:36.58 41.64	300m: 4:01.39 43.52	400m: 5:14.80 36.39			
15.	Helena Paula Carvalho	95	Uniao Piedense	5:16.52	+0,71	616	
	50m: 32.49 32.49	150m: 1:51.72 40.64	250m: 3:18.30 47.45	350m: 4:42.01 35.94			
	100m: 1:11.08 38.59	200m: 2:30.85 39.13	300m: 4:06.07 47.77	400m: 5:16.52 34.51			