

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

Event 16 Women, 400m Medley Open
05-08-2011 - 9:50 Results Prelim

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
Open							
1.	Lucy Spencer	93	Co Sheffield	4:53.91	+0,87	770	A
	50m: 31.21 31.21	150m: 1:44.73 38.49	250m: 3:04.67 42.33	350m: 4:21.43 33.79			
	100m: 1:06.24 35.03	200m: 2:22.34 37.61	300m: 3:47.64 42.97	400m: 4:53.91 32.48			
2.	Marta Pereira Abreu	92	Porto/Dolce Vita	5:03.13	+0,81	702	A
	50m: 32.42 32.42	150m: 1:47.67 38.02	250m: 3:06.41 42.25	350m: 4:27.04 37.33			
	100m: 1:09.65 37.23	200m: 2:24.16 36.49	300m: 3:49.71 43.30	400m: 5:03.13 36.09			
3.	Angelica Maria Andre	94	Leixoes	5:04.87	+0,79	690	A
	50m: 31.60 31.60	150m: 1:48.55 41.48	250m: 3:12.10 43.96	350m: 4:31.30 35.22			
	100m: 1:07.07 35.47	200m: 2:28.14 39.59	300m: 3:56.08 43.98	400m: 5:04.87 33.57			
4.	Emilie James	96	Swim Wales	5:04.94	+0,76	689	A
	50m: 32.66 32.66	150m: 1:46.65 36.83	250m: 3:09.81 45.83	350m: 4:31.52 35.87			
	100m: 1:09.82 37.16	200m: 2:23.98 37.33	300m: 3:55.65 45.84	400m: 5:04.94 33.42			
5.	Victoria Kaminskaya	95	Pimpoes/Cimai	5:05.75	+0,82	684	A
	50m: 32.61 32.61	150m: 1:48.70 39.21	250m: 3:10.35 42.65	350m: 4:30.12 36.60			
	100m: 1:09.49 36.88	200m: 2:27.70 39.00	300m: 3:53.52 43.17	400m: 5:05.75 35.63			
6.	Diana Margarida Duraes	96	Foca	5:07.38	+0,83	673	A
	50m: 31.92 31.92	150m: 1:47.86 39.00	250m: 3:12.72 45.79	350m: 4:33.55 35.77			
	100m: 1:08.86 36.94	200m: 2:26.93 39.07	300m: 3:57.78 45.06	400m: 5:07.38 33.83			
7.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:07.72	+0,94	671	A
	50m: 32.87 32.87	150m: 1:51.89 41.70	250m: 3:15.49 43.34	350m: 4:34.13 35.33			
	100m: 1:10.19 37.32	200m: 2:32.15 40.26	300m: 3:58.80 43.31	400m: 5:07.72 33.59			
8.	Maria Carolina Rosa	94	Sporting	5:08.21	+0,81	668	A
	50m: 31.31 31.31	150m: 1:47.47 40.75	250m: 3:10.65 43.33	350m: 4:32.20 37.38			
	100m: 1:06.72 35.41	200m: 2:27.32 39.85	300m: 3:54.82 44.17	400m: 5:08.21 36.01			
9.	Ana Marta Miranda	96	Uniao Piedense	5:11.27	+0,92	648	A
	50m: 31.90 31.90	150m: 1:48.76 40.16	250m: 3:12.04 44.33	350m: 4:34.86 37.49			
	100m: 1:08.60 36.70	200m: 2:27.71 38.95	300m: 3:57.37 45.33	400m: 5:11.27 36.41			
10.	Sarah Mommers	94	Vilacondense	5:11.58	+0,94	646	B
	50m: 33.54 33.54	150m: 1:54.14 41.70	250m: 3:19.22 45.66	350m: 4:39.24 33.75			
	100m: 1:12.44 38.90	200m: 2:33.56 39.42	300m: 4:05.49 46.27	400m: 5:11.58 32.34			
11.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	5:11.80	+0,75	645	A
	50m: 31.96 31.96	150m: 1:51.12 42.88	250m: 3:16.23 43.14	350m: 4:36.44 36.08			
	100m: 1:08.24 36.28	200m: 2:33.09 41.97	300m: 4:00.36 44.13	400m: 5:11.80 35.36			
12.	Ana Catarina Monteiro	93	Vilacondense	5:12.11	+0,82	643	R
	50m: 31.41 31.41	150m: 1:47.75 40.96	250m: 3:14.83 47.23	350m: 4:37.62 36.18			
	100m: 1:06.79 35.38	200m: 2:27.60 39.85	300m: 4:01.44 46.61	400m: 5:12.11 34.49			

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

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
13.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:12.13	+0,96	643	R
	50m: 33.18 33.18	150m: 1:52.55 40.45	250m: 3:17.68 45.08	350m: 4:37.63 35.76			
	100m: 1:12.10 38.92	200m: 2:32.60 40.05	300m: 4:01.87 44.19	400m: 5:12.13 34.50			
14.	Raquel Paulo Ranito	94	Sporting	5:12.29	+0,82	642	B
	50m: 31.78 31.78	150m: 1:49.59 40.05	250m: 3:15.57 45.84	350m: 4:38.12 36.21			
	100m: 1:09.54 37.76	200m: 2:29.73 40.14	300m: 4:01.91 46.34	400m: 5:12.29 34.17			
15.	Joana Dias Santos	96	Uniao Piedense	5:15.77	+0,92	621	B
	50m: 33.42 33.42	150m: 1:56.15 43.18	250m: 3:19.25 41.63	350m: 4:39.85 36.83			
	100m: 1:12.97 39.55	200m: 2:37.62 41.47	300m: 4:03.02 43.77	400m: 5:15.77 35.92			
16.	Helena Paula Carvalho	95	Uniao Piedense	5:17.72	+0,69	609	B
	50m: 32.48 32.48	150m: 1:52.40 41.21	250m: 3:19.30 47.63	350m: 4:43.60 36.04			
	100m: 1:11.19 38.71	200m: 2:31.67 39.27	300m: 4:07.56 48.26	400m: 5:17.72 34.12			
17.	Ines Joao Costa	95	Braga	5:20.22	+0,92	595	R
	<i>FTL</i>						
	50m: 33.41 33.41	150m: 1:55.23 41.82	250m: 3:21.59 44.99	350m: 4:44.35 36.38			
	100m: 1:13.41 40.00	200m: 2:36.60 41.37	300m: 4:07.97 46.38	400m: 5:20.22 35.87			
18.	Bruna Leal Dantas	96	Sporting	5:20.86	+0,77	592	R
	50m: 33.06 33.06	150m: 1:51.21 40.94	250m: 3:19.97 48.22	350m: 4:44.11 37.01			
	100m: 1:10.27 37.21	200m: 2:31.75 40.54	300m: 4:07.10 47.13	400m: 5:20.86 36.75			
19.	Sara Monteiro Meireles	97	Gespacos	5:22.71	+0,95	582	
	50m: 33.67 33.67	150m: 1:56.48 43.85	250m: 3:23.30 44.40	350m: 4:46.43 37.45			
	100m: 1:12.63 38.96	200m: 2:38.90 42.42	300m: 4:08.98 45.68	400m: 5:22.71 36.28			
20.	Filipa Vicente Custois	97	Benedita	5:23.90	+0,78	575	
	50m: 34.20 34.20	150m: 1:53.84 41.90	250m: 3:22.31 47.20	350m: 4:48.49 37.61			
	100m: 1:11.94 37.74	200m: 2:35.11 41.27	300m: 4:10.88 48.57	400m: 5:23.90 35.41			
21.	Ana Filipa Goncalves	92	Ancorensis/Serralharria Ribeir	5:24.28		573	
	<i>FTL</i>						
	50m: 33.46 33.46	150m: 1:54.73 42.18	250m: 3:24.18 47.40	350m: 4:47.90 36.25			
	100m: 1:12.55 39.09	200m: 2:36.78 42.05	300m: 4:11.65 47.47	400m: 5:24.28 36.38			
22.	Ines Filipa Borges	95	Alcobaca	5:25.58	+0,88	566	
	<i>FTL</i>						
	50m: 32.16 32.16	150m: 1:52.32 41.69	250m: 3:20.89 48.59	350m: 4:48.13 37.71			
	100m: 1:10.63 38.47	200m: 2:32.30 39.98	300m: 4:10.42 49.53	400m: 5:25.58 37.45			
23.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	5:25.68	+0,90	566	
	50m: 34.90 34.90	150m: 1:58.82 42.99	250m: 3:26.26 44.59	350m: 4:49.34 37.25			
	100m: 1:15.83 40.93	200m: 2:41.67 42.85	300m: 4:12.09 45.83	400m: 5:25.68 36.34			
24.	Ana Rita Cunha	94	Gespacos	5:26.07	+1,05	564	
	<i>FTL</i>						
	50m: 33.57 33.57	150m: 1:54.07 42.30	250m: 3:22.88 46.95	350m: 4:48.63 38.52			
	100m: 1:11.77 38.20	200m: 2:35.93 41.86	300m: 4:10.11 47.23	400m: 5:26.07 37.44			
25.	Filipa Maria Rompante	95	Famalicao	5:27.65	+0,91	556	
	<i>FTL</i>						
	50m: 34.59 34.59	150m: 1:57.07 43.61	250m: 3:25.56 46.72	350m: 4:50.52 37.89			
	100m: 1:13.46 38.87	200m: 2:38.84 41.77	300m: 4:12.63 47.07	400m: 5:27.65 37.13			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
26.	Bruna Elisabete Paulino	97	Alcobaca	5:28.19	+0,92	553	
	50m: 33.19 33.19	150m: 1:51.80 40.95	250m: 3:22.88 51.26	350m: 4:51.49	400m: 5:28.19	37.65	
	100m: 1:10.85 37.66	200m: 2:31.62 39.82	300m: 4:13.84 50.96			36.70	
27.	Rute Margarida Marques	94	Amadora	5:29.98	+0,88	544	
	<i>FTL</i>						
	50m: 34.26 34.26	150m: 1:58.25 42.75	250m: 3:26.23 44.44	350m: 4:52.61	400m: 5:29.98	38.76	
	100m: 1:15.50 41.24	200m: 2:41.79 43.54	300m: 4:13.85 47.62			37.37	
28.	Barbara Sofia Barata	97	Benfica	5:30.16	+0,81	543	
	50m: 33.95 33.95	150m: 1:57.71 43.75	250m: 3:25.82 46.28	350m: 4:52.61	400m: 5:30.16	38.99	
	100m: 1:13.96 40.01	200m: 2:39.54 41.83	300m: 4:13.62 47.80			37.55	
29.	Daniela Figueiredo Metelo	97	Nautico/Matobra	5:30.72	+0,80	540	
	50m: 34.66 34.66	150m: 1:56.91 42.17	250m: 3:27.45 48.74	350m: 4:54.96	400m: 5:30.72	37.34	
	100m: 1:14.74 40.08	200m: 2:38.71 41.80	300m: 4:17.62 50.17			35.76	
30.	Ana Filipa Carmo	93	Colegio Vasco da Gama	5:31.44	+0,89	537	
	<i>FTL</i>						
	50m: 33.61 33.61	150m: 1:56.22 43.10	250m: 3:27.63 47.96	350m: 4:54.16	400m: 5:31.44	38.21	
	100m: 1:13.12 39.51	200m: 2:39.67 43.45	300m: 4:15.95 48.32			37.28	
31.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	5:34.14	+0,96	524	
	50m: 34.82 34.82	150m: 1:58.80 42.47	250m: 3:28.30 48.99	350m: 4:57.22	400m: 5:34.14	38.24	
	100m: 1:16.33 41.51	200m: 2:39.31 40.51	300m: 4:18.98 50.68			36.92	
32.	Adriana Daniela Castro	97	Individual Norte de Portugal	5:34.49	+0,94	522	
	50m: 35.02 35.02	150m: 2:00.17 43.68	250m: 3:31.66 48.97	350m: 4:58.69	400m: 5:34.49	36.62	
	100m: 1:16.49 41.47	200m: 2:42.69 42.52	300m: 4:22.07 50.41			35.80	
33.	Cintia Mariana Fernandes	97	Academica de Coimbra	5:36.33	+0,77	514	
	50m: 34.39 34.39	150m: 1:57.07 41.67	250m: 3:28.39 50.04	350m: 4:59.04	400m: 5:36.33	41.61	
	100m: 1:15.40 41.01	200m: 2:38.35 41.28	300m: 4:17.43 49.04			37.29	
34.	Ines Silva Mendes	97	Nautico/Matobra	5:41.66	+0,95	490	
	50m: 34.80 34.80	150m: 2:00.31 44.61	250m: 3:34.44 50.13	350m: 5:03.93	400m: 5:41.66	38.46	
	100m: 1:15.70 40.90	200m: 2:44.31 44.00	300m: 4:25.47 51.03			37.73	
35.	Joana Crespo Domingues	97	Nautico da Marinha Grande	5:42.49	+0,92	486	
	<i>FTL</i>						
	50m: 36.74 36.74	150m: 2:05.33 45.27	250m: 3:37.85 48.32	350m: 5:05.61	400m: 5:42.49	39.79	
	100m: 1:20.06 43.32	200m: 2:49.53 44.20	300m: 4:25.82 47.97			36.88	
36.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeir	5:42.82	+1,01	485	
	<i>FTL</i>						
	50m: 33.79 33.79	150m: 2:00.48 45.76	250m: 3:37.20 51.76	350m: 5:07.02	400m: 5:42.82	37.71	
	100m: 1:14.72 40.93	200m: 2:45.44 44.96	300m: 4:29.31 52.11			35.80	
37.	Maria Beatriz Ribeiro	97	Natacao da Maia	5:48.74	+0,81	461	
	<i>FTL</i>						
	50m: 35.97 35.97	150m: 2:05.36 45.64	250m: 3:38.16 47.57	350m: 5:08.88	400m: 5:48.74	41.71	
	100m: 1:19.72 43.75	200m: 2:50.59 45.23	300m: 4:27.17 49.01			39.86	
38.	Ana Sofia Ramos	97	Fafe	5:51.12	+0,92	451	
	<i>FTL</i>						
	50m: 35.30 35.30	150m: 2:02.97 45.19	250m: 3:38.78 50.70	350m: 5:11.33	400m: 5:51.12	40.21	
	100m: 1:17.78 42.48	200m: 2:48.08 45.11	300m: 4:31.12 52.34			39.79	

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
DSQ	Barbara Marques Rodrigues	97	Alges		+0,93		
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Juvenis

1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:07.72	+0,94	671	A
	50m: 32.87 32.87	150m: 1:51.89 41.70	250m: 3:15.49 43.34	350m: 4:34.13 35.33			
	100m: 1:10.19 37.32	200m: 2:32.15 40.26	300m: 3:58.80 43.31	400m: 5:07.72 33.59			
2.	Sara Monteiro Meireles	97	Gespacos	5:22.71	+0,95	582	
	50m: 33.67 33.67	150m: 1:56.48 43.85	250m: 3:23.30 44.40	350m: 4:46.43 37.45			
	100m: 1:12.63 38.96	200m: 2:38.90 42.42	300m: 4:08.98 45.68	400m: 5:22.71 36.28			
3.	Filipa Vicente Custoias	97	Benedita	5:23.90	+0,78	575	
	50m: 34.20 34.20	150m: 1:53.84 41.90	250m: 3:22.31 47.20	350m: 4:48.49 37.61			
	100m: 1:11.94 37.74	200m: 2:35.11 41.27	300m: 4:10.88 48.57	400m: 5:23.90 35.41			
4.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	5:25.68	+0,90	566	
	50m: 34.90 34.90	150m: 1:58.82 42.99	250m: 3:26.26 44.59	350m: 4:49.34 37.25			
	100m: 1:15.83 40.93	200m: 2:41.67 42.85	300m: 4:12.09 45.83	400m: 5:25.68 36.34			
5.	Bruna Elisabete Paulino	97	Alcobaca	5:28.19	+0,92	553	
	50m: 33.19 33.19	150m: 1:51.80 40.95	250m: 3:22.88 51.26	350m: 4:51.49 37.65			
	100m: 1:10.85 37.66	200m: 2:31.62 39.82	300m: 4:13.84 50.96	400m: 5:28.19 36.70			
6.	Barbara Sofia Barata	97	Benfica	5:30.16	+0,81	543	
	50m: 33.95 33.95	150m: 1:57.71 43.75	250m: 3:25.82 46.28	350m: 4:52.61 38.99			
	100m: 1:13.96 40.01	200m: 2:39.54 41.83	300m: 4:13.62 47.80	400m: 5:30.16 37.55			
7.	Daniela Figueiredo Metelo	97	Nautico/Matobra	5:30.72	+0,80	540	
	50m: 34.66 34.66	150m: 1:56.91 42.17	250m: 3:27.45 48.74	350m: 4:54.96 37.34			
	100m: 1:14.74 40.08	200m: 2:38.71 41.80	300m: 4:17.62 50.17	400m: 5:30.72 35.76			
8.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	5:34.14	+0,96	524	
	50m: 34.82 34.82	150m: 1:58.80 42.47	250m: 3:28.30 48.99	350m: 4:57.22 38.24			
	100m: 1:16.33 41.51	200m: 2:39.31 40.51	300m: 4:18.98 50.68	400m: 5:34.14 36.92			
9.	Adriana Daniela Castro	97	Individual Norte de Portugal	5:34.49	+0,94	522	
	50m: 35.02 35.02	150m: 2:00.17 43.68	250m: 3:31.66 48.97	350m: 4:58.69 36.62			
	100m: 1:16.49 41.47	200m: 2:42.69 42.52	300m: 4:22.07 50.41	400m: 5:34.49 35.80			
10.	Cintia Mariana Fernandes	97	Academica de Coimbra	5:36.33	+0,77	514	
	50m: 34.39 34.39	150m: 1:57.07 41.67	250m: 3:28.39 50.04	350m: 4:59.04 41.61			
	100m: 1:15.40 41.01	200m: 2:38.35 41.28	300m: 4:17.43 49.04	400m: 5:36.33 37.29			
11.	Ines Silva Mendes	97	Nautico/Matobra	5:41.66	+0,95	490	
	50m: 34.80 34.80	150m: 2:00.31 44.61	250m: 3:34.44 50.13	350m: 5:03.93 38.46			
	100m: 1:15.70 40.90	200m: 2:44.31 44.00	300m: 4:25.47 51.03	400m: 5:41.66 37.73			
12.	Joana Crespo Domingues	97	Nautico da Marinha Grande	5:42.49	+0,92	486	
	<i>FTL</i>						
	50m: 36.74 36.74	150m: 2:05.33 45.27	250m: 3:37.85 48.32	350m: 5:05.61 39.79			
	100m: 1:20.06 43.32	200m: 2:49.53 44.20	300m: 4:25.82 47.97	400m: 5:42.49 36.88			

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Event 16, Girls, 400m Medley, Prelim, Juvenis

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
13.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeira	5:42.82	+1,01	485	
	<i>FTL</i>						
	50m: 33.79 33.79	150m: 2:00.48 45.76	250m: 3:37.20 51.76	350m: 5:07.02 37.71			
	100m: 1:14.72 40.93	200m: 2:45.44 44.96	300m: 4:29.31 52.11	400m: 5:42.82 35.80			
14.	Maria Beatriz Ribeiro	97	Natacao da Maia	5:48.74	+0,81	461	
	<i>FTL</i>						
	50m: 35.97 35.97	150m: 2:05.36 45.64	250m: 3:38.16 47.57	350m: 5:08.88 41.71			
	100m: 1:19.72 43.75	200m: 2:50.59 45.23	300m: 4:27.17 49.01	400m: 5:48.74 39.86			
15.	Ana Sofia Ramos	97	Fafe	5:51.12	+0,92	451	
	<i>FTL</i>						
	50m: 35.30 35.30	150m: 2:02.97 45.19	250m: 3:38.78 50.70	350m: 5:11.33 40.21			
	100m: 1:17.78 42.48	200m: 2:48.08 45.11	300m: 4:31.12 52.34	400m: 5:51.12 39.79			
DSQ	Barbara Marques Rodrigues	97	Alges		+0,93		
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Absolutos

1.	Marta Pereira Abreu	92	Porto/Dolce Vita	5:03.13	+0,81	702	A
	50m: 32.42 32.42	150m: 1:47.67 38.02	250m: 3:06.41 42.25	350m: 4:27.04 37.33			
	100m: 1:09.65 37.23	200m: 2:24.16 36.49	300m: 3:49.71 43.30	400m: 5:03.13 36.09			
2.	Angelica Maria Andre	94	Leixoes	5:04.87	+0,79	690	A
	50m: 31.60 31.60	150m: 1:48.55 41.48	250m: 3:12.10 43.96	350m: 4:31.30 35.22			
	100m: 1:07.07 35.47	200m: 2:28.14 39.59	300m: 3:56.08 43.98	400m: 5:04.87 33.57			
3.	Victoria Kaminskaya	95	Pimpoes/Cimai	5:05.75	+0,82	684	A
	50m: 32.61 32.61	150m: 1:48.70 39.21	250m: 3:10.35 42.65	350m: 4:30.12 36.60			
	100m: 1:09.49 36.88	200m: 2:27.70 39.00	300m: 3:53.52 43.17	400m: 5:05.75 35.63			
4.	Diana Margarida Duraes	96	Foca	5:07.38	+0,83	673	A
	50m: 31.92 31.92	150m: 1:47.86 39.00	250m: 3:12.72 45.79	350m: 4:33.55 35.77			
	100m: 1:08.86 36.94	200m: 2:26.93 39.07	300m: 3:57.78 45.06	400m: 5:07.38 33.83			
5.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:07.72	+0,94	671	A
	50m: 32.87 32.87	150m: 1:51.89 41.70	250m: 3:15.49 43.34	350m: 4:34.13 35.33			
	100m: 1:10.19 37.32	200m: 2:32.15 40.26	300m: 3:58.80 43.31	400m: 5:07.72 33.59			
6.	Maria Carolina Rosa	94	Sporting	5:08.21	+0,81	668	A
	50m: 31.31 31.31	150m: 1:47.47 40.75	250m: 3:10.65 43.33	350m: 4:32.20 37.38			
	100m: 1:06.72 35.41	200m: 2:27.32 39.85	300m: 3:54.82 44.17	400m: 5:08.21 36.01			
7.	Ana Marta Miranda	96	Uniao Piedense	5:11.27	+0,92	648	A
	50m: 31.90 31.90	150m: 1:48.76 40.16	250m: 3:12.04 44.33	350m: 4:34.86 37.49			
	100m: 1:08.60 36.70	200m: 2:27.71 38.95	300m: 3:57.37 45.33	400m: 5:11.27 36.41			
8.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	5:11.80	+0,75	645	A
	50m: 31.96 31.96	150m: 1:51.12 42.88	250m: 3:16.23 43.14	350m: 4:36.44 36.08			
	100m: 1:08.24 36.28	200m: 2:33.09 41.97	300m: 4:00.36 44.13	400m: 5:11.80 35.36			
9.	Ana Catarina Monteiro	93	Vilacondense	5:12.11	+0,82	643	R
	50m: 31.41 31.41	150m: 1:47.75 40.96	250m: 3:14.83 47.23	350m: 4:37.62 36.18			
	100m: 1:06.79 35.38	200m: 2:27.60 39.85	300m: 4:01.44 46.61	400m: 5:12.11 34.49			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
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Event 16, Women, 400m Medley, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
10.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:12.13	+0,96	643	R
	50m: 33.18 33.18	150m: 1:52.55 40.45	250m: 3:17.68 45.08	350m: 4:37.63 35.76			
	100m: 1:12.10 38.92	200m: 2:32.60 40.05	300m: 4:01.87 44.19	400m: 5:12.13 34.50			
11.	Raquel Paulo Ranito	94	Sporting	5:12.29	+0,82	642	B
	50m: 31.78 31.78	150m: 1:49.59 40.05	250m: 3:15.57 45.84	350m: 4:38.12 36.21			
	100m: 1:09.54 37.76	200m: 2:29.73 40.14	300m: 4:01.91 46.34	400m: 5:12.29 34.17			
12.	Joana Dias Santos	96	Uniao Piedense	5:15.77	+0,92	621	B
	50m: 33.42 33.42	150m: 1:56.15 43.18	250m: 3:19.25 41.63	350m: 4:39.85 36.83			
	100m: 1:12.97 39.55	200m: 2:37.62 41.47	300m: 4:03.02 43.77	400m: 5:15.77 35.92			
13.	Helena Paula Carvalho	95	Uniao Piedense	5:17.72	+0,69	609	B
	50m: 32.48 32.48	150m: 1:52.40 41.21	250m: 3:19.30 47.63	350m: 4:43.60 36.04			
	100m: 1:11.19 38.71	200m: 2:31.67 39.27	300m: 4:07.56 48.26	400m: 5:17.72 34.12			
14.	Ines Joao Costa	95	Braga	5:20.22	+0,92	595	R
	<i>FTL</i>						
	50m: 33.41 33.41	150m: 1:55.23 41.82	250m: 3:21.59 44.99	350m: 4:44.35 36.38			
	100m: 1:13.41 40.00	200m: 2:36.60 41.37	300m: 4:07.97 46.38	400m: 5:20.22 35.87			
15.	Bruna Leal Dantas	96	Sporting	5:20.86	+0,77	592	R
	50m: 33.06 33.06	150m: 1:51.21 40.94	250m: 3:19.97 48.22	350m: 4:44.11 37.01			
	100m: 1:10.27 37.21	200m: 2:31.75 40.54	300m: 4:07.10 47.13	400m: 5:20.86 36.75			
16.	Sara Monteiro Meireles	97	Gespacos	5:22.71	+0,95	582	
	50m: 33.67 33.67	150m: 1:56.48 43.85	250m: 3:23.30 44.40	350m: 4:46.43 37.45			
	100m: 1:12.63 38.96	200m: 2:38.90 42.42	300m: 4:08.98 45.68	400m: 5:22.71 36.28			
17.	Filipa Vicente Custois	97	Benedita	5:23.90	+0,78	575	
	50m: 34.20 34.20	150m: 1:53.84 41.90	250m: 3:22.31 47.20	350m: 4:48.49 37.61			
	100m: 1:11.94 37.74	200m: 2:35.11 41.27	300m: 4:10.88 48.57	400m: 5:23.90 35.41			
18.	Ana Filipa Goncalves	92	Ancorensis/Serralharria Ribeir	5:24.28		573	
	<i>FTL</i>						
	50m: 33.46 33.46	150m: 1:54.73 42.18	250m: 3:24.18 47.40	350m: 4:47.90 36.25			
	100m: 1:12.55 39.09	200m: 2:36.78 42.05	300m: 4:11.65 47.47	400m: 5:24.28 36.38			
19.	Ines Filipa Borges	95	Alcobaca	5:25.58	+0,88	566	
	<i>FTL</i>						
	50m: 32.16 32.16	150m: 1:52.32 41.69	250m: 3:20.89 48.59	350m: 4:48.13 37.71			
	100m: 1:10.63 38.47	200m: 2:32.30 39.98	300m: 4:10.42 49.53	400m: 5:25.58 37.45			
20.	Margarida Domingues Duarte	97	Nautico da Marinha Grande	5:25.68	+0,90	566	
	50m: 34.90 34.90	150m: 1:58.82 42.99	250m: 3:26.26 44.59	350m: 4:49.34 37.25			
	100m: 1:15.83 40.93	200m: 2:41.67 42.85	300m: 4:12.09 45.83	400m: 5:25.68 36.34			
21.	Ana Rita Cunha	94	Gespacos	5:26.07	+1,05	564	
	<i>FTL</i>						
	50m: 33.57 33.57	150m: 1:54.07 42.30	250m: 3:22.88 46.95	350m: 4:48.63 38.52			
	100m: 1:11.77 38.20	200m: 2:35.93 41.86	300m: 4:10.11 47.23	400m: 5:26.07 37.44			
22.	Filipa Maria Rompante	95	Famalicao	5:27.65	+0,91	556	
	<i>FTL</i>						
	50m: 34.59 34.59	150m: 1:57.07 43.61	250m: 3:25.56 46.72	350m: 4:50.52 37.89			
	100m: 1:13.46 38.87	200m: 2:38.84 41.77	300m: 4:12.63 47.07	400m: 5:27.65 37.13			

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Event 16, Women, 400m Medley, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
23.	Bruna Elisabete Paulino	97	Alcobaca	5:28.19	+0,92	553	
	50m: 33.19 33.19	150m: 1:51.80 40.95	250m: 3:22.88 51.26	350m: 4:51.49	400m: 5:28.19	37.65	
	100m: 1:10.85 37.66	200m: 2:31.62 39.82	300m: 4:13.84 50.96			36.70	
24.	Rute Margarida Marques	94	Amadora	5:29.98	+0,88	544	
	50m: 34.26 34.26	150m: 1:58.25 42.75	250m: 3:26.23 44.44	350m: 4:52.61	400m: 5:29.98	38.76	
	100m: 1:15.50 41.24	200m: 2:41.79 43.54	300m: 4:13.85 47.62			37.37	
25.	Barbara Sofia Barata	97	Benfica	5:30.16	+0,81	543	
	50m: 33.95 33.95	150m: 1:57.71 43.75	250m: 3:25.82 46.28	350m: 4:52.61	400m: 5:30.16	38.99	
	100m: 1:13.96 40.01	200m: 2:39.54 41.83	300m: 4:13.62 47.80			37.55	
26.	Daniela Figueiredo Metelo	97	Nautico/Matobra	5:30.72	+0,80	540	
	50m: 34.66 34.66	150m: 1:56.91 42.17	250m: 3:27.45 48.74	350m: 4:54.96	400m: 5:30.72	37.34	
	100m: 1:14.74 40.08	200m: 2:38.71 41.80	300m: 4:17.62 50.17			35.76	
27.	Ana Filipa Carmo	93	Colegio Vasco da Gama	5:31.44	+0,89	537	
	50m: 33.61 33.61	150m: 1:56.22 43.10	250m: 3:27.63 47.96	350m: 4:54.16	400m: 5:31.44	38.21	
	100m: 1:13.12 39.51	200m: 2:39.67 43.45	300m: 4:15.95 48.32			37.28	
28.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	5:34.14	+0,96	524	
	50m: 34.82 34.82	150m: 1:58.80 42.47	250m: 3:28.30 48.99	350m: 4:57.22	400m: 5:34.14	38.24	
	100m: 1:16.33 41.51	200m: 2:39.31 40.51	300m: 4:18.98 50.68			36.92	
29.	Adriana Daniela Castro	97	Individual Norte de Portugal	5:34.49	+0,94	522	
	50m: 35.02 35.02	150m: 2:00.17 43.68	250m: 3:31.66 48.97	350m: 4:58.69	400m: 5:34.49	36.62	
	100m: 1:16.49 41.47	200m: 2:42.69 42.52	300m: 4:22.07 50.41			35.80	
30.	Cintia Mariana Fernandes	97	Academica de Coimbra	5:36.33	+0,77	514	
	50m: 34.39 34.39	150m: 1:57.07 41.67	250m: 3:28.39 50.04	350m: 4:59.04	400m: 5:36.33	41.61	
	100m: 1:15.40 41.01	200m: 2:38.35 41.28	300m: 4:17.43 49.04			37.29	
31.	Ines Silva Mendes	97	Nautico/Matobra	5:41.66	+0,95	490	
	50m: 34.80 34.80	150m: 2:00.31 44.61	250m: 3:34.44 50.13	350m: 5:03.93	400m: 5:41.66	38.46	
	100m: 1:15.70 40.90	200m: 2:44.31 44.00	300m: 4:25.47 51.03			37.73	
32.	Joana Crespo Domingues	97	Nautico da Marinha Grande	5:42.49	+0,92	486	
	50m: 36.74 36.74	150m: 2:05.33 45.27	250m: 3:37.85 48.32	350m: 5:05.61	400m: 5:42.49	39.79	
	100m: 1:20.06 43.32	200m: 2:49.53 44.20	300m: 4:25.82 47.97			36.88	
33.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeir	5:42.82	+1,01	485	
	50m: 33.79 33.79	150m: 2:00.48 45.76	250m: 3:37.20 51.76	350m: 5:07.02	400m: 5:42.82	37.71	
	100m: 1:14.72 40.93	200m: 2:45.44 44.96	300m: 4:29.31 52.11			35.80	
34.	Maria Beatriz Ribeiro	97	Natacao da Maia	5:48.74	+0,81	461	
	50m: 35.97 35.97	150m: 2:05.36 45.64	250m: 3:38.16 47.57	350m: 5:08.88	400m: 5:48.74	41.71	
	100m: 1:19.72 43.75	200m: 2:50.59 45.23	300m: 4:27.17 49.01			39.86	
35.	Ana Sofia Ramos	97	Fafe	5:51.12	+0,92	451	
	50m: 35.30 35.30	150m: 2:02.97 45.19	250m: 3:38.78 50.70	350m: 5:11.33	400m: 5:51.12	40.21	
	100m: 1:17.78 42.48	200m: 2:48.08 45.11	300m: 4:31.12 52.34			39.79	

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
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Event 16, Women, 400m Medley, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
DSQ	Barbara Marques Rodrigues	97	Alges		+0,93		
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Jun1

1.	Diana Margarida Duraes	96	Foca	5:07.38	+0,83	673	A
	50m: 31.92 31.92	150m: 1:47.86 39.00	250m: 3:12.72 45.79	350m: 4:33.55 35.77			
	100m: 1:08.86 36.94	200m: 2:26.93 39.07	300m: 3:57.78 45.06	400m: 5:07.38 33.83			
2.	Ana Marta Miranda	96	Uniao Piedense	5:11.27	+0,92	648	A
	50m: 31.90 31.90	150m: 1:48.76 40.16	250m: 3:12.04 44.33	350m: 4:34.86 37.49			
	100m: 1:08.60 36.70	200m: 2:27.71 38.95	300m: 3:57.37 45.33	400m: 5:11.27 36.41			
3.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:12.13	+0,96	643	R
	50m: 33.18 33.18	150m: 1:52.55 40.45	250m: 3:17.68 45.08	350m: 4:37.63 35.76			
	100m: 1:12.10 38.92	200m: 2:32.60 40.05	300m: 4:01.87 44.19	400m: 5:12.13 34.50			
4.	Joana Dias Santos	96	Uniao Piedense	5:15.77	+0,92	621	B
	50m: 33.42 33.42	150m: 1:56.15 43.18	250m: 3:19.25 41.63	350m: 4:39.85 36.83			
	100m: 1:12.97 39.55	200m: 2:37.62 41.47	300m: 4:03.02 43.77	400m: 5:15.77 35.92			
5.	Bruna Leal Dantas	96	Sporting	5:20.86	+0,77	592	R
	50m: 33.06 33.06	150m: 1:51.21 40.94	250m: 3:19.97 48.22	350m: 4:44.11 37.01			
	100m: 1:10.27 37.21	200m: 2:31.75 40.54	300m: 4:07.10 47.13	400m: 5:20.86 36.75			

Sen/Jun2

1.	Marta Pereira Abreu	92	Porto/Dolce Vita	5:03.13	+0,81	702	A
	50m: 32.42 32.42	150m: 1:47.67 38.02	250m: 3:06.41 42.25	350m: 4:27.04 37.33			
	100m: 1:09.65 37.23	200m: 2:24.16 36.49	300m: 3:49.71 43.30	400m: 5:03.13 36.09			
2.	Angelica Maria Andre	94	Leixoes	5:04.87	+0,79	690	A
	50m: 31.60 31.60	150m: 1:48.55 41.48	250m: 3:12.10 43.96	350m: 4:31.30 35.22			
	100m: 1:07.07 35.47	200m: 2:28.14 39.59	300m: 3:56.08 43.98	400m: 5:04.87 33.57			
3.	Victoria Kaminskaya	95	Pimpoes/Cimai	5:05.75	+0,82	684	A
	50m: 32.61 32.61	150m: 1:48.70 39.21	250m: 3:10.35 42.65	350m: 4:30.12 36.60			
	100m: 1:09.49 36.88	200m: 2:27.70 39.00	300m: 3:53.52 43.17	400m: 5:05.75 35.63			
4.	Maria Carolina Rosa	94	Sporting	5:08.21	+0,81	668	A
	50m: 31.31 31.31	150m: 1:47.47 40.75	250m: 3:10.65 43.33	350m: 4:32.20 37.38			
	100m: 1:06.72 35.41	200m: 2:27.32 39.85	300m: 3:54.82 44.17	400m: 5:08.21 36.01			
5.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	5:11.80	+0,75	645	A
	50m: 31.96 31.96	150m: 1:51.12 42.88	250m: 3:16.23 43.14	350m: 4:36.44 36.08			
	100m: 1:08.24 36.28	200m: 2:33.09 41.97	300m: 4:00.36 44.13	400m: 5:11.80 35.36			
6.	Ana Catarina Monteiro	93	Vilacondense	5:12.11	+0,82	643	R
	50m: 31.41 31.41	150m: 1:47.75 40.96	250m: 3:14.83 47.23	350m: 4:37.62 36.18			
	100m: 1:06.79 35.38	200m: 2:27.60 39.85	300m: 4:01.44 46.61	400m: 5:12.11 34.49			
7.	Raquel Paulo Ranito	94	Sporting	5:12.29	+0,82	642	B
	50m: 31.78 31.78	150m: 1:49.59 40.05	250m: 3:15.57 45.84	350m: 4:38.12 36.21			
	100m: 1:09.54 37.76	200m: 2:29.73 40.14	300m: 4:01.91 46.34	400m: 5:12.29 34.17			

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

Event 16, Women, 400m Medley, Prelim, Sen/Jun2

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
8.	Helena Paula Carvalho	95	Uniao Piedense	5:17.72	+0,69	609	B
	50m: 32.48 32.48	150m: 1:52.40 41.21	250m: 3:19.30 47.63	350m: 4:43.60 36.04			
	100m: 1:11.19 38.71	200m: 2:31.67 39.27	300m: 4:07.56 48.26	400m: 5:17.72 34.12			
9.	Ines Joao Costa	95	Braga	5:20.22	+0,92	595	R
	<i>FTL</i>						
	50m: 33.41 33.41	150m: 1:55.23 41.82	250m: 3:21.59 44.99	350m: 4:44.35 36.38			
	100m: 1:13.41 40.00	200m: 2:36.60 41.37	300m: 4:07.97 46.38	400m: 5:20.22 35.87			
10.	Ana Filipa Goncalves	92	Ancorensis/Serralharia Ribeira	5:24.28		573	
	<i>FTL</i>						
	50m: 33.46 33.46	150m: 1:54.73 42.18	250m: 3:24.18 47.40	350m: 4:47.90 36.25			
	100m: 1:12.55 39.09	200m: 2:36.78 42.05	300m: 4:11.65 47.47	400m: 5:24.28 36.38			
11.	Ines Filipa Borges	95	Alcobaca	5:25.58	+0,88	566	
	<i>FTL</i>						
	50m: 32.16 32.16	150m: 1:52.32 41.69	250m: 3:20.89 48.59	350m: 4:48.13 37.71			
	100m: 1:10.63 38.47	200m: 2:32.30 39.98	300m: 4:10.42 49.53	400m: 5:25.58 37.45			
12.	Ana Rita Cunha	94	Gespacos	5:26.07	+1,05	564	
	<i>FTL</i>						
	50m: 33.57 33.57	150m: 1:54.07 42.30	250m: 3:22.88 46.95	350m: 4:48.63 38.52			
	100m: 1:11.77 38.20	200m: 2:35.93 41.86	300m: 4:10.11 47.23	400m: 5:26.07 37.44			
13.	Filipa Maria Rompante	95	Famalicao	5:27.65	+0,91	556	
	<i>FTL</i>						
	50m: 34.59 34.59	150m: 1:57.07 43.61	250m: 3:25.56 46.72	350m: 4:50.52 37.89			
	100m: 1:13.46 38.87	200m: 2:38.84 41.77	300m: 4:12.63 47.07	400m: 5:27.65 37.13			
14.	Rute Margarida Marques	94	Amadora	5:29.98	+0,88	544	
	<i>FTL</i>						
	50m: 34.26 34.26	150m: 1:58.25 42.75	250m: 3:26.23 44.44	350m: 4:52.61 38.76			
	100m: 1:15.50 41.24	200m: 2:41.79 43.54	300m: 4:13.85 47.62	400m: 5:29.98 37.37			
15.	Ana Filipa Carmo	93	Colegio Vasco da Gama	5:31.44	+0,89	537	
	<i>FTL</i>						
	50m: 33.61 33.61	150m: 1:56.22 43.10	250m: 3:27.63 47.96	350m: 4:54.16 38.21			
	100m: 1:13.12 39.51	200m: 2:39.67 43.45	300m: 4:15.95 48.32	400m: 5:31.44 37.28			