

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

Prova 35 Femin., 400m Livres Absoluto
06-08-2011 - 17:55 Resultados Final

| | | | | | |
|------------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 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

Pontos: FINA 2011

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------|-----|-------|-------------|-------|----------|-----|
|-------|------|-----|-------|-------------|-------|----------|-----|

Open

Final A

| | | | | | | | |
|----|------------------------|---------------------|----------------------|---------------------|-------|-----|--|
| 1. | Eleanor Faulkner | 93 | Co Sheffield | 4:14.01 | +0,82 | 834 | |
| | 50m: 29.08 29.08 | 150m: 1:32.47 32.17 | 250m: 2:37.38 32.61 | 350m: 3:42.33 32.52 | | | |
| | 100m: 1:00.30 31.22 | 200m: 2:04.77 32.30 | 300m: 3:09.81 32.43 | 400m: 4:14.01 31.68 | | | |
| 2. | Sian Morgan | 94 | Swim Wales | 4:17.20 | +0,78 | 803 | |
| | 50m: 29.98 29.98 | 150m: 1:34.14 32.49 | 250m: 2:39.78 32.82 | 350m: 3:45.43 32.80 | | | |
| | 100m: 1:01.65 31.67 | 200m: 2:06.96 32.82 | 300m: 3:12.63 32.85 | 400m: 4:17.20 31.77 | | | |
| 3. | Andreia Catarina Gomes | 94 | Vitoria de Guimaraes | 4:26.03 | +0,90 | 726 | |
| | 50m: 30.88 30.88 | 150m: 1:37.47 33.50 | 250m: 2:45.01 33.54 | 350m: 3:52.40 33.95 | | | |
| | 100m: 1:03.97 33.09 | 200m: 2:11.47 34.00 | 300m: 3:18.45 33.44 | 400m: 4:26.03 33.63 | | | |
| 4. | Ana Goncalves Neto | 95 | Porto/Dolce Vita | 4:28.22 | +0,99 | 708 | |
| | 50m: 30.78 30.78 | 150m: 1:38.74 34.30 | 250m: 2:47.03 33.68 | 350m: 3:55.05 33.87 | | | |
| | 100m: 1:04.44 33.66 | 200m: 2:13.35 34.61 | 300m: 3:21.18 34.15 | 400m: 4:28.22 33.17 | | | |
| 5. | Vania Soares Neves | 90 | Viana Natacao | 4:30.65 | +0,85 | 689 | |
| | 50m: 31.00 31.00 | 150m: 1:38.40 33.89 | 250m: 2:47.29 34.53 | 350m: 3:57.03 35.09 | | | |
| | 100m: 1:04.51 33.51 | 200m: 2:12.76 34.36 | 300m: 3:21.94 34.65 | 400m: 4:30.65 33.62 | | | |
| 6. | Joana Aguiar Rodrigues | 93 | Porto/Dolce Vita | 4:31.13 | +0,91 | 686 | |
| | 50m: 30.93 30.93 | 150m: 1:39.04 34.36 | 250m: 2:47.87 34.28 | 350m: 3:57.90 35.03 | | | |
| | 100m: 1:04.68 33.75 | 200m: 2:13.59 34.55 | 300m: 3:22.87 35.00 | 400m: 4:31.13 33.23 | | | |
| 7. | Ana Ribeiro Ferreira | 92 | Famalicao | 4:32.01 | +0,91 | 679 | |
| | 50m: 30.61 30.61 | 150m: 1:37.55 34.01 | 250m: 2:46.16 34.45 | 350m: 3:56.86 35.57 | | | |
| | 100m: 1:03.54 32.93 | 200m: 2:11.71 34.16 | 300m: 3:21.29 35.13 | 400m: 4:32.01 35.15 | | | |
| 8. | Diana Margarida Duraes | 96 | Foca | 4:33.73 | +0,83 | 666 | |
| | 50m: 30.88 30.88 | 150m: 1:39.50 34.83 | 250m: 2:48.96 34.44 | 350m: 3:59.29 34.87 | | | |
| | 100m: 1:04.67 33.79 | 200m: 2:14.52 35.02 | 300m: 3:24.42 35.46 | 400m: 4:33.73 34.44 | | | |

Final B

| | | | | | | | |
|-----|----------------------|---------------------|---------------------|---------------------|-------|-----|--|
| 9. | Angelica Maria Andre | 94 | Leixoes | 4:27.12 | +0,78 | 717 | |
| | 50m: 30.46 30.46 | 150m: 1:36.41 33.35 | 250m: 2:44.85 34.47 | 350m: 3:54.01 34.62 | | | |
| | 100m: 1:03.06 32.60 | 200m: 2:10.38 33.97 | 300m: 3:19.39 34.54 | 400m: 4:27.12 33.11 | | | |
| 10. | Sarah Mommers | 94 | Vilacondense | 4:32.91 | +0,88 | 672 | |
| | 50m: 31.32 31.32 | 150m: 1:39.31 34.43 | 250m: 2:49.27 35.22 | 350m: 3:59.15 35.02 | | | |
| | 100m: 1:04.88 33.56 | 200m: 2:14.05 34.74 | 300m: 3:24.13 34.86 | 400m: 4:32.91 33.76 | | | |
| 11. | Maria Luis Amorim | 95 | Porto/Dolce Vita | 4:32.97 | +1,04 | 672 | |
| | 50m: 31.27 31.27 | 150m: 1:40.42 35.03 | 250m: 2:50.21 34.56 | 350m: 3:59.91 34.73 | | | |
| | 100m: 1:05.39 34.12 | 200m: 2:15.65 35.23 | 300m: 3:25.18 34.97 | 400m: 4:32.97 33.06 | | | |

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

Prova 35, Femin., 400m Livres, Final, Open

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 12. | Leonor Mourinho Neves | 95 | Sporting | 4:34.46 | +0,89 | 661 | |
| | 50m: 31.04 31.04 | 150m: 1:39.01 34.43 | 250m: 2:49.16 35.29 | 350m: 4:00.01 35.64 | | | |
| | 100m: 1:04.58 33.54 | 200m: 2:13.87 34.86 | 300m: 3:24.37 35.21 | 400m: 4:34.46 34.45 | | | |
| 13. | Ana Margarida Domingos | 93 | Academico Viseu | 4:34.66 | +0,92 | 660 | |
| | 50m: 32.14 32.14 | 150m: 1:41.50 34.83 | 250m: 2:51.69 34.91 | 350m: 4:01.57 34.72 | | | |
| | 100m: 1:06.67 34.53 | 200m: 2:16.78 35.28 | 300m: 3:26.85 35.16 | 400m: 4:34.66 33.09 | | | |
| 14. | Joana Filipa Santos | 93 | Vitoria de Guimaraes | 4:35.11 | +0,96 | 656 | |
| | 50m: 30.05 30.05 | 150m: 1:38.74 35.02 | 250m: 2:49.61 35.75 | 350m: 4:00.50 35.51 | | | |
| | 100m: 1:03.72 33.67 | 200m: 2:13.86 35.12 | 300m: 3:24.99 35.38 | 400m: 4:35.11 34.61 | | | |
| 15. | Filipa Vilas Ruivo | 97 | Nautico da Marinha Grande | 4:35.84 | +0,93 | 651 | |
| | 50m: 31.23 31.23 | 150m: 1:40.15 34.98 | 250m: 2:50.61 35.32 | 350m: 4:01.25 35.26 | | | |
| | 100m: 1:05.17 33.94 | 200m: 2:15.29 35.14 | 300m: 3:25.99 35.38 | 400m: 4:35.84 34.59 | | | |
| 16. | Soraia Vanessa Ribeiro | 92 | Gespacos | 4:37.78 | +0,96 | 638 | |
| | 50m: 31.29 31.29 | 150m: 1:38.35 33.78 | 250m: 2:48.43 35.01 | 350m: 4:01.03 36.45 | | | |
| | 100m: 1:04.57 33.28 | 200m: 2:13.42 35.07 | 300m: 3:24.58 36.15 | 400m: 4:37.78 36.75 | | | |

Absolutos

Final A

| | | | | | | | |
|----|------------------------|---------------------|----------------------|---------------------|-------|-----|--|
| 1. | Andreia Catarina Gomes | 94 | Vitoria de Guimaraes | 4:26.03 | +0,90 | 726 | |
| | 50m: 30.88 30.88 | 150m: 1:37.47 33.50 | 250m: 2:45.01 33.54 | 350m: 3:52.40 33.95 | | | |
| | 100m: 1:03.97 33.09 | 200m: 2:11.47 34.00 | 300m: 3:18.45 33.44 | 400m: 4:26.03 33.63 | | | |
| 2. | Ana Goncalves Neto | 95 | Porto/Dolce Vita | 4:28.22 | +0,99 | 708 | |
| | 50m: 30.78 30.78 | 150m: 1:38.74 34.30 | 250m: 2:47.03 33.68 | 350m: 3:55.05 33.87 | | | |
| | 100m: 1:04.44 33.66 | 200m: 2:13.35 34.61 | 300m: 3:21.18 34.15 | 400m: 4:28.22 33.17 | | | |
| 3. | Vania Soares Neves | 90 | Viana Natacao | 4:30.65 | +0,85 | 689 | |
| | 50m: 31.00 31.00 | 150m: 1:38.40 33.89 | 250m: 2:47.29 34.53 | 350m: 3:57.03 35.09 | | | |
| | 100m: 1:04.51 33.51 | 200m: 2:12.76 34.36 | 300m: 3:21.94 34.65 | 400m: 4:30.65 33.62 | | | |
| 4. | Joana Aguiar Rodrigues | 93 | Porto/Dolce Vita | 4:31.13 | +0,91 | 686 | |
| | 50m: 30.93 30.93 | 150m: 1:39.04 34.36 | 250m: 2:47.87 34.28 | 350m: 3:57.90 35.03 | | | |
| | 100m: 1:04.68 33.75 | 200m: 2:13.59 34.55 | 300m: 3:22.87 35.00 | 400m: 4:31.13 33.23 | | | |
| 5. | Ana Ribeiro Ferreira | 92 | Famalicao | 4:32.01 | +0,91 | 679 | |
| | 50m: 30.61 30.61 | 150m: 1:37.55 34.01 | 250m: 2:46.16 34.45 | 350m: 3:56.86 35.57 | | | |
| | 100m: 1:03.54 32.93 | 200m: 2:11.71 34.16 | 300m: 3:21.29 35.13 | 400m: 4:32.01 35.15 | | | |
| 6. | Diana Margarida Duraes | 96 | Foca | 4:33.73 | +0,83 | 666 | |
| | 50m: 30.88 30.88 | 150m: 1:39.50 34.83 | 250m: 2:48.96 34.44 | 350m: 3:59.29 34.87 | | | |
| | 100m: 1:04.67 33.79 | 200m: 2:14.52 35.02 | 300m: 3:24.42 35.46 | 400m: 4:33.73 34.44 | | | |

Final B

| | | | | | | | |
|-----|----------------------|---------------------|---------------------|---------------------|-------|-----|--|
| 9. | Angelica Maria Andre | 94 | Leixoes | 4:27.12 | +0,78 | 717 | |
| | 50m: 30.46 30.46 | 150m: 1:36.41 33.35 | 250m: 2:44.85 34.47 | 350m: 3:54.01 34.62 | | | |
| | 100m: 1:03.06 32.60 | 200m: 2:10.38 33.97 | 300m: 3:19.39 34.54 | 400m: 4:27.12 33.11 | | | |
| 10. | Maria Luis Amorim | 95 | Porto/Dolce Vita | 4:32.97 | +1,04 | 672 | |
| | 50m: 31.27 31.27 | 150m: 1:40.42 35.03 | 250m: 2:50.21 34.56 | 350m: 3:59.91 34.73 | | | |
| | 100m: 1:05.39 34.12 | 200m: 2:15.65 35.23 | 300m: 3:25.18 34.97 | 400m: 4:32.97 33.06 | | | |

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Povoa de Varzim, 4- - 7-8-2011

Prova 35, Femin., 400m Livres, Final, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 11. | Leonor Mourinho Neves | 95 | Sporting | 4:34.46 | +0,89 | 661 | |
| | 50m: 31.04 31.04 | 150m: 1:39.01 34.43 | 250m: 2:49.16 35.29 | 350m: 4:00.01 35.64 | | | |
| | 100m: 1:04.58 33.54 | 200m: 2:13.87 34.86 | 300m: 3:24.37 35.21 | 400m: 4:34.46 34.45 | | | |
| 12. | Ana Margarida Domingos | 93 | Academico Viseu | 4:34.66 | +0,92 | 660 | |
| | 50m: 32.14 32.14 | 150m: 1:41.50 34.83 | 250m: 2:51.69 34.91 | 350m: 4:01.57 34.72 | | | |
| | 100m: 1:06.67 34.53 | 200m: 2:16.78 35.28 | 300m: 3:26.85 35.16 | 400m: 4:34.66 33.09 | | | |
| 13. | Joana Filipa Santos | 93 | Vitoria de Guimaraes | 4:35.11 | +0,96 | 656 | |
| | 50m: 30.05 30.05 | 150m: 1:38.74 35.02 | 250m: 2:49.61 35.75 | 350m: 4:00.50 35.51 | | | |
| | 100m: 1:03.72 33.67 | 200m: 2:13.86 35.12 | 300m: 3:24.99 35.38 | 400m: 4:35.11 34.61 | | | |
| 14. | Filipa Vilas Ruivo | 97 | Nautico da Marinha Grande | 4:35.84 | +0,93 | 651 | |
| | 50m: 31.23 31.23 | 150m: 1:40.15 34.98 | 250m: 2:50.61 35.32 | 350m: 4:01.25 35.26 | | | |
| | 100m: 1:05.17 33.94 | 200m: 2:15.29 35.14 | 300m: 3:25.99 35.38 | 400m: 4:35.84 34.59 | | | |
| 15. | Soraia Vanessa Ribeiro | 92 | Gespacos | 4:37.78 | +0,96 | 638 | |
| | 50m: 31.29 31.29 | 150m: 1:38.35 33.78 | 250m: 2:48.43 35.01 | 350m: 4:01.03 36.45 | | | |
| | 100m: 1:04.57 33.28 | 200m: 2:13.42 35.07 | 300m: 3:24.58 36.15 | 400m: 4:37.78 36.75 | | | |