

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 16	Femin., 400m Livres				Absolutos
03-12-2011 - 9:40					Resultados
Rec. Nac. 25m Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Rec. Nac. 25m Jun	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Rec. Nac. 25m Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
TAC - Fem Sen: 4:36.00; Jun1: 4:41.52; Jun2: 4:36.00					

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos								
1.	Angelica Maria Andre	94	15497	Leixoes	4:19.40	+0,80	742	
	50m: 29.61	29.61	150m: 1:34.37	32.83	250m: 2:40.70	33.37	350m: 3:47.26	32.99
	100m: 1:01.54	31.93	200m: 2:07.33	32.96	300m: 3:14.27	33.57	400m: 4:19.40	32.14
2.	Ana Goncalves Neto	95	101958	Porto	4:20.39	+0,99	734	
	50m: 30.22	30.22	150m: 1:35.59	32.81	250m: 2:41.63	32.80	350m: 3:47.76	33.19
	100m: 1:02.78	32.56	200m: 2:08.83	33.24	300m: 3:14.57	32.94	400m: 4:20.39	32.63
3.	Joana Filipa Santos	93	24081	Vitoria de Guimaraes	4:21.07	+0,86	728	
	50m: 29.46	29.46	150m: 1:34.35	32.84	250m: 2:40.81	33.30	350m: 3:48.20	33.83
	100m: 1:01.51	32.05	200m: 2:07.51	33.16	300m: 3:14.37	33.56	400m: 4:21.07	32.87
4.	Filipa Vilas Ruivo	97	103568	Nautico da Marinha Grande	4:21.69	+0,90	723	
	50m: 30.03	30.03	150m: 1:35.44	33.10	250m: 2:42.43	33.53	350m: 3:49.43	33.44
	100m: 1:02.34	32.31	200m: 2:08.90	33.46	300m: 3:15.99	33.56	400m: 4:21.69	32.26
5.	Joana Aguiar Rodrigues	93	15401	Porto	4:22.22	+0,94	719	
	50m: 29.75	29.75	150m: 1:34.53	32.93	250m: 2:41.24	33.38	350m: 3:49.47	34.24
	100m: 1:01.60	31.85	200m: 2:07.86	33.33	300m: 3:15.23	33.99	400m: 4:22.22	32.75
6.	Ana Ribeiro Ferreira	92	15634	Famalicao	4:22.56	+1,02	716	
	50m: 30.14	30.14	150m: 1:35.21	32.87	250m: 2:42.31	33.57	350m: 3:49.90	33.85
	100m: 1:02.34	32.20	200m: 2:08.74	33.53	300m: 3:16.05	33.74	400m: 4:22.56	32.66
7.	Andreia Catarina Gomes	94	103701	Vitoria de Guimaraes	4:26.34	+0,93	686	
	50m: 30.07	30.07	150m: 1:34.85	32.67	250m: 2:42.25	34.03	350m: 3:51.86	35.29
	100m: 1:02.18	32.11	200m: 2:08.22	33.37	300m: 3:16.57	34.32	400m: 4:26.34	34.48
8.	Diana Margarida Duraes	96	102992	Foca	4:27.34		678	
	50m: 30.03	30.03	150m: 1:36.47	33.52	250m: 2:44.29	33.76	350m: 3:53.46	34.64
	100m: 1:02.95	32.92	200m: 2:10.53	34.06	300m: 3:18.82	34.53	400m: 4:27.34	33.88
9.	Vania Soares Neves	90	12380	Viana Natacao	4:27.75	+1,32	675	
	50m: 31.38	31.38	150m: 1:39.01	34.14	250m: 2:47.58	34.06	350m: 3:55.50	33.87
	100m: 1:04.87	33.49	200m: 2:13.52	34.51	300m: 3:21.63	34.05	400m: 4:27.75	32.25
10.	Maria Luis Amorim	95	102029	Porto	4:27.81	+1,01	674	
	50m: 31.01	31.01	150m: 1:38.84	34.41	250m: 2:47.51	33.69	350m: 3:54.93	33.63
	100m: 1:04.43	33.42	200m: 2:13.82	34.98	300m: 3:21.30	33.79	400m: 4:27.81	32.88
11.	Leonor Mourinho Neves	95	105646	Sporting	4:28.02	+0,90	673	
	50m: 30.84	30.84	150m: 1:38.00	33.83	250m: 2:46.12	34.04	350m: 3:54.84	34.43
	100m: 1:04.17	33.33	200m: 2:12.08	34.08	300m: 3:20.41	34.29	400m: 4:28.02	33.18
12.	Soraia Vanessa Ribeiro	92	15857	Gespacos	4:29.75	+0,99	660	
	50m: 31.19	31.19	150m: 1:39.13	34.19	250m: 2:47.89	34.04	350m: 3:56.33	34.12
	100m: 1:04.94	33.75	200m: 2:13.85	34.72	300m: 3:22.21	34.32	400m: 4:29.75	33.42
13.	Maria Teresa Amorim	97	20104	Porto	4:29.77	+1,08	660	
	50m: 30.97	30.97	150m: 1:39.12	34.48	250m: 2:47.87	34.49	350m: 3:56.80	34.46
	100m: 1:04.64	33.67	200m: 2:13.38	34.26	300m: 3:22.34	34.47	400m: 4:29.77	32.97
14.	Barbara Marques Rodrigues	97	107039	Alges	4:29.89	+0,89	659	
	50m: 31.08	31.08	150m: 1:39.16	34.47	250m: 2:47.93	34.18	350m: 3:56.58	34.39
	100m: 1:04.69	33.61	200m: 2:13.75	34.59	300m: 3:22.19	34.26	400m: 4:29.89	33.31

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 16, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Ines Alexandra Paiva	96	100378	Alges	4:29.92	+0,86	659	
	50m: 31.91	31.91	150m: 1:39.93	34.26	250m: 2:48.75	34.49	350m: 3:56.96	33.87
	100m: 1:05.67	33.76	200m: 2:14.26	34.33	300m: 3:23.09	34.34	400m: 4:29.92	32.96
16.	Joana Filipa Capela	89	12794	Benfica	4:32.41	+0,83	641	
	50m: 32.52	32.52	150m: 1:40.20	34.12	250m: 2:48.80	34.46	350m: 3:58.45	34.89
	100m: 1:06.08	33.56	200m: 2:14.34	34.14	300m: 3:23.56	34.76	400m: 4:32.41	33.96
17.	Ana Monica Eloi	96	107038	Nautico da Marinha Grande	4:33.35	+0,94	634	
	50m: 31.20	31.20	150m: 1:39.05	34.27	250m: 2:49.11	35.10	350m: 3:59.12	34.94
	100m: 1:04.78	33.58	200m: 2:14.01	34.96	300m: 3:24.18	35.07	400m: 4:33.35	34.23
18.	Ana Filipa Martins	97	104438	Foca	4:33.67	+0,91	632	
	50m: 31.40	31.40	150m: 1:39.76	34.30	250m: 2:49.61	34.94	350m: 3:59.66	35.23
	100m: 1:05.46	34.06	200m: 2:14.67	34.91	300m: 3:24.43	34.82	400m: 4:33.67	34.01
19.	Cassandra Pedro Oliveira	95	111071	Vilacondense	4:34.61	+0,92	626	
	50m: 31.48	31.48	150m: 1:39.14	34.10	250m: 2:48.50	34.73	350m: 3:59.54	35.84
	100m: 1:05.04	33.56	200m: 2:13.77	34.63	300m: 3:23.70	35.20	400m: 4:34.61	35.07
20.	Daniela Filipa Pinto	91	20610	Vitoria de Guimaraes	4:35.69	+0,99	618	
	50m: 31.42	31.42	150m: 1:40.21	34.73	250m: 2:49.90	34.91	350m: 4:00.75	35.79
	100m: 1:05.48	34.06	200m: 2:14.99	34.78	300m: 3:24.96	35.06	400m: 4:35.69	34.94
21.	Sara Monteiro Meireles	97	103921	Gespacos	4:40.23	+0,89	589	
	50m: 31.96	31.96	150m: 1:42.17	35.43	250m: 2:53.42	35.46	350m: 4:05.81	35.98
	100m: 1:06.74	34.78	200m: 2:17.96	35.79	300m: 3:29.83	36.41	400m: 4:40.23	34.42
22.	Marta Alexandra Saraiva FTL	93	14641	Uniao Piedense	4:43.20	+0,92	570	
	50m: 32.24	32.24	150m: 1:42.16	35.35	250m: 2:54.20	36.08	350m: 4:07.45	36.60
	100m: 1:06.81	34.57	200m: 2:18.12	35.96	300m: 3:30.85	36.65	400m: 4:43.20	35.75
23.	Catia Andreia Clara FTL	95	101886	Nautico da Marinha Grande	4:45.37	+1,07	557	
	50m: 32.35	32.35	150m: 1:43.69	36.24	250m: 2:56.82	36.55	350m: 4:09.74	36.47
	100m: 1:07.45	35.10	200m: 2:20.27	36.58	300m: 3:33.27	36.45	400m: 4:45.37	35.63
24.	Adriana Daniela Castro FTL	97	104515	Porto	4:45.59	+0,94	556	
	50m: 33.03	33.03	150m: 1:44.77	36.31	250m: 2:57.69	36.15	350m: 4:09.63	36.00
	100m: 1:08.46	35.43	200m: 2:21.54	36.77	300m: 3:33.63	35.94	400m: 4:45.59	35.96
25.	Mariana Ramalhinho Mascarenhas FTL	97	107665	Naval Setubalense	4:46.56	+0,94	550	
	50m: 32.52	32.52	150m: 1:43.64	36.17	250m: 2:57.65	37.04	350m: 4:11.13	36.46
	100m: 1:07.47	34.95	200m: 2:20.61	36.97	300m: 3:34.67	37.02	400m: 4:46.56	35.43

Seniores

1.	Angelica Maria Andre	94	15497	Leixoes	4:19.40	+0,80	742	
	50m: 29.61	29.61	150m: 1:34.37	32.83	250m: 2:40.70	33.37	350m: 3:47.26	32.99
	100m: 1:01.54	31.93	200m: 2:07.33	32.96	300m: 3:14.27	33.57	400m: 4:19.40	32.14
2.	Ana Goncalves Neto	95	101958	Porto	4:20.39	+0,99	734	
	50m: 30.22	30.22	150m: 1:35.59	32.81	250m: 2:41.63	32.80	350m: 3:47.76	33.19
	100m: 1:02.78	32.56	200m: 2:08.83	33.24	300m: 3:14.57	32.94	400m: 4:20.39	32.63
3.	Joana Filipa Santos	93	24081	Vitoria de Guimaraes	4:21.07	+0,86	728	
	50m: 29.46	29.46	150m: 1:34.35	32.84	250m: 2:40.81	33.30	350m: 3:48.20	33.83
	100m: 1:01.51	32.05	200m: 2:07.51	33.16	300m: 3:14.37	33.56	400m: 4:21.07	32.87
4.	Joana Aguiar Rodrigues	93	15401	Porto	4:22.22	+0,94	719	
	50m: 29.75	29.75	150m: 1:34.53	32.93	250m: 2:41.24	33.38	350m: 3:49.47	34.24
	100m: 1:01.60	31.85	200m: 2:07.86	33.33	300m: 3:15.23	33.99	400m: 4:22.22	32.75

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 16, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Ana Ribeiro Ferreira	92	15634	Famalicao	4:22.56	+1,02	716	
	50m: 30.14 30.14		150m: 1:35.21 32.87	250m: 2:42.31 33.57	350m: 3:49.90 33.85			
	100m: 1:02.34 32.20		200m: 2:08.74 33.53	300m: 3:16.05 33.74	400m: 4:22.56 32.66			
6.	Andreia Catarina Gomes	94	103701	Vitoria de Guimaraes	4:26.34	+0,93	686	
	50m: 30.07 30.07		150m: 1:34.85 32.67	250m: 2:42.25 34.03	350m: 3:51.86 35.29			
	100m: 1:02.18 32.11		200m: 2:08.22 33.37	300m: 3:16.57 34.32	400m: 4:26.34 34.48			
7.	Vania Soares Neves	90	12380	Viana Natacao	4:27.75	+1,32	675	
	50m: 31.38 31.38		150m: 1:39.01 34.14	250m: 2:47.58 34.06	350m: 3:55.50 33.87			
	100m: 1:04.87 33.49		200m: 2:13.52 34.51	300m: 3:21.63 34.05	400m: 4:27.75 32.25			
8.	Maria Luis Amorim	95	102029	Porto	4:27.81	+1,01	674	
	50m: 31.01 31.01		150m: 1:38.84 34.41	250m: 2:47.51 33.69	350m: 3:54.93 33.63			
	100m: 1:04.43 33.42		200m: 2:13.82 34.98	300m: 3:21.30 33.79	400m: 4:27.81 32.88			
9.	Leonor Mourinho Neves	95	105646	Sporting	4:28.02	+0,90	673	
	50m: 30.84 30.84		150m: 1:38.00 33.83	250m: 2:46.12 34.04	350m: 3:54.84 34.43			
	100m: 1:04.17 33.33		200m: 2:12.08 34.08	300m: 3:20.41 34.29	400m: 4:28.02 33.18			
10.	Soraia Vanessa Ribeiro	92	15857	Gespacos	4:29.75	+0,99	660	
	50m: 31.19 31.19		150m: 1:39.13 34.19	250m: 2:47.89 34.04	350m: 3:56.33 34.12			
	100m: 1:04.94 33.75		200m: 2:13.85 34.72	300m: 3:22.21 34.32	400m: 4:29.75 33.42			
11.	Joana Filipa Capela	89	12794	Benfica	4:32.41	+0,83	641	
	50m: 32.52 32.52		150m: 1:40.20 34.12	250m: 2:48.80 34.46	350m: 3:58.45 34.89			
	100m: 1:06.08 33.56		200m: 2:14.34 34.14	300m: 3:23.56 34.76	400m: 4:32.41 33.96			
12.	Cassandra Pedro Oliveira	95	111071	Vilacondense	4:34.61	+0,92	626	
	50m: 31.48 31.48		150m: 1:39.14 34.10	250m: 2:48.50 34.73	350m: 3:59.54 35.84			
	100m: 1:05.04 33.56		200m: 2:13.77 34.63	300m: 3:23.70 35.20	400m: 4:34.61 35.07			
13.	Daniela Filipa Pinto	91	20610	Vitoria de Guimaraes	4:35.69	+0,99	618	
	50m: 31.42 31.42		150m: 1:40.21 34.73	250m: 2:49.90 34.91	350m: 4:00.75 35.79			
	100m: 1:05.48 34.06		200m: 2:14.99 34.78	300m: 3:24.96 35.06	400m: 4:35.69 34.94			
14.	Marta Alexandra Saraiva FTL	93	14641	Uniao Piedense	4:43.20	+0,92	570	
	50m: 32.24 32.24		150m: 1:42.16 35.35	250m: 2:54.20 36.08	350m: 4:07.45 36.60			
	100m: 1:06.81 34.57		200m: 2:18.12 35.96	300m: 3:30.85 36.65	400m: 4:43.20 35.75			
15.	Catia Andreia Clara FTL	95	101886	Nautico da Marinha Grande	4:45.37	+1,07	557	
	50m: 32.35 32.35		150m: 1:43.69 36.24	250m: 2:56.82 36.55	350m: 4:09.74 36.47			
	100m: 1:07.45 35.10		200m: 2:20.27 36.58	300m: 3:33.27 36.45	400m: 4:45.37 35.63			

Juniores2

1.	Diana Margarida Duraes	96	102992	Foca	4:27.34		678	
	50m: 30.03 30.03		150m: 1:36.47 33.52	250m: 2:44.29 33.76	350m: 3:53.46 34.64			
	100m: 1:02.95 32.92		200m: 2:10.53 34.06	300m: 3:18.82 34.53	400m: 4:27.34 33.88			
2.	Ines Alexandra Paiva	96	100378	Alges	4:29.92	+0,86	659	
	50m: 31.91 31.91		150m: 1:39.93 34.26	250m: 2:48.75 34.49	350m: 3:56.96 33.87			
	100m: 1:05.67 33.76		200m: 2:14.26 34.33	300m: 3:23.09 34.34	400m: 4:29.92 32.96			
3.	Ana Monica Eloi	96	107038	Nautico da Marinha Grande	4:33.35	+0,94	634	
	50m: 31.20 31.20		150m: 1:39.05 34.27	250m: 2:49.11 35.10	350m: 3:59.12 34.94			
	100m: 1:04.78 33.58		200m: 2:14.01 34.96	300m: 3:24.18 35.07	400m: 4:33.35 34.23			

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 16, Femin., 400m Livres

Juniores1

1. Filipa Vilas Ruivo	97	103568	Nautico da Marinha Grande	4:21.69	+0,90	723	
50m: 30.03	30.03	150m: 1:35.44	33.10	250m: 2:42.43	33.53	350m: 3:49.43	33.44
100m: 1:02.34	32.31	200m: 2:08.90	33.46	300m: 3:15.99	33.56	400m: 4:21.69	32.26
2. Maria Teresa Amorim	97	20104	Porto	4:29.77	+1,08	660	
50m: 30.97	30.97	150m: 1:39.12	34.48	250m: 2:47.87	34.49	350m: 3:56.80	34.46
100m: 1:04.64	33.67	200m: 2:13.38	34.26	300m: 3:22.34	34.47	400m: 4:29.77	32.97
3. Barbara Marques Rodrigues	97	107039	Alges	4:29.89	+0,89	659	
50m: 31.08	31.08	150m: 1:39.16	34.47	250m: 2:47.93	34.18	350m: 3:56.58	34.39
100m: 1:04.69	33.61	200m: 2:13.75	34.59	300m: 3:22.19	34.26	400m: 4:29.89	33.31
4. Ana Filipa Martins	97	104438	Foca	4:33.67	+0,91	632	
50m: 31.40	31.40	150m: 1:39.76	34.30	250m: 2:49.61	34.94	350m: 3:59.66	35.23
100m: 1:05.46	34.06	200m: 2:14.67	34.91	300m: 3:24.43	34.82	400m: 4:33.67	34.01
5. Sara Monteiro Meireles	97	103921	Gespacos	4:40.23	+0,89	589	
50m: 31.96	31.96	150m: 1:42.17	35.43	250m: 2:53.42	35.46	350m: 4:05.81	35.98
100m: 1:06.74	34.78	200m: 2:17.96	35.79	300m: 3:29.83	36.41	400m: 4:40.23	34.42
6. Adriana Daniela Castro	97	104515	Porto	4:45.59	+0,94	556	
<i>FTL</i>							
50m: 33.03	33.03	150m: 1:44.77	36.31	250m: 2:57.69	36.15	350m: 4:09.63	36.00
100m: 1:08.46	35.43	200m: 2:21.54	36.77	300m: 3:33.63	35.94	400m: 4:45.59	35.96
7. Mariana Ramalhinho Mascarenhas	97	107665	Naval Setubalense	4:46.56	+0,94	550	
<i>FTL</i>							
50m: 32.52	32.52	150m: 1:43.64	36.17	250m: 2:57.65	37.04	350m: 4:11.13	36.46
100m: 1:07.47	34.95	200m: 2:20.61	36.97	300m: 3:34.67	37.02	400m: 4:46.56	35.43