

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

Prova 9 Femin., 400m Estilos Absolutos
02-12-2011 - 11:15 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: 5:14.00; Jun1: 5:20.28; Jun2: 5:14.00

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos								
1.	Victoria Kaminskaya	95	102313	Pimpoes/Cimai	4:48.80	+0,83	738	
	50m: 32.09	32.09	150m: 1:44.45	36.39	250m: 2:59.88	40.06	350m: 4:14.72	34.49
	100m: 1:08.06	35.97	200m: 2:19.82	35.37	300m: 3:40.23	40.35	400m: 4:48.80	34.08
2.	Diana Margarida Duraes	96	102992	Foca	4:50.85	+0,81	722	
	50m: 31.29	31.29	150m: 1:44.39	37.61	250m: 3:02.74	41.01	350m: 4:18.33	33.52
	100m: 1:06.78	35.49	200m: 2:21.73	37.34	300m: 3:44.81	42.07	400m: 4:50.85	32.52
3.	Marta Pereira Abreu	92	23091	Porto	4:52.77	+1,46	708	
	50m: 32.06	32.06	150m: 1:44.74	36.15	250m: 3:01.75	41.08	350m: 4:18.57	34.87
	100m: 1:08.59	36.53	200m: 2:20.67	35.93	300m: 3:43.70	41.95	400m: 4:52.77	34.20
4.	Ana Marta Miranda	96	100377	Uniao Piedense	4:53.82	+0,90	701	
	50m: 31.36	31.36	150m: 1:45.42	38.16	250m: 3:03.85	41.35	350m: 4:20.17	34.73
	100m: 1:07.26	35.90	200m: 2:22.50	37.08	300m: 3:45.44	41.59	400m: 4:53.82	33.65
5.	Filipa Vilas Ruivo	97	103568	Nautico da Marinha Grande	4:58.17	+0,92	671	
	50m: 32.25	32.25	150m: 1:48.01	39.16	250m: 3:08.20	41.83	350m: 4:24.91	34.29
	100m: 1:08.85	36.60	200m: 2:26.37	38.36	300m: 3:50.62	42.42	400m: 4:58.17	33.26
6.	Diana Patricia Ferreira	94	23500	Gespacos	5:00.31	+0,84	656	
	50m: 31.83	31.83	150m: 1:45.88	38.29	250m: 3:06.61	43.27	350m: 4:25.89	36.01
	100m: 1:07.59	35.76	200m: 2:23.34	37.46	300m: 3:49.88	43.27	400m: 5:00.31	34.42
7.	Raquel Paulo Ranito	94	25504	Sporting	5:01.20	+0,84	650	
	50m: 31.92	31.92	150m: 1:45.66	37.81	250m: 3:07.76	44.13	350m: 4:27.19	35.39
	100m: 1:07.85	35.93	200m: 2:23.63	37.97	300m: 3:51.80	44.04	400m: 5:01.20	34.01
8.	Ana Monica Eloi	96	107038	Nautico da Marinha Grande	5:05.50	+0,95	623	
	50m: 32.52	32.52	150m: 1:50.05	39.49	250m: 3:12.24	43.02	350m: 4:31.36	35.17
	100m: 1:10.56	38.04	200m: 2:29.22	39.17	300m: 3:56.19	43.95	400m: 5:05.50	34.14
9.	Vania Soares Neves	90	12380	Viana Natacao	5:05.91	+0,92	621	
	50m: 32.79	32.79	150m: 1:49.88	39.60	250m: 3:13.70	44.09	350m: 4:33.07	34.60
	100m: 1:10.28	37.49	200m: 2:29.61	39.73	300m: 3:58.47	44.77	400m: 5:05.91	32.84
10.	Maria Teresa Amorim	97	20104	Porto	5:06.02	+0,99	620	
	50m: 32.34	32.34	150m: 1:49.89	40.15	250m: 3:14.17	44.61	350m: 4:34.00	34.33
	100m: 1:09.74	37.40	200m: 2:29.56	39.67	300m: 3:59.67	45.50	400m: 5:06.02	32.02
11.	Helena Paula Carvalho	95	107307	Uniao Piedense	5:07.48	+0,92	611	
	50m: 32.57	32.57	150m: 1:48.49	39.06	250m: 3:12.57	45.54	350m: 4:33.94	35.19
	100m: 1:09.43	36.86	200m: 2:27.03	38.54	300m: 3:58.75	46.18	400m: 5:07.48	33.54
12.	Rute Margarida Marques	94	25359	Amadora	5:12.60	+0,88	582	
	50m: 33.48	33.48	150m: 1:52.63	40.24	250m: 3:15.77	43.04	350m: 4:36.32	36.02
	100m: 1:12.39	38.91	200m: 2:32.73	40.10	300m: 4:00.30	44.53	400m: 5:12.60	36.28
13.	Sara Monteiro Meireles	97	103921	Gespacos	5:14.92	+0,92	569	
	50m: 32.93	32.93	150m: 1:52.49	41.61	250m: 3:17.69	44.96	350m: 4:40.26	37.68
	100m: 1:10.88	37.95	200m: 2:32.73	40.24	300m: 4:02.58	44.89	400m: 5:14.92	34.66
14.	Bruna Leal Dantas	96	100371	Sporting	5:15.54	+0,72	566	
	FTL							
	50m: 32.71	32.71	150m: 1:50.99	40.76	250m: 3:17.51	46.45	350m: 4:40.45	36.24
	100m: 1:10.23	37.52	200m: 2:31.06	40.07	300m: 4:04.21	46.70	400m: 5:15.54	35.09

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

Prova 9, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Francisca Gomes Azevedo	97	100356	Alges	5:16.70	+0,94	559	
	50m: 36.08 36.08			150m: 1:54.16 36.48	250m: 3:18.14 46.53	350m: 4:41.64 36.36		
	100m: 1:17.68 41.60			200m: 2:31.61 37.45	300m: 4:05.28 47.14	400m: 5:16.70 35.06		
16.	Barbara Marques Rodrigues	97	107039	Alges	5:16.79	+0,87	559	
	50m: 33.72 33.72			150m: 1:53.22 39.75	250m: 3:18.85 46.38	350m: 4:42.05 35.68		
	100m: 1:13.47 39.75			200m: 2:32.47 39.25	300m: 4:06.37 47.52	400m: 5:16.79 34.74		
17.	Ines Filipa Borges	95	26305	Alcobaca	5:21.28	+0,88	536	
	<i>FTL</i>							
	50m: 32.65 32.65			150m: 1:51.95 41.37	250m: 3:19.19 47.31	350m: 4:44.98 37.18		
	100m: 1:10.58 37.93			200m: 2:31.88 39.93	300m: 4:07.80 48.61	400m: 5:21.28 36.30		
18.	Margarida Domingues Duarte	97	109035	Nautico da Marinha Grande	5:22.13	+0,90	532	
	<i>FTL</i>							
	50m: 34.65 34.65			150m: 1:56.28 41.61	250m: 3:22.39 44.75	350m: 4:45.59 37.63		
	100m: 1:14.67 40.02			200m: 2:37.64 41.36	300m: 4:07.96 45.57	400m: 5:22.13 36.54		
19.	Barbara Sofia Barata	97	105454	Alges	5:26.28	+0,90	512	
	<i>FTL</i>							
	50m: 34.64 34.64			150m: 1:56.44 42.02	250m: 3:23.86 45.44	350m: 4:48.67 38.60		
	100m: 1:14.42 39.78			200m: 2:38.42 41.98	300m: 4:10.07 46.21	400m: 5:26.28 37.61		

Seniores

1.	Victoria Kaminskaya	95	102313	Pimpoes/Cimai	4:48.80	+0,83	738	
	50m: 32.09 32.09			150m: 1:44.45 36.39	250m: 2:59.88 40.06	350m: 4:14.72 34.49		
	100m: 1:08.06 35.97			200m: 2:19.82 35.37	300m: 3:40.23 40.35	400m: 4:48.80 34.08		
2.	Marta Pereira Abreu	92	23091	Porto	4:52.77	+1,46	708	
	50m: 32.06 32.06			150m: 1:44.74 36.15	250m: 3:01.75 41.08	350m: 4:18.57 34.87		
	100m: 1:08.59 36.53			200m: 2:20.67 35.93	300m: 3:43.70 41.95	400m: 4:52.77 34.20		
3.	Diana Patricia Ferreira	94	23500	Gespacos	5:00.31	+0,84	656	
	50m: 31.83 31.83			150m: 1:45.88 38.29	250m: 3:06.61 43.27	350m: 4:25.89 36.01		
	100m: 1:07.59 35.76			200m: 2:23.34 37.46	300m: 3:49.88 43.27	400m: 5:00.31 34.42		
4.	Raquel Paulo Ranito	94	25504	Sporting	5:01.20	+0,84	650	
	50m: 31.92 31.92			150m: 1:45.66 37.81	250m: 3:07.76 44.13	350m: 4:27.19 35.39		
	100m: 1:07.85 35.93			200m: 2:23.63 37.97	300m: 3:51.80 44.04	400m: 5:01.20 34.01		
5.	Vania Soares Neves	90	12380	Viana Natacao	5:05.91	+0,92	621	
	50m: 32.79 32.79			150m: 1:49.88 39.60	250m: 3:13.70 44.09	350m: 4:33.07 34.60		
	100m: 1:10.28 37.49			200m: 2:29.61 39.73	300m: 3:58.47 44.77	400m: 5:05.91 32.84		
6.	Helena Paula Carvalho	95	107307	Uniao Piedense	5:07.48	+0,92	611	
	50m: 32.57 32.57			150m: 1:48.49 39.06	250m: 3:12.57 45.54	350m: 4:33.94 35.19		
	100m: 1:09.43 36.86			200m: 2:27.03 38.54	300m: 3:58.75 46.18	400m: 5:07.48 33.54		
7.	Rute Margarida Marques	94	25359	Amadora	5:12.60	+0,88	582	
	50m: 33.48 33.48			150m: 1:52.63 40.24	250m: 3:15.77 43.04	350m: 4:36.32 36.02		
	100m: 1:12.39 38.91			200m: 2:32.73 40.10	300m: 4:00.30 44.53	400m: 5:12.60 36.28		
8.	Ines Filipa Borges	95	26305	Alcobaca	5:21.28	+0,88	536	
	<i>FTL</i>							
	50m: 32.65 32.65			150m: 1:51.95 41.37	250m: 3:19.19 47.31	350m: 4:44.98 37.18		
	100m: 1:10.58 37.93			200m: 2:31.88 39.93	300m: 4:07.80 48.61	400m: 5:21.28 36.30		

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

Prova 9, Femin., 400m Estilos

Juniores2

1. Diana Margarida Duraes	96	102992	Foca	4:50.85	+0,81	722					
<i>Recorde Nacional</i>											
50m:	31.29	31.29	150m:	1:44.39	37.61	250m:	3:02.74	41.01	350m:	4:18.33	33.52
100m:	1:06.78	35.49	200m:	2:21.73	37.34	300m:	3:44.81	42.07	400m:	4:50.85	32.52
2. Ana Marta Miranda	96	100377	Uniao Piedense	4:53.82	+0,90	701					
50m:	31.36	31.36	150m:	1:45.42	38.16	250m:	3:03.85	41.35	350m:	4:20.17	34.73
100m:	1:07.26	35.90	200m:	2:22.50	37.08	300m:	3:45.44	41.59	400m:	4:53.82	33.65
3. Ana Monica Eloi	96	107038	Nautico da Marinha Grande	5:05.50	+0,95	623					
50m:	32.52	32.52	150m:	1:50.05	39.49	250m:	3:12.24	43.02	350m:	4:31.36	35.17
100m:	1:10.56	38.04	200m:	2:29.22	39.17	300m:	3:56.19	43.95	400m:	5:05.50	34.14
4. Bruna Leal Dantas	96	100371	Sporting	5:15.54	+0,72	566					
<i>FTL</i>											
50m:	32.71	32.71	150m:	1:50.99	40.76	250m:	3:17.51	46.45	350m:	4:40.45	36.24
100m:	1:10.23	37.52	200m:	2:31.06	40.07	300m:	4:04.21	46.70	400m:	5:15.54	35.09

Juniores1

1. Filipa Vilas Ruivo	97	103568	Nautico da Marinha Grande	4:58.17	+0,92	671					
50m:	32.25	32.25	150m:	1:48.01	39.16	250m:	3:08.20	41.83	350m:	4:24.91	34.29
100m:	1:08.85	36.60	200m:	2:26.37	38.36	300m:	3:50.62	42.42	400m:	4:58.17	33.26
2. Maria Teresa Amorim	97	20104	Porto	5:06.02	+0,99	620					
50m:	32.34	32.34	150m:	1:49.89	40.15	250m:	3:14.17	44.61	350m:	4:34.00	34.33
100m:	1:09.74	37.40	200m:	2:29.56	39.67	300m:	3:59.67	45.50	400m:	5:06.02	32.02
3. Sara Monteiro Meireles	97	103921	Gespacos	5:14.92	+0,92	569					
50m:	32.93	32.93	150m:	1:52.49	41.61	250m:	3:17.69	44.96	350m:	4:40.26	37.68
100m:	1:10.88	37.95	200m:	2:32.73	40.24	300m:	4:02.58	44.89	400m:	5:14.92	34.66
4. Francisca Gomes Azevedo	97	100356	Alges	5:16.70	+0,94	559					
50m:	36.08	36.08	150m:	1:54.16	36.48	250m:	3:18.14	46.53	350m:	4:41.64	36.36
100m:	1:17.68	41.60	200m:	2:31.61	37.45	300m:	4:05.28	47.14	400m:	5:16.70	35.06
5. Barbara Marques Rodrigues	97	107039	Alges	5:16.79	+0,87	559					
50m:	33.72	33.72	150m:	1:53.22	39.75	250m:	3:18.85	46.38	350m:	4:42.05	35.68
100m:	1:13.47	39.75	200m:	2:32.47	39.25	300m:	4:06.37	47.52	400m:	5:16.79	34.74
6. Margarida Domingues Duarte	97	109035	Nautico da Marinha Grande	5:22.13	+0,90	532					
<i>FTL</i>											
50m:	34.65	34.65	150m:	1:56.28	41.61	250m:	3:22.39	44.75	350m:	4:45.59	37.63
100m:	1:14.67	40.02	200m:	2:37.64	41.36	300m:	4:07.96	45.57	400m:	5:22.13	36.54
7. Barbara Sofia Barata	97	105454	Alges	5:26.28	+0,90	512					
<i>FTL</i>											
50m:	34.64	34.64	150m:	1:56.44	42.02	250m:	3:23.86	45.44	350m:	4:48.67	38.60
100m:	1:14.42	39.78	200m:	2:38.42	41.98	300m:	4:10.07	46.21	400m:	5:26.28	37.61