

Campeonato Nacional de Juvenis  
Campeonato Absolutos de Portugal-OPEN  
Oeiras, 26.7. - 29.7.2012

Prova 16 Open  
27-07-2012 - 9:50 Resultados Elimin

Rec Nac Absoluto	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 Fem Sen: 5:19.00 / TAC JUN2 Fem 16: 5:19.00 / TAC JUN1 Fem 15: 5:23.00 / TAC JUV Fem Juv: 5:40.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:59.65</b>	+0,67	727	
	50m: 31.81 31.81	150m: 1:46.56 38.97	250m: 3:05.60 41.03	350m: 4:24.01 36.80			
	100m: 1:07.59 35.78	200m: 2:24.57 38.01	300m: 3:47.21 41.61	400m: 4:59.65 35.64			
2.	Julie Fournier	93	Ile de France	<b>5:00.30</b>	+0,79	722	
	50m: 31.19 31.19	150m: 1:47.00 39.84	250m: 3:08.93 43.21	350m: 4:26.42 34.62			
	100m: 1:07.16 35.97	200m: 2:25.72 38.72	300m: 3:51.80 42.87	400m: 5:00.30 33.88			
3.	Isabelle Mabboux	92	Ile de France	<b>5:01.68</b>	+0,76	712	
	50m: 30.88 30.88	150m: 1:45.97 40.38	250m: 3:08.39 43.24	350m: 4:27.45 36.17			
	100m: 1:05.59 34.71	200m: 2:25.15 39.18	300m: 3:51.28 42.89	400m: 5:01.68 34.23			
4.	Ana Catarina Monteiro	93	Vilacondense	<b>5:04.92</b>		690	
	50m: 31.45 31.45	150m: 1:47.02 40.09	250m: 3:10.76 45.37	350m: 4:31.28 36.05			
	100m: 1:06.93 35.48	200m: 2:25.39 38.37	300m: 3:55.23 44.47	400m: 5:04.92 33.64			
5.	Ana Marta Miranda	96	Uniao Piedense	<b>5:05.81</b>	+0,78	684	
	50m: 31.70 31.70	150m: 1:47.67 39.14	250m: 3:09.25 43.38	350m: 4:30.43 36.96			
	100m: 1:08.53 36.83	200m: 2:25.87 38.20	300m: 3:53.47 44.22	400m: 5:05.81 35.38			
6.	Angelica Maria Andre	94	Leixoes	<b>5:07.21</b>	+0,76	674	
	50m: 31.52 31.52	150m: 1:50.80 43.15	250m: 3:14.75 43.01	350m: 4:32.60 34.20			
	100m: 1:07.65 36.13	200m: 2:31.74 40.94	300m: 3:58.40 43.65	400m: 5:07.21 34.61			
7.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	<b>5:10.91</b>	+0,51	650	
	50m: 31.57 31.57	150m: 1:51.53 43.04	250m: 3:16.24 42.30	350m: 4:35.66 36.06			
	100m: 1:08.49 36.92	200m: 2:33.94 42.41	300m: 3:59.60 43.36	400m: 5:10.91 35.25			
8.	Diana Patricia Ferreira	94	Gespacos	<b>5:11.22</b>	+0,84	648	
	50m: 31.82 31.82	150m: 1:50.12 41.11	250m: 3:15.54 45.13	350m: 4:37.16 36.63			
	100m: 1:09.01 37.19	200m: 2:30.41 40.29	300m: 4:00.53 44.99	400m: 5:11.22 34.06			
9.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:11.38</b>	+0,86	647	
	50m: 33.56 33.56	150m: 1:51.40 40.57	250m: 3:15.11 43.26	350m: 4:36.29 35.97			
	100m: 1:10.83 37.27	200m: 2:31.85 40.45	300m: 4:00.32 45.21	400m: 5:11.38 35.09			
10.	Maria Teresa Amorim	97	Porto	<b>5:12.45</b>	+0,95	641	
	50m: 32.72 32.72	150m: 1:51.86 41.71	250m: 3:16.61 44.09	350m: 4:38.30 36.15			
	100m: 1:10.15 37.43	200m: 2:32.52 40.66	300m: 4:02.15 45.54	400m: 5:12.45 34.15			
11.	Mariana Cunha Guerra	98	SCC/Oryzon Energias	<b>5:15.35</b>	+0,83	623	
	50m: 32.28 32.28	150m: 1:49.79 40.47	250m: 3:17.29 47.51	350m: 4:40.70 35.95			
	100m: 1:09.32 37.04	200m: 2:29.78 39.99	300m: 4:04.75 47.46	400m: 5:15.35 34.65			
12.	Joana Dias Santos	96	Uniao Piedense	<b>5:16.06</b>	+1,00	619	
	50m: 34.18 34.18	150m: 1:58.81 44.37	250m: 3:22.00 41.05	350m: 4:41.15 36.88			
	100m: 1:14.44 40.26	200m: 2:40.95 42.14	300m: 4:04.27 42.27	400m: 5:16.06 34.91			

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Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Helena Paula Carvalho	95	Uniao Piedense	<b>5:16.60</b>	+0,83	616	
	50m: 32.29 32.29	150m: 1:50.23 40.27	250m: 3:18.05 47.91	350m: 4:42.23 36.48			
	100m: 1:09.96 37.67	200m: 2:30.14 39.91	300m: 4:05.75 47.70	400m: 5:16.60 34.37			
14.	Raquel Paulo Ranito	94	Sporting	<b>5:16.91</b>	+0,76	614	
	50m: 32.91 32.91	150m: 1:51.26 40.35	250m: 3:18.84 47.50	350m: 4:41.84 36.28			
	100m: 1:10.91 38.00	200m: 2:31.34 40.08	300m: 4:05.56 46.72	400m: 5:16.91 35.07			
15.	Rute Margarida Marques	94	Amadora	<b>5:17.03</b>	+0,82	613	
	50m: 32.33 32.33	150m: 1:52.63 41.72	250m: 3:16.84 43.85	350m: 4:40.72 38.38			
	100m: 1:10.91 38.58	200m: 2:32.99 40.36	300m: 4:02.34 45.50	400m: 5:17.03 36.31			
16.	Filipa Vicente Custois	97	Benedita	<b>5:17.09</b>	+0,93	613	
	50m: 32.86 32.86	150m: 1:51.42 40.40	250m: 3:17.80 46.14	350m: 4:41.46 37.02			
	100m: 1:11.02 38.16	200m: 2:31.66 40.24	300m: 4:04.44 46.64	400m: 5:17.09 35.63			
17.	Graca Maria Araujo	98	Famalicao	<b>5:18.85</b>	+0,74	603	
	50m: 32.76 32.76	150m: 1:53.09 41.01	250m: 3:19.89 46.20	350m: 4:43.57 36.88			
	100m: 1:12.08 39.32	200m: 2:33.69 40.60	300m: 4:06.69 46.80	400m: 5:18.85 35.28			
18.	Ana Filipa Martins	97	Foca	<b>5:20.36</b>	+0,82	595	
	50m: 33.05 33.05	150m: 1:52.77 42.44	250m: 3:19.72 46.64	350m: 4:44.24 37.07			
	100m: 1:10.33 37.28	200m: 2:33.08 40.31	300m: 4:07.17 47.45	400m: 5:20.36 36.12			
19.	Sara Monteiro Meireles	97	Gespacos	<b>5:23.27</b>	+0,99	579	
	<i>FTL</i>						
	50m: 34.37 34.37	150m: 1:56.98 43.68	250m: 3:25.44 46.20	350m: 4:48.18 37.20			
	100m: 1:13.30 38.93	200m: 2:39.24 42.26	300m: 4:10.98 45.54	400m: 5:23.27 35.09			
20.	Carolina Mantua Guedes	98	Sporting	<b>5:24.12</b>	+0,72	574	
	50m: 32.95 32.95	150m: 1:55.05 42.85	250m: 3:22.91 46.17	350m: 4:47.32 37.16			
	100m: 1:12.20 39.25	200m: 2:36.74 41.69	300m: 4:10.16 47.25	400m: 5:24.12 36.80			
21.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	<b>5:25.77</b>	+0,83	565	
	50m: 33.39 33.39	150m: 1:55.89 43.28	250m: 3:24.83 47.24	350m: 4:50.50 37.32			
	100m: 1:12.61 39.22	200m: 2:37.59 41.70	300m: 4:13.18 48.35	400m: 5:25.77 35.27			
22.	Sofia Alexandra Branco	98	Sporting	<b>5:27.31</b>	+0,83	557	
	50m: 32.62 32.62	150m: 1:55.35 45.10	250m: 3:27.31 47.98	350m: 4:51.64 37.25			
	100m: 1:10.25 37.63	200m: 2:39.33 43.98	300m: 4:14.39 47.08	400m: 5:27.31 35.67			
23.	Ana Beatriz Marques	98	Alges	<b>5:28.82</b>	+0,70	550	
	50m: 35.69 35.69	150m: 1:58.28 42.89	250m: 3:26.38 45.24	350m: 4:51.08 39.04			
	100m: 1:15.39 39.70	200m: 2:41.14 42.86	300m: 4:12.04 45.66	400m: 5:28.82 37.74			
24.	Sofia Machado Dionisio	98	Sporting	<b>5:31.58</b>	+0,90	536	
	50m: 33.50 33.50	150m: 1:58.46 43.76	250m: 3:27.87 45.45	350m: 4:54.24 39.07			
	100m: 1:14.70 41.20	200m: 2:42.42 43.96	300m: 4:15.17 47.30	400m: 5:31.58 37.34			
25.	Ana Rita Graca	98	Vilacondense	<b>5:38.60</b>	+0,98	503	
	50m: 36.29 36.29	150m: 2:04.09 44.96	250m: 3:34.33 47.53	350m: 5:01.02 39.19			
	100m: 1:19.13 42.84	200m: 2:46.80 42.71	300m: 4:21.83 47.50	400m: 5:38.60 37.58			
26.	Maria Madalena Silva	98	Nautico de Abrantes	<b>5:40.59</b>	+0,73	495	
	<i>FTL</i>						
	50m: 35.31 35.31	150m: 2:01.19 42.97	250m: 3:30.67 46.24	350m: 5:00.44 41.02			
	100m: 1:18.22 42.91	200m: 2:44.43 43.24	300m: 4:19.42 48.75	400m: 5:40.59 40.15			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
27.	Mariana Domingues Paz <i>FTL</i>	98	Miranda do Corvo	<b>5:40.93</b>	+0,87	493		
	50m: 38.13 38.13	150m: 2:07.18	45.36	250m: 3:37.96	45.27	350m: 5:03.12	40.17	
	100m: 1:21.82 43.69	200m: 2:52.69	45.51	300m: 4:22.95	44.99	400m: 5:40.93	37.81	
28.	Joana Cunha Sousa <i>FTL</i>	98	Foca	<b>5:44.57</b>	+1,06	478		
	50m: 36.29 36.29	150m: 2:04.68	44.31	250m: 3:36.86	48.69	350m: 5:06.13	38.24	
	100m: 1:20.37 44.08	200m: 2:48.17	43.49	300m: 4:27.89	51.03	400m: 5:44.57	38.44	
29.	Rita Cardoso Carvalho <i>FTL</i>	98	Alges	<b>5:44.77</b>	+0,76	477		
	50m: 36.71 36.71	150m: 2:04.06	47.11	250m: 3:38.68	49.16	350m: 5:06.21	39.86	
	100m: 1:16.95 40.24	200m: 2:49.52	45.46	300m: 4:26.35	47.67	400m: 5:44.77	38.56	
DSQ	Diana Margarida Duraes	96	Foca	<i>Efectuou multiplas pernadas golfinho após inicio percurso bruços - SW 7.1</i>				

Prova 16 Femin., 400m Estilos Juvenis  
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Rec Nac Absoluto	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011
Rec Nac Juv	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004

TAC JUV Fem : 5:40.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mariana Cunha Guerra	98	SCC/Oryzon Energias	<b>5:15.35</b>	+0,83	623	
	50m: 32.28 32.28	150m: 1:49.79	40.47	250m: 3:17.29	47.51	350m: 4:40.70	35.95
	100m: 1:09.32 37.04	200m: 2:29.78	39.99	300m: 4:04.75	47.46	400m: 5:15.35	34.65
2.	Graca Maria Araujo	98	Famalicao	<b>5:18.85</b>	+0,74	603	
	50m: 32.76 32.76	150m: 1:53.09	41.01	250m: 3:19.89	46.20	350m: 4:43.57	36.88
	100m: 1:12.08 39.32	200m: 2:33.69	40.60	300m: 4:06.69	46.80	400m: 5:18.85	35.28
3.	Carolina Mantua Guedes	98	Sporting	<b>5:24.12</b>	+0,72	574	
	50m: 32.95 32.95	150m: 1:55.05	42.85	250m: 3:22.91	46.17	350m: 4:47.32	37.16
	100m: 1:12.20 39.25	200m: 2:36.74	41.69	300m: 4:10.16	47.25	400m: 5:24.12	36.80
4.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	<b>5:25.77</b>	+0,83	565	
	50m: 33.39 33.39	150m: 1:55.89	43.28	250m: 3:24.83	47.24	350m: 4:50.50	37.32
	100m: 1:12.61 39.22	200m: 2:37.59	41.70	300m: 4:13.18	48.35	400m: 5:25.77	35.27
5.	Sofia Alexandra Branco	98	Sporting	<b>5:27.31</b>	+0,83	557	
	50m: 32.62 32.62	150m: 1:55.35	45.10	250m: 3:27.31	47.98	350m: 4:51.64	37.25
	100m: 1:10.25 37.63	200m: 2:39.33	43.98	300m: 4:14.39	47.08	400m: 5:27.31	35.67
6.	Ana Beatriz Marques	98	Alges	<b>5:28.82</b>	+0,70	550	
	50m: 35.69 35.69	150m: 1:58.28	42.89	250m: 3:26.38	45.24	350m: 4:51.08	39.04
	100m: 1:15.39 39.70	200m: 2:41.14	42.86	300m: 4:12.04	45.66	400m: 5:28.82	37.74
7.	Sofia Machado Dionisio	98	Sporting	<b>5:31.58</b>	+0,90	536	
	50m: 33.50 33.50	150m: 1:58.46	43.76	250m: 3:27.87	45.45	350m: 4:54.24	39.07
	100m: 1:14.70 41.20	200m: 2:42.42	43.96	300m: 4:15.17	47.30	400m: 5:31.58	37.34

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Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Ana Rita Graca	98	Vilacondense	<b>5:38.60</b>	+0,98	503	
	50m: 36.29 36.29	150m: 2:04.09 44.96	250m: 3:34.33 47.53	350m: 5:01.02 39.19			
	100m: 1:19.13 42.84	200m: 2:46.80 42.71	300m: 4:21.83 47.50	400m: 5:38.60 37.58			
9.	Maria Madalena Silva	98	Nautico de Abrantes	<b>5:40.59</b>	+0,73	495	
	<i>FTL</i>						
	50m: 35.31 35.31	150m: 2:01.19 42.97	250m: 3:30.67 46.24	350m: 5:00.44 41.02			
	100m: 1:18.22 42.91	200m: 2:44.43 43.24	300m: 4:19.42 48.75	400m: 5:40.59 40.15			
10.	Mariana Domingues Paz	98	Miranda do Corvo	<b>5:40.93</b>	+0,87	493	
	<i>FTL</i>						
	50m: 38.13 38.13	150m: 2:07.18 45.36	250m: 3:37.96 45.27	350m: 5:03.12 40.17			
	100m: 1:21.82 43.69	200m: 2:52.69 45.51	300m: 4:22.95 44.99	400m: 5:40.93 37.81			
11.	Joana Cunha Sousa	98	Foca	<b>5:44.57</b>	+1,06	478	
	<i>FTL</i>						
	50m: 36.29 36.29	150m: 2:04.68 44.31	250m: 3:36.86 48.69	350m: 5:06.13 38.24			
	100m: 1:20.37 44.08	200m: 2:48.17 43.49	300m: 4:27.89 51.03	400m: 5:44.57 38.44			
12.	Rita Cardoso Carvalho	98	Alges	<b>5:44.77</b>	+0,76	477	
	<i>FTL</i>						
	50m: 36.71 36.71	150m: 2:04.06 47.11	250m: 3:38.68 49.16	350m: 5:06.21 39.86			
	100m: 1:16.95 40.24	200m: 2:49.52 45.46	300m: 4:26.35 47.67	400m: 5:44.77 38.56			

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Rec Nac Absoluto	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011
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 Fem Sen: 5:19.00 / TAC JUN2 Fem 16: 5:19.00 / TAC JUN1 Fem 15: 5:23.00 / TAC JUV Fem Juv: 5:40.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:59.65</b>	+0,67	727	
	50m: 31.81 31.81	150m: 1:46.56 38.97	250m: 3:05.60 41.03	350m: 4:24.01 36.80			
	100m: 1:07.59 35.78	200m: 2:24.57 38.01	300m: 3:47.21 41.61	400m: 4:59.65 35.64			
2.	Ana Catarina Monteiro	93	Vilacondense	<b>5:04.92</b>		690	
	50m: 31.45 31.45	150m: 1:47.02 40.09	250m: 3:10.76 45.37	350m: 4:31.28 36.05			
	100m: 1:06.93 35.48	200m: 2:25.39 38.37	300m: 3:55.23 44.47	400m: 5:04.92 33.64			
3.	Ana Marta Miranda	96	Uniao Piedense	<b>5:05.81</b>	+0,78	684	
	50m: 31.70 31.70	150m: 1:47.67 39.14	250m: 3:09.25 43.38	350m: 4:30.43 36.96			
	100m: 1:08.53 36.83	200m: 2:25.87 38.20	300m: 3:53.47 44.22	400m: 5:05.81 35.38			
4.	Angelica Maria Andre	94	Leixoes	<b>5:07.21</b>	+0,76	674	
	50m: 31.52 31.52	150m: 1:50.80 43.15	250m: 3:14.75 43.01	350m: 4:32.60 34.20			
	100m: 1:07.65 36.13	200m: 2:31.74 40.94	300m: 3:58.40 43.65	400m: 5:07.21 34.61			
5.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	<b>5:10.91</b>	+0,51	650	
	50m: 31.57 31.57	150m: 1:51.53 43.04	250m: 3:16.24 42.30	350m: 4:35.66 36.06			
	100m: 1:08.49 36.92	200m: 2:33.94 42.41	300m: 3:59.60 43.36	400m: 5:10.91 35.25			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Diana Patricia Ferreira	94	Gespacos	<b>5:11.22</b>	+0,84	648	
	50m: 31.82 31.82	150m: 1:50.12 41.11	250m: 3:15.54 45.13	350m: 4:37.16 36.63			
	100m: 1:09.01 37.19	200m: 2:30.41 40.29	300m: 4:00.53 44.99	400m: 5:11.22 34.06			
7.	Ana Monica Eloí	96	Nautico da Marinha Grande	<b>5:11.38</b>	+0,86	647	
	50m: 33.56 33.56	150m: 1:51.40 40.57	250m: 3:15.11 43.26	350m: 4:36.29 35.97			
	100m: 1:10.83 37.27	200m: 2:31.85 40.45	300m: 4:00.32 45.21	400m: 5:11.38 35.09			
8.	Maria Teresa Amorim	97	Porto	<b>5:12.45</b>	+0,95	641	
	50m: 32.72 32.72	150m: 1:51.86 41.71	250m: 3:16.61 44.09	350m: 4:38.30 36.15			
	100m: 1:10.15 37.43	200m: 2:32.52 40.66	300m: 4:02.15 45.54	400m: 5:12.45 34.15			
9.	Mariana Cunha Guerra	98	SCC/Oryzon Energias	<b>5:15.35</b>	+0,83	623	
	50m: 32.28 32.28	150m: 1:49.79 40.47	250m: 3:17.29 47.51	350m: 4:40.70 35.95			
	100m: 1:09.32 37.04	200m: 2:29.78 39.99	300m: 4:04.75 47.46	400m: 5:15.35 34.65			
10.	Joana Dias Santos	96	Uniao Piedense	<b>5:16.06</b>	+1,00	619	
	50m: 34.18 34.18	150m: 1:58.81 44.37	250m: 3:22.00 41.05	350m: 4:41.15 36.88			
	100m: 1:14.44 40.26	200m: 2:40.95 42.14	300m: 4:04.27 42.27	400m: 5:16.06 34.91			
11.	Helena Paula Carvalho	95	Uniao Piedense	<b>5:16.60</b>	+0,83	616	
	50m: 32.29 32.29	150m: 1:50.23 40.27	250m: 3:18.05 47.91	350m: 4:42.23 36.48			
	100m: 1:09.96 37.67	200m: 2:30.14 39.91	300m: 4:05.75 47.70	400m: 5:16.60 34.37			
12.	Raquel Paulo Ranito	94	Sporting	<b>5:16.91</b>	+0,76	614	
	50m: 32.91 32.91	150m: 1:51.26 40.35	250m: 3:18.84 47.50	350m: 4:41.84 36.28			
	100m: 1:10.91 38.00	200m: 2:31.34 40.08	300m: 4:05.56 46.72	400m: 5:16.91 35.07			
13.	Rute Margarida Marques	94	Amadora	<b>5:17.03</b>	+0,82	613	
	50m: 32.33 32.33	150m: 1:52.63 41.72	250m: 3:16.84 43.85	350m: 4:40.72 38.38			
	100m: 1:10.91 38.58	200m: 2:32.99 40.36	300m: 4:02.34 45.50	400m: 5:17.03 36.31			
14.	Filipa Vicente Custois	97	Benedita	<b>5:17.09</b>	+0,93	613	
	50m: 32.86 32.86	150m: 1:51.42 40.40	250m: 3:17.80 46.14	350m: 4:41.46 37.02			
	100m: 1:11.02 38.16	200m: 2:31.66 40.24	300m: 4:04.44 46.64	400m: 5:17.09 35.63			
15.	Graca Maria Araujo	98	Famalicao	<b>5:18.85</b>	+0,74	603	
	50m: 32.76 32.76	150m: 1:53.09 41.01	250m: 3:19.89 46.20	350m: 4:43.57 36.88			
	100m: 1:12.08 39.32	200m: 2:33.69 40.60	300m: 4:06.69 46.80	400m: 5:18.85 35.28			
16.	Ana Filipa Martins	97	Foca	<b>5:20.36</b>	+0,82	595	
	50m: 33.05 33.05	150m: 1:52.77 42.44	250m: 3:19.72 46.64	350m: 4:44.24 37.07			
	100m: 1:10.33 37.28	200m: 2:33.08 40.31	300m: 4:07.17 47.45	400m: 5:20.36 36.12			
17.	Sara Monteiro Meireles	97	Gespacos	<b>5:23.27</b>	+0,99	579	
	<i>FTL</i> 50m: 34.37 34.37	150m: 1:56.98 43.68	250m: 3:25.44 46.20	350m: 4:48.18 37.20			
	100m: 1:13.30 38.93	200m: 2:39.24 42.26	300m: 4:10.98 45.54	400m: 5:23.27 35.09			
18.	Carolina Mantua Guedes	98	Sporting	<b>5:24.12</b>	+0,72	574	
	50m: 32.95 32.95	150m: 1:55.05 42.85	250m: 3:22.91 46.17	350m: 4:47.32 37.16			
	100m: 1:12.20 39.25	200m: 2:36.74 41.69	300m: 4:10.16 47.25	400m: 5:24.12 36.80			
19.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	<b>5:25.77</b>	+0,83	565	
	50m: 33.39 33.39	150m: 1:55.89 43.28	250m: 3:24.83 47.24	350m: 4:50.50 37.32			
	100m: 1:12.61 39.22	200m: 2:37.59 41.70	300m: 4:13.18 48.35	400m: 5:25.77 35.27			
20.	Sofia Alexandra Branco	98	Sporting	<b>5:27.31</b>	+0,83	557	
	50m: 32.62 32.62	150m: 1:55.35 45.10	250m: 3:27.31 47.98	350m: 4:51.64 37.25			
	100m: 1:10.25 37.63	200m: 2:39.33 43.98	300m: 4:14.39 47.08	400m: 5:27.31 35.67			

Campeonato Nacional de Juvenis  
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Oeiras, 26.7. - 29.7.2012

Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Ana Beatriz Marques	98	Alges	<b>5:28.82</b>	+0,70	550	
	50m: 35.69 35.69	150m: 1:58.28 42.89	250m: 3:26.38 45.24	350m: 4:51.08 39.04	400m: 5:28.82 37.74		
	100m: 1:15.39 39.70	200m: 2:41.14 42.86	300m: 4:12.04 45.66				
22.	Sofia Machado Dionisio	98	Sporting	<b>5:31.58</b>	+0,90	536	
	50m: 33.50 33.50	150m: 1:58.46 43.76	250m: 3:27.87 45.45	350m: 4:54.24 39.07	400m: 5:31.58 37.34		
	100m: 1:14.70 41.20	200m: 2:42.42 43.96	300m: 4:15.17 47.30				
23.	Ana Rita Graca	98	Vilacondense	<b>5:38.60</b>	+0,98	503	
	50m: 36.29 36.29	150m: 2:04.09 44.96	250m: 3:34.33 47.53	350m: 5:01.02 39.19	400m: 5:38.60 37.58		
	100m: 1:19.13 42.84	200m: 2:46.80 42.71	300m: 4:21.83 47.50				
24.	Maria Madalena Silva	98	Nautico de Abrantes	<b>5:40.59</b>	+0,73	495	
	<i>FTL</i>						
	50m: 35.31 35.31	150m: 2:01.19 42.97	250m: 3:30.67 46.24	350m: 5:00.44 41.02	400m: 5:40.59 40.15		
	100m: 1:18.22 42.91	200m: 2:44.43 43.24	300m: 4:19.42 48.75				
25.	Mariana Domingues Paz	98	Miranda do Corvo	<b>5:40.93</b>	+0,87	493	
	<i>FTL</i>						
	50m: 38.13 38.13	150m: 2:07.18 45.36	250m: 3:37.96 45.27	350m: 5:03.12 40.17	400m: 5:40.93 37.81		
	100m: 1:21.82 43.69	200m: 2:52.69 45.51	300m: 4:22.95 44.99				
26.	Joana Cunha Sousa	98	Foca	<b>5:44.57</b>	+1,06	478	
	<i>FTL</i>						
	50m: 36.29 36.29	150m: 2:04.68 44.31	250m: 3:36.86 48.69	350m: 5:06.13 38.24	400m: 5:44.57 38.44		
	100m: 1:20.37 44.08	200m: 2:48.17 43.49	300m: 4:27.89 51.03				
27.	Rita Cardoso Carvalho	98	Alges	<b>5:44.77</b>	+0,76	477	
	<i>FTL</i>						
	50m: 36.71 36.71	150m: 2:04.06 47.11	250m: 3:38.68 49.16	350m: 5:06.21 39.86	400m: 5:44.77 38.56		
	100m: 1:16.95 40.24	200m: 2:49.52 45.46	300m: 4:26.35 47.67				
DSQ	Diana Margarida Duraes	96	Foca				
	<i>Efectuou multiplas pernadas golfinho após inicio percurso braços - SW 7.1</i>						

Prova 16 Femin., 400m Estilos Jun1  
27-07-2012 - 9:50 Resultados Elimin

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

TAC JUN1 Fem : 5:23.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Teresa Amorim	97	Porto	<b>5:12.45</b>	+0,95	641	
	50m: 32.72 32.72	150m: 1:51.86 41.71	250m: 3:16.61 44.09	350m: 4:38.30 36.15	400m: 5:12.45 34.15		
	100m: 1:10.15 37.43	200m: 2:32.52 40.66	300m: 4:02.15 45.54				
2.	Filipa Vicente Custoias	97	Benedita	<b>5:17.09</b>	+0,93	613	
	50m: 32.86 32.86	150m: 1:51.42 40.40	250m: 3:17.80 46.14	350m: 4:41.46 37.02	400m: 5:17.09 35.63		
	100m: 1:11.02 38.16	200m: 2:31.66 40.24	300m: 4:04.44 46.64				
3.	Ana Filipa Martins	97	Foca	<b>5:20.36</b>	+0,82	595	
	50m: 33.05 33.05	150m: 1:52.77 42.44	250m: 3:19.72 46.64	350m: 4:44.24 37.07	400m: 5:20.36 36.12		
	100m: 1:10.33 37.28	200m: 2:33.08 40.31	300m: 4:07.17 47.45				



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Prova 16, Femin., 400m Estilos, Elimin, Jun1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
4.	Sara Monteiro Meireles	97	Gespacos	<b>5:23.27</b>	+0,99	579						
<i>FTL</i>												
	50m:	34.37	34.37	150m:	1:56.98	43.68	250m:	3:25.44	46.20	350m:	4:48.18	37.20
	100m:	1:13.30	38.93	200m:	2:39.24	42.26	300m:	4:10.98	45.54	400m:	5:23.27	35.09

Prova 16 Femin., 400m Estilos Jun2  
27-07-2012 - 9:50 Resultados Elimin

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

TAC JUN2 Fem : 5:19.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.	Ana Marta Miranda	96	Uniao Piedense	<b>5:05.81</b>	+0,78	684						
	50m:	31.70	31.70	150m:	1:47.67	39.14	250m:	3:09.25	43.38	350m:	4:30.43	36.96
	100m:	1:08.53	36.83	200m:	2:25.87	38.20	300m:	3:53.47	44.22	400m:	5:05.81	35.38
2.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:11.38</b>	+0,86	647						
	50m:	33.56	33.56	150m:	1:51.40	40.57	250m:	3:15.11	43.26	350m:	4:36.29	35.97
	100m:	1:10.83	37.27	200m:	2:31.85	40.45	300m:	4:00.32	45.21	400m:	5:11.38	35.09
3.	Joana Dias Santos	96	Uniao Piedense	<b>5:16.06</b>	+1,00	619						
	50m:	34.18	34.18	150m:	1:58.81	44.37	250m:	3:22.00	41.05	350m:	4:41.15	36.88
	100m:	1:14.44	40.26	200m:	2:40.95	42.14	300m:	4:04.27	42.27	400m:	5:16.06	34.91

DSQ Diana Margarida Duraes 96 Foca  
*Efectuou multiplas pernadas golfinho após inicio percurso braços - SW 7.1*

Prova 16 Femin., 400m Estilos Seniores  
27-07-2012 - 9:50 Resultados Elimin

Rec Nac Absoluto	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011
Rec Nac Sen	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	09-04-2011

TAC SEN Fem : 5:19.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:59.65</b>	+0,67	727						
	50m:	31.81	31.81	150m:	1:46.56	38.97	250m:	3:05.60	41.03	350m:	4:24.01	36.80
	100m:	1:07.59	35.78	200m:	2:24.57	38.01	300m:	3:47.21	41.61	400m:	4:59.65	35.64
2.	Ana Catarina Monteiro	93	Vilacondense	<b>5:04.92</b>		690						
	50m:	31.45	31.45	150m:	1:47.02	40.09	250m:	3:10.76	45.37	350m:	4:31.28	36.05
	100m:	1:06.93	35.48	200m:	2:25.39	38.37	300m:	3:55.23	44.47	400m:	5:04.92	33.64
3.	Angelica Maria Andre	94	Leixoes	<b>5:07.21</b>	+0,76	674						
	50m:	31.52	31.52	150m:	1:50.80	43.15	250m:	3:14.75	43.01	350m:	4:32.60	34.20
	100m:	1:07.65	36.13	200m:	2:31.74	40.94	300m:	3:58.40	43.65	400m:	5:07.21	34.61
4.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	<b>5:10.91</b>	+0,51	650						
	50m:	31.57	31.57	150m:	1:51.53	43.04	250m:	3:16.24	42.30	350m:	4:35.66	36.06
	100m:	1:08.49	36.92	200m:	2:33.94	42.41	300m:	3:59.60	43.36	400m:	5:10.91	35.25

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Prova 16, Femin., 400m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Diana Patricia Ferreira	94	Gespacos	<b>5:11.22</b>	+0,84	648	
	50m: 31.82 31.82	150m: 1:50.12 41.11	250m: 3:15.54 45.13	350m: 4:37.16 36.63			
	100m: 1:09.01 37.19	200m: 2:30.41 40.29	300m: 4:00.53 44.99	400m: 5:11.22 34.06			
6.	Helena Paula Carvalho	95	Uniao Piedense	<b>5:16.60</b>	+0,83	616	
	50m: 32.29 32.29	150m: 1:50.23 40.27	250m: 3:18.05 47.91	350m: 4:42.23 36.48			
	100m: 1:09.96 37.67	200m: 2:30.14 39.91	300m: 4:05.75 47.70	400m: 5:16.60 34.37			
7.	Raquel Paulo Ranito	94	Sporting	<b>5:16.91</b>	+0,76	614	
	50m: 32.91 32.91	150m: 1:51.26 40.35	250m: 3:18.84 47.50	350m: 4:41.84 36.28			
	100m: 1:10.91 38.00	200m: 2:31.34 40.08	300m: 4:05.56 46.72	400m: 5:16.91 35.07			
8.	Rute Margarida Marques	94	Amadora	<b>5:17.03</b>	+0,82	613	
	50m: 32.33 32.33	150m: 1:52.63 41.72	250m: 3:16.84 43.85	350m: 4:40.72 38.38			
	100m: 1:10.91 38.58	200m: 2:32.99 40.36	300m: 4:02.34 45.50	400m: 5:17.03 36.31			