

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

Event 16 Women, 400m Medley Open Results Prelim
27-07-2012 - 9:50

| | | | | | |
|---------------|---------|------------------------|-------|--------------------|------------|
| 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 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

Points: FINA 2012

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|-------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1. | Victoria Kaminskaya | 95 | Pimpoes/Cimai | 4:59.65 | +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 | 5:00.30 | +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 | 5:01.68 | +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 | 5:04.92 | | 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 | 5:05.81 | +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 | 5:07.21 | +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 | 5:10.91 | +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 | 5:11.22 | +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 | 5:11.38 | +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 | 5:12.45 | +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 | 5:15.35 | +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 | 5:16.06 | +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 | | | |

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

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

| Rank | Nome | YB | Clube | Tempo Final | | | | RT | Pts FINA | Pts |
|------|--------------------------|---------------------|---------------------|---------------------|--|--|--|-------|----------|-----|
| 13. | Helena Paula Carvalho | 95 | Uniao Piedense | 5:16.60 | | | | +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 | 5:16.91 | | | | +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 | 5:17.03 | | | | +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 Custoias | 97 | Benedita | 5:17.09 | | | | +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 | 5:18.85 | | | | +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 | 5:20.36 | | | | +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 | 5:23.27 | | | | +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 | 5:24.12 | | | | +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 | 5:25.77 | | | | +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 | 5:27.31 | | | | +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 | 5:28.82 | | | | +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 | 5:31.58 | | | | +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 | 5:38.60 | | | | +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 | 5:40.59 | | | | +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 | | | | | | |

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

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

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts | |
|------|-------------------------------------|---------------|------------------|--|-------|---------------|-------|--|
| 27. | Mariana Domingues Paz <i>FTL</i> | 98 | Miranda do Corvo | 5:40.93 | +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 | 5:44.57 | +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 | 5:44.77 | +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> | | | | |

Event 16 Girls, 400m Medley Juvenis
27-07-2012 - 9:50 Results Prelim

| | | | | | |
|--------------|---------|------------------------|-------|-----------------|------------|
| Rec Nac Open | 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

Points: FINA 2012

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|--------------------------|---------------|---------------------|----------------|-------|---------------|-------|
| 1. | Mariana Cunha Guerra | 98 | SCC/Oryzon Energias | 5:15.35 | +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 | 5:18.85 | +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 | 5:24.12 | +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 | 5:25.77 | +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 | 5:27.31 | +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 | 5:28.82 | +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 | 5:31.58 | +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 |

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

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

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|-----------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 8. | Ana Rita Graca | 98 | Vilacondense | 5:38.60 | +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 | 5:40.59 | +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 | 5:40.93 | +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 | 5:44.57 | +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 | 5:44.77 | +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 | | | |

Event 16
27-07-2012 - 9:50

Women, 400m Medley

Absolutos
Results Prelim

| | | | | | |
|--------------|---------|------------------------|-------|-----------------|------------|
| Rec Nac Open | 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

Points: FINA 2012

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|-----------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 1. | Victoria Kaminskaya | 95 | Pimpoes/Cimai | 4:59.65 | +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 | 5:04.92 | | 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 | 5:05.81 | +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 | 5:07.21 | +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 | 5:10.91 | +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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Campeonato Absolutos de Portugal-OPEN
Oeiras, 26.7. - 29.7.2012

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

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|--------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 6. | Diana Patricia Ferreira | 94 | Gespacos | 5:11.22 | +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 | 5:11.38 | +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 | 5:12.45 | +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 | 5:15.35 | +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 | 5:16.06 | +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 | 5:16.60 | +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 | 5:16.91 | +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 | 5:17.03 | +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 | 5:17.09 | +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 | 5:18.85 | +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 | 5:20.36 | +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 | 5:23.27 | +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 | 5:24.12 | +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 | 5:25.77 | +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 | 5:27.31 | +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
Campeonato Absolutos de Portugal-OPEN
Oeiras, 26.7. - 29.7.2012

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

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 21. | Ana Beatriz Marques | 98 | Alges | 5:28.82 | +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 | | | |
| 22. | Sofia Machado Dionisio | 98 | Sporting | 5:31.58 | +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 | | | |
| 23. | Ana Rita Graca | 98 | Vilacondense | 5:38.60 | +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 | | | |
| 24. | Maria Madalena Silva | 98 | Nautico de Abrantes | 5:40.59 | +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 | | | |
| 25. | Mariana Domingues Paz | 98 | Miranda do Corvo | 5:40.93 | +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 | | | |
| 26. | Joana Cunha Sousa | 98 | Foca | 5:44.57 | +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 | | | |
| 27. | Rita Cardoso Carvalho | 98 | Alges | 5:44.77 | +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 | | | |

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

Event 16 Girls, 400m Medley Jun1
27-07-2012 - 9:50 Results Prelim

| | | | | | |
|--------------|---------|---------------------|------|-----------------|------------|
| Rec Nac Open | 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

Points: FINA 2012

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 1. | Maria Teresa Amorim | 97 | Porto | 5:12.45 | +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 | | | |
| 2. | Filipa Vicente Custois | 97 | Benedita | 5:17.09 | +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 | | | |
| 3. | Ana Filipa Martins | 97 | Foca | 5:20.36 | +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 | | | |

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

Event 16, Girls, 400m Medley, Prelim, Jun1

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts | | | | | |
|------------|------------------------|---------|----------|----------------|---------|----------|-------|---------|-------|-------|---------|-------|
| 4. | Sara Monteiro Meireles | 97 | Gespacos | 5:23.27 | +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 |

Event 16 Girls, 400m Medley Jun2
27-07-2012 - 9:50 Results Prelim

| | | | | | |
|--------------|---------|---------------------|------|-----------------|------------|
| Rec Nac Open | 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

Points: FINA 2012

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts | | | | | |
|------|-------------------|---------|---------------------------|----------------|---------|----------|-------|---------|-------|-------|---------|-------|
| 1. | Ana Marta Miranda | 96 | Uniao Piedense | 5:05.81 | +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 | 5:11.38 | +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 | 5:16.06 | +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

Event 16 Women, 400m Medley Seniores
27-07-2012 - 9:50 Results Prelim

| | | | | | |
|--------------|---------|---------------------|-----|-----------------|------------|
| Rec Nac Open | 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

Points: FINA 2012

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts | | | | | |
|------|-----------------------|---------|-----------------------|----------------|---------|----------|-------|---------|-------|-------|---------|-------|
| 1. | Victoria Kaminskaya | 95 | Pimpoes/Cimai | 4:59.65 | +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 | 5:04.92 | | 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 | 5:07.21 | +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 | 5:10.91 | +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 |

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

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

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|-------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 5. | Diana Patricia Ferreira | 94 | Gespacos | 5:11.22 | +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 | 5:16.60 | +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 | 5:16.91 | +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 | 5:17.03 | +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 | | | |