

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

Prova 35 Femin., 400m Livres Open
28-07-2012 - 10:50 Resultados Elimin

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 Fem Sen: 4:38.00 / TAC JUN2 Fem 16: 4:38.00 / TAC JUN1 Fem 15: 4:43.00 / TAC JUV Fem Juv: 4:56.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Henrietta Stenkvis	94	Sweden	4:22.68	+0,74	754	
	50m: 31.13 31.13	150m: 1:37.53 33.21	250m: 2:43.82 32.92	350m: 3:50.25 33.06			
	100m: 1:04.32 33.19	200m: 2:10.90 33.37	300m: 3:17.19 33.37	400m: 4:22.68 32.43			
2.	Martina de Memme	91	Centro Sportivo Esercito	4:23.51	+0,78	747	
	50m: 30.86 30.86	150m: 1:36.89 33.18	250m: 2:43.91 33.51	350m: 3:50.60 33.20			
	100m: 1:03.71 32.85	200m: 2:10.40 33.51	300m: 3:17.40 33.49	400m: 4:23.51 32.91			
3.	Elsa Ericsson	95	Sweden	4:27.05	+0,66	718	
	50m: 31.02 31.02	150m: 1:39.48 34.52	250m: 2:47.27 33.45	350m: 3:54.51 33.65			
	100m: 1:04.96 33.94	200m: 2:13.82 34.34	300m: 3:20.86 33.59	400m: 4:27.05 32.54			
4.	Joana Aguiar Rodrigues	93	Porto	4:28.05	+0,88	710	
	50m: 31.00 31.00	150m: 1:39.69 34.43	250m: 2:47.62 33.73	350m: 3:55.54 33.75			
	100m: 1:05.26 34.26	200m: 2:13.89 34.20	300m: 3:21.79 34.17	400m: 4:28.05 32.51			
5.	Maria Luis Amorim	95	Porto	4:30.44	+0,84	691	
	50m: 31.23 31.23	150m: 1:40.12 34.93	250m: 2:48.86 33.72	350m: 3:56.96 33.83			
	100m: 1:05.19 33.96	200m: 2:15.14 35.02	300m: 3:23.13 34.27	400m: 4:30.44 33.48			
6.	Angelica Maria Andre	94	Leixoes	4:30.79	+0,76	688	
	50m: 31.45 31.45	150m: 1:38.37 34.06	250m: 2:47.54 34.83	350m: 3:56.72 34.55			
	100m: 1:04.31 32.86	200m: 2:12.71 34.34	300m: 3:22.17 34.63	400m: 4:30.79 34.07			
7.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:31.41		684	
	50m: 31.83 31.83	150m: 1:39.57 34.27	250m: 2:48.87 34.41	350m: 3:58.56 34.77			
	100m: 1:05.30 33.47	200m: 2:14.46 34.89	300m: 3:23.79 34.92	400m: 4:31.41 32.85			
8.	Vania Soares Neves	90	Viana Natacao	4:31.65	+0,80	682	
	50m: 31.50 31.50	150m: 1:39.85 34.23	250m: 2:49.02 34.52	350m: 3:58.43 34.56			
	100m: 1:05.62 34.12	200m: 2:14.50 34.65	300m: 3:23.87 34.85	400m: 4:31.65 33.22			
9.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:31.86	+0,80	680	
	50m: 31.14 31.14	150m: 1:39.40 34.50	250m: 2:49.02 34.82	350m: 3:58.62 34.86			
	100m: 1:04.90 33.76	200m: 2:14.20 34.80	300m: 3:23.76 34.74	400m: 4:31.86 33.24			
10.	Adriana Daniela Castro	97	Porto	4:31.88	+0,96	680	
	50m: 31.97 31.97	150m: 1:41.10 34.73	250m: 2:50.92 34.84	350m: 3:59.66 34.53			
	100m: 1:06.37 34.40	200m: 2:16.08 34.98	300m: 3:25.13 34.21	400m: 4:31.88 32.22			
11.	Ana Goncalves Neto	95	Porto	4:32.00	+1,00	679	
	50m: 31.64 31.64	150m: 1:40.49 34.88	250m: 2:49.00 33.36	350m: 3:57.75 34.45			
	100m: 1:05.61 33.97	200m: 2:15.64 35.15	300m: 3:23.30 34.30	400m: 4:32.00 34.25			
12.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	4:32.70	+0,83	674	
	50m: 31.80 31.80	150m: 1:40.32 34.62	250m: 2:49.72 34.69	350m: 3:59.07 34.66			
	100m: 1:05.70 33.90	200m: 2:15.03 34.71	300m: 3:24.41 34.69	400m: 4:32.70 33.63			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Barbara Marques Rodrigues	97	Alges	4:34.68	+0,83	659	
	50m: 31.61 31.61	150m: 1:40.39 34.85	250m: 2:50.38 35.07	350m: 4:00.25 35.04			
	100m: 1:05.54 33.93	200m: 2:15.31 34.92	300m: 3:25.21 34.83	400m: 4:34.68 34.43			
14.	Maria Teresa Amorim	97	Porto	4:36.07	+0,97	650	
	50m: 32.33 32.33	150m: 1:41.67 35.00	250m: 2:51.43 34.83	350m: 4:01.93 35.21			
	100m: 1:06.67 34.34	200m: 2:16.60 34.93	300m: 3:26.72 35.29	400m: 4:36.07 34.14			
15.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:36.35	+0,83	648	
	50m: 31.48 31.48	150m: 1:39.80 34.67	250m: 2:49.40 34.93	350m: 4:00.79 36.06			
	100m: 1:05.13 33.65	200m: 2:14.47 34.67	300m: 3:24.73 35.33	400m: 4:36.35 35.56			
16.	Leonor Mourinho Neves	95	Sporting	4:37.45	+0,85	640	
	50m: 31.56 31.56	150m: 1:40.54 34.76	250m: 2:51.23 35.42	350m: 4:02.47 35.72			
	100m: 1:05.78 34.22	200m: 2:15.81 35.27	300m: 3:26.75 35.52	400m: 4:37.45 34.98			
17.	Mafalda Gomes Beleza	94	Sporting	4:37.94	+0,83	637	
	50m: 31.93 31.93	150m: 1:40.59 34.89	250m: 2:51.28 35.52	350m: 4:03.09 36.13			
	100m: 1:05.70 33.77	200m: 2:15.76 35.17	300m: 3:26.96 35.68	400m: 4:37.94 34.85			
18.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:38.94		630	
	<i>FTL</i>						
	50m: 31.77 31.77	150m: 1:40.88 35.00	250m: 2:52.27 36.05	350m: 4:04.00 35.59			
	100m: 1:05.88 34.11	200m: 2:16.22 35.34	300m: 3:28.41 36.14	400m: 4:38.94 34.94			
19.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:40.04	+0,73	622	
	<i>FTL</i>						
	50m: 32.11 32.11	150m: 1:41.71 35.14	250m: 2:52.75 35.58	350m: 4:04.82 36.09			
	100m: 1:06.57 34.46	200m: 2:17.17 35.46	300m: 3:28.73 35.98	400m: 4:40.04 35.22			
20.	Maria Joao Fernandes	97	Vilacondense	4:41.47	+0,83	613	
	50m: 32.56 32.56	150m: 1:45.07 36.39	250m: 2:56.39 35.17	350m: 4:06.65 34.85			
	100m: 1:08.68 36.12	200m: 2:21.22 36.15	300m: 3:31.80 35.41	400m: 4:41.47 34.82			
21.	Ana Silva Costa	98	Famalicao	4:41.51	+0,79	613	
	50m: 31.68 31.68	150m: 1:42.39 35.81	250m: 2:54.47 35.90	350m: 4:06.90 36.31			
	100m: 1:06.58 34.90	200m: 2:18.57 36.18	300m: 3:30.59 36.12	400m: 4:41.51 34.61			
22.	Ana Sofia Fernandes	93	Braga	4:41.69	+0,92	611	
	<i>FTL</i>						
	50m: 31.67 31.67	150m: 1:41.28 35.05	250m: 2:53.26 36.01	350m: 4:05.98 36.19			
	100m: 1:06.23 34.56	200m: 2:17.25 35.97	300m: 3:29.79 36.53	400m: 4:41.69 35.71			
23.	Catarina Alexandra Jardim	98	Famalicao	4:42.84	+0,85	604	
	50m: 31.79 31.79	150m: 1:42.80 36.02	250m: 2:55.69 36.19	350m: 4:08.08 35.71			
	100m: 1:06.78 34.99	200m: 2:19.50 36.70	300m: 3:32.37 36.68	400m: 4:42.84 34.76			
24.	Marta Alexandra Saraiva	93	Uniao Piedense	4:43.46	+0,94	600	
	<i>FTL</i>						
	50m: 32.12 32.12	150m: 1:42.00 35.29	250m: 2:54.68 36.60	350m: 4:07.73 36.49			
	100m: 1:06.71 34.59	200m: 2:18.08 36.08	300m: 3:31.24 36.56	400m: 4:43.46 35.73			
25.	Joana Filipa Capela	89	Benfica	4:43.67	+0,78	599	
	<i>FTL</i>						
	50m: 32.00 32.00	150m: 1:42.78 36.09	250m: 2:55.42 36.50	350m: 4:08.84 36.78			
	100m: 1:06.69 34.69	200m: 2:18.92 36.14	300m: 3:32.06 36.64	400m: 4:43.67 34.83			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:43.76	+0,92	598	
	50m: 31.76 31.76	150m: 1:43.32 35.99	250m: 2:55.66 36.02	350m: 4:08.39 36.32			
	100m: 1:07.33 35.57	200m: 2:19.64 36.32	300m: 3:32.07 36.41	400m: 4:43.76 35.37			
27.	Ines Sofia Sampaio	94	Academico Viseu	4:43.87	+1,00	597	
	<i>FTL</i>						
	50m: 32.29 32.29	150m: 1:42.20 35.14	250m: 2:54.35 36.25	350m: 4:07.99 36.70			
	100m: 1:07.06 34.77	200m: 2:18.10 35.90	300m: 3:31.29 36.94	400m: 4:43.87 35.88			
28.	Cecilia Branco Almeida	97	Geslours	4:44.58	+0,83	593	
	<i>FTL</i>						
	50m: 32.69 32.69	150m: 1:44.58 36.15	250m: 2:57.33 36.32	350m: 4:09.21 35.84			
	100m: 1:08.43 35.74	200m: 2:21.01 36.43	300m: 3:33.37 36.04	400m: 4:44.58 35.37			
29.	Beatriz Filipa Matos	97	Nautico de Coimbra	4:44.59		593	
	<i>FTL</i>						
	50m: 32.28 32.28	150m: 1:43.39 35.92	250m: 2:56.30 36.69	350m: 4:09.56 36.52			
	100m: 1:07.47 35.19	200m: 2:19.61 36.22	300m: 3:33.04 36.74	400m: 4:44.59 35.03			
30.	Beatriz Rodrigues Conde	98	Sporting	4:44.70		592	
	50m: 32.69 32.69	150m: 1:45.25 36.65	250m: 2:57.60 36.30	350m: 4:09.50 36.17			
	100m: 1:08.60 35.91	200m: 2:21.30 36.05	300m: 3:33.33 35.73	400m: 4:44.70 35.20			
31.	Soraia Vanessa Ribeiro	92	Gespacos	4:45.73	+0,94	586	
	<i>FTL</i>						
	50m: 31.81 31.81	150m: 1:40.99 34.70	250m: 2:53.02 36.20	350m: 4:07.94 37.82			
	100m: 1:06.29 34.48	200m: 2:16.82 35.83	300m: 3:30.12 37.10	400m: 4:45.73 37.79			
32.	Ana Filipa Martins	97	Foca	4:46.96	+0,81	578	
	<i>FTL</i>						
	50m: 32.25 32.25	150m: 1:42.53 35.39	250m: 2:55.91 36.80	350m: 4:10.37 36.74			
	100m: 1:07.14 34.89	200m: 2:19.11 36.58	300m: 3:33.63 37.72	400m: 4:46.96 36.59			
33.	Helena Paula Carvalho	95	Uniao Piedense	4:47.34	+0,77	576	
	<i>FTL</i>						
	50m: 32.03 32.03	150m: 1:44.10 36.43	250m: 2:57.63 36.74	350m: 4:11.85 37.07			
	100m: 1:07.67 35.64	200m: 2:20.89 36.79	300m: 3:34.78 37.15	400m: 4:47.34 35.49			
34.	Marina Micaela Sequeira	98	Uniao Piedense	4:48.32		570	
	50m: 33.28 33.28	150m: 1:46.19 36.85	250m: 2:58.87 36.36	350m: 4:12.99 37.89			
	100m: 1:09.34 36.06	200m: 2:22.51 36.32	300m: 3:35.10 36.23	400m: 4:48.32 35.33			
35.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	4:48.57	+1,05	569	
	50m: 32.41 32.41	150m: 1:44.26 36.41	250m: 2:57.31 36.54	350m: 4:11.81 37.33			
	100m: 1:07.85 35.44	200m: 2:20.77 36.51	300m: 3:34.48 37.17	400m: 4:48.57 36.76			
36.	Joana Costa Caires	98	Naval do Funchal	4:49.61	+0,73	563	
	50m: 32.17 32.17	150m: 1:43.85 35.84	250m: 2:57.68 36.98	350m: 4:12.62 37.25			
	100m: 1:08.01 35.84	200m: 2:20.70 36.85	300m: 3:35.37 37.69	400m: 4:49.61 36.99			
37.	Maria Carolina Ribeiro	98	Porto	4:51.10	+0,82	554	
	50m: 32.61 32.61	150m: 1:45.66 36.98	250m: 2:57.89 35.48	350m: 4:13.11 37.54			
	100m: 1:08.68 36.07	200m: 2:22.41 36.75	300m: 3:35.57 37.68	400m: 4:51.10 37.99			
38.	Sofia Alexandra Rolao	98	Naval Amorense	4:51.94	+0,91	549	
	50m: 32.39 32.39	150m: 1:45.09 36.94	250m: 2:59.62 37.28	350m: 4:15.23 38.14			
	100m: 1:08.15 35.76	200m: 2:22.34 37.25	300m: 3:37.09 37.47	400m: 4:51.94 36.71			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	Vanessa Branco Machado	98	SCC/Oryzon Energias	4:53.91	+1,02	538	
	50m: 32.50 32.50	150m: 1:47.51 38.06	250m: 3:03.14 37.93		350m: 4:17.51 36.90		36.90
	100m: 1:09.45 36.95	200m: 2:25.21 37.70	300m: 3:40.61 37.47		400m: 4:53.91 36.40		36.40
40.	Maria Carolina Correia	98	Lousanense	4:54.34	+0,80	536	
	50m: 32.64 32.64	150m: 1:45.85 37.18	250m: 3:02.04 38.17		350m: 4:18.40 38.13		38.13
	100m: 1:08.67 36.03	200m: 2:23.87 38.02	300m: 3:40.27 38.23		400m: 4:54.34 35.94		35.94
41.	Patricia Goncalves Cardoso	98	Porto	5:01.74		497	
	<i>FTL</i>						
	50m: 32.97 32.97	150m: 1:47.01 37.91	250m: 3:04.29 38.70		350m: 4:23.10 39.71		39.71
	100m: 1:09.10 36.13	200m: 2:25.59 38.58	300m: 3:43.39 39.10		400m: 5:01.74 38.64		38.64
DNS	Ginevra Taddeucci	97	Team N.Tos Empoli				

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Rec Nac Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Rec Nac Juv	4:28.67	tempo limite			

TAC JUV Fem : 4:56.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Silva Costa	98	Famalicao	4:41.51	+0,79	613	
	50m: 31.68 31.68	150m: 1:42.39 35.81	250m: 2:54.47 35.90		350m: 4:06.90 36.31		36.31
	100m: 1:06.58 34.90	200m: 2:18.57 36.18	300m: 3:30.59 36.12		400m: 4:41.51 34.61		34.61
2.	Catarina Alexandra Jardim	98	Famalicao	4:42.84	+0,85	604	
	50m: 31.79 31.79	150m: 1:42.80 36.02	250m: 2:55.69 36.19		350m: 4:08.08 35.71		35.71
	100m: 1:06.78 34.99	200m: 2:19.50 36.70	300m: 3:32.37 36.68		400m: 4:42.84 34.76		34.76
3.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:43.76	+0,92	598	
	50m: 31.76 31.76	150m: 1:43.32 35.99	250m: 2:55.66 36.02		350m: 4:08.39 36.32		36.32
	100m: 1:07.33 35.57	200m: 2:19.64 36.32	300m: 3:32.07 36.41		400m: 4:43.76 35.37		35.37
4.	Beatriz Rodrigues Conde	98	Sporting	4:44.70		592	
	50m: 32.69 32.69	150m: 1:45.25 36.65	250m: 2:57.60 36.30		350m: 4:09.50 36.17		36.17
	100m: 1:08.60 35.91	200m: 2:21.30 36.05	300m: 3:33.33 35.73		400m: 4:44.70 35.20		35.20
5.	Marina Micaela Sequeira	98	Uniao Piedense	4:48.32		570	
	50m: 33.28 33.28	150m: 1:46.19 36.85	250m: 2:58.87 36.36		350m: 4:12.99 37.89		37.89
	100m: 1:09.34 36.06	200m: 2:22.51 36.32	300m: 3:35.10 36.23		400m: 4:48.32 35.33		35.33
6.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	4:48.57	+1,05	569	
	50m: 32.41 32.41	150m: 1:44.26 36.41	250m: 2:57.31 36.54		350m: 4:11.81 37.33		37.33
	100m: 1:07.85 35.44	200m: 2:20.77 36.51	300m: 3:34.48 37.17		400m: 4:48.57 36.76		36.76
7.	Joana Costa Caires	98	Naval do Funchal	4:49.61	+0,73	563	
	50m: 32.17 32.17	150m: 1:43.85 35.84	250m: 2:57.68 36.98		350m: 4:12.62 37.25		37.25
	100m: 1:08.01 35.84	200m: 2:20.70 36.85	300m: 3:35.37 37.69		400m: 4:49.61 36.99		36.99
8.	Maria Carolina Ribeiro	98	Porto	4:51.10	+0,82	554	
	50m: 32.61 32.61	150m: 1:45.66 36.98	250m: 2:57.89 35.48		350m: 4:13.11 37.54		37.54
	100m: 1:08.68 36.07	200m: 2:22.41 36.75	300m: 3:35.57 37.68		400m: 4:51.10 37.99		37.99

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Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Sofia Alexandra Rolao	98	Naval Amorense	4:51.94	+0,91	549	
	50m: 32.39 32.39	150m: 1:45.09 36.94	250m: 2:59.62 37.28	350m: 4:15.23 38.14			
	100m: 1:08.15 35.76	200m: 2:22.34 37.25	300m: 3:37.09 37.47	400m: 4:51.94 36.71			
10.	Vanessa Branco Machado	98	SCC/Oryzon Energias	4:53.91	+1,02	538	
	50m: 32.50 32.50	150m: 1:47.51 38.06	250m: 3:03.14 37.93	350m: 4:17.51 36.90			
	100m: 1:09.45 36.95	200m: 2:25.21 37.70	300m: 3:40.61 37.47	400m: 4:53.91 36.40			
11.	Maria Carolina Correia	98	Lousanense	4:54.34	+0,80	536	
	50m: 32.64 32.64	150m: 1:45.85 37.18	250m: 3:02.04 38.17	350m: 4:18.40 38.13			
	100m: 1:08.67 36.03	200m: 2:23.87 38.02	300m: 3:40.27 38.23	400m: 4:54.34 35.94			
12.	Patricia Goncalves Cardoso	98	Porto	5:01.74		497	
	FTL						
	50m: 32.97 32.97	150m: 1:47.01 37.91	250m: 3:04.29 38.70	350m: 4:23.10 39.71			
	100m: 1:09.10 36.13	200m: 2:25.59 38.58	300m: 3:43.39 39.10	400m: 5:01.74 38.64			

Prova 35
28-07-2012 - 10:50

Femin., 400m Livres

Absolutos
Resultados Elimin

Rec Nac Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
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 Fem Sen: 4:38.00 / TAC JUN2 Fem 16: 4:38.00 / TAC JUN1 Fem 15: 4:43.00 / TAC JUV Fem Juv: 4:56.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Aguiar Rodrigues	93	Porto	4:28.05	+0,88	710	
	50m: 31.00 31.00	150m: 1:39.69 34.43	250m: 2:47.62 33.73	350m: 3:55.54 33.75			
	100m: 1:05.26 34.26	200m: 2:13.89 34.20	300m: 3:21.79 34.17	400m: 4:28.05 32.51			
2.	Maria Luis Amorim	95	Porto	4:30.44	+0,84	691	
	50m: 31.23 31.23	150m: 1:40.12 34.93	250m: 2:48.86 33.72	350m: 3:56.96 33.83			
	100m: 1:05.19 33.96	200m: 2:15.14 35.02	300m: 3:23.13 34.27	400m: 4:30.44 33.48			
3.	Angelica Maria Andre	94	Leixoes	4:30.79	+0,76	688	
	50m: 31.45 31.45	150m: 1:38.37 34.06	250m: 2:47.54 34.83	350m: 3:56.72 34.55			
	100m: 1:04.31 32.86	200m: 2:12.71 34.34	300m: 3:22.17 34.63	400m: 4:30.79 34.07			
4.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:31.41		684	
	50m: 31.83 31.83	150m: 1:39.57 34.27	250m: 2:48.87 34.41	350m: 3:58.56 34.77			
	100m: 1:05.30 33.47	200m: 2:14.46 34.89	300m: 3:23.79 34.92	400m: 4:31.41 32.85			
5.	Vania Soares Neves	90	Viana Natacao	4:31.65	+0,80	682	
	50m: 31.50 31.50	150m: 1:39.85 34.23	250m: 2:49.02 34.52	350m: 3:58.43 34.56			
	100m: 1:05.62 34.12	200m: 2:14.50 34.65	300m: 3:23.87 34.85	400m: 4:31.65 33.22			
6.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:31.86	+0,80	680	
	50m: 31.14 31.14	150m: 1:39.40 34.50	250m: 2:49.02 34.82	350m: 3:58.62 34.86			
	100m: 1:04.90 33.76	200m: 2:14.20 34.80	300m: 3:23.76 34.74	400m: 4:31.86 33.24			
7.	Adriana Daniela Castro	97	Porto	4:31.88	+0,96	680	
	50m: 31.97 31.97	150m: 1:41.10 34.73	250m: 2:50.92 34.84	350m: 3:59.66 34.53			
	100m: 1:06.37 34.40	200m: 2:16.08 34.98	300m: 3:25.13 34.21	400m: 4:31.88 32.22			

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

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Ana Goncalves Neto	95	Porto	4:32.00	+1,00	679	
	50m: 31.64 31.64	150m: 1:40.49 34.88	250m: 2:49.00 33.36	350m: 3:57.75 34.45			
	100m: 1:05.61 33.97	200m: 2:15.64 35.15	300m: 3:23.30 34.30	400m: 4:32.00 34.25			
9.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	4:32.70	+0,83	674	
	50m: 31.80 31.80	150m: 1:40.32 34.62	250m: 2:49.72 34.69	350m: 3:59.07 34.66			
	100m: 1:05.70 33.90	200m: 2:15.03 34.71	300m: 3:24.41 34.69	400m: 4:32.70 33.63			
10.	Barbara Marques Rodrigues	97	Alges	4:34.68	+0,83	659	
	50m: 31.61 31.61	150m: 1:40.39 34.85	250m: 2:50.38 35.07	350m: 4:00.25 35.04			
	100m: 1:05.54 33.93	200m: 2:15.31 34.92	300m: 3:25.21 34.83	400m: 4:34.68 34.43			
11.	Maria Teresa Amorim	97	Porto	4:36.07	+0,97	650	
	50m: 32.33 32.33	150m: 1:41.67 35.00	250m: 2:51.43 34.83	350m: 4:01.93 35.21			
	100m: 1:06.67 34.34	200m: 2:16.60 34.93	300m: 3:26.72 35.29	400m: 4:36.07 34.14			
12.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:36.35	+0,83	648	
	50m: 31.48 31.48	150m: 1:39.80 34.67	250m: 2:49.40 34.93	350m: 4:00.79 36.06			
	100m: 1:05.13 33.65	200m: 2:14.47 34.67	300m: 3:24.73 35.33	400m: 4:36.35 35.56			
13.	Leonor Mourinho Neves	95	Sporting	4:37.45	+0,85	640	
	50m: 31.56 31.56	150m: 1:40.54 34.76	250m: 2:51.23 35.42	350m: 4:02.47 35.72			
	100m: 1:05.78 34.22	200m: 2:15.81 35.27	300m: 3:26.75 35.52	400m: 4:37.45 34.98			
14.	Mafalda Gomes Beleza	94	Sporting	4:37.94	+0,83	637	
	50m: 31.93 31.93	150m: 1:40.59 34.89	250m: 2:51.28 35.52	350m: 4:03.09 36.13			
	100m: 1:05.70 33.77	200m: 2:15.76 35.17	300m: 3:26.96 35.68	400m: 4:37.94 34.85			
15.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:38.94		630	
	<i>FTL</i>						
	50m: 31.77 31.77	150m: 1:40.88 35.00	250m: 2:52.27 36.05	350m: 4:04.00 35.59			
	100m: 1:05.88 34.11	200m: 2:16.22 35.34	300m: 3:28.41 36.14	400m: 4:38.94 34.94			
16.	Ana Monica Eloí	96	Nautico da Marinha Grande	4:40.04	+0,73	622	
	<i>FTL</i>						
	50m: 32.11 32.11	150m: 1:41.71 35.14	250m: 2:52.75 35.58	350m: 4:04.82 36.09			
	100m: 1:06.57 34.46	200m: 2:17.17 35.46	300m: 3:28.73 35.98	400m: 4:40.04 35.22			
17.	Maria Joao Fernandes	97	Vilacondense	4:41.47	+0,83	613	
	50m: 32.56 32.56	150m: 1:45.07 36.39	250m: 2:56.39 35.17	350m: 4:06.65 34.85			
	100m: 1:08.68 36.12	200m: 2:21.22 36.15	300m: 3:31.80 35.41	400m: 4:41.47 34.82			
18.	Ana Silva Costa	98	Famalicao	4:41.51	+0,79	613	
	50m: 31.68 31.68	150m: 1:42.39 35.81	250m: 2:54.47 35.90	350m: 4:06.90 36.31			
	100m: 1:06.58 34.90	200m: 2:18.57 36.18	300m: 3:30.59 36.12	400m: 4:41.51 34.61			
19.	Ana Sofia Fernandes	93	Braga	4:41.69	+0,92	611	
	<i>FTL</i>						
	50m: 31.67 31.67	150m: 1:41.28 35.05	250m: 2:53.26 36.01	350m: 4:05.98 36.19			
	100m: 1:06.23 34.56	200m: 2:17.25 35.97	300m: 3:29.79 36.53	400m: 4:41.69 35.71			
20.	Catarina Alexandra Jardim	98	Famalicao	4:42.84	+0,85	604	
	50m: 31.79 31.79	150m: 1:42.80 36.02	250m: 2:55.69 36.19	350m: 4:08.08 35.71			
	100m: 1:06.78 34.99	200m: 2:19.50 36.70	300m: 3:32.37 36.68	400m: 4:42.84 34.76			
21.	Marta Alexandra Saraiva	93	Uniao Piedense	4:43.46	+0,94	600	
	<i>FTL</i>						
	50m: 32.12 32.12	150m: 1:42.00 35.29	250m: 2:54.68 36.60	350m: 4:07.73 36.49			
	100m: 1:06.71 34.59	200m: 2:18.08 36.08	300m: 3:31.24 36.56	400m: 4:43.46 35.73			

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

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	Joana Filipa Capela <i>FTL</i>	89	Benfica	4:43.67	+0,78	599	
	50m: 32.00 32.00 150m: 1:42.78 36.09 250m: 2:55.42 36.50 350m: 4:08.84 36.78 100m: 1:06.69 34.69 200m: 2:18.92 36.14 300m: 3:32.06 36.64 400m: 4:43.67 34.83						
23.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:43.76	+0,92	598	
	50m: 31.76 31.76 150m: 1:43.32 35.99 250m: 2:55.66 36.02 350m: 4:08.39 36.32 100m: 1:07.33 35.57 200m: 2:19.64 36.32 300m: 3:32.07 36.41 400m: 4:43.76 35.37						
24.	Ines Sofia Sampaio <i>FTL</i>	94	Academico Viseu	4:43.87	+1,00	597	
	50m: 32.29 32.29 150m: 1:42.20 35.14 250m: 2:54.35 36.25 350m: 4:07.99 36.70 100m: 1:07.06 34.77 200m: 2:18.10 35.90 300m: 3:31.29 36.94 400m: 4:43.87 35.88						
25.	Cecilia Branco Almeida <i>FTL</i>	97	Geslours	4:44.58	+0,83	593	
	50m: 32.69 32.69 150m: 1:44.58 36.15 250m: 2:57.33 36.32 350m: 4:09.21 35.84 100m: 1:08.43 35.74 200m: 2:21.01 36.43 300m: 3:33.37 36.04 400m: 4:44.58 35.37						
26.	Beatriz Filipa Matos <i>FTL</i>	97	Nautico de Coimbra	4:44.59		593	
	50m: 32.28 32.28 150m: 1:43.39 35.92 250m: 2:56.30 36.69 350m: 4:09.56 36.52 100m: 1:07.47 35.19 200m: 2:19.61 36.22 300m: 3:33.04 36.74 400m: 4:44.59 35.03						
27.	Beatriz Rodrigues Conde	98	Sporting	4:44.70		592	
	50m: 32.69 32.69 150m: 1:45.25 36.65 250m: 2:57.60 36.30 350m: 4:09.50 36.17 100m: 1:08.60 35.91 200m: 2:21.30 36.05 300m: 3:33.33 35.73 400m: 4:44.70 35.20						
28.	Soraia Vanessa Ribeiro <i>FTL</i>	92	Gespacos	4:45.73	+0,94	586	
	50m: 31.81 31.81 150m: 1:40.99 34.70 250m: 2:53.02 36.20 350m: 4:07.94 37.82 100m: 1:06.29 34.48 200m: 2:16.82 35.83 300m: 3:30.12 37.10 400m: 4:45.73 37.79						
29.	Ana Filipa Martins <i>FTL</i>	97	Foca	4:46.96	+0,81	578	
	50m: 32.25 32.25 150m: 1:42.53 35.39 250m: 2:55.91 36.80 350m: 4:10.37 36.74 100m: 1:07.14 34.89 200m: 2:19.11 36.58 300m: 3:33.63 37.72 400m: 4:46.96 36.59						
30.	Helena Paula Carvalho <i>FTL</i>	95	Uniao Piedense	4:47.34	+0,77	576	
	50m: 32.03 32.03 150m: 1:44.10 36.43 250m: 2:57.63 36.74 350m: 4:11.85 37.07 100m: 1:07.67 35.64 200m: 2:20.89 36.79 300m: 3:34.78 37.15 400m: 4:47.34 35.49						
31.	Marina Micaela Sequeira	98	Uniao Piedense	4:48.32		570	
	50m: 33.28 33.28 150m: 1:46.19 36.85 250m: 2:58.87 36.36 350m: 4:12.99 37.89 100m: 1:09.34 36.06 200m: 2:22.51 36.32 300m: 3:35.10 36.23 400m: 4:48.32 35.33						
32.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	4:48.57	+1,05	569	
	50m: 32.41 32.41 150m: 1:44.26 36.41 250m: 2:57.31 36.54 350m: 4:11.81 37.33 100m: 1:07.85 35.44 200m: 2:20.77 36.51 300m: 3:34.48 37.17 400m: 4:48.57 36.76						
33.	Joana Costa Caires	98	Naval do Funchal	4:49.61	+0,73	563	
	50m: 32.17 32.17 150m: 1:43.85 35.84 250m: 2:57.68 36.98 350m: 4:12.62 37.25 100m: 1:08.01 35.84 200m: 2:20.70 36.85 300m: 3:35.37 37.69 400m: 4:49.61 36.99						
34.	Maria Carolina Ribeiro	98	Porto	4:51.10	+0,82	554	
	50m: 32.61 32.61 150m: 1:45.66 36.98 250m: 2:57.89 35.48 350m: 4:13.11 37.54 100m: 1:08.68 36.07 200m: 2:22.41 36.75 300m: 3:35.57 37.68 400m: 4:51.10 37.99						

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

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	Sofia Alexandra Rolao	98	Naval Amorense	4:51.94	+0,91	549	
	50m: 32.39 32.39	150m: 1:45.09 36.94	250m: 2:59.62 37.28	350m: 4:15.23 38.14			
	100m: 1:08.15 35.76	200m: 2:22.34 37.25	300m: 3:37.09 37.47	400m: 4:51.94 36.71			
36.	Vanessa Branco Machado	98	SCC/Oryzon Energias	4:53.91	+1,02	538	
	50m: 32.50 32.50	150m: 1:47.51 38.06	250m: 3:03.14 37.93	350m: 4:17.51 36.90			
	100m: 1:09.45 36.95	200m: 2:25.21 37.70	300m: 3:40.61 37.47	400m: 4:53.91 36.40			
37.	Maria Carolina Correia	98	Lousanense	4:54.34	+0,80	536	
	50m: 32.64 32.64	150m: 1:45.85 37.18	250m: 3:02.04 38.17	350m: 4:18.40 38.13			
	100m: 1:08.67 36.03	200m: 2:23.87 38.02	300m: 3:40.27 38.23	400m: 4:54.34 35.94			
38.	Patricia Goncalves Cardoso	98	Porto	5:01.74		497	
	FTL						
	50m: 32.97 32.97	150m: 1:47.01 37.91	250m: 3:04.29 38.70	350m: 4:23.10 39.71			
	100m: 1:09.10 36.13	200m: 2:25.59 38.58	300m: 3:43.39 39.10	400m: 5:01.74 38.64			

Prova 35
28-07-2012 - 10:50
Femin., 400m Livres
Jun1
Resultados Elimin

Rec Nac Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Rec Nac Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002

TAC JUN1 Fem : 4:43.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:31.86	+0,80	680	
	50m: 31.14 31.14	150m: 1:39.40 34.50	250m: 2:49.02 34.82	350m: 3:58.62 34.86			
	100m: 1:04.90 33.76	200m: 2:14.20 34.80	300m: 3:23.76 34.74	400m: 4:31.86 33.24			
2.	Adriana Daniela Castro	97	Porto	4:31.88	+0,96	680	
	50m: 31.97 31.97	150m: 1:41.10 34.73	250m: 2:50.92 34.84	350m: 3:59.66 34.53			
	100m: 1:06.37 34.40	200m: 2:16.08 34.98	300m: 3:25.13 34.21	400m: 4:31.88 32.22			
3.	Barbara Marques Rodrigues	97	Alges	4:34.68	+0,83	659	
	50m: 31.61 31.61	150m: 1:40.39 34.85	250m: 2:50.38 35.07	350m: 4:00.25 35.04			
	100m: 1:05.54 33.93	200m: 2:15.31 34.92	300m: 3:25.21 34.83	400m: 4:34.68 34.43			
4.	Maria Teresa Amorim	97	Porto	4:36.07	+0,97	650	
	50m: 32.33 32.33	150m: 1:41.67 35.00	250m: 2:51.43 34.83	350m: 4:01.93 35.21			
	100m: 1:06.67 34.34	200m: 2:16.60 34.93	300m: 3:26.72 35.29	400m: 4:36.07 34.14			
5.	Maria Joao Fernandes	97	Vilacondense	4:41.47	+0,83	613	
	50m: 32.56 32.56	150m: 1:45.07 36.39	250m: 2:56.39 35.17	350m: 4:06.65 34.85			
	100m: 1:08.68 36.12	200m: 2:21.22 36.15	300m: 3:31.80 35.41	400m: 4:41.47 34.82			
6.	Cecilia Branco Almeida	97	Geslours	4:44.58	+0,83	593	
	FTL						
	50m: 32.69 32.69	150m: 1:44.58 36.15	250m: 2:57.33 36.32	350m: 4:09.21 35.84			
	100m: 1:08.43 35.74	200m: 2:21.01 36.43	300m: 3:33.37 36.04	400m: 4:44.58 35.37			
7.	Beatriz Filipa Matos	97	Nautico de Coimbra	4:44.59		593	
	FTL						
	50m: 32.28 32.28	150m: 1:43.39 35.92	250m: 2:56.30 36.69	350m: 4:09.56 36.52			
	100m: 1:07.47 35.19	200m: 2:19.61 36.22	300m: 3:33.04 36.74	400m: 4:44.59 35.03			

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

Prova 35, Femin., 400m Livres, Elimin, Jun1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Ana Filipa Martins <i>FTL</i>	97	Foca	4:46.96	+0,81	578	
	50m: 32.25 32.25	150m: 1:42.53 35.39	250m: 2:55.91 36.80	350m: 4:10.37 36.74			
	100m: 1:07.14 34.89	200m: 2:19.11 36.58	300m: 3:33.63 37.72	400m: 4:46.96 36.59			

Prova 35
28-07-2012 - 10:50
Femin., 400m Livres
Jun2
Resultados Elimin

Rec Nac Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Rec Nac Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlin (GER)	04-08-2002

TAC JUN2 Fem : 4:38.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Florbela Cavaco Machado <i>FTL</i>	96	SCC/Oryzon Energias	4:31.41		684	
	50m: 31.83 31.83	150m: 1:39.57 34.27	250m: 2:48.87 34.41	350m: 3:58.56 34.77			
	100m: 1:05.30 33.47	200m: 2:14.46 34.89	300m: 3:23.79 34.92	400m: 4:31.41 32.85			
2.	Ana Monica Eloí <i>FTL</i>	96	Nautico da Marinha Grande	4:40.04	+0,73	622	
	50m: 32.11 32.11	150m: 1:41.71 35.14	250m: 2:52.75 35.58	350m: 4:04.82 36.09			
	100m: 1:06.57 34.46	200m: 2:17.17 35.46	300m: 3:28.73 35.98	400m: 4:40.04 35.22			

Prova 35
28-07-2012 - 10:50
Femin., 400m Livres
Seniores
Resultados Elimin

Rec Nac Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Rec Nac Sen	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996

TAC SEN Fem : 4:38.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Aguiar Rodrigues	93	Porto	4:28.05	+0,88	710	
	50m: 31.00 31.00	150m: 1:39.69 34.43	250m: 2:47.62 33.73	350m: 3:55.54 33.75			
	100m: 1:05.26 34.26	200m: 2:13.89 34.20	300m: 3:21.79 34.17	400m: 4:28.05 32.51			
2.	Maria Luis Amorim	95	Porto	4:30.44	+0,84	691	
	50m: 31.23 31.23	150m: 1:40.12 34.93	250m: 2:48.86 33.72	350m: 3:56.96 33.83			
	100m: 1:05.19 33.96	200m: 2:15.14 35.02	300m: 3:23.13 34.27	400m: 4:30.44 33.48			
3.	Angelica Maria Andre	94	Leixoes	4:30.79	+0,76	688	
	50m: 31.45 31.45	150m: 1:38.37 34.06	250m: 2:47.54 34.83	350m: 3:56.72 34.55			
	100m: 1:04.31 32.86	200m: 2:12.71 34.34	300m: 3:22.17 34.63	400m: 4:30.79 34.07			
4.	Vania Soares Neves	90	Viana Natacao	4:31.65	+0,80	682	
	50m: 31.50 31.50	150m: 1:39.85 34.23	250m: 2:49.02 34.52	350m: 3:58.43 34.56			
	100m: 1:05.62 34.12	200m: 2:14.50 34.65	300m: 3:23.87 34.85	400m: 4:31.65 33.22			
5.	Ana Goncalves Neto	95	Porto	4:32.00	+1,00	679	
	50m: 31.64 31.64	150m: 1:40.49 34.88	250m: 2:49.00 33.36	350m: 3:57.75 34.45			
	100m: 1:05.61 33.97	200m: 2:15.64 35.15	300m: 3:23.30 34.30	400m: 4:32.00 34.25			
6.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	4:32.70	+0,83	674	
	50m: 31.80 31.80	150m: 1:40.32 34.62	250m: 2:49.72 34.69	350m: 3:59.07 34.66			
	100m: 1:05.70 33.90	200m: 2:15.03 34.71	300m: 3:24.41 34.69	400m: 4:32.70 33.63			

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

Prova 35, Femin., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:36.35	+0,83	648	
	50m: 31.48 31.48	150m: 1:39.80 34.67	250m: 2:49.40 34.93		350m: 4:00.79 36.06		
	100m: 1:05.13 33.65	200m: 2:14.47 34.67	300m: 3:24.73 35.33		400m: 4:36.35 35.56		
8.	Leonor Mourinho Neves	95	Sporting	4:37.45	+0,85	640	
	50m: 31.56 31.56	150m: 1:40.54 34.76	250m: 2:51.23 35.42		350m: 4:02.47 35.72		
	100m: 1:05.78 34.22	200m: 2:15.81 35.27	300m: 3:26.75 35.52		400m: 4:37.45 34.98		
9.	Mafalda Gomes Beleza	94	Sporting	4:37.94	+0,83	637	
	50m: 31.93 31.93	150m: 1:40.59 34.89	250m: 2:51.28 35.52		350m: 4:03.09 36.13		
	100m: 1:05.70 33.77	200m: 2:15.76 35.17	300m: 3:26.96 35.68		400m: 4:37.94 34.85		
10.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:38.94		630	
	<i>FTL</i>						
	50m: 31.77 31.77	150m: 1:40.88 35.00	250m: 2:52.27 36.05		350m: 4:04.00 35.59		
	100m: 1:05.88 34.11	200m: 2:16.22 35.34	300m: 3:28.41 36.14		400m: 4:38.94 34.94		
11.	Ana Sofia Fernandes	93	Braga	4:41.69	+0,92	611	
	<i>FTL</i>						
	50m: 31.67 31.67	150m: 1:41.28 35.05	250m: 2:53.26 36.01		350m: 4:05.98 36.19		
	100m: 1:06.23 34.56	200m: 2:17.25 35.97	300m: 3:29.79 36.53		400m: 4:41.69 35.71		
12.	Marta Alexandra Saraiva	93	Uniao Piedense	4:43.46	+0,94	600	
	<i>FTL</i>						
	50m: 32.12 32.12	150m: 1:42.00 35.29	250m: 2:54.68 36.60		350m: 4:07.73 36.49		
	100m: 1:06.71 34.59	200m: 2:18.08 36.08	300m: 3:31.24 36.56		400m: 4:43.46 35.73		
13.	Joana Filipa Capela	89	Benfica	4:43.67	+0,78	599	
	<i>FTL</i>						
	50m: 32.00 32.00	150m: 1:42.78 36.09	250m: 2:55.42 36.50		350m: 4:08.84 36.78		
	100m: 1:06.69 34.69	200m: 2:18.92 36.14	300m: 3:32.06 36.64		400m: 4:43.67 34.83		
14.	Ines Sofia Sampaio	94	Academico Viseu	4:43.87	+1,00	597	
	<i>FTL</i>						
	50m: 32.29 32.29	150m: 1:42.20 35.14	250m: 2:54.35 36.25		350m: 4:07.99 36.70		
	100m: 1:07.06 34.77	200m: 2:18.10 35.90	300m: 3:31.29 36.94		400m: 4:43.87 35.88		
15.	Soraia Vanessa Ribeiro	92	Gespacos	4:45.73	+0,94	586	
	<i>FTL</i>						
	50m: 31.81 31.81	150m: 1:40.99 34.70	250m: 2:53.02 36.20		350m: 4:07.94 37.82		
	100m: 1:06.29 34.48	200m: 2:16.82 35.83	300m: 3:30.12 37.10		400m: 4:45.73 37.79		
16.	Helena Paula Carvalho	95	Uniao Piedense	4:47.34	+0,77	576	
	<i>FTL</i>						
	50m: 32.03 32.03	150m: 1:44.10 36.43	250m: 2:57.63 36.74		350m: 4:11.85 37.07		
	100m: 1:07.67 35.64	200m: 2:20.89 36.79	300m: 3:34.78 37.15		400m: 4:47.34 35.49		