

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

Event 35 Women, 400m Freestyle Open
28-07-2012 - 18:00 Results Finals

Rec Nac Open	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 JUN2 Fem 16: 4:38.00 / TAC JUN1 Fem 15: 4:43.00 / TAC JUV Fem Juv: 4:56.00

Points: FINA 2012

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
Final A							
1.	Martina de Memme	91	Centro Sportivo Esercito	4:14.01	+0.82	834	
	50m: 29.92 29.92	150m: 1:33.27 32.11	250m: 2:37.76 32.34	350m: 3:42.77 32.52			
	100m: 1:01.16 31.24	200m: 2:05.42 32.15	300m: 3:10.25 32.49	400m: 4:14.01 31.24			
2.	Angelica Maria Andre	94	Leixoes	4:22.86	+0.85	753	
	50m: 30.27 30.27	150m: 1:35.29 33.08	250m: 2:42.70 33.93	350m: 3:50.85 33.85			
	100m: 1:02.21 31.94	200m: 2:08.77 33.48	300m: 3:17.00 34.30	400m: 4:22.86 32.01			
3.	Joana Aguiar Rodrigues	93	Porto	4:24.98	+0.90	735	
	50m: 30.51 30.51	150m: 1:37.13 33.67	250m: 2:45.36 33.89	350m: 3:52.26 33.25			
	100m: 1:03.46 32.95	200m: 2:11.47 34.34	300m: 3:19.01 33.65	400m: 4:24.98 32.72			
4.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:26.98	+0.78	718	
	50m: 31.29 31.29	150m: 1:38.90 34.17	250m: 2:47.48 34.27	350m: 3:55.78 33.96			
	100m: 1:04.73 33.44	200m: 2:13.21 34.31	300m: 3:21.82 34.34	400m: 4:26.98 31.20			
5.	Henrietta Stenkvis	94	Sweden	4:27.14	+0.72	717	
	50m: 30.63 30.63	150m: 1:37.34 33.53	250m: 2:45.75 34.27	350m: 3:53.93 33.86			
	100m: 1:03.81 33.18	200m: 2:11.48 34.14	300m: 3:20.07 34.32	400m: 4:27.14 33.21			
6.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:29.81	+0.77	696	
	50m: 30.86 30.86	150m: 1:38.86 34.43	250m: 2:47.43 34.17	350m: 3:56.38 34.35			
	100m: 1:04.43 33.57	200m: 2:13.26 34.40	300m: 3:22.03 34.60	400m: 4:29.81 33.43			
7.	Maria Luis Amorim	95	Porto	4:30.08	+0.91	694	
	50m: 30.66 30.66	150m: 1:38.32 34.33	250m: 2:47.44 34.29	350m: 3:56.54 34.22			
	100m: 1:03.99 33.33	200m: 2:13.15 34.83	300m: 3:22.32 34.88	400m: 4:30.08 33.54			
8.	Vania Soares Neves	90	Viana Natacao	4:34.57	+0.83	660	
	50m: 30.77 30.77	150m: 1:38.51 34.57	250m: 2:49.00 35.47	350m: 3:59.97 35.49			
	100m: 1:03.94 33.17	200m: 2:13.53 35.02	300m: 3:24.48 35.48	400m: 4:34.57 34.60			
Final B							
9.	Elsa Ericsson	95	Sweden	4:23.66	+0.69	746	
	50m: 30.43 30.43	150m: 1:37.61 33.78	250m: 2:45.04 33.59	350m: 3:51.96 33.60			
	100m: 1:03.83 33.40	200m: 2:11.45 33.84	300m: 3:18.36 33.32	400m: 4:23.66 31.70			
10.	Ana Goncalves Neto	95	Porto	4:28.62	+0.99	705	
	50m: 31.01 31.01	150m: 1:38.87 34.20	250m: 2:47.41 33.97	350m: 3:55.43 34.18			
	100m: 1:04.67 33.66	200m: 2:13.44 34.57	300m: 3:21.25 33.84	400m: 4:28.62 33.19			
11.	Adriana Daniela Castro	97	Porto	4:30.78	+0.88	688	
	50m: 31.79 31.79	150m: 1:40.21 34.68	250m: 2:49.43 34.92	350m: 3:58.10 34.28			
	100m: 1:05.53 33.74	200m: 2:14.51 34.30	300m: 3:23.82 34.39	400m: 4:30.78 32.68			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
12.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	4:32.37	+0.85	676	
	50m: 31.84 31.84	150m: 1:39.89 34.19	250m: 2:49.28 34.84	350m: 3:58.98 34.77			
	100m: 1:05.70 33.86	200m: 2:14.44 34.55	300m: 3:24.21 34.93	400m: 4:32.37 33.39			
13.	Maria Teresa Amorim	97	Porto	4:32.71	+0.87	674	
	50m: 32.05 32.05	150m: 1:40.24 34.52	250m: 2:49.71 34.95	350m: 3:59.06 34.71			
	100m: 1:05.72 33.67	200m: 2:14.76 34.52	300m: 3:24.35 34.64	400m: 4:32.71 33.65			
14.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:32.81	+0.87	673	
	50m: 29.98 29.98	150m: 1:37.46 34.44	250m: 2:47.43 35.39	350m: 3:59.15 35.74			
	100m: 1:03.02 33.04	200m: 2:12.04 34.58	300m: 3:23.41 35.98	400m: 4:32.81 33.66			
15.	Barbara Marques Rodrigues	97	Alges	4:32.83	+0.85	673	
	50m: 31.12 31.12	150m: 1:39.78 34.87	250m: 2:49.32 34.86	350m: 3:58.95 34.94			
	100m: 1:04.91 33.79	200m: 2:14.46 34.68	300m: 3:24.01 34.69	400m: 4:32.83 33.88			
16.	Leonor Mourinho Neves	95	Sporting	4:35.66	+0.79	652	
	50m: 31.02 31.02	150m: 1:39.38 34.59	250m: 2:49.70 35.25	350m: 4:00.47 35.45			
	100m: 1:04.79 33.77	200m: 2:14.45 35.07	300m: 3:25.02 35.32	400m: 4:35.66 35.19			