

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Event 16 Women, 400m Medley Open
19-07-2013 - 17:40 Results Finals

Rec Nac Open	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
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	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013

TAC Jun2 Fem 16: 5:19.00 / TAC Jun1 Fem 15: 5:23.00 / TAC JUV Fem Juv: 5:40.00

Points: FINA 2013

provisional results

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts	
Final A								
1.	Danielle Lowe	95	Great Britain	4:42.24	+0,80	860		
	50m: 29.65	29.65	150m: 1:39.97	36.67	250m: 2:55.28	39.54	350m: 4:09.64	34.35
	100m: 1:03.30	33.65	200m: 2:15.74	35.77	300m: 3:35.29	40.01	400m: 4:42.24	32.60
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:55.54	+0,78	749		
	50m: 30.73	30.73	150m: 1:44.83	38.39	250m: 3:02.97	40.64	350m: 4:20.14	35.80
	100m: 1:06.44	35.71	200m: 2:22.33	37.50	300m: 3:44.34	41.37	400m: 4:55.54	35.40
3.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	5:04.58	+0,94	684		
	50m: 33.08	33.08	150m: 1:51.38	40.72	250m: 3:14.36	43.11	350m: 4:31.46	34.11
	100m: 1:10.66	37.58	200m: 2:31.25	39.87	300m: 3:57.35	42.99	400m: 5:04.58	33.12
4.	Ana Marta Miranda	96	Uniao Piedense	5:05.01	+0,83	681		
	50m: 31.89	31.89	150m: 1:47.95	39.48	250m: 3:10.25	44.37	350m: 4:30.57	36.68
	100m: 1:08.47	36.58	200m: 2:25.88	37.93	300m: 3:53.89	43.64	400m: 5:05.01	34.44
5.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	5:08.54	+0,74	658		
	50m: 31.77	31.77	150m: 1:50.83	43.82	250m: 3:15.08	42.61	350m: 4:33.55	35.29
	100m: 1:07.01	35.24	200m: 2:32.47	41.64	300m: 3:58.26	43.18	400m: 5:08.54	34.99
6.	Joana Dias Santos	96	Uniao Piedense	5:11.54	+0,84	639		
	50m: 34.00	34.00	150m: 1:54.72	41.84	250m: 3:16.55	40.72	350m: 4:36.53	37.55
	100m: 1:12.88	38.88	200m: 2:35.83	41.11	300m: 3:58.98	42.43	400m: 5:11.54	35.01
7.	Ana Teresa Franco	91	Sporting	5:12.67	+0,79	632		
	50m: 32.71	32.71	150m: 1:53.29	42.95	250m: 3:15.63	41.00	350m: 4:35.58	36.85
	100m: 1:10.34	37.63	200m: 2:34.63	41.34	300m: 3:58.73	43.10	400m: 5:12.67	37.09
8.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:15.35	+0,80	616		
	50m: 32.55	32.55	150m: 1:52.88	41.48	250m: 3:18.42	44.55	350m: 4:40.03	35.99
	100m: 1:11.40	38.85	200m: 2:33.87	40.99	300m: 4:04.04	45.62	400m: 5:15.35	35.32