

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

Prova 35 Femin., 400m Livres Open
20-07-2013 - 11:15 Resultados Elimin

Rec Nac Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
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	Berlin (GER)	04-08-2002
Rec Nac Sen	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013

TAC JUV Fem Juv: 4:56.00 / TAC Jun2 Fem 16: 4:38.00 / TAC Jun1 Fem 15: 4:43.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Goncalves Neto	95	Porto	4:25.65	+0,98	729	
	50m: 30.21 30.21	150m: 1:37.03 33.94	250m: 2:44.77 33.93	350m: 3:52.61 33.82			
	100m: 1:03.09 32.88	200m: 2:10.84 33.81	300m: 3:18.79 34.02	400m: 4:25.65 33.04			
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:27.49	+0,90	714	
	50m: 30.81 30.81	150m: 1:37.89 33.82	250m: 2:45.85 33.78	350m: 3:53.94 34.11			
	100m: 1:04.07 33.26	200m: 2:12.07 34.18	300m: 3:19.83 33.98	400m: 4:27.49 33.55			
3.	Federica Vaccaro	97	Pol Lib Invicta - Potenza	4:29.34	+0,90	700	
	50m: 31.76 31.76	150m: 1:39.70 34.45	250m: 2:48.46 34.18	350m: 3:56.86 33.92			
	100m: 1:05.25 33.49	200m: 2:14.28 34.58	300m: 3:22.94 34.48	400m: 4:29.34 32.48			
4.	Joana Aguiar Rodrigues	93	Porto	4:30.00	+0,91	694	
	50m: 31.36 31.36	150m: 1:40.42 34.89	250m: 2:49.41 34.32	350m: 3:57.40 33.66			
	100m: 1:05.53 34.17	200m: 2:15.09 34.67	300m: 3:23.74 34.33	400m: 4:30.00 32.60			
5.	Vania Soares Neves	90	Viana Natacao	4:31.75	+0,75	681	
	50m: 31.13 31.13	150m: 1:38.93 34.43	250m: 2:48.05 34.67	350m: 3:57.89 34.67			
	100m: 1:04.50 33.37	200m: 2:13.38 34.45	300m: 3:23.22 35.17	400m: 4:31.75 33.86			
6.	Maria Luis Amorim	95	Porto	4:32.21	+0,89	678	
	50m: 31.37 31.37	150m: 1:40.28 34.78	250m: 2:49.24 33.89	350m: 3:57.96 34.22			
	100m: 1:05.50 34.13	200m: 2:15.35 35.07	300m: 3:23.74 34.50	400m: 4:32.21 34.25			
7.	Mafalda Gomes Beleza	94	Sporting	4:32.93	+0,70	672	
	50m: 30.68 30.68	150m: 1:39.23 34.83	250m: 2:48.62 34.55	350m: 3:58.28 35.33			
	100m: 1:04.40 33.72	200m: 2:14.07 34.84	300m: 3:22.95 34.33	400m: 4:32.93 34.65			
8.	Maria Teresa Amorim	97	Porto	4:35.38	+0,87	654	
	50m: 31.67 31.67	150m: 1:40.14 34.69	250m: 2:50.08 35.12	350m: 4:00.77 35.44			
	100m: 1:05.45 33.78	200m: 2:14.96 34.82	300m: 3:25.33 35.25	400m: 4:35.38 34.61			
9.	Ines Alexandra Paiva	96	Alges	4:35.91	+0,80	651	
	50m: 30.96 30.96	150m: 1:38.16 33.75	250m: 2:47.94 35.04	350m: 3:59.95 36.20			
	100m: 1:04.41 33.45	200m: 2:12.90 34.74	300m: 3:23.75 35.81	400m: 4:35.91 35.96			
10.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	4:35.97	+0,77	650	
	50m: 31.69 31.69	150m: 1:40.44 34.93	250m: 2:51.01 35.41	350m: 4:01.67 35.34			
	100m: 1:05.51 33.82	200m: 2:15.60 35.16	300m: 3:26.33 35.32	400m: 4:35.97 34.30			
11.	Carolina Mantua Guedes	98	Sporting	4:36.18	+0,76	649	
	50m: 31.95 31.95	150m: 1:42.01 35.32	250m: 2:51.85 34.61	350m: 4:02.20 34.89			
	100m: 1:06.69 34.74	200m: 2:17.24 35.23	300m: 3:27.31 35.46	400m: 4:36.18 33.98			
12.	Ana Margarida Domingos	93	Academico Viseu	4:36.88	+0,86	644	
	50m: 31.71 31.71	150m: 1:40.87 34.49	250m: 2:50.99 34.50	350m: 4:02.04 35.24			
	100m: 1:06.38 34.67	200m: 2:16.49 35.62	300m: 3:26.80 35.81	400m: 4:36.88 34.84			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Maria Carolina Ribeiro	98	Porto	4:36.88	+0,81	644	
	50m: 31.64 31.64	150m: 1:40.92 35.12	250m: 2:51.16 35.16	350m: 4:02.32 35.90			
	100m: 1:05.80 34.16	200m: 2:16.00 35.08	300m: 3:26.42 35.26	400m: 4:36.88 34.56			
14.	Barbara Marques Rodrigues	97	Alges	4:37.07	+1,01	643	
	50m: 31.91 31.91	150m: 1:41.67 35.41	250m: 2:52.65 35.38	350m: 4:02.89 34.89			
	100m: 1:06.26 34.35	200m: 2:17.27 35.60	300m: 3:28.00 35.35	400m: 4:37.07 34.18			
15.	Ana Silva Costa	98	Famalicão	4:37.22	+0,74	642	
	50m: 32.48 32.48	150m: 1:42.84 35.51	250m: 2:53.08 35.27	350m: 4:03.45 35.42			
	100m: 1:07.33 34.85	200m: 2:17.81 34.97	300m: 3:28.03 34.95	400m: 4:37.22 33.77			
16.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:37.97	+0,87	636	
	50m: 31.54 31.54	150m: 1:40.41 34.65	250m: 2:50.88 35.01	350m: 4:02.57 35.66			
	100m: 1:05.76 34.22	200m: 2:15.87 35.46	300m: 3:26.91 36.03	400m: 4:37.97 35.40			
17.	Adriana Daniela Castro	97	Porto	4:38.13	+0,77	635	
	FTL						
	50m: 31.80 31.80	150m: 1:41.54 35.07	250m: 2:52.53 35.63	350m: 4:03.87 35.31			
	100m: 1:06.47 34.67	200m: 2:16.90 35.36	300m: 3:28.56 36.03	400m: 4:38.13 34.26			
18.	Marta Alexandra Saraiva	93	Uniao Piedense	4:39.07	+0,87	629	
	50m: 32.25 32.25	150m: 1:41.62 34.87	250m: 2:52.59 35.23	350m: 4:04.22 35.38			
	100m: 1:06.75 34.50	200m: 2:17.36 35.74	300m: 3:28.84 36.25	400m: 4:39.07 34.85			
19.	Leonor Mourinho Neves	95	Sporting	4:39.64	+0,86	625	
	50m: 32.12 32.12	150m: 1:41.99 35.39	250m: 2:53.24 35.87	350m: 4:04.91 35.90			
	100m: 1:06.60 34.48	200m: 2:17.37 35.38	300m: 3:29.01 35.77	400m: 4:39.64 34.73			
20.	Helena Paula Carvalho	95	Uniao Piedense	4:39.85	+0,80	624	
	50m: 32.18 32.18	150m: 1:42.62 35.59	250m: 2:54.49 36.02	350m: 4:05.99 35.63			
	100m: 1:07.03 34.85	200m: 2:18.47 35.85	300m: 3:30.36 35.87	400m: 4:39.85 33.86			
21.	Catarina Alexandra Jardim	98	Famalicão	4:42.94	+0,78	603	
	50m: 32.59 32.59	150m: 1:43.55 36.12	250m: 2:55.49 36.11	350m: 4:07.92 36.50			
	100m: 1:07.43 34.84	200m: 2:19.38 35.83	300m: 3:31.42 35.93	400m: 4:42.94 35.02			
22.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:43.28	+0,91	601	
	FTL						
	50m: 32.58 32.58	150m: 1:42.80 34.60	250m: 2:54.79 35.50	350m: 4:07.82 35.89			
	100m: 1:08.20 35.62	200m: 2:19.29 36.49	300m: 3:31.93 37.14	400m: 4:43.28 35.46			
23.	Madalena Gomes Azevedo	99	Alges	4:43.31	+0,90	601	
	50m: 32.20 32.20	150m: 1:44.97 37.01	250m: 2:58.55 35.99	350m: 4:09.38 34.55			
	100m: 1:07.96 35.76	200m: 2:22.56 37.59	300m: 3:34.83 36.28	400m: 4:43.31 33.93			
24.	Demi Lopes Ferreira	98	Portinado	4:43.94	+0,75	597	
	FTL						
	50m: 32.34 32.34	150m: 1:42.56 35.48	250m: 2:54.76 35.98	350m: 4:08.61 36.60			
	100m: 1:07.08 34.74	200m: 2:18.78 36.22	300m: 3:32.01 37.25	400m: 4:43.94 35.33			
25.	Beatriz Paulo Ranito	99	Sporting	4:44.26		595	
	50m: 32.73 32.73	150m: 1:44.57 36.17	250m: 2:56.71 36.30	350m: 4:08.90 36.33			
	100m: 1:08.40 35.67	200m: 2:20.41 35.84	300m: 3:32.57 35.86	400m: 4:44.26 35.36			
26.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	4:44.39	+0,94	594	
	50m: 32.86 32.86	150m: 1:44.67 36.56	250m: 2:57.84 36.73	350m: 4:10.89 36.43			
	100m: 1:08.11 35.25	200m: 2:21.11 36.44	300m: 3:34.46 36.62	400m: 4:44.39 33.50			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Marina Micaela Sequeira FTL	98	Uniao Piedense	4:44.55	+0,86	593	
	50m: 32.13 32.13	150m: 1:41.86 34.48	250m: 2:53.64 35.58	350m: 4:07.62 36.28			
	100m: 1:07.38 35.25	200m: 2:18.06 36.20	300m: 3:31.34 37.70	400m: 4:44.55 36.93			
28.	Tania Cristina Mendes	99	Vieirense	4:44.77	+0,83	592	
	50m: 31.79 31.79	150m: 1:41.46 34.92	250m: 2:54.47 36.46	350m: 4:08.67 36.81			
	100m: 1:06.54 34.75	200m: 2:18.01 36.55	300m: 3:31.86 37.39	400m: 4:44.77 36.10			
29.	Ana Beatriz La Feria	99	Porto	4:47.13	+0,98	577	
	50m: 32.90 32.90	150m: 1:43.79 36.06	250m: 2:56.83 36.68	350m: 4:11.33 37.62			
	100m: 1:07.73 34.83	200m: 2:20.15 36.36	300m: 3:33.71 36.88	400m: 4:47.13 35.80			
30.	Ana Carolina Carraco	99	Freguesia de Paiao	4:49.87	+0,81	561	
	50m: 32.62 32.62	150m: 1:44.75 36.21	250m: 2:58.64 36.61	350m: 4:13.46 36.63			
	100m: 1:08.54 35.92	200m: 2:22.03 37.28	300m: 3:36.83 38.19	400m: 4:49.87 36.41			
31.	Maria Santos Silva	99	Nautico da Marinha Grande	4:51.02	+0,89	554	
	50m: 33.24 33.24	150m: 1:46.13 36.83	250m: 3:00.25 36.67	350m: 4:14.26 36.85			
	100m: 1:09.30 36.06	200m: 2:23.58 37.45	300m: 3:37.41 37.16	400m: 4:51.02 36.76			
32.	Maria Beatriz Dias	99	Viver Santarem	4:51.72	+0,86	550	
	50m: 33.92 33.92	150m: 1:46.42 36.89	250m: 3:01.03 37.67	350m: 4:16.37 38.04			
	100m: 1:09.53 35.61	200m: 2:23.36 36.94	300m: 3:38.33 37.30	400m: 4:51.72 35.35			
33.	Maria Joao Fernandes FTL	97	Vilacondense	4:52.00	+0,76	549	
	50m: 32.55 32.55	150m: 1:43.01 35.30	250m: 2:57.04 37.53	350m: 4:14.86 39.30			
	100m: 1:07.71 35.16	200m: 2:19.51 36.50	300m: 3:35.56 38.52	400m: 4:52.00 37.14			
34.	Ana Caetano Oliveira	99	Leixoes	4:52.75	+0,93	545	
	50m: 33.32 33.32	150m: 1:46.74 36.77	250m: 3:01.52 36.96	350m: 4:16.44 36.43			
	100m: 1:09.97 36.65	200m: 2:24.56 37.82	300m: 3:40.01 38.49	400m: 4:52.75 36.31			
35.	Joana Beatriz Bernardo	99	Beatriz Santos	4:53.15	+0,98	542	
	50m: 33.51 33.51	150m: 1:47.34 37.26	250m: 3:02.70 37.37	350m: 4:17.19 36.62			
	100m: 1:10.08 36.57	200m: 2:25.33 37.99	300m: 3:40.57 37.87	400m: 4:53.15 35.96			
36.	Joana Cristina Fernandes	99	Amadora	4:53.45	+0,85	541	
	50m: 33.04 33.04	150m: 1:45.44 36.61	250m: 3:01.17 38.40	350m: 4:17.65 38.29			
	100m: 1:08.83 35.79	200m: 2:22.77 37.33	300m: 3:39.36 38.19	400m: 4:53.45 35.80			
37.	Mariana Pinto Angelo	99	Academica de Coimbra	4:53.78	+0,84	539	
	50m: 33.11 33.11	150m: 1:47.20 37.82	250m: 3:02.32 37.44	350m: 4:17.50 37.63			
	100m: 1:09.38 36.27	200m: 2:24.88 37.68	300m: 3:39.87 37.55	400m: 4:53.78 36.28			
38.	Catarina Costa Fernandes	99	Natacao de Olhao	4:53.88	+0,87	538	
	50m: 32.24 32.24	150m: 1:47.12 37.95	250m: 3:03.14 38.06	350m: 4:18.66 37.77			
	100m: 1:09.17 36.93	200m: 2:25.08 37.96	300m: 3:40.89 37.75	400m: 4:53.88 35.22			
39.	Ines Maria Neves	99	Porto	4:53.96	+0,80	538	
	50m: 32.59 32.59	150m: 1:45.22 37.17	250m: 3:01.37 38.33	350m: 4:17.73 38.00			
	100m: 1:08.05 35.46	200m: 2:23.04 37.82	300m: 3:39.73 38.36	400m: 4:53.96 36.23			
40.	Ana Pires Brito	99	Colegio Monte Maior	4:54.34	+0,87	536	
	50m: 32.91 32.91	150m: 1:45.92 37.07	250m: 3:01.31 37.83	350m: 4:17.25 38.22			
	100m: 1:08.85 35.94	200m: 2:23.48 37.56	300m: 3:39.03 37.72	400m: 4:54.34 37.09			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:55.15	+0,83	531	
	50m: 33.67 33.67	150m: 1:48.04 37.61	250m: 3:03.16 37.62	350m: 4:19.17 38.04			
	100m: 1:10.43 36.76	200m: 2:25.54 37.50	300m: 3:41.13 37.97	400m: 4:55.15 35.98			
42.	Mariana Alexandre Oliveira	99	Porto	4:56.32	+0,75	525	
	FTL						
	50m: 31.91 31.91	150m: 1:45.81 37.58	250m: 3:02.10 37.31	350m: 4:18.26 37.27			
	100m: 1:08.23 36.32	200m: 2:24.79 38.98	300m: 3:40.99 38.89	400m: 4:56.32 38.06			
43.	Marta Ferreira Rocha	99	Leixoes	5:01.80	+0,82	497	
	FTL						
	50m: 32.60 32.60	150m: 1:47.44 37.91	250m: 3:05.47 39.25	350m: 4:25.11 39.61			
	100m: 1:09.53 36.93	200m: 2:26.22 38.78	300m: 3:45.50 40.03	400m: 5:01.80 36.69			
44.	Sara Mafra Rocha	99	Alcobaca	5:08.40	+0,92	466	
	FTL						
	50m: 33.54 33.54	150m: 1:50.17 39.28	250m: 3:10.00 39.96	350m: 4:29.74 38.84			
	100m: 1:10.89 37.35	200m: 2:30.04 39.87	300m: 3:50.90 40.90	400m: 5:08.40 38.66			
DNS	Rita Costa Amador	99	Galitos				

Prova 35 Femin., 400m Livres Juvenis
20-07-2013 - 11:15 Resultados Elimin

Rec Nac Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Juv	4:28.67	tempo limite			
TAC JUV Fem : 4:56.00					

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Madalena Gomes Azevedo	99	Alges	4:43.31	+0,90	601	
	50m: 32.20 32.20	150m: 1:44.97 37.01	250m: 2:58.55 35.99	350m: 4:09.38 34.55			
	100m: 1:07.96 35.76	200m: 2:22.56 37.59	300m: 3:34.83 36.28	400m: 4:43.31 33.93			
2.	Beatriz Paulo Ranito	99	Sporting	4:44.26		595	
	50m: 32.73 32.73	150m: 1:44.57 36.17	250m: 2:56.71 36.30	350m: 4:08.90 36.33			
	100m: 1:08.40 35.67	200m: 2:20.41 35.84	300m: 3:32.57 35.86	400m: 4:44.26 35.36			
3.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	4:44.39	+0,94	594	
	50m: 32.86 32.86	150m: 1:44.67 36.56	250m: 2:57.84 36.73	350m: 4:10.89 36.43			
	100m: 1:08.11 35.25	200m: 2:21.11 36.44	300m: 3:34.46 36.62	400m: 4:44.39 33.50			
4.	Tania Cristina Mendes	99	Vieirense	4:44.77	+0,83	592	
	50m: 31.79 31.79	150m: 1:41.46 34.92	250m: 2:54.47 36.46	350m: 4:08.67 36.81			
	100m: 1:06.54 34.75	200m: 2:18.01 36.55	300m: 3:31.86 37.39	400m: 4:44.77 36.10			
5.	Ana Beatriz La Feria	99	Porto	4:47.13	+0,98	577	
	50m: 32.90 32.90	150m: 1:43.79 36.06	250m: 2:56.83 36.68	350m: 4:11.33 37.62			
	100m: 1:07.73 34.83	200m: 2:20.15 36.36	300m: 3:33.71 36.88	400m: 4:47.13 35.80			
6.	Ana Carolina Carraco	99	Freguesia de Paiao	4:49.87	+0,81	561	
	50m: 32.62 32.62	150m: 1:44.75 36.21	250m: 2:58.64 36.61	350m: 4:13.46 36.63			
	100m: 1:08.54 35.92	200m: 2:22.03 37.28	300m: 3:36.83 38.19	400m: 4:49.87 36.41			
7.	Maria Santos Silva	99	Nautico da Marinha Grande	4:51.02	+0,89	554	
	50m: 33.24 33.24	150m: 1:46.13 36.83	250m: 3:00.25 36.67	350m: 4:14.26 36.85			
	100m: 1:09.30 36.06	200m: 2:23.58 37.45	300m: 3:37.41 37.16	400m: 4:51.02 36.76			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Maria Beatriz Dias	99	Viver Santarem	4:51.72	+0,86	550	
	50m: 33.92 33.92	150m: 1:46.42 36.89	250m: 3:01.03 37.67	350m: 4:16.37 38.04			
	100m: 1:09.53 35.61	200m: 2:23.36 36.94	300m: 3:38.33 37.30	400m: 4:51.72 35.35			
9.	Ana Caetano Oliveira	99	Leixoes	4:52.75	+0,93	545	
	50m: 33.32 33.32	150m: 1:46.74 36.77	250m: 3:01.52 36.96	350m: 4:16.44 36.43			
	100m: 1:09.97 36.65	200m: 2:24.56 37.82	300m: 3:40.01 38.49	400m: 4:52.75 36.31			
10.	Joana Beatriz Bernardo	99	Beatriz Santos	4:53.15	+0,98	542	
	50m: 33.51 33.51	150m: 1:47.34 37.26	250m: 3:02.70 37.37	350m: 4:17.19 36.62			
	100m: 1:10.08 36.57	200m: 2:25.33 37.99	300m: 3:40.57 37.87	400m: 4:53.15 35.96			
11.	Joana Cristina Fernandes	99	Amadora	4:53.45	+0,85	541	
	50m: 33.04 33.04	150m: 1:45.44 36.61	250m: 3:01.17 38.40	350m: 4:17.65 38.29			
	100m: 1:08.83 35.79	200m: 2:22.77 37.33	300m: 3:39.36 38.19	400m: 4:53.45 35.80			
12.	Mariana Pinto Angelo	99	Academica de Coimbra	4:53.78	+0,84	539	
	50m: 33.11 33.11	150m: 1:47.20 37.82	250m: 3:02.32 37.44	350m: 4:17.50 37.63			
	100m: 1:09.38 36.27	200m: 2:24.88 37.68	300m: 3:39.87 37.55	400m: 4:53.78 36.28			
13.	Catarina Costa Fernandes	99	Natacao de Olhao	4:53.88	+0,87	538	
	50m: 32.24 32.24	150m: 1:47.12 37.95	250m: 3:03.14 38.06	350m: 4:18.66 37.77			
	100m: 1:09.17 36.93	200m: 2:25.08 37.96	300m: 3:40.89 37.75	400m: 4:53.88 35.22			
14.	Ines Maria Neves	99	Porto	4:53.96	+0,80	538	
	50m: 32.59 32.59	150m: 1:45.22 37.17	250m: 3:01.37 38.33	350m: 4:17.73 38.00			
	100m: 1:08.05 35.46	200m: 2:23.04 37.82	300m: 3:39.73 38.36	400m: 4:53.96 36.23			
15.	Ana Pires Brito	99	Colegio Monte Maior	4:54.34	+0,87	536	
	50m: 32.91 32.91	150m: 1:45.92 37.07	250m: 3:01.31 37.83	350m: 4:17.25 38.22			
	100m: 1:08.85 35.94	200m: 2:23.48 37.56	300m: 3:39.03 37.72	400m: 4:54.34 37.09			
16.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:55.15	+0,83	531	
	50m: 33.67 33.67	150m: 1:48.04 37.61	250m: 3:03.16 37.62	350m: 4:19.17 38.04			
	100m: 1:10.43 36.76	200m: 2:25.54 37.50	300m: 3:41.13 37.97	400m: 4:55.15 35.98			
17.	Mariana Alexandre Oliveira FTL	99	Porto	4:56.32	+0,75	525	
	50m: 31.91 31.91	150m: 1:45.81 37.58	250m: 3:02.10 37.31	350m: 4:18.26 37.27			
	100m: 1:08.23 36.32	200m: 2:24.79 38.98	300m: 3:40.99 38.89	400m: 4:56.32 38.06			
18.	Marta Ferreira Rocha FTL	99	Leixoes	5:01.80	+0,82	497	
	50m: 32.60 32.60	150m: 1:47.44 37.91	250m: 3:05.47 39.25	350m: 4:25.11 39.61			
	100m: 1:09.53 36.93	200m: 2:26.22 38.78	300m: 3:45.50 40.03	400m: 5:01.80 36.69			
19.	Sara Mafra Rocha FTL	99	Alcobaca	5:08.40	+0,92	466	
	50m: 33.54 33.54	150m: 1:50.17 39.28	250m: 3:10.00 39.96	350m: 4:29.74 38.84			
	100m: 1:10.89 37.35	200m: 2:30.04 39.87	300m: 3:50.90 40.90	400m: 5:08.40 38.66			
DNS	Rita Costa Amador	99	Galitos				

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

Prova 35, Femin., 400m Livres, Elimin

Prova 35
20-07-2013 - 11:15

Femin., 400m Livres

Absolutos
Resultados Elimin

Rec Nac Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
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	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013

TAC JUV Fem Juv: 4:56.00 / TAC Jun2 Fem 16: 4:38.00 / TAC Jun1 Fem 15: 4:43.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Goncalves Neto	95	Porto	4:25.65	+0,98	729	
	50m: 30.21 30.21	150m: 1:37.03 33.94	250m: 2:44.77 33.93	350m: 3:52.61 33.82			
	100m: 1:03.09 32.88	200m: 2:10.84 33.81	300m: 3:18.79 34.02	400m: 4:25.65 33.04			
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:27.49	+0,90	714	
	50m: 30.81 30.81	150m: 1:37.89 33.82	250m: 2:45.85 33.78	350m: 3:53.94 34.11			
	100m: 1:04.07 33.26	200m: 2:12.07 34.18	300m: 3:19.83 33.98	400m: 4:27.49 33.55			
3.	Joana Aguiar Rodrigues	93	Porto	4:30.00	+0,91	694	
	50m: 31.36 31.36	150m: 1:40.42 34.89	250m: 2:49.41 34.32	350m: 3:57.40 33.66			
	100m: 1:05.53 34.17	200m: 2:15.09 34.67	300m: 3:23.74 34.33	400m: 4:30.00 32.60			
4.	Vania Soares Neves	90	Viana Natacao	4:31.75	+0,75	681	
	50m: 31.13 31.13	150m: 1:38.93 34.43	250m: 2:48.05 34.67	350m: 3:57.89 34.67			
	100m: 1:04.50 33.37	200m: 2:13.38 34.45	300m: 3:23.22 35.17	400m: 4:31.75 33.86			
5.	Maria Luis Amorim	95	Porto	4:32.21	+0,89	678	
	50m: 31.37 31.37	150m: 1:40.28 34.78	250m: 2:49.24 33.89	350m: 3:57.96 34.22			
	100m: 1:05.50 34.13	200m: 2:15.35 35.07	300m: 3:23.74 34.50	400m: 4:32.21 34.25			
6.	Mafalda Gomes Beleza	94	Sporting	4:32.93	+0,70	672	
	50m: 30.68 30.68	150m: 1:39.23 34.83	250m: 2:48.62 34.55	350m: 3:58.28 35.33			
	100m: 1:04.40 33.72	200m: 2:14.07 34.84	300m: 3:22.95 34.33	400m: 4:32.93 34.65			
7.	Maria Teresa Amorim	97	Porto	4:35.38	+0,87	654	
	50m: 31.67 31.67	150m: 1:40.14 34.69	250m: 2:50.08 35.12	350m: 4:00.77 35.44			
	100m: 1:05.45 33.78	200m: 2:14.96 34.82	300m: 3:25.33 35.25	400m: 4:35.38 34.61			
8.	Ines Alexandra Paiva	96	Alges	4:35.91	+0,80	651	
	50m: 30.96 30.96	150m: 1:38.16 33.75	250m: 2:47.94 35.04	350m: 3:59.95 36.20			
	100m: 1:04.41 33.45	200m: 2:12.90 34.74	300m: 3:23.75 35.81	400m: 4:35.91 35.96			
9.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	4:35.97	+0,77	650	
	50m: 31.69 31.69	150m: 1:40.44 34.93	250m: 2:51.01 35.41	350m: 4:01.67 35.34			
	100m: 1:05.51 33.82	200m: 2:15.60 35.16	300m: 3:26.33 35.32	400m: 4:35.97 34.30			
10.	Carolina Mantua Guedes	98	Sporting	4:36.18	+0,76	649	
	50m: 31.95 31.95	150m: 1:42.01 35.32	250m: 2:51.85 34.61	350m: 4:02.20 34.89			
	100m: 1:06.69 34.74	200m: 2:17.24 35.23	300m: 3:27.31 35.46	400m: 4:36.18 33.98			
11.	Ana Margarida Domingos	93	Academico Viseu	4:36.88	+0,86	644	
	50m: 31.71 31.71	150m: 1:40.87 34.49	250m: 2:50.99 34.50	350m: 4:02.04 35.24			
	100m: 1:06.38 34.67	200m: 2:16.49 35.62	300m: 3:26.80 35.81	400m: 4:36.88 34.84			
	Maria Carolina Ribeiro	98	Porto	4:36.88	+0,81	644	
	50m: 31.64 31.64	150m: 1:40.92 35.12	250m: 2:51.16 35.16	350m: 4:02.32 35.90			
	100m: 1:05.80 34.16	200m: 2:16.00 35.08	300m: 3:26.42 35.26	400m: 4:36.88 34.56			
13.	Barbara Marques Rodrigues	97	Alges	4:37.07	+1,01	643	
	50m: 31.91 31.91	150m: 1:41.67 35.41	250m: 2:52.65 35.38	350m: 4:02.89 34.89			
	100m: 1:06.26 34.35	200m: 2:17.27 35.60	300m: 3:28.00 35.35	400m: 4:37.07 34.18			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Ana Silva Costa	98	Famalicao	4:37.22	+0,74	642	
	50m: 32.48 32.48	150m: 1:42.84 35.51	250m: 2:53.08 35.27	350m: 4:03.45 35.42			
	100m: 1:07.33 34.85	200m: 2:17.81 34.97	300m: 3:28.03 34.95	400m: 4:37.22 33.77			
15.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:37.97	+0,87	636	
	50m: 31.54 31.54	150m: 1:40.41 34.65	250m: 2:50.88 35.01	350m: 4:02.57 35.66			
	100m: 1:05.76 34.22	200m: 2:15.87 35.46	300m: 3:26.91 36.03	400m: 4:37.97 35.40			
16.	Adriana Daniela Castro	97	Porto	4:38.13	+0,77	635	
	FTL						
	50m: 31.80 31.80	150m: 1:41.54 35.07	250m: 2:52.53 35.63	350m: 4:03.87 35.31			
	100m: 1:06.47 34.67	200m: 2:16.90 35.36	300m: 3:28.56 36.03	400m: 4:38.13 34.26			
17.	Marta Alexandra Saraiva	93	Uniao Piedense	4:39.07	+0,87	629	
	50m: 32.25 32.25	150m: 1:41.62 34.87	250m: 2:52.59 35.23	350m: 4:04.22 35.38			
	100m: 1:06.75 34.50	200m: 2:17.36 35.74	300m: 3:28.84 36.25	400m: 4:39.07 34.85			
18.	Leonor Mourinho Neves	95	Sporting	4:39.64	+0,86	625	
	50m: 32.12 32.12	150m: 1:41.99 35.39	250m: 2:53.24 35.87	350m: 4:04.91 35.90			
	100m: 1:06.60 34.48	200m: 2:17.37 35.38	300m: 3:29.01 35.77	400m: 4:39.64 34.73			
19.	Helena Paula Carvalho	95	Uniao Piedense	4:39.85	+0,80	624	
	50m: 32.18 32.18	150m: 1:42.62 35.59	250m: 2:54.49 36.02	350m: 4:05.99 35.63			
	100m: 1:07.03 34.85	200m: 2:18.47 35.85	300m: 3:30.36 35.87	400m: 4:39.85 33.86			
20.	Catarina Alexandra Jardim	98	Famalicao	4:42.94	+0,78	603	
	50m: 32.59 32.59	150m: 1:43.55 36.12	250m: 2:55.49 36.11	350m: 4:07.92 36.50			
	100m: 1:07.43 34.84	200m: 2:19.38 35.83	300m: 3:31.42 35.93	400m: 4:42.94 35.02			
21.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:43.28	+0,91	601	
	FTL						
	50m: 32.58 32.58	150m: 1:42.80 34.60	250m: 2:54.79 35.50	350m: 4:07.82 35.89			
	100m: 1:08.20 35.62	200m: 2:19.29 36.49	300m: 3:31.93 37.14	400m: 4:43.28 35.46			
22.	Madalena Gomes Azevedo	99	Alges	4:43.31	+0,90	601	
	50m: 32.20 32.20	150m: 1:44.97 37.01	250m: 2:58.55 35.99	350m: 4:09.38 34.55			
	100m: 1:07.96 35.76	200m: 2:22.56 37.59	300m: 3:34.83 36.28	400m: 4:43.31 33.93			
23.	Demi Lopes Ferreira	98	Portinado	4:43.94	+0,75	597	
	FTL						
	50m: 32.34 32.34	150m: 1:42.56 35.48	250m: 2:54.76 35.98	350m: 4:08.61 36.60			
	100m: 1:07.08 34.74	200m: 2:18.78 36.22	300m: 3:32.01 37.25	400m: 4:43.94 35.33			
24.	Beatriz Paulo Ranito	99	Sporting	4:44.26		595	
	50m: 32.73 32.73	150m: 1:44.57 36.17	250m: 2:56.71 36.30	350m: 4:08.90 36.33			
	100m: 1:08.40 35.67	200m: 2:20.41 35.84	300m: 3:32.57 35.86	400m: 4:44.26 35.36			
25.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	4:44.39	+0,94	594	
	50m: 32.86 32.86	150m: 1:44.67 36.56	250m: 2:57.84 36.73	350m: 4:10.89 36.43			
	100m: 1:08.11 35.25	200m: 2:21.11 36.44	300m: 3:34.46 36.62	400m: 4:44.39 33.50			
26.	Marina Micaela Sequeira	98	Uniao Piedense	4:44.55	+0,86	593	
	FTL						
	50m: 32.13 32.13	150m: 1:41.86 34.48	250m: 2:53.64 35.58	350m: 4:07.62 36.28			
	100m: 1:07.38 35.25	200m: 2:18.06 36.20	300m: 3:31.34 37.70	400m: 4:44.55 36.93			
27.	Tania Cristina Mendes	99	Vieirense	4:44.77	+0,83	592	
	50m: 31.79 31.79	150m: 1:41.46 34.92	250m: 2:54.47 36.46	350m: 4:08.67 36.81			
	100m: 1:06.54 34.75	200m: 2:18.01 36.55	300m: 3:31.86 37.39	400m: 4:44.77 36.10			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	Ana Beatriz La Feria	99	Porto	4:47.13	+0,98	577	
	50m: 32.90 32.90	150m: 1:43.79	36.06	250m: 2:56.83	36.68	350m: 4:11.33	37.62
	100m: 1:07.73 34.83	200m: 2:20.15	36.36	300m: 3:33.71	36.88	400m: 4:47.13	35.80
29.	Ana Carolina Carraco	99	Freguesia de Paiao	4:49.87	+0,81	561	
	50m: 32.62 32.62	150m: 1:44.75	36.21	250m: 2:58.64	36.61	350m: 4:13.46	36.63
	100m: 1:08.54 35.92	200m: 2:22.03	37.28	300m: 3:36.83	38.19	400m: 4:49.87	36.41
30.	Maria Santos Silva	99	Nautico da Marinha Grande	4:51.02	+0,89	554	
	50m: 33.24 33.24	150m: 1:46.13	36.83	250m: 3:00.25	36.67	350m: 4:14.26	36.85
	100m: 1:09.30 36.06	200m: 2:23.58	37.45	300m: 3:37.41	37.16	400m: 4:51.02	36.76
31.	Maria Beatriz Dias	99	Viver Santarem	4:51.72	+0,86	550	
	50m: 33.92 33.92	150m: 1:46.42	36.89	250m: 3:01.03	37.67	350m: 4:16.37	38.04
	100m: 1:09.53 35.61	200m: 2:23.36	36.94	300m: 3:38.33	37.30	400m: 4:51.72	35.35
32.	Maria Joao Fernandes	97	Vilacondense	4:52.00	+0,76	549	
	FTL						
	50m: 32.55 32.55	150m: 1:43.01	35.30	250m: 2:57.04	37.53	350m: 4:14.86	39.30
	100m: 1:07.71 35.16	200m: 2:19.51	36.50	300m: 3:35.56	38.52	400m: 4:52.00	37.14
33.	Ana Caetano Oliveira	99	Leixoes	4:52.75	+0,93	545	
	50m: 33.32 33.32	150m: 1:46.74	36.77	250m: 3:01.52	36.96	350m: 4:16.44	36.43
	100m: 1:09.97 36.65	200m: 2:24.56	37.82	300m: 3:40.01	38.49	400m: 4:52.75	36.31
34.	Joana Beatriz Bernardo	99	Beatriz Santos	4:53.15	+0,98	542	
	50m: 33.51 33.51	150m: 1:47.34	37.26	250m: 3:02.70	37.37	350m: 4:17.19	36.62
	100m: 1:10.08 36.57	200m: 2:25.33	37.99	300m: 3:40.57	37.87	400m: 4:53.15	35.96
35.	Joana Cristina Fernandes	99	Amadora	4:53.45	+0,85	541	
	50m: 33.04 33.04	150m: 1:45.44	36.61	250m: 3:01.17	38.40	350m: 4:17.65	38.29
	100m: 1:08.83 35.79	200m: 2:22.77	37.33	300m: 3:39.36	38.19	400m: 4:53.45	35.80
36.	Mariana Pinto Angelo	99	Academica de Coimbra	4:53.78	+0,84	539	
	50m: 33.11 33.11	150m: 1:47.20	37.82	250m: 3:02.32	37.44	350m: 4:17.50	37.63
	100m: 1:09.38 36.27	200m: 2:24.88	37.68	300m: 3:39.87	37.55	400m: 4:53.78	36.28
37.	Catarina Costa Fernandes	99	Natacao de Olhao	4:53.88	+0,87	538	
	50m: 32.24 32.24	150m: 1:47.12	37.95	250m: 3:03.14	38.06	350m: 4:18.66	37.77
	100m: 1:09.17 36.93	200m: 2:25.08	37.96	300m: 3:40.89	37.75	400m: 4:53.88	35.22
38.	Ines Maria Neves	99	Porto	4:53.96	+0,80	538	
	50m: 32.59 32.59	150m: 1:45.22	37.17	250m: 3:01.37	38.33	350m: 4:17.73	38.00
	100m: 1:08.05 35.46	200m: 2:23.04	37.82	300m: 3:39.73	38.36	400m: 4:53.96	36.23
39.	Ana Pires Brito	99	Colegio Monte Maior	4:54.34	+0,87	536	
	50m: 32.91 32.91	150m: 1:45.92	37.07	250m: 3:01.31	37.83	350m: 4:17.25	38.22
	100m: 1:08.85 35.94	200m: 2:23.48	37.56	300m: 3:39.03	37.72	400m: 4:54.34	37.09
40.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:55.15	+0,83	531	
	50m: 33.67 33.67	150m: 1:48.04	37.61	250m: 3:03.16	37.62	350m: 4:19.17	38.04
	100m: 1:10.43 36.76	200m: 2:25.54	37.50	300m: 3:41.13	37.97	400m: 4:55.15	35.98
41.	Mariana Alexandre Oliveira	99	Porto	4:56.32	+0,75	525	
	FTL						
	50m: 31.91 31.91	150m: 1:45.81	37.58	250m: 3:02.10	37.31	350m: 4:18.26	37.27
	100m: 1:08.23 36.32	200m: 2:24.79	38.98	300m: 3:40.99	38.89	400m: 4:56.32	38.06

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	Marta Ferreira Rocha <i>FTL</i>	99	Leixoes	5:01.80	+0,82	497	
	50m: 32.60 32.60	150m: 1:47.44 37.91	250m: 3:05.47 39.25	350m: 4:25.11 39.61			
	100m: 1:09.53 36.93	200m: 2:26.22 38.78	300m: 3:45.50 40.03	400m: 5:01.80 36.69			
43.	Sara Mafra Rocha <i>FTL</i>	99	Alcobaca	5:08.40	+0,92	466	
	50m: 33.54 33.54	150m: 1:50.17 39.28	250m: 3:10.00 39.96	350m: 4:29.74 38.84			
	100m: 1:10.89 37.35	200m: 2:30.04 39.87	300m: 3:50.90 40.90	400m: 5:08.40 38.66			
DNS	Rita Costa Amador	99	Galitos				

Prova 35
20-07-2013 - 11:15

Femin., 400m Livres

Jun1
Resultados Elimin

Rec Nac Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002

TAC Jun1 Fem : 4:43.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mariana Cunha Guerra <i>FTL</i>	98	Columbofila Cantanhedense	4:35.97	+0,77	650	
	50m: 31.69 31.69	150m: 1:40.44 34.93	250m: 2:51.01 35.41	350m: 4:01.67 35.34			
	100m: 1:05.51 33.82	200m: 2:15.60 35.16	300m: 3:26.33 35.32	400m: 4:35.97 34.30			
2.	Carolina Mantua Guedes	98	Sporting	4:36.18	+0,76	649	
	50m: 31.95 31.95	150m: 1:42.01 35.32	250m: 2:51.85 34.61	350m: 4:02.20 34.89			
	100m: 1:06.69 34.74	200m: 2:17.24 35.23	300m: 3:27.31 35.46	400m: 4:36.18 33.98			
3.	Maria Carolina Ribeiro	98	Porto	4:36.88	+0,81	644	
	50m: 31.64 31.64	150m: 1:40.92 35.12	250m: 2:51.16 35.16	350m: 4:02.32 35.90			
	100m: 1:05.80 34.16	200m: 2:16.00 35.08	300m: 3:26.42 35.26	400m: 4:36.88 34.56			
4.	Ana Silva Costa	98	Famalicao	4:37.22	+0,74	642	
	50m: 32.48 32.48	150m: 1:42.84 35.51	250m: 2:53.08 35.27	350m: 4:03.45 35.42			
	100m: 1:07.33 34.85	200m: 2:17.81 34.97	300m: 3:28.03 34.95	400m: 4:37.22 33.77			
5.	Catarina Alexandra Jardim	98	Famalicao	4:42.94	+0,78	603	
	50m: 32.59 32.59	150m: 1:43.55 36.12	250m: 2:55.49 36.11	350m: 4:07.92 36.50			
	100m: 1:07.43 34.84	200m: 2:19.38 35.83	300m: 3:31.42 35.93	400m: 4:42.94 35.02			
6.	Ana Raquel Ferreira <i>FTL</i>	98	Ginasio Figueirense	4:43.28	+0,91	601	
	50m: 32.58 32.58	150m: 1:42.80 34.60	250m: 2:54.79 35.50	350m: 4:07.82 35.89			
	100m: 1:08.20 35.62	200m: 2:19.29 36.49	300m: 3:31.93 37.14	400m: 4:43.28 35.46			
7.	Demi Lopes Ferreira <i>FTL</i>	98	Portinado	4:43.94	+0,75	597	
	50m: 32.34 32.34	150m: 1:42.56 35.48	250m: 2:54.76 35.98	350m: 4:08.61 36.60			
	100m: 1:07.08 34.74	200m: 2:18.78 36.22	300m: 3:32.01 37.25	400m: 4:43.94 35.33			
8.	Marina Micaela Sequeira <i>FTL</i>	98	Uniao Piedense	4:44.55	+0,86	593	
	50m: 32.13 32.13	150m: 1:41.86 34.48	250m: 2:53.64 35.58	350m: 4:07.62 36.28			
	100m: 1:07.38 35.25	200m: 2:18.06 36.20	300m: 3:31.34 37.70	400m: 4:44.55 36.93			

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

Prova 35, Femin., 400m Livres, Elimin

Prova 35
20-07-2013 - 11:15

Femin., 400m Livres

Jun2
Resultados Elimin

Rec Nac Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlin (GER)	04-08-2002

TAC Jun2 Fem : 4:38.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:27.49	+0,90	714	
	50m: 30.81 30.81	150m: 1:37.89 33.82	250m: 2:45.85 33.78	350m: 3:53.94 34.11			
	100m: 1:04.07 33.26	200m: 2:12.07 34.18	300m: 3:19.83 33.98	400m: 4:27.49 33.55			
2.	Maria Teresa Amorim	97	Porto	4:35.38	+0,87	654	
	50m: 31.67 31.67	150m: 1:40.14 34.69	250m: 2:50.08 35.12	350m: 4:00.77 35.44			
	100m: 1:05.45 33.78	200m: 2:14.96 34.82	300m: 3:25.33 35.25	400m: 4:35.38 34.61			
3.	Barbara Marques Rodrigues	97	Alges	4:37.07	+1,01	643	
	50m: 31.91 31.91	150m: 1:41.67 35.41	250m: 2:52.65 35.38	350m: 4:02.89 34.89			
	100m: 1:06.26 34.35	200m: 2:17.27 35.60	300m: 3:28.00 35.35	400m: 4:37.07 34.18			
4.	Adriana Daniela Castro FTL	97	Porto	4:38.13	+0,77	635	
	50m: 31.80 31.80	150m: 1:41.54 35.07	250m: 2:52.53 35.63	350m: 4:03.87 35.31			
	100m: 1:06.47 34.67	200m: 2:16.90 35.36	300m: 3:28.56 36.03	400m: 4:38.13 34.26			
5.	Maria Joao Fernandes FTL	97	Vilacondense	4:52.00	+0,76	549	
	50m: 32.55 32.55	150m: 1:43.01 35.30	250m: 2:57.04 37.53	350m: 4:14.86 39.30			
	100m: 1:07.71 35.16	200m: 2:19.51 36.50	300m: 3:35.56 38.52	400m: 4:52.00 37.14			

Prova 35
20-07-2013 - 11:15

Femin., 400m Livres

Seniores
Resultados Elimin

Rec Nac Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Sen	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Goncalves Neto	95	Porto	4:25.65	+0,98	729	
	50m: 30.21 30.21	150m: 1:37.03 33.94	250m: 2:44.77 33.93	350m: 3:52.61 33.82			
	100m: 1:03.09 32.88	200m: 2:10.84 33.81	300m: 3:18.79 34.02	400m: 4:25.65 33.04			
2.	Joana Aguiar Rodrigues	93	Porto	4:30.00	+0,91	694	
	50m: 31.36 31.36	150m: 1:40.42 34.89	250m: 2:49.41 34.32	350m: 3:57.40 33.66			
	100m: 1:05.53 34.17	200m: 2:15.09 34.67	300m: 3:23.74 34.33	400m: 4:30.00 32.60			
3.	Vania Soares Neves	90	Viana Natacao	4:31.75	+0,75	681	
	50m: 31.13 31.13	150m: 1:38.93 34.43	250m: 2:48.05 34.67	350m: 3:57.89 34.67			
	100m: 1:04.50 33.37	200m: 2:13.38 34.45	300m: 3:23.22 35.17	400m: 4:31.75 33.86			
4.	Maria Luis Amorim	95	Porto	4:32.21	+0,89	678	
	50m: 31.37 31.37	150m: 1:40.28 34.78	250m: 2:49.24 33.89	350m: 3:57.96 34.22			
	100m: 1:05.50 34.13	200m: 2:15.35 35.07	300m: 3:23.74 34.50	400m: 4:32.21 34.25			
5.	Mafalda Gomes Beleza	94	Sporting	4:32.93	+0,70	672	
	50m: 30.68 30.68	150m: 1:39.23 34.83	250m: 2:48.62 34.55	350m: 3:58.28 35.33			
	100m: 1:04.40 33.72	200m: 2:14.07 34.84	300m: 3:22.95 34.33	400m: 4:32.93 34.65			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Ines Alexandra Paiva	96	Alges	4:35.91	+0,80	651	
	50m: 30.96 30.96	150m: 1:38.16 33.75	250m: 2:47.94 35.04	350m: 3:59.95 36.20			
	100m: 1:04.41 33.45	200m: 2:12.90 34.74	300m: 3:23.75 35.81	400m: 4:35.91 35.96			
7.	Ana Margarida Domingos	93	Academico Viseu	4:36.88	+0,86	644	
	50m: 31.71 31.71	150m: 1:40.87 34.49	250m: 2:50.99 34.50	350m: 4:02.04 35.24			
	100m: 1:06.38 34.67	200m: 2:16.49 35.62	300m: 3:26.80 35.81	400m: 4:36.88 34.84			
8.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:37.97	+0,87	636	
	50m: 31.54 31.54	150m: 1:40.41 34.65	250m: 2:50.88 35.01	350m: 4:02.57 35.66			
	100m: 1:05.76 34.22	200m: 2:15.87 35.46	300m: 3:26.91 36.03	400m: 4:37.97 35.40			
9.	Marta Alexandra Saraiva	93	Uniao Piedense	4:39.07	+0,87	629	
	50m: 32.25 32.25	150m: 1:41.62 34.87	250m: 2:52.59 35.23	350m: 4:04.22 35.38			
	100m: 1:06.75 34.50	200m: 2:17.36 35.74	300m: 3:28.84 36.25	400m: 4:39.07 34.85			
10.	Leonor Mourinho Neves	95	Sporting	4:39.64	+0,86	625	
	50m: 32.12 32.12	150m: 1:41.99 35.39	250m: 2:53.24 35.87	350m: 4:04.91 35.90			
	100m: 1:06.60 34.48	200m: 2:17.37 35.38	300m: 3:29.01 35.77	400m: 4:39.64 34.73			
11.	Helena Paula Carvalho	95	Uniao Piedense	4:39.85	+0,80	624	
	50m: 32.18 32.18	150m: 1:42.62 35.59	250m: 2:54.49 36.02	350m: 4:05.99 35.63			
	100m: 1:07.03 34.85	200m: 2:18.47 35.85	300m: 3:30.36 35.87	400m: 4:39.85 33.86			