

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

Event 35 Women, 400m Freestyle Open
20-07-2013 - 18:20 Results Finals

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

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

Points: FINA 2013

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
Final A							
1.	Ana Goncalves Neto	95	Porto	4:20.26	+0,97	775	
	50m: 29.60 29.60	150m: 1:35.14 33.11	250m: 2:41.79 32.99	350m: 3:48.47 33.37			
	100m: 1:02.03 32.43	200m: 2:08.80 33.66	300m: 3:15.10 33.31	400m: 4:20.26 31.79			
2.	Joana Aguiar Rodrigues	93	Porto	4:26.65	+0,87	721	
	50m: 30.75 30.75	150m: 1:38.66 33.90	250m: 2:46.74 33.60	350m: 3:53.62 33.15			
	100m: 1:04.76 34.01	200m: 2:13.14 34.48	300m: 3:20.47 33.73	400m: 4:26.65 33.03			
3.	Vania Soares Neves	90	Viana Natacao	4:27.74	+0,78	712	
	50m: 31.09 31.09	150m: 1:38.84 34.05	250m: 2:47.18 34.23	350m: 3:55.84 34.40			
	100m: 1:04.79 33.70	200m: 2:12.95 34.11	300m: 3:21.44 34.26	400m: 4:27.74 31.90			
4.	Maria Luis Amorim	95	Porto	4:27.76	+0,88	712	
	50m: 30.76 30.76	150m: 1:38.84 34.18	250m: 2:47.52 33.75	350m: 3:55.13 33.45			
	100m: 1:04.66 33.90	200m: 2:13.77 34.93	300m: 3:21.68 34.16	400m: 4:27.76 32.63			
5.	Mafalda Gomes Beleza	94	Sporting	4:27.83	+0,78	711	
	50m: 31.16 31.16	150m: 1:39.24 34.37	250m: 2:47.74 34.18	350m: 3:55.82 33.96			
	100m: 1:04.87 33.71	200m: 2:13.56 34.32	300m: 3:21.86 34.12	400m: 4:27.83 32.01			
6.	Federica Vaccaro	97	Pol Lib Invicta - Potenza	4:29.64	+0,85	697	
	50m: 31.21 31.21	150m: 1:38.53 33.93	250m: 2:47.38 34.75	350m: 3:56.61 34.79			
	100m: 1:04.60 33.39	200m: 2:12.63 34.10	300m: 3:21.82 34.44	400m: 4:29.64 33.03			
7.	Maria Teresa Amorim	97	Porto	4:31.57	+0,90	682	
	50m: 31.05 31.05	150m: 1:39.34 34.24	250m: 2:48.39 34.13	350m: 3:57.31 34.13			
	100m: 1:05.10 34.05	200m: 2:14.26 34.92	300m: 3:23.18 34.79	400m: 4:31.57 34.26			
8.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:32.21	+0,90	678	
	50m: 31.17 31.17	150m: 1:38.91 34.20	250m: 2:48.21 34.55	350m: 3:57.53 34.51			
	100m: 1:04.71 33.54	200m: 2:13.66 34.75	300m: 3:23.02 34.81	400m: 4:32.21 34.68			
Final B							
9.	Barbara Marques Rodrigues	97	Alges	4:33.79	+0,96	666	
	50m: 31.22 31.22	150m: 1:40.18 34.54	250m: 2:49.90 34.70	350m: 3:59.49 34.62			
	100m: 1:05.64 34.42	200m: 2:15.20 35.02	300m: 3:24.87 34.97	400m: 4:33.79 34.30			
10.	Ines Alexandra Paiva	96	Alges	4:34.24	+0,83	663	
	50m: 31.19 31.19	150m: 1:40.17 34.96	250m: 2:50.62 35.44	350m: 4:00.24 34.78			
	100m: 1:05.21 34.02	200m: 2:15.18 35.01	300m: 3:25.46 34.84	400m: 4:34.24 34.00			
11.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	4:34.50	+0,73	661	
	50m: 31.28 31.28	150m: 1:40.07 34.65	250m: 2:50.23 35.05	350m: 4:00.10 34.73			
	100m: 1:05.42 34.14	200m: 2:15.18 35.11	300m: 3:25.37 35.14	400m: 4:34.50 34.40			
12.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:35.85	+0,89	651	
	50m: 31.37 31.37	150m: 1:40.38 34.55	250m: 2:50.55 34.53	350m: 4:01.02 34.74			
	100m: 1:05.83 34.46	200m: 2:16.02 35.64	300m: 3:26.28 35.73	400m: 4:35.85 34.83			

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Event 35, Women, 400m Freestyle, Final, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
13.	Ana Silva Costa	98	Famalicao	4:35.99	+0,78	650	
	50m: 31.93 31.93	150m: 1:42.48 35.93	250m: 2:52.46 35.03	350m: 4:02.38 34.98			
	100m: 1:06.55 34.62	200m: 2:17.43 34.95	300m: 3:27.40 34.94	400m: 4:35.99 33.61			
14.	Maria Carolina Ribeiro	98	Porto	4:36.36	+0,78	648	
	50m: 31.71 31.71	150m: 1:42.14 35.43	250m: 2:53.05 34.97	350m: 4:03.08 35.04			
	100m: 1:06.71 35.00	200m: 2:18.08 35.94	300m: 3:28.04 34.99	400m: 4:36.36 33.28			
15.	Ana Margarida Domingos	93	Academico Viseu	4:38.96	+0,91	630	
	50m: 31.46 31.46	150m: 1:40.80 34.87	250m: 2:51.44 34.99	350m: 4:02.95 35.73			
	100m: 1:05.93 34.47	200m: 2:16.45 35.65	300m: 3:27.22 35.78	400m: 4:38.96 36.01			
16.	Carolina Mantua Guedes	98	Sporting	4:40.65	+0,75	618	
	50m: 31.30 31.30	150m: 1:41.44 35.53	250m: 2:53.78 36.48	350m: 4:05.26 35.76			
	100m: 1:05.91 34.61	200m: 2:17.30 35.86	300m: 3:29.50 35.72	400m: 4:40.65 35.39			