Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal - OPEN
Oeiras, 21 a 24 de Julho de 2016

Event 16 — Women, 400m Medley — Open
22-07-2016 - 17:20 — Results Finals

Rec Nac Open	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Rec Nac Sen	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016

Points: FINA 2016

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
Final A							
1.	Angelica Maria Andre	94	Fluvial Portuense	**5:00.80**	+0,85	710	
	50m: 31.36 31.36 150m: 1:47.12 40.69 250m: 3:09.83 42.76 350m: 4:27.44 34.68						
	100m: 1:06.43 35.07 200m: 2:27.07 39.95 300m: 3:52.76 42.93 400m: 5:00.80 33.36						
2.	Ana Beatriz Martins	99	Famalicao	**5:01.78**	+0,73	703	
	50m: 31.28 31.28 150m: 1:47.07 39.36 250m: 3:09.74 43.65 350m: 4:28.33 34.61						
	100m: 1:07.71 36.43 200m: 2:26.09 39.02 300m: 3:53.72 43.98 400m: 5:01.78 33.45						
3.	Ines Rocha Silva	00	Alcobaca	**5:02.48**	+0,71	698	
	50m: 34.26 34.26 150m: 1:51.64 38.94 250m: 3:12.97 43.48 350m: 4:29.37 35.30						
	100m: 1:12.70 38.44 200m: 2:29.49 37.85 300m: 3:54.07 41.10 400m: 5:02.48 33.11						
4.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	**5:02.50**	+0,81	698	
	50m: 31.20 31.20 150m: 1:47.30 40.98 250m: 3:09.48 43.45 350m: 4:28.90 34.83						
	100m: 1:06.32 35.12 200m: 2:26.03 38.73 300m: 3:54.07 44.59 400m: 5:02.50 33.60						
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	**5:07.57**	+0,76	664	
	50m: 32.27 32.27 150m: 1:49.88 40.65 250m: 3:14.30 44.32 350m: 4:34.42 35.49						
	100m: 1:09.23 36.96 200m: 2:29.98 40.10 300m: 3:58.93 44.63 400m: 5:07.57 33.15						
6.	Rita Costa Amador	99	Galitos / Bresimar	**5:09.39**	+0,73	653	
	50m: 31.90 31.90 150m: 1:49.03 39.68 250m: 3:12.97 44.18 350m: 4:34.15 35.63						
	100m: 1:09.35 37.45 200m: 2:28.79 39.76 300m: 3:58.52 45.55 400m: 5:09.39 35.24						
7.	Raquel Paulo Ranito	94	Sporting	**5:14.98**	+0,76	618	
	50m: 32.46 32.46 150m: 1:51.48 41.37 250m: 3:17.19 43.27 350m: 4:39.67 36.88						
	100m: 1:10.11 37.65 200m: 2:33.92 42.44 300m: 4:02.79 45.60 400m: 5:14.98 35.31						
8.	Ines Silva Bernardo	00	Colegio Monte Maior	**5:15.21**	+0,69	617	
	50m: 32.86 32.86 150m: 1:53.02 42.27 250m: 3:18.22 44.39 350m: 4:39.26 36.96						
	100m: 1:10.75 37.89 200m: 2:33.83 40.81 300m: 4:02.30 44.08 400m: 5:15.21 35.95						
9.	Beatriz Pereira Vasconcelos	98	Vilacondense	**5:18.96**	+0,76	596	
	50m: 33.97 33.97 150m: 1:53.23 40.82 250m: 3:18.39 45.43 350m: 4:42.00 38.08						
	100m: 1:12.41 38.44 200m: 2:32.96 39.73 300m: 4:03.92 45.53 400m: 5:18.96 36.96						
10.	Carolina Lourenco Matos	98	Benedita	**5:24.79**	+0,75	564	
	50m: 33.30 33.30 150m: 1:56.95 43.33 250m: 3:23.78 45.04 350m: 4:47.70 39.11						
	100m: 1:13.62 40.32 200m: 2:38.74 41.79 300m: 4:08.59 44.81 400m: 5:24.79 37.09						
Final B							
11.	Sofia Machado Dionisio	98	Sporting	**5:18.55**	+0,72	598	
	50m: 31.54 31.54 150m: 1:51.80 41.57 250m: 3:18.04 44.74 350m: 4:41.60 38.17						
	100m: 1:10.23 38.69 200m: 2:33.30 41.50 300m: 4:03.43 45.39 400m: 5:18.55 36.95						
12.	Ines Rosado Monteiro	00	Natacao de Vagos	**5:24.85**	+0,71	564	
	50m: 33.10 33.10 150m: 1:55.16 43.35 250m: 3:22.84 45.16 350m: 4:48.06 38.86						
	100m: 1:11.81 38.71 200m: 2:37.68 42.52 300m: 4:09.20 46.36 400m: 5:24.85 36.79						
13.	Maria Beatriz Lopes	00	Benedita	**5:26.38**	+0,71	556	
	50m: 34.35 34.35 150m: 1:56.45 40.67 250m: 3:23.06 46.86 350m: 4:50.13 37.36						
	100m: 1:15.78 41.43 200m: 2:36.20 39.75 300m: 4:12.77 49.71 400m: 5:26.38 36.25						

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Event 16, Women, 400m Medley, Final, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
14.	Ana Miguel Pinto	99	Viana Natacao	**5:27.52**	+0,89	550	
	50m: 33.48 33.48	150m: 1:56.12 42.97	250m: 3:25.08 46.68	350m: 4:50.75 38.10			
	100m: 1:13.15 39.67	200m: 2:38.40 42.28	300m: 4:12.65 47.57	400m: 5:27.52 36.77			
15.	Rafaela Araujo Silva	00	Famalicao	**5:27.94**	+0,85	548	
	50m: 34.09 34.09	150m: 1:59.76 45.53	250m: 3:30.58 47.78	350m: 4:53.17 35.55			
	100m: 1:14.23 40.14	200m: 2:42.80 43.04	300m: 4:17.62 47.04	400m: 5:27.94 34.77			
16.	Mariana Silva Ramos	00	Sporting	**5:28.84**	+0,81	543	
	50m: 34.41 34.41	150m: 1:57.76 45.32	250m: 3:29.01 47.95	350m: 4:53.95 37.82			
	100m: 1:12.44 38.03	200m: 2:41.06 43.30	300m: 4:16.13 47.12	400m: 5:28.84 34.89			
17.	Leila Tavaria Lemos	00	Vilacondense	**5:36.12**	+0,82	509	
	50m: 35.39 35.39	150m: 2:01.83 43.77	250m: 3:33.36 50.09	350m: 5:00.57 36.59			
	100m: 1:18.06 42.67	200m: 2:43.27 41.44	300m: 4:23.98 50.62	400m: 5:36.12 35.55			
18.	Sara Costa Guerra	99	Sporting	**5:40.17**	+0,73	491	
	50m: 32.56 32.56	150m: 1:56.81 45.69	250m: 3:31.56 50.48	350m: 5:03.11 39.32			
	100m: 1:11.12 38.56	200m: 2:41.08 44.27	300m: 4:23.79 52.23	400m: 5:40.17 37.06			
19.	Andreia Brito Pereira	00	Condeixa Clube	**5:40.46**	+0,68	490	
	50m: 33.76 33.76	150m: 1:59.58 43.87	250m: 3:31.15 49.68	350m: 5:02.34 39.23			
	100m: 1:15.71 41.95	200m: 2:41.47 41.89	300m: 4:23.11 51.96	400m: 5:40.46 38.12			
20.	Beatriz Marques Ferreira	00	Campinho	**5:41.01**	+0,75	487	
	50m: 36.65 36.65	150m: 2:04.60 43.83	250m: 3:35.68 49.03	350m: 5:04.47 38.60			
	100m: 1:20.77 44.12	200m: 2:46.65 42.05	300m: 4:25.87 50.19	400m: 5:41.01 36.54			

Event 16 — Girls, 400m Medley — Juvenis

22-07-2016 - 17:20 — Results Final

Rec Nac Open	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011

Points: FINA 2016

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
Final							
1.	Ines Neto Rocha	01	Aquatico Pacense	**5:02.59**	+0,91	698	
	50m: 31.06 31.06	150m: 1:46.99 38.58	250m: 3:08.70 42.88	350m: 4:27.77 34.59			
	100m: 1:08.41 37.35	200m: 2:25.82 38.83	300m: 3:53.18 44.48	400m: 5:02.59 34.82			
2.	Carolina Rosa Marcelino	01	Alges	**5:06.52**	+0,76	671	
	50m: 31.34 31.34	150m: 1:49.26 40.46	250m: 3:13.10 43.84	350m: 4:32.63 34.93			
	100m: 1:08.80 37.46	200m: 2:29.26 40.00	300m: 3:57.70 44.60	400m: 5:06.52 33.89			
3.	Luisa Maria Machado	01	Uniao Piedense	**5:06.57**	+0,86	671	
	50m: 31.85 31.85	150m: 1:51.68 41.84	250m: 3:14.71 42.78	350m: 4:33.06 35.33			
	100m: 1:09.84 37.99	200m: 2:31.93 40.25	300m: 3:57.73 43.02	400m: 5:06.57 33.51			
4.	Joana Victorino Henriques	01	Condeixa Clube	**5:12.40**	+0,66	634	
	50m: 31.93 31.93	150m: 1:49.52 40.37	250m: 3:14.22 44.38	350m: 4:36.51 37.44			
	100m: 1:09.15 37.22	200m: 2:29.84 40.32	300m: 3:59.07 44.85	400m: 5:12.40 35.89			
5.	Mariana Amaral Mendes	02	Colegio Monte Maior	**5:12.56**	+0,79	633	
	50m: 34.49 34.49	150m: 1:55.90 41.88	250m: 3:20.17 43.42	350m: 4:39.19 35.13			
	100m: 1:14.02 39.53	200m: 2:36.75 40.85	300m: 4:04.06 43.89	400m: 5:12.56 33.37			

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Event 16, Girls, 400m Medley, Final, Juvenis

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
6.	Francisca Salvador Mesquita	02	Colegio Monte Maior	**5:13.49**	+0,75	627	
	50m: 33.49 33.49	150m: 1:53.96 42.48	250m: 3:19.80 45.29	350m: 4:38.56 35.26			
	100m: 1:11.48 37.99	200m: 2:34.51 40.55	300m: 4:03.30 43.50	400m: 5:13.49 34.93			
7.	Clara Gomes Pereira	02	Alges	**5:15.47**	+0,75	616	
	50m: 33.06 33.06	150m: 1:55.70 44.15	250m: 3:20.28 42.50	350m: 4:40.11 36.88			
	100m: 1:11.55 38.49	200m: 2:37.78 42.08	300m: 4:03.23 42.95	400m: 5:15.47 35.36			
8.	Maria Margarida Belo	02	Sporting	**5:19.15**	+0,84	594	
	50m: 32.52 32.52	150m: 1:53.44 41.67	250m: 3:20.86 46.79	350m: 4:43.77 35.44			
	100m: 1:11.77 39.25	200m: 2:34.07 40.63	300m: 4:08.33 47.47	400m: 5:19.15 35.38			
9.	Joana Nunes Cardeal	02	Academico Viseu	**5:20.46**	+0,78	587	
	50m: 32.89 32.89	150m: 1:52.97 40.86	250m: 3:21.18 46.93	350m: 4:45.18 36.13			
	100m: 1:12.11 39.22	200m: 2:34.25 41.28	300m: 4:09.05 47.87	400m: 5:20.46 35.28			
10.	Lara Beatriz Matos	01	Famalicao	**5:25.16**	+0,96	562	
	50m: 32.83 32.83	150m: 1:55.43 44.14	250m: 3:23.66 46.14	350m: 4:47.87 37.88			
	100m: 1:11.29 38.46	200m: 2:37.52 42.09	300m: 4:09.99 46.33	400m: 5:25.16 37.29			

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