

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA
Funchal, 01 a 04 de Agosto de 2019



Prova 35 Femin., 400m Livres Juvenis
03-08-2019 - 18:20 Resultados Final

| | | | | | |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:09.49 | DURAES Diana Margarida | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Juv A | 4:20.78 | HOLUB Tamila Hryhorivna | POR | Porto | 07-06-2014 |
| Rec Nac Juv B | 4:26.20 | CABRAL Maria Francisca | FCP | Oeiras | 26-07-2014 |

Pontos: FINA 2019

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1. | ROSA Mariana Carmo | 05 | Louzan Natacao/EFAPEL | 4:30.77 | +0,65 | 665 | |
| | 50m: 30.89 30.89 | 150m: 1:37.73 33.73 | 250m: 2:46.55 34.60 | 350m: 3:57.01 35.33 | | | |
| | 100m: 1:04.00 33.11 | 200m: 2:11.95 34.22 | 300m: 3:21.68 35.13 | 400m: 4:30.77 33.76 | | | |
| 2. | NOBRE Marisa Isabel | 05 | Columbofila Cantanhedense | 4:31.74 | +0,70 | 658 | |
| | 50m: 31.20 31.20 | 150m: 1:39.63 34.73 | 250m: 2:49.73 34.84 | 350m: 3:59.02 34.18 | | | |
| | 100m: 1:04.90 33.70 | 200m: 2:14.89 35.26 | 300m: 3:24.84 35.11 | 400m: 4:31.74 32.72 | | | |
| 3. | SANTOS Leonor Esteves | 04 | Avançado EUL | 4:31.77 | +0,77 | 658 | |
| | 50m: 31.27 31.27 | 150m: 1:38.87 34.22 | 250m: 2:47.91 34.53 | 350m: 3:58.11 35.03 | | | |
| | 100m: 1:04.65 33.38 | 200m: 2:13.38 34.51 | 300m: 3:23.08 35.17 | 400m: 4:31.77 33.66 | | | |
| 4. | LOPES Daniela Magalhaes | 05 | Famalicao | 4:31.94 | +0,77 | 657 | |
| | 50m: 30.92 30.92 | 150m: 1:39.35 34.50 | 250m: 2:48.92 34.88 | 350m: 3:58.97 34.78 | | | |
| | 100m: 1:04.85 33.93 | 200m: 2:14.04 34.69 | 300m: 3:24.19 35.27 | 400m: 4:31.94 32.97 | | | |
| 5. | PIRES Marta Joao | 05 | Alges | 4:35.76 | +0,74 | 630 | |
| | 50m: 31.84 31.84 | 150m: 1:40.84 34.44 | 250m: 2:51.09 34.92 | 350m: 4:01.54 35.06 | | | |
| | 100m: 1:06.40 34.56 | 200m: 2:16.17 35.33 | 300m: 3:26.48 35.39 | 400m: 4:35.76 34.22 | | | |
| 6. | PINHO Carolina Teixeira | 04 | Porto | 4:36.93 | +0,67 | 622 | |
| | 50m: 31.47 31.47 | 150m: 1:39.82 34.42 | 250m: 2:50.52 35.41 | 350m: 4:02.06 35.42 | | | |
| | 100m: 1:05.40 33.93 | 200m: 2:15.11 35.29 | 300m: 3:26.64 36.12 | 400m: 4:36.93 34.87 | | | |
| 7. | GASPAR Beatriz Ferreira | 04 | Bombeiros Mealhada/ CA | 4:38.80 | +0,71 | 610 | |
| | 50m: 31.25 31.25 | 150m: 1:40.14 34.70 | 250m: 2:50.74 35.55 | 350m: 4:02.77 36.05 | | | |
| | 100m: 1:05.44 34.19 | 200m: 2:15.19 35.05 | 300m: 3:26.72 35.98 | 400m: 4:38.80 36.03 | | | |
| 8. | PRETO Filipa Manso | 04 | Porto | 4:40.62 | +0,71 | 598 | |
| | 50m: 31.85 31.85 | 150m: 1:40.73 34.39 | 250m: 2:52.13 35.46 | 350m: 4:04.98 36.40 | | | |
| | 100m: 1:06.34 34.49 | 200m: 2:16.67 35.94 | 300m: 3:28.58 36.45 | 400m: 4:40.62 35.64 | | | |
| 9. | SEBASTIAO Sofia Antunes | 05 | Amadora | 4:42.97 | +0,87 | 583 | |
| | 50m: 31.96 31.96 | 150m: 1:42.11 35.25 | 250m: 2:54.66 36.29 | 350m: 4:07.73 36.40 | | | |
| | 100m: 1:06.86 34.90 | 200m: 2:18.37 36.26 | 300m: 3:31.33 36.67 | 400m: 4:42.97 35.24 | | | |
| 10. | SIMOES Ana Beatriz | 05 | Sporting | 4:47.43 | +0,83 | 556 | |
| | 50m: 32.58 32.58 | 150m: 1:43.73 36.10 | 250m: 2:56.79 36.76 | 350m: 4:11.06 36.95 | | | |
| | 100m: 1:07.63 35.05 | 200m: 2:20.03 36.30 | 300m: 3:34.11 37.32 | 400m: 4:47.43 36.37 | | | |



Prova 35, Femin., 400m Livres, Final

Prova 35
03-08-2019 - 18:20

Femin., 400m Livres

Open
Resultados Final

| | | | | | |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:09.49 | DURAES Diana Margarida | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Sen | 4:09.49 | DURAES Diana Margarida | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Jun17 | 4:14.67 | HOLUB Tamila Hryhorivna | SCB | Oeiras | 23-07-2016 |
| Rec Nac Jun16 | 4:20.37 | FERREIRA Marta Andreia | POR | Berlim (GER) | 04-08-2002 |
| Rec Nac Juv A | 4:20.78 | HOLUB Tamila Hryhorivna | POR | Porto | 07-06-2014 |
| Rec Nac Juv B | 4:26.20 | CABRAL Maria Francisca | FCP | Oeiras | 26-07-2014 |
| Rec Nac Inf A | 4:31.53 | SILVA Alexandra Maria | POR | Skovde (SWE) | 08-08-1980 |
| Rec Nac Inf B | 4:43.70 | SILVA Alexandra Maria | FCP | Funchal | 27-07-1979 |

Pontos: FINA 2019

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|----------------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| Final A | | | | | | | |
| 1. | HOLUB Tamila Hryhorivna | 99 | Braga | 4:14.02 | +0,74 | 806 | |
| | 50m: 30.14 30.14 | 150m: 1:34.00 31.81 | 250m: 2:38.36 32.11 | 350m: 3:42.95 32.20 | | | |
| | 100m: 1:02.19 32.05 | 200m: 2:06.25 32.25 | 300m: 3:10.75 32.39 | 400m: 4:14.02 31.07 | | | |
| 2. | DURAES Diana Margarida | 96 | Benfica | 4:14.90 | +0,71 | 798 | |
| | 50m: 30.07 30.07 | 150m: 1:34.35 32.19 | 250m: 2:39.13 32.29 | 350m: 3:43.54 31.93 | | | |
| | 100m: 1:02.16 32.09 | 200m: 2:06.84 32.49 | 300m: 3:11.61 32.48 | 400m: 4:14.90 31.36 | | | |
| 3. | MARTINS Francisca Soares | 03 | Foca | 4:23.02 | +0,63 | 726 | |
| | 50m: 30.24 30.24 | 150m: 1:35.36 32.74 | 250m: 2:42.53 33.60 | 350m: 3:50.40 33.81 | | | |
| | 100m: 1:02.62 32.38 | 200m: 2:08.93 33.57 | 300m: 3:16.59 34.06 | 400m: 4:23.02 32.62 | | | |
| 4. | RAMOS Ana Rita | 02 | Porto | 4:27.55 | +0,73 | 690 | |
| | 50m: 30.71 30.71 | 150m: 1:36.56 33.19 | 250m: 2:44.65 34.40 | 350m: 3:53.67 34.93 | | | |
| | 100m: 1:03.37 32.66 | 200m: 2:10.25 33.69 | 300m: 3:18.74 34.09 | 400m: 4:27.55 33.88 | | | |
| 5. | CONCEICAO Ema Jeronimo | 03 | Fisica Torres Vedras | 4:30.53 | +0,72 | 667 | |
| | 50m: 31.24 31.24 | 150m: 1:38.93 33.97 | 250m: 2:47.62 34.41 | 350m: 3:57.33 34.59 | | | |
| | 100m: 1:04.96 33.72 | 200m: 2:13.21 34.28 | 300m: 3:22.74 35.12 | 400m: 4:30.53 33.20 | | | |
| 6. | ALVES Sara Sofia | 01 | Columbofila Cantanhedense | 4:30.73 | +0,73 | 666 | |
| | 50m: 31.54 31.54 | 150m: 1:39.20 34.22 | 250m: 2:47.95 34.38 | 350m: 3:57.69 34.79 | | | |
| | 100m: 1:04.98 33.44 | 200m: 2:13.57 34.37 | 300m: 3:22.90 34.95 | 400m: 4:30.73 33.04 | | | |
| 7. | FARIA Ana Rita | 00 | Porto | 4:31.19 | +0,73 | 662 | |
| | 50m: 31.08 31.08 | 150m: 1:38.55 34.33 | 250m: 2:47.72 34.75 | 350m: 3:57.33 35.01 | | | |
| | 100m: 1:04.22 33.14 | 200m: 2:12.97 34.42 | 300m: 3:22.32 34.60 | 400m: 4:31.19 33.86 | | | |
| 8. | CARDEAL Joana Nunes | 02 | Academico Viseu | 4:34.02 | +0,79 | 642 | |
| | 50m: 31.34 31.34 | 150m: 1:39.73 34.29 | 250m: 2:49.73 34.73 | 350m: 4:00.10 35.02 | | | |
| | 100m: 1:05.44 34.10 | 200m: 2:15.00 35.27 | 300m: 3:25.08 35.35 | 400m: 4:34.02 33.92 | | | |
| 9. | ANDRE Leticia Maia | 02 | Benfica | 4:34.14 | +0,69 | 641 | |
| | 50m: 30.44 30.44 | 150m: 1:38.02 34.49 | 250m: 2:48.76 35.21 | 350m: 4:00.63 35.83 | | | |
| | 100m: 1:03.53 33.09 | 200m: 2:13.55 35.53 | 300m: 3:24.80 36.04 | 400m: 4:34.14 33.51 | | | |
| 10. | VELOSO Teresa Miguel | 00 | Sporting | 4:36.05 | +0,75 | 628 | |
| | 50m: 31.07 31.07 | 150m: 1:38.65 34.31 | 250m: 2:49.04 35.16 | 350m: 4:00.62 35.99 | | | |
| | 100m: 1:04.34 33.27 | 200m: 2:13.88 35.23 | 300m: 3:24.63 35.59 | 400m: 4:36.05 35.43 | | | |
| Final B | | | | | | | |
| 11. | QUEIROZ Ana Rita | 02 | Condeixa Clube | 4:30.21 | +0,70 | 670 | |
| | 50m: 30.57 30.57 | 150m: 1:38.10 34.25 | 250m: 2:46.71 34.04 | 350m: 3:55.86 34.26 | | | |
| | 100m: 1:03.85 33.28 | 200m: 2:12.67 34.57 | 300m: 3:21.60 34.89 | 400m: 4:30.21 34.35 | | | |

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

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 12. | AMADOR Joana Costa | 01 | Galitos / Bresimar | 4:32.06 | +0,64 | 656 | |
| | 50m: 31.02 31.02 | 150m: 1:39.34 34.56 | 250m: 2:49.09 34.79 | 350m: 3:58.64 34.38 | | | |
| | 100m: 1:04.78 33.76 | 200m: 2:14.30 34.96 | 300m: 3:24.26 35.17 | 400m: 4:32.06 33.42 | | | |
| 13. | FRAZAO Alexandra Couto | 02 | Condeixa Clube | 4:33.23 | +0,73 | 648 | |
| | 50m: 31.61 31.61 | 150m: 1:41.09 35.13 | 250m: 2:51.54 34.93 | 350m: 4:01.17 34.14 | | | |
| | 100m: 1:05.96 34.35 | 200m: 2:16.61 35.52 | 300m: 3:27.03 35.49 | 400m: 4:33.23 32.06 | | | |
| 14. | PINA Ana Sofia | 02 | O Crasto | 4:34.42 | +0,70 | 639 | |
| | 50m: 31.27 31.27 | 150m: 1:39.44 34.58 | 250m: 2:49.55 35.28 | 350m: 3:59.97 35.23 | | | |
| | 100m: 1:04.86 33.59 | 200m: 2:14.27 34.83 | 300m: 3:24.74 35.19 | 400m: 4:34.42 34.45 | | | |
| 15. | GIGON Meryl | 95 | Turrita Nuoto | 4:35.44 | +0,72 | 632 | |
| | 50m: 31.06 31.06 | 150m: 1:40.37 35.78 | 250m: 2:51.38 35.37 | 350m: 4:01.50 35.26 | | | |
| | 100m: 1:04.59 33.53 | 200m: 2:16.01 35.64 | 300m: 3:26.24 34.86 | 400m: 4:35.44 33.94 | | | |
| 16. | RODRIGUES Helena Nunes | 03 | Alges e Agueda XXI | 4:35.87 | +0,75 | 629 | |
| | 50m: 31.22 31.22 | 150m: 1:38.66 33.95 | 250m: 2:48.75 35.01 | 350m: 4:00.77 36.18 | | | |
| | 100m: 1:04.71 33.49 | 200m: 2:13.74 35.08 | 300m: 3:24.59 35.84 | 400m: 4:35.87 35.10 | | | |
| 17. | AMORIM Maria Leonor | 03 | Porto | 4:38.74 | +0,72 | 610 | |
| | 50m: 31.45 31.45 | 150m: 1:40.72 35.00 | 250m: 2:52.31 35.78 | 350m: 4:03.97 35.82 | | | |
| | 100m: 1:05.72 34.27 | 200m: 2:16.53 35.81 | 300m: 3:28.15 35.84 | 400m: 4:38.74 34.77 | | | |
| 18. | ROLAO Sofia Alexandra | 98 | Benfica | 4:41.61 | +0,71 | 592 | |
| | 50m: 30.92 30.92 | 150m: 1:40.55 35.03 | 250m: 2:52.62 35.94 | 350m: 4:05.34 36.13 | | | |
| | 100m: 1:05.52 34.60 | 200m: 2:16.68 36.13 | 300m: 3:29.21 36.59 | 400m: 4:41.61 36.27 | | | |
| 19. | PINHEIRO Ines Mariana | 03 | Academica de Coimbra | 4:42.64 | +0,67 | 585 | |
| | 50m: 32.20 32.20 | 150m: 1:42.67 35.74 | 250m: 2:54.65 36.10 | 350m: 4:07.22 35.97 | | | |
| | 100m: 1:06.93 34.73 | 200m: 2:18.55 35.88 | 300m: 3:31.25 36.60 | 400m: 4:42.64 35.42 | | | |
| 20. | SILVA Camila Alexandra | 03 | Columbofila Cantanhedense | 4:43.97 | +0,79 | 577 | |
| | 50m: 31.78 31.78 | 150m: 1:41.27 35.22 | 250m: 2:53.67 36.23 | 350m: 4:07.98 37.25 | | | |
| | 100m: 1:06.05 34.27 | 200m: 2:17.44 36.17 | 300m: 3:30.73 37.06 | 400m: 4:43.97 35.99 | | | |