

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Event 16 Women, 400m Medley Open  
30-07-2010 Results Finals

Rec Nac Open	4:50.58	Nadia Morais Vieira	GESL	Coimbra	10-04-2010
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	4:58.87	Susana Patricia Miguel	FPN	Palma Maiorca (ESP)	06-07-2006
Rec Nac Sen	4:50.58	Nadia Morais Vieira	GESL	Coimbra	10-04-2010

TAC SEN/JUN2 Fem 16 +: 5:20.00 / TAC JUN1 Fem 15: 5:23.50 / TAC JUV Fem Juv: 5:42.00

Points: FINA 2010

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
<b>Final A</b>							
1.	Marta Pereira Abreu	92	Natacao de Faro	<b>4:58.78</b>	+0.83	733	
	50m: 32.28 32.28	150m: 1:47.13 38.14	250m: 3:06.00 41.76	350m: 4:24.39 35.23			
	100m: 1:08.99 36.71	200m: 2:24.24 37.11	300m: 3:49.16 43.16	400m: 4:58.78 34.39			
2.	Diana Ramos Rocha	94	Vilacondense	<b>5:01.47</b>	+0.89	714	
	50m: 31.67 31.67	150m: 1:46.63 39.50	250m: 3:09.46 44.67	350m: 4:28.00 33.70			
	100m: 1:07.13 35.46	200m: 2:24.79 38.16	300m: 3:54.30 44.84	400m: 5:01.47 33.47			
3.	Angelica Maria Andre	94	Leixoes	<b>5:02.31</b>	+0.88	708	
	50m: 32.10 32.10	150m: 1:49.23 40.59	250m: 3:11.03 42.54	350m: 4:29.14 34.98			
	100m: 1:08.64 36.54	200m: 2:28.49 39.26	300m: 3:54.16 43.13	400m: 5:02.31 33.17			
4.	Diana Margarida Duraes	96	Foca	<b>5:03.06</b>	+0.93	702	
	50m: 31.72 31.72	150m: 1:49.17 40.20	250m: 3:11.68 43.52	350m: 4:30.70 34.99			
	100m: 1:08.97 37.25	200m: 2:28.16 38.99	300m: 3:55.71 44.03	400m: 5:03.06 32.36			
5.	Victoriya Kaminskaya	95	Pimpoes/Cimai	<b>5:05.02</b>	+0.90	689	
	50m: 32.34 32.34	150m: 1:49.24 40.04	250m: 3:11.37 42.92	350m: 4:29.51 35.47			
	100m: 1:09.20 36.86	200m: 2:28.45 39.21	300m: 3:54.04 42.67	400m: 5:05.02 35.51			
6.	Ana Marta Miranda	96	Uniao Piedense	<b>5:07.40</b>	+0.91	673	
	50m: 31.81 31.81	150m: 1:48.57 40.14	250m: 3:12.70 44.90	350m: 4:32.49 35.52			
	100m: 1:08.43 36.62	200m: 2:27.80 39.23	300m: 3:56.97 44.27	400m: 5:07.40 34.91			
7.	Ana Catarina Monteiro	93	Vilacondense	<b>5:08.47</b>	+0.70	666	
	50m: 31.07 31.07	150m: 1:46.55 40.00	250m: 3:12.60 47.00	350m: 4:35.40 35.10			
	100m: 1:06.55 35.48	200m: 2:25.60 39.05	300m: 4:00.30 47.70	400m: 5:08.47 33.07			
8.	Patricia Garcia Marinho	94	Sporting	<b>5:08.52</b>	+0.88	666	
	50m: 31.88 31.88	150m: 1:49.39 40.71	250m: 3:13.59 43.76	350m: 4:33.97 35.07			
	100m: 1:08.68 36.80	200m: 2:29.83 40.44	300m: 3:58.90 45.31	400m: 5:08.52 34.55			
<b>Final B</b>							
9.	Maria Miguel Veloso	93	Nautico/Matobra	<b>5:05.67</b>	+1.01	684	
	50m: 32.97 32.97	150m: 1:49.49 40.39	250m: 3:13.76 44.73	350m: 4:32.72 34.15			
	100m: 1:09.10 36.13	200m: 2:29.03 39.54	300m: 3:58.57 44.81	400m: 5:05.67 32.95			
10.	Ana Beatriz Pereira	91	Louletano/Loule Concelho	<b>5:11.01</b>	+0.79	650	
	50m: 31.47 31.47	150m: 1:50.27 42.67	250m: 3:14.90 43.12	350m: 4:35.11 35.99			
	100m: 1:07.60 36.13	200m: 2:31.78 41.51	300m: 3:59.12 44.22	400m: 5:11.01 35.90			
11.	Ana Filipa Carmo	93	Colegio Vasco da Gama	<b>5:13.13</b>	+0.91	637	
	50m: 33.65 33.65	150m: 1:52.48 41.92	250m: 3:18.10 45.18	350m: 4:38.85 36.36			
	100m: 1:10.56 36.91	200m: 2:32.92 40.44	300m: 4:02.49 44.39	400m: 5:13.13 34.28			
12.	Catarina Tiago Nunes	95	Uniao Piedense	<b>5:13.16</b>	+0.91	636	
	50m: 32.57 32.57	150m: 1:51.60 41.08	250m: 3:15.60 44.98	350m: 4:37.45 37.48			
	100m: 1:10.52 37.95	200m: 2:30.62 39.02	300m: 3:59.97 44.37	400m: 5:13.16 35.71			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
13.	Filipa Maria Rompante	95	Famalicao	<b>5:15.08</b>	+0.86	625	
	50m: 33.63 33.63	150m: 1:53.37 41.38	250m: 3:18.90 45.57	350m: 4:40.27 36.29			
	100m: 1:11.99 38.36	200m: 2:33.33 39.96	300m: 4:03.98 45.08	400m: 5:15.08 34.81			
14.	Raquel Paulo Ranito	94	Sporting	<b>5:18.40</b>	+0.88	606	
	50m: 32.63 32.63	150m: 1:52.89 41.40	250m: 3:19.28 45.04	350m: 4:42.24 36.56			
	100m: 1:11.49 38.86	200m: 2:34.24 41.35	300m: 4:05.68 46.40	400m: 5:18.40 36.16			
15.	Joana Dias Santos	96	Uniao Piedense	<b>5:19.91</b>	+0.93	597	
	50m: 34.77 34.77	150m: 1:59.37 44.25	250m: 3:22.34 42.13	350m: 4:43.50 38.15			
	100m: 1:15.12 40.35	200m: 2:40.21 40.84	300m: 4:05.35 43.01	400m: 5:19.91 36.41			
16.	Sara Cristiana Valente	96	Alcobaca	<b>5:20.78</b>	+0.81	592	
	50m: 32.87 32.87	150m: 1:52.92 42.22	250m: 3:20.54 47.10	350m: 4:45.09 37.22			
	100m: 1:10.70 37.83	200m: 2:33.44 40.52	300m: 4:07.87 47.33	400m: 5:20.78 35.69			