

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

Event 16 Women, 400m Medley Open  
30-07-2010 - 10:00 Results Prelim

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>Open</b>							
1.	Victoriya Kaminskaya	95	Pimpoes/Cimai	<b>5:04.61</b>	+0.88	692	A
	50m: 32.72 32.72	150m: 1:48.98 39.86	250m: 3:10.69 43.41	350m: 4:29.32 35.79			
	100m: 1:09.12 36.40	200m: 2:27.28 38.30	300m: 3:53.53 42.84	400m: 5:04.61 35.29			
2.	Diana Margarida Duraes	96	Foca	<b>5:04.84</b>	+0.84	690	A
	50m: 31.78 31.78	150m: 1:48.93 40.36	250m: 3:12.09 44.11	350m: 4:30.80 35.27			
	100m: 1:08.57 36.79	200m: 2:27.98 39.05	300m: 3:55.53 43.44	400m: 5:04.84 34.04			
3.	Diana Ramos Rocha	94	Vilacondense	<b>5:06.93</b>	+0.82	676	A
	50m: 31.71 31.71	150m: 1:48.33 40.52	250m: 3:12.88 45.52	350m: 4:34.46 35.57			
	100m: 1:07.81 36.10	200m: 2:27.36 39.03	300m: 3:58.89 46.01	400m: 5:06.93 32.47			
4.	Marta Pereira Abreu	92	Natacao de Faro	<b>5:06.95</b>	+0.82	676	A
	50m: 32.15 32.15	150m: 1:48.23 38.33	250m: 3:09.83 43.44	350m: 4:32.69 38.78			
	100m: 1:09.90 37.75	200m: 2:26.39 38.16	300m: 3:53.91 44.08	400m: 5:06.95 34.26			
5.	Angelica Maria Andre	94	Leixoes	<b>5:09.37</b>	+0.88	660	A
	50m: 33.02 33.02	150m: 1:51.23 40.61	250m: 3:15.50 44.17	350m: 4:35.32 35.04			
	100m: 1:10.62 37.60	200m: 2:31.33 40.10	300m: 4:00.28 44.78	400m: 5:09.37 34.05			
6.	Patricia Garcia Marinho	94	Sporting	<b>5:09.68</b>	+0.86	658	A
	50m: 32.33 32.33	150m: 1:51.35 42.26	250m: 3:16.35 44.30	350m: 4:35.40 35.12			
	100m: 1:09.09 36.76	200m: 2:32.05 40.70	300m: 4:00.28 43.93	400m: 5:09.68 34.28			
7.	Ana Marta Miranda	96	Uniao Piedense	<b>5:09.96</b>	+0.86	656	A
	50m: 31.96 31.96	150m: 1:49.95 40.63	250m: 3:13.76 44.52	350m: 4:34.54 35.84			
	100m: 1:09.32 37.36	200m: 2:29.24 39.29	300m: 3:58.70 44.94	400m: 5:09.96 35.42			
8.	Ana Catarina Monteiro	93	Vilacondense	<b>5:12.29</b>	+0.72	642	A
	50m: 31.03 31.03	150m: 1:46.60 39.79	250m: 3:13.09 47.54	350m: 4:36.97 35.86			
	100m: 1:06.81 35.78	200m: 2:25.55 38.95	300m: 4:01.11 48.02	400m: 5:12.29 35.32			
9.	Maria Miguel Veloso	93	Nautico/Matobra	<b>5:12.43</b>	+0.93	641	B
	50m: 32.61 32.61	150m: 1:49.65 41.18	250m: 3:16.80 46.73	350m: 4:38.85 35.11			
	100m: 1:08.47 35.86	200m: 2:30.07 40.42	300m: 4:03.74 46.94	400m: 5:12.43 33.58			
10.	Catarina Tiago Nunes	95	Uniao Piedense	<b>5:12.70</b>	+0.87	639	B
	50m: 32.24 32.24	150m: 1:52.14 41.99	250m: 3:16.79 43.93	350m: 4:37.91 36.91			
	100m: 1:10.15 37.91	200m: 2:32.86 40.72	300m: 4:01.00 44.21	400m: 5:12.70 34.79			
11.	Joana Dias Santos	96	Uniao Piedense	<b>5:14.74</b>	+0.95	627	B
	50m: 34.08 34.08	150m: 1:54.76 41.51	250m: 3:17.05 41.69	350m: 4:37.99 37.83			
	100m: 1:13.25 39.17	200m: 2:35.36 40.60	300m: 4:00.16 43.11	400m: 5:14.74 36.75			
12.	Ana Beatriz Pereira	91	Louletano/Loule Concelho	<b>5:15.03</b>	+0.90	625	B
	50m: 32.07 32.07	150m: 1:51.68 43.67	250m: 3:17.70 44.53	350m: 4:38.51 37.25			
	100m: 1:08.01 35.94	200m: 2:33.17 41.49	300m: 4:01.26 43.56	400m: 5:15.03 36.52			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
13.	Ana Filipa Carmo	93	Colegio Vasco da Gama	<b>5:17.53</b>	+0.88	611 B	
	50m: 32.54 32.54	150m: 1:51.83 41.48	250m: 3:18.56 46.17	350m: 4:41.94 37.27			
	100m: 1:10.35 37.81	200m: 2:32.39 40.56	300m: 4:04.67 46.11	400m: 5:17.53 35.59			
14.	Raquel Paulo Ranito	94	Sporting	<b>5:18.22</b>	+0.89	607 B	
	50m: 32.15 32.15	150m: 1:52.04 40.89	250m: 3:19.04 45.90	350m: 4:42.33 37.10			
	100m: 1:11.15 39.00	200m: 2:33.14 41.10	300m: 4:05.23 46.19	400m: 5:18.22 35.89			
15.	Filipa Maria Rompante	95	Famalicao	<b>5:18.78</b>	+0.84	603 B	
	50m: 33.58 33.58	150m: 1:53.04 41.23	250m: 3:19.56 46.99	350m: 4:42.87 37.03			
	100m: 1:11.81 38.23	200m: 2:32.57 39.53	300m: 4:05.84 46.28	400m: 5:18.78 35.91			
16.	Sara Cristiana Valente	96	Alcobaca	<b>5:23.85</b>	+0.75	575 B	
	50m: 33.47 33.47	150m: 1:55.38 43.50	250m: 3:23.49 46.70	350m: 4:48.94 37.45			
	100m: 1:11.88 38.41	200m: 2:36.79 41.41	300m: 4:11.49 48.00	400m: 5:23.85 34.91			
17.	Lara Santana Pinheiro	92	Belenenses	<b>5:24.55</b>	+0.96	572 R	
	<i>FTL</i>						
	50m: 34.17 34.17	150m: 1:56.66 42.20	250m: 3:24.15 46.68	350m: 4:48.03 36.68			
	100m: 1:14.46 40.29	200m: 2:37.47 40.81	300m: 4:11.35 47.20	400m: 5:24.55 36.52			
18.	Bruna Leal Dantas	96	Sporting	<b>5:25.52</b>	+0.88	567 R	
	50m: 33.10 33.10	150m: 1:53.67 41.90	250m: 3:22.32 47.90	350m: 4:49.61 37.65			
	100m: 1:11.77 38.67	200m: 2:34.42 40.75	300m: 4:11.96 49.64	400m: 5:25.52 35.91			
19.	Sofia Cunha Sousa	96	Foca	<b>5:28.37</b>	+1.00	552	
	50m: 35.25 35.25	150m: 1:58.67 42.68	250m: 3:26.94 45.88	350m: 4:51.60 37.32			
	100m: 1:15.99 40.74	200m: 2:41.06 42.39	300m: 4:14.28 47.34	400m: 5:28.37 36.77			
20.	Sara Sousa Gomes	96	Amadora	<b>5:29.34</b>	+0.97	547	
	50m: 35.76 35.76	150m: 2:03.32 45.65	250m: 3:29.13 43.88	350m: 4:52.84 38.74			
	100m: 1:17.67 41.91	200m: 2:45.25 41.93	300m: 4:14.10 44.97	400m: 5:29.34 36.50			
21.	Carolina Francisco Gomes	95	Naval da Nazare	<b>5:29.85</b>	+0.94	545	
	<i>FTL</i>						
	50m: 34.40 34.40	150m: 1:56.03 43.63	250m: 3:25.81 47.75	350m: 4:52.78 39.11			
	100m: 1:12.40 38.00	200m: 2:38.06 42.03	300m: 4:13.67 47.86	400m: 5:29.85 37.07			
22.	Mafalda Jotta Garcia	94	Alges	<b>5:32.33</b>	+0.82	532	
	<i>FTL</i>						
	50m: 36.00 36.00	150m: 2:01.85 44.39	250m: 3:28.81 45.24	350m: 4:55.57 41.91			
	100m: 1:17.46 41.46	200m: 2:43.57 41.72	300m: 4:13.66 44.85	400m: 5:32.33 36.76			
23.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:33.05</b>	+0.88	529	
	50m: 35.62 35.62	150m: 2:01.70 41.27	250m: 3:30.21 45.92	350m: 4:56.11 38.38			
	100m: 1:20.43 44.81	200m: 2:44.29 42.59	300m: 4:17.73 47.52	400m: 5:33.05 36.94			
24.	Claudia Susana Teixeira	96	Gespacos	<b>5:33.62</b>	+1.19	526	
	50m: 37.17 37.17	150m: 2:01.43 42.55	250m: 3:31.39 48.64	350m: 4:57.50 38.07			
	100m: 1:18.88 41.71	200m: 2:42.75 41.32	300m: 4:19.43 48.04	400m: 5:33.62 36.12			
25.	Ines Joao Costa	95	Braga	<b>5:34.03</b>	+0.83	524	
	<i>FTL</i>						
	50m: 34.41 34.41	150m: 1:57.47 43.13	250m: 3:28.77 48.67	350m: 4:55.96 38.39			
	100m: 1:14.34 39.93	200m: 2:40.10 42.63	300m: 4:17.57 48.80	400m: 5:34.03 38.07			
26.	Maria Amelia Gaspar	96	Nautico/Matobra	<b>5:35.29</b>	+0.90	519	
	50m: 35.13 35.13	150m: 1:59.56 43.89	250m: 3:32.80 50.79	350m: 4:59.92 36.76			
	100m: 1:15.67 40.54	200m: 2:42.01 42.45	300m: 4:23.16 50.36	400m: 5:35.29 35.37			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
27.	Jennifer Martins Dias	96	Bombeiros V. Caldas Rainha	<b>5:36.20</b>	+0.86	514	
	50m: 35.66 35.66	150m: 2:00.51 45.93	250m: 3:32.38 47.59	350m: 4:58.73 39.40			
	100m: 1:14.58 38.92	200m: 2:44.79 44.28	300m: 4:19.33 46.95	400m: 5:36.20 37.47			
28.	Mariana Rodrigues Ferreira	96	Benfica	<b>5:36.24</b>	+0.89	514	
	50m: 34.65 34.65	150m: 2:00.83 45.55	250m: 3:31.35 46.89	350m: 4:58.16 38.89			
	100m: 1:15.28 40.63	200m: 2:44.46 43.63	300m: 4:19.27 47.92	400m: 5:36.24 38.08			
29.	Maria Beatriz Rascao	96	Nautico/Matobra	<b>5:36.72</b>	+0.95	512	
	50m: 36.17 36.17	150m: 2:02.36 43.95	250m: 3:32.00 46.96	350m: 4:59.46 38.77			
	100m: 1:18.41 42.24	200m: 2:45.04 42.68	300m: 4:20.69 48.69	400m: 5:36.72 37.26			
30.	Ana Rita Martins	96	Amadora	<b>5:37.28</b>	+0.90	509	
	50m: 35.21 35.21	150m: 1:59.69 44.00	250m: 3:32.20 50.92	350m: 5:00.48 37.58			
	100m: 1:15.69 40.48	200m: 2:41.28 41.59	300m: 4:22.90 50.70	400m: 5:37.28 36.80			
31.	Catarina Dias Coutinho	96	Sporting	<b>5:38.17</b>	+0.90	505	
	50m: 35.84 35.84	150m: 1:58.72 41.80	250m: 3:28.95 49.13	350m: 4:59.21 40.37			
	100m: 1:16.92 41.08	200m: 2:39.82 41.10	300m: 4:18.84 49.89	400m: 5:38.17 38.96			
32.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	<b>5:38.75</b>	+0.86	503	
	50m: 37.00 37.00	150m: 2:04.17 43.86	250m: 3:34.65 48.75	350m: 5:01.60 39.01			
	100m: 1:20.31 43.31	200m: 2:45.90 41.73	300m: 4:22.59 47.94	400m: 5:38.75 37.15			
33.	Ines Mendes Paulo	96	Colegio Monte Maior	<b>5:38.86</b>	+0.88	502	
	50m: 36.38 36.38	150m: 2:01.77 44.14	250m: 3:33.51 49.86	350m: 5:02.04 39.19			
	100m: 1:17.63 41.25	200m: 2:43.65 41.88	300m: 4:22.85 49.34	400m: 5:38.86 36.82			
34.	Ana Isabel Cunha	96	Foca	<b>5:39.67</b>	+0.89	499	
	50m: 36.54 36.54	150m: 2:03.76 45.30	250m: 3:35.82 49.97	350m: 5:03.39 37.36			
	100m: 1:18.46 41.92	200m: 2:45.85 42.09	300m: 4:26.03 50.21	400m: 5:39.67 36.28			
35.	Catia Alexandra Batista	96	Colegio SMLamas	<b>5:39.90</b>	+0.86	498	
	50m: 35.34 35.34	150m: 2:00.81 44.81	250m: 3:32.46 49.10	350m: 5:02.06 41.27			
	100m: 1:16.00 40.66	200m: 2:43.36 42.55	300m: 4:20.79 48.33	400m: 5:39.90 37.84			
36.	Debora Guimaraes Oliveira	96	Braga	<b>5:40.90</b>	+0.85	493	
	50m: 35.00 35.00	150m: 1:59.04 43.92	250m: 3:32.61 49.00	350m: 5:02.66 39.02			
	100m: 1:15.12 40.12	200m: 2:43.61 44.57	300m: 4:23.64 51.03	400m: 5:40.90 38.24			
37.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	<b>5:44.88</b>	+0.77	476	
	<i>FTL</i>						
	50m: 35.92 35.92	150m: 2:05.42 45.96	250m: 3:39.17 48.93	350m: 5:06.93 39.50			
	100m: 1:19.46 43.54	200m: 2:50.24 44.82	300m: 4:27.43 48.26	400m: 5:44.88 37.95			
38.	Rita Sequeira Raposeiro	96	Uniao Piedense	<b>5:46.18</b>	+0.90	471	
	<i>FTL</i>						
	50m: 34.92 34.92	150m: 2:01.37 45.68	250m: 3:35.90 50.24	350m: 5:07.95 40.31			
	100m: 1:15.69 40.77	200m: 2:45.66 44.29	300m: 4:27.64 51.74	400m: 5:46.18 38.23			
39.	Andreia Margarida Araujo	96	Viana Natacao	<b>5:51.85</b>	+1.04	449	
	<i>FTL</i>						
	50m: 36.38 36.38	150m: 2:05.00 47.64	250m: 3:40.24 49.16	350m: 5:11.80 42.14			
	100m: 1:17.36 40.98	200m: 2:51.08 46.08	300m: 4:29.66 49.42	400m: 5:51.85 40.05			
DSQ	Patricia Silva Ramos	96	Sporting		+0.95		
	<i>505 - Batimentos alternados de pernas durante percurso-SW8.3</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

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Juvenis

1.	Diana Margarida Duraes	96	Foca			<b>5:04.84</b>	+0.84	690	A			
	50m:	31.78	31.78	150m:	1:48.93	40.36	250m:	3:12.09	44.11	350m:	4:30.80	35.27
	100m:	1:08.57	36.79	200m:	2:27.98	39.05	300m:	3:55.53	43.44	400m:	5:04.84	34.04
2.	Ana Marta Miranda	96	Uniao Piedense			<b>5:09.96</b>	+0.86	656	A			
	50m:	31.96	31.96	150m:	1:49.95	40.63	250m:	3:13.76	44.52	350m:	4:34.54	35.84
	100m:	1:09.32	37.36	200m:	2:29.24	39.29	300m:	3:58.70	44.94	400m:	5:09.96	35.42
3.	Joana Dias Santos	96	Uniao Piedense			<b>5:14.74</b>	+0.95	627	B			
	50m:	34.08	34.08	150m:	1:54.76	41.51	250m:	3:17.05	41.69	350m:	4:37.99	37.83
	100m:	1:13.25	39.17	200m:	2:35.36	40.60	300m:	4:00.16	43.11	400m:	5:14.74	36.75
4.	Sara Cristiana Valente	96	Alcobaca			<b>5:23.85</b>	+0.75	575	B			
	50m:	33.47	33.47	150m:	1:55.38	43.50	250m:	3:23.49	46.70	350m:	4:48.94	37.45
	100m:	1:11.88	38.41	200m:	2:36.79	41.41	300m:	4:11.49	48.00	400m:	5:23.85	34.91
5.	Bruna Leal Dantas	96	Sporting			<b>5:25.52</b>	+0.88	567	R			
	50m:	33.10	33.10	150m:	1:53.67	41.90	250m:	3:22.32	47.90	350m:	4:49.61	37.65
	100m:	1:11.77	38.67	200m:	2:34.42	40.75	300m:	4:11.96	49.64	400m:	5:25.52	35.91
6.	Sofia Cunha Sousa	96	Foca			<b>5:28.37</b>	+1.00	552				
	50m:	35.25	35.25	150m:	1:58.67	42.68	250m:	3:26.94	45.88	350m:	4:51.60	37.32
	100m:	1:15.99	40.74	200m:	2:41.06	42.39	300m:	4:14.28	47.34	400m:	5:28.37	36.77
7.	Sara Sousa Gomes	96	Amadora			<b>5:29.34</b>	+0.97	547				
	50m:	35.76	35.76	150m:	2:03.32	45.65	250m:	3:29.13	43.88	350m:	4:52.84	38.74
	100m:	1:17.67	41.91	200m:	2:45.25	41.93	300m:	4:14.10	44.97	400m:	5:29.34	36.50
8.	Ana Monica Eloi	96	Nautico da Marinha Grande			<b>5:33.05</b>	+0.88	529				
	50m:	35.62	35.62	150m:	2:01.70	41.27	250m:	3:30.21	45.92	350m:	4:56.11	38.38
	100m:	1:20.43	44.81	200m:	2:44.29	42.59	300m:	4:17.73	47.52	400m:	5:33.05	36.94
9.	Claudia Susana Teixeira	96	Gespacos			<b>5:33.62</b>	+1.19	526				
	50m:	37.17	37.17	150m:	2:01.43	42.55	250m:	3:31.39	48.64	350m:	4:57.50	38.07
	100m:	1:18.88	41.71	200m:	2:42.75	41.32	300m:	4:19.43	48.04	400m:	5:33.62	36.12
10.	Maria Amelia Gaspar	96	Nautico/Matobra			<b>5:35.29</b>	+0.90	519				
	50m:	35.13	35.13	150m:	1:59.56	43.89	250m:	3:32.80	50.79	350m:	4:59.92	36.76
	100m:	1:15.67	40.54	200m:	2:42.01	42.45	300m:	4:23.16	50.36	400m:	5:35.29	35.37
11.	Jennifer Martins Dias	96	Bombeiros V. Caldas Rainha			<b>5:36.20</b>	+0.86	514				
	50m:	35.66	35.66	150m:	2:00.51	45.93	250m:	3:32.38	47.59	350m:	4:58.73	39.40
	100m:	1:14.58	38.92	200m:	2:44.79	44.28	300m:	4:19.33	46.95	400m:	5:36.20	37.47
12.	Mariana Rodrigues Ferreira	96	Benfica			<b>5:36.24</b>	+0.89	514				
	50m:	34.65	34.65	150m:	2:00.83	45.55	250m:	3:31.35	46.89	350m:	4:58.16	38.89
	100m:	1:15.28	40.63	200m:	2:44.46	43.63	300m:	4:19.27	47.92	400m:	5:36.24	38.08
13.	Maria Beatriz Rascao	96	Nautico/Matobra			<b>5:36.72</b>	+0.95	512				
	50m:	36.17	36.17	150m:	2:02.36	43.95	250m:	3:32.00	46.96	350m:	4:59.46	38.77
	100m:	1:18.41	42.24	200m:	2:45.04	42.68	300m:	4:20.69	48.69	400m:	5:36.72	37.26
14.	Ana Rita Martins	96	Amadora			<b>5:37.28</b>	+0.90	509				
	50m:	35.21	35.21	150m:	1:59.69	44.00	250m:	3:32.20	50.92	350m:	5:00.48	37.58
	100m:	1:15.69	40.48	200m:	2:41.28	41.59	300m:	4:22.90	50.70	400m:	5:37.28	36.80
15.	Catarina Dias Coutinho	96	Sporting			<b>5:38.17</b>	+0.90	505				
	50m:	35.84	35.84	150m:	1:58.72	41.80	250m:	3:28.95	49.13	350m:	4:59.21	40.37
	100m:	1:16.92	41.08	200m:	2:39.82	41.10	300m:	4:18.84	49.89	400m:	5:38.17	38.96

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

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
16.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	<b>5:38.75</b>	+0.86	503	
	50m: 37.00 37.00	150m: 2:04.17 43.86	250m: 3:34.65 48.75	350m: 5:01.60 39.01			
	100m: 1:20.31 43.31	200m: 2:45.90 41.73	300m: 4:22.59 47.94	400m: 5:38.75 37.15			
17.	Ines Mendes Paulo	96	Colegio Monte Maior	<b>5:38.86</b>	+0.88	502	
	50m: 36.38 36.38	150m: 2:01.77 44.14	250m: 3:33.51 49.86	350m: 5:02.04 39.19			
	100m: 1:17.63 41.25	200m: 2:43.65 41.88	300m: 4:22.85 49.34	400m: 5:38.86 36.82			
18.	Ana Isabel Cunha	96	Foca	<b>5:39.67</b>	+0.89	499	
	50m: 36.54 36.54	150m: 2:03.76 45.30	250m: 3:35.82 49.97	350m: 5:03.39 37.36			
	100m: 1:18.46 41.92	200m: 2:45.85 42.09	300m: 4:26.03 50.21	400m: 5:39.67 36.28			
19.	Catia Alexandra Batista	96	Colegio SMLamas	<b>5:39.90</b>	+0.86	498	
	50m: 35.34 35.34	150m: 2:00.81 44.81	250m: 3:32.46 49.10	350m: 5:02.06 41.27			
	100m: 1:16.00 40.66	200m: 2:43.36 42.55	300m: 4:20.79 48.33	400m: 5:39.90 37.84			
20.	Debora Guimaraes Oliveira	96	Braga	<b>5:40.90</b>	+0.85	493	
	50m: 35.00 35.00	150m: 1:59.04 43.92	250m: 3:32.61 49.00	350m: 5:02.66 39.02			
	100m: 1:15.12 40.12	200m: 2:43.61 44.57	300m: 4:23.64 51.03	400m: 5:40.90 38.24			
21.	Catarina Vilhena Gregorio <i>FTL</i>	96	CLAC-Entroncamento	<b>5:44.88</b>	+0.77	476	
	50m: 35.92 35.92	150m: 2:05.42 45.96	250m: 3:39.17 48.93	350m: 5:06.93 39.50			
	100m: 1:19.46 43.54	200m: 2:50.24 44.82	300m: 4:27.43 48.26	400m: 5:44.88 37.95			
22.	Rita Sequeira Raposeiro <i>FTL</i>	96	Uniao Piedense	<b>5:46.18</b>	+0.90	471	
	50m: 34.92 34.92	150m: 2:01.37 45.68	250m: 3:35.90 50.24	350m: 5:07.95 40.31			
	100m: 1:15.69 40.77	200m: 2:45.66 44.29	300m: 4:27.64 51.74	400m: 5:46.18 38.23			
23.	Andreia Margarida Araujo <i>FTL</i>	96	Viana Natacao	<b>5:51.85</b>	+1.04	449	
	50m: 36.38 36.38	150m: 2:05.00 47.64	250m: 3:40.24 49.16	350m: 5:11.80 42.14			
	100m: 1:17.36 40.98	200m: 2:51.08 46.08	300m: 4:29.66 49.42	400m: 5:51.85 40.05			
DSQ	Patricia Silva Ramos	96	Sporting		+0.95		
	<i>505 - Batimentos alternados de pernas durante percurso-SW8.3</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Absolutos

1.	Diana Margarida Duraes	96	Foca	<b>5:04.84</b>	+0.84	690	A
	50m: 31.78 31.78	150m: 1:48.93 40.36	250m: 3:12.09 44.11	350m: 4:30.80 35.27			
	100m: 1:08.57 36.79	200m: 2:27.98 39.05	300m: 3:55.53 43.44	400m: 5:04.84 34.04			
2.	Diana Ramos Rocha	94	Vilacondense	<b>5:06.93</b>	+0.82	676	A
	50m: 31.71 31.71	150m: 1:48.33 40.52	250m: 3:12.88 45.52	350m: 4:34.46 35.57			
	100m: 1:07.81 36.10	200m: 2:27.36 39.03	300m: 3:58.89 46.01	400m: 5:06.93 32.47			
3.	Marta Pereira Abreu	92	Natacao de Faro	<b>5:06.95</b>	+0.82	676	A
	50m: 32.15 32.15	150m: 1:48.23 38.33	250m: 3:09.83 43.44	350m: 4:32.69 38.78			
	100m: 1:09.90 37.75	200m: 2:26.39 38.16	300m: 3:53.91 44.08	400m: 5:06.95 34.26			
4.	Angelica Maria Andre	94	Leixoes	<b>5:09.37</b>	+0.88	660	A
	50m: 33.02 33.02	150m: 1:51.23 40.61	250m: 3:15.50 44.17	350m: 4:35.32 35.04			
	100m: 1:10.62 37.60	200m: 2:31.33 40.10	300m: 4:00.28 44.78	400m: 5:09.37 34.05			

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Event 16, Women, 400m Medley, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
5.	Patricia Garcia Marinho	94	Sporting	<b>5:09.68</b>	+0.86	658	A
	50m: 32.33 32.33	150m: 1:51.35 42.26	250m: 3:16.35 44.30	350m: 4:35.40 35.12			
	100m: 1:09.09 36.76	200m: 2:32.05 40.70	300m: 4:00.28 43.93	400m: 5:09.68 34.28			
6.	Ana Marta Miranda	96	Uniao Piedense	<b>5:09.96</b>	+0.86	656	A
	50m: 31.96 31.96	150m: 1:49.95 40.63	250m: 3:13.76 44.52	350m: 4:34.54 35.84			
	100m: 1:09.32 37.36	200m: 2:29.24 39.29	300m: 3:58.70 44.94	400m: 5:09.96 35.42			
7.	Ana Catarina Monteiro	93	Vilacondense	<b>5:12.29</b>	+0.72	642	A
	50m: 31.03 31.03	150m: 1:46.60 39.79	250m: 3:13.09 47.54	350m: 4:36.97 35.86			
	100m: 1:06.81 35.78	200m: 2:25.55 38.95	300m: 4:01.11 48.02	400m: 5:12.29 35.32			
8.	Maria Miguel Veloso	93	Nautico/Matobra	<b>5:12.43</b>	+0.93	641	B
	50m: 32.61 32.61	150m: 1:49.65 41.18	250m: 3:16.80 46.73	350m: 4:38.85 35.11			
	100m: 1:08.47 35.86	200m: 2:30.07 40.42	300m: 4:03.74 46.94	400m: 5:12.43 33.58			
9.	Catarina Tiago Nunes	95	Uniao Piedense	<b>5:12.70</b>	+0.87	639	B
	50m: 32.24 32.24	150m: 1:52.14 41.99	250m: 3:16.79 43.93	350m: 4:37.91 36.91			
	100m: 1:10.15 37.91	200m: 2:32.86 40.72	300m: 4:01.00 44.21	400m: 5:12.70 34.79			
10.	Joana Dias Santos	96	Uniao Piedense	<b>5:14.74</b>	+0.95	627	B
	50m: 34.08 34.08	150m: 1:54.76 41.51	250m: 3:17.05 41.69	350m: 4:37.99 37.83			
	100m: 1:13.25 39.17	200m: 2:35.36 40.60	300m: 4:00.16 43.11	400m: 5:14.74 36.75			
11.	Ana Beatriz Pereira	91	Louletano/Loule Concelho	<b>5:15.03</b>	+0.90	625	B
	50m: 32.07 32.07	150m: 1:51.68 43.67	250m: 3:17.70 44.53	350m: 4:38.51 37.25			
	100m: 1:08.01 35.94	200m: 2:33.17 41.49	300m: 4:01.26 43.56	400m: 5:15.03 36.52			
12.	Ana Filipa Carmo	93	Colegio Vasco da Gama	<b>5:17.53</b>	+0.88	611	B
	50m: 32.54 32.54	150m: 1:51.83 41.48	250m: 3:18.56 46.17	350m: 4:41.94 37.27			
	100m: 1:10.35 37.81	200m: 2:32.39 40.56	300m: 4:04.67 46.11	400m: 5:17.53 35.59			
13.	Raquel Paulo Ranito	94	Sporting	<b>5:18.22</b>	+0.89	607	B
	50m: 32.15 32.15	150m: 1:52.04 40.89	250m: 3:19.04 45.90	350m: 4:42.33 37.10			
	100m: 1:11.15 39.00	200m: 2:33.14 41.10	300m: 4:05.23 46.19	400m: 5:18.22 35.89			
14.	Filipa Maria Rompante	95	Famalicao	<b>5:18.78</b>	+0.84	603	B
	50m: 33.58 33.58	150m: 1:53.04 41.23	250m: 3:19.56 46.99	350m: 4:42.87 37.03			
	100m: 1:11.81 38.23	200m: 2:32.57 39.53	300m: 4:05.84 46.28	400m: 5:18.78 35.91			
15.	Sara Cristiana Valente	96	Alcobaca	<b>5:23.85</b>	+0.75	575	B
	50m: 33.47 33.47	150m: 1:55.38 43.50	250m: 3:23.49 46.70	350m: 4:48.94 37.45			
	100m: 1:11.88 38.41	200m: 2:36.79 41.41	300m: 4:11.49 48.00	400m: 5:23.85 34.91			
16.	Lara Santana Pinheiro	92	Belenenses	<b>5:24.55</b>	+0.96	572	R
	FTL 50m: 34.17 34.17	150m: 1:56.66 42.20	250m: 3:24.15 46.68	350m: 4:48.03 36.68			
	100m: 1:14.46 40.29	200m: 2:37.47 40.81	300m: 4:11.35 47.20	400m: 5:24.55 36.52			
17.	Bruna Leal Dantas	96	Sporting	<b>5:25.52</b>	+0.88	567	R
	50m: 33.10 33.10	150m: 1:53.67 41.90	250m: 3:22.32 47.90	350m: 4:49.61 37.65			
	100m: 1:11.77 38.67	200m: 2:34.42 40.75	300m: 4:11.96 49.64	400m: 5:25.52 35.91			
18.	Sofia Cunha Sousa	96	Foca	<b>5:28.37</b>	+1.00	552	
	50m: 35.25 35.25	150m: 1:58.67 42.68	250m: 3:26.94 45.88	350m: 4:51.60 37.32			
	100m: 1:15.99 40.74	200m: 2:41.06 42.39	300m: 4:14.28 47.34	400m: 5:28.37 36.77			
19.	Sara Sousa Gomes	96	Amadora	<b>5:29.34</b>	+0.97	547	
	50m: 35.76 35.76	150m: 2:03.32 45.65	250m: 3:29.13 43.88	350m: 4:52.84 38.74			
	100m: 1:17.67 41.91	200m: 2:45.25 41.93	300m: 4:14.10 44.97	400m: 5:29.34 36.50			

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Event 16, Women, 400m Medley, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final				RT	Pts FINA	Pts
20.	Carolina Francisco Gomes <i>FTL</i>	95	Naval da Nazare	<b>5:29.85</b>				+0.94	545	
	50m: 34.40 34.40		150m: 1:56.03 43.63	250m: 3:25.81 47.75	350m: 4:52.78 39.11					
	100m: 1:12.40 38.00		200m: 2:38.06 42.03	300m: 4:13.67 47.86	400m: 5:29.85 37.07					
21.	Mafalda Jotta Garcia <i>FTL</i>	94	Alges	<b>5:32.33</b>				+0.82	532	
	50m: 36.00 36.00		150m: 2:01.85 44.39	250m: 3:28.81 45.24	350m: 4:55.57 41.91					
	100m: 1:17.46 41.46		200m: 2:43.57 41.72	300m: 4:13.66 44.85	400m: 5:32.33 36.76					
22.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:33.05</b>				+0.88	529	
	50m: 35.62 35.62		150m: 2:01.70 41.27	250m: 3:30.21 45.92	350m: 4:56.11 38.38					
	100m: 1:20.43 44.81		200m: 2:44.29 42.59	300m: 4:17.73 47.52	400m: 5:33.05 36.94					
23.	Claudia Susana Teixeira	96	Gespacos	<b>5:33.62</b>				+1.19	526	
	50m: 37.17 37.17		150m: 2:01.43 42.55	250m: 3:31.39 48.64	350m: 4:57.50 38.07					
	100m: 1:18.88 41.71		200m: 2:42.75 41.32	300m: 4:19.43 48.04	400m: 5:33.62 36.12					
24.	Ines Joao Costa <i>FTL</i>	95	Braga	<b>5:34.03</b>				+0.83	524	
	50m: 34.41 34.41		150m: 1:57.47 43.13	250m: 3:28.77 48.67	350m: 4:55.96 38.39					
	100m: 1:14.34 39.93		200m: 2:40.10 42.63	300m: 4:17.57 48.80	400m: 5:34.03 38.07					
25.	Maria Amelia Gaspar	96	Nautico/Matobra	<b>5:35.29</b>				+0.90	519	
	50m: 35.13 35.13		150m: 1:59.56 43.89	250m: 3:32.80 50.79	350m: 4:59.92 36.76					
	100m: 1:15.67 40.54		200m: 2:42.01 42.45	300m: 4:23.16 50.36	400m: 5:35.29 35.37					
26.	Jennifer Martins Dias	96	Bombeiros V. Caldas Rainha	<b>5:36.20</b>				+0.86	514	
	50m: 35.66 35.66		150m: 2:00.51 45.93	250m: 3:32.38 47.59	350m: 4:58.73 39.40					
	100m: 1:14.58 38.92		200m: 2:44.79 44.28	300m: 4:19.33 46.95	400m: 5:36.20 37.47					
27.	Mariana Rodrigues Ferreira	96	Benfica	<b>5:36.24</b>				+0.89	514	
	50m: 34.65 34.65		150m: 2:00.83 45.55	250m: 3:31.35 46.89	350m: 4:58.16 38.89					
	100m: 1:15.28 40.63		200m: 2:44.46 43.63	300m: 4:19.27 47.92	400m: 5:36.24 38.08					
28.	Maria Beatriz Rascao	96	Nautico/Matobra	<b>5:36.72</b>				+0.95	512	
	50m: 36.17 36.17		150m: 2:02.36 43.95	250m: 3:32.00 46.96	350m: 4:59.46 38.77					
	100m: 1:18.41 42.24		200m: 2:45.04 42.68	300m: 4:20.69 48.69	400m: 5:36.72 37.26					
29.	Ana Rita Martins	96	Amadora	<b>5:37.28</b>				+0.90	509	
	50m: 35.21 35.21		150m: 1:59.69 44.00	250m: 3:32.20 50.92	350m: 5:00.48 37.58					
	100m: 1:15.69 40.48		200m: 2:41.28 41.59	300m: 4:22.90 50.70	400m: 5:37.28 36.80					
30.	Catarina Dias Coutinho	96	Sporting	<b>5:38.17</b>				+0.90	505	
	50m: 35.84 35.84		150m: 1:58.72 41.80	250m: 3:28.95 49.13	350m: 4:59.21 40.37					
	100m: 1:16.92 41.08		200m: 2:39.82 41.10	300m: 4:18.84 49.89	400m: 5:38.17 38.96					
31.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	<b>5:38.75</b>				+0.86	503	
	50m: 37.00 37.00		150m: 2:04.17 43.86	250m: 3:34.65 48.75	350m: 5:01.60 39.01					
	100m: 1:20.31 43.31		200m: 2:45.90 41.73	300m: 4:22.59 47.94	400m: 5:38.75 37.15					
32.	Ines Mendes Paulo	96	Colegio Monte Maior	<b>5:38.86</b>				+0.88	502	
	50m: 36.38 36.38		150m: 2:01.77 44.14	250m: 3:33.51 49.86	350m: 5:02.04 39.19					
	100m: 1:17.63 41.25		200m: 2:43.65 41.88	300m: 4:22.85 49.34	400m: 5:38.86 36.82					
33.	Ana Isabel Cunha	96	Foca	<b>5:39.67</b>				+0.89	499	
	50m: 36.54 36.54		150m: 2:03.76 45.30	250m: 3:35.82 49.97	350m: 5:03.39 37.36					
	100m: 1:18.46 41.92		200m: 2:45.85 42.09	300m: 4:26.03 50.21	400m: 5:39.67 36.28					

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Event 16, Women, 400m Medley, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
34.	Catia Alexandra Batista	96	Colegio SMLamas	<b>5:39.90</b>	+0.86	498	
	50m: 35.34 35.34	150m: 2:00.81 44.81	250m: 3:32.46 49.10	350m: 5:02.06 41.27			
	100m: 1:16.00 40.66	200m: 2:43.36 42.55	300m: 4:20.79 48.33	400m: 5:39.90 37.84			
35.	Debora Guimaraes Oliveira	96	Braga	<b>5:40.90</b>	+0.85	493	
	50m: 35.00 35.00	150m: 1:59.04 43.92	250m: 3:32.61 49.00	350m: 5:02.66 39.02			
	100m: 1:15.12 40.12	200m: 2:43.61 44.57	300m: 4:23.64 51.03	400m: 5:40.90 38.24			
36.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	<b>5:44.88</b>	+0.77	476	
	<i>FTL</i>						
	50m: 35.92 35.92	150m: 2:05.42 45.96	250m: 3:39.17 48.93	350m: 5:06.93 39.50			
	100m: 1:19.46 43.54	200m: 2:50.24 44.82	300m: 4:27.43 48.26	400m: 5:44.88 37.95			
37.	Rita Sequeira Raposeiro	96	Uniao Piedense	<b>5:46.18</b>	+0.90	471	
	<i>FTL</i>						
	50m: 34.92 34.92	150m: 2:01.37 45.68	250m: 3:35.90 50.24	350m: 5:07.95 40.31			
	100m: 1:15.69 40.77	200m: 2:45.66 44.29	300m: 4:27.64 51.74	400m: 5:46.18 38.23			
38.	Andreia Margarida Araujo	96	Viana Natacao	<b>5:51.85</b>	+1.04	449	
	<i>FTL</i>						
	50m: 36.38 36.38	150m: 2:05.00 47.64	250m: 3:40.24 49.16	350m: 5:11.80 42.14			
	100m: 1:17.36 40.98	200m: 2:51.08 46.08	300m: 4:29.66 49.42	400m: 5:51.85 40.05			
DSQ	Patricia Silva Ramos	96	Sporting		+0.95		
	<i>505 - Batimentos alternados de pernas durante percurso-SW8.3</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Seniores

1.	Marta Pereira Abreu	92	Natacao de Faro	<b>5:06.95</b>	+0.82	676	A
	50m: 32.15 32.15	150m: 1:48.23 38.33	250m: 3:09.83 43.44	350m: 4:32.69 38.78			
	100m: 1:09.90 37.75	200m: 2:26.39 38.16	300m: 3:53.91 44.08	400m: 5:06.95 34.26			
2.	Ana Catarina Monteiro	93	Vilacondense	<b>5:12.29</b>	+0.72	642	A
	50m: 31.03 31.03	150m: 1:46.60 39.79	250m: 3:13.09 47.54	350m: 4:36.97 35.86			
	100m: 1:06.81 35.78	200m: 2:25.55 38.95	300m: 4:01.11 48.02	400m: 5:12.29 35.32			
3.	Maria Miguel Veloso	93	Nautico/Matobra	<b>5:12.43</b>	+0.93	641	B
	50m: 32.61 32.61	150m: 1:49.65 41.18	250m: 3:16.80 46.73	350m: 4:38.85 35.11			
	100m: 1:08.47 35.86	200m: 2:30.07 40.42	300m: 4:03.74 46.94	400m: 5:12.43 33.58			
4.	Ana Beatriz Pereira	91	Louletano/Loule Concelho	<b>5:15.03</b>	+0.90	625	B
	50m: 32.07 32.07	150m: 1:51.68 43.67	250m: 3:17.70 44.53	350m: 4:38.51 37.25			
	100m: 1:08.01 35.94	200m: 2:33.17 41.49	300m: 4:01.26 43.56	400m: 5:15.03 36.52			
5.	Ana Filipa Carmo	93	Colegio Vasco da Gama	<b>5:17.53</b>	+0.88	611	B
	50m: 32.54 32.54	150m: 1:51.83 41.48	250m: 3:18.56 46.17	350m: 4:41.94 37.27			
	100m: 1:10.35 37.81	200m: 2:32.39 40.56	300m: 4:04.67 46.11	400m: 5:17.53 35.59			
6.	Lara Santana Pinheiro	92	Belenenses	<b>5:24.55</b>	+0.96	572	R
	<i>FTL</i>						
	50m: 34.17 34.17	150m: 1:56.66 42.20	250m: 3:24.15 46.68	350m: 4:48.03 36.68			
	100m: 1:14.46 40.29	200m: 2:37.47 40.81	300m: 4:11.35 47.20	400m: 5:24.55 36.52			

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

Event 16, Women, 400m Medley, Prelim

Juniores2

1.	Diana Ramos Rocha	94	Vilacondense	<b>5:06.93</b>	+0.82	676	A	
	50m: 31.71	31.71	150m: 1:48.33	40.52	250m: 3:12.88	45.52	350m: 4:34.46	35.57
	100m: 1:07.81	36.10	200m: 2:27.36	39.03	300m: 3:58.89	46.01	400m: 5:06.93	32.47
2.	Angelica Maria Andre	94	Leixoes	<b>5:09.37</b>	+0.88	660	A	
	50m: 33.02	33.02	150m: 1:51.23	40.61	250m: 3:15.50	44.17	350m: 4:35.32	35.04
	100m: 1:10.62	37.60	200m: 2:31.33	40.10	300m: 4:00.28	44.78	400m: 5:09.37	34.05
3.	Patricia Garcia Marinho	94	Sporting	<b>5:09.68</b>	+0.86	658	A	
	50m: 32.33	32.33	150m: 1:51.35	42.26	250m: 3:16.35	44.30	350m: 4:35.40	35.12
	100m: 1:09.09	36.76	200m: 2:32.05	40.70	300m: 4:00.28	43.93	400m: 5:09.68	34.28
4.	Raquel Paulo Ranito	94	Sporting	<b>5:18.22</b>	+0.89	607	B	
	50m: 32.15	32.15	150m: 1:52.04	40.89	250m: 3:19.04	45.90	350m: 4:42.33	37.10
	100m: 1:11.15	39.00	200m: 2:33.14	41.10	300m: 4:05.23	46.19	400m: 5:18.22	35.89
5.	Mafalda Jotta Garcia	94	Alges	<b>5:32.33</b>	+0.82	532		
	<i>FTL</i>							
	50m: 36.00	36.00	150m: 2:01.85	44.39	250m: 3:28.81	45.24	350m: 4:55.57	41.91
	100m: 1:17.46	41.46	200m: 2:43.57	41.72	300m: 4:13.66	44.85	400m: 5:32.33	36.76

Juniores1

1.	Catarina Tiago Nunes	95	Uniao Piedense	<b>5:12.70</b>	+0.87	639	B	
	50m: 32.24	32.24	150m: 1:52.14	41.99	250m: 3:16.79	43.93	350m: 4:37.91	36.91
	100m: 1:10.15	37.91	200m: 2:32.86	40.72	300m: 4:01.00	44.21	400m: 5:12.70	34.79
2.	Filipa Maria Rompante	95	Famalicao	<b>5:18.78</b>	+0.84	603	B	
	50m: 33.58	33.58	150m: 1:53.04	41.23	250m: 3:19.56	46.99	350m: 4:42.87	37.03
	100m: 1:11.81	38.23	200m: 2:32.57	39.53	300m: 4:05.84	46.28	400m: 5:18.78	35.91
3.	Carolina Francisco Gomes	95	Naval da Nazare	<b>5:29.85</b>	+0.94	545		
	<i>FTL</i>							
	50m: 34.40	34.40	150m: 1:56.03	43.63	250m: 3:25.81	47.75	350m: 4:52.78	39.11
	100m: 1:12.40	38.00	200m: 2:38.06	42.03	300m: 4:13.67	47.86	400m: 5:29.85	37.07
4.	Ines Joao Costa	95	Braga	<b>5:34.03</b>	+0.83	524		
	<i>FTL</i>							
	50m: 34.41	34.41	150m: 1:57.47	43.13	250m: 3:28.77	48.67	350m: 4:55.96	38.39
	100m: 1:14.34	39.93	200m: 2:40.10	42.63	300m: 4:17.57	48.80	400m: 5:34.03	38.07