

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

|                    |                           |                                   |     |         |            |
|--------------------|---------------------------|-----------------------------------|-----|---------|------------|
| Event 24           | Girls, 4 x 100m Freestyle |                                   |     |         | Juvenis    |
| 30-07-2010 - 12:55 |                           |                                   |     |         | Results    |
| Rec Nac Open       | 3:52.66                   | Futebol Clube do Porto/Dolce Vita | FCP | Coimbra | 10-04-2010 |
| Rec Nac Juv        | 4:12.11                   | Futebol Clube do Porto            | FCP | Coimbra | 22-07-2005 |

TAC JUV Fem : 4:35.00

Points: FINA 2010

| Rank |                               | Clube                 |               | Tempo Final             | RT    | Pts FINA | Pts     |
|------|-------------------------------|-----------------------|---------------|-------------------------|-------|----------|---------|
| 1.   | Nautico/Matobra-JUV-FEM       | Nautico/Matobra       |               | <b>4:18.54</b>          | +0.81 | 549      |         |
|      | Ana Carolina Leal             | +0.81                 | 31.20 1:05.10 | Maria Beatriz Rascao    | +0.06 | 31.44    | 1:05.40 |
|      | Maria Amelia Gaspar           | +0.39                 | 31.93 1:05.34 | Ana Luisa Carvalho      | +0.53 | 29.95    | 1:02.70 |
| 2.   | Foca-JUV-FEM                  | Foca                  |               | <b>4:22.54</b>          | +0.88 | 524      |         |
|      | Sofia Cunha Sousa             | +0.88                 | 31.62 1:05.54 | Ana Catarina Almeida    | +0.38 | 34.14    | 1:10.72 |
|      | Ana Isabel Cunha              | +0.79                 | 31.32 1:04.99 | Diana Margarida Duraes  | +0.22 | 29.52    | 1:01.29 |
| 3.   | Braga-JUV-FEM                 | Braga                 |               | <b>4:24.01</b>          | +0.94 | 515      |         |
|      | Vera Patricia Fernandes       | +0.94                 | 31.09 1:04.56 | Joana Milhazes Pinto    | +0.46 | 32.18    | 1:07.89 |
|      | Debora Guimaraes Oliveira     | +0.42                 | 31.51 1:06.16 | Maria Julia Cunha       | +0.38 | 31.42    | 1:05.40 |
| 4.   | Colegio Vasco da Gama-JUV-FEM | Colegio Vasco da Gama |               | <b>4:24.55</b>          | +0.84 | 512      |         |
|      | Rita Silva Fernandes          | +0.84                 | 31.97 1:05.01 | Ana Lucia Lousada       | +0.41 | 31.79    | 1:06.23 |
|      | Ana Rita Alves                | +0.36                 | 32.26 1:07.97 | Julia Rodrigues Mallen  | +0.38 | 31.40    | 1:05.34 |
| 5.   | Benedita-JUV-FEM              | Benedita              |               | <b>4:25.81</b>          | +0.92 | 505      |         |
|      | Isa Morais Penas              | +0.92                 | 31.61 1:05.46 | Ana Margarida Lourenco  | +0.54 | 31.60    | 1:06.05 |
|      | Elisa Morgado Pedras          | +0.62                 | 31.27 1:04.46 | Patricia Sousa Paulo    | +0.49 | 33.61    | 1:09.84 |
| 6.   | Sporting-JUV-FEM              | Sporting              |               | <b>4:28.52</b>          | +0.95 | 490      |         |
|      | Patricia Silva Ramos          | +0.95                 | 33.66 1:09.87 | Ines Brito Pereira      | +0.25 | 31.75    | 1:05.92 |
|      | Catarina Dias Coutinho        | +0.63                 | 32.48 1:07.94 | Bruna Leal Dantas       | +0.27 | 31.21    | 1:04.79 |
| 7.   | Famalicao-JUV-FEM             | Famalicao             |               | <b>4:29.82</b>          | +0.89 | 483      |         |
|      | Ana Isabel Fernandes          | +0.89                 | 31.59 1:04.69 | Ana Catarina Azevedo    | +0.48 | 31.81    | 1:05.59 |
|      | Patricia Isabel Granjo        | +0.85                 | 34.67 1:13.02 | Andreia Raquel Granjo   | +0.74 | 32.26    | 1:06.52 |
| 8.   | Naval do Funchal-JUV-FEM      | Naval do Funchal      |               | <b>4:30.59</b>          | +0.92 | 479      |         |
|      | Ines Tomas Margarido          | +0.92                 | 31.68 1:06.73 | Laura Costa Henriques   | +0.10 | 32.87    | 1:08.73 |
|      | Margarida Telo Freitas        | +0.43                 | 32.46 1:09.32 | Carolina Mendonca Sousa | +0.72 | 32.29    | 1:05.81 |
| 9.   | Amadora-JUV-FEM               | Amadora               |               | <b>4:32.56</b>          | +0.76 | 468      |         |
|      | Iris Costa Corrula            | +0.76                 | 32.16 1:06.33 | Ana Rita Martins        | +0.30 | 32.06    | 1:06.60 |
|      | Marta Oliveira Martins        | +0.51                 | 34.75 1:11.67 | Sara Sousa Gomes        | +0.39 | 32.73    | 1:07.96 |