

CAMPEONATO NACIONAL DE VERÃO DE NATAÇÃO SINCRONIZADA

Juiz Árbitro - Susana Praça

Juiz Árbitro Adjunto - Carla Silva

Chefe de Secretaria - Marta Rocha

Juizes Pontuadores: Ana Sofia, Berta Ventosa, Carla Silva, Helga Santos, Joana Cardoso, Gabriela Cierco, Mariana Palavra,
Marta Rocha, Paulo Oliveira e Tânia Martins

Secretaria: Maria Rocha, Marta Neves

15 de Julho 2000 - Manhã

Figuras - Categoria A

Painel nº1 - Figuras Obrigatórias		PB	TM	BV	MP	JC	Fig.
Painel nº2 - Figuras Opcionais		CS	AS	HS	MR	GC	
		J1	J2	J3	J4	J5	
Isabel Rocha	ADMTG						55.944 Pré-Swimmer
	103	5.5	5.6	5.6	5.3	5.9	
	311	5.4	5.5	5.3	5.8	5.5	
	344	5.5	6.1	5.5	5.6	5.7	
	420	6.0	5.8	5.8	5.4	5.6	
1 Sara Quintela	FOCA						60.490
	103	6.3	5.8	5.8	5.9	5.7	
	311	5.8	5.9	5.8	5.9	5.9	
	344	6.3	5.6	6.0	6.2	6.3	
	420	6.7	6.2	6.1	6.4	6.4	
2 Bibiana Almeida	FOCA						55.961
	103	5.6	5.4	5.7	5.3	5.1	
	311	5.0	5.1	5.3	5.4	5.2	
	344	6.5	6.1	6.1	6.0	5.7	
	420	5.7	5.8	5.9	5.6	5.6	
3 Ana Baleizão	CNA						55.948
	103	5.5	5.6	5.5	5.7	5.3	
	311	5.1	5.2	5.1	5.5	5.1	
	344	6.1	6.1	5.9	5.7	5.6	
	420	6.0	5.9	5.5	5.4	6.0	
4 Lia Teixeira	FOCA						55.809
	103	5.7	5.3	5.9	5.1	5.4	
	311	5.2	5.2	5.3	5.6	5.5	
	344	5.5	6.0	6.1	5.1	6.2	
	420	5.7	5.9	5.9	5.4	5.2	

5	Isa Marques	SSCTMO						55.069
		103	5.6	5.4	5.3	5.3	5.7	
		311	5.6	5.5	5.2	5.4	5.4	
		344	5.6	5.8	5.4	5.2	5.8	
		420	5.6	5.5	5.6	5.6	5.5	
6	Ana Cunha	FOCA						54.831
		103	5.9	5.5	5.6	5.5	5.3	
		311	5.2	5.4	5.6	5.3	5.3	
		344	5.6	5.4	5.7	4.9	5.0	
		420	5.7	5.9	5.9	5.3	5.5	
7	Sandra Ribeiro	SSCTMO						54.204
		103	5.6	5.4	5.5	5.4	5.6	
		311	5.0	5.3	5.5	5.0	5.5	
		344	5.5	5.5	5.5	5.0	5.4	
		420	5.6	5.3	5.4	5.6	5.0	
8	Isabel Pereira	FOCA						54.199
		103	5.7	5.8	5.9	5.4	5.5	
		311	5.0	5.0	5.2	5.3	5.0	
		344	5.6	5.5	5.5	5.3	5.0	
		420	5.4	5.4	5.5	5.5	5.5	
9	Mariana Alves	SSCTMO						53.909
		103	5.5	5.4	5.4	5.3	5.6	
		311	5.4	5.3	5.6	5.3	5.1	
		344	5.2	4.9	5.0	5.3	5.5	
		420	5.6	5.6	5.0	5.6	5.6	
10	Ana Lopes	FOCA						53.723
		103	5.3	5.5	5.3	5.4	5.6	
		311	5.0	5.1	5.5	5.0	5.3	
		344	5.7	5.6	5.4	5.2	5.2	
		420	5.5	5.4	5.4	5.7	5.8	
11	Marisa Oliveira	SSCTMO						53.445
		103	5.3	5.3	5.4	5.6	5.2	
		311	4.9	5.1	5.3	5.2	5.3	
		344	5.3	5.4	5.4	4.9	5.5	
		420	5.5	5.2	5.5	5.8	5.4	
12	Catarina Cruz	SSCTMO						53.104
		103	5.1	5.7	5.5	5.1	5.9	
		311	4.9	5.0	5.2	5.1	5.1	
		344	4.7	5.0	5.2	5.5	5.4	
		420	5.4	5.5	5.5	5.5	5.6	
13	Joana Oliveira	SSCTMO						52.597
		103	5.4	5.0	5.4	5.0	5.4	
		311	5.1	5.3	5.4	5.3	5.0	
		344	5.1	5.2	5.2	5.3	5.3	
		420	5.4	5.4	5.0	5.1	5.4	

14	Margarida Duarte	CNA							52.381
		103	5.2	5.3	5.2	5.6	5.5		
		311	5.2	5.2	5.0	5.2	5.1		
		344	5.1	5.1	5.1	5.4	5.3		
		420	5.2	5.3	5.3	5.1	5.3		
15	Débora Perdiz	CNA							51.727
		103	5.3	5.3	5.6	5.1	5.0		
		311	5.3	5.3	5.6	5.1	5.4		
		344	5.0	4.8	5.0	5.4	5.6		
		420	4.9	5.0	5.0	5.0	5.3		
16	Adriana Valentim	ADMTG							51.303
		103	5.4	5.2	4.9	5.3	5.4		
		311	5.1	5.3	5.3	5.4	5.2		
		344	5.0	5.3	5.3	5.3	5.0		
		420	4.8	4.8	4.9	4.7	4.5		
17	Ana Sofia Pais	CNA							51.217
		103	5.0	5.0	5.0	4.8	4.9		
		311	5.3	5.1	5.2	5.0	5.4		
		344	4.5	5.3	5.0	5.5	5.0		
		420	5.1	5.2	5.2	5.7	5.3		
18	Isabel Soares	SSCTMO							50.896
		103	5.3	5.2	5.2	5.2	5.3		
		311	5.0	5.3	5.4	5.2	5.1		
		344	4.8	4.9	4.9	4.7	4.5		
		420	4.9	5.0	5.0	5.3	5.3		
19	Ana Duarte	ADMTG							50.277
		103	5.1	5.0	5.1	4.9	5.4		
		311	5.2	5.1	5.2	5.0	5.3		
		344	5.0	5.0	4.9	4.5	4.0		
		420	4.7	5.1	5.1	5.1	5.0		

Figuras B

Painel nº1 - Figuras Obrigatórias

Painel nº2 - Figuras Opcionais

		PB	TM	BV	MP	JC	
		CS	AS	HS	MR	GC	
		J1	J2	J3	J4	J5	
	Cidália Ferreira	FOCA					63.844 Pré-Swimmer
		406	6.0	6.5	6.4	6.5	6.0
		140	6.2	6.8	6.6	6.3	6.0
		321	7.1	6.6	6.8	6.4	6.4
		301c	7.0	6.3	6.0	6.0	6.6
1	Genoveva Teixeira	FOCA					61.667
		406	6.1	5.9	5.8	6.1	5.7
		140	6.0	6.0	6.3	6.2	6.4
		321	6.4	6.2	6.4	6.4	6.8

2	Diana Peixoto	301c	5.9	6.4	6.5	6.2	5.8	60.926
		FOCA						
		406	5.9	5.7	5.8	6.1	5.3	
		140	5.9	6.1	5.6	6.5	6.1	
		321	6.1	6.0	6.1	6.1	6.6	
3	Inês Pais	301c	6.2	6.3	6.4	6.4	7.0	60.297
		CNA						
		406	6.1	5.8	5.7	6.4	5.9	
		140	6.0	5.9	5.8	6.3	6.5	
		321	5.9	5.9	6.0	5.9	5.9	
4	Silvia Pinto	301c	6.1	6.2	6.3	6.1	6.5	60.022
		FOCA						
		406	5.9	5.4	5.3	5.6	5.5	
		140	5.7	5.7	5.4	5.6	6.1	
		321	6.0	6.0	6.0	6.1	6.0	
5	Ana Igrejas	301c	6.6	6.6	6.2	6.9	7.0	58.844
		CNA						
		406	5.3	5.3	5.2	5.6	5.3	
		140	5.6	5.8	5.4	5.9	6.0	
		321	5.4	5.9	6.3	6.5	6.4	
6	Margarida Cunha	301c	6.1	6.0	6.0	6.6	6.5	58.267
		FOCA						
		406	5.7	5.7	5.5	5.5	5.6	
		140	5.5	5.5	5.7	5.8	6.2	
		321	5.8	5.8	6.2	5.8	6.2	
7	Sara Castro	301c	6.0	6.4	6.0	6.2	6.0	57.919
		CNA						
		406	5.8	5.6	5.6	5.2	5.4	
		140	5.9	5.9	5.7	5.4	5.9	
		321	6.1	6.0	6.1	6.0	5.9	
8	Rita Faria	301c	5.7	5.8	5.8	5.5	5.9	56.896
		CNA						
		406	5.6	5.3	5.3	5.3	5.5	
		140	5.4	5.6	5.6	5.5	5.9	
		321	5.6	5.8	6.2	5.9	5.7	
9	Marisa Rodrigues	301c	6.0	5.9	5.8	6.0	6.4	56.808
		FOCA						
		406	5.9	5.5	5.8	5.9	5.7	
		140	5.8	5.8	5.7	5.9	6.3	
		321	5.7	5.6	5.8	5.6	5.8	
10	Andreia Magalhães	301c	5.1	5.5	5.5	5.6	5.3	56.222
		FOCA						
		406	5.3	5.3	5.4	5.4	5.4	
		140	5.6	5.8	5.4	5.7	6.2	
		321	5.5	6.0	5.9	5.9	5.9	

11	Maria Isabel Rocha	301c	5.5	5.5	5.9	5.6	5.0	55.614
		ADMTG						
		406	5.2	5.0	5.0	5.0	5.4	
		140	5.5	5.6	5.3	5.8	6.1	
		321	5.6	6.1	6.0	5.9	5.6	
12	Andreia Honrado	301c	5.1	6.0	5.4	5.8	5.8	55.592
		CNA						
		406	5.4	5.1	5.2	5.2	5.3	
		140	5.4	5.7	5.5	6.0	6.3	
		321	5.4	5.9	5.9	5.3	5.7	
13	Valéria Teixeira	301c	5.4	5.7	5.6	5.7	5.3	52.459
		FOCA						
		406	5.0	5.0	5.1	4.9	5.0	
		140	5.2	4.9	4.3	5.0	5.0	
		321	5.2	5.6	5.7	5.3	5.2	
		301c	5.3	5.6	5.6	5.6	5.6	

Figuras C

Painel nº1 - Figuras Obrigatórias

Painel nº2 - Figuras Opcionais

		PB	TM	BV	MP	JC	
		CS	AS	HS	MR	GC	
		J1	J2	J3	J4	J5	Fig.
Sónia Monteiro	CNA						64.191 Pré-Swimmer
	125	6.5	6.6	6.5	6.3	6.1	
	342c	6.6	6.3	6.3	6.1	6.1	
	311a	6.2	6.6	6.1	7.2	6.3	
	335	6.3	6.5	6.5	6.9	6.9	
1 Tamàra Antunes	ADMTG						70.104
	125	6.6	7.9	7.4	6.5	6.8	
	342c	6.9	7.0	7.2	7.2	6.9	
	311a	7.0	6.8	7.0	6.9	7.1	
	335	6.5	7.1	7.1	7.2	7.1	
2 Cidália Ferreira	FOCA						65.745
	125	6.4	6.4	6.7	6.5	6.0	
	342c	6.5	6.2	6.6	6.2	6.2	
	311a	6.7	6.7	6.5	6.8	6.8	
	335	6.5	6.9	6.9	6.9	6.7	
3 Ana Lira	FOCA						64.983
	125	6.3	6.4	6.2	6.5	6.5	
	342c	6.4	6.5	6.2	6.3	6.5	
	311a	6.5	6.6	6.8	6.5	6.4	
	335	6.4	6.8	6.6	6.6	6.9	

4	Luisa Leite	FOCA						64.857
		125	6.5	5.9	6.4	6.4	6.0	
		342c	6.7	6.5	6.5	6.8	6.6	
		311a	6.4	6.4	6.3	6.7	6.5	
		335	6.6	6.6	6.6	6.7	6.8	
5	Petra Loureiro	CNA						64.476
		125	6.2	6.3	6.6	6.4	6.0	
		342c	6.3	6.0	6.4	6.4	5.9	
		311a	6.3	6.6	6.7	6.6	6.3	
		335	5.6	6.9	6.9	6.7	6.7	
6	Claudia Antunes	CNA						62.087
		125	6.5	6.6	6.0	6.2	6.4	
		342c	6.0	6.2	6.3	6.1	5.9	
		311a	6.1	6.3	6.0	6.4	6.2	
		335	6.1	6.9	6.0	6.3	6.1	
7	Raquel Marques	CNA						61.628
		125	6.0	6.2	6.5	6.2	6.1	
		342c	6.1	6.3	6.4	6.3	6.1	
		311a	5.6	6.2	6.0	6.0	6.3	
		335	6.2	6.0	6.0	6.3	6.4	
8	Filipa Abreu	CNA						61.492
		125	6.3	6.0	6.3	6.1	5.9	
		342c	6.2	6.1	6.1	6.6	6.4	
		311a	6.0	6.5	6.1	6.4	5.5	
		335	6.0	5.9	5.9	6.4	6.3	
9	Patricia Costa	FOCA						60.317
		125	6.4	5.8	6.1	5.8	6.1	
		342c	6.0	5.9	6.3	6.0	6.2	
		311a	5.9	6.5	6.0	6.3	5.9	
		335	5.7	6.0	6.0	6.2	6.0	
10	Patricia Mota	CNA						59.818
		125	5.9	5.9	6.3	6.0	5.9	
		342c	6.0	6.0	6.7	6.4	5.9	
		311a	5.5	5.8	5.9	5.8	6.2	
		335	6.1	5.9	5.9	6.0	6.1	
11	Andreia Mendes	CNA						59.793
		125	6.1	6.0	5.7	6.0	6.1	
		342c	6.1	5.9	6.0	5.9	5.8	
		311a	5.8	6.1	6.1	6.2	6.0	
		335	5.2	6.0	6.0	6.0	5.7	

Solos Técnicos - Categoria Senior

1	Cheila Rocha	CNA	GC	HS	TM	BV	JC	PB	MP	E.T.	35%	
		M.T.	7.1	6.7	6.3	6.8	6.6	6.3	6.6	66.16	23.156	
		I.A.	6.9	6.5	6.4	7.0	6.4	6.5	6.9			
2	Raquel Delgado	CNA								64.88	22.708	
		M.T.	6.7	6.0	6.1	6.6	6.2	6.9	6.8			
		I.A.	6.8	5.9	6.0	6.8	6.0	7.0	6.9			

Duetos Técnicos - Categoria Senior

1	Catarina Lapa / Sónia Monteiro	CNA	GC	HS	TM	BV	JC	PB	MP	E.T	35%	
		M.T.	6.8	6.9	7.0	7.2	7.0	7.0	7.3	70.36	24.626	
		I.A.	7.0	7.0	7.1	7.5	7.0	7.1	7.1			
2	Elisabete Pereira / Raquel Reis	CNA								70.16	24.556	
		M.T.	7.0	7.0	7.1	7.0	6.7	6.9	6.9			
		I.A.	7.0	7.1	7.4	7.3	6.6	7.0	7.1			

15 de Julho 2000 - Tarde

Equipa Técnica - Categoria Senior

1	Célia Martins, Cheila Rocha, Sónia Monteiro, Elisabete Pereira, Raquel Reis, Raquel Delgado, Catarina Lapa Patricia Carvalho	CNA	GC	HS	TM	BV	JC	PB	MP	E.T	35%	
		M.T	7.0	7.0	6.8	7.0	6.5	7.0	7.0			
		I.A.	6.9	7.0	6.9	7.2	6.6	7.1	6.9			

Solos - Categoria A

1	Sara Quintela	FOCA	BV	AS	HS	GC	TM	PB	JC	E.L.	65%	Nota Final
		M.T	5.6	6.3	6.0	5.8	5.5	6.6	5.8	59.00	38.35	59.522
		I.A.	5.9	6.0	6.1	5.9	5.6	6.4	5.6			
2	Lia Teixeira	FOCA								60.8	39.52	59.053
		I.A	5.8	6.0	5.9	6.7	6.6	6.1	5.2			
3	Ana Baleizão	CNA								58.28	37.882	57.464
		M.T	5.6	5.7	6.1	5.6	5.6	5.8	6.0			
		I.A	5.9	5.9	6.2	5.9	5.8	5.9	6.2			
4	Ana Sofia Pais	CNA								55.84	36.296	54.222
		M.T	5.5	5.8	5.9	5.7	5.5	5.0	5.5			
		I.A	5.6	5.8	5.7	5.5	5.6	5.1	5.4			

			M.T.	6.4	5.5	5.9	6.6	6.0	6.0	6.0	60.36	39.234	58.920
			I.A.	6.0	6.0	6.0	6.4	6.2	6.1				
Duetos - Categoria C													
				BV	AS	HS	GC	TM	PB	JC	E.L.	65%	Nota Final
1	Luisa Leite e Ana Lira	FOCA											
			M.T.	7.3	6.9	7.2	7.5	7.1	7.4	7.2	72.32	47.008	69.730
			I.A.	7.2	6.8	7.4	7.6	7.2	7.3	7.0			
2	Petra Loureiro e Raquel Marques	CNA											
			M.T.	7.2	7.2	7.1	7.7	7.3	7.3	7.1	72.68	47.242	69.311
			I.A.	7.3	7.3	7.2	7.6	7.4	7.5	7.1			
3	Filipa Abreu e Patricia Mota	CNA											
			M.T.	7.3	6.8	7.0	7.3	6.7	6.9	6.4	69.24	45.006	66.235
			I.A.	7.4	6.7	6.9	7.1	6.8	7.0	6.2			
4	Patricia Costa e Cidália Ferreira	FOCA											
			M.T.	7.1	6.4	7.0	6.2	6.6	7.1	6.0	66.76	43.394	65.455
			I.A.										
Solos - Categoria Senior													
				BV	AS	HS	GC	TM	PB	JC	E.L.	65%	
1	Cheila Rocha	CNA										70.034	
			M.T.	7.3	7.3	7.1	7.5	7.4	6.8	7.2	72.12	46.878	
			I.A.	7.2	7.3	7.0	7.4	7.2	6.9	7.0			
2	Raquel Delgado	CNA										67.402	
			M.T.	7.0	6.8	7.0	6.8	6.9	7.0	6.4	68.76	44.694	
			I.A.	7.0	6.8	7.0	6.6	6.8	7.1	6.2			
Equipas - Categoria A													
				BV	AS	HS	GC	TM	PB	JC	E.L.	65%	Nota Final
1	Sara Quintela, Ana Lopes, Ana Cunha, Isabel Pereira, Lia Teixeira e Bibiana Almeida	FOCA											
			M.T.	5.9	6.1	6.1	6.2	6.1	6.3	6.4	61.16	39.754	59.297
			I.A.	5.8	6.2	6.1	6.4	6.4	6.4	6.4			
2	Ana Sofia Pais, Ana Baleizão, Margarida Duarte, Débora Perdiz	CNA											
			M.T.	5.8	5.8	6.0	5.9	5.8	5.6	6.0	56.92	36.998	55.484
			I.A.	5.9	5.8	6.1	6.0	5.9	5.6	6.1			
3	Joana Oliveira, Marisa Oliveira, Isa Marques, Mariana Alves, Catarina Cruz, Sandra Ribeiro, Isabel Soares	SSCTMO											59.297
			M.T.	5.6	5.6	5.0	5.6	5.8	5.2	5.1	54.02	35.113	53.774
			I.A.	5.5	5.7	5.0	5.8	5.8	5.3	5.2			

Equipas - Categoria B

		BV	AS	HS	GC	TM	PB	JC	E.L.	65%	Nota Final	
1	Genoveva Teixeira, Diana Peixoto Silvia Pinto, Margarida Cunha Marisa Rodrigues, Andreia Magalhães Valéria Teixeira	FOCA										
		M.T	7.3	6.6	6.4	7.8	7.0	7.2	6.9	69.24	45.006	65.651
		I.A.	7.3	6.8	6.5	7.6	7.3	7.1	6.8			
2	Ana Igrejas, Andreia Honrado, Inês Pais, Sara Castro e Rita Faria	CNA										
		M.T	7.0	6.8	6.3	7.8	6.9	7.0	7.0	68.38	44.447	64.715
		I.A.	7.3	7.0	6.2	7.7	7.0	7.1	6.9			

Equipas - Categoria C

		BV	AS	HS	GC	TM	PB	JC	E.L.	65%	Nota Final	
1	Luisa Leite, Ana Lira, Patricia Costa e Cidália Ferreira	FOCA										
		M.T	7.5	7.2	7.5	7.2	7.0	7.5	7.0	71.04	46.176	68.567
		I.A.	7.5	7.3	7.6	7.3	7.1	7.5	7.1			
2	Andreia Mendes, Claudia Antunes Filipa Abreu, Patricia Mota Supl. Raquel Marques											
		M.T	7.5	7.4	7.4	7.4	7.0	7.1	7.0	70.36	45.734	67.013
		I.A.	7.3	7.5	7.5	7.2	7.0	7.0	7.0			

Equipa - Categoria Senior

		BV	AS	HS	GC	TM	PB	JC	E.L.	65%	Nota Final	
1	Célia Martins, Cheila Rocha, Sónia Monteiro, Elisabete Pereira, Raquel Reis, Raquel Delgado, Catarina Lapa Patricia Carvalho	CNA										
		M.T	7.9	8.1	8.4	8.0	8.0	8.0	7.3	80.32	52.208	76.568
		I.A.	8.0	8.2	8.3	7.9	8.3	8.0	7.4			