

Campeonatos Nacionais de Clubes 3ª Divisão  
Ponte de Sôr, 12. - 13.12.2009

Prova 12 Femin., 4 x 100m Estilos Absolutos  
12.12.09 - 17:40 Resultados

Recorde Nacional Absoluto 4:09.10 Futebol Clube do Porto/Dolce Vita FCP Leiria 4.12.09

Pontos: FINA 2009

Lugar	Clube	TReac	Tempo Final	Pts
1.	Portinado-FEM-ABS Portinado	+0,64	<b>4:29.60</b>	672
	Helyana Maria Moitalta <span style="margin-left: 20px;">+0,64</span> <span style="margin-left: 20px;">32.20</span> <span style="margin-left: 20px;">1:07.48</span> <span style="margin-left: 20px;">Ines Jesus Bringel</span> <span style="margin-left: 20px;">+0,42</span> <span style="margin-left: 20px;">30.13</span> <span style="margin-left: 20px;">1:05.22</span>			
	Ariana Alves Nunes <span style="margin-left: 20px;">+0,40</span> <span style="margin-left: 20px;">34.81</span> <span style="margin-left: 20px;">1:14.61</span> <span style="margin-left: 20px;">Beatriz Alves Silva</span> <span style="margin-left: 20px;">+0,22</span> <span style="margin-left: 20px;">28.62</span> <span style="margin-left: 20px;">1:02.29</span>			
2.	Naval de Ponta Delgada-FEM-ABS Naval de Ponta Delgada	+0,81	<b>4:34.64</b>	636
	Sofia Pavao Machado <span style="margin-left: 20px;">+0,81</span> <span style="margin-left: 20px;">31.94</span> <span style="margin-left: 20px;">1:06.05</span> <span style="margin-left: 20px;">Ana Marta Resendes</span> <span style="margin-left: 20px;">+0,49</span> <span style="margin-left: 20px;">30.92</span> <span style="margin-left: 20px;">1:06.35</span>			
	Carolina Ferreira Raposo <span style="margin-left: 20px;">+0,46</span> <span style="margin-left: 20px;">35.17</span> <span style="margin-left: 20px;">1:18.30</span> <span style="margin-left: 20px;">Mariana Oliveira Damaso</span> <span style="margin-left: 20px;">+0,52</span> <span style="margin-left: 20px;">21.48</span> <span style="margin-left: 20px;">1:03.94</span>			
3.	Alcobaça-FEM-ABS Alcobaça	+0,70	<b>4:34.75</b>	635
	Vanessa Carolina Valente <span style="margin-left: 20px;">+0,70</span> <span style="margin-left: 20px;">33.43</span> <span style="margin-left: 20px;">1:08.88</span> <span style="margin-left: 20px;">Sara Cristiana Valente</span> <span style="margin-left: 20px;">+0,43</span> <span style="margin-left: 20px;">31.29</span> <span style="margin-left: 20px;">1:07.69</span>			
	Rita Margarida Gomes <span style="margin-left: 20px;">+0,60</span> <span style="margin-left: 20px;">34.63</span> <span style="margin-left: 20px;">1:15.26</span> <span style="margin-left: 20px;">Carla Rosario Palma</span> <span style="margin-left: 20px;">+0,49</span> <span style="margin-left: 20px;">30.50</span> <span style="margin-left: 20px;">1:02.92</span>			
4.	Pimpões/Cimai-FEM-ABS Pimpões/Cimai	+0,66	<b>4:37.06</b>	620
	Joana Margarida Guimaraes <span style="margin-left: 20px;">+0,66</span> <span style="margin-left: 20px;">32.80</span> <span style="margin-left: 20px;">1:07.52</span> <span style="margin-left: 20px;">Cristina Paris Santos</span> <span style="margin-left: 20px;">+0,29</span> <span style="margin-left: 20px;">31.67</span> <span style="margin-left: 20px;">1:08.89</span>			
	Victoriya Kaminskaya <span style="margin-left: 20px;">+0,33</span> <span style="margin-left: 20px;">35.12</span> <span style="margin-left: 20px;">1:15.39</span> <span style="margin-left: 20px;">Telma Alexandra Grilo</span> <span style="margin-left: 20px;">+0,35</span> <span style="margin-left: 20px;">31.30</span> <span style="margin-left: 20px;">1:05.26</span>			
5.	Estamos Juntos-FEM-ABS Estamos Juntos	+0,74	<b>4:37.11</b>	619
	Daniela Valente Ferreira <span style="margin-left: 20px;">+0,74</span> <span style="margin-left: 20px;">36.02</span> <span style="margin-left: 20px;">1:15.00</span> <span style="margin-left: 20px;">Ana Pinho Rodrigues</span> <span style="margin-left: 20px;">+0,46</span> <span style="margin-left: 20px;">31.76</span> <span style="margin-left: 20px;">1:08.94</span>			
	Ines Martins Silva <span style="margin-left: 20px;">+0,48</span> <span style="margin-left: 20px;">32.44</span> <span style="margin-left: 20px;">1:10.34</span> <span style="margin-left: 20px;">Sara Silva Azevedo</span> <span style="margin-left: 20px;">+0,51</span> <span style="margin-left: 20px;">30.22</span> <span style="margin-left: 20px;">1:02.83</span>			
6.	Natação da Maia-FEM-ABS Natação da Maia	+0,79	<b>4:37.31</b>	618
	Filipa Vieira Sousa <span style="margin-left: 20px;">+0,79</span> <span style="margin-left: 20px;">34.12</span> <span style="margin-left: 20px;">1:10.18</span> <span style="margin-left: 20px;">Carolina Santos Silva</span> <span style="margin-left: 20px;">+0,26</span> <span style="margin-left: 20px;">30.74</span> <span style="margin-left: 20px;">1:06.22</span>			
	Joana Marques Maia <span style="margin-left: 20px;">+0,62</span> <span style="margin-left: 20px;">36.38</span> <span style="margin-left: 20px;">1:18.61</span> <span style="margin-left: 20px;">Catia Santos Ramalho</span> <span style="margin-left: 20px;">+0,34</span> <span style="margin-left: 20px;">29.28</span> <span style="margin-left: 20px;">1:02.30</span>			
7.	Gespacos-FEM-ABS Gespacos	+0,69	<b>4:40.77</b>	595
	Ana Sofia Matos <span style="margin-left: 20px;">+0,69</span> <span style="margin-left: 20px;">34.40</span> <span style="margin-left: 20px;">1:12.56</span> <span style="margin-left: 20px;">Ana Rita Cunha</span> <span style="margin-left: 20px;">+0,23</span> <span style="margin-left: 20px;">31.05</span> <span style="margin-left: 20px;">1:07.09</span>			
	Diana Patricia Ferreira <span style="margin-left: 20px;">+0,42</span> <span style="margin-left: 20px;">35.59</span> <span style="margin-left: 20px;">1:17.41</span> <span style="margin-left: 20px;">Andreia Sofia Torres</span> <span style="margin-left: 20px;">+0,15</span> <span style="margin-left: 20px;">29.91</span> <span style="margin-left: 20px;">1:03.71</span>			
8.	Náutico da Marinha Grande-FEM-ABS Náutico da Marinha Grande	+0,77	<b>4:45.56</b>	566
	Catia Andreia Clara <span style="margin-left: 20px;">+0,77</span> <span style="margin-left: 20px;">36.27</span> <span style="margin-left: 20px;">1:14.35</span> <span style="margin-left: 20px;">Ana Carolina Valente</span> <span style="margin-left: 20px;">+0,31</span> <span style="margin-left: 20px;">32.37</span> <span style="margin-left: 20px;">1:08.87</span>			
	Patricia Alexandra Leal <span style="margin-left: 20px;">+0,46</span> <span style="margin-left: 20px;">37.28</span> <span style="margin-left: 20px;">1:19.43</span> <span style="margin-left: 20px;">Joana Margarida Gaspar</span> <span style="margin-left: 20px;">+0,68</span> <span style="margin-left: 20px;">29.85</span> <span style="margin-left: 20px;">1:02.91</span>			
9.	Académico Viseu-FEM-ABS Académico Viseu	+0,84	<b>4:46.48</b>	560
	Ines Costa Neto <span style="margin-left: 20px;">+0,84</span> <span style="margin-left: 20px;">35.26</span> <span style="margin-left: 20px;">1:11.71</span> <span style="margin-left: 20px;">Ana Francisca Silva</span> <span style="margin-left: 20px;">+0,51</span> <span style="margin-left: 20px;">34.17</span> <span style="margin-left: 20px;">1:14.62</span>			
	Ana Margarida Domingos <span style="margin-left: 20px;">+0,45</span> <span style="margin-left: 20px;">36.18</span> <span style="margin-left: 20px;">1:17.99</span> <span style="margin-left: 20px;">Ines Sofia Sampaio</span> <span style="margin-left: 20px;">+0,51</span> <span style="margin-left: 20px;">29.50</span> <span style="margin-left: 20px;">1:02.16</span>			
10.	Académica de Coimbra-FEM-ABS Académica de Coimbra	+0,74	<b>4:49.90</b>	541
	Nadia Filipa Marques <span style="margin-left: 20px;">+0,74</span> <span style="margin-left: 20px;">34.96</span> <span style="margin-left: 20px;">1:12.22</span> <span style="margin-left: 20px;">Joana Reis Veiga</span> <span style="margin-left: 20px;">+0,29</span> <span style="margin-left: 20px;">33.16</span> <span style="margin-left: 20px;">1:12.46</span>			
	Ana Rita Costa <span style="margin-left: 20px;">+0,42</span> <span style="margin-left: 20px;">37.69</span> <span style="margin-left: 20px;">1:21.87</span> <span style="margin-left: 20px;">Rita Nair Ferreira</span> <span style="margin-left: 20px;">+0,39</span> <span style="margin-left: 20px;">29.89</span> <span style="margin-left: 20px;">1:03.35</span>			
11.	Ginásio Figueirense-FEM-ABS Ginásio Figueirense	+0,74	<b>4:53.56</b>	521
	Tatiana Filipa Santos <span style="margin-left: 20px;">+0,74</span> <span style="margin-left: 20px;">34.04</span> <span style="margin-left: 20px;">1:09.02</span> <span style="margin-left: 20px;">Beatriz Rocha Nunes</span> <span style="margin-left: 20px;">+0,47</span> <span style="margin-left: 20px;">33.23</span> <span style="margin-left: 20px;">1:11.97</span>			
	Mariana Costa Sebastiao <span style="margin-left: 20px;">+0,40</span> <span style="margin-left: 20px;">41.00</span> <span style="margin-left: 20px;">1:29.49</span> <span style="margin-left: 20px;">Tania Martins Garcia</span> <span style="margin-left: 20px;">+0,46</span> <span style="margin-left: 20px;">30.21</span> <span style="margin-left: 20px;">1:03.08</span>			
12.	Natação de Valongo-FEM-ABS Natação de Valongo	+0,82	<b>4:53.84</b>	519
	Ines Oliveira Vale <span style="margin-left: 20px;">+0,82</span> <span style="margin-left: 20px;">36.71</span> <span style="margin-left: 20px;">1:17.54</span> <span style="margin-left: 20px;">Barbara Daniela Sousa</span> <span style="margin-left: 20px;">+0,60</span> <span style="margin-left: 20px;">33.24</span> <span style="margin-left: 20px;">1:11.88</span>			
	Catia Marisa Silva <span style="margin-left: 20px;">+0,46</span> <span style="margin-left: 20px;">23.21</span> <span style="margin-left: 20px;">1:24.43</span> <span style="margin-left: 20px;">Mariana Oliveira Vale</span> <span style="margin-left: 20px;">+0,34</span> <span style="margin-left: 20px;">24.36</span> <span style="margin-left: 20px;">59.99</span>			
13.	Litoral Alentejano-FEM-ABS Litoral Alentejano	+0,91	<b>4:54.15</b>	518
	Ana Filipa Cordeiro <span style="margin-left: 20px;">+0,91</span> <span style="margin-left: 20px;">35.83</span> <span style="margin-left: 20px;">1:14.19</span> <span style="margin-left: 20px;">Joana Catarina Santa</span> <span style="margin-left: 20px;">+0,77</span> <span style="margin-left: 20px;">32.81</span> <span style="margin-left: 20px;">1:10.29</span>			
	Debora Goncalves Patrocinio <span style="margin-left: 20px;">+0,34</span> <span style="margin-left: 20px;">40.00</span> <span style="margin-left: 20px;">1:25.34</span> <span style="margin-left: 20px;">Maria Clara Marques</span> <span style="margin-left: 20px;">+0,40</span> <span style="margin-left: 20px;">30.38</span> <span style="margin-left: 20px;">1:04.33</span>			
14.	Lisnave-FEM-ABS Lisnave	+0,63	<b>4:54.47</b>	516
	Andreia Silva Cruz <span style="margin-left: 20px;">+0,63</span> <span style="margin-left: 20px;">34.05</span> <span style="margin-left: 20px;">1:08.50</span> <span style="margin-left: 20px;">Sara Sa Espadilha</span> <span style="margin-left: 20px;">+0,40</span> <span style="margin-left: 20px;">35.69</span> <span style="margin-left: 20px;">1:17.42</span>			
	Patricia Alexandra Silva <span style="margin-left: 20px;">+0,61</span> <span style="margin-left: 20px;">39.49</span> <span style="margin-left: 20px;">1:23.86</span> <span style="margin-left: 20px;">Carolina Saraiva Pires</span> <span style="margin-left: 20px;">+0,44</span> <span style="margin-left: 20px;">30.62</span> <span style="margin-left: 20px;">1:04.69</span>			

Campeonatos Nacionais de Clubes 3ª Divisão  
Ponte de Sôr, 12. - 13.12.2009

Prova 12, Femin., 4 x 100m Estilos, Absolutos

Lugar	Clube	TReac	Tempo Final	Pts
15.	<b>Bombeiros dos Estoris-FEM-ABS</b>	<b>+0,70</b>	<b>4:54.67</b>	<b>515</b>
	Carine Lederer +0,70 34.66 1:11.08 Ana Carolina Mateus +0,83 34.64 1:18.72			
	Ana Catarina Mateus +0,41 36.55 1:20.59 Mariana Costa Cabral +0,72 30.47 1:04.28			
16.	<b>Naval Setubalense-FEM-ABS</b>	<b>+1,03</b>	<b>4:57.52</b>	<b>500</b>
	Anaisa Matos Santos +1,03 35.02 1:11.16 Laura Azevedo Martins +0,60 35.79 1:18.05			
	Filipa Santos Neto +0,68 38.24 1:21.56 Maria Mar Costa +0,35 30.99 1:06.75			
17.	<b>Fafe-FEM-ABS</b>	<b>+0,81</b>	<b>4:58.97</b>	<b>493</b>
	Ana Beatriz Meireles +0,81 36.98 1:17.95 Ana Rita Freitas +0,42 35.60 1:17.27			
	Isabel Rovisco Monteiro +0,35 36.09 1:19.07 Beatriz Magalhaes Sampaio +0,29 30.36 1:04.68			
18.	<b>Desportiva Limiana-FEM-ABS</b>	<b>+0,79</b>	<b>5:02.04</b>	<b>478</b>
	Joana Vitorino Mendes +0,79 36.76 1:14.93 Maria Ana Magalhaes +0,51 32.60 1:10.44			
	Margarida Teixeira Monteiro +0,77 43.52 1:33.85 Rita Soares Reis +0,83 29.71 1:02.82			
19.	<b>Fluvial Portuense-FEM-ABS</b>	<b>+0,65</b>	<b>5:02.52</b>	<b>476</b>
	Ana Filipa Morais +0,65 33.63 1:10.12 Adriana Daniela Castro +0,39 36.82 1:22.08			
	Maria Beatriz Ferreira +0,35 40.18 1:25.00 Ines Maria Mota +0,21 31.33 1:05.32			
20.	<b>Ginásio Santo Tirso-FEM-ABS</b>	<b>+0,64</b>	<b>5:03.77</b>	<b>470</b>
	Maria Joao Oliveira +0,64 36.48 1:16.29 Rute Sofia Teixeira +0,41 32.53 1:11.81			
	Helena Manuel Jose +0,56 41.25 1:29.70 Maria Joao Jose +0,40 30.58 1:05.97			
21.	<b>Sporting de Espinho-FEM-ABS</b>	<b>+0,83</b>	<b>5:05.62</b>	<b>462</b>
	Carla Sofia Cruz +0,83 36.02 1:14.43 Maria Joao Oliveira +0,67 36.25 1:20.74			
	Ines Ataide Dias +0,54 39.03 1:23.60 Raquel Maria Lima 31.54 1:06.85			
22.	<b>Física de Torres Vedras-FEM-ABS</b>	<b>+0,81</b>	<b>5:07.66</b>	<b>452</b>
	Joana Gomes Timoteo +0,81 39.28 1:20.38 Mariana Alves Matias +0,78 34.37 1:14.07			
	Francisca Maria Santos +0,82 41.16 1:27.00 Joana Domingos Ribeiro +0,66 31.69 1:06.21			
23.	<b>Sporting de Aveiro-FEM-ABS</b>	<b>+0,77</b>	<b>5:28.83</b>	<b>371</b>
	Renata Castro Goncalves +0,77 37.69 1:18.25 Beatriz Gomes Soares +0,76 39.21 1:29.27			
	Ana Raquel Albuquerque +0,55 41.87 1:27.27 Rita Maria Ferreira +0,57 35.06 1:14.04			
DSQ	<b>Foca-FEM-ABS</b>	<b>+0,90</b>	<b>4:43.81</b>	
	<i>Rendição antecipada do 3º nadador</i>			
	Lia Marques Teixeira +0,90 34.18 1:10.52 Gilberta Cristina Barbosa -0,30 29.80 1:05.50			
	Sofia Cunha Sousa +0,46 39.90 1:25.09 Diana Margarida Duraes +0,20 29.84 1:02.70			