

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

Prova 13
12.12.09 - 17:55

Femin., 800m Livres

Open
Resultados

Recorde Nacional Absoluto 8:45.91 Marta Andreia Ferreira FPN Riesa (GER) 13.12.02

Pontos: FINA 2009

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
Absolutos						
1.	Gilberta Cristina Barbosa	93	Foca	+0,95	9:24.67	651
	100m: 1:06.26 1:06.26	300m: 3:28.51 1:11.37	500m: 5:51.57 1:12.09	700m: 8:14.58 1:11.11		
	200m: 2:17.14 1:10.88	400m: 4:39.48 1:10.97	600m: 7:03.47 1:11.90	800m: 9:24.67 1:10.09		
2.	Ines Sofia Sampaio	94	Académico Viseu	+0,97	9:28.09	639
	100m: 1:08.61 1:08.61	300m: 3:32.95 1:12.10	500m: 5:55.65 1:11.70	700m: 8:20.03 1:12.33		
	200m: 2:20.85 1:12.24	400m: 4:43.95 1:11.00	600m: 7:07.70 1:12.05	800m: 9:28.09 1:08.06		
3.	Tania Martins Garcia	92	Ginásio Figueirense	+0,94	9:31.36	628
	100m: 1:08.08 1:08.08	300m: 3:31.20 1:11.40	500m: 5:55.62 1:12.43	700m: 8:20.15 1:12.05		
	200m: 2:19.80 1:11.72	400m: 4:43.19 1:11.99	600m: 7:08.10 1:12.48	800m: 9:31.36 1:11.21		
4.	Filipa Vilas Ruivo	97	Náutico da Marinha Grande	+1,02	9:34.11	619
	100m: 1:07.17 1:07.17	300m: 3:31.37 1:12.30	500m: 5:56.98 1:12.95	700m: 8:22.98 1:12.87		
	200m: 2:19.07 1:11.90	400m: 4:44.03 1:12.66	600m: 7:10.11 1:13.13	800m: 9:34.11 1:11.13		
5.	Raquel Bartolo Vitor	93	Académica de Coimbra	+1,94	9:38.12	606
	100m: 1:08.30 1:08.30	300m: 3:32.44 1:12.37	500m: 5:58.83 1:13.65	700m: 8:26.32 1:13.61		
	200m: 2:20.07 1:11.77	400m: 4:45.18 1:12.74	600m: 7:12.71 1:13.88	800m: 9:38.12 1:11.80		
6.	Ana Isabel Neves	96	Pimpões/Cimai	+1,01	9:45.57	583
	100m: 1:09.12 1:09.12	300m: 3:34.30 1:12.48	500m: 6:01.50 1:13.99	700m: 8:30.68 1:14.71		
	200m: 2:21.82 1:12.70	400m: 4:47.51 1:13.21	600m: 7:15.97 1:14.47	800m: 9:45.57 1:14.89		
7.	Ana Sofia Costa	95	Alcoçaba	+1,00	9:50.17	570
	100m: 1:08.01 1:08.01	300m: 3:33.70 1:13.19	500m: 6:02.17 1:14.26	700m: 8:33.84 1:16.25		
	200m: 2:20.51 1:12.50	400m: 4:47.91 1:14.21	600m: 7:17.59 1:15.42	800m: 9:50.17 1:16.33		
8.	Ana Rita Cunha	94	Gespacos	+1,13	9:52.18	564
	100m: 1:11.02 1:11.02	300m: 3:38.80 1:13.72	500m: 6:07.42 1:14.15	700m: 8:37.96 1:14.97		
	200m: 2:25.08 1:14.06	400m: 4:53.27 1:14.47	600m: 7:22.99 1:15.57	800m: 9:52.18 1:14.22		
9.	M. Mascarenhas	97	Naval Setubalense	+0,94	9:57.46	549
	100m: 1:11.31 1:11.31	300m: 3:42.02 1:14.77	500m: 6:12.76 1:15.16	700m: 8:44.79 1:15.78		
	200m: 2:27.25 1:15.94	400m: 4:57.60 1:15.58	600m: 7:29.01 1:16.25	800m: 9:57.46 1:12.67		
10.	Ana Mafalda Oliveira	81	Natação da Maia	+0,98	9:59.45	544
	100m: 1:10.86 1:10.86	300m: 3:42.88 1:16.14	500m: 6:13.96 1:14.95	700m: 8:45.37 1:15.26		
	200m: 2:26.74 1:15.88	400m: 4:59.01 1:16.13	600m: 7:30.11 1:16.15	800m: 9:59.45 1:14.08		
11.	Beatriz Magalhaes Sampaio	95	Fafe	+0,93	9:59.69	543
	100m: 1:11.64 1:11.64	300m: 3:43.14 1:15.90	500m: 6:15.39 1:16.44	700m: 8:46.37 1:15.29		
	200m: 2:27.24 1:15.60	400m: 4:58.95 1:15.81	600m: 7:31.08 1:15.69	800m: 9:59.69 1:13.32		
12.	Ines Filipa Costa	94	Física de Torres Vedras	+0,95	10:01.68	538
	100m: 1:11.36 1:11.36	300m: 3:41.48 1:14.78	500m: 6:13.57 1:16.22	700m: 8:46.99 1:16.98		
	200m: 2:26.70 1:15.34	400m: 4:57.35 1:15.87	600m: 7:30.01 1:16.44	800m: 10:01.68 1:14.69		
13.	Ana Catarina Mateus	94	Litoral Alentejano	+0,98	10:05.88	527
	100m: 1:10.98 1:10.98	300m: 3:41.71 1:15.62	500m: 6:15.94 1:17.38	700m: 8:50.10 1:17.03		
	200m: 2:26.09 1:15.11	400m: 4:58.56 1:16.85	600m: 7:33.07 1:17.13	800m: 10:05.88 1:15.78		
14.	Ariana Alves Nunes	95	Portinado	+0,87	10:10.98	514
	100m: 1:09.81 1:09.81	300m: 3:45.47 1:18.25	500m: 6:20.67 1:17.67	700m: 8:56.12 1:18.18		
	200m: 2:27.22 1:17.41	400m: 5:03.00 1:17.53	600m: 7:37.94 1:17.27	800m: 10:10.98 1:14.86		

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Prova 13, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
15.	Ines Martins Silva	94	Estamos Juntos	+0,89	10:16.74	499
	100m: 1:11.83 1:11.83	300m: 3:45.50 1:17.04	500m: 6:22.18 1:19.02	700m: 9:00.37 1:18.58	800m: 10:16.74 1:16.37	
	200m: 2:28.46 1:16.63	400m: 5:03.16 1:17.66	600m: 7:41.79 1:19.61			
16.	Maria Joao Esteves	96	Fluvial Portuense	+1,08	10:19.86	492
	100m: 1:11.83 1:11.83	300m: 3:47.25 1:18.00	500m: 6:24.50 1:18.59	700m: 9:02.00 1:19.06	800m: 10:19.86 1:17.86	
	200m: 2:29.25 1:17.42	400m: 5:05.91 1:18.66	600m: 7:42.94 1:18.44			
17.	Barbara Daniela Sousa	92	Natação de Valongo	+0,85	10:20.81	490
	100m: 1:12.62 1:12.62	300m: 3:47.53 1:18.08	500m: 6:25.71 1:19.29	700m: 9:03.97 1:18.63	800m: 10:20.81 1:16.84	
	200m: 2:29.45 1:16.83	400m: 5:06.42 1:18.89	600m: 7:45.34 1:19.63			
18.	Maria Joao Jose	90	Ginásio Santo Tirso	+0,90	10:34.84	458
	100m: 1:13.44 1:13.44	300m: 3:53.19 1:20.72	500m: 6:33.60 1:19.69	700m: 9:15.88 1:21.28	800m: 10:34.84 1:18.96	
	200m: 2:32.47 1:19.03	400m: 5:13.91 1:20.72	600m: 7:54.60 1:21.00			
19.	Mariana Re Henriques	93	Naval de Ponta Delgada	+0,97	10:41.24	444
	100m: 1:09.13 1:09.13	300m: 3:45.65 1:19.79	500m: 6:29.06 1:22.33	700m: 9:16.60 1:24.14	800m: 10:41.24 1:24.64	
	200m: 2:25.86 1:16.73	400m: 5:06.73 1:21.08	600m: 7:52.46 1:23.40			
20.	Filipa Silva Cruz	92	Lisnave	+1,07	10:44.98	437
	100m: 1:14.94 1:14.94	300m: 3:56.22 1:21.53	500m: 6:38.94 1:21.73	700m: 9:22.08 1:21.69	800m: 10:44.98 1:22.90	
	200m: 2:34.69 1:19.75	400m: 5:17.21 1:20.99	600m: 8:00.39 1:21.45			
21.	Joana Vitorino Mendes	91	Desportiva Limiana	+1,11	10:50.31	426
	100m: 1:14.31 1:14.31	300m: 3:54.17 1:20.79	500m: 6:40.04 1:23.62	700m: 9:28.21 1:23.97	800m: 10:50.31 1:22.10	
	200m: 2:33.38 1:19.07	400m: 5:16.42 1:22.25	600m: 8:04.24 1:24.20			
22.	Catarina Filipa Arede	97	Sporting de Aveiro	+1,03	11:16.16	379
	100m: 1:14.94 1:14.94	300m: 4:05.08 1:27.72	500m: 6:58.99 1:28.21	700m: 9:52.09 1:26.46	800m: 11:16.16 1:24.07	
	200m: 2:37.36 1:22.42	400m: 5:30.78 1:25.70	600m: 8:25.63 1:26.64			
DNF	Nance Antunes Vinagre	95	Bombeiros dos Estoris	+0,94		
	100m:	300m:	500m:	700m:		
	200m:	400m:	600m:	800m:		
DNF	Ines Manuela Freitas	94	Sporting de Espinho	+0,92		
	100m:	300m:	500m:	700m:		
	200m:	400m:	600m:	800m:		

Seniores

1.	Gilberta Cristina Barbosa	93	Foca	+0,95	9:24.67	651
	100m: 1:06.26 1:06.26	300m: 3:28.51 1:11.37	500m: 5:51.57 1:12.09	700m: 8:14.58 1:11.11	800m: 9:24.67 1:10.09	
	200m: 2:17.14 1:10.88	400m: 4:39.48 1:10.97	600m: 7:03.47 1:11.90			
2.	Tania Martins Garcia	92	Ginásio Figueirense	+0,94	9:31.36	628
	100m: 1:08.08 1:08.08	300m: 3:31.20 1:11.40	500m: 5:55.62 1:12.43	700m: 8:20.15 1:12.05	800m: 9:31.36 1:11.21	
	200m: 2:19.80 1:11.72	400m: 4:43.19 1:11.99	600m: 7:08.10 1:12.48			
3.	Raquel Bartolo Vitor	93	Académica de Coimbra	+1,94	9:38.12	606
	100m: 1:08.30 1:08.30	300m: 3:32.44 1:12.37	500m: 5:58.83 1:13.65	700m: 8:26.32 1:13.61	800m: 9:38.12 1:11.80	
	200m: 2:20.07 1:11.77	400m: 4:45.18 1:12.74	600m: 7:12.71 1:13.88			
4.	Ana Mafalda Oliveira	81	Natação da Maia	+0,98	9:59.45	544
	100m: 1:10.86 1:10.86	300m: 3:42.88 1:16.14	500m: 6:13.96 1:14.95	700m: 8:45.37 1:15.26	800m: 9:59.45 1:14.08	
	200m: 2:26.74 1:15.88	400m: 4:59.01 1:16.13	600m: 7:30.11 1:16.15			

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Prova 13, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
5.	Barbara Daniela Sousa	92	Natação de Valongo	+0,85	10:20.81	490
	100m: 1:12.62 1:12.62	300m: 3:47.53 1:18.08	500m: 6:25.71 1:19.29	700m: 9:03.97 1:18.63	800m: 10:20.81 1:16.84	
	200m: 2:29.45 1:16.83	400m: 5:06.42 1:18.89	600m: 7:45.34 1:19.63			
6.	Maria Joao Jose	90	Ginásio Santo Tirso	+0,90	10:34.84	458
	100m: 1:13.44 1:13.44	300m: 3:53.19 1:20.72	500m: 6:33.60 1:19.69	700m: 9:15.88 1:21.28	800m: 10:34.84 1:18.96	
	200m: 2:32.47 1:19.03	400m: 5:13.91 1:20.72	600m: 7:54.60 1:21.00			
7.	Mariana Re Henriques	93	Naval de Ponta Delgada	+0,97	10:41.24	444
	100m: 1:09.13 1:09.13	300m: 3:45.65 1:19.79	500m: 6:29.06 1:22.33	700m: 9:16.60 1:24.14	800m: 10:41.24 1:24.64	
	200m: 2:25.86 1:16.73	400m: 5:06.73 1:21.08	600m: 7:52.46 1:23.40			
8.	Filipa Silva Cruz	92	Lisnave	+1,07	10:44.98	437
	100m: 1:14.94 1:14.94	300m: 3:56.22 1:21.53	500m: 6:38.94 1:21.73	700m: 9:22.08 1:21.69	800m: 10:44.98 1:22.90	
	200m: 2:34.69 1:19.75	400m: 5:17.21 1:20.99	600m: 8:00.39 1:21.45			
9.	Joana Vitorino Mendes	91	Desportiva Limiana	+1,11	10:50.31	426
	100m: 1:14.31 1:14.31	300m: 3:54.17 1:20.79	500m: 6:40.04 1:23.62	700m: 9:28.21 1:23.97	800m: 10:50.31 1:22.10	
	200m: 2:33.38 1:19.07	400m: 5:16.42 1:22.25	600m: 8:04.24 1:24.20			

Juniores

1.	Ines Sofia Sampaio	94	Académico Viseu	+0,97	9:28.09	639
	100m: 1:08.61 1:08.61	300m: 3:32.95 1:12.10	500m: 5:55.65 1:11.70	700m: 8:20.03 1:12.33	800m: 9:28.09 1:08.06	
	200m: 2:20.85 1:12.24	400m: 4:43.95 1:11.00	600m: 7:07.70 1:12.05			
2.	Ana Sofia Costa	95	Alcobaça	+1,00	9:50.17	570
	100m: 1:08.01 1:08.01	300m: 3:33.70 1:13.19	500m: 6:02.17 1:14.26	700m: 8:33.84 1:16.25	800m: 9:50.17 1:16.33	
	200m: 2:20.51 1:12.50	400m: 4:47.91 1:14.21	600m: 7:17.59 1:15.42			
3.	Ana Rita Cunha	94	Gespacos	+1,13	9:52.18	564
	100m: 1:11.02 1:11.02	300m: 3:38.80 1:13.72	500m: 6:07.42 1:14.15	700m: 8:37.96 1:14.97	800m: 9:52.18 1:14.22	
	200m: 2:25.08 1:14.06	400m: 4:53.27 1:14.47	600m: 7:22.99 1:15.57			
4.	Beatriz Magalhaes Sampaio	95	Fafe	+0,93	9:59.69	543
	100m: 1:11.64 1:11.64	300m: 3:43.14 1:15.90	500m: 6:15.39 1:16.44	700m: 8:46.37 1:15.29	800m: 9:59.69 1:13.32	
	200m: 2:27.24 1:15.60	400m: 4:58.95 1:15.81	600m: 7:31.08 1:15.69			
5.	Ines Filipa Costa	94	Física de Torres Vedras	+0,95	10:01.68	538
	100m: 1:11.36 1:11.36	300m: 3:41.48 1:14.78	500m: 6:13.57 1:16.22	700m: 8:46.99 1:16.98	800m: 10:01.68 1:14.69	
	200m: 2:26.70 1:15.34	400m: 4:57.35 1:15.87	600m: 7:30.01 1:16.44			
6.	Ana Catarina Mateus	94	Litoral Alentejano	+0,98	10:05.88	527
	100m: 1:10.98 1:10.98	300m: 3:41.71 1:15.62	500m: 6:15.94 1:17.38	700m: 8:50.10 1:17.03	800m: 10:05.88 1:15.78	
	200m: 2:26.09 1:15.11	400m: 4:58.56 1:16.85	600m: 7:33.07 1:17.13			
7.	Ariana Alves Nunes	95	Portinado	+0,87	10:10.98	514
	100m: 1:09.81 1:09.81	300m: 3:45.47 1:18.25	500m: 6:20.67 1:17.67	700m: 8:56.12 1:18.18	800m: 10:10.98 1:14.86	
	200m: 2:27.22 1:17.41	400m: 5:03.00 1:17.53	600m: 7:37.94 1:17.27			
8.	Ines Martins Silva	94	Estamos Juntos	+0,89	10:16.74	499
	100m: 1:11.83 1:11.83	300m: 3:45.50 1:17.04	500m: 6:22.18 1:19.02	700m: 9:00.37 1:18.58	800m: 10:16.74 1:16.37	
	200m: 2:28.46 1:16.63	400m: 5:03.16 1:17.66	600m: 7:41.79 1:19.61			
DNF	Nance Antunes Vinagre	95	Bombeiros dos Estoris	+0,94		
	100m:	300m:	500m:	700m:		
	200m:	400m:	600m:	800m:		

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Ponte de Sôr, 12. - 13.12.2009

Prova 13, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
DNF	Ines Manuela Freitas	94	Sporting de Espinho	+0,92		
	100m:	300m:	500m:	700m:		
	200m:	400m:	600m:	800m:		

Juvenis

1.	Ana Isabel Neves	96	Pimpões/Cimai	+1,01	9:45.57	583
	100m: 1:09.12 1:09.12	300m: 3:34.30 1:12.48	500m: 6:01.50 1:13.99	700m: 8:30.68 1:14.71		
	200m: 2:21.82 1:12.70	400m: 4:47.51 1:13.21	600m: 7:15.97 1:14.47	800m: 9:45.57 1:14.89		
2.	Maria Joao Esteves	96	Fluvial Portuense	+1,08	10:19.86	492
	100m: 1:11.83 1:11.83	300m: 3:47.25 1:18.00	500m: 6:24.50 1:18.59	700m: 9:02.00 1:19.06		
	200m: 2:29.25 1:17.42	400m: 5:05.91 1:18.66	600m: 7:42.94 1:18.44	800m: 10:19.86 1:17.86		

Infantis A

1.	Filipa Vilas Ruivo	97	Náutico da Marinha Grande	+1,02	9:34.11	619
	100m: 1:07.17 1:07.17	300m: 3:31.37 1:12.30	500m: 5:56.98 1:12.95	700m: 8:22.98 1:12.87		
	200m: 2:19.07 1:11.90	400m: 4:44.03 1:12.66	600m: 7:10.11 1:13.13	800m: 9:34.11 1:11.13		
2.	M. Mascarenhas	97	Naval Setubalense	+0,94	9:57.46	549
	100m: 1:11.31 1:11.31	300m: 3:42.02 1:14.77	500m: 6:12.76 1:15.16	700m: 8:44.79 1:15.78		
	200m: 2:27.25 1:15.94	400m: 4:57.60 1:15.58	600m: 7:29.01 1:16.25	800m: 9:57.46 1:12.67		
3.	Catarina Filipa Arede	97	Sporting de Aveiro	+1,03	11:16.16	379
	100m: 1:14.94 1:14.94	300m: 4:05.08 1:27.72	500m: 6:58.99 1:28.21	700m: 9:52.09 1:26.46		
	200m: 2:37.36 1:22.42	400m: 5:30.78 1:25.70	600m: 8:25.63 1:26.64	800m: 11:16.16 1:24.07		