

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

Prova 22
13.12.09 - 16:55

Femin., 400m Livres

Open
Resultados

Recorde Nacional Absoluto 4:13.97 Sara Beatriz Loureiro FCP Leiria 5.12.09

Pontos: FINA 2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Absolutos						
1.	Ana Margarida Domingos	93	Académico Viseu	4:30.91	+0,92	680
	50m: 30.59 30.59	150m: 1:39.42 34.63	250m: 2:47.88 33.59	350m: 3:57.12 34.97		
	100m: 1:04.79 34.20	200m: 2:14.29 34.87	300m: 3:22.15 34.27	400m: 4:30.91 33.79		
2.	Diana Margarida Duraes	96	Foca	4:34.38	+0,89	655
	50m: 30.13 30.13	150m: 1:38.87 34.88	250m: 2:48.57 34.71	350m: 3:59.76 35.71		
	100m: 1:03.99 33.86	200m: 2:13.86 34.99	300m: 3:24.05 35.48	400m: 4:34.38 34.62		
3.	Ana Rita Oliveira	92	Pimpões/Cimai	4:36.25	+0,90	642
	50m: 31.10 31.10	150m: 1:39.47 34.52	250m: 2:48.63 34.41	350m: 4:00.14 36.26		
	100m: 1:04.95 33.85	200m: 2:14.22 34.75	300m: 3:23.88 35.25	400m: 4:36.25 36.11		
4.	Joana Catarina Santa	92	Litoral Alentejano	4:39.57	+0,95	619
	50m: 32.16 32.16	150m: 1:42.72 35.56	250m: 2:53.96 35.34	350m: 4:04.55 35.13		
	100m: 1:07.16 35.00	200m: 2:18.62 35.90	300m: 3:29.42 35.46	400m: 4:39.57 35.02		
5.	Filipa Vilas Ruivo	97	Náutico da Marinha Grande	4:42.63	+1,01	599
	50m: 31.23 31.23	150m: 1:41.23 35.64	250m: 2:54.30 36.37	350m: 4:07.04 36.36		
	100m: 1:05.59 34.36	200m: 2:17.93 36.70	300m: 3:30.68 36.38	400m: 4:42.63 35.59		
6.	Raquel Bartolo Vitor	93	Académica de Coimbra	4:43.39	+0,81	594
	50m: 32.59 32.59	150m: 1:43.33 35.65	250m: 2:55.68 36.31	350m: 4:08.53 36.28		
	100m: 1:07.68 35.09	200m: 2:19.37 36.04	300m: 3:32.25 36.57	400m: 4:43.39 34.86		
7.	Mariana Jesus Costa	96	Alcobaça	4:46.73	+0,92	574
	50m: 31.34 31.34	150m: 1:42.13 36.00	250m: 2:55.67 36.96	350m: 4:10.07 37.20		
	100m: 1:06.13 34.79	200m: 2:18.71 36.58	300m: 3:32.87 37.20	400m: 4:46.73 36.66		
8.	Tania Martins Garcia	92	Ginásio Figueirense	4:48.75	+0,94	562
	50m: 32.39 32.39	150m: 1:42.91 35.84	250m: 2:57.36 37.41	350m: 4:11.87 37.68		
	100m: 1:07.07 34.68	200m: 2:19.95 37.04	300m: 3:34.19 36.83	400m: 4:48.75 36.88		
9.	Barbara Daniela Sousa	92	Natação de Valongo	4:50.87	+0,84	550
	50m: 32.54 32.54	150m: 1:45.34 36.76	250m: 2:59.80 37.26	350m: 4:15.43 37.73		
	100m: 1:08.58 36.04	200m: 2:22.54 37.20	300m: 3:37.70 37.90	400m: 4:50.87 35.44		
10.	Ines Filipa Costa	94	Física de Torres Vedras	4:51.87	+0,96	544
	50m: 32.69 32.69	150m: 1:46.89 37.59	250m: 3:01.47 37.26	350m: 4:16.72 37.92		
	100m: 1:09.30 36.61	200m: 2:24.21 37.32	300m: 3:38.80 37.33	400m: 4:51.87 35.15		
11.	Ana Mafalda Oliveira	81	Natação da Maia	4:52.78	+1,07	539
	50m: 33.25 33.25	150m: 1:46.85 37.30	250m: 3:01.50 36.97	350m: 4:16.25 37.22		
	100m: 1:09.55 36.30	200m: 2:24.53 37.68	300m: 3:39.03 37.53	400m: 4:52.78 36.53		
12.	M. Mascarenhas	97	Naval Setubalense	4:52.98	+0,96	538
	50m: 33.94 33.94	150m: 1:47.46 37.47	250m: 3:03.24 37.07	350m: 4:17.92 37.26		
	100m: 1:09.99 36.05	200m: 2:26.17 38.71	300m: 3:40.66 37.42	400m: 4:52.98 35.06		
13.	Mariana Oliveira Damaso	93	Naval de Ponta Delgada	4:53.90	+0,90	533
	50m: 33.00 33.00	150m: 1:47.22 37.50	250m: 3:02.58 37.52	350m: 4:17.68 37.38		
	100m: 1:09.72 36.72	200m: 2:25.06 37.84	300m: 3:40.30 37.72	400m: 4:53.90 36.22		
14.	Nance Antunes Vinagre	95	Bombeiros dos Estoris	4:55.80	+1,00	523
	50m: 34.12 34.12	150m: 1:47.51 36.63	250m: 3:02.98 38.10	350m: 4:20.07 38.14		
	100m: 1:10.88 36.76	200m: 2:24.88 37.37	300m: 3:41.93 38.95	400m: 4:55.80 35.73		

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Prova 22, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Rute Sofia Teixeira	90	Ginásio Santo Tirso	4:55.85	+1,03	522
	50m: 32.67 32.67	150m: 1:45.38 36.79	250m: 3:01.67 38.30	350m: 4:18.95 38.39		
	100m: 1:08.59 35.92	200m: 2:23.37 37.99	300m: 3:40.56 38.89	400m: 4:55.85 36.90		
16.	Andreia Sofia Torres	95	Gespacos	4:57.39	+0,97	514
	50m: 32.09 32.09	150m: 1:46.79 37.75	250m: 3:03.51 38.40	350m: 4:20.71 38.68		
	100m: 1:09.04 36.95	200m: 2:25.11 38.32	300m: 3:42.03 38.52	400m: 4:57.39 36.68		
17.	Ines Maria Mota	95	Fluvial Portuense	4:59.06	+0,91	506
	50m: 33.64 33.64	150m: 1:47.55 37.73	250m: 3:05.37 39.02	350m: 4:20.71 37.18		
	100m: 1:09.82 36.18	200m: 2:26.35 38.80	300m: 3:43.53 38.16	400m: 4:59.06 38.35		
18.	Rita Soares Reis	95	Desportiva Limiana	4:59.58	+0,85	503
	50m: 33.69 33.69	150m: 1:49.99 38.72	250m: 3:06.97 38.59	350m: 4:24.28 38.77		
	100m: 1:11.27 37.58	200m: 2:28.38 38.39	300m: 3:45.51 38.54	400m: 4:59.58 35.30		
19.	Beatriz Camilo Arsenio	96	Portinado	4:59.67	+0,92	503
	50m: 32.29 32.29	150m: 1:45.04 37.27	250m: 3:01.88 38.84	350m: 4:20.83 39.53		
	100m: 1:07.77 35.48	200m: 2:23.04 38.00	300m: 3:41.30 39.42	400m: 4:59.67 38.84		
20.	Ana Sofia Ramos	97	Fafe	5:03.73	+1,12	483
	50m: 34.16 34.16	150m: 1:50.22 38.59	250m: 3:07.50 38.74	350m: 4:25.86 39.38		
	100m: 1:11.63 37.47	200m: 2:28.76 38.54	300m: 3:46.48 38.98	400m: 5:03.73 37.87		
21.	Renata Castro Goncalves	96	Sporting de Aveiro	5:10.37	+0,95	452
	50m: 34.18 34.18	150m: 1:51.31 39.07	250m: 3:10.76 39.78	350m: 4:31.11 40.05		
	100m: 1:12.24 38.06	200m: 2:30.98 39.67	300m: 3:51.06 40.30	400m: 5:10.37 39.26		
22.	Teresa Manuela Aires	96	Sporting de Espinho	5:13.26	+0,97	440
	50m: 34.46 34.46	150m: 1:52.36 39.30	250m: 3:13.14 40.72	350m: 4:34.33 40.79		
	100m: 1:13.06 38.60	200m: 2:32.42 40.06	300m: 3:53.54 40.40	400m: 5:13.26 38.93		
23.	Daniela Valente Ferreira	96	Estamos Juntos	5:14.29	+0,92	436
	50m: 34.34 34.34	150m: 1:50.88 38.78	250m: 3:11.11 40.67	350m: 4:34.93 42.55		
	100m: 1:12.10 37.76	200m: 2:30.44 39.56	300m: 3:52.38 41.27	400m: 5:14.29 39.36		
24.	Cristiana Silva Ulpiano	95	Lisnave	5:16.13	+0,94	428
	50m: 34.98 34.98	150m: 1:54.59 40.00	250m: 3:15.59 40.30	350m: 4:36.79 40.40		
	100m: 1:14.59 39.61	200m: 2:35.29 40.70	300m: 3:56.39 40.80	400m: 5:16.13 39.34		

Seniores

1.	Ana Margarida Domingos	93	Académico Viseu	4:30.91	+0,92	680
	50m: 30.59 30.59	150m: 1:39.42 34.63	250m: 2:47.88 33.59	350m: 3:57.12 34.97		
	100m: 1:04.79 34.20	200m: 2:14.29 34.87	300m: 3:22.15 34.27	400m: 4:30.91 33.79		
2.	Ana Rita Oliveira	92	Pimpões/Cimai	4:36.25	+0,90	642
	50m: 31.10 31.10	150m: 1:39.47 34.52	250m: 2:48.63 34.41	350m: 4:00.14 36.26		
	100m: 1:04.95 33.85	200m: 2:14.22 34.75	300m: 3:23.88 35.25	400m: 4:36.25 36.11		
3.	Joana Catarina Santa	92	Litoral Alentejano	4:39.57	+0,95	619
	50m: 32.16 32.16	150m: 1:42.72 35.56	250m: 2:53.96 35.34	350m: 4:04.55 35.13		
	100m: 1:07.16 35.00	200m: 2:18.62 35.90	300m: 3:29.42 35.46	400m: 4:39.57 35.02		
4.	Raquel Bartolo Vitor	93	Académica de Coimbra	4:43.39	+0,81	594
	50m: 32.59 32.59	150m: 1:43.33 35.65	250m: 2:55.68 36.31	350m: 4:08.53 36.28		
	100m: 1:07.68 35.09	200m: 2:19.37 36.04	300m: 3:32.25 36.57	400m: 4:43.39 34.86		

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Prova 22, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Tania Martins Garcia	92	Ginásio Figueirense	4:48.75	+0,94	562
	50m: 32.39 32.39	150m: 1:42.91 35.84	250m: 2:57.36 37.41	350m: 4:11.87 37.68		
	100m: 1:07.07 34.68	200m: 2:19.95 37.04	300m: 3:34.19 36.83	400m: 4:48.75 36.88		
6.	Barbara Daniela Sousa	92	Natação de Valongo	4:50.87	+0,84	550
	50m: 32.54 32.54	150m: 1:45.34 36.76	250m: 2:59.80 37.26	350m: 4:15.43 37.73		
	100m: 1:08.58 36.04	200m: 2:22.54 37.20	300m: 3:37.70 37.90	400m: 4:50.87 35.44		
7.	Ana Mafalda Oliveira	81	Natação da Maia	4:52.78	+1,07	539
	50m: 33.25 33.25	150m: 1:46.85 37.30	250m: 3:01.50 36.97	350m: 4:16.25 37.22		
	100m: 1:09.55 36.30	200m: 2:24.53 37.68	300m: 3:39.03 37.53	400m: 4:52.78 36.53		
8.	Mariana Oliveira Damaso	93	Naval de Ponta Delgada	4:53.90	+0,90	533
	50m: 33.00 33.00	150m: 1:47.22 37.50	250m: 3:02.58 37.52	350m: 4:17.68 37.38		
	100m: 1:09.72 36.72	200m: 2:25.06 37.84	300m: 3:40.30 37.72	400m: 4:53.90 36.22		
9.	Rute Sofia Teixeira	90	Ginásio Santo Tirso	4:55.85	+1,03	522
	50m: 32.67 32.67	150m: 1:45.38 36.79	250m: 3:01.67 38.30	350m: 4:18.95 38.39		
	100m: 1:08.59 35.92	200m: 2:23.37 37.99	300m: 3:40.56 38.89	400m: 4:55.85 36.90		

Juniores

1.	Ines Filipa Costa	94	Física de Torres Vedras	4:51.87	+0,96	544
	50m: 32.69 32.69	150m: 1:46.89 37.59	250m: 3:01.47 37.26	350m: 4:16.72 37.92		
	100m: 1:09.30 36.61	200m: 2:24.21 37.32	300m: 3:38.80 37.33	400m: 4:51.87 35.15		
2.	Nance Antunes Vinagre	95	Bombeiros dos Estoris	4:55.80	+1,00	523
	50m: 34.12 34.12	150m: 1:47.51 36.63	250m: 3:02.98 38.10	350m: 4:20.07 38.14		
	100m: 1:10.88 36.76	200m: 2:24.88 37.37	300m: 3:41.93 38.95	400m: 4:55.80 35.73		
3.	Andreia Sofia Torres	95	Gespacos	4:57.39	+0,97	514
	50m: 32.09 32.09	150m: 1:46.79 37.75	250m: 3:03.51 38.40	350m: 4:20.71 38.68		
	100m: 1:09.04 36.95	200m: 2:25.11 38.32	300m: 3:42.03 38.52	400m: 4:57.39 36.68		
4.	Ines Maria Mota	95	Fluvial Portuense	4:59.06	+0,91	506
	50m: 33.64 33.64	150m: 1:47.55 37.73	250m: 3:05.37 39.02	350m: 4:20.71 37.18		
	100m: 1:09.82 36.18	200m: 2:26.35 38.80	300m: 3:43.53 38.16	400m: 4:59.06 38.35		
5.	Rita Soares Reis	95	Desportiva Limiana	4:59.58	+0,85	503
	50m: 33.69 33.69	150m: 1:49.99 38.72	250m: 3:06.97 38.59	350m: 4:24.28 38.77		
	100m: 1:11.27 37.58	200m: 2:28.38 38.39	300m: 3:45.51 38.54	400m: 4:59.58 35.30		
6.	Cristiana Silva Ulpiano	95	Lisnave	5:16.13	+0,94	428
	50m: 34.98 34.98	150m: 1:54.59 40.00	250m: 3:15.59 40.30	350m: 4:36.79 40.40		
	100m: 1:14.59 39.61	200m: 2:35.29 40.70	300m: 3:56.39 40.80	400m: 5:16.13 39.34		

Juvenis

1.	Diana Margarida Duraes	96	Foca	4:34.38	+0,89	655
	50m: 30.13 30.13	150m: 1:38.87 34.88	250m: 2:48.57 34.71	350m: 3:59.76 35.71		
	100m: 1:03.99 33.86	200m: 2:13.86 34.99	300m: 3:24.05 35.48	400m: 4:34.38 34.62		
2.	Mariana Jesus Costa	96	Alcobaça	4:46.73	+0,92	574
	50m: 31.34 31.34	150m: 1:42.13 36.00	250m: 2:55.67 36.96	350m: 4:10.07 37.20		
	100m: 1:06.13 34.79	200m: 2:18.71 36.58	300m: 3:32.87 37.20	400m: 4:46.73 36.66		
3.	Beatriz Camilo Arsenio	96	Portinado	4:59.67	+0,92	503
	50m: 32.29 32.29	150m: 1:45.04 37.27	250m: 3:01.88 38.84	350m: 4:20.83 39.53		
	100m: 1:07.77 35.48	200m: 2:23.04 38.00	300m: 3:41.30 39.42	400m: 4:59.67 38.84		

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Prova 22, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Renata Castro Goncalves	96	Sporting de Aveiro	5:10.37	+0,95	452
	50m: 34.18 34.18	150m: 1:51.31 39.07	250m: 3:10.76 39.78	350m: 4:31.11 40.05		
	100m: 1:12.24 38.06	200m: 2:30.98 39.67	300m: 3:51.06 40.30	400m: 5:10.37 39.26		
5.	Teresa Manuela Aires	96	Sporting de Espinho	5:13.26	+0,97	440
	50m: 34.46 34.46	150m: 1:52.36 39.30	250m: 3:13.14 40.72	350m: 4:34.33 40.79		
	100m: 1:13.06 38.60	200m: 2:32.42 40.06	300m: 3:53.54 40.40	400m: 5:13.26 38.93		
6.	Daniela Valente Ferreira	96	Estamos Juntos	5:14.29	+0,92	436
	50m: 34.34 34.34	150m: 1:50.88 38.78	250m: 3:11.11 40.67	350m: 4:34.93 42.55		
	100m: 1:12.10 37.76	200m: 2:30.44 39.56	300m: 3:52.38 41.27	400m: 5:14.29 39.36		

Infantis A

1.	Filipa Vilas Ruivo	97	Náutico da Marinha Grande	4:42.63	+1,01	599
	50m: 31.23 31.23	150m: 1:41.23 35.64	250m: 2:54.30 36.37	350m: 4:07.04 36.36		
	100m: 1:05.59 34.36	200m: 2:17.93 36.70	300m: 3:30.68 36.38	400m: 4:42.63 35.59		
2.	M. Mascarenhas	97	Naval Setubalense	4:52.98	+0,96	538
	50m: 33.94 33.94	150m: 1:47.46 37.47	250m: 3:03.24 37.07	350m: 4:17.92 37.26		
	100m: 1:09.99 36.05	200m: 2:26.17 38.71	300m: 3:40.66 37.42	400m: 4:52.98 35.06		
3.	Ana Sofia Ramos	97	Fafe	5:03.73	+1,12	483
	50m: 34.16 34.16	150m: 1:50.22 38.59	250m: 3:07.50 38.74	350m: 4:25.86 39.38		
	100m: 1:11.63 37.47	200m: 2:28.76 38.54	300m: 3:46.48 38.98	400m: 5:03.73 37.87		