

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

Prova 24 Femin., 4 x 100m Livres Absolutos  
13.12.09 - 17:25 Resultados

Recorde Nacional Absoluto 3:47.14 Futebol Clube do Porto/Dolce Vita FCP Leiria 6.12.09

Pontos: FINA 2009

Lugar	Clube	Tempo Final	TReac	Pts
1.	Portinado-FEM-ABS Portinado	<b>4:06.02</b>	<b>+0,73</b>	<b>669</b>
	Helyana Maria Moitalta <span style="margin-left: 20px;">+0,73</span> <span style="margin-left: 20px;">28.70</span> <span style="margin-left: 20px;">59.71</span>		<span style="margin-left: 20px;">Ariana Alves Nunes</span> <span style="margin-left: 20px;">+0,28</span> <span style="margin-left: 20px;">29.95</span>	<span style="margin-left: 20px;">1:03.04</span>
	Beatriz Alves Silva <span style="margin-left: 20px;">+0,18</span> <span style="margin-left: 20px;">28.92</span> <span style="margin-left: 20px;">1:02.77</span>		<span style="margin-left: 20px;">Ines Jesus Bringel</span> <span style="margin-left: 20px;">+0,30</span> <span style="margin-left: 20px;">28.14</span>	<span style="margin-left: 20px;">1:00.50</span>
2.	Gespacos-FEM-ABS Gespacos	<b>4:07.74</b>	<b>+0,85</b>	<b>655</b>
	Diana Patricia Ferreira <span style="margin-left: 20px;">+0,85</span> <span style="margin-left: 20px;">29.21</span> <span style="margin-left: 20px;">1:00.52</span>		<span style="margin-left: 20px;">Sara Monteiro Meireles</span> <span style="margin-left: 20px;">+0,67</span> <span style="margin-left: 20px;">30.34</span>	<span style="margin-left: 20px;">1:03.38</span>
	Ana Sofia Matos <span style="margin-left: 20px;">+0,43</span> <span style="margin-left: 20px;">28.74</span> <span style="margin-left: 20px;">1:01.85</span>		<span style="margin-left: 20px;">Ana Rita Cunha</span> <span style="margin-left: 20px;">+0,75</span> <span style="margin-left: 20px;">29.62</span>	<span style="margin-left: 20px;">1:01.99</span>
3.	Naval de Ponta Delgada-FEM-ABS Naval de Ponta Delgada	<b>4:09.84</b>	<b>+0,80</b>	<b>639</b>
	Carolina Ferreira Raposo <span style="margin-left: 20px;">+0,80</span> <span style="margin-left: 20px;">30.79</span> <span style="margin-left: 20px;">1:04.72</span>		<span style="margin-left: 20px;">Mariana Oliveira Damaso</span> <span style="margin-left: 20px;">+0,48</span> <span style="margin-left: 20px;">30.43</span>	<span style="margin-left: 20px;">1:04.11</span>
	Ana Marta Resendes <span style="margin-left: 20px;">+0,50</span> <span style="margin-left: 20px;">29.59</span> <span style="margin-left: 20px;">1:02.86</span>		<span style="margin-left: 20px;">Sofia Pavao Machado</span> <span style="margin-left: 20px;">+0,70</span> <span style="margin-left: 20px;">27.59</span>	<span style="margin-left: 20px;">58.15</span>
4.	Alcobaça-FEM-ABS Alcobaça	<b>4:10.10</b>	<b>+0,74</b>	<b>637</b>
	Sara Cristiana Valente <span style="margin-left: 20px;">+0,74</span> <span style="margin-left: 20px;">30.03</span> <span style="margin-left: 20px;">1:02.44</span>		<span style="margin-left: 20px;">Carla Rosario Palma</span> <span style="margin-left: 20px;">+0,39</span> <span style="margin-left: 20px;">29.94</span>	<span style="margin-left: 20px;">1:02.67</span>
	Rita Margarida Gomes <span style="margin-left: 20px;">+0,59</span> <span style="margin-left: 20px;">30.36</span> <span style="margin-left: 20px;">1:03.57</span>		<span style="margin-left: 20px;">Vanessa Carolina Valente</span> <span style="margin-left: 20px;">+0,42</span> <span style="margin-left: 20px;">29.20</span>	<span style="margin-left: 20px;">1:01.42</span>
5.	Pimpões/Cimai-FEM-ABS Pimpões/Cimai	<b>4:10.83</b>	<b>+0,89</b>	<b>631</b>
	Victoriya Kaminskaya <span style="margin-left: 20px;">+0,89</span> <span style="margin-left: 20px;">29.11</span> <span style="margin-left: 20px;">1:00.86</span>		<span style="margin-left: 20px;">Cristina Paris Santos</span> <span style="margin-left: 20px;">+0,39</span> <span style="margin-left: 20px;">30.80</span>	<span style="margin-left: 20px;">1:04.25</span>
	Joana Margarida Guimaraes <span style="margin-left: 20px;">+0,81</span> <span style="margin-left: 20px;">30.00</span> <span style="margin-left: 20px;">1:03.24</span>		<span style="margin-left: 20px;">Ana Rita Oliveira</span> <span style="margin-left: 20px;">+0,54</span> <span style="margin-left: 20px;">29.82</span>	<span style="margin-left: 20px;">1:02.48</span>
6.	Estamos Juntos-FEM-ABS Estamos Juntos	<b>4:11.33</b>	<b>+0,89</b>	<b>627</b>
	Sara Silva Azevedo <span style="margin-left: 20px;">+0,89</span> <span style="margin-left: 20px;">30.74</span> <span style="margin-left: 20px;">1:03.89</span>		<span style="margin-left: 20px;">Ines Martins Silva</span> <span style="margin-left: 20px;">+0,28</span> <span style="margin-left: 20px;">29.78</span>	<span style="margin-left: 20px;">1:02.42</span>
	Daniela Valente Ferreira <span style="margin-left: 20px;">+0,64</span> <span style="margin-left: 20px;">32.21</span> <span style="margin-left: 20px;">1:07.18</span>		<span style="margin-left: 20px;">Ana Pinho Rodrigues</span> <span style="margin-left: 20px;">+0,18</span> <span style="margin-left: 20px;">26.52</span>	<span style="margin-left: 20px;">57.84</span>
7.	Foca-FEM-ABS Foca	<b>4:12.13</b>	<b>+0,92</b>	<b>621</b>
	Gilberta Cristina Barbosa <span style="margin-left: 20px;">+0,92</span> <span style="margin-left: 20px;">30.09</span> <span style="margin-left: 20px;">1:02.38</span>		<span style="margin-left: 20px;">Sofia Cunha Sousa</span> <span style="margin-left: 20px;">+0,30</span> <span style="margin-left: 20px;">30.71</span>	<span style="margin-left: 20px;">1:04.35</span>
	Lia Marques Teixeira <span style="margin-left: 20px;">+0,53</span> <span style="margin-left: 20px;">30.57</span> <span style="margin-left: 20px;">1:04.12</span>		<span style="margin-left: 20px;">Diana Margarida Duraes</span> <span style="margin-left: 20px;"></span> <span style="margin-left: 20px;">29.27</span>	<span style="margin-left: 20px;">1:01.28</span>
8.	Académico Viseu-FEM-ABS Académico Viseu	<b>4:12.18</b>	<b>+0,99</b>	<b>621</b>
	Ines Sofia Sampaio <span style="margin-left: 20px;">+0,99</span> <span style="margin-left: 20px;">30.39</span> <span style="margin-left: 20px;">1:03.33</span>		<span style="margin-left: 20px;">Catarina Raquel Domingos</span> <span style="margin-left: 20px;">+0,48</span> <span style="margin-left: 20px;">30.17</span>	<span style="margin-left: 20px;">1:03.80</span>
	Margarida Ferreira Duarte <span style="margin-left: 20px;">+0,54</span> <span style="margin-left: 20px;">30.63</span> <span style="margin-left: 20px;">1:04.66</span>		<span style="margin-left: 20px;">Ana Margarida Domingos</span> <span style="margin-left: 20px;">+0,34</span> <span style="margin-left: 20px;">28.74</span>	<span style="margin-left: 20px;">1:00.39</span>
9.	Litoral Alentejano-FEM-ABS Litoral Alentejano	<b>4:15.73</b>	<b>+0,91</b>	<b>595</b>
	Ines Isabel Margarido <span style="margin-left: 20px;">+0,91</span> <span style="margin-left: 20px;">30.04</span> <span style="margin-left: 20px;">1:03.02</span>		<span style="margin-left: 20px;">Ana Catarina Mateus</span> <span style="margin-left: 20px;">+0,71</span> <span style="margin-left: 20px;">31.06</span>	<span style="margin-left: 20px;">1:04.92</span>
	Maria Clara Marques <span style="margin-left: 20px;">+0,61</span> <span style="margin-left: 20px;">30.72</span> <span style="margin-left: 20px;">1:04.59</span>		<span style="margin-left: 20px;">Joana Catarina Santa</span> <span style="margin-left: 20px;">+0,55</span> <span style="margin-left: 20px;">30.09</span>	<span style="margin-left: 20px;">1:03.20</span>
10.	Bombeiros dos Estoris-FEM-ABS Bombeiros dos Estoris	<b>4:17.72</b>	<b>+1,02</b>	<b>582</b>
	Mariana Costa Cabral <span style="margin-left: 20px;">+1,02</span> <span style="margin-left: 20px;">30.58</span> <span style="margin-left: 20px;">1:03.62</span>		<span style="margin-left: 20px;">Nance Antunes Vinagre</span> <span style="margin-left: 20px;">+0,44</span> <span style="margin-left: 20px;">31.69</span>	<span style="margin-left: 20px;">1:05.46</span>
	Ana Catarina Mateus <span style="margin-left: 20px;">+0,39</span> <span style="margin-left: 20px;">30.44</span> <span style="margin-left: 20px;">1:04.26</span>		<span style="margin-left: 20px;">Carine Lederer</span> <span style="margin-left: 20px;">+1,23</span> <span style="margin-left: 20px;">31.08</span>	<span style="margin-left: 20px;">1:04.38</span>
11.	Natação da Maia-FEM-ABS Natação da Maia	<b>4:17.84</b>	<b>+0,76</b>	<b>581</b>
	Carolina Santos Silva <span style="margin-left: 20px;">+0,76</span> <span style="margin-left: 20px;">29.98</span> <span style="margin-left: 20px;">1:03.37</span>		<span style="margin-left: 20px;">Filipa Vieira Sousa</span> <span style="margin-left: 20px;">+0,64</span> <span style="margin-left: 20px;">30.58</span>	<span style="margin-left: 20px;">1:04.15</span>
	Catia Santos Ramalho <span style="margin-left: 20px;">+0,55</span> <span style="margin-left: 20px;">29.83</span> <span style="margin-left: 20px;">1:03.30</span>		<span style="margin-left: 20px;">Ana Mafalda Oliveira</span> <span style="margin-left: 20px;">+0,35</span> <span style="margin-left: 20px;">32.03</span>	<span style="margin-left: 20px;">1:07.02</span>
12.	Académica de Coimbra-FEM-ABS Académica de Coimbra	<b>4:18.18</b>	<b>+0,92</b>	<b>579</b>
	Joana Ines Oliveira <span style="margin-left: 20px;">+0,92</span> <span style="margin-left: 20px;">30.88</span> <span style="margin-left: 20px;">1:04.90</span>		<span style="margin-left: 20px;">Bruna Miguel Pereira</span> <span style="margin-left: 20px;">+0,65</span> <span style="margin-left: 20px;">30.83</span>	<span style="margin-left: 20px;">1:04.71</span>
	Ana Filipa Leite <span style="margin-left: 20px;">+0,54</span> <span style="margin-left: 20px;">30.84</span> <span style="margin-left: 20px;">1:05.49</span>		<span style="margin-left: 20px;">Rita Nair Ferreira</span> <span style="margin-left: 20px;">+0,47</span> <span style="margin-left: 20px;">29.80</span>	<span style="margin-left: 20px;">1:03.08</span>
13.	Náutico da Marinha Grande-FEM-ABS Náutico da Marinha Grande	<b>4:20.51</b>	<b>+0,87</b>	<b>563</b>
	Ana Carolina Valente <span style="margin-left: 20px;">+0,87</span> <span style="margin-left: 20px;">31.19</span> <span style="margin-left: 20px;">1:05.84</span>		<span style="margin-left: 20px;">Joana Margarida Gaspar</span> <span style="margin-left: 20px;">+0,73</span> <span style="margin-left: 20px;">29.84</span>	<span style="margin-left: 20px;">1:03.12</span>
	Ana Monica Eloi <span style="margin-left: 20px;">+0,72</span> <span style="margin-left: 20px;">31.52</span> <span style="margin-left: 20px;">1:07.43</span>		<span style="margin-left: 20px;">Filipa Vilas Ruivo</span> <span style="margin-left: 20px;">+0,57</span> <span style="margin-left: 20px;">30.77</span>	<span style="margin-left: 20px;">1:04.12</span>
14.	Física de Torres Vedras-FEM-ABS Física de Torres Vedras	<b>4:20.58</b>	<b>+1,10</b>	<b>563</b>
	Francisca Maria Santos <span style="margin-left: 20px;">+1,10</span> <span style="margin-left: 20px;">31.07</span> <span style="margin-left: 20px;">1:04.92</span>		<span style="margin-left: 20px;">Mariana Alves Matias</span> <span style="margin-left: 20px;">+0,80</span> <span style="margin-left: 20px;">31.73</span>	<span style="margin-left: 20px;">1:06.19</span>
	Joana Domingos Ribeiro <span style="margin-left: 20px;">+0,80</span> <span style="margin-left: 20px;">31.60</span> <span style="margin-left: 20px;">1:06.13</span>		<span style="margin-left: 20px;">Ines Filipa Costa</span> <span style="margin-left: 20px;">+0,77</span> <span style="margin-left: 20px;">30.24</span>	<span style="margin-left: 20px;">1:03.34</span>

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

Prova 24, Femin., 4 x 100m Livres, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts
15.	Lisnave-FEM-ABS	Lisnave	<b>4:20.62</b> +0,89	563
	Carolina Saraiva Pires +0,89	31.19 1:04.80	Cristiana Silva Ulpiano +0,53	32.28 1:07.79
	Filipa Silva Cruz +0,34	30.77 1:05.29	Andreia Silva Cruz +0,29	29.98 1:02.74
16.	Naval Setubalense-FEM-ABS	Naval Setubalense	<b>4:22.62</b> +0,91	550
	Filipa Santos Neto +0,91	31.18 1:04.43	Anaisa Matos Santos +0,30	31.19 1:05.87
	Maria Mar Costa +0,39	30.87 1:06.78	Mariana Ramalinho Mascarenhas +0,56	31.86 1:05.54
17.	Desportiva Limiana-FEM-ABS	Desportiva Limiana	<b>4:22.94</b> +0,83	548
	Maria Ana Magalhaes +0,83	30.19 1:02.04	Joana Vitorino Mendes +0,46	32.49 1:08.44
	Carolina Quintela Martins +0,74	33.44 1:09.37	Rita Soares Reis +0,58	30.02 1:03.09
18.	Natação de Valongo-FEM-ABS	Natação de Valongo	<b>4:23.36</b> +0,85	545
	Mariana Oliveira Vale +0,85	29.17 1:00.50	Barbara Daniela Sousa +0,43	23.11 1:05.24
	Catia Marisa Silva +0,52	32.30 1:08.06	Ines Oliveira Vale +0,58	32.93 1:09.56
19.	Ginásio Santo Tirso-FEM-ABS	Ginásio Santo Tirso	<b>4:24.19</b> +0,88	540
	Maria Joao Jose +0,88	31.35 1:06.34	Rute Sofia Teixeira +0,64	30.85 1:04.56
	Helena Manuel Jose +0,50	30.85 1:06.13	Maria Joao Oliveira +0,23	31.59 1:07.16
20.	Fafe-FEM-ABS	Fafe	<b>4:24.29</b> +0,88	539
	Beatriz Magalhaes Sampaio +0,88	31.27 1:05.12	Isabel Rovisco Monteiro +0,71	29.37 1:01.43
	Ana Sofia Ramos +0,47	32.66 1:09.07	Ana Rita Freitas +0,64	32.66 1:08.67
21.	Ginásio Figueirense-FEM-ABS	Ginásio Figueirense	<b>4:26.04</b> +0,92	529
	Tatiana Filipa Santos +0,92	31.51 1:05.97	Maria Joao Paixao +0,02	33.11 1:09.71
	Beatriz Rocha Nunes +0,48	31.21 1:05.63	Tania Martins Garcia +0,56	31.22 1:04.73
22.	Fluvial Portuense-FEM-ABS	Fluvial Portuense	<b>4:30.96</b> +0,88	501
	Ines Maria Mota +0,88	31.92 1:06.33	Joana Sofia Amorim +0,48	33.07 1:03.28
	Maria Joao Esteves +1,61	33.31 1:09.81	Ana Filipa Morais	37.21 1:11.54
23.	Sporting de Espinho-FEM-ABS	Sporting de Espinho	<b>4:35.67</b> +0,85	475
	Raquel Maria Lima +0,85	32.53 1:08.83	Teresa Manuela Aires +0,61	32.72 1:09.46
	Maria Joao Oliveira +0,48	32.02 1:07.72	Ines Manuela Freitas +0,79	33.53 1:09.66
24.	Sporting de Aveiro-FEM-ABS	Sporting de Aveiro	<b>4:40.70</b> +1,73	450
	Ana Raquel Albuquerque +1,73	32.94 1:09.37	Catarina Filipa Arede +0,62	33.87 1:09.58
	Renata Castro Goncalves +0,88	31.63 1:06.92	Rita Maria Ferreira +0,82	35.80 1:14.83