

Campeonatos Nacionais de Clubes 4ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 13
12.12.09 - 11:40

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.	Catia Vanessa Moura	90	Ancorensis/Serralharia Ribeiro	+1,01	9:39.84	601
	100m: 1:07.26 1:07.26	300m: 3:31.80 1:13.04	500m: 5:58.86 1:13.68	700m: 8:27.64 1:14.57		
	200m: 2:18.76 1:11.50	400m: 4:45.18 1:13.38	600m: 7:13.07 1:14.21	800m: 9:39.84 1:12.20		
2.	Ana Catarina Costa	95	Feirense	+0,93	9:55.28	555
	100m: 1:10.08 1:10.08	300m: 3:39.52 1:14.78	500m: 6:10.43 1:15.52	700m: 8:41.62 1:15.59		
	200m: 2:24.74 1:14.66	400m: 4:54.91 1:15.39	600m: 7:26.03 1:15.60	800m: 9:55.28 1:13.66		
3.	Catarina Correia Simoes	93	Natação de Olhão	+0,95	9:58.84	545
	100m: 1:09.50 1:09.50	300m: 3:40.28 1:15.98	500m: 6:12.09 1:16.20	700m: 8:45.09 1:15.89		
	200m: 2:24.30 1:14.80	400m: 4:55.89 1:15.61	600m: 7:29.20 1:17.11	800m: 9:58.84 1:13.75		
4.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	+0,86	9:59.80	543
	100m: 1:12.25 1:12.25	300m: 3:44.15 1:15.69	500m: 6:15.62 1:15.62	700m: 8:47.29 1:15.72		
	200m: 2:28.46 1:16.21	400m: 5:00.00 1:15.85	600m: 7:31.57 1:15.95	800m: 9:59.80 1:12.51		
5.	Catia Sofia Rodrigues	95	Paredes/Rota dos Moveis	+1,01	10:01.22	539
	100m: 1:11.43 1:11.43	300m: 3:43.16 1:15.38	500m: 6:15.73 1:15.92	700m: 8:48.13 1:15.88		
	200m: 2:27.78 1:16.35	400m: 4:59.81 1:16.65	600m: 7:32.25 1:16.52	800m: 10:01.22 1:13.09		
6.	Denise Arrojado Silva	92	Estarreja	+0,95	10:11.91	511
	100m: 1:11.22 1:11.22	300m: 3:44.06 1:17.07	500m: 6:18.48 1:17.10	700m: 8:54.85 1:17.99		
	200m: 2:26.99 1:15.77	400m: 5:01.38 1:17.32	600m: 7:36.86 1:18.38	800m: 10:11.91 1:17.06		
7.	Marcia Filipa Carvalho	96	Torres Novas	+1,05	10:16.30	500
	100m: 1:10.09 1:10.09	300m: 3:40.11 1:15.16	500m: 6:15.75 1:18.33	700m: 8:56.71 1:21.27		
	200m: 2:24.95 1:14.86	400m: 4:57.42 1:17.31	600m: 7:35.44 1:19.69	800m: 10:16.30 1:19.59		
8.	Ana Rita Ferreira	92	Natação do Tejo	+1,06	10:19.73	492
	100m: 1:12.88 1:12.88	300m: 3:47.06 1:17.31	500m: 6:23.10 1:18.31	700m: 9:01.15 1:19.42		
	200m: 2:29.75 1:16.87	400m: 5:04.79 1:17.73	600m: 7:41.73 1:18.63	800m: 10:19.73 1:18.58		
9.	Adriana Fialho Passarinho	93	Benedita	+0,87	10:23.19	484
	100m: 1:12.40 1:12.40	300m: 3:47.72 1:17.89	500m: 6:25.48 1:18.73	700m: 9:05.60 1:19.92		
	200m: 2:29.83 1:17.43	400m: 5:06.75 1:19.03	600m: 7:45.68 1:20.20	800m: 10:23.19 1:17.59		
10.	Sofia Pereira Almeida	91	Alhandra	+0,96	10:24.04	482
	100m: 1:10.43 1:10.43	300m: 3:47.44 1:19.09	500m: 6:28.55 1:20.30	700m: 9:07.15 1:19.56		
	200m: 2:28.35 1:17.92	400m: 5:08.25 1:20.81	600m: 7:47.59 1:19.04	800m: 10:24.04 1:16.89		
11.	Sara Caeiro Urbano	93	Aminata	+0,87	10:27.18	475
	100m: 1:11.17 1:11.17	300m: 3:50.62 1:21.12	500m: 6:30.62 1:19.97	700m: 9:10.60 1:19.79		
	200m: 2:29.50 1:18.33	400m: 5:10.65 1:20.03	600m: 7:50.81 1:20.19	800m: 10:27.18 1:16.58		
12.	Ana Rita Bras	92	Palmela	+1,03	10:34.81	458
	100m: 1:13.21 1:13.21	300m: 3:53.30 1:19.97	500m: 6:34.93 1:20.98	700m: 9:16.96 1:21.31		
	200m: 2:33.33 1:20.12	400m: 5:13.95 1:20.65	600m: 7:55.65 1:20.72	800m: 10:34.81 1:17.85		
13.	Claudia Filipa Silva	95	Miranda do Corvo	+0,95	10:45.02	436
	100m: 1:17.85 1:17.85	300m: 3:59.74 1:20.87	500m: 6:42.38 1:21.25	700m: 9:24.97 1:21.26		
	200m: 2:38.87 1:21.02	400m: 5:21.13 1:21.39	600m: 8:03.71 1:21.33	800m: 10:45.02 1:20.05		
14.	Barbara Pinto Martins	94	Propaganda da Natação	+0,98	10:48.81	429
	100m: 1:11.76 1:11.76	300m: 3:55.87 1:22.75	500m: 6:41.95 1:22.94	700m: 9:28.08 1:23.02		
	200m: 2:33.12 1:21.36	400m: 5:19.01 1:23.14	600m: 8:05.06 1:23.11	800m: 10:48.81 1:20.73		

Campeonatos Nacionais de Clubes 4ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 13, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
15.	Mafalda Cristina Pita	97	Eléctrico	+1,04	10:52.14	422
	100m: 1:15.10 1:15.10	300m: 3:57.96 1:21.80	500m: 6:43.31 1:23.39	700m: 9:29.92 1:23.91		
	200m: 2:36.16 1:21.06	400m: 5:19.92 1:21.96	600m: 8:06.01 1:22.70	800m: 10:52.14 1:22.22		
16.	Luisa Martins Condeco	96	Scalabisport	+1,03	10:54.85	417
	100m: 1:11.83 1:11.83	300m: 3:52.34 1:22.09	500m: 6:40.72 1:24.58	700m: 9:30.99 1:23.99		
	200m: 2:30.25 1:18.42	400m: 5:16.14 1:23.80	600m: 8:07.00 1:26.28	800m: 10:54.85 1:23.86		
17.	Ana Sofia Vasconcelos	95	Beja	+0,87	10:55.90	415
	100m: 1:16.38 1:16.38	300m: 4:03.33 1:24.16	500m: 6:51.51 1:24.19	700m: 9:38.65 1:23.15		
	200m: 2:39.17 1:22.79	400m: 5:27.32 1:23.99	600m: 8:15.50 1:23.99	800m: 10:55.90 1:17.25		
18.	Joana Varandas Borges	96	Interior Norte	+0,76	11:04.32	400
	100m: 1:15.53 1:15.53	300m: 3:58.54 1:22.14	500m: 6:47.59 1:25.13	700m: 9:39.92 1:26.15		
	200m: 2:36.40 1:20.87	400m: 5:22.46 1:23.92	600m: 8:13.77 1:26.18	800m: 11:04.32 1:24.40		
19.	Joana Meira Almeida	94	Salvaterra Magos	+0,93	11:10.42	389
	100m: 1:15.12 1:15.12	300m: 4:03.70 1:25.48	500m: 6:57.01 1:27.25	700m: 9:49.42 1:25.82		
	200m: 2:38.22 1:23.10	400m: 5:29.76 1:26.06	600m: 8:23.60 1:26.59	800m: 11:10.42 1:21.00		
20.	Isabel Reis Silva	96	Núcleo Sportinguista	+1,00	11:11.80	386
	100m: 1:17.01 1:17.01	300m: 4:07.34 1:26.69	500m: 6:58.27 1:24.98	700m: 9:50.14 1:26.86		
	200m: 2:40.65 1:23.64	400m: 5:33.29 1:25.95	600m: 8:23.28 1:25.01	800m: 11:11.80 1:21.66		
21.	Ana Luisa Ramos	95	Gafanha da Encarnacao	+0,96	11:15.35	380
	100m: 1:17.99 1:17.99	300m: 4:09.93 1:26.42	500m: 7:01.16 1:25.89	700m: 9:54.46 1:26.65		
	200m: 2:43.51 1:25.52	400m: 5:35.27 1:25.34	600m: 8:27.81 1:26.65	800m: 11:15.35 1:20.89		
22.	Filipa Chalim Rebelo	97	Bombeiros Ponta Delgada	+0,96	11:32.17	353
	100m: 1:19.16 1:19.16	300m: 4:16.12 1:28.75	500m: 7:12.77 1:28.95	700m: 10:08.34 1:28.02		
	200m: 2:47.37 1:28.21	400m: 5:43.82 1:27.70	600m: 8:40.32 1:27.55	800m: 11:32.17 1:23.83		
23.	Ines Rosa Farinha	97	Tavira Natação	+0,91	11:32.40	353
	100m: 1:20.91 1:20.91	300m: 4:16.45 1:27.59	500m: 7:13.14 1:28.92	700m: 10:09.00 1:27.84		
	200m: 2:48.86 1:27.95	400m: 5:44.22 1:27.77	600m: 8:41.16 1:28.02	800m: 11:32.40 1:23.40		
24.	Marcia Jacinto Santos	98	Bombeiros das Caldas Raínha		11:55.80	319
	100m: 1:25.06 1:25.06	300m: 4:26.97 1:30.60	500m: 7:28.96 1:31.29	700m: 10:29.66 1:31.09		
	200m: 2:56.37 1:31.31	400m: 5:57.67 1:30.70	600m: 8:58.57 1:29.61	800m: 11:55.80 1:26.14		

Seniores

1.	Catia Vanessa Moura	90	Ancorensis/Serralharia Ribeiro	+1,01	9:39.84	601
	100m: 1:07.26 1:07.26	300m: 3:31.80 1:13.04	500m: 5:58.86 1:13.68	700m: 8:27.64 1:14.57		
	200m: 2:18.76 1:11.50	400m: 4:45.18 1:13.38	600m: 7:13.07 1:14.21	800m: 9:39.84 1:12.20		
2.	Catarina Correia Simoes	93	Natação de Olhão	+0,95	9:58.84	545
	100m: 1:09.50 1:09.50	300m: 3:40.28 1:15.98	500m: 6:12.09 1:16.20	700m: 8:45.09 1:15.89		
	200m: 2:24.30 1:14.80	400m: 4:55.89 1:15.61	600m: 7:29.20 1:17.11	800m: 9:58.84 1:13.75		
3.	Denise Arrojado Silva	92	Estarreja	+0,95	10:11.91	511
	100m: 1:11.22 1:11.22	300m: 3:44.06 1:17.07	500m: 6:18.48 1:17.10	700m: 8:54.85 1:17.99		
	200m: 2:26.99 1:15.77	400m: 5:01.38 1:17.32	600m: 7:36.86 1:18.38	800m: 10:11.91 1:17.06		
4.	Ana Rita Ferreira	92	Natação do Tejo	+1,06	10:19.73	492
	100m: 1:12.88 1:12.88	300m: 3:47.06 1:17.31	500m: 6:23.10 1:18.31	700m: 9:01.15 1:19.42		
	200m: 2:29.75 1:16.87	400m: 5:04.79 1:17.73	600m: 7:41.73 1:18.63	800m: 10:19.73 1:18.58		

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Ponte de Sôr, 12. - 13.12.2009

Prova 13, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
5.	Adriana Fialho Passarinho	93	Benedita	+0,87	10:23.19	484
	100m: 1:12.40 1:12.40	300m: 3:47.72 1:17.89	500m: 6:25.48 1:18.73	700m: 9:05.60 1:19.92		
	200m: 2:29.83 1:17.43	400m: 5:06.75 1:19.03	600m: 7:45.68 1:20.20	800m: 10:23.19 1:17.59		
6.	Sofia Pereira Almeida	91	Alhandra	+0,96	10:24.04	482
	100m: 1:10.43 1:10.43	300m: 3:47.44 1:19.09	500m: 6:28.55 1:20.30	700m: 9:07.15 1:19.56		
	200m: 2:28.35 1:17.92	400m: 5:08.25 1:20.81	600m: 7:47.59 1:19.04	800m: 10:24.04 1:16.89		
7.	Sara Caeiro Urbano	93	Aminata	+0,87	10:27.18	475
	100m: 1:11.17 1:11.17	300m: 3:50.62 1:21.12	500m: 6:30.62 1:19.97	700m: 9:10.60 1:19.79		
	200m: 2:29.50 1:18.33	400m: 5:10.65 1:20.03	600m: 7:50.81 1:20.19	800m: 10:27.18 1:16.58		
8.	Ana Rita Bras	92	Palmela	+1,03	10:34.81	458
	100m: 1:13.21 1:13.21	300m: 3:53.30 1:19.97	500m: 6:34.93 1:20.98	700m: 9:16.96 1:21.31		
	200m: 2:33.33 1:20.12	400m: 5:13.95 1:20.65	600m: 7:55.65 1:20.72	800m: 10:34.81 1:17.85		

16 anos

1.	Barbara Pinto Martins	94	Propaganda da Natação	+0,98	10:48.81	429
	100m: 1:11.76 1:11.76	300m: 3:55.87 1:22.75	500m: 6:41.95 1:22.94	700m: 9:28.08 1:23.02		
	200m: 2:33.12 1:21.36	400m: 5:19.01 1:23.14	600m: 8:05.06 1:23.11	800m: 10:48.81 1:20.73		
2.	Joana Meira Almeida	94	Salvaterra Magos	+0,93	11:10.42	389
	100m: 1:15.12 1:15.12	300m: 4:03.70 1:25.48	500m: 6:57.01 1:27.25	700m: 9:49.42 1:25.82		
	200m: 2:38.22 1:23.10	400m: 5:29.76 1:26.06	600m: 8:23.60 1:26.59	800m: 11:10.42 1:21.00		

Juvenis

1.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	+0,86	9:59.80	543
	100m: 1:12.25 1:12.25	300m: 3:44.15 1:15.69	500m: 6:15.62 1:15.62	700m: 8:47.29 1:15.72		
	200m: 2:28.46 1:16.21	400m: 5:00.00 1:15.85	600m: 7:31.57 1:15.95	800m: 9:59.80 1:12.51		
2.	Marcia Filipa Carvalho	96	Torres Novas	+1,05	10:16.30	500
	100m: 1:10.09 1:10.09	300m: 3:40.11 1:15.16	500m: 6:15.75 1:18.33	700m: 8:56.71 1:21.27		
	200m: 2:24.95 1:14.86	400m: 4:57.42 1:17.31	600m: 7:35.44 1:19.69	800m: 10:16.30 1:19.59		
3.	Luisa Martins Condeco	96	Scalabisport	+1,03	10:54.85	417
	100m: 1:11.83 1:11.83	300m: 3:52.34 1:22.09	500m: 6:40.72 1:24.58	700m: 9:30.99 1:23.99		
	200m: 2:30.25 1:18.42	400m: 5:16.14 1:23.80	600m: 8:07.00 1:26.28	800m: 10:54.85 1:23.86		
4.	Joana Varandas Borges	96	Interior Norte	+0,76	11:04.32	400
	100m: 1:15.53 1:15.53	300m: 3:58.54 1:22.14	500m: 6:47.59 1:25.13	700m: 9:39.92 1:26.15		
	200m: 2:36.40 1:20.87	400m: 5:22.46 1:23.92	600m: 8:13.77 1:26.18	800m: 11:04.32 1:24.40		
5.	Isabel Reis Silva	96	Núcleo Sportinguista	+1,00	11:11.80	386
	100m: 1:17.01 1:17.01	300m: 4:07.34 1:26.69	500m: 6:58.27 1:24.98	700m: 9:50.14 1:26.86		
	200m: 2:40.65 1:23.64	400m: 5:33.29 1:25.95	600m: 8:23.28 1:25.01	800m: 11:11.80 1:21.66		

Infantis A

1.	Mafalda Cristina Pita	97	Eléctrico	+1,04	10:52.14	422
	100m: 1:15.10 1:15.10	300m: 3:57.96 1:21.80	500m: 6:43.31 1:23.39	700m: 9:29.92 1:23.91		
	200m: 2:36.16 1:21.06	400m: 5:19.92 1:21.96	600m: 8:06.01 1:22.70	800m: 10:52.14 1:22.22		
2.	Filipa Chalim Rebelo	97	Bombeiros Ponta Delgada	+0,96	11:32.17	353
	100m: 1:19.16 1:19.16	300m: 4:16.12 1:28.75	500m: 7:12.77 1:28.95	700m: 10:08.34 1:28.02		
	200m: 2:47.37 1:28.21	400m: 5:43.82 1:27.70	600m: 8:40.32 1:27.55	800m: 11:32.17 1:23.83		

Campeonatos Nacionais de Clubes 4ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 13, Femin., 800m Livres, Infantis A

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
3.	Ines Rosa Farinha	97	Tavira Natação	+0,91	11:32.40	353
	100m: 1:20.91 1:20.91	300m: 4:16.45 1:27.59	500m: 7:13.14 1:28.92	700m: 10:09.00 1:27.84		
	200m: 2:48.86 1:27.95	400m: 5:44.22 1:27.77	600m: 8:41.16 1:28.02	800m: 11:32.40 1:23.40		

Infantis B

1.	Marcia Jacinto Santos	98	Bombeiros das Caldas Rainha		11:55.80	319
	100m: 1:25.06 1:25.06	300m: 4:26.97 1:30.60	500m: 7:28.96 1:31.29	700m: 10:29.66 1:31.09		
	200m: 2:56.37 1:31.31	400m: 5:57.67 1:30.70	600m: 8:58.57 1:29.61	800m: 11:55.80 1:26.14		