

Campeonatos Nacionais de Clubes 1ª e 2ª Divisões  
 S. António Cavaleiros, 19. - 20.12.2009

Prova 1	Femin., 400m Livres				Absolutos
19.12.09 - 10:00	2ª Divisão				Resultados
Recorde Nacional Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	5.12.09
Recorde Nacional Sénior	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	5.12.09
Recorde Nacional Junior	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20.12.04

Pontos: FINA 2009

Lugar	Nome	Ano	Licença	Clube	Tempo final	Pts
1.	Ana Ribeiro Ferreira	92	15634	Famalicão	<b>4:24.56</b>	730
	50m: 29.97 29.97	150m: 1:35.29 33.02	250m: 2:42.22 33.52	350m: 3:50.73 34.30		
	100m: 1:02.27 32.30	200m: 2:08.70 33.41	300m: 3:16.43 34.21	400m: 4:24.56 33.83		
2.	Sara Francisco Cruz	93	10732	Bairro dos Anjos	<b>4:27.29</b>	708
	50m: 30.69 30.69	150m: 1:38.03 33.84	250m: 2:45.28 33.10	350m: 3:53.30 34.34		
	100m: 1:04.19 33.50	200m: 2:12.18 34.15	300m: 3:18.96 33.68	400m: 4:27.29 33.99		
3.	Ana Sofia Fernandes	93	13191	Braga	<b>4:28.50</b>	699
	50m: 30.36 30.36	150m: 1:36.98 33.46	250m: 2:45.07 34.10	350m: 3:54.16 34.59		
	100m: 1:03.52 33.16	200m: 2:10.97 33.99	300m: 3:19.57 34.50	400m: 4:28.50 34.34		
4.	Joana Filipa Capela	89	12794	Benfica	<b>4:32.28</b>	670
	50m: 30.56 30.56	150m: 1:38.88 34.53	250m: 2:49.08 35.10	350m: 3:58.69 34.69		
	100m: 1:04.35 33.79	200m: 2:13.98 35.10	300m: 3:24.00 34.92	400m: 4:32.28 33.59		
5.	Ines Alexandra Paiva	96	100378	Algés	<b>4:34.36</b>	655
	50m: 30.65 30.65	150m: 1:37.85 33.88	250m: 2:47.49 35.12	350m: 3:58.99 36.03		
	100m: 1:03.97 33.32	200m: 2:12.37 34.52	300m: 3:22.96 35.47	400m: 4:34.36 35.37		
6.	Lara Santana Pinheiro	92	14554	Belenenses	<b>4:35.41</b>	647
	50m: 30.60 30.60	150m: 1:40.21 35.32	250m: 2:50.88 35.34	350m: 4:01.58 35.03		
	100m: 1:04.89 34.29	200m: 2:15.54 35.33	300m: 3:26.55 35.67	400m: 4:35.41 33.83		
7.	Ana Filipa Carmo	93	15746	Colégio Vasco da Gama	<b>4:36.43</b>	640
	50m: 31.16 31.16	150m: 1:39.82 34.70	250m: 2:50.46 35.72	350m: 4:01.64 35.70		
	100m: 1:05.12 33.96	200m: 2:14.74 34.92	300m: 3:25.94 35.48	400m: 4:36.43 34.79		
8.	Paula Cristina Melo	93	104793	Natação de Faro	<b>4:37.30</b>	634
	50m: 30.63 30.63	150m: 1:39.64 34.77	250m: 2:50.81 35.85	350m: 4:02.38 35.71		
	100m: 1:04.87 34.24	200m: 2:14.96 35.32	300m: 3:26.67 35.86	400m: 4:37.30 34.92		
9.	Angelica Maria Andre	94	15497	Leixões	<b>4:37.95</b>	630
	50m: 30.54 30.54	150m: 1:39.24 35.13	250m: 2:51.25 36.11	350m: 4:03.42 35.90		
	100m: 1:04.11 33.57	200m: 2:15.14 35.90	300m: 3:27.52 36.27	400m: 4:37.95 34.53		
10.	Daniela Filipa Pinto	91	20610	Vitória de Guimarães	<b>4:38.00</b>	630
	50m: 30.83 30.83	150m: 1:39.13 34.88	250m: 2:50.90 36.25	350m: 4:03.25 36.30		
	100m: 1:04.25 33.42	200m: 2:14.65 35.52	300m: 3:26.95 36.05	400m: 4:38.00 34.75		
11.	Ana Sofia Nobrega	90	24785	Ginásio de Vila Real	<b>4:38.97</b>	623
	50m: 30.92 30.92	150m: 1:39.10 34.63	250m: 2:49.67 35.62	350m: 4:02.33 36.68		
	100m: 1:04.47 33.55	200m: 2:14.05 34.95	300m: 3:25.65 35.98	400m: 4:38.97 36.64		
12.	Tatiana Ladeiro Santos	92	13134	Geslours	<b>4:40.84</b>	611
	50m: 30.53 30.53	150m: 1:40.24 35.48	250m: 2:52.39 36.31	350m: 4:05.50 36.51		
	100m: 1:04.76 34.23	200m: 2:16.08 35.84	300m: 3:28.99 36.60	400m: 4:40.84 35.34		
13.	Luisa Costa Henriques	93	10484	Naval do Funchal	<b>4:44.96</b>	585
	50m: 31.03 31.03	150m: 1:41.10 35.81	250m: 2:55.11 37.41	350m: 4:10.07 37.35		
	100m: 1:05.29 34.26	200m: 2:17.70 36.60	300m: 3:32.72 37.61	400m: 4:44.96 34.89		
14.	Matilde Goncalves Gracio	91	25957	Galitos	<b>4:45.46</b>	581
	50m: 31.96 31.96	150m: 1:41.79 35.60	250m: 2:54.54 36.74	350m: 4:09.30 37.41		
	100m: 1:06.19 34.23	200m: 2:17.80 36.01	300m: 3:31.89 37.35	400m: 4:45.46 36.16		

Merry Christmas



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Lugar	Nome	Ano	Licença	Clube	Tempo final	Pts
15.	Filipa Tenente Macedo	94	103191	Nacional	<b>4:56.18</b>	521
	50m: 32.31 32.31	150m: 1:45.63 37.19	250m: 3:01.89 38.20	350m: 4:18.95 38.49		
	100m: 1:08.44 36.13	200m: 2:23.69 38.06	300m: 3:40.46 38.57	400m: 4:56.18 37.23		
16.	Flavia Daniela Goncalves	96	26907	Desportiva de Viana	<b>5:06.97</b>	468
	50m: 33.37 33.37	150m: 1:49.64 38.42	250m: 3:08.09 39.45	350m: 4:28.05 40.01		
	100m: 1:11.22 37.85	200m: 2:28.64 39.00	300m: 3:48.04 39.95	400m: 5:06.97 38.92		

