

Campeonatos Absolutos de Portugal PC
Guarda, 10. - 12.12.2010

Prova 31 Femin., 800m Livres Absolutos
12-12-2010 - 9:00 Resultados

Rec. Nac. 25m Absoluto	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	13-12-2002
Rec. Nac. 25m Jun	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004
Rec. Nac. 25m Sen	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	13-12-2002

TAC - Fem Sen: 9:35.00; Jun2: 9:35.00; Jun1: 9:46.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Absolutos

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	8:57.58	+0,90	732	
	100m: 1:04.81 1:04.81	300m: 3:21.16 1:07.82	500m: 5:37.29 1:07.98	700m: 7:53.16 1:07.53			
	200m: 2:13.34 1:08.53	400m: 4:29.31 1:08.15	600m: 6:45.63 1:08.34	800m: 8:57.58 1:04.42			
2.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	8:58.63	+0,94	727	
	100m: 1:04.79 1:04.79	300m: 3:21.28 1:07.78	500m: 5:37.31 1:08.02	700m: 7:53.48 1:07.94			
	200m: 2:13.50 1:08.71	400m: 4:29.29 1:08.01	600m: 6:45.54 1:08.23	800m: 8:58.63 1:05.15			
3.	Angelica Maria Andre	94	Leixoes	8:59.43	+0,82	724	
	100m: 1:03.27 1:03.27	300m: 3:17.65 1:07.45	500m: 5:34.02 1:08.02	700m: 7:52.29 1:09.31			
	200m: 2:10.20 1:06.93	400m: 4:26.00 1:08.35	600m: 6:42.98 1:08.96	800m: 8:59.43 1:07.14			
4.	Diana Margarida Duraes	96	Foca	9:06.78	+0,79	695	
	100m: 1:05.53 1:05.53	300m: 3:22.83 1:08.70	500m: 5:41.57 1:09.50	700m: 8:01.10 1:09.72			
	200m: 2:14.13 1:08.60	400m: 4:32.07 1:09.24	600m: 6:51.38 1:09.81	800m: 9:06.78 1:05.68			
5.	Madeleine Basham Bicho	95	Individual Lisboa	9:07.03	+0,83	694	
	100m: 1:04.68 1:04.68	300m: 3:22.05 1:08.85	500m: 5:41.85 1:10.29	700m: 8:01.44 1:09.52			
	200m: 2:13.20 1:08.52	400m: 4:31.56 1:09.51	600m: 6:51.92 1:10.07	800m: 9:07.03 1:05.59			
6.	Ana Goncalves Neto	95	Porto/Dolce Vita	9:08.77	+0,99	688	
	100m: 1:04.11 1:04.11	300m: 3:21.00 1:08.79	500m: 5:40.55 1:09.42	700m: 8:00.95 1:09.64			
	200m: 2:12.21 1:08.10	400m: 4:31.13 1:10.13	600m: 6:51.31 1:10.76	800m: 9:08.77 1:07.82			
7.	Patricia Garcia Marinho	94	Sporting	9:11.17	+0,82	679	
	100m: 1:05.41 1:05.41	300m: 3:23.17 1:09.40	500m: 5:42.08 1:09.84	700m: 8:02.01 1:09.79			
	200m: 2:13.77 1:08.36	400m: 4:32.24 1:09.07	600m: 6:52.22 1:10.14	800m: 9:11.17 1:09.16			
8.	Leonor Mourinho Neves	95	Sporting	9:12.25	+0,92	675	
	100m: 1:05.23 1:05.23	300m: 3:24.37 1:09.76	500m: 5:43.54 1:08.86	700m: 8:03.59 1:10.20			
	200m: 2:14.61 1:09.38	400m: 4:34.68 1:10.31	600m: 6:53.39 1:09.85	800m: 9:12.25 1:08.66			
9.	Carolina Cunha Martins	95	Nautico/Matobra	9:17.43	+0,96	656	
	100m: 1:06.33 1:06.33	300m: 3:25.71 1:10.13	500m: 5:46.81 1:10.37	700m: 8:07.75 1:10.73			
	200m: 2:15.58 1:09.25	400m: 4:36.44 1:10.73	600m: 6:57.02 1:10.21	800m: 9:17.43 1:09.68			
10.	Ines Sofia Sampaio	94	Academico Viseu	9:25.52	+0,93	628	
	100m: 1:07.49 1:07.49	300m: 3:29.80 1:11.16	500m: 5:54.01 1:11.66	700m: 8:17.00 1:11.44			
	200m: 2:18.64 1:11.15	400m: 4:42.35 1:12.55	600m: 7:05.56 1:11.55	800m: 9:25.52 1:08.52			
11.	Ana Rita Ismael	92	Colegio Vasco da Gama	9:25.56	+0,91	628	
	100m: 1:06.71 1:06.71	300m: 3:26.15 1:09.83	500m: 5:49.14 1:12.12	700m: 8:14.64 1:12.55			
	200m: 2:16.32 1:09.61	400m: 4:37.02 1:10.87	600m: 7:02.09 1:12.95	800m: 9:25.56 1:10.92			
12.	Lara Santana Pinheiro	92	Uniao Piedense	9:26.11	+1,01	626	
	100m: 1:06.34 1:06.34	300m: 3:28.40 1:11.27	500m: 5:51.27 1:10.93	700m: 8:15.49 1:12.19			
	200m: 2:17.13 1:10.79	400m: 4:40.34 1:11.94	600m: 7:03.30 1:12.03	800m: 9:26.11 1:10.62			
13.	Marta Alexandra Saraiva	93	Uniao Piedense	9:26.38	+0,95	626	
	100m: 1:08.43 1:08.43	300m: 3:31.97 1:12.51	500m: 5:56.17 1:11.81	700m: 8:17.68 1:10.82			
	200m: 2:19.46 1:11.03	400m: 4:44.36 1:12.39	600m: 7:06.86 1:10.69	800m: 9:26.38 1:08.70			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Marisa Alexandra Lage	94	Viana Natacao	9:31.93	+0,84	608	
	100m: 1:05.10 1:05.10	300m: 3:25.08 1:10.00	500m: 5:48.25 1:12.28	700m: 8:18.04 1:15.67	800m: 9:31.93 1:13.89		
	200m: 2:15.08 1:09.98	400m: 4:35.97 1:10.89	600m: 7:02.37 1:14.12				
15.	Maria Ana Magalhaes	93	Desportiva Limiana	9:33.86	+0,88	601	
	100m: 1:06.17 1:06.17	300m: 3:28.66 1:11.84	500m: 5:53.51 1:12.99	700m: 8:20.30 1:13.65	800m: 9:33.86 1:13.56		
	200m: 2:16.82 1:10.65	400m: 4:40.52 1:11.86	600m: 7:06.65 1:13.14				
16.	Ana Monica Eloi	96	Nautico da Marinha Grande	9:39.95	+1,01	583	
	100m: 1:07.95 1:07.95	300m: 3:32.71 1:12.93	500m: 5:59.05 1:13.32	700m: 8:26.83 1:14.14	800m: 9:39.95 1:13.12		
	200m: 2:19.78 1:11.83	400m: 4:45.73 1:13.02	600m: 7:12.69 1:13.64				
17.	Ana Sofia Fernandes	93	Braga	9:46.84	+0,98	562	
	<i>FTL</i>						
	100m: 1:06.55 1:06.55	300m: 3:31.55 1:13.70	500m: 6:02.07 1:15.26	700m: 8:33.86 1:15.60	800m: 9:46.84 1:12.98		
	200m: 2:17.85 1:11.30	400m: 4:46.81 1:15.26	600m: 7:18.26 1:16.19				
18.	Tatiana Ladeiro Santos	92	Gesloures	9:47.70	+0,83	560	
	<i>FTL</i>						
	100m: 1:07.99 1:07.99	300m: 3:35.96 1:14.35	500m: 6:04.98 1:14.73	700m: 8:35.44 1:15.35	800m: 9:47.70 1:12.26		
	200m: 2:21.61 1:13.62	400m: 4:50.25 1:14.29	600m: 7:20.09 1:15.11				
19.	Carla Rosario Palma	96	Alcobaca	9:49.80	+0,83	554	
	<i>FTL</i>						
	100m: 1:09.80 1:09.80	300m: 3:37.16 1:13.73	500m: 6:07.21 1:14.45	700m: 8:37.43 1:15.31	800m: 9:49.80 1:12.37		
	200m: 2:23.43 1:13.63	400m: 4:52.76 1:15.60	600m: 7:22.12 1:14.91				
20.	Maria Amelia Gaspar	96	Nautico/Matobra	9:50.65	+0,90	552	
	<i>FTL</i>						
	100m: 1:09.69 1:09.69	300m: 3:37.94 1:14.49	500m: 6:06.73 1:14.05	700m: 8:37.74 1:15.53	800m: 9:50.65 1:12.91		
	200m: 2:23.45 1:13.76	400m: 4:52.68 1:14.74	600m: 7:22.21 1:15.48				
21.	Carolina Madeira Santos	96	Naval Amorense	9:52.67	+1,00	546	
	<i>FTL</i>						
	100m: 1:08.26 1:08.26	300m: 3:38.81 1:15.32	500m: 6:09.53 1:14.96	700m: 8:39.69 1:15.05	800m: 9:52.67 1:12.98		
	200m: 2:23.49 1:15.23	400m: 4:54.57 1:15.76	600m: 7:24.64 1:15.11				
22.	Ana Isabel Neves	96	Pimpoes/Cimai	9:52.83	+0,95	545	
	<i>FTL</i>						
	100m: 1:09.05 1:09.05	300m: 3:35.72 1:14.20	500m: 6:06.97 1:16.19	700m: 8:38.32 1:15.15	800m: 9:52.83 1:14.51		
	200m: 2:21.52 1:12.47	400m: 4:50.78 1:15.06	600m: 7:23.17 1:16.20				
23.	Sofia Cunha Sousa	96	Foca	9:53.86	+0,95	543	
	<i>FTL</i>						
	100m: 1:08.63 1:08.63	300m: 3:35.88 1:14.09	500m: 6:06.71 1:15.72	700m: 8:38.95 1:16.37	800m: 9:53.86 1:14.91		
	200m: 2:21.79 1:13.16	400m: 4:50.99 1:15.11	600m: 7:22.58 1:15.87				
24.	Ana Catarina Azevedo	96	Famalicao	9:53.87	+0,89	543	
	<i>FTL</i>						
	100m: 1:09.38 1:09.38	300m: 3:39.59 1:15.56	500m: 6:08.98 1:14.62	700m: 8:40.62 1:15.47	800m: 9:53.87 1:13.25		
	200m: 2:24.03 1:14.65	400m: 4:54.36 1:14.77	600m: 7:25.15 1:16.17				
25.	Rita Silva Fernandes	96	Colegio Vasco da Gama	9:56.04	+0,70	537	
	<i>FTL</i>						
	100m: 1:09.99 1:09.99	300m: 3:40.30 1:14.77	500m: 6:11.98 1:15.65	700m: 8:44.04 1:15.94	800m: 9:56.04 1:12.00		
	200m: 2:25.53 1:15.54	400m: 4:56.33 1:16.03	600m: 7:28.10 1:16.12				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	Catia Andreia Clara <i>FTL</i>	95	Nautico da Marinha Grande	10:02.52		520	
	100m: 1:09.72 1:09.72	300m: 3:43.37 1:17.65	500m: 6:17.29 1:16.09	700m: 8:48.89 1:16.22			
	200m: 2:25.72 1:16.00	400m: 5:01.20 1:17.83	600m: 7:32.67 1:15.38	800m: 10:02.52 1:13.63			
DNF	Ana Marta Miranda	96	Uniao Piedense		+0,97		
	100m: 1:05.72 1:05.72	300m: 3:26.60 1:10.61	500m: 5:52.06 1:13.84	700m:			
	200m: 2:15.99 1:10.27	400m: 4:38.22 1:11.62	600m:	800m:			

Seniores

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	8:57.58	+0,90	732	
	100m: 1:04.81 1:04.81	300m: 3:21.16 1:07.82	500m: 5:37.29 1:07.98	700m: 7:53.16 1:07.53			
	200m: 2:13.34 1:08.53	400m: 4:29.31 1:08.15	600m: 6:45.63 1:08.34	800m: 8:57.58 1:04.42			
2.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	8:58.63	+0,94	727	
	100m: 1:04.79 1:04.79	300m: 3:21.28 1:07.78	500m: 5:37.31 1:08.02	700m: 7:53.48 1:07.94			
	200m: 2:13.50 1:08.71	400m: 4:29.29 1:08.01	600m: 6:45.54 1:08.23	800m: 8:58.63 1:05.15			
3.	Angelica Maria Andre	94	Leixoes	8:59.43	+0,82	724	
	100m: 1:03.27 1:03.27	300m: 3:17.65 1:07.45	500m: 5:34.02 1:08.02	700m: 7:52.29 1:09.31			
	200m: 2:10.20 1:06.93	400m: 4:26.00 1:08.35	600m: 6:42.98 1:08.96	800m: 8:59.43 1:07.14			
4.	Patricia Garcia Marinho	94	Sporting	9:11.17	+0,82	679	
	100m: 1:05.41 1:05.41	300m: 3:23.17 1:09.40	500m: 5:42.08 1:09.84	700m: 8:02.01 1:09.79			
	200m: 2:13.77 1:08.36	400m: 4:32.24 1:09.07	600m: 6:52.22 1:10.14	800m: 9:11.17 1:09.16			
5.	Ines Sofia Sampaio	94	Academico Viseu	9:25.52	+0,93	628	
	100m: 1:07.49 1:07.49	300m: 3:29.80 1:11.16	500m: 5:54.01 1:11.66	700m: 8:17.00 1:11.44			
	200m: 2:18.64 1:11.15	400m: 4:42.35 1:12.55	600m: 7:05.56 1:11.55	800m: 9:25.52 1:08.52			
6.	Ana Rita Ismael	92	Colegio Vasco da Gama	9:25.56	+0,91	628	
	100m: 1:06.71 1:06.71	300m: 3:26.15 1:09.83	500m: 5:49.14 1:12.12	700m: 8:14.64 1:12.55			
	200m: 2:16.32 1:09.61	400m: 4:37.02 1:10.87	600m: 7:02.09 1:12.95	800m: 9:25.56 1:10.92			
7.	Lara Santana Pinheiro	92	Uniao Piedense	9:26.11	+1,01	626	
	100m: 1:06.34 1:06.34	300m: 3:28.40 1:11.27	500m: 5:51.27 1:10.93	700m: 8:15.49 1:12.19			
	200m: 2:17.13 1:10.79	400m: 4:40.34 1:11.94	600m: 7:03.30 1:12.03	800m: 9:26.11 1:10.62			
8.	Marta Alexandra Saraiva	93	Uniao Piedense	9:26.38	+0,95	626	
	100m: 1:08.43 1:08.43	300m: 3:31.97 1:12.51	500m: 5:56.17 1:11.81	700m: 8:17.68 1:10.82			
	200m: 2:19.46 1:11.03	400m: 4:44.36 1:12.39	600m: 7:06.86 1:10.69	800m: 9:26.38 1:08.70			
9.	Marisa Alexandra Lage	94	Viana Natacao	9:31.93	+0,84	608	
	100m: 1:05.10 1:05.10	300m: 3:25.08 1:10.00	500m: 5:48.25 1:12.28	700m: 8:18.04 1:15.67			
	200m: 2:15.08 1:09.98	400m: 4:35.97 1:10.89	600m: 7:02.37 1:14.12	800m: 9:31.93 1:13.89			
10.	Maria Ana Magalhaes	93	Desportiva Limiana	9:33.86	+0,88	601	
	100m: 1:06.17 1:06.17	300m: 3:28.66 1:11.84	500m: 5:53.51 1:12.99	700m: 8:20.30 1:13.65			
	200m: 2:16.82 1:10.65	400m: 4:40.52 1:11.86	600m: 7:06.65 1:13.14	800m: 9:33.86 1:13.56			
11.	Ana Sofia Fernandes <i>FTL</i>	93	Braga	9:46.84	+0,98	562	
	100m: 1:06.55 1:06.55	300m: 3:31.55 1:13.70	500m: 6:02.07 1:15.26	700m: 8:33.86 1:15.60			
	200m: 2:17.85 1:11.30	400m: 4:46.81 1:15.26	600m: 7:18.26 1:16.19	800m: 9:46.84 1:12.98			

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Prova 31, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Tatiana Ladeiro Santos	92	Gesloures	9:47.70	+0,83	560	
	<i>FTL</i>						
	100m: 1:07.99 1:07.99	300m: 3:35.96 1:14.35	500m: 6:04.98 1:14.73	700m: 8:35.44 1:15.35			
	200m: 2:21.61 1:13.62	400m: 4:50.25 1:14.29	600m: 7:20.09 1:15.11	800m: 9:47.70 1:12.26			

Juniores2

1.	Madeleine Basham Bicho	95	Individual Lisboa	9:07.03	+0,83	694	
	100m: 1:04.68 1:04.68	300m: 3:22.05 1:08.85	500m: 5:41.85 1:10.29	700m: 8:01.44 1:09.52			
	200m: 2:13.20 1:08.52	400m: 4:31.56 1:09.51	600m: 6:51.92 1:10.07	800m: 9:07.03 1:05.59			
2.	Ana Goncalves Neto	95	Porto/Dolce Vita	9:08.77	+0,99	688	
	100m: 1:04.11 1:04.11	300m: 3:21.00 1:08.79	500m: 5:40.55 1:09.42	700m: 8:00.95 1:09.64			
	200m: 2:12.21 1:08.10	400m: 4:31.13 1:10.13	600m: 6:51.31 1:10.76	800m: 9:08.77 1:07.82			
3.	Leonor Mourinho Neves	95	Sporting	9:12.25	+0,92	675	
	100m: 1:05.23 1:05.23	300m: 3:24.37 1:09.76	500m: 5:43.54 1:08.86	700m: 8:03.59 1:10.20			
	200m: 2:14.61 1:09.38	400m: 4:34.68 1:10.31	600m: 6:53.39 1:09.85	800m: 9:12.25 1:08.66			
4.	Carolina Cunha Martins	95	Nautico/Matobra	9:17.43	+0,96	656	
	100m: 1:06.33 1:06.33	300m: 3:25.71 1:10.13	500m: 5:46.81 1:10.37	700m: 8:07.75 1:10.73			
	200m: 2:15.58 1:09.25	400m: 4:36.44 1:10.73	600m: 6:57.02 1:10.21	800m: 9:17.43 1:09.68			
5.	Catia Andreia Clara	95	Nautico da Marinha Grande	10:02.52		520	
	<i>FTL</i>						
	100m: 1:09.72 1:09.72	300m: 3:43.37 1:17.65	500m: 6:17.29 1:16.09	700m: 8:48.89 1:16.22			
	200m: 2:25.72 1:16.00	400m: 5:01.20 1:17.83	600m: 7:32.67 1:15.38	800m: 10:02.52 1:13.63			

Juniores1

1.	Diana Margarida Duraes	96	Foca	9:06.78	+0,79	695	
	100m: 1:05.53 1:05.53	300m: 3:22.83 1:08.70	500m: 5:41.57 1:09.50	700m: 8:01.10 1:09.72			
	200m: 2:14.13 1:08.60	400m: 4:32.07 1:09.24	600m: 6:51.38 1:09.81	800m: 9:06.78 1:05.68			
2.	Ana Monica Eloi	96	Nautico da Marinha Grande	9:39.95	+1,01	583	
	100m: 1:07.95 1:07.95	300m: 3:32.71 1:12.93	500m: 5:59.05 1:13.32	700m: 8:26.83 1:14.14			
	200m: 2:19.78 1:11.83	400m: 4:45.73 1:13.02	600m: 7:12.69 1:13.64	800m: 9:39.95 1:13.12			
3.	Carla Rosario Palma	96	Alcobaca	9:49.80	+0,83	554	
	<i>FTL</i>						
	100m: 1:09.80 1:09.80	300m: 3:37.16 1:13.73	500m: 6:07.21 1:14.45	700m: 8:37.43 1:15.31			
	200m: 2:23.43 1:13.63	400m: 4:52.76 1:15.60	600m: 7:22.12 1:14.91	800m: 9:49.80 1:12.37			
4.	Maria Amelia Gaspar	96	Nautico/Matobra	9:50.65	+0,90	552	
	<i>FTL</i>						
	100m: 1:09.69 1:09.69	300m: 3:37.94 1:14.49	500m: 6:06.73 1:14.05	700m: 8:37.74 1:15.53			
	200m: 2:23.45 1:13.76	400m: 4:52.68 1:14.74	600m: 7:22.21 1:15.48	800m: 9:50.65 1:12.91			
5.	Carolina Madeira Santos	96	Naval Amorense	9:52.67	+1,00	546	
	<i>FTL</i>						
	100m: 1:08.26 1:08.26	300m: 3:38.81 1:15.32	500m: 6:09.53 1:14.96	700m: 8:39.69 1:15.05			
	200m: 2:23.49 1:15.23	400m: 4:54.57 1:15.76	600m: 7:24.64 1:15.11	800m: 9:52.67 1:12.98			
6.	Ana Isabel Neves	96	Pimpoes/Cimai	9:52.83	+0,95	545	
	<i>FTL</i>						
	100m: 1:09.05 1:09.05	300m: 3:35.72 1:14.20	500m: 6:06.97 1:16.19	700m: 8:38.32 1:15.15			
	200m: 2:21.52 1:12.47	400m: 4:50.78 1:15.06	600m: 7:23.17 1:16.20	800m: 9:52.83 1:14.51			

Campeonatos Absolutos de Portugal PC
Guarda, 10. - 12.12.2010

Prova 31, Femin., 800m Livres, Juniores1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Sofia Cunha Sousa <i>FTL</i>	96	Foca	9:53.86	+0,95	543	
	100m: 1:08.63 1:08.63	300m: 3:35.88 1:14.09	500m: 6:06.71 1:15.72	700m: 8:38.95 1:16.37			
	200m: 2:21.79 1:13.16	400m: 4:50.99 1:15.11	600m: 7:22.58 1:15.87	800m: 9:53.86 1:14.91			
8.	Ana Catarina Azevedo <i>FTL</i>	96	Famalicao	9:53.87	+0,89	543	
	100m: 1:09.38 1:09.38	300m: 3:39.59 1:15.56	500m: 6:08.98 1:14.62	700m: 8:40.62 1:15.47			
	200m: 2:24.03 1:14.65	400m: 4:54.36 1:14.77	600m: 7:25.15 1:16.17	800m: 9:53.87 1:13.25			
9.	Rita Silva Fernandes <i>FTL</i>	96	Colegio Vasco da Gama	9:56.04	+0,70	537	
	100m: 1:09.99 1:09.99	300m: 3:40.30 1:14.77	500m: 6:11.98 1:15.65	700m: 8:44.04 1:15.94			
	200m: 2:25.53 1:15.54	400m: 4:56.33 1:16.03	600m: 7:28.10 1:16.12	800m: 9:56.04 1:12.00			
DNF	Ana Marta Miranda	96	Uniao Piedense		+0,97		
	100m: 1:05.72 1:05.72	300m: 3:26.60 1:10.61	500m: 5:52.06 1:13.84	700m:			
	200m: 2:15.99 1:10.27	400m: 4:38.22 1:11.62	600m:	800m:			