



Campeonato Nacional Clubes 3ª Divisao
Caldas da Rainha, 18. - 19.12.2010

Prova 13 Absoluto
18-12-2010 - 18:25 Resultados

Rec. Nac. 25m Absoluto	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	13-12-2002
Rec. Nac. 25m Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	16-05-2009
Rec. Nac. 25m Inf A	9:03.90	tempo limite			
Rec. Nac. 25m Juv	9:00.27	tempo limite			
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

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absoluto							
1.	Angelica Maria Andre	94	Leixoes	8:57.75	+0.64	731	25
	100m: 1:03.90 1:03.90		300m: 3:17.42 1:07.41	500m: 5:33.70 1:08.56	700m: 7:50.55 1:08.50		
	200m: 2:10.01 1:06.11		400m: 4:25.14 1:07.72	600m: 6:42.05 1:08.35	800m: 8:57.75 1:07.20		
2.	Diana Margarida Duraes	96	Foca	9:18.75	+0.77	652	23
	100m: 1:04.31 1:04.31		300m: 3:23.83 1:10.39	500m: 5:44.99 1:10.77	700m: 8:07.79 1:11.94		
	200m: 2:13.44 1:09.13		400m: 4:34.22 1:10.39	600m: 6:55.85 1:10.86	800m: 9:18.75 1:10.96		
3.	Ines Sofia Sampaio	94	Academico Viseu	9:26.77	+1.10	624	22
	100m: 1:07.29 1:07.29		300m: 3:29.52 1:11.21	500m: 5:54.00 1:12.21	700m: 8:18.51 1:11.48		
	200m: 2:18.31 1:11.02		400m: 4:41.79 1:12.27	600m: 7:07.03 1:13.03	800m: 9:26.77 1:08.26		
4.	Barbara Marques Rodrigues	97	Alges	9:30.27		613	21
	100m: 1:06.79 1:06.79		300m: 3:31.06 1:11.91	500m: 5:56.07 1:12.52	700m: 8:19.80 1:11.93		
	200m: 2:19.15 1:12.36		400m: 4:43.55 1:12.49	600m: 7:07.87 1:11.80	800m: 9:30.27 1:10.47		
5.	Catarina Correia Simoes	93	Natacao de Olhao	9:38.37	+0.94	587	20
	100m: 1:07.76 1:07.76		300m: 3:32.49 1:12.25	500m: 5:59.63 1:13.95	700m: 8:26.49 1:13.24		
	200m: 2:20.24 1:12.48		400m: 4:45.68 1:13.19	600m: 7:13.25 1:13.62	800m: 9:38.37 1:11.88		
6.	Marta Filipa Vinagre	95	Torres Novas	9:44.21	+0.85	570	19
	100m: 1:08.57 1:08.57		300m: 3:37.15 1:14.82	500m: 6:06.68 1:13.56	700m: 8:34.38 1:13.44		
	200m: 2:22.33 1:13.76		400m: 4:53.12 1:15.97	600m: 7:20.94 1:14.26	800m: 9:44.21 1:09.83		
7.	Catia Andreia Clara	95	Nautico da Marinha Grande	9:44.35	+1.06	570	18
	100m: 1:08.42 1:08.42		300m: 3:35.16 1:13.62	500m: 6:02.59 1:13.92	700m: 8:31.35 1:14.38		
	200m: 2:21.54 1:13.12		400m: 4:48.67 1:13.51	600m: 7:16.97 1:14.38	800m: 9:44.35 1:13.00		
8.	Raquel Bartolo Vitor	93	Academica de Coimbra	9:44.51	+0.70	569	17
	100m: 1:09.19 1:09.19		300m: 3:35.38 1:13.46	500m: 6:04.06 1:14.84	700m: 8:33.25 1:14.60		
	200m: 2:21.92 1:12.73		400m: 4:49.22 1:13.84	600m: 7:18.65 1:14.59	800m: 9:44.51 1:11.26		
9.	Ana Catarina Costa	95	Estamos Juntos	9:46.05	+0.91	565	16
	100m: 1:08.85 1:08.85		300m: 3:36.44 1:13.58	500m: 6:04.29 1:13.78	700m: 8:33.46 1:14.64		
	200m: 2:22.86 1:14.01		400m: 4:50.51 1:14.07	600m: 7:18.82 1:14.53	800m: 9:46.05 1:12.59		
10.	Ana Mafalda Oliveira	81	Natacao da Maia	9:48.26	+0.97	558	15
	100m: 1:09.05 1:09.05		300m: 3:37.20 1:14.12	500m: 6:05.11 1:13.37	700m: 8:35.06 1:14.57		
	200m: 2:23.08 1:14.03		400m: 4:51.74 1:14.54	600m: 7:20.49 1:15.38	800m: 9:48.26 1:13.20		
11.	Catia Vanessa Moura	90	Ancorensis/Serralharia Rib	9:49.19	+0.95	556	14
	100m: 1:08.67 1:08.67		300m: 3:36.97 1:13.97	500m: 6:05.07 1:14.02	700m: 8:34.73 1:15.00		
	200m: 2:23.00 1:14.33		400m: 4:51.05 1:14.08	600m: 7:19.73 1:14.66	800m: 9:49.19 1:14.46		
12.	Julia Matos Lopes	94	Scalabisport	9:51.18	+0.93	550	13
	100m: 1:12.19 1:12.19		300m: 3:41.45 1:14.49	500m: 6:11.21 1:15.08	700m: 8:39.99 1:14.23		
	200m: 2:26.96 1:14.77		400m: 4:56.13 1:14.68	600m: 7:25.76 1:14.55	800m: 9:51.18 1:11.19		

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Prova 13, Femin., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	M. Mascarenhas	97	Naval Setubalense	9:51.68	+0.89	549	12
	100m: 1:08.98 1:08.98	300m: 3:39.17 1:15.59	500m: 6:09.01 1:14.90	700m: 8:39.75 1:15.35			
	200m: 2:23.58 1:14.60	400m: 4:54.11 1:14.94	600m: 7:24.40 1:15.39	800m: 9:51.68 1:11.93			
14.	Beatriz Magalhaes Sampaio	95	Fafe	9:54.24	+0.89	542	11
	100m: 1:09.06 1:09.06	300m: 3:37.96 1:14.60	500m: 6:08.32 1:15.35	700m: 8:40.15 1:15.99			
	200m: 2:23.36 1:14.30	400m: 4:52.97 1:15.01	600m: 7:24.16 1:15.84	800m: 9:54.24 1:14.09			
15.	Flavia Daniela Goncalves	96	Desportiva de Viana	9:54.56	+1.05	541	10
	100m: 1:09.17 1:09.17	300m: 3:38.48 1:15.03	500m: 6:09.58 1:15.70	700m: 8:41.61 1:15.87			
	200m: 2:23.45 1:14.28	400m: 4:53.88 1:15.40	600m: 7:25.74 1:16.16	800m: 9:54.56 1:12.95			
16.	Ana Raquel Ferreira	98	Ginasio Figueirense	10:05.95		511	9
	100m: 1:08.80 1:08.80	300m: 3:41.01 1:16.23	500m: 6:15.88 1:18.08	700m: 8:50.55 1:17.70			
	200m: 2:24.78 1:15.98	400m: 4:57.80 1:16.79	600m: 7:32.85 1:16.97	800m: 10:05.95 1:15.40			
17.	Catia Alexandra Batista	96	Feirense	10:21.91	+0.87	472	8
	100m: 1:09.53 1:09.53	300m: 3:43.42 1:17.39	500m: 6:23.62 1:19.74	700m: 9:04.45 1:20.22			
	200m: 2:26.03 1:16.50	400m: 5:03.88 1:20.46	600m: 7:44.23 1:20.61	800m: 10:21.91 1:17.46			
18.	Emily Madeira Ross	96	Naval de Ponta Delgada	10:22.99	+1.19	470	7
	100m: 1:12.14 1:12.14	300m: 3:52.57 1:20.61	500m: 6:30.43 1:18.11	700m: 9:09.02 1:19.85			
	200m: 2:31.96 1:19.82	400m: 5:12.32 1:19.75	600m: 7:49.17 1:18.74	800m: 10:22.99 1:13.97			
19.	Ines Filipa Costa	94	Fisica Torres Vedras	10:36.17	+0.94	441	6
	100m: 1:10.41 1:10.41	300m: 3:48.51 1:19.99	500m: 6:30.48 1:21.19	700m: 9:15.10 1:22.42			
	200m: 2:28.52 1:18.11	400m: 5:09.29 1:20.78	600m: 7:52.68 1:22.20	800m: 10:36.17 1:21.07			
20.	Maria Clara Marques	94	Litoral Alentejano	10:36.68	+0.95	440	5
	100m: 1:11.37 1:11.37	300m: 3:47.06 1:19.21	500m: 6:30.81 1:22.86	700m: 9:15.32 1:21.98			
	200m: 2:27.85 1:16.48	400m: 5:07.95 1:20.89	600m: 7:53.34 1:22.53	800m: 10:36.68 1:21.36			
21.	Leonor Figo Rocha	98	Galitos	10:38.20	+0.85	437	4
	100m: 1:13.06 1:13.06	300m: 3:53.75 1:20.93	500m: 6:36.58 1:21.94	700m: 9:19.86 1:21.77			
	200m: 2:32.82 1:19.76	400m: 5:14.64 1:20.89	600m: 7:58.09 1:21.51	800m: 10:38.20 1:18.34			
22.	Ariana Barros Amorim	95	Desportiva Limiana	10:51.90	+1.24	410	3
	100m: 1:13.45 1:13.45	300m: 3:56.56 1:21.75	500m: 6:41.95 1:22.66	700m: 9:30.03 1:24.02			
	200m: 2:34.81 1:21.36	400m: 5:19.29 1:22.73	600m: 8:06.01 1:24.06	800m: 10:51.90 1:21.87			
23.	Tatiana Alexandra Cardoso	97	Lisnave	11:02.23	+1.00	391	2
	100m: 1:15.73 1:15.73	300m: 4:03.91 1:25.03	500m: 6:53.35 1:24.21	700m: 9:42.36 1:24.02			
	200m: 2:38.88 1:23.15	400m: 5:29.14 1:25.23	600m: 8:18.34 1:24.99	800m: 11:02.23 1:19.87			
24.	Cristiana Ferreira Santos	97	Natacao de Valongo	11:16.58	+0.88	367	1
	100m: 1:15.54 1:15.54	300m: 4:07.50 1:27.32	500m: 7:00.09 1:25.84	700m: 9:51.67 1:25.68			
	200m: 2:40.18 1:24.64	400m: 5:34.25 1:26.75	600m: 8:25.99 1:25.90	800m: 11:16.58 1:24.91			

Seniores

1.	Angelica Maria Andre	94	Leixoes	8:57.75	+0.64	731	25
	100m: 1:03.90 1:03.90	300m: 3:17.42 1:07.41	500m: 5:33.70 1:08.56	700m: 7:50.55 1:08.50			
	200m: 2:10.01 1:06.11	400m: 4:25.14 1:07.72	600m: 6:42.05 1:08.35	800m: 8:57.75 1:07.20			
2.	Ines Sofia Sampaio	94	Academico Viseu	9:26.77	+1.10	624	22
	100m: 1:07.29 1:07.29	300m: 3:29.52 1:11.21	500m: 5:54.00 1:12.21	700m: 8:18.51 1:11.48			
	200m: 2:18.31 1:11.02	400m: 4:41.79 1:12.27	600m: 7:07.03 1:13.03	800m: 9:26.77 1:08.26			

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Prova 13, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Catarina Correia Simoes	93	Natacao de Olhao	9:38.37	+0.94	587	20
	100m: 1:07.76 1:07.76	300m: 3:32.49 1:12.25	500m: 5:59.63 1:13.95	700m: 8:26.49 1:13.24			
	200m: 2:20.24 1:12.48	400m: 4:45.68 1:13.19	600m: 7:13.25 1:13.62	800m: 9:38.37 1:11.88			
4.	Raquel Bartolo Vitor	93	Academica de Coimbra	9:44.51	+0.70	569	17
	100m: 1:09.19 1:09.19	300m: 3:35.38 1:13.46	500m: 6:04.06 1:14.84	700m: 8:33.25 1:14.60			
	200m: 2:21.92 1:12.73	400m: 4:49.22 1:13.84	600m: 7:18.65 1:14.59	800m: 9:44.51 1:11.26			
5.	Ana Mafalda Oliveira	81	Natacao da Maia	9:48.26	+0.97	558	15
	100m: 1:09.05 1:09.05	300m: 3:37.20 1:14.12	500m: 6:05.11 1:13.37	700m: 8:35.06 1:14.57			
	200m: 2:23.08 1:14.03	400m: 4:51.74 1:14.54	600m: 7:20.49 1:15.38	800m: 9:48.26 1:13.20			
6.	Catia Vanessa Moura	90	Ancorensis/Serralharia Rib.	9:49.19	+0.95	556	14
	100m: 1:08.67 1:08.67	300m: 3:36.97 1:13.97	500m: 6:05.07 1:14.02	700m: 8:34.73 1:15.00			
	200m: 2:23.00 1:14.33	400m: 4:51.05 1:14.08	600m: 7:19.73 1:14.66	800m: 9:49.19 1:14.46			
7.	Julia Matos Lopes	94	Scalabisport	9:51.18	+0.93	550	13
	100m: 1:12.19 1:12.19	300m: 3:41.45 1:14.49	500m: 6:11.21 1:15.08	700m: 8:39.99 1:14.23			
	200m: 2:26.96 1:14.77	400m: 4:56.13 1:14.68	600m: 7:25.76 1:14.55	800m: 9:51.18 1:11.19			
8.	Ines Filipa Costa	94	Fisica Torres Vedras	10:36.17	+0.94	441	6
	100m: 1:10.41 1:10.41	300m: 3:48.51 1:19.99	500m: 6:30.48 1:21.19	700m: 9:15.10 1:22.42			
	200m: 2:28.52 1:18.11	400m: 5:09.29 1:20.78	600m: 7:52.68 1:22.20	800m: 10:36.17 1:21.07			
9.	Maria Clara Marques	94	Litoral Alentejano	10:36.68	+0.95	440	5
	100m: 1:11.37 1:11.37	300m: 3:47.06 1:19.21	500m: 6:30.81 1:22.86	700m: 9:15.32 1:21.98			
	200m: 2:27.85 1:16.48	400m: 5:07.95 1:20.89	600m: 7:53.34 1:22.53	800m: 10:36.68 1:21.36			

Juniores

1.	Diana Margarida Duraes	96	Foca	9:18.75	+0.77	652	23
	100m: 1:04.31 1:04.31	300m: 3:23.83 1:10.39	500m: 5:44.99 1:10.77	700m: 8:07.79 1:11.94			
	200m: 2:13.44 1:09.13	400m: 4:34.22 1:10.39	600m: 6:55.85 1:10.86	800m: 9:18.75 1:10.96			
2.	Marta Filipa Vinagre	95	Torres Novas	9:44.21	+0.85	570	19
	100m: 1:08.57 1:08.57	300m: 3:37.15 1:14.82	500m: 6:06.68 1:13.56	700m: 8:34.38 1:13.44			
	200m: 2:22.33 1:13.76	400m: 4:53.12 1:15.97	600m: 7:20.94 1:14.26	800m: 9:44.21 1:09.83			
3.	Catia Andreia Clara	95	Nautico da Marinha Grande	9:44.35	+1.06	570	18
	100m: 1:08.42 1:08.42	300m: 3:35.16 1:13.62	500m: 6:02.59 1:13.92	700m: 8:31.35 1:14.38			
	200m: 2:21.54 1:13.12	400m: 4:48.67 1:13.51	600m: 7:16.97 1:14.38	800m: 9:44.35 1:13.00			
4.	Ana Catarina Costa	95	Estamos Juntos	9:46.05	+0.91	565	16
	100m: 1:08.85 1:08.85	300m: 3:36.44 1:13.58	500m: 6:04.29 1:13.78	700m: 8:33.46 1:14.64			
	200m: 2:22.86 1:14.01	400m: 4:50.51 1:14.07	600m: 7:18.82 1:14.53	800m: 9:46.05 1:12.59			
5.	Beatriz Magalhaes Sampaio	95	Fafe	9:54.24	+0.89	542	11
	100m: 1:09.06 1:09.06	300m: 3:37.96 1:14.60	500m: 6:08.32 1:15.35	700m: 8:40.15 1:15.99			
	200m: 2:23.36 1:14.30	400m: 4:52.97 1:15.01	600m: 7:24.16 1:15.84	800m: 9:54.24 1:14.09			
6.	Flavia Daniela Goncalves	96	Desportiva de Viana	9:54.56	+1.05	541	10
	100m: 1:09.17 1:09.17	300m: 3:38.48 1:15.03	500m: 6:09.58 1:15.70	700m: 8:41.61 1:15.87			
	200m: 2:23.45 1:14.28	400m: 4:53.88 1:15.40	600m: 7:25.74 1:16.16	800m: 9:54.56 1:12.95			
7.	Catia Alexandra Batista	96	Feirense	10:21.91	+0.87	472	8
	100m: 1:09.53 1:09.53	300m: 3:43.42 1:17.39	500m: 6:23.62 1:19.74	700m: 9:04.45 1:20.22			
	200m: 2:26.03 1:16.50	400m: 5:03.88 1:20.46	600m: 7:44.23 1:20.61	800m: 10:21.91 1:17.46			



Campeonato Nacional Clubes 3ª Divisao
Caldas da Rainha, 18. - 19.12.2010

Prova 13, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Emily Madeira Ross	96	Naval de Ponta Delgada	10:22.99	+1.19	470	7
	100m: 1:12.14 1:12.14	300m: 3:52.57 1:20.61	500m: 6:30.43 1:18.11	700m: 9:09.02 1:19.85			
	200m: 2:31.96 1:19.82	400m: 5:12.32 1:19.75	600m: 7:49.17 1:18.74	800m: 10:22.99 1:13.97			
9.	Ariana Barros Amorim	95	Desportiva Limiana	10:51.90	+1.24	410	3
	100m: 1:13.45 1:13.45	300m: 3:56.56 1:21.75	500m: 6:41.95 1:22.66	700m: 9:30.03 1:24.02			
	200m: 2:34.81 1:21.36	400m: 5:19.29 1:22.73	600m: 8:06.01 1:24.06	800m: 10:51.90 1:21.87			

Juvenis

1.	Barbara Marques Rodrigues	97	Alges	9:30.27		613	21
	100m: 1:06.79 1:06.79	300m: 3:31.06 1:11.91	500m: 5:56.07 1:12.52	700m: 8:19.80 1:11.93			
	200m: 2:19.15 1:12.36	400m: 4:43.55 1:12.49	600m: 7:07.87 1:11.80	800m: 9:30.27 1:10.47			
2.	M. Mascarenhas	97	Naval Setubalense	9:51.68	+0.89	549	12
	100m: 1:08.98 1:08.98	300m: 3:39.17 1:15.59	500m: 6:09.01 1:14.90	700m: 8:39.75 1:15.35			
	200m: 2:23.58 1:14.60	400m: 4:54.11 1:14.94	600m: 7:24.40 1:15.39	800m: 9:51.68 1:11.93			
3.	Tatiana Alexandra Cardoso	97	Lisnave	11:02.23	+1.00	391	2
	100m: 1:15.73 1:15.73	300m: 4:03.91 1:25.03	500m: 6:53.35 1:24.21	700m: 9:42.36 1:24.02			
	200m: 2:38.88 1:23.15	400m: 5:29.14 1:25.23	600m: 8:18.34 1:24.99	800m: 11:02.23 1:19.87			
4.	Cristiana Ferreira Santos	97	Natacao de Valongo	11:16.58	+0.88	367	1
	100m: 1:15.54 1:15.54	300m: 4:07.50 1:27.32	500m: 7:00.09 1:25.84	700m: 9:51.67 1:25.68			
	200m: 2:40.18 1:24.64	400m: 5:34.25 1:26.75	600m: 8:25.99 1:25.90	800m: 11:16.58 1:24.91			

Infantis A

1.	Ana Raquel Ferreira	98	Ginasio Figueirense	10:05.95		511	9
	100m: 1:08.80 1:08.80	300m: 3:41.01 1:16.23	500m: 6:15.88 1:18.08	700m: 8:50.55 1:17.70			
	200m: 2:24.78 1:15.98	400m: 4:57.80 1:16.79	600m: 7:32.85 1:16.97	800m: 10:05.95 1:15.40			
2.	Leonor Figo Rocha	98	Galitos	10:38.20	+0.85	437	4
	100m: 1:13.06 1:13.06	300m: 3:53.75 1:20.93	500m: 6:36.58 1:21.94	700m: 9:19.86 1:21.77			
	200m: 2:32.82 1:19.76	400m: 5:14.64 1:20.89	600m: 7:58.09 1:21.51	800m: 10:38.20 1:18.34			