



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

Prova 22 Femin., 400m Livres
19-12-2010 - 17:10 Absoluto Resultados

Rec. Nac. 25m Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Rec. Nac. 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec. Nac. 25m Inf A	4:25.30	tempo limite			
Rec. Nac. 25m Juv	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Rec. Nac. 25m Jun	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Rec. Nac. 25m Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absoluto							
1.	Angelica Maria Andre	94	Leixoes	4:22.47	+0.79	717	25
	50m: 29.38 29.38	150m: 1:34.50 32.91	250m: 2:41.84 33.45	350m: 3:49.14 33.80			
	100m: 1:01.59 32.21	200m: 2:08.39 33.89	300m: 3:15.34 33.50	400m: 4:22.47 33.33			
2.	Diana Margarida Duraes	96	Foca	4:25.45	+0.79	693	23
	50m: 29.34 29.34	150m: 1:34.37 33.04	250m: 2:42.07 33.88	350m: 3:50.80 34.67			
	100m: 1:01.33 31.99	200m: 2:08.19 33.82	300m: 3:16.13 34.06	400m: 4:25.45 34.65			
3.	Ana Margarida Domingos	93	Academico Viseu	4:30.55	+0.92	654	22
	50m: 30.83 30.83	150m: 1:38.23 34.14	250m: 2:46.71 33.83	350m: 3:56.54 35.31			
	100m: 1:04.09 33.26	200m: 2:12.88 34.65	300m: 3:21.23 34.52	400m: 4:30.55 34.01			
4.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:32.23	+0.98	642	21
	50m: 30.78 30.78	150m: 1:38.65 34.43	250m: 2:48.47 34.94	350m: 3:58.41 35.02			
	100m: 1:04.22 33.44	200m: 2:13.53 34.88	300m: 3:23.39 34.92	400m: 4:32.23 33.82			
5.	Ines Alexandra Paiva	96	Alges	4:32.46	+0.86	640	20
	50m: 31.57 31.57	150m: 1:39.51 34.09	250m: 2:48.62 34.59	350m: 3:58.35 34.97			
	100m: 1:05.42 33.85	200m: 2:14.03 34.52	300m: 3:23.38 34.76	400m: 4:32.46 34.11			
6.	Catarina Correia Simoes	93	Natacao de Olhao	4:41.91	+0.92	578	19
	50m: 31.73 31.73	150m: 1:41.12 35.09	250m: 2:52.96 36.03	350m: 4:06.16 36.66			
	100m: 1:06.03 34.30	200m: 2:16.93 35.81	300m: 3:29.50 36.54	400m: 4:41.91 35.75			
7.	Catia Vanessa Moura	90	Ancorensis/Serralharia Ribeira	4:43.36	+0.94	569	18
	50m: 32.24 32.24	150m: 1:42.99 35.59	250m: 2:55.63 36.38	350m: 4:08.43 36.50			
	100m: 1:07.40 35.16	200m: 2:19.25 36.26	300m: 3:31.93 36.30	400m: 4:43.36 34.93			
8.	Raquel Bartolo Vitor	93	Academica de Coimbra	4:45.40	+0.72	557	17
	50m: 32.63 32.63	150m: 1:43.96 35.92	250m: 2:56.67 36.27	350m: 4:09.77 36.56			
	100m: 1:08.04 35.41	200m: 2:20.40 36.44	300m: 3:33.21 36.54	400m: 4:45.40 35.63			
9.	Mariana Oliveira Damaso	93	Naval de Ponta Delgada	4:47.47	+0.87	545	16
	50m: 32.48 32.48	150m: 1:45.16 36.66	250m: 2:58.15 36.59	350m: 4:12.09 37.07			
	100m: 1:08.50 36.02	200m: 2:21.56 36.40	300m: 3:35.02 36.87	400m: 4:47.47 35.38			
10.	Ana Mafalda Oliveira	81	Natacao da Maia	4:47.61	+0.96	544	15
	50m: 32.78 32.78	150m: 1:44.38 36.45	250m: 2:57.84 36.44	350m: 4:11.69 36.84			
	100m: 1:07.93 35.15	200m: 2:21.40 37.02	300m: 3:34.85 37.01	400m: 4:47.61 35.92			
11.	M. Mascarenhas	97	Naval Setubalense	4:48.25	+0.98	541	14
	50m: 33.24 33.24	150m: 1:45.44 36.77	250m: 2:59.47 37.01	350m: 4:13.10 36.60			
	100m: 1:08.67 35.43	200m: 2:22.46 37.02	300m: 3:36.50 37.03	400m: 4:48.25 35.15			
12.	Flavia Daniela Goncalves	96	Desportiva de Viana	4:49.30	+1.02	535	13
	50m: 33.07 33.07	150m: 1:46.14 36.84	250m: 2:59.93 36.98	350m: 4:13.86 36.84			
	100m: 1:09.30 36.23	200m: 2:22.95 36.81	300m: 3:37.02 37.09	400m: 4:49.30 35.44			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Barbara Daniela Sousa	92	Natacao de Valongo	4:50.17	+0.97	530	12
	50m: 32.91 32.91	150m: 1:45.19 36.51	250m: 2:58.96 36.99	350m: 4:13.73 37.12			
	100m: 1:08.68 35.77	200m: 2:21.97 36.78	300m: 3:36.61 37.65	400m: 4:50.17 36.44			
14.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:53.20	+1.05	514	11
	50m: 32.51 32.51	150m: 1:45.15 36.85	250m: 3:00.08 37.85	350m: 4:16.43 38.28			
	100m: 1:08.30 35.79	200m: 2:22.23 37.08	300m: 3:38.15 38.07	400m: 4:53.20 36.77			
15.	Ines Simoes Rodrigues	96	Scalabisport	4:56.75	+0.99	496	10
	50m: 34.45 34.45	150m: 1:48.56 37.12	250m: 3:03.89 37.64	350m: 4:20.06 38.27			
	100m: 1:11.44 36.99	200m: 2:26.25 37.69	300m: 3:41.79 37.90	400m: 4:56.75 36.69			
16.	Ana Sofia Ramos	97	Fafe	4:57.18	+0.98	493	9
	50m: 33.99 33.99	150m: 1:48.65 37.85	250m: 3:04.74 38.16	350m: 4:20.27 37.88			
	100m: 1:10.80 36.81	200m: 2:26.58 37.93	300m: 3:42.39 37.65	400m: 4:57.18 36.91			
17.	Marcia Raquel Saraiva	95	Galitos	4:57.53	+0.93	492	8
	50m: 34.08 34.08	150m: 1:49.02 38.06	250m: 3:05.23 38.17	350m: 4:21.83 38.05			
	100m: 1:10.96 36.88	200m: 2:27.06 38.04	300m: 3:43.78 38.55	400m: 4:57.53 35.70			
18.	Catia Alexandra Batista	96	Feirense	5:06.63	+1.09	449	7
	50m: 33.65 33.65	150m: 1:48.75 38.15	250m: 3:07.52 39.68	350m: 4:28.15 40.12			
	100m: 1:10.60 36.95	200m: 2:27.84 39.09	300m: 3:48.03 40.51	400m: 5:06.63 38.48			
19.	Maria Clara Marques	94	Litoral Alentejano	5:07.86	+0.92	444	6
	50m: 33.47 33.47	150m: 1:48.11 38.04	250m: 3:07.07 39.97	350m: 4:28.39 40.85			
	100m: 1:10.07 36.60	200m: 2:27.10 38.99	300m: 3:47.54 40.47	400m: 5:07.86 39.47			
20.	Mariana Anastacio Cruz	96	Torres Novas	5:07.90	+0.91	444	5
	50m: 33.58 33.58	150m: 1:49.03 38.33	250m: 3:08.38 40.26	350m: 4:29.54 40.21			
	100m: 1:10.70 37.12	200m: 2:28.12 39.09	300m: 3:49.33 40.95	400m: 5:07.90 38.36			
21.	Joana Domingos Ribeiro	94	Fisica Torres Vedras	5:09.80	+0.99	436	4
	50m: 33.80 33.80	150m: 1:50.33 38.82	250m: 3:10.04 39.89	350m: 4:30.64 40.26			
	100m: 1:11.51 37.71	200m: 2:30.15 39.82	300m: 3:50.38 40.34	400m: 5:09.80 39.16			
22.	Cristina Alexandra Furtado	96	Estamos Juntos	5:10.95	+1.02	431	3
	50m: 35.10 35.10	150m: 1:52.95 39.55	250m: 3:12.01 39.99	350m: 4:31.93 39.91			
	100m: 1:13.40 38.30	200m: 2:32.02 39.07	300m: 3:52.02 40.01	400m: 5:10.95 39.02			
23.	Ariana Barros Amorim	95	Desportiva Limiana	5:15.17	+1.13	414	2
	50m: 34.40 34.40	150m: 1:52.85 39.92	250m: 3:14.21 40.99	350m: 4:36.37 41.24			
	100m: 1:12.93 38.53	200m: 2:33.22 40.37	300m: 3:55.13 40.92	400m: 5:15.17 38.80			
24.	Ines Ralheta Duarte	97	Lisnave	5:28.76	+0.89	364	1
	50m: 36.72 36.72	150m: 1:57.85 41.21	250m: 3:22.16 42.13	350m: 4:47.72 42.81			
	100m: 1:16.64 39.92	200m: 2:40.03 42.18	300m: 4:04.91 42.75	400m: 5:28.76 41.04			

Seniores

1.	Angelica Maria Andre	94	Leixoes	4:22.47	+0.79	717	25
	50m: 29.38 29.38	150m: 1:34.50 32.91	250m: 2:41.84 33.45	350m: 3:49.14 33.80			
	100m: 1:01.59 32.21	200m: 2:08.39 33.89	300m: 3:15.34 33.50	400m: 4:22.47 33.33			
2.	Ana Margarida Domingos	93	Academico Viseu	4:30.55	+0.92	654	22
	50m: 30.83 30.83	150m: 1:38.23 34.14	250m: 2:46.71 33.83	350m: 3:56.54 35.31			
	100m: 1:04.09 33.26	200m: 2:12.88 34.65	300m: 3:21.23 34.52	400m: 4:30.55 34.01			

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Prova 22, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Catarina Correia Simoes	93	Natacao de Olhao	4:41.91	+0.92	578	19
	50m: 31.73 31.73	150m: 1:41.12 35.09	250m: 2:52.96 36.03	350m: 4:06.16 36.66			
	100m: 1:06.03 34.30	200m: 2:16.93 35.81	300m: 3:29.50 36.54	400m: 4:41.91 35.75			
4.	Catia Vanessa Moura	90	Ancorensis/Serralharia Ribeira	4:43.36	+0.94	569	18
	50m: 32.24 32.24	150m: 1:42.99 35.59	250m: 2:55.63 36.38	350m: 4:08.43 36.50			
	100m: 1:07.40 35.16	200m: 2:19.25 36.26	300m: 3:31.93 36.30	400m: 4:43.36 34.93			
5.	Raquel Bartolo Vitor	93	Academica de Coimbra	4:45.40	+0.72	557	17
	50m: 32.63 32.63	150m: 1:43.96 35.92	250m: 2:56.67 36.27	350m: 4:09.77 36.56			
	100m: 1:08.04 35.41	200m: 2:20.40 36.44	300m: 3:33.21 36.54	400m: 4:45.40 35.63			
6.	Mariana Oliveira Damaso	93	Naval de Ponta Delgada	4:47.47	+0.87	545	16
	50m: 32.48 32.48	150m: 1:45.16 36.66	250m: 2:58.15 36.59	350m: 4:12.09 37.07			
	100m: 1:08.50 36.02	200m: 2:21.56 36.40	300m: 3:35.02 36.87	400m: 4:47.47 35.38			
7.	Ana Mafalda Oliveira	81	Natacao da Maia	4:47.61	+0.96	544	15
	50m: 32.78 32.78	150m: 1:44.38 36.45	250m: 2:57.84 36.44	350m: 4:11.69 36.84			
	100m: 1:07.93 35.15	200m: 2:21.40 37.02	300m: 3:34.85 37.01	400m: 4:47.61 35.92			
8.	Barbara Daniela Sousa	92	Natacao de Valongo	4:50.17	+0.97	530	12
	50m: 32.91 32.91	150m: 1:45.19 36.51	250m: 2:58.96 36.99	350m: 4:13.73 37.12			
	100m: 1:08.68 35.77	200m: 2:21.97 36.78	300m: 3:36.61 37.65	400m: 4:50.17 36.44			
9.	Maria Clara Marques	94	Litoral Alentejano	5:07.86	+0.92	444	6
	50m: 33.47 33.47	150m: 1:48.11 38.04	250m: 3:07.07 39.97	350m: 4:28.39 40.85			
	100m: 1:10.07 36.60	200m: 2:27.10 38.99	300m: 3:47.54 40.47	400m: 5:07.86 39.47			
10.	Joana Domingos Ribeiro	94	Fisica Torres Vedras	5:09.80	+0.99	436	4
	50m: 33.80 33.80	150m: 1:50.33 38.82	250m: 3:10.04 39.89	350m: 4:30.64 40.26			
	100m: 1:11.51 37.71	200m: 2:30.15 39.82	300m: 3:50.38 40.34	400m: 5:09.80 39.16			

Juniores

1.	Diana Margarida Duraes	96	Foca	4:25.45	+0.79	693	23
	50m: 29.34 29.34	150m: 1:34.37 33.04	250m: 2:42.07 33.88	350m: 3:50.80 34.67			
	100m: 1:01.33 31.99	200m: 2:08.19 33.82	300m: 3:16.13 34.06	400m: 4:25.45 34.65			
2.	Ines Alexandra Paiva	96	Alges	4:32.46	+0.86	640	20
	50m: 31.57 31.57	150m: 1:39.51 34.09	250m: 2:48.62 34.59	350m: 3:58.35 34.97			
	100m: 1:05.42 33.85	200m: 2:14.03 34.52	300m: 3:23.38 34.76	400m: 4:32.46 34.11			
3.	Flavia Daniela Goncalves	96	Desportiva de Viana	4:49.30	+1.02	535	13
	50m: 33.07 33.07	150m: 1:46.14 36.84	250m: 2:59.93 36.98	350m: 4:13.86 36.84			
	100m: 1:09.30 36.23	200m: 2:22.95 36.81	300m: 3:37.02 37.09	400m: 4:49.30 35.44			
4.	Ines Simoes Rodrigues	96	Scalabisport	4:56.75	+0.99	496	10
	50m: 34.45 34.45	150m: 1:48.56 37.12	250m: 3:03.89 37.64	350m: 4:20.06 38.27			
	100m: 1:11.44 36.99	200m: 2:26.25 37.69	300m: 3:41.79 37.90	400m: 4:56.75 36.69			
5.	Marcia Raquel Saraiva	95	Galitos	4:57.53	+0.93	492	8
	50m: 34.08 34.08	150m: 1:49.02 38.06	250m: 3:05.23 38.17	350m: 4:21.83 38.05			
	100m: 1:10.96 36.88	200m: 2:27.06 38.04	300m: 3:43.78 38.55	400m: 4:57.53 35.70			
6.	Catia Alexandra Batista	96	Feirense	5:06.63	+1.09	449	7
	50m: 33.65 33.65	150m: 1:48.75 38.15	250m: 3:07.52 39.68	350m: 4:28.15 40.12			
	100m: 1:10.60 36.95	200m: 2:27.84 39.09	300m: 3:48.03 40.51	400m: 5:06.63 38.48			



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Prova 22, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Mariana Anastacio Cruz	96	Torres Novas	5:07.90	+0.91	444	5
	50m: 33.58 33.58	150m: 1:49.03 38.33	250m: 3:08.38 40.26	350m: 4:29.54 40.21			
	100m: 1:10.70 37.12	200m: 2:28.12 39.09	300m: 3:49.33 40.95	400m: 5:07.90 38.36			
8.	Cristina Alexandra Furtado	96	Estamos Juntos	5:10.95	+1.02	431	3
	50m: 35.10 35.10	150m: 1:52.95 39.55	250m: 3:12.01 39.99	350m: 4:31.93 39.91			
	100m: 1:13.40 38.30	200m: 2:32.02 39.07	300m: 3:52.02 40.01	400m: 5:10.95 39.02			
9.	Ariana Barros Amorim	95	Desportiva Limiana	5:15.17	+1.13	414	2
	50m: 34.40 34.40	150m: 1:52.85 39.92	250m: 3:14.21 40.99	350m: 4:36.37 41.24			
	100m: 1:12.93 38.53	200m: 2:33.22 40.37	300m: 3:55.13 40.92	400m: 5:15.17 38.80			

Juvenis

1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:32.23	+0.98	642	21
	50m: 30.78 30.78	150m: 1:38.65 34.43	250m: 2:48.47 34.94	350m: 3:58.41 35.02			
	100m: 1:04.22 33.44	200m: 2:13.53 34.88	300m: 3:23.39 34.92	400m: 4:32.23 33.82			
2.	M. Mascarenhas	97	Naval Setubalense	4:48.25	+0.98	541	14
	50m: 33.24 33.24	150m: 1:45.44 36.77	250m: 2:59.47 37.01	350m: 4:13.10 36.60			
	100m: 1:08.67 35.43	200m: 2:22.46 37.02	300m: 3:36.50 37.03	400m: 4:48.25 35.15			
3.	Ana Sofia Ramos	97	Fafe	4:57.18	+0.98	493	9
	50m: 33.99 33.99	150m: 1:48.65 37.85	250m: 3:04.74 38.16	350m: 4:20.27 37.88			
	100m: 1:10.80 36.81	200m: 2:26.58 37.93	300m: 3:42.39 37.65	400m: 4:57.18 36.91			
4.	Ines Ralheta Duarte	97	Lisnave	5:28.76	+0.89	364	1
	50m: 36.72 36.72	150m: 1:57.85 41.21	250m: 3:22.16 42.13	350m: 4:47.72 42.81			
	100m: 1:16.64 39.92	200m: 2:40.03 42.18	300m: 4:04.91 42.75	400m: 5:28.76 41.04			

Infantis A

1.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:53.20	+1.05	514	11
	50m: 32.51 32.51	150m: 1:45.15 36.85	250m: 3:00.08 37.85	350m: 4:16.43 38.28			
	100m: 1:08.30 35.79	200m: 2:22.23 37.08	300m: 3:38.15 38.07	400m: 4:53.20 36.77			