



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 12
18-12-2010 - 11:30

Femin., 4 x 100m Estilos

Absolutos
Resultados

Rec. Nac. 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:57.35	Grupo Desportivo Natacao V. N. Farense	GDVNF	Ponte da Barca	06-03-2010
Rec. Nac. 25m Inf A	4:42.00	Sport Lisboa e Benfica	SLB	Sines	31-03-2007
Rec. Nac. 25m Juv	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Rec. Nac. 25m Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Rec. Nac. 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2010

Lugar			Clube		Tempo Final	TReac	Pts FINA		Pts
1.	Naval Amorense-FEM		Naval Amorense		4:43.48	+0.70	520		25
	Ana Catarina Pereira	+0.70	33.95	1:09.66	Patricia Miguel Mendes	+0.64	32.30	1:11.83	
	Daniela Maria Leiria	+0.65	36.71	1:19.14	Sofia Prates Silvestre	+0.22	29.81	1:02.85	
2.	Sporting de Espinho-FEM		Sporting de Espinho		4:52.03	+0.92	475		23
	Carla Sofia Cruz	+0.92	35.18	1:12.39	Teresa Manuela Aires	+0.44	32.98	1:11.82	
	Ines Ataíde Dias	+0.45	38.38	1:22.43	Maria Joao Oliveira	+0.33	30.49	1:05.39	
3.	Aminata-FEM		Aminata		4:57.37	+0.72	450		22
	Claudia Isabel Semiao	+0.72	36.77	1:16.31	Claudia Almeida Costa	+0.54	32.53	1:11.22	
	Lidia Silveira Pina	+0.62	38.77	1:23.12	Sara Caeiro Urbano	+0.50	31.72	1:06.72	
4.	SCC/Oryzon Energias-FEM		SCC/Oryzon Energias		4:58.14	+0.69	447		21
	Maria Malaguerra Costa	+0.69	33.88	1:10.80	Mariana Cunha Guerra	+0.20	32.93	1:11.71	
	Florbela Cavaco Machado	+0.74	42.29	1:29.47	Vanessa Branco Machado	+0.30	31.34	1:06.16	
5.	Beja-FEM		Beja		4:58.37	+0.71	446		20
	Sofia Isabel Teixeira	+0.71	34.53	1:12.56	Sara Raquel Vasconcelos	+0.32	34.88	1:18.41	
	Raquel Silva Santos	+0.48	39.36	1:24.80	Joana Isabel Lampeira		29.99	1:02.60	
6.	Estarreja-FEM		Estarreja		4:58.71	+0.72	444		19
	Ines Sa Rodrigues	+0.72	34.69	1:11.54	Ana Lucia Castro	+0.46	35.90	1:18.36	
	Rosa Maria Oliveira	+0.52	38.23	1:23.98	Catia Sofia Silva	+0.46	30.87	1:04.83	
7.	Ginasio Santo Tirso-FEM		Ginasio Santo Tirso		4:59.71	+0.64	440		18
	Maria Joao Oliveira	+0.64	34.23	1:11.95	Rute Sofia Teixeira	+0.83	32.63	1:10.55	
	Sara Jose Pinto	+0.64	42.79	1:31.30	Maria Joao Jose	+0.51	30.52	1:05.91	
8.	Benedita-FEM		Benedita		5:00.19	+0.67	437		17
	Isa Moraes Penas	+0.67	34.83	1:13.27	Filipa Vicente Custodias	+0.29	33.59	1:12.99	
	Soraia Alexandra Marques	+0.65	40.54	1:27.33	Ana Margarida Lourenco	+0.45	31.33	1:06.60	
9.	Natacao do Montijo-FEM		Natacao do Montijo		5:02.14	+0.81	429		16
	Ana Raquel Batista	+0.81	37.10	1:18.25	Catarina Isabel Mendes	+0.71	32.47	1:10.46	
	Sara Isabel Tenrinho	+0.52	42.22	1:28.44	Mafalda Jesus Pereira	+0.63	30.88	1:04.99	
10.	Alhandra-FEM		Alhandra		5:03.24	+0.73	424		15
	Vanessa Carolina Valente	+0.73	34.55	1:10.51	Sara Filipa Andrade	+0.72	36.76	1:19.11	
	Ana Luisa Santo	+0.67	40.42	1:27.06	Helena Rafaela Tome	+0.47	31.84	1:06.56	
11.	Lousada SXXI-FEM		Lousada SXXI		5:05.64	+0.85	414		14
	Neuza Carina Rocha	+0.85	37.04	1:16.97	Joana Carina Silva	+0.82	32.36	1:11.43	
	Ana Alexandra Sousa	+0.34	43.01	1:31.89	Diana Patricia Silva	+0.38	31.34	1:05.35	
12.	Fluvial Portuense-FEM		Fluvial Portuense		5:05.70	+0.66	414		13
	Ana Filipa Moraes	+0.66	34.35	1:12.09	Maria Joao Esteves	+0.76	35.26	1:16.50	
	Ines Vilela Braga	+0.67	42.04	1:31.27	Ines Maria Mota	+0.31	31.55	1:05.84	
13.	Bombeiros Ponta Delgada-FEM		Bombeiros Ponta Delgada		5:09.86	+0.70	398		12
	Mafalda Fraga Fragoso	+0.70	33.33	1:10.33	Rita Ferreira Couto		42.19	1:29.29	
	Joana Filipa Marques		35.94	1:18.38	Catarina Rego Borges		34.02	1:11.86	



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Lugar			Clube			Tempo Final	TReac	Pts FINA		Pts
14.	Campinho-FEM		Campinho			5:10.83	+0.87	394		11
	Rafaela Cunha Mendes	+0.87	37.51	1:18.57	Daniela Marques Genio		+0.59	35.14	1:18.11	
	Jessica Rodrigues Tavares	+0.54	39.42	1:24.01	Joana Ferreira Baptista		+0.32	32.90	1:10.14	
15.	Naval da Nazare-FEM		Naval da Nazare			5:13.93	+0.75	382		10
	Barbara Amaro Cerejo	+0.75	37.26	1:18.96	Ines Ricardo Amaral		+0.54	36.23	1:17.65	
	Ines Serra Duarte	+0.86	41.10	1:27.80	Patricia Santos Dinis		+0.53	32.88	1:09.52	
16.	Sporting de Aveiro-FEM		Sporting de Aveiro			5:13.96	+0.76	382		9
	Catarina Filipa Arede	+0.76	39.37	1:23.76	Beatriz Gomes Soares			36.06	1:19.99	
	Ana Raquel Albuquerque		40.99	1:27.81	Maria Ines Cabral			28.46	1:02.40	
17.	Paredes/Rota dos Moveis-FEM		Paredes/Rota dos Moveis			5:14.82	+0.74	379		8
	Claudia Cristina Almeida	+0.74	35.69	1:13.04	Catia Sofia Rodrigues		+0.73	36.89	1:19.33	
	Maria Clara Pinto	+0.62	42.94	1:31.74	Sara Patricia Gomes		+0.64	33.47	1:10.71	
18.	Nucleo de Pombal-FEM		Nucleo de Pombal			5:15.01	+0.77	379		7
	Carolina Santana Goncalves	+0.77	37.76	1:17.56	Cristiana Andreia Lima		+0.74	37.37	1:19.58	
	Beatriz Gameiro Matias	+0.69	41.59	1:28.41	Joana Ines Frade		+0.53	32.94	1:09.46	
19.	CLAC-Entroncamento-FEM		CLAC-Entroncamento			5:20.04	+0.77	361		6
	Carolina Henriques Gavancho	+0.77	40.88	1:24.42	Catarina Vilhena Gregorio		+0.67	33.76	1:15.32	
	Ines Maria Ribeiro	+0.30	40.64	1:29.08	Susana Patricia Rosa		+0.66	33.74	1:11.22	
20.	Salvaterra Magos-FEM		Salvaterra Magos			5:20.35	+0.69	360		5
	Ana Rita Nunes	+0.69	36.16	1:13.94	Ana Catarina Travessa		+0.43	34.72	1:18.99	
	Ana Pereira Luis	+0.49	43.75	1:35.41	Raquel Sofia Jorge		+0.75	34.71	1:12.01	
21.	Penafiel-FEM		Penafiel			5:21.50	+0.59	356		4
	Anastacia Demidova Vassilevna	+0.59	37.78	1:18.14	Ines Cristina Cordeiro		+0.86	37.32	1:19.39	
	Ana Rita Fonseca	+0.83	42.78	1:32.50	Maria Ines Reis		+0.51	34.27	1:11.47	
22.	Gafanha da Encarnacao-FEM		Gafanha da Encarnacao			5:24.49	+0.83	346		3
	Carolina Santos Machado	+0.83	39.36	1:18.91	Sara Vizinho Cruz		+0.82	38.30	1:26.08	
	Ines Rocha Lopes	+0.69	41.45	1:30.92	Ana Rita Ribau		+0.85	33.31	1:08.58	
23.	Interior NorteFEM		Interior Norte			5:28.22	+0.70	335		2
	Ana Leticia Freitas	+0.70	36.18	1:15.35	Elisabete Moreira Castro		+0.57	39.36	1:31.35	
	Cecilia Helena Freitas	+0.36	42.93	1:32.02	Joana Varandas Borges		+0.59	33.08	1:09.50	
DSQ	Miranda do Corvo-FEM		Miranda do Corvo				+0.78			
	808 - Movimento alternado de pernas durante o percurso – SW 8.3									
	Maria Dias Neves	+0.78	40.75	1:23.48	Bianca Filipa Silva					
	Claudia Filipa Silva	+0.58	42.20	1:30.85	Tatiana Cruz Costa					