



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

Prova 13
18-12-2010 - 12:00

Femin., 800m Livres

Absoluto
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
Absolutos							
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	9:23.86	+0.85	634	25
	100m: 1:08.65 1:08.65	300m: 3:31.27 1:11.37	500m: 5:54.22 1:11.72	700m: 8:17.11 1:11.44			
	200m: 2:19.90 1:11.25	400m: 4:42.50 1:11.23	600m: 7:05.67 1:11.45	800m: 9:23.86 1:06.75			
2.	Carolina Madeira Santos	96	Naval Amorense	9:50.83	+0.98	551	23
	100m: 1:09.93 1:09.93	300m: 3:37.25 1:14.53	500m: 6:07.73 1:15.26	700m: 8:37.78 1:14.00			
	200m: 2:22.72 1:12.79	400m: 4:52.47 1:15.22	600m: 7:23.78 1:16.05	800m: 9:50.83 1:13.05			
3.	Carolina Francisco Gomes	95	Naval da Nazare	9:51.85	+1.01	548	22
	100m: 1:11.19 1:11.19	300m: 3:39.48 1:14.16	500m: 6:08.35 1:14.43	700m: 8:38.12 1:14.88			
	200m: 2:25.32 1:14.13	400m: 4:53.92 1:14.44	600m: 7:23.24 1:14.89	800m: 9:51.85 1:13.73			
4.	Melanie Bronze Santos	95	Alhandra	10:04.28	+0.96	515	21
	100m: 1:11.27 1:11.27	300m: 3:40.52 1:14.69	500m: 6:12.69 1:16.59	700m: 8:47.75 1:17.72			
	200m: 2:25.83 1:14.56	400m: 4:56.10 1:15.58	600m: 7:30.03 1:17.34	800m: 10:04.28 1:16.53			
5.	Iolanda Ribeiro Pinheiro	97	Penafiel	10:08.26	+0.80	505	20
	100m: 1:11.28 1:11.28	300m: 3:44.26 1:16.75	500m: 6:18.67 1:17.40	700m: 8:54.59 1:17.92			
	200m: 2:27.51 1:16.23	400m: 5:01.27 1:17.01	600m: 7:36.67 1:18.00	800m: 10:08.26 1:13.67			
6.	Diana Patricia Silva	95	Lousada SXXI	10:08.40	+0.92	505	19
	100m: 1:09.80 1:09.80	300m: 3:43.69 1:17.26	500m: 6:19.02 1:17.70	700m: 8:52.65 1:17.17			
	200m: 2:26.43 1:16.63	400m: 5:01.32 1:17.63	600m: 7:35.48 1:16.46	800m: 10:08.40 1:15.75			
7.	Ana Margarida Teixeira	95	Beja	10:15.14	+0.78	488	18
	100m: 1:10.90 1:10.90	300m: 3:43.98 1:17.38	500m: 6:20.30 1:18.36	700m: 8:58.45 1:18.76			
	200m: 2:26.60 1:15.70	400m: 5:01.94 1:17.96	600m: 7:39.69 1:19.39	800m: 10:15.14 1:16.69			
8.	Catia Sofia Rodrigues	95	Paredes/Rota dos Moveis	10:15.40	+0.59	488	17
	100m: 1:10.07 1:10.07	300m: 3:42.70 1:15.98	500m: 6:16.78 1:17.41	700m: 8:53.25 1:17.85			
	200m: 2:26.72 1:16.65	400m: 4:59.37 1:16.67	600m: 7:35.40 1:18.62	800m: 10:15.40 1:22.15			
9.	Sara Isabel Tenrinho	95	Natacao do Montijo	10:16.39	+1.00	485	16
	100m: 1:14.33 1:14.33	300m: 3:49.20 1:17.21	500m: 6:23.57 1:18.02	700m: 9:00.24 1:18.42			
	200m: 2:31.99 1:17.66	400m: 5:05.55 1:16.35	600m: 7:41.82 1:18.25	800m: 10:16.39 1:16.15			
10.	Isa Morais Penas	96	Benedita	10:17.64	+0.92	482	15
	100m: 1:10.36 1:10.36	300m: 3:45.20 1:18.17	500m: 6:22.60 1:18.72	700m: 9:00.71 1:19.08			
	200m: 2:27.03 1:16.67	400m: 5:03.88 1:18.68	600m: 7:41.63 1:19.03	800m: 10:17.64 1:16.93			
11.	Renata Castro Goncalves	96	Sporting de Aveiro	10:22.59	+0.93	471	14
	100m: 1:13.43 1:13.43	300m: 3:49.90 1:18.50	500m: 6:28.04 1:18.82	700m: 9:05.58 1:18.45			
	200m: 2:31.40 1:17.97	400m: 5:09.22 1:19.32	600m: 7:47.13 1:19.09	800m: 10:22.59 1:17.01			
12.	Helena Manuel Jose	90	Ginasio Santo Tirso	10:27.40	+0.93	460	13
	100m: 1:09.66 1:09.66	300m: 3:44.45 1:17.74	500m: 6:24.57 1:20.51	700m: 9:08.45 1:21.88			
	200m: 2:26.71 1:17.05	400m: 5:04.06 1:19.61	600m: 7:46.57 1:22.00	800m: 10:27.40 1:18.95			



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Prova 13, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Vanessa Rodrigues Valente	94	Estarreja	10:27.73	+0.89	459	12
	100m: 1:11.46 1:11.46	300m: 3:47.02 1:18.30	500m: 6:25.82 1:19.66	700m: 9:09.93 1:22.31			
	200m: 2:28.72 1:17.26	400m: 5:06.16 1:19.14	600m: 7:47.62 1:21.80	800m: 10:27.73 1:17.80			
14.	Ines Maria Mota	95	Fluvial Portuense	10:28.65	+0.83	457	11
	100m: 1:14.34 1:14.34	300m: 3:52.34 1:18.54	500m: 6:31.07 1:19.35	700m: 9:10.33 1:20.31			
	200m: 2:33.80 1:19.46	400m: 5:11.72 1:19.38	600m: 7:50.02 1:18.95	800m: 10:28.65 1:18.32			
15.	Ana Luisa Ramos	95	Gafanha da Encarnacao	10:37.20	+0.95	439	10
	100m: 1:15.78 1:15.78	300m: 3:57.27 1:21.25	500m: 6:40.08 1:21.75	700m: 9:20.18 1:19.77			
	200m: 2:36.02 1:20.24	400m: 5:18.33 1:21.06	600m: 8:00.41 1:20.33	800m: 10:37.20 1:17.02			
16.	Joana Aparicio Tejo	97	Aminata	10:39.10	+0.88	435	9
	100m: 1:16.55 1:16.55	300m: 3:58.85 1:21.71	500m: 6:40.98 1:21.13	700m: 9:21.25 1:19.98			
	200m: 2:37.14 1:20.59	400m: 5:19.85 1:21.00	600m: 8:01.27 1:20.29	800m: 10:39.10 1:17.85			
17.	Salome Pinto Monteiro	98	Sporting de Espinho	11:09.45	+1.06	379	8
	100m: 1:18.46 1:18.46	300m: 4:07.70 1:25.52	500m: 6:58.21 1:24.99	700m: 9:48.26 1:24.43			
	200m: 2:42.18 1:23.72	400m: 5:33.22 1:25.52	600m: 8:23.83 1:25.62	800m: 11:09.45 1:21.19			
18.	Cristiana Ferreira Santos	95	Nucleo de Pombal	11:19.47	+0.92	362	7
	100m: 1:16.16 1:16.16	300m: 4:04.96 1:25.49	500m: 6:59.85 1:27.38	700m: 9:54.28 1:27.19			
	200m: 2:39.47 1:23.31	400m: 5:32.47 1:27.51	600m: 8:27.09 1:27.24	800m: 11:19.47 1:25.19			
19.	Raquel Sofia Jorge	98	Salvaterra Magos	11:23.83	+1.20	355	6
	100m: 1:19.09 1:19.09	300m: 4:10.47 1:26.27	500m: 7:05.69 1:27.57	700m: 9:59.68 1:26.88			
	200m: 2:44.20 1:25.11	400m: 5:38.12 1:27.65	600m: 8:32.80 1:27.11	800m: 11:23.83 1:24.15			
20.	Joana Ferreira Baptista	97	Campinho	11:26.53	+1.00	351	5
	100m: 1:18.14 1:18.14	300m: 4:11.54 1:27.61	500m: 7:06.05 1:26.65	700m: 10:01.11 1:27.47			
	200m: 2:43.93 1:25.79	400m: 5:39.40 1:27.86	600m: 8:33.64 1:27.59	800m: 11:26.53 1:25.42			
21.	Maria Migueis Teixeira	99	Interior Norte	11:33.91	+0.89	340	4
	100m: 1:20.03 1:20.03	300m: 4:12.23 1:26.80	500m: 7:08.86 1:28.73	700m: 10:09.52 1:31.13			
	200m: 2:45.43 1:25.40	400m: 5:40.13 1:27.90	600m: 8:38.39 1:29.53	800m: 11:33.91 1:24.39			
22.	Juliana Medeiros Almeida	95	Bombeiros Ponta Delgada	11:36.16	+0.96	337	3
	100m: 1:19.35 1:19.35	300m: 4:14.00 1:27.32	500m: 7:10.83 1:28.67	700m: 10:10.77 1:29.87			
	200m: 2:46.68 1:27.33	400m: 5:42.16 1:28.16	600m: 8:40.90 1:30.07	800m: 11:36.16 1:25.39			
23.	Daniela Sofia Serra	98	CLAC-Entroncamento	12:03.68	+1.07	300	2
	100m: 1:20.95 1:20.95	300m: 4:21.90 1:31.48	500m: 7:26.35 1:32.40	700m: 10:33.94 1:32.14			
	200m: 2:50.42 1:29.47	400m: 5:53.95 1:32.05	600m: 9:01.80 1:35.45	800m: 12:03.68 1:29.74			
DSQ	Tatiana Cruz Costa	94	Miranda do Corvo		+0.99		
	403 - Falsa partida – SW 4.4						
	100m:	300m:	500m:	700m:			
	200m:	400m:	600m:	800m:			

Seniores

1.	Helena Manuel Jose	90	Ginasio Santo Tirso	10:27.40	+0.93	460	13
	100m: 1:09.66 1:09.66	300m: 3:44.45 1:17.74	500m: 6:24.57 1:20.51	700m: 9:08.45 1:21.88			
	200m: 2:26.71 1:17.05	400m: 5:04.06 1:19.61	600m: 7:46.57 1:22.00	800m: 10:27.40 1:18.95			
2.	Vanessa Rodrigues Valente	94	Estarreja	10:27.73	+0.89	459	12
	100m: 1:11.46 1:11.46	300m: 3:47.02 1:18.30	500m: 6:25.82 1:19.66	700m: 9:09.93 1:22.31			
	200m: 2:28.72 1:17.26	400m: 5:06.16 1:19.14	600m: 7:47.62 1:21.80	800m: 10:27.73 1:17.80			



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Tatiana Cruz Costa	94	Miranda do Corvo		+0.99		
	403 - Falsa partida – SW 4.4						
	100m:	300m:	500m:	700m:			
	200m:	400m:	600m:	800m:			

16 anos

1.	Carolina Francisco Gomes	95	Naval da Nazare	9:51.85	+1.01	548	22
	100m: 1:11.19 1:11.19	300m: 3:39.48 1:14.16	500m: 6:08.35 1:14.43	700m: 8:38.12 1:14.88			
	200m: 2:25.32 1:14.13	400m: 4:53.92 1:14.44	600m: 7:23.24 1:14.89	800m: 9:51.85 1:13.73			
2.	Melanie Bronze Santos	95	Alhandra	10:04.28	+0.96	515	21
	100m: 1:11.27 1:11.27	300m: 3:40.52 1:14.69	500m: 6:12.69 1:16.59	700m: 8:47.75 1:17.72			
	200m: 2:25.83 1:14.56	400m: 4:56.10 1:15.58	600m: 7:30.03 1:17.34	800m: 10:04.28 1:16.53			
3.	Diana Patricia Silva	95	Lousada SXXI	10:08.40	+0.92	505	19
	100m: 1:09.80 1:09.80	300m: 3:43.69 1:17.26	500m: 6:19.02 1:17.70	700m: 8:52.65 1:17.17			
	200m: 2:26.43 1:16.63	400m: 5:01.32 1:17.63	600m: 7:35.48 1:16.46	800m: 10:08.40 1:15.75			
4.	Ana Margarida Teixeira	95	Beja	10:15.14	+0.78	488	18
	100m: 1:10.90 1:10.90	300m: 3:43.98 1:17.38	500m: 6:20.30 1:18.36	700m: 8:58.45 1:18.76			
	200m: 2:26.60 1:15.70	400m: 5:01.94 1:17.96	600m: 7:39.69 1:19.39	800m: 10:15.14 1:16.69			
5.	Catia Sofia Rodrigues	95	Paredes/Rota dos Moveis	10:15.40	+0.59	488	17
	100m: 1:10.07 1:10.07	300m: 3:42.70 1:15.98	500m: 6:16.78 1:17.41	700m: 8:53.25 1:17.85			
	200m: 2:26.72 1:16.65	400m: 4:59.37 1:16.67	600m: 7:35.40 1:18.62	800m: 10:15.40 1:22.15			
6.	Sara Isabel Tenrinho	95	Natacao do Montijo	10:16.39	+1.00	485	16
	100m: 1:14.33 1:14.33	300m: 3:49.20 1:17.21	500m: 6:23.57 1:18.02	700m: 9:00.24 1:18.42			
	200m: 2:31.99 1:17.66	400m: 5:05.55 1:16.35	600m: 7:41.82 1:18.25	800m: 10:16.39 1:16.15			
7.	Ines Maria Mota	95	Fluvial Portuense	10:28.65	+0.83	457	11
	100m: 1:14.34 1:14.34	300m: 3:52.34 1:18.54	500m: 6:31.07 1:19.35	700m: 9:10.33 1:20.31			
	200m: 2:33.80 1:19.46	400m: 5:11.72 1:19.38	600m: 7:50.02 1:18.95	800m: 10:28.65 1:18.32			
8.	Ana Luisa Ramos	95	Gafanha da Encarnacao	10:37.20	+0.95	439	10
	100m: 1:15.78 1:15.78	300m: 3:57.27 1:21.25	500m: 6:40.08 1:21.75	700m: 9:20.18 1:19.77			
	200m: 2:36.02 1:20.24	400m: 5:18.33 1:21.06	600m: 8:00.41 1:20.33	800m: 10:37.20 1:17.02			
9.	Cristiana Ferreira Santos	95	Nucleo de Pombal	11:19.47	+0.92	362	7
	100m: 1:16.16 1:16.16	300m: 4:04.96 1:25.49	500m: 6:59.85 1:27.38	700m: 9:54.28 1:27.19			
	200m: 2:39.47 1:23.31	400m: 5:32.47 1:27.51	600m: 8:27.09 1:27.24	800m: 11:19.47 1:25.19			
10.	Juliana Medeiros Almeida	95	Bombeiros Ponta Delgada	11:36.16	+0.96	337	3
	100m: 1:19.35 1:19.35	300m: 4:14.00 1:27.32	500m: 7:10.83 1:28.67	700m: 10:10.77 1:29.87			
	200m: 2:46.68 1:27.33	400m: 5:42.16 1:28.16	600m: 8:40.90 1:30.07	800m: 11:36.16 1:25.39			

Juvenis

1.	Iolanda Ribeiro Pinheiro	97	Penafiel	10:08.26	+0.80	505	20
	100m: 1:11.28 1:11.28	300m: 3:44.26 1:16.75	500m: 6:18.67 1:17.40	700m: 8:54.59 1:17.92			
	200m: 2:27.51 1:16.23	400m: 5:01.27 1:17.01	600m: 7:36.67 1:18.00	800m: 10:08.26 1:13.67			
2.	Joana Aparicio Tejo	97	Aminata	10:39.10	+0.88	435	9
	100m: 1:16.55 1:16.55	300m: 3:58.85 1:21.71	500m: 6:40.98 1:21.13	700m: 9:21.25 1:19.98			
	200m: 2:37.14 1:20.59	400m: 5:19.85 1:21.00	600m: 8:01.27 1:20.29	800m: 10:39.10 1:17.85			



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Prova 13, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Joana Ferreira Baptista	97	Campinho	11:26.53	+1.00	351	5
	100m: 1:18.14 1:18.14	300m: 4:11.54 1:27.61	500m: 7:06.05 1:26.65	700m: 10:01.11 1:27.47			
	200m: 2:43.93 1:25.79	400m: 5:39.40 1:27.86	600m: 8:33.64 1:27.59	800m: 11:26.53 1:25.42			

Infantis A

1.	Salome Pinto Monteiro	98	Sporting de Espinho	11:09.45	+1.06	379	8
	100m: 1:18.46 1:18.46	300m: 4:07.70 1:25.52	500m: 6:58.21 1:24.99	700m: 9:48.26 1:24.43			
	200m: 2:42.18 1:23.72	400m: 5:33.22 1:25.52	600m: 8:23.83 1:25.62	800m: 11:09.45 1:21.19			
2.	Raquel Sofia Jorge	98	Salvaterra Magos	11:23.83	+1.20	355	6
	100m: 1:19.09 1:19.09	300m: 4:10.47 1:26.27	500m: 7:05.69 1:27.57	700m: 9:59.68 1:26.88			
	200m: 2:44.20 1:25.11	400m: 5:38.12 1:27.65	600m: 8:32.80 1:27.11	800m: 11:23.83 1:24.15			
3.	Daniela Sofia Serra	98	CLAC-Entroncamento	12:03.68	+1.07	300	2
	100m: 1:20.95 1:20.95	300m: 4:21.90 1:31.48	500m: 7:26.35 1:32.40	700m: 10:33.94 1:32.14			
	200m: 2:50.42 1:29.47	400m: 5:53.95 1:32.05	600m: 9:01.80 1:35.45	800m: 12:03.68 1:29.74			

Infantis B

1.	Maria Migueis Teixeira	99	Interior Norte	11:33.91	+0.89	340	4
	100m: 1:20.03 1:20.03	300m: 4:12.23 1:26.80	500m: 7:08.86 1:28.73	700m: 10:09.52 1:31.13			
	200m: 2:45.43 1:25.40	400m: 5:40.13 1:27.90	600m: 8:38.39 1:29.53	800m: 11:33.91 1:24.39			