

Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 1
06-11-2011
Pontos: FINA 2011

Femin., 100m Mariposa

Absolutos
Resultados

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catia Alexandra Batista	96	103036	Colegio SMLamas	1:08.49		519	20
	50m: 31.95 31.95		100m: 1:08.49 36.54					
2.	Catarina Vilhena Gregorio	96	103459	CLAC-Entroncamento	1:09.48		497	18
	50m: 32.49 32.49		100m: 1:09.48 36.99					
3.	Elsa Manuela Cardoso	86	102975	Interior Norte	1:10.25		481	17
	50m: 32.69 32.69		100m: 1:10.25 37.56					
4.	Filipa Andreia Costa	98	109094	Colegio Monte Maior	1:13.33		423	16
	50m: 33.97 33.97		100m: 1:13.33 39.36					
5.	Ines Margarida Ribeiro	97	104396	Alges e Agueda	1:14.35		405	15
	50m: 34.86 34.86		100m: 1:14.35 39.49					
6.	Ana Catarina Travessa	96	100003	Salvaterra de Magos	1:15.16		392	14
	50m: 34.43 34.43		100m: 1:15.16 40.73					
7.	Catia Sofia Paio	96	106067	Electrico	1:17.92		352	13
	50m: 34.78 34.78		100m: 1:17.92 43.14					
8.	Ana Sofia Monteiro	96	112018	Estremoz / Estremozcarnes	1:19.18		336	12
	50m: 36.50 36.50		100m: 1:19.18 42.68					
9.	Carolina Marques Mendes	97	106519	Nucleo Sportinguista Terceira	1:19.85		327	11
	50m: 36.87 36.87		100m: 1:19.85 42.98					
10.	Ana Cristina Alcacarenho	97	112748	Nucleo Sportinguista da Golega	1:20.36		321	10
	50m: 36.90 36.90		100m: 1:20.36 43.46					
11.	Tatiana Lima Silva	96	100641	Natacao do Tejo	1:20.47		320	9
	50m: 36.63 36.63		100m: 1:20.47 43.84					
12.	Ines Rosa Farinha	97	106089	Tavira Natacao	1:23.20		289	8
	50m: 38.36 38.36		100m: 1:23.20 44.84					
13.	Bianca Filipa Silva	99	112042	Miranda do Corvo	1:23.56		285	7
	50m: 39.40 39.40		100m: 1:23.56 44.16					
14.	Ana Raquel Pereira	96	104187	Grandola Sports	1:24.02		281	6
	50m: 39.51 39.51		100m: 1:24.02 44.51					
15.	Rita Oliveira Afonso	97	107259	Elvense	1:25.12		270	5
	50m: 38.20 38.20		100m: 1:25.12 46.92					
16.	Daniela Filipa Mira	99	110632	Associacao CADES	1:28.08		244	4
	50m: 41.11 41.11		100m: 1:28.08 46.97					
17.	Ana Filipa Parente	98	121282	Gualdim Pais	1:33.95		201	3
	50m: 41.49 41.49		100m: 1:33.95 52.46					
18.	Beatriz Isabel Nunes	99	111945	Buzios-Coruche	1:50.61		123	2
	50m: 51.60 51.60		100m: 1:50.61 59.01					
DSQ	Mara Brasil Godinho	96	26562	Terceira Auto Clube				
	808 - Movimento alternado de pernas durante o percurso - SW 8.3							

O Juiz Árbitro

O Secretariado

Splash Meet Manager 11, Build 17589

Registered to Federacao Portuguesa De Natacao

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 2
06-11-2011

Femin., 100m Bruços

Absolutos
Resultados

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Mafalda Silva	97	13472	Terceira Auto Clube	1:19.20		496	20
	50m: 37.35 37.35		100m: 1:19.20	41.85				
2.	Mariana Manhita Correia	98	110738	Tavira Natacao	1:20.73		468	18
	50m: 38.08 38.08		100m: 1:20.73	42.65				
3.	Monica Moreira Lanzinha	95	106069	Electrico	1:21.12		461	17
	50m: 38.27 38.27		100m: 1:21.12	42.85				
4.	Ana Catarina Serra	95	110228	Natacao do Tejo	1:22.12		445	16
	50m: 40.10 40.10		100m: 1:22.12	42.02				
5.	Mafalda Alexandra Henriques	98	105308	Colegio Monte Maior	1:23.82		418	15
	50m: 39.70 39.70		100m: 1:23.82	44.12				
6.	Margarida Pamplona Evangelho	99	108722	Nucleo Sportinguista Terceira	1:25.35		396	14
	50m: 40.06 40.06		100m: 1:25.35	45.29				
7.	Carolina Conceicao Pais	97	103764	Colegio SMLamas	1:25.40		395	13
	50m: 40.51 40.51		100m: 1:25.40	44.89				
8.	Andreia Filipa Sequeira	98	103466	Estremoz / Estremozcarnes	1:26.23		384	12
	50m: 40.41 40.41		100m: 1:26.23	45.82				
9.	Luisa Filipa Maia	96	110685	Associacao CADES	1:27.15		372	11
	50m: 41.10 41.10		100m: 1:27.15	46.05				
10.	Ines Maria Ribeiro	94	11407	CLAC-Entroncamento	1:27.24		371	10
	50m: 40.67 40.67		100m: 1:27.24	46.57				
	Elsa Manuela Cardoso	86	102975	Interior Norte	1:27.24		371	10
	50m: 41.29 41.29		100m: 1:27.24	45.95				
12.	Ana Rita Nunes	97	106772	Alges e Agueda	1:27.69		365	8
	50m: 41.48 41.48		100m: 1:27.69	46.21				
13.	Mariana Domingues Paz	98	108077	Miranda do Corvo	1:28.80		352	7
	50m: 42.23 42.23		100m: 1:28.80	46.57				
14.	Ana Carolina Alarico	94	112643	Nucleo Sportinguista da Golega	1:29.79		340	6
	50m: 41.82 41.82		100m: 1:29.79	47.97				
15.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	1:33.93		297	5
	50m: 43.80 43.80		100m: 1:33.93	50.13				
16.	Joana Rita Ferreira	93	101401	Buzios-Coruche	1:34.09		295	4
	50m: 43.11 43.11		100m: 1:34.09	50.98				
17.	Mariana David Caeiro	96	105467	Salvaterra de Magos	1:34.52		291	3
	50m: 44.14 44.14		100m: 1:34.52	50.38				
18.	Ana Rita Taborda	98	110508	Grandola Sports	1:36.11		277	2
	50m: 45.88 45.88		100m: 1:36.11	50.23				
19.	Gabriela Lima Medeiros	98	109975	Elvense	1:44.68		214	1
	50m: 49.58 49.58		100m: 1:44.68	55.10				

O Juiz Árbitro

O Secretariado

Splash Meet Manager 11, Build 17589

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 3
06-11-2011
Pontos: FINA 2011

Femin., 50m Livres

Absolutos
Resultados

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diana Martinez Prada	87	121776	Interior Norte	28.81		525	20
2.	Ana Rita Jesus	95	105941	Associacao CADES	29.25		502	18
3.	Ines Mendes Paulo	96	106126	Colegio Monte Maior	29.58		485	17
4.	Catia Sofia Paio	96	106067	Electrico	30.18		457	16
5.	Mariana Luis Saraiva	96	122900	Nucleo Sportinguista Terceira	30.52		442	15
6.	Joana Gabriela Silva	95	103945	Colegio SMLamas	30.63		437	14
7.	Ana Rita Ferreira	92	11237	Nucleo Sportinguista da Golega	30.90		425	13
8.	Carolina Henriques Gavancho	97	105296	CLAC-Entroncamento	31.30		409	12
9.	Carlota Ramos Telhado	98	117367	Alges e Agueda	31.32		409	11
10.	Mariya Zadarozhya	92	24814	Tavira Natacao	31.33		408	10
11.	Tatiana Cruz Costa	94	102964	Miranda do Corvo	31.50		402	9
12.	Filipa Robert Rente	96	122852	Gualdim Pais	31.69		394	8
13.	Ana Pereira Luis	97	100614	Salvaterra de Magos	31.90		387	7
14.	Patricia Pereira Galrito	94	24619	Estremoz / Estremozcarnes	31.96		384	6
15.	Tatiana Lima Silva	96	100641	Natacao do Tejo	32.51		365	5
16.	Isabel Reis Silva	96	14077	Terceira Auto Clube	32.94		351	4
17.	Helena Isabel Bandeiras	95	102751	Elvense	33.53		333	3
18.	Joana Maria Carlota	94	120433	Buzios-Coruche	35.34		284	2
19.	Laura Machado Silva	99	120615	Grandola Sports	36.12		266	1

Prova 4
06-11-2011
Pontos: FINA 2011

Femin., 100m Costas

Absolutos
Resultados

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Sousa Grou 50m: 32.74 32.74	96	15031	Tavira Natacao 100m: 1:07.89 35.15	1:07.89		538	20
2.	Ana Filipa Sousa 50m: 34.10 34.10	96	24481	Nucleo Sportinguista da Golega 100m: 1:11.69 37.59	1:11.69		457	18
3.	Ana Mafalda Silva 50m: 35.36 35.36	97	13472	Terceira Auto Clube 100m: 1:12.75 37.39	1:12.75		437	17
4.	Beata Winogradow 50m: 34.51 34.51	89	124344	Interior Norte 100m: 1:13.52 39.01	1:13.52		423	16
5.	Ines Sofia Mata 50m: 36.50 36.50	94	26602	Colegio Monte Maior 100m: 1:14.01 37.51	1:14.01		415	15
6.	Maria Dias Neves 50m: 37.20 37.20	99	108078	Miranda do Corvo 100m: 1:15.31 38.11	1:15.31		394	14
7.	Beatriz Neves Cardoso 50m: 36.42 36.42	98	105741	Colegio SMLamas 100m: 1:15.52 39.10	1:15.52		391	13
8.	Ana Carolina Monteiro 50m: 36.06 36.06	97	105518	Buzios-Coruche 100m: 1:15.59 39.53	1:15.59		390	12
9.	Ines Filipa Ferreira 50m: 36.81 36.81	97	102945	Elvense 100m: 1:15.90 39.09	1:15.90		385	11
10.	Celia Silva Margarido 50m: 36.59 36.59	96	105556	Electrico 100m: 1:16.21 39.62	1:16.21		380	10

O Juiz Árbitro

O Secretariado

Splash Meet Manager 11, Build 17589

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 4, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Filipa Santos Castro	96	105028	Alges e Agueda	1:16.33		378	9
	50m: 36.89 36.89		100m: 1:16.33 39.44					
12.	Daniela Sofia Serra	98	109257	CLAC-Entroncamento	1:18.08		353	8
	50m: 38.31 38.31		100m: 1:18.08 39.77					
13.	Ana Rita Jesus	95	105941	Associacao CADES	1:18.15		352	7
	50m: 38.48 38.48		100m: 1:18.15 39.67					
14.	Adriana Toste Ferrao	98	107194	Nucleo Sportinguista Terceira	1:21.47		311	6
	50m: 39.93 39.93		100m: 1:21.47 41.54					
15.	Ana Pereira Luis	97	100614	Salvaterra de Magos	1:21.51		311	5
	50m: 39.71 39.71		100m: 1:21.51 41.80					
16.	Patricia Alexandra Jose	98	111736	Gualdim Pais	1:23.72		287	4
	50m: 39.55 39.55		100m: 1:23.72 44.17					
17.	Ana Teresa Nunes	88	11235	Natacao do Tejo	1:25.06		273	3
	50m: 41.49 41.49		100m: 1:25.06 43.57					
18.	Daniela Costa Rosado	94	14857	Estremoz / Estremozcarnes	1:26.84		257	2
	50m: 42.20 42.20		100m: 1:26.84 44.64					
19.	Marcia Marques Fradinho	97	110587	Grandola Sports	1:27.30		253	1
	50m: 42.46 42.46		100m: 1:27.30 44.84					

Prova 5
06-11-2011

Femin., 200m Estilos

Absolutos
Resultados

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Catarina Vilhena Gregorio	96	103459	CLAC-Entroncamento	2:33.11		538	20
	50m: 33.82 33.82		100m: 1:13.65 39.83	150m: 1:57.77 44.12	200m: 2:33.11 35.34			
2.	Catia Alexandra Batista	96	103036	Colegio SMLamas	2:36.75		502	18
	50m: 32.69 32.69		100m: 1:12.01 39.32	150m: 1:58.99 46.98	200m: 2:36.75 37.76			
3.	Monica Moreira Lanzinha	95	106069	Electrico	2:38.98		481	17
	50m: 35.05 35.05		100m: 1:16.88 41.83	150m: 2:00.99 44.11	200m: 2:38.98 37.99			
4.	Mafalda Alexandra Henriques	98	105308	Colegio Monte Maior	2:43.06		446	16
	50m: 35.86 35.86		100m: 1:16.80 40.94	150m: 2:04.98 48.18	200m: 2:43.06 38.08			
5.	Mariana Manhita Correia	98	110738	Tavira Natacao	2:44.93		431	15
	50m: 36.11 36.11		100m: 1:19.62 43.51	150m: 2:05.22 45.60	200m: 2:44.93 39.71			
6.	Ines Margarida Ribeiro	97	104396	Alges e Agueda	2:46.16		421	14
	50m: 36.18 36.18		100m: 1:18.69 42.51	150m: 2:08.83 50.14	200m: 2:46.16 37.33			
7.	Rita Manuela Barbosa	89	23166	Interior Norte	2:46.59		418	13
	50m: 35.52 35.52		100m: 1:17.69 42.17	150m: 2:06.82 49.13	200m: 2:46.59 39.77			
8.	Ana Rita Ferreira	92	11237	Nucleo Sportinguista da Golega	2:46.61		418	12
	50m: 36.38 36.38		100m: 1:18.21 41.83	150m: 2:08.74 50.53	200m: 2:46.61 37.87			
9.	Ana Catarina Travessa	96	100003	Salvaterra de Magos	2:47.93		408	11
	50m: 34.98 34.98		100m: 1:18.20 43.22	150m: 2:08.25 50.05	200m: 2:47.93 39.68			
10.	Margarida Pamplona Evangelho	89	108722	Nucleo Sportinguista Terceira	2:50.43		390	10
	50m: 38.37 38.37		100m: 1:22.90 44.53	150m: 2:10.28 47.38	200m: 2:50.43 40.15			

O Juiz Árbitro

O Secretariado

Splash Meet Manager 11, Build 17589

Registered to Federacao Portuguesa De Natacao

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 5, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Mariana Domingues Paz	98	108077	Miranda do Corvo	2:50.97		387	9
	50m: 38.98 38.98		100m: 1:24.99 46.01	150m: 2:12.32 47.33	200m: 2:50.97 38.65			
12.	Ines Carolina Soares	98	110234	Associacao CADES	2:56.92		349	8
	50m: 37.62 37.62		100m: 1:22.14 44.52	150m: 2:15.76 53.62	200m: 2:56.92 41.16			
13.	Diana Romao Fialho	99	107439	Terceira Auto Clube	2:58.16		342	7
	50m: 43.16 43.16		100m: 1:31.27 48.11	150m: 2:19.82 48.55	200m: 2:58.16 38.34			
14.	Sofia Leonor Costa	96	116508	Natacao do Tejo	2:58.42		340	6
	50m: 36.62 36.62		100m: 1:22.33 45.71	150m: 2:14.46 52.13	200m: 2:58.42 43.96			
15.	Daniela Mendes Pinela	96	120482	Grandola Sports	2:59.40		335	5
	50m: 39.06 39.06		100m: 1:24.06 45.00	150m: 2:16.00 51.94	200m: 2:59.40 43.40			
16.	Patricia Pereira Galrito	94	24619	Estremoz / Estremozcarnes	3:01.30		324	4
	50m: 37.02 37.02		100m: 1:25.09 48.07	150m: 2:18.10 53.01	200m: 3:01.30 43.20			
17.	Filipa Robert Rente	96	122852	Gualdim Pais	3:01.45		323	3
	50m: 38.23 38.23		100m: 1:26.51 48.28	150m: 2:20.57 54.06	200m: 3:01.45 40.88			
18.	Ana Margarida Baleca	95	103318	Elvense	3:05.16		304	2
	50m: 38.91 38.91		100m: 1:23.61 44.70	150m: 2:19.47 55.86	200m: 3:05.16 45.69			
19.	Carolina Sofia Eusebio	00	111947	Buzios-Coruche	3:28.03		214	1
	50m: 53.52 53.52		100m: 1:43.88 50.36	150m: 2:42.02 58.14	200m: 3:28.03 46.01			

Prova 6
06-11-2011

Femin., 800m Livres

Absolutos
Resultados

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mafalda Cristina Pita	97	106066	Electrico	10:11.73		496	20
	50m: 33.50 33.50		250m: 3:04.00 38.10	450m: 5:38.09 38.64	650m: 8:14.94 39.15			
	100m: 1:10.37 36.87		300m: 3:42.08 38.08	500m: 6:17.17 39.08	700m: 8:54.27 39.33			
	150m: 1:48.11 37.74		350m: 4:20.63 38.55	550m: 6:56.48 39.31	750m: 9:33.48 39.21			
	200m: 2:25.90 37.79		400m: 4:59.45 38.82	600m: 7:35.79 39.31	800m: 10:11.73 38.25			
2.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	10:20.79		475	18
	50m: 34.38 34.38		250m: 3:09.87 39.38	450m: 5:47.91 39.45	650m: 8:25.48 39.52			
	100m: 1:12.55 38.17		300m: 3:49.41 39.54	500m: 6:27.26 39.35	700m: 9:04.74 39.26			
	150m: 1:51.26 38.71		350m: 4:29.10 39.69	550m: 7:06.50 39.24	750m: 9:43.77 39.03			
	200m: 2:30.49 39.23		400m: 5:08.46 39.36	600m: 7:45.96 39.46	800m: 10:20.79 37.02			
3.	Beatriz Sousa Grou	96	15031	Tavira Natacao	10:25.26		465	17
	50m: 34.11 34.11		250m: 3:09.61 39.63	450m: 5:48.94 39.62	650m: 8:28.84 39.98			
	100m: 1:12.16 38.05		300m: 3:49.59 39.98	500m: 6:28.57 39.63	700m: 9:08.81 39.97			
	150m: 1:50.83 38.67		350m: 4:29.45 39.86	550m: 7:08.89 40.32	750m: 9:47.83 39.02			
	200m: 2:29.98 39.15		400m: 5:09.32 39.87	600m: 7:48.86 39.97	800m: 10:25.26 37.43			
4.	Ana Filipa Brito	96	105196	Colegio Monte Maior	10:30.52		453	16
	50m: 35.11 35.11		250m: 3:11.35 39.77	450m: 5:50.57 39.35	650m: 8:31.13 40.27			
	100m: 1:12.93 37.82		300m: 3:51.23 39.88	500m: 6:30.43 39.86	700m: 9:11.92 40.79			
	150m: 1:52.04 39.11		350m: 4:31.45 40.22	550m: 7:10.86 40.43	750m: 9:51.96 40.04			
	200m: 2:31.58 39.54		400m: 5:11.22 39.77	600m: 7:50.86 40.00	800m: 10:30.52 38.56			
5.	Ana Cristina Alcacarenho	97	112748	Nucleo Sportinguista da Golega	10:31.64		451	15
	50m: 35.11 35.11		250m: 3:12.28 40.07	450m: 5:53.37 40.12	650m: 8:34.14 40.02			
	100m: 1:13.23 38.12		300m: 3:52.78 40.50	500m: 6:33.37 40.00	700m: 9:13.83 39.69			
	150m: 1:52.36 39.13		350m: 4:33.04 40.26	550m: 7:13.58 40.21	750m: 9:53.49 39.66			
	200m: 2:32.21 39.85		400m: 5:13.25 40.21	600m: 7:54.12 40.54	800m: 10:31.64 38.15			

O Juiz Árbitro

O Secretariado

Splash Meet Manager 11, Build 17589

Registered to Federacao Portuguesa De Natacao

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 6, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Maria Ornelas Armas	98	106961	Terceira Auto Clube	10:44.27		425	14
	50m: 34.50 34.50		250m: 3:11.46 39.63	450m: 5:55.74 42.09		650m: 8:41.40 41.41		
	100m: 1:12.84 38.34		300m: 3:52.07 40.61	500m: 6:37.25 41.51		700m: 9:22.61 41.21		
	150m: 1:52.35 39.51		350m: 4:32.60 40.53	550m: 7:18.65 41.40		750m: 10:04.03 41.42		
	200m: 2:31.83 39.48		400m: 5:13.65 41.05	600m: 7:59.99 41.34		800m: 10:44.27 40.24		
7.	Ana Carolina Monteiro	97	105518	Buzios-Coruche	10:48.83		416	13
	50m: 36.35 36.35		250m: 3:16.68 39.98	450m: 6:01.85 41.84		650m: 8:47.70 42.18		
	100m: 1:16.59 40.24		300m: 3:57.68 41.00	500m: 6:42.91 41.06		700m: 9:29.72 42.02		
	150m: 1:56.73 40.14		350m: 4:39.34 41.66	550m: 7:23.31 40.40		750m: 10:11.88 42.16		
	200m: 2:36.70 39.97		400m: 5:20.01 40.67	600m: 8:05.52 42.21		800m: 10:48.83 36.95		
8.	Ana Catarina Serra	95	110228	Natacao do Tejo	10:49.65		414	12
	50m: 37.04 37.04		250m: 3:20.76 40.83	450m: 6:07.11 41.51		650m: 8:51.84 40.64		
	100m: 1:17.84 40.80		300m: 4:02.41 41.65	500m: 6:48.04 40.93		700m: 9:32.56 40.72		
	150m: 1:58.82 40.98		350m: 4:44.02 41.61	550m: 7:29.53 41.49		750m: 10:12.54 39.98		
	200m: 2:39.93 41.11		400m: 5:25.60 41.58	600m: 8:11.20 41.67		800m: 10:49.65 37.11		
9.	Carolina Marques Mendes	97	106519	Nucleo Sportinguista Terceira	10:50.53		413	11
	50m: 35.91 35.91		250m: 3:18.66 41.70	450m: 6:05.23 41.77		650m: 8:49.61 41.05		
	100m: 1:15.52 39.61		300m: 3:59.80 41.14	500m: 6:46.25 41.02		700m: 9:31.54 41.93		
	150m: 1:55.91 40.39		350m: 4:41.70 41.90	550m: 7:27.28 41.03		750m: 10:12.63 41.09		
	200m: 2:36.96 41.05		400m: 5:23.46 41.76	600m: 8:08.56 41.28		800m: 10:50.53 37.90		
10.	Maria Luis Figueiredo	98	110620	Alges e Agueda	10:51.03		412	10
	50m: 38.74 38.74		250m: 3:22.44 40.58	450m: 6:05.54 41.55		650m: 8:51.02 41.57		
	100m: 1:19.62 40.88		300m: 4:02.95 40.51	500m: 6:46.55 41.01		700m: 9:32.03 41.01		
	150m: 2:00.79 41.17		350m: 4:43.31 40.36	550m: 7:28.14 41.59		750m: 10:13.46 41.43		
	200m: 2:41.86 41.07		400m: 5:23.99 40.68	600m: 8:09.45 41.31		800m: 10:51.03 37.57		
11.	Daniela Filipa Mira	99	110632	Associacao CADES	10:59.06		397	9
	50m: 38.24 38.24		250m: 3:24.73 41.59	450m: 6:12.59 41.78		650m: 8:59.07 41.34		
	100m: 1:20.03 41.79		300m: 4:06.70 41.97	500m: 6:54.23 41.64		700m: 9:41.03 41.96		
	150m: 2:01.69 41.66		350m: 4:48.83 42.13	550m: 7:35.89 41.66		750m: 10:22.42 41.39		
	200m: 2:43.14 41.45		400m: 5:30.81 41.98	600m: 8:17.73 41.84		800m: 10:59.06 36.64		
12.	Andreia Filipa Sequeira	98	103466	Estremoz / Estremozcarnes	11:08.88		380	8
	50m: 37.17 37.17		250m: 3:24.53 42.25	450m: 6:11.90 42.07		650m: 9:04.14 43.07		
	100m: 1:18.28 41.11		300m: 4:06.18 41.65	500m: 6:54.80 42.90		700m: 9:46.91 42.77		
	150m: 2:00.38 42.10		350m: 4:47.75 41.57	550m: 7:37.82 43.02		750m: 10:29.63 42.72		
	200m: 2:42.28 41.90		400m: 5:29.83 42.08	600m: 8:21.07 43.25		800m: 11:08.88 39.25		
13.	Raquel Sofia Jorge	98	108751	Salvaterra de Magos	11:15.80		368	7
	50m: 36.62 36.62		250m: 3:24.02 42.59	450m: 6:16.33 43.41		650m: 9:08.85 42.95		
	100m: 1:17.11 40.49		300m: 4:07.09 43.07	500m: 6:59.36 43.03		700m: 9:52.12 43.27		
	150m: 1:58.84 41.73		350m: 4:49.61 42.52	550m: 7:42.48 43.12		750m: 10:34.78 42.66		
	200m: 2:41.43 42.59		400m: 5:32.92 43.31	600m: 8:25.90 43.42		800m: 11:15.80 41.02		
14.	Margarete Leandro Fernandes	00	116952	Miranda do Corvo	11:28.17		349	6
	50m: 38.95 38.95		250m: 3:28.19 42.97	450m: 6:24.58 44.66		650m: 9:20.53 43.55		
	100m: 1:19.46 40.51		300m: 4:13.08 44.89	500m: 7:07.92 43.34		700m: 10:04.20 43.67		
	150m: 2:02.71 43.25		350m: 4:57.57 44.49	550m: 7:52.13 44.21		750m: 10:48.07 43.87		
	200m: 2:45.22 42.51		400m: 5:39.92 42.35	600m: 8:36.98 44.85		800m: 11:28.17 40.10		
15.	Maria Migueis Teixeira	99	107574	Interior Norte	11:35.14		338	5
	50m: 35.80 35.80		250m: 3:24.60 42.79	450m: 6:23.70 45.40		650m: 9:20.82 44.09		
	100m: 1:16.87 41.07		300m: 4:08.95 44.35	500m: 7:07.87 44.17		700m: 10:06.33 45.51		
	150m: 1:58.97 42.10		350m: 4:52.01 43.06	550m: 7:52.24 44.37		750m: 10:52.42 46.09		
	200m: 2:41.81 42.84		400m: 5:38.30 46.29	600m: 8:36.73 44.49		800m: 11:35.14 42.72		
16.	Francisca Goncalves Abreu	96	25212	Elvense	11:44.54		325	4
	50m: 37.99 37.99		250m: 3:31.22 44.45	450m: 6:31.20 44.80		650m: 9:30.08 44.27		
	100m: 1:19.65 41.66		300m: 4:16.19 44.97	500m: 7:16.41 45.21		700m: 10:15.62 45.54		
	150m: 2:02.58 42.93		350m: 5:01.20 45.01	550m: 8:01.19 44.78		750m: 11:01.66 46.04		
	200m: 2:46.77 44.19		400m: 5:46.40 45.20	600m: 8:45.81 44.62		800m: 11:44.54 42.88		

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 6, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Margarida Silveira Henriques	97	26256	Gualdim Pais	11:44.76		324	3
	50m: 39.48 39.48	250m: 3:37.90	44.99	450m: 6:36.58	44.88	650m: 9:33.77	43.96	
	100m: 1:23.62 44.14	300m: 4:22.77	44.87	500m: 7:20.67	44.09	700m: 10:18.44	44.67	
	150m: 2:08.06 44.44	350m: 5:07.19	44.42	550m: 8:05.05	44.38	750m: 11:02.56	44.12	
	200m: 2:52.91 44.85	400m: 5:51.70	44.51	600m: 8:49.81	44.76	800m: 11:44.76	42.20	
18.	Ana Raquel Pereira	96	104187	Grandola Sports	11:45.60		323	2
	50m: 39.05 39.05	250m: 3:32.22	44.01	450m: 6:30.93	44.74	650m: 9:34.43	45.83	
	100m: 1:21.58 42.53	300m: 4:17.02	44.80	500m: 7:16.81	45.88	700m: 10:19.90	45.47	
	150m: 2:04.80 43.22	350m: 5:01.62	44.60	550m: 8:02.98	46.17	750m: 11:04.19	44.29	
	200m: 2:48.21 43.41	400m: 5:46.19	44.57	600m: 8:48.60	45.62	800m: 11:45.60	41.41	
19.	Maria Carolina Rufino	95	26851	CLAC-Entroncamento	12:03.77		300	1
	50m: 38.98 38.98	250m: 3:36.86	45.40	450m: 6:40.87	46.59	650m: 9:47.26	46.74	
	100m: 1:21.59 42.61	300m: 4:22.35	45.49	500m: 7:27.19	46.32	700m: 10:33.33	46.07	
	150m: 2:06.45 44.86	350m: 5:07.98	45.63	550m: 8:14.18	46.99	750m: 11:19.73	46.40	
	200m: 2:51.46 45.01	400m: 5:54.28	46.30	600m: 9:00.52	46.34	800m: 12:03.77	44.04	

Prova 7
06-11-2011

Femin., 4 x 100m Estilos

Absolutos
Resultados

Pontos: FINA 2011

Lugar		NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Colegio Monte Maior		Colegio Monte Maior	4:54.44		464	20	
	Ines Sofia Mata	94	36.63	1:14.42	Ines Mendes Paulo	96	32.17	1:09.51
	Mafalda Alexandra Henriques	98	38.96	1:23.22	Beatriz Fernandes Santos	98	31.53	1:07.29
2.	Interior Norte		Interior Norte	4:57.13		451	18	
	Beata Winogradow	89	35.19	1:13.50	Elsa Manuela Cardoso	86	33.18	1:11.73
	Elisabete Moreira Castro	90	40.70	1:27.36	Diana Martinez Prada	87	30.22	1:04.54
3.	Electrico		Electrico	5:03.28		424	17	
	Celia Silva Margarido	96	36.94	1:16.35	Catia Sofia Paio	96	34.02	1:16.03
	Monica Moreira Lanzinha	95	37.67	1:21.78	Margarida Isabel Salgueiro	98	32.54	1:09.12
4.	Colegio SMLamas		Colegio SMLamas	5:04.09		421	16	
	Rita Lima Pereira	98	40.16	1:23.86	Catia Alexandra Batista	96	31.84	1:08.64
	Carolina Conceicao Pais	97	40.03	1:25.36	Joana Gabriela Silva	95	32.19	1:06.23
5.	Alges e Agueda		Alges e Agueda	5:06.28		412	15	
	Filipa Santos Castro	96	37.80	1:17.18	Ines Margarida Ribeiro	97	34.41	1:13.69
	Ana Rita Nunes	97	40.34	1:27.34	Carlota Ramos Telhado	98	31.97	1:08.07
6.	Nucleo Sportinguista da Golega		Nucleo Sportinguista da Golega	5:09.89		398	14	
	Ana Filipa Sousa	96	35.05	1:12.85	Ana Cristina Alcacarenho	97	37.26	1:20.63
	Ana Carolina Alarico	94	41.58	1:29.51	Ana Rita Ferreira	92	31.85	1:06.90
7.	CLAC-Entroncamento		CLAC-Entroncamento	5:12.91		386	13	
	Carolina Henriques Gavancho	97	38.04	1:19.03	Catarina Vilhena Gregorio	96	33.91	1:14.14
	Ines Maria Ribeiro	94	40.19	1:26.83	Sofia Alexandra Picao	99	33.65	1:12.91
8.	Miranda do Corvo		Miranda do Corvo	5:17.13		371	12	
	Maria Dias Neves	99	38.11	1:16.57	Bianca Filipa Silva	99	39.19	1:23.62
	Mariana Domingues Paz	98	42.31	1:29.44	Tatiana Cruz Costa	94	32.69	1:07.50
9.	Terceira Auto Clube		Terceira Auto Clube	5:17.26		371	11	
	Ana Mafalda Silva	97	35.75	1:13.55	Maria Ornelas Armas	98	38.27	1:22.92
	Isabel Reis Silva	96	41.02	1:28.27	Mara Brasil Godinho	96	34.95	1:12.52
10.	Tavira Natacao		Tavira Natacao	5:18.66		366	10	
	Joana Margarida Perestrelo	00	40.21	1:23.70	Ines Rosa Farinha	97	37.99	1:23.67
	Mariana Manhita Correia	98	37.73	1:20.62	Mariya Zadarozhya	92	33.38	1:10.67

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 7, Femin., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11. Nucleo Sportinguista		Nucleo Sportinguista Terceira	5:18.68		366	9
Adriana Toste Ferrao	98	39.34	1:21.04	97	38.11	1:24.33
Margarida Pamplona Evangelho	99	40.55	1:26.28	96	32.00	1:07.03
12. Natacao do Tejo		Natacao do Tejo	5:20.85		358	8
Sofia Leonor Costa	96	39.78	1:22.29	96	37.98	1:22.31
Ana Catarina Serra	95	39.45	1:22.66	88	35.39	1:13.59
13. Salvaterra de Magos		Salvaterra de Magos	5:21.32		357	7
Ana Pereira Luis	97	39.98	1:22.05	96	34.35	1:15.18
Mariana David Caeiro	96	43.65	1:34.04	97	33.10	1:10.05
14. Elvense		Elvense	5:29.33		331	6
Helena Isabel Bandeiras	95	39.84	1:22.97	97	36.38	1:18.86
Rita Oliveira Afonso	97	43.10	1:32.35	95	34.96	1:15.15
15. Associacao CADES		Associacao CADES	5:29.92		329	5
Ana Rita Jesus	95	38.33	1:17.69	98	37.63	1:23.61
Luisa Filipa Maia	96	40.57	1:27.04	00	38.73	1:21.58
16. Estremoz / Estremozcarnes		Estremoz / Estremozcarnes	5:39.38		303	4
Daniela Costa Rosado	94	42.36	1:27.12	94	35.89	1:22.82
Barbara Gomes Cochicho	96	44.16	1:36.58	96	34.92	1:12.86
17. Gualdim Pais		Gualdim Pais	5:40.88		299	3
Patricia Alexandra Jose	98	40.05	1:24.22	98	39.69	1:31.47
Catarina Goncalves Trezentos	98	44.25	1:34.88	96	32.15	1:10.31
18. Grandola Sports		Grandola Sports	5:44.48		289	2
Marcia Marques Fradinho	97	41.57	1:26.86	96	39.89	1:26.04
Daniela Mendes Pinela	96	42.76	1:30.78	98	37.07	1:20.80
19. Buzios-Coruche		Buzios-Coruche	6:00.65		252	1
Ana Carolina Monteiro	97	37.05	1:18.63	99	50.07	1:48.26
Joana Rita Ferreira	93	44.14	1:32.34	94	39.25	1:21.42

Prova 8
06-11-2011

Femin., 100m Livres

Absolutos
Resultados

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Rita Jesus	95	105941	Associacao CADES	1:03.20		525	20
	50m: 31.16 31.16			100m: 1:03.20 32.04				
2.	Diana Martinez Prada	87	121776	Interior Norte	1:04.04		505	18
	50m: 30.50 30.50			100m: 1:04.04 33.54				
3.	Filipa Andreia Costa	98	109094	Colegio Monte Maior	1:04.19		501	17
	50m: 30.95 30.95			100m: 1:04.19 33.24				
4.	Ana Filipa Sousa	96	24481	Nucleo Sportinguista da Golega	1:04.36		497	16
	50m: 30.84 30.84			100m: 1:04.36 33.52				
5.	Catia Sofia Paio	96	106067	Electrico	1:05.13		480	15
	50m: 31.40 31.40			100m: 1:05.13 33.73				
6.	Joana Gabriela Silva	95	103945	Colegio SMLamas	1:05.77		466	14
	50m: 31.88 31.88			100m: 1:05.77 33.89				
7.	Maria Ornelas Armas	98	106961	Terceira Auto Clube	1:07.81		425	13
	50m: 32.58 32.58			100m: 1:07.81 35.23				

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Prova 8, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Tatiana Cruz Costa	94	102964	Miranda do Corvo	1:07.97		422	12
	50m: 33.00 33.00		100m: 1:07.97 34.97					
9.	Ines Filipa Ferreira	97	102945	Elvense	1:08.11		420	11
	50m: 33.02 33.02		100m: 1:08.11 35.09					
10.	Mariana Luis Saraiva	96	122900	Nucleo Sportinguista Terceira	1:08.38		415	10
	50m: 32.90 32.90		100m: 1:08.38 35.48					
11.	Carlota Ramos Telhado	98	117367	Alges e Agueda	1:09.03		403	9
	50m: 32.66 32.66		100m: 1:09.03 36.37					
12.	Carolina Henriques Gavancho	97	105296	CLAC-Entroncamento	1:09.22		400	8
	50m: 32.88 32.88		100m: 1:09.22 36.34					
13.	Filipa Robert Rente	96	122852	Gualdim Pais	1:09.50		395	7
	50m: 32.18 32.18		100m: 1:09.50 37.32					
14.	Mariya Zadarozhya	92	24814	Tavira Natacao	1:09.93		388	6
	50m: 32.77 32.77		100m: 1:09.93 37.16					
15.	Sofia Leonor Costa	96	116508	Natacao do Tejo	1:10.28		382	5
	50m: 33.51 33.51		100m: 1:10.28 36.77					
16.	Ana Pereira Luis	97	100614	Salvaterra de Magos	1:11.30		366	4
	50m: 33.19 33.19		100m: 1:11.30 38.11					
17.	Patricia Pereira Galrito	94	24619	Estremoz / Estremozcarnes	1:13.02		340	3
	50m: 34.01 34.01		100m: 1:13.02 39.01					
18.	Daniela Mendes Pinela	96	120482	Grandola Sports	1:14.78		317	2
	50m: 36.21 36.21		100m: 1:14.78 38.57					
19.	Joana Maria Carlota	94	120433	Buzios-Coruche	1:19.22		266	1
	50m: 37.74 37.74		100m: 1:19.22 41.48					

Prova 9
06-11-2011

Femin., 200m Mariposa

Absolutos
Resultados

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Mendes Paulo	96	106126	Colegio Monte Maior	2:29.39		528	20
	50m: 33.96 33.96		100m: 1:12.41 38.45	150m: 1:49.76 37.35	200m: 2:29.39 39.63			
2.	Catia Alexandra Batista	96	103036	Colegio SMLamas	2:36.27		461	18
	50m: 33.49 33.49		100m: 1:12.44 38.95	150m: 1:52.23 39.79	200m: 2:36.27 44.04			
3.	Catarina Vilhena Gregorio	96	103459	CLAC-Entroncamento	2:44.27		397	17
	50m: 36.73 36.73		100m: 1:19.51 42.78	150m: 2:02.77 43.26	200m: 2:44.27 41.50			
4.	Ines Margarida Ribeiro	97	104396	Alges e Agueda	2:44.81		393	16
	50m: 36.59 36.59		100m: 1:18.90 42.31	150m: 2:02.21 43.31	200m: 2:44.81 42.60			
5.	Elsa Manuela Cardoso	86	102975	Interior Norte	2:50.18		357	15
	50m: 34.16 34.16		100m: 1:14.74 40.58	150m: 2:00.98 46.24	200m: 2:50.18 49.20			
6.	Tatiana Lima Silva	96	100641	Natacao do Tejo	2:53.15		339	14
	50m: 37.67 37.67		100m: 1:21.75 44.08	150m: 2:06.61 44.86	200m: 2:53.15 46.54			
7.	Ana Catarina Travessa	96	100003	Salvaterra de Magos	2:57.77		313	13
	50m: 37.37 37.37		100m: 1:21.63 44.26	150m: 2:09.49 47.86	200m: 2:57.77 48.28			

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Campeonato Nacional Clubes 4ª Divisão - FQ
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Prova 9, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Carolina Marques Mendes	97	106519	Nucleo Sportinguista Terceira	3:00.13		301	12
	50m: 39.58 39.58		100m: 1:25.73 46.15	150m: 2:13.33 47.60	200m: 3:00.13 46.80			
9.	Ines Rosa Farinha	97	106089	Tavira Natacao	3:02.46		290	11
	50m: 40.39 40.39		100m: 1:27.41 47.02	150m: 2:15.56 48.15	200m: 3:02.46 46.90			
10.	Cristiana Daniela Silva	99	112043	Miranda do Corvo	3:06.62		271	10
	50m: 39.72 39.72		100m: 1:26.74 47.02	150m: 2:15.84 49.10	200m: 3:06.62 50.78			
11.	Ana Rita Ferreira	92	11237	Nucleo Sportinguista da Golega	3:07.67		266	9
	50m: 40.53 40.53		100m: 1:28.63 48.10	150m: 2:17.95 49.32	200m: 3:07.67 49.72			
12.	Ana Sofia Monteiro	96	112018	Estremoz / Estremozcarnes	3:07.84		265	8
	50m: 41.32 41.32		100m: 1:29.48 48.16	150m: 2:19.62 50.14	200m: 3:07.84 48.22			
13.	Ines Carolina Soares	98	110234	Associacao CADES	3:08.79		261	7
	50m: 39.06 39.06		100m: 1:26.79 47.73	150m: 2:17.56 50.77	200m: 3:08.79 51.23			
14.	Sofia Alexandra Rodrigues	99	111458	Electrico	3:11.23		251	6
	50m: 41.88 41.88		100m: 1:32.03 50.15	150m: 2:23.02 50.99	200m: 3:11.23 48.21			
15.	Rita Oliveira Afonso	97	107259	Elvense	3:15.62		235	5
	50m: 43.73 43.73		100m: 1:32.03 48.30	150m: 2:24.05 52.02	200m: 3:15.62 51.57			
16.	Ana Filipa Parente	98	121282	Gualdim Pais	3:27.94		195	4
	50m: 44.43 44.43		100m: 1:38.61 54.18	150m: 2:34.72 56.11	200m: 3:27.94 53.22			
17.	Mara Brasil Godinho	96	26562	Terceira Auto Clube	3:33.05		182	3
	50m: 43.26 43.26		100m: 1:37.29 54.03	150m: 2:34.68 57.39	200m: 3:33.05 58.37			
DSQ	Marcia Marques Fradinho	97	110587	Grandola Sports				
	813 - Tocou com uma mão na parede na viragem aos 175 m - SW 8.4							
DSQ	Beatriz Isabel Nunes	99	111945	Buzios-Coruche				
	808 - Movimento alternado de pernas durante o percurso - SW 8.3							

Prova 10
06-11-2011

Femin., 200m Bruços

Absolutos
Resultados

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Monica Moreira Lanzinha	95	106069	Electrico	2:50.78		489	20
	50m: 38.42 38.42		100m: 1:21.80 43.38	150m: 2:06.16 44.36	200m: 2:50.78 44.62			
2.	Mariana Manhita Correia	98	110738	Tavira Natacao	2:53.59		465	18
	50m: 39.10 39.10		100m: 1:23.54 44.44	150m: 2:09.39 45.85	200m: 2:53.59 44.20			
3.	Ana Catarina Serra	95	110228	Natacao do Tejo	2:56.76		441	17
	50m: 40.88 40.88		100m: 1:25.17 44.29	150m: 2:10.83 45.66	200m: 2:56.76 45.93			
4.	Mafalda Alexandra Henriques	98	105308	Colegio Monte Maior	2:59.76		419	16
	50m: 41.50 41.50		100m: 1:28.38 46.88	150m: 2:15.85 47.47	200m: 2:59.76 43.91			
5.	Carolina Conceicao Pais	97	103764	Colegio SMLamas	3:00.76		412	15
	50m: 42.02 42.02		100m: 1:28.88 46.86	150m: 2:15.17 46.29	200m: 3:00.76 45.59			
6.	Margarida Pamplona Evangelho	99	108722	Nucleo Sportinguista Terceira	3:03.28		395	14
	50m: 40.48 40.48		100m: 1:27.75 47.27	150m: 2:16.32 48.57	200m: 3:03.28 46.96			
7.	Ines Maria Ribeiro	94	11407	CLAC-Entroncamento	3:03.84		392	13
	50m: 41.95 41.95		100m: 1:28.95 47.00	150m: 2:17.03 48.08	200m: 3:03.84 46.81			
8.	Ana Rita Nunes	97	106772	Alges e Agueda	3:04.71		386	12
	50m: 43.04 43.04		100m: 1:29.89 46.85	150m: 2:17.22 47.33	200m: 3:04.71 47.49			

O Juiz Árbitro

O Secretariado

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 10, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Mariana Domingues Paz	98	108077	Miranda do Corvo	3:07.77		368	11
	50m: 42.95 42.95		100m: 1:30.02 47.07	150m: 2:19.91 49.89	200m: 3:07.77 47.86			
10.	Elisabete Moreira Castro	90	23191	Interior Norte	3:08.17		365	10
	50m: 42.15 42.15		100m: 1:29.89 47.74	150m: 2:19.07 49.18	200m: 3:08.17 49.10			
11.	Isabel Reis Silva	96	14077	Terceira Auto Clube	3:10.36		353	9
	50m: 43.22 43.22		100m: 1:31.94 48.72	150m: 2:21.58 49.64	200m: 3:10.36 48.78			
12.	Luisa Filipa Maia	96	110685	Associacao CADES	3:11.20		348	8
	50m: 43.42 43.42		100m: 1:31.01 47.59	150m: 2:21.36 50.35	200m: 3:11.20 49.84			
13.	Ana Carolina Alarico	94	112643	Nucleo Sportinguista da Golega	3:13.54		336	7
	50m: 44.32 44.32		100m: 1:33.70 49.38	150m: 2:24.01 50.31	200m: 3:13.54 49.53			
14.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	3:18.68		310	6
	50m: 45.54 45.54		100m: 1:37.08 51.54	150m: 2:28.37 51.29	200m: 3:18.68 50.31			
15.	Joana Rita Ferreira	93	101401	Buzios-Coruche	3:18.92		309	5
	50m: 45.49 45.49		100m: 1:36.21 50.72	150m: 2:27.95 51.74	200m: 3:18.92 50.97			
16.	Francisca Goncalves Abreu	96	25212	Elvense	3:21.43		298	4
	50m: 44.84 44.84		100m: 1:35.44 50.60	150m: 2:28.83 53.39	200m: 3:21.43 52.60			
17.	Mariana David Caeiro	96	105467	Salvaterra de Magos	3:24.99		282	3
	50m: 45.61 45.61		100m: 1:37.04 51.43	150m: 2:30.77 53.73	200m: 3:24.99 54.22			
18.	Barbara Gomes Cochicho	96	108859	Estremoz / Estremozcarnes	3:27.37		273	2
	50m: 45.45 45.45		100m: 1:38.09 52.64	150m: 2:32.29 54.20	200m: 3:27.37 55.08			
19.	Ana Rita Taborda	98	110508	Grandola Sports	3:29.66		264	1
	50m: 46.07 46.07		100m: 1:39.36 53.29	150m: 2:35.03 55.67	200m: 3:29.66 54.63			

Prova 11
06-11-2011

Femin., 200m Costas

Absolutos
Resultados

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Sousa Grou	96	15031	Tavira Natacao	2:29.36		520	20
	50m: 34.17 34.17		100m: 1:11.41 37.24	150m: 1:50.64 39.23	200m: 2:29.36 38.72			
2.	Ines Mendes Paulo	96	106126	Colegio Monte Maior	2:36.37		453	18
	50m: 37.93 37.93		100m: 1:18.45 40.52	150m: 1:58.59 40.14	200m: 2:36.37 37.78			
3.	Ana Mafalda Silva	97	13472	Terceira Auto Clube	2:37.52		444	17
	50m: 36.76 36.76		100m: 1:16.72 39.96	150m: 1:57.52 40.80	200m: 2:37.52 40.00			
4.	Maria Dias Neves	99	108078	Miranda do Corvo	2:37.85		441	16
	50m: 39.23 39.23		100m: 1:19.38 40.15	150m: 1:59.26 39.88	200m: 2:37.85 38.59			
5.	Ana Filipa Sousa	96	24481	Nucleo Sportinguista da Golega	2:38.53		435	15
	50m: 36.18 36.18		100m: 1:16.24 40.06	150m: 1:57.48 41.24	200m: 2:38.53 41.05			
6.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	2:39.02		431	14
	50m: 37.36 37.36		100m: 1:17.81 40.45	150m: 1:58.61 40.80	200m: 2:39.02 40.41			
7.	Filipa Santos Castro	96	105028	Alges e Agueda	2:39.46		428	13
	50m: 38.62 38.62		100m: 1:18.52 39.90	150m: 1:58.71 40.19	200m: 2:39.46 40.75			
8.	Celia Silva Margarido	96	105556	Electrico	2:42.62		403	12
	50m: 37.55 37.55		100m: 1:19.04 41.49	150m: 2:01.43 42.39	200m: 2:42.62 41.19			

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Prova 11, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Maria Joao Oliveira	93	22409	Interior Norte	2:45.23		384	11
	50m: 38.33 38.33		100m: 1:19.74	41.41 150m: 2:02.87	43.13	200m: 2:45.23	42.36	
10.	Ana Carolina Monteiro	97	105518	Buzios-Coruche	2:45.76		381	10
	50m: 38.18 38.18		100m: 1:20.83	42.65 150m: 2:03.83	43.00	200m: 2:45.76	41.93	
11.	Carolina Henriques Gavancho	97	105296	CLAC-Entroncamento	2:48.47		363	9
	50m: 39.96 39.96		100m: 1:22.66	42.70 150m: 2:06.50	43.84	200m: 2:48.47	41.97	
12.	Ines Filipa Ferreira	97	102945	Elvense	2:49.04		359	8
	50m: 38.29 38.29		100m: 1:20.26	41.97 150m: 2:04.54	44.28	200m: 2:49.04	44.50	
13.	Patricia Simoes Jorge	97	109500	Salvaterra de Magos	2:50.06		352	7
	50m: 41.02 41.02		100m: 1:23.61	42.59 150m: 2:07.04	43.43	200m: 2:50.06	43.02	
14.	Adriana Toste Ferrao	98	107194	Nucleo Sportinguista Terceira	2:51.37		344	6
	50m: 40.86 40.86		100m: 1:25.10	44.24 150m: 2:08.62	43.52	200m: 2:51.37	42.75	
15.	Ana Raquel Pereira	96	104187	Grandola Sports	2:54.72		325	5
	50m: 41.57 41.57		100m: 1:25.98	44.41 150m: 2:10.73	44.75	200m: 2:54.72	43.99	
16.	Patricia Alexandra Jose	98	111736	Gualdim Pais	2:56.36		316	4
	50m: 40.74 40.74		100m: 1:25.08	44.34 150m: 2:12.23	47.15	200m: 2:56.36	44.13	
17.	Ines Carolina Soares	98	110234	Associacao CADES	2:56.83		313	3
	50m: 41.84 41.84		100m: 1:26.81	44.97 150m: 2:13.25	46.44	200m: 2:56.83	43.58	
18.	Andreia Catarina Jeronimo	98	117537	Natacao do Tejo	3:02.78		284	2
	50m: 42.66 42.66		100m: 1:29.37	46.71 150m: 2:16.59	47.22	200m: 3:02.78	46.19	
19.	Daniela Costa Rosado	94	14857	Estremoz / Estremozcarnes	3:06.55		267	1
	50m: 43.82 43.82		100m: 1:30.44	46.62 150m: 2:18.10	47.66	200m: 3:06.55	48.45	

Prova 12
06-11-2011

Femin., 400m Livres

Absolutos
Resultados

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mafalda Cristina Pita	97	106066	Electrico	4:51.89		521	20
	50m: 32.85 32.85		150m: 1:46.38	37.03 250m: 3:00.58	37.16	350m: 4:15.53	37.49	
	100m: 1:09.35 36.50		200m: 2:23.42	37.04 300m: 3:38.04	37.46	400m: 4:51.89	36.36	
2.	Maria Ornelas Armas	98	106961	Terceira Auto Clube	4:59.75		481	18
	50m: 34.25 34.25		150m: 1:49.56	38.13 250m: 3:06.22	38.39	350m: 4:22.80	38.22	
	100m: 1:11.43 37.18		200m: 2:27.83	38.27 300m: 3:44.58	38.36	400m: 4:59.75	36.95	
3.	Tatiana Cruz Costa	94	102964	Miranda do Corvo	5:00.10		479	17
	50m: 34.86 34.86		150m: 1:50.46	37.72 250m: 3:06.68	38.17	350m: 4:23.39	38.24	
	100m: 1:12.74 37.88		200m: 2:28.51	38.05 300m: 3:45.15	38.47	400m: 5:00.10	36.71	
4.	Ana Cristina Alcacarenho	97	112748	Nucleo Sportinguista da Golega	5:01.61		472	16
	50m: 34.35 34.35		150m: 1:50.29	38.39 250m: 3:07.78	38.75	350m: 4:24.80	38.26	
	100m: 1:11.90 37.55		200m: 2:29.03	38.74 300m: 3:46.54	38.76	400m: 5:01.61	36.81	
5.	Rita Manuela Barbosa	89	23166	Interior Norte	5:08.42		441	15
	50m: 33.46 33.46		150m: 1:50.23	38.86 250m: 3:09.14	39.46	350m: 4:29.06	39.82	
	100m: 1:11.37 37.91		200m: 2:29.68	39.45 300m: 3:49.24	40.10	400m: 5:08.42	39.36	
6.	Ana Filipa Brito	96	105196	Colegio Monte Maior	5:12.22		425	14
	50m: 34.81 34.81		150m: 1:52.45	39.28 250m: 3:13.86	40.91	350m: 4:33.93	39.85	
	100m: 1:13.17 38.36		200m: 2:32.95	40.50 300m: 3:54.08	40.22	400m: 5:12.22	38.29	

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 12, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Ana Rita Nunes	97	106772	Alges e Agueda	5:13.31		421	13
	50m: 36.72 36.72		150m: 1:56.57 40.24	250m: 3:15.92 39.55	350m: 4:34.90 39.47			
	100m: 1:16.33 39.61		200m: 2:36.37 39.80	300m: 3:55.43 39.51	400m: 5:13.31 38.41			
8.	Daniela Filipa Mira	99	110632	Associacao CADES	5:16.74		407	12
	50m: 36.25 36.25		150m: 1:56.73 40.54	250m: 3:17.69 40.35	350m: 4:38.50 40.41			
	100m: 1:16.19 39.94		200m: 2:37.34 40.61	300m: 3:58.09 40.40	400m: 5:16.74 38.24			
9.	Daniela Sofia Serra	98	109257	CLAC-Entroncamento	5:20.47		393	11
	50m: 36.32 36.32		150m: 1:55.88 40.41	250m: 3:17.11 40.66	350m: 4:40.10 41.62			
	100m: 1:15.47 39.15		200m: 2:36.45 40.57	300m: 3:58.48 41.37	400m: 5:20.47 40.37			
10.	Andreia Filipa Sequeira	98	103466	Estremoz / Estremozcarnes	5:21.08		391	10
	50m: 36.36 36.36		150m: 1:57.61 41.03	250m: 3:20.71 41.49	350m: 4:42.19 40.70			
	100m: 1:16.58 40.22		200m: 2:39.22 41.61	300m: 4:01.49 40.78	400m: 5:21.08 38.89			
11.	Daniela Silva Barcelos	98	106525	Nucleo Sportinguista Terceira	5:23.78		381	9
	50m: 36.25 36.25		150m: 1:57.35 40.92	250m: 3:20.49 41.14	350m: 4:43.60 42.03			
	100m: 1:16.43 40.18		200m: 2:39.35 42.00	300m: 4:01.57 41.08	400m: 5:23.78 40.18			
12.	Raquel Sofia Jorge	98	108751	Salvaterra de Magos	5:25.86		374	8
	50m: 35.94 35.94		150m: 1:56.64 40.78	250m: 3:19.59 41.67	350m: 4:42.71 41.19			
	100m: 1:15.86 39.92		200m: 2:37.92 41.28	300m: 4:01.52 41.93	400m: 5:25.86 43.15			
13.	Carolina Conceicao Pais	97	103764	Colegio SMLamas	5:26.73		371	7
	50m: 35.20 35.20		150m: 1:55.58 41.14	250m: 3:20.34 42.13	350m: 4:44.93 41.45			
	100m: 1:14.44 39.24		200m: 2:38.21 42.63	300m: 4:03.48 43.14	400m: 5:26.73 41.80			
14.	Margarida Silveira Henriques	97	26256	Gualdim Pais	5:34.10		347	6
	50m: 36.89 36.89		150m: 2:00.19 42.63	250m: 3:25.85 42.86	350m: 4:51.95 43.10			
	100m: 1:17.56 40.67		200m: 2:42.99 42.80	300m: 4:08.85 43.00	400m: 5:34.10 42.15			
15.	Ana Teresa Nunes	88	11235	Natacao do Tejo	5:41.99		324	5
	50m: 37.33 37.33		150m: 2:03.49 43.51	250m: 3:32.02 44.08	350m: 5:00.60 43.29			
	100m: 1:19.98 42.65		200m: 2:47.94 44.45	300m: 4:17.31 45.29	400m: 5:41.99 41.39			
16.	Beatriz Mendes Viegas	00	110689	Tavira Natacao	5:42.04		323	4
	50m: 37.00 37.00		150m: 2:02.42 43.88	250m: 3:31.71 43.91	350m: 5:00.67 44.81			
	100m: 1:18.54 41.54		200m: 2:47.80 45.38	300m: 4:15.86 44.15	400m: 5:42.04 41.37			
17.	Daniela Mendes Pinela	96	120482	Grandola Sports	5:50.93		299	3
	50m: 40.00 40.00		150m: 2:07.22 44.42	250m: 3:40.17 46.78	350m: 5:11.26 44.21			
	100m: 1:22.80 42.80		200m: 2:53.39 46.17	300m: 4:27.05 46.88	400m: 5:50.93 39.67			
18.	Ana Margarida Baleca	95	103318	Elvense	5:54.05		292	2
	50m: 36.75 36.75		150m: 2:01.55 43.70	250m: 3:33.28 46.80	350m: 5:08.90 47.52			
	100m: 1:17.85 41.10		200m: 2:46.48 44.93	300m: 4:21.38 48.10	400m: 5:54.05 45.15			
19.	Carolina Sofia Eusebio	00	111947	Buzios-Coruche	6:19.54		237	1
	50m: 38.75 38.75		150m: 2:14.82 49.04	250m: 3:54.18 49.47	350m: 5:33.60 50.06			
	100m: 1:25.78 47.03		200m: 3:04.71 49.89	300m: 4:43.54 49.36	400m: 6:19.54 45.94			

Campeonato Nacional Clubes 4ª Divisão - FQ
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Prova 13
06-11-2011
Pontos: FINA 2011

Femin., 4 x 100m Livres

Absolutos
Resultados

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Interior Norte		Interior Norte	4:20.87		508	20
	86	30.82	1:03.92	89	30.76	1:06.45
	87	30.44	1:04.94	89	31.28	1:05.56
2. Colegio Monte Maior		Colegio Monte Maior	4:21.69		503	18
	98	31.71	1:04.71	96	29.99	1:03.09
	98	31.65	1:06.55	98	32.21	1:07.34
3. Electrico		Electrico	4:24.51		487	17
	96	31.72	1:05.94	96	32.22	1:07.45
	95	31.91	1:06.73	97	30.81	1:04.39
4. Colegio SMLamas		Colegio SMLamas	4:31.38		451	16
	96	32.55	1:07.45	98	31.29	1:05.63
	98	34.36	1:12.35	95	31.38	1:05.95
5. Alges e Agueda		Alges e Agueda	4:37.16		424	15
	97	33.86	1:08.84	98	34.09	1:11.31
	98	32.08	1:08.29	96	32.15	1:08.72
6. Nucleo Sportinguista da Golega		Nucleo Sportinguista da Golega	4:38.23		419	14
	96	31.83	1:06.69	97	33.23	1:09.19
	94	34.81	1:14.76	92	32.61	1:07.59
7. Tavira Natacao		Tavira Natacao	4:40.24		410	13
	98	33.69	1:10.63	96	30.64	1:04.59
	97	33.55	1:12.24	00	34.57	1:12.78
8. Terceira Auto Clube		Terceira Auto Clube	4:40.40		409	12
	97	31.84	1:06.74	98	33.93	1:10.88
	99	34.74	1:11.99	96	34.04	1:10.79
9. Miranda do Corvo		Miranda do Corvo	4:44.46		392	11
	99	33.68	1:09.44	00	35.70	1:16.26
	98	33.73	1:10.28	94	33.02	1:08.48
10. CLAC-Entroncamento		CLAC-Entroncamento	4:44.57		391	10
	97	33.79	1:12.03	96	33.80	1:13.83
	99	34.01	1:12.43	96	31.88	1:06.28
11. Nucleo Sportinguista Terceira		Nucleo Sportinguista Terceira	4:46.94		382	9
	97	34.77	1:13.92	98	34.54	1:12.44
	96	33.87	1:10.78	96	32.95	1:09.80
12. Natacao do Tejo		Natacao do Tejo	4:47.44		380	8
	96	33.87	1:11.11	96	34.82	1:12.99
	98	35.29	1:15.54	95	32.77	1:07.80
13. Elvense		Elvense	4:47.85		378	7
	96	34.68	1:12.91	95	35.09	1:14.57
	97	34.57	1:12.30	97	32.40	1:08.07
14. Salvaterra de Magos		Salvaterra de Magos	4:49.33		372	6
	97	36.24	1:17.17	96	32.89	1:08.72
	97	33.21	1:11.09	97	33.88	1:12.35
15. Estremoz / Estremozcarnes		Estremoz / Estremozcarnes	4:49.56		371	5
	94	34.23	1:13.44	96	35.52	1:14.44
	94	35.55	1:14.38	98	31.74	1:07.30
16. Associacao CADES		Associacao CADES	4:53.30		357	4
	95	31.66	1:04.52	96	33.29	1:10.49
	00	40.00	1:24.36	99	35.31	1:13.93

O Juiz Árbitro

O Secretariado

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Campeonato Nacional Clubes 4ª Divisão - FQ
Campo Maior, 6-11-2011

Prova 13, Femin., 4 x 100m Livres, Absolutos

Lugar	NFed		Clube		Tempo Final	TReac	Pts FINA		Pts
17.	Gualdim Pais		Gualdim Pais		5:01.52		329		3
	Margarida Silveira Henriques	97	36.51	1:16.66	Ana Filipa Parente	98	35.32	1:15.64	
	Catarina Goncalves Trezentos	98	38.01	1:20.03	Filipa Robert Rente	96	31.64	1:09.19	
18.	Buzios-Coruche		Buzios-Coruche		5:13.97		291		2
	Ana Carolina Monteiro	97	32.91	1:09.38	Carolina Sofia Eusebio	00	41.83	1:26.13	
	Joana Rita Ferreira	93	35.89	1:17.64	Joana Maria Carlota	94	38.47	1:20.82	
19.	Grandola Sports		Grandola Sports		5:22.56		268		1
	Marcia Marques Fradinho	97	37.92	1:22.77	Ana Raquel Pereira	96	35.58	1:14.84	
	Daniela Mendes Pinela	96	38.16	1:19.31	Ana Rita Taborda	98	39.75	1:25.64	

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