

Campeonatos Absolutos de Portugal PC (Jun e Sen)  
Silves, 2- - 4-12-2011

Prova 31	Femin., 800m Livres				Absolutos
04-12-2011 - 9:00					Resultados
Rec. Nac. 25m Absoluto	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	13-12-2002
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

TAC - Fem Sen: 9:32.00; Jun1: 9:43.44; Jun2: 9:32.00

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absolutos</b>								
1.	Angelica Maria Andre	94	15497	Leixoes	<b>8:50.62</b>	+0,80	761	
	100m: 1:01.98			300m: 3:14.44	500m: 5:27.99	700m: 7:43.93		1:08.48
	200m: 2:07.57			400m: 4:21.44	600m: 6:35.45	800m: 8:50.62		1:06.69
2.	Diana Margarida Duraes	96	102992	Foca	<b>8:53.55</b>	+0,78	748	
	100m: 1:03.02			300m: 3:16.68	500m: 5:30.66	700m: 7:46.46		1:07.90
	200m: 2:09.63			400m: 4:23.52	600m: 6:38.56	800m: 8:53.55		1:07.09
3.	Joana Filipa Santos	93	24081	Vitoria de Guimaraes	<b>8:55.23</b>	+0,89	741	
	100m: 1:03.07			300m: 3:18.10	500m: 5:34.63	700m: 7:50.71		1:08.12
	200m: 2:10.33			400m: 4:26.39	600m: 6:42.59	800m: 8:55.23		1:04.52
4.	Joana Aguiar Rodrigues	93	15401	Porto	<b>8:55.79</b>	+0,95	739	
	100m: 1:03.74			300m: 3:20.19	500m: 5:34.16	700m: 7:50.56		1:08.45
	200m: 2:12.08			400m: 4:27.16	600m: 6:42.11	800m: 8:55.79		1:05.23
5.	Filipa Vilas Ruivo	97	103568	Nautico da Marinha Grande	<b>9:03.22</b>	+0,89	709	
	100m: 1:03.51			300m: 3:20.39	500m: 5:38.99	700m: 7:56.17		1:08.12
	200m: 2:11.76			400m: 4:29.49	600m: 6:48.05	800m: 9:03.22		1:07.05
6.	Andreia Catarina Gomes	94	103701	Vitoria de Guimaraes	<b>9:06.98</b>	+0,98	695	
	100m: 1:03.99			300m: 3:20.36	500m: 5:37.82	700m: 7:57.83		1:10.09
	200m: 2:11.90			400m: 4:28.65	600m: 6:47.74	800m: 9:06.98		1:09.15
7.	Vania Soares Neves	90	12380	Viana Natacao	<b>9:07.60</b>	+0,90	692	
	100m: 1:05.53			300m: 3:24.38	500m: 5:42.85	700m: 8:01.59		1:09.39
	200m: 2:14.49			400m: 4:34.46	600m: 6:52.20	800m: 9:07.60		1:06.01
8.	Maria Luis Amorim	95	102029	Porto	<b>9:09.92</b>	+1,04	684	
	100m: 1:05.35			300m: 3:24.37	500m: 5:42.80	700m: 8:02.13		1:09.76
	200m: 2:14.39			400m: 4:34.58	600m: 6:52.37	800m: 9:09.92		1:07.79
9.	Ines Alexandra Paiva	96	100378	Alges	<b>9:10.09</b>	+0,94	683	
	100m: 1:05.14			300m: 3:22.95	500m: 5:42.80	700m: 8:02.08		1:09.58
	200m: 2:13.75			400m: 4:32.92	600m: 6:52.50	800m: 9:10.09		1:08.01
10.	Ana Goncalves Neto	95	101958	Porto	<b>9:12.09</b>	+1,70	675	
	100m: 1:03.81			300m: 3:22.37	500m: 5:43.05	700m: 8:03.16		1:10.01
	200m: 2:12.63			400m: 4:33.08	600m: 6:53.15	800m: 9:12.09		1:08.93
11.	Maria Teresa Amorim	97	20104	Porto	<b>9:12.28</b>	+1,01	675	
	100m: 1:05.61			300m: 3:24.79	500m: 5:44.61	700m: 8:04.31		1:09.70
	200m: 2:14.88			400m: 4:35.04	600m: 6:54.61	800m: 9:12.28		1:07.97
12.	Barbara Marques Rodrigues	97	107039	Alges	<b>9:12.52</b>	+0,85	674	
	100m: 1:06.05			300m: 3:26.47	500m: 5:46.41	700m: 8:04.77		1:08.92
	200m: 2:16.31			400m: 4:36.54	600m: 6:55.85	800m: 9:12.52		1:07.75
13.	Leonor Mourinho Neves	95	105646	Sporting	<b>9:14.14</b>	+0,88	668	
	100m: 1:04.68			300m: 3:23.60	500m: 5:44.27	700m: 8:04.65		1:10.30
	200m: 2:13.52			400m: 4:34.17	600m: 6:54.35	800m: 9:14.14		1:09.49
14.	Ana Monica Eloi	96	107038	Nautico da Marinha Grande	<b>9:18.93</b>	+0,91	651	
	100m: 1:06.22			300m: 3:27.79	500m: 5:48.24	700m: 8:10.03		1:10.63
	200m: 2:16.80			400m: 4:37.95	600m: 6:59.40	800m: 9:18.93		1:08.90

Campeonatos Absolutos de Portugal PC (Jun e Sen)  
Silves, 2 - 4-12-2011

Prova 31, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Daniela Filipa Pinto	91	20610	Vitoria de Guimaraes	<b>9:19.48</b>	+0,93	649	
	100m: 1:06.49	1:06.49	300m: 3:26.88	1:10.29	500m: 5:47.62	1:10.10	700m: 8:09.04	1:10.99
	200m: 2:16.59	1:10.10	400m: 4:37.52	1:10.64	600m: 6:58.05	1:10.43	800m: 9:19.48	1:10.44
16.	Helena Paula Carvalho	95	107307	Uniao Piedense	<b>9:21.50</b>	+0,80	642	
	100m: 1:06.59	1:06.59	300m: 3:27.69	1:10.64	500m: 5:50.10	1:11.05	700m: 8:12.80	1:11.24
	200m: 2:17.05	1:10.46	400m: 4:39.05	1:11.36	600m: 7:01.56	1:11.46	800m: 9:21.50	1:08.70
17.	Ana Filipa Martins	97	104438	Foca	<b>9:21.85</b>	+0,97	641	
	100m: 1:06.03	1:06.03	300m: 3:26.79	1:10.28	500m: 5:48.44	1:10.93	700m: 8:11.78	1:11.59
	200m: 2:16.51	1:10.48	400m: 4:37.51	1:10.72	600m: 7:00.19	1:11.75	800m: 9:21.85	1:10.07
18.	Raquel Paulo Ranito	94	25504	Sporting	<b>9:23.45</b>	+0,80	635	
	100m: 1:05.79	1:05.79	300m: 3:27.93	1:11.05	500m: 5:50.23	1:11.06	700m: 8:13.10	1:11.03
	200m: 2:16.88	1:11.09	400m: 4:39.17	1:11.24	600m: 7:02.07	1:11.84	800m: 9:23.45	1:10.35
19.	Joana Filipa Capela	89	12794	Benfica	<b>9:24.93</b>	+0,85	630	
	100m: 1:06.92	1:06.92	300m: 3:28.26	1:10.97	500m: 5:50.17	1:10.97	700m: 8:14.67	1:12.50
	200m: 2:17.29	1:10.37	400m: 4:39.20	1:10.94	600m: 7:02.17	1:12.00	800m: 9:24.93	1:10.26
20.	Catia Andreia Clara FTL	95	101886	Nautico da Marinha Grande	<b>9:33.13</b>	+0,90	604	
	100m: 1:07.20	1:07.20	300m: 3:30.41	1:11.98	500m: 5:55.78	1:12.77	700m: 8:21.14	1:12.54
	200m: 2:18.43	1:11.23	400m: 4:43.01	1:12.60	600m: 7:08.60	1:12.82	800m: 9:33.13	1:11.99
21.	Julia Matos Lopes FTL	94	12490	Scalabisport	<b>9:33.21</b>	+0,93	603	
	100m: 1:09.19	1:09.19	300m: 3:33.43	1:12.11	500m: 5:58.16	1:12.18	700m: 8:22.49	1:12.07
	200m: 2:21.32	1:12.13	400m: 4:45.98	1:12.55	600m: 7:10.42	1:12.26	800m: 9:33.21	1:10.72
22.	Cassandra Pedro Oliveira FTL	95	111071	Vilacondense	<b>9:33.54</b>	+0,91	602	
	100m: 1:07.60	1:07.60	300m: 3:30.84	1:11.90	500m: 5:57.29	1:13.16	700m: 8:23.41	1:13.07
	200m: 2:18.94	1:11.34	400m: 4:44.13	1:13.29	600m: 7:10.34	1:13.05	800m: 9:33.54	1:10.13
23.	Marta Alexandra Saraiva FTL	93	14641	Uniao Piedense	<b>9:35.48</b>	+0,97	596	
	100m: 1:08.03	1:08.03	300m: 3:31.59	1:12.10	500m: 5:57.27	1:13.10	700m: 8:23.52	1:13.13
	200m: 2:19.49	1:11.46	400m: 4:44.17	1:12.58	600m: 7:10.39	1:13.12	800m: 9:35.48	1:11.96
24.	Adriana Daniela Castro FTL	97	104515	Porto	<b>9:47.05</b>		562	
	100m: 1:08.99	1:08.99	300m: 3:38.48	1:14.23	500m: 6:07.40	1:14.31	700m: 8:35.72	1:13.85
	200m: 2:24.25	1:15.26	400m: 4:53.09	1:14.61	600m: 7:21.87	1:14.47	800m: 9:47.05	1:11.33
25.	Cecilia Branco Almeida FTL	97	105386	Geslours	<b>9:49.48</b>	+0,92	555	
	100m: 1:10.28	1:10.28	300m: 3:38.66	1:14.14	500m: 6:07.58	1:14.42	700m: 8:36.95	1:14.75
	200m: 2:24.52	1:14.24	400m: 4:53.16	1:14.50	600m: 7:22.20	1:14.62	800m: 9:49.48	1:12.53
26.	Daniela Figueiredo Metelo FTL	97	26780	Nautico/Matobra	<b>10:03.61</b>	+0,83	517	
	100m: 1:09.43	1:09.43	300m: 3:39.16	1:15.20	500m: 6:11.62	1:16.84	700m: 8:48.20	1:17.86
	200m: 2:23.96	1:14.53	400m: 4:54.78	1:15.62	600m: 7:30.34	1:18.72	800m: 10:03.61	1:15.41

Seniores

1.	Angelica Maria Andre	94	15497	Leixoes	<b>8:50.62</b>	+0,80	761	
	100m: 1:01.98	1:01.98	300m: 3:14.44	1:06.87	500m: 5:27.99	1:06.55	700m: 7:43.93	1:08.48
	200m: 2:07.57	1:05.59	400m: 4:21.44	1:07.00	600m: 6:35.45	1:07.46	800m: 8:50.62	1:06.69
2.	Joana Filipa Santos	93	24081	Vitoria de Guimaraes	<b>8:55.23</b>	+0,89	741	
	100m: 1:03.07	1:03.07	300m: 3:18.10	1:07.77	500m: 5:34.63	1:08.24	700m: 7:50.71	1:08.12
	200m: 2:10.33	1:07.26	400m: 4:26.39	1:08.29	600m: 6:42.59	1:07.96	800m: 8:55.23	1:04.52

Campeonatos Absolutos de Portugal PC (Jun e Sen)  
Silves, 2- - 4-12-2011

Prova 31, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Joana Aguiar Rodrigues	93	15401	Porto	<b>8:55.79</b>	+0,95	739	
	100m: 1:03.74 1:03.74			300m: 3:20.19 1:08.11	500m: 5:34.16 1:07.00	700m: 7:50.56 1:08.45	800m: 8:55.79 1:05.23	
	200m: 2:12.08 1:08.34			400m: 4:27.16 1:06.97	600m: 6:42.11 1:07.95			
4.	Andreia Catarina Gomes	94	103701	Vitoria de Guimaraes	<b>9:06.98</b>	+0,98	695	
	100m: 1:03.99 1:03.99			300m: 3:20.36 1:08.46	500m: 5:37.82 1:09.17	700m: 7:57.83 1:10.09	800m: 9:06.98 1:09.15	
	200m: 2:11.90 1:07.91			400m: 4:28.65 1:08.29	600m: 6:47.74 1:09.92			
5.	Vania Soares Neves	90	12380	Viana Natacao	<b>9:07.60</b>	+0,90	692	
	100m: 1:05.53 1:05.53			300m: 3:24.38 1:09.89	500m: 5:42.85 1:08.39	700m: 8:01.59 1:09.39	800m: 9:07.60 1:06.01	
	200m: 2:14.49 1:08.96			400m: 4:34.46 1:10.08	600m: 6:52.20 1:09.35			
6.	Maria Luis Amorim	95	102029	Porto	<b>9:09.92</b>	+1,04	684	
	100m: 1:05.35 1:05.35			300m: 3:24.37 1:09.98	500m: 5:42.80 1:08.22	700m: 8:02.13 1:09.76	800m: 9:09.92 1:07.79	
	200m: 2:14.39 1:09.04			400m: 4:34.58 1:10.21	600m: 6:52.37 1:09.57			
7.	Ana Goncalves Neto	95	101958	Porto	<b>9:12.09</b>	+1,70	675	
	100m: 1:03.81 1:03.81			300m: 3:22.37 1:09.74	500m: 5:43.05 1:09.97	700m: 8:03.16 1:10.01	800m: 9:12.09 1:08.93	
	200m: 2:12.63 1:08.82			400m: 4:33.08 1:10.71	600m: 6:53.15 1:10.10			
8.	Leonor Mourinho Neves	95	105646	Sporting	<b>9:14.14</b>	+0,88	668	
	100m: 1:04.68 1:04.68			300m: 3:23.60 1:10.08	500m: 5:44.27 1:10.10	700m: 8:04.65 1:10.30	800m: 9:14.14 1:09.49	
	200m: 2:13.52 1:08.84			400m: 4:34.17 1:10.57	600m: 6:54.35 1:10.08			
9.	Daniela Filipa Pinto	91	20610	Vitoria de Guimaraes	<b>9:19.48</b>	+0,93	649	
	100m: 1:06.49 1:06.49			300m: 3:26.88 1:10.29	500m: 5:47.62 1:10.10	700m: 8:09.04 1:10.99	800m: 9:19.48 1:10.44	
	200m: 2:16.59 1:10.10			400m: 4:37.52 1:10.64	600m: 6:58.05 1:10.43			
10.	Helena Paula Carvalho	95	107307	Uniao Piedense	<b>9:21.50</b>	+0,80	642	
	100m: 1:06.59 1:06.59			300m: 3:27.69 1:10.64	500m: 5:50.10 1:11.05	700m: 8:12.80 1:11.24	800m: 9:21.50 1:08.70	
	200m: 2:17.05 1:10.46			400m: 4:39.05 1:11.36	600m: 7:01.56 1:11.46			
11.	Raquel Paulo Ranito	94	25504	Sporting	<b>9:23.45</b>	+0,80	635	
	100m: 1:05.79 1:05.79			300m: 3:27.93 1:11.05	500m: 5:50.23 1:11.06	700m: 8:13.10 1:11.03	800m: 9:23.45 1:10.35	
	200m: 2:16.88 1:11.09			400m: 4:39.17 1:11.24	600m: 7:02.07 1:11.84			
12.	Joana Filipa Capela	89	12794	Benfica	<b>9:24.93</b>	+0,85	630	
	100m: 1:06.92 1:06.92			300m: 3:28.26 1:10.97	500m: 5:50.17 1:10.97	700m: 8:14.67 1:12.50	800m: 9:24.93 1:10.26	
	200m: 2:17.29 1:10.37			400m: 4:39.20 1:10.94	600m: 7:02.17 1:12.00			
13.	Catia Andreia Clara FTL	95	101886	Nautico da Marinha Grande	<b>9:33.13</b>	+0,90	604	
	100m: 1:07.20 1:07.20			300m: 3:30.41 1:11.98	500m: 5:55.78 1:12.77	700m: 8:21.14 1:12.54	800m: 9:33.13 1:11.99	
	200m: 2:18.43 1:11.23			400m: 4:43.01 1:12.60	600m: 7:08.60 1:12.82			
14.	Julia Matos Lopes FTL	94	12490	Scalabisport	<b>9:33.21</b>	+0,93	603	
	100m: 1:09.19 1:09.19			300m: 3:33.43 1:12.11	500m: 5:58.16 1:12.18	700m: 8:22.49 1:12.07	800m: 9:33.21 1:10.72	
	200m: 2:21.32 1:12.13			400m: 4:45.98 1:12.55	600m: 7:10.42 1:12.26			
15.	Cassandra Pedro Oliveira FTL	95	111071	Vilacondense	<b>9:33.54</b>	+0,91	602	
	100m: 1:07.60 1:07.60			300m: 3:30.84 1:11.90	500m: 5:57.29 1:13.16	700m: 8:23.41 1:13.07	800m: 9:33.54 1:10.13	
	200m: 2:18.94 1:11.34			400m: 4:44.13 1:13.29	600m: 7:10.34 1:13.05			
16.	Marta Alexandra Saraiva FTL	93	14641	Uniao Piedense	<b>9:35.48</b>	+0,97	596	
	100m: 1:08.03 1:08.03			300m: 3:31.59 1:12.10	500m: 5:57.27 1:13.10	700m: 8:23.52 1:13.13	800m: 9:35.48 1:11.96	
	200m: 2:19.49 1:11.46			400m: 4:44.17 1:12.58	600m: 7:10.39 1:13.12			

Juniores2

1.	Diana Margarida Duraes	96	102992	Foca	<b>8:53.55</b>	+0,78	748	
	100m: 1:03.02 1:03.02			300m: 3:16.68 1:07.05	500m: 5:30.66 1:07.14	700m: 7:46.46 1:07.90	800m: 8:53.55 1:07.09	
	200m: 2:09.63 1:06.61			400m: 4:23.52 1:06.84	600m: 6:38.56 1:07.90			

Campeonatos Absolutos de Portugal PC (Jun e Sen)  
Silves, 2- - 4-12-2011

Prova 31, Femin., 800m Livres, Juniores2

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	Ines Alexandra Paiva	96	100378	Alges	<b>9:10.09</b>	+0,94	683	
	100m: 1:05.14	1:05.14	300m: 3:22.95	1:09.20	500m: 5:42.80	1:09.88	700m: 8:02.08	1:09.58
	200m: 2:13.75	1:08.61	400m: 4:32.92	1:09.97	600m: 6:52.50	1:09.70	800m: 9:10.09	1:08.01
3.	Ana Monica Eloi	96	107038	Nautico da Marinha Grande	<b>9:18.93</b>	+0,91	651	
	100m: 1:06.22	1:06.22	300m: 3:27.79	1:10.99	500m: 5:48.24	1:10.29	700m: 8:10.03	1:10.63
	200m: 2:16.80	1:10.58	400m: 4:37.95	1:10.16	600m: 6:59.40	1:11.16	800m: 9:18.93	1:08.90

Juniores1

1.	Filipa Vilas Ruivo	97	103568	Nautico da Marinha Grande	<b>9:03.22</b>	+0,89	709	
	100m: 1:03.51	1:03.51	300m: 3:20.39	1:08.63	500m: 5:38.99	1:09.50	700m: 7:56.17	1:08.12
	200m: 2:11.76	1:08.25	400m: 4:29.49	1:09.10	600m: 6:48.05	1:09.06	800m: 9:03.22	1:07.05
2.	Maria Teresa Amorim	97	20104	Porto	<b>9:12.28</b>	+1,01	675	
	100m: 1:05.61	1:05.61	300m: 3:24.79	1:09.91	500m: 5:44.61	1:09.57	700m: 8:04.31	1:09.70
	200m: 2:14.88	1:09.27	400m: 4:35.04	1:10.25	600m: 6:54.61	1:10.00	800m: 9:12.28	1:07.97
3.	Barbara Marques Rodrigues	97	107039	Alges	<b>9:12.52</b>	+0,85	674	
	100m: 1:06.05	1:06.05	300m: 3:26.47	1:10.16	500m: 5:46.41	1:09.87	700m: 8:04.77	1:08.92
	200m: 2:16.31	1:10.26	400m: 4:36.54	1:10.07	600m: 6:55.85	1:09.44	800m: 9:12.52	1:07.75
4.	Ana Filipa Martins	97	104438	Foca	<b>9:21.85</b>	+0,97	641	
	100m: 1:06.03	1:06.03	300m: 3:26.79	1:10.28	500m: 5:48.44	1:10.93	700m: 8:11.78	1:11.59
	200m: 2:16.51	1:10.48	400m: 4:37.51	1:10.72	600m: 7:00.19	1:11.75	800m: 9:21.85	1:10.07
5.	Adriana Daniela Castro	97	104515	Porto	<b>9:47.05</b>		562	
	<i>FTL</i>							
	100m: 1:08.99	1:08.99	300m: 3:38.48	1:14.23	500m: 6:07.40	1:14.31	700m: 8:35.72	1:13.85
	200m: 2:24.25	1:15.26	400m: 4:53.09	1:14.61	600m: 7:21.87	1:14.47	800m: 9:47.05	1:11.33
6.	Cecilia Branco Almeida	97	105386	Gesloures	<b>9:49.48</b>	+0,92	555	
	<i>FTL</i>							
	100m: 1:10.28	1:10.28	300m: 3:38.66	1:14.14	500m: 6:07.58	1:14.42	700m: 8:36.95	1:14.75
	200m: 2:24.52	1:14.24	400m: 4:53.16	1:14.50	600m: 7:22.20	1:14.62	800m: 9:49.48	1:12.53
7.	Daniela Figueiredo Metelo	97	26780	Nautico/Matobra	<b>10:03.61</b>	+0,83	517	
	<i>FTL</i>							
	100m: 1:09.43	1:09.43	300m: 3:39.16	1:15.20	500m: 6:11.62	1:16.84	700m: 8:48.20	1:17.86
	200m: 2:23.96	1:14.53	400m: 4:54.78	1:15.62	600m: 7:30.34	1:18.72	800m: 10:03.61	1:15.41