

Campeonato Nacional Clubes 3ª Divisão
 Cantanhede, 10- - 11-12-2011

| Prova 13 | Femin., 800m Livres | | | | | Absoluto |
|------------------------|---------------------|------------------------|-------|-------------|------------|------------|
| 10-12-2011 - 18:20 | | | | | | 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 2011

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts | Pts |
|-----------------|--------------------------|-----|---------------------|---------------------|---------------------|----------|-----|-----|
| Absoluto | | | | | | | | |
| 1. | Florbela Cavaco MACHADO | 96 | SCC/Oryzon Energias | 9:04.25 | +0,84 | 705 | 25 | |
| | 50m: 30.96 30.96 | | 250m: 2:46.43 33.94 | 450m: 5:03.93 34.22 | 650m: 7:23.05 34.35 | | | |
| | 100m: 1:04.70 33.74 | | 300m: 3:20.82 34.39 | 500m: 5:38.83 34.90 | 700m: 7:57.70 34.65 | | | |
| | 150m: 1:38.46 33.76 | | 350m: 3:55.67 34.85 | 550m: 6:13.91 35.08 | 750m: 8:32.11 34.41 | | | |
| | 200m: 2:12.49 34.03 | | 400m: 4:29.71 34.04 | 600m: 6:48.70 34.79 | 800m: 9:04.25 32.14 | | | |
| 2. | Vania Soares NEVES | 90 | Viana Natacao | 9:06.13 | +0,82 | 698 | 23 | |
| | 50m: 31.25 31.25 | | 250m: 2:48.75 34.87 | 450m: 5:07.72 34.50 | 650m: 7:25.35 34.46 | | | |
| | 100m: 1:05.05 33.80 | | 300m: 3:23.62 34.87 | 500m: 5:42.17 34.45 | 700m: 7:59.64 34.29 | | | |
| | 150m: 1:39.35 34.30 | | 350m: 3:58.35 34.73 | 550m: 6:16.35 34.18 | 750m: 8:33.78 34.14 | | | |
| | 200m: 2:13.88 34.53 | | 400m: 4:33.22 34.87 | 600m: 6:50.89 34.54 | 800m: 9:06.13 32.35 | | | |
| 3. | Ana Filipa MARTINS | 97 | Foca | 9:27.70 | +0,89 | 621 | 22 | |
| | 50m: 31.33 31.33 | | 250m: 2:51.22 35.50 | 450m: 5:14.51 35.95 | 650m: 7:39.56 36.49 | | | |
| | 100m: 1:05.49 34.16 | | 300m: 3:26.72 35.50 | 500m: 5:50.86 36.35 | 700m: 8:15.85 36.29 | | | |
| | 150m: 1:40.35 34.86 | | 350m: 4:02.37 35.65 | 550m: 6:27.20 36.34 | 750m: 8:51.71 35.86 | | | |
| | 200m: 2:15.72 35.37 | | 400m: 4:38.56 36.19 | 600m: 7:03.07 35.87 | 800m: 9:27.70 35.99 | | | |
| 4. | Carolina Madeira SANTOS | 96 | Naval Amorense | 9:45.57 | +0,87 | 566 | 21 | |
| | 50m: 33.22 33.22 | | 250m: 2:58.90 37.17 | 450m: 5:27.54 36.80 | 650m: 7:56.91 37.43 | | | |
| | 100m: 1:08.80 35.58 | | 300m: 3:35.74 36.84 | 500m: 6:05.14 37.60 | 700m: 8:34.21 37.30 | | | |
| | 150m: 1:45.49 36.69 | | 350m: 4:12.87 37.13 | 550m: 6:42.39 37.25 | 750m: 9:11.12 36.91 | | | |
| | 200m: 2:21.73 36.24 | | 400m: 4:50.74 37.87 | 600m: 7:19.48 37.09 | 800m: 9:45.57 34.45 | | | |
| 5. | Ana Raquel FERREIRA | 98 | Ginasio Figueirense | 9:47.70 | +0,60 | 560 | 20 | |
| | 50m: 32.76 32.76 | | 250m: 2:59.87 37.32 | 450m: 5:29.78 37.77 | 650m: 7:58.27 37.29 | | | |
| | 100m: 1:09.11 36.35 | | 300m: 3:37.20 37.33 | 500m: 6:06.47 36.69 | 700m: 8:35.40 37.13 | | | |
| | 150m: 1:45.86 36.75 | | 350m: 4:14.63 37.43 | 550m: 6:43.93 37.46 | 750m: 9:12.38 36.98 | | | |
| | 200m: 2:22.55 36.69 | | 400m: 4:52.01 37.38 | 600m: 7:20.98 37.05 | 800m: 9:47.70 35.32 | | | |
| 6. | Bruna Elisabete PAULINO | 97 | Alcobaca | 9:48.48 | +0,85 | 558 | 19 | |
| | 50m: 32.96 32.96 | | 250m: 3:02.22 37.78 | 450m: 5:30.85 36.69 | 650m: 7:59.17 37.12 | | | |
| | 100m: 1:09.39 36.43 | | 300m: 3:39.83 37.61 | 500m: 6:07.99 37.14 | 700m: 8:36.35 37.18 | | | |
| | 150m: 1:46.66 37.27 | | 350m: 4:17.07 37.24 | 550m: 6:45.04 37.05 | 750m: 9:13.41 37.06 | | | |
| | 200m: 2:24.44 37.78 | | 400m: 4:54.16 37.09 | 600m: 7:22.05 37.01 | 800m: 9:48.48 35.07 | | | |
| 7. | Carolina Francisco GOMES | 95 | Naval da Nazare | 9:49.59 | +1,03 | 555 | 18 | |
| | 50m: 33.46 33.46 | | 250m: 3:02.31 36.72 | 450m: 5:30.00 36.65 | 650m: 7:58.29 37.39 | | | |
| | 100m: 1:10.76 37.30 | | 300m: 3:39.57 37.26 | 500m: 6:06.81 36.81 | 700m: 8:35.71 37.42 | | | |
| | 150m: 1:48.24 37.48 | | 350m: 4:16.49 36.92 | 550m: 6:43.72 36.91 | 750m: 9:13.11 37.40 | | | |
| | 200m: 2:25.59 37.35 | | 400m: 4:53.35 36.86 | 600m: 7:20.90 37.18 | 800m: 9:49.59 36.48 | | | |
| 8. | Vanessa Carolina VALENTE | 94 | Alhandra | 9:51.34 | +0,87 | 550 | 17 | |
| | 50m: 33.02 33.02 | | 250m: 3:00.04 36.67 | 450m: 5:29.38 37.55 | 650m: 8:00.94 38.25 | | | |
| | 100m: 1:09.46 36.44 | | 300m: 3:37.28 37.24 | 500m: 6:07.15 37.77 | 700m: 8:38.24 37.30 | | | |
| | 150m: 1:46.37 36.91 | | 350m: 4:14.57 37.29 | 550m: 6:45.02 37.87 | 750m: 9:15.92 37.68 | | | |
| | 200m: 2:23.37 37.00 | | 400m: 4:51.83 37.26 | 600m: 7:22.69 37.67 | 800m: 9:51.34 35.42 | | | |

Campeonato Nacional Clubes 3ª Divisão
 Cantanhede, 10- - 11-12-2011

Prova 13, Femin., 800m Livres, Absoluto

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts | Pts |
|-------|--------------------------|---------------------|----------------------|----------------------|-------|----------|-----|-----|
| 9. | Rita Costa AMADOR | 99 | Galitos | 9:52.09 | +0,87 | 548 | 16 | |
| | 50m: 33.81 33.81 | 250m: 3:04.13 38.28 | 450m: 5:32.54 37.06 | 650m: 8:01.71 37.30 | | | | |
| | 100m: 1:10.38 36.57 | 300m: 3:41.16 37.03 | 500m: 6:09.74 37.20 | 700m: 8:39.24 37.53 | | | | |
| | 150m: 1:48.01 37.63 | 350m: 4:18.42 37.26 | 550m: 6:47.11 37.37 | 750m: 9:16.52 37.28 | | | | |
| | 200m: 2:25.85 37.84 | 400m: 4:55.48 37.06 | 600m: 7:24.41 37.30 | 800m: 9:52.09 35.57 | | | | |
| 10. | Flavia Daniela GONCALVES | 96 | Desportiva de Viana | 9:52.28 | +1,03 | 547 | 15 | |
| | 50m: 32.54 32.54 | 250m: 2:59.70 37.26 | 450m: 5:30.06 37.91 | 650m: 8:00.80 37.33 | | | | |
| | 100m: 1:08.52 35.98 | 300m: 3:37.30 37.60 | 500m: 6:07.88 37.82 | 700m: 8:38.66 37.86 | | | | |
| | 150m: 1:45.56 37.04 | 350m: 4:14.87 37.57 | 550m: 6:45.64 37.76 | 750m: 9:16.22 37.56 | | | | |
| | 200m: 2:22.44 36.88 | 400m: 4:52.15 37.28 | 600m: 7:23.47 37.83 | 800m: 9:52.28 36.06 | | | | |
| 11. | Sofia Cristina GRILO | 97 | Aminata | 9:52.99 | +0,79 | 545 | 14 | |
| | 50m: 33.43 33.43 | 250m: 3:04.87 38.43 | 450m: 5:35.40 37.93 | 650m: 8:03.86 37.02 | | | | |
| | 100m: 1:10.28 36.85 | 300m: 3:42.32 37.45 | 500m: 6:12.41 37.01 | 700m: 8:40.91 37.05 | | | | |
| | 150m: 1:48.01 37.73 | 350m: 4:19.94 37.62 | 550m: 6:49.52 37.11 | 750m: 9:18.09 37.18 | | | | |
| | 200m: 2:26.44 38.43 | 400m: 4:57.47 37.53 | 600m: 7:26.84 37.32 | 800m: 9:52.99 34.90 | | | | |
| 12. | Marcia Filipa CARVALHO | 96 | Torres Novas | 9:55.99 | +0,91 | 537 | 13 | |
| | 50m: 32.90 32.90 | 250m: 2:59.28 36.83 | 450m: 5:29.36 37.99 | 650m: 8:02.27 38.35 | | | | |
| | 100m: 1:09.18 36.28 | 300m: 3:36.46 37.18 | 500m: 6:07.65 38.29 | 700m: 8:40.76 38.49 | | | | |
| | 150m: 1:45.78 36.60 | 350m: 4:13.73 37.27 | 550m: 6:45.54 37.89 | 750m: 9:18.97 38.21 | | | | |
| | 200m: 2:22.45 36.67 | 400m: 4:51.37 37.64 | 600m: 7:23.92 38.38 | 800m: 9:55.99 37.02 | | | | |
| 13. | Ana Mafalda OLIVEIRA | 81 | Natacao da Maia | 9:58.44 | +0,94 | 530 | 12 | |
| | 50m: 33.55 33.55 | 250m: 3:02.50 37.26 | 450m: 5:33.29 37.69 | 650m: 8:05.94 37.62 | | | | |
| | 100m: 1:10.02 36.47 | 300m: 3:40.07 37.57 | 500m: 6:11.59 38.30 | 700m: 8:43.74 37.80 | | | | |
| | 150m: 1:47.46 37.44 | 350m: 4:17.54 37.47 | 550m: 6:50.03 38.44 | 750m: 9:21.77 38.03 | | | | |
| | 200m: 2:25.24 37.78 | 400m: 4:55.60 38.06 | 600m: 7:28.32 38.29 | 800m: 9:58.44 36.67 | | | | |
| 14. | Ana Filipa LEITE | 86 | Academica de Coimbra | 9:59.08 | +0,92 | 529 | 11 | |
| | 50m: 32.44 32.44 | 250m: 3:00.80 37.36 | 450m: 5:32.78 38.05 | 650m: 8:05.60 38.41 | | | | |
| | 100m: 1:08.89 36.45 | 300m: 3:38.62 37.82 | 500m: 6:10.64 37.86 | 700m: 8:43.56 37.96 | | | | |
| | 150m: 1:45.77 36.88 | 350m: 4:16.78 38.16 | 550m: 6:48.72 38.08 | 750m: 9:22.02 38.46 | | | | |
| | 200m: 2:23.44 37.67 | 400m: 4:54.73 37.95 | 600m: 7:27.19 38.47 | 800m: 9:59.08 37.06 | | | | |
| 15. | Clarisse Matos LOPES | 98 | Scalabisport | 10:02.02 | +0,90 | 521 | 10 | |
| | 50m: 32.92 32.92 | 250m: 3:00.01 37.53 | 450m: 5:32.13 38.08 | 650m: 8:06.42 38.84 | | | | |
| | 100m: 1:08.84 35.92 | 300m: 3:37.59 37.58 | 500m: 6:10.57 38.44 | 700m: 8:45.53 39.11 | | | | |
| | 150m: 1:45.78 36.94 | 350m: 4:15.83 38.24 | 550m: 6:49.00 38.43 | 750m: 9:24.13 38.60 | | | | |
| | 200m: 2:22.48 36.70 | 400m: 4:54.05 38.22 | 600m: 7:27.58 38.58 | 800m: 10:02.02 37.89 | | | | |
| 16. | Andreia Brito COSTA | 95 | Natacao de Faro | 10:06.93 | +0,92 | 508 | 9 | |
| | 50m: 31.82 31.82 | 250m: 3:03.24 38.85 | 450m: 5:39.53 39.01 | 650m: 8:15.20 39.15 | | | | |
| | 100m: 1:08.11 36.29 | 300m: 3:42.36 39.12 | 500m: 6:18.28 38.75 | 700m: 8:53.27 38.07 | | | | |
| | 150m: 1:45.78 37.67 | 350m: 4:21.55 39.19 | 550m: 6:57.14 38.86 | 750m: 9:31.47 38.20 | | | | |
| | 200m: 2:24.39 38.61 | 400m: 5:00.52 38.97 | 600m: 7:36.05 38.91 | 800m: 10:06.93 35.46 | | | | |
| 17. | Maria Anastacio LUIS | 96 | Benedita | 10:08.30 | +1,07 | 505 | 8 | |
| | 50m: 33.87 33.87 | 250m: 3:04.82 38.15 | 450m: 5:38.45 38.61 | 650m: 8:14.18 39.20 | | | | |
| | 100m: 1:10.49 36.62 | 300m: 3:42.77 37.95 | 500m: 6:17.03 38.58 | 700m: 8:52.91 38.73 | | | | |
| | 150m: 1:48.51 38.02 | 350m: 4:21.17 38.40 | 550m: 6:56.06 39.03 | 750m: 9:31.23 38.32 | | | | |
| | 200m: 2:26.67 38.16 | 400m: 4:59.84 38.67 | 600m: 7:34.98 38.92 | 800m: 10:08.30 37.07 | | | | |
| 18. | Ana Sofia RAMOS | 97 | Fafe | 10:13.54 | +0,90 | 492 | 7 | |
| | 50m: 33.15 33.15 | 250m: 3:05.20 38.28 | 450m: 5:40.18 39.06 | 650m: 8:17.88 39.52 | | | | |
| | 100m: 1:10.42 37.27 | 300m: 3:43.35 38.15 | 500m: 6:19.81 39.63 | 700m: 8:57.28 39.40 | | | | |
| | 150m: 1:48.16 37.74 | 350m: 4:22.15 38.80 | 550m: 6:59.11 39.30 | 750m: 9:36.13 38.85 | | | | |
| | 200m: 2:26.92 38.76 | 400m: 5:01.12 38.97 | 600m: 7:38.36 39.25 | 800m: 10:13.54 37.41 | | | | |

Campeonato Nacional Clubes 3ª Divisão
 Cantanhede, 10- - 11-12-2011

Prova 13, Femin., 800m Livres, Absoluto

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts | Pts |
|-------|------------------------|---------------------|------------------------|----------------------|-------|----------|-----|-----|
| 19. | Rute Sofia TEIXEIRA | 90 | Ginasio de Santo Tirso | 10:16.57 | +0,91 | 485 | 6 | |
| | 50m: 35.07 35.07 | 250m: 3:09.43 38.87 | 450m: 5:46.89 38.85 | 650m: 8:22.86 38.39 | | | | |
| | 100m: 1:12.84 37.77 | 300m: 3:48.82 39.39 | 500m: 6:26.08 39.19 | 700m: 9:01.41 38.55 | | | | |
| | 150m: 1:51.51 38.67 | 350m: 4:28.18 39.36 | 550m: 7:05.36 39.28 | 750m: 9:39.59 38.18 | | | | |
| | 200m: 2:30.56 39.05 | 400m: 5:08.04 39.86 | 600m: 7:44.47 39.11 | 800m: 10:16.57 36.98 | | | | |
| 20. | Ines Ralheta DUARTE | 97 | Lisnave | 10:33.09 | +0,86 | 448 | 5 | |
| | 50m: 33.87 33.87 | 250m: 3:09.79 39.99 | 450m: 5:50.97 40.33 | 650m: 8:33.16 40.53 | | | | |
| | 100m: 1:11.28 37.41 | 300m: 3:50.08 40.29 | 500m: 6:31.50 40.53 | 700m: 9:13.78 40.62 | | | | |
| | 150m: 1:49.96 38.68 | 350m: 4:30.40 40.32 | 550m: 7:11.94 40.44 | 750m: 9:54.40 40.62 | | | | |
| | 200m: 2:29.80 39.84 | 400m: 5:10.64 40.24 | 600m: 7:52.63 40.69 | 800m: 10:33.09 38.69 | | | | |
| 21. | Ines Manuela FREITAS | 94 | Sporting de Espinho | 10:35.36 | +0,92 | 443 | 4 | |
| | 50m: 33.87 33.87 | 250m: 3:07.49 39.61 | 450m: 5:47.44 40.03 | 650m: 8:31.30 41.69 | | | | |
| | 100m: 1:10.61 36.74 | 300m: 3:47.12 39.63 | 500m: 6:27.68 40.24 | 700m: 9:13.43 42.13 | | | | |
| | 150m: 1:48.93 38.32 | 350m: 4:27.23 40.11 | 550m: 7:08.34 40.66 | 750m: 9:55.35 41.92 | | | | |
| | 200m: 2:27.88 38.95 | 400m: 5:07.41 40.18 | 600m: 7:49.61 41.27 | 800m: 10:35.36 40.01 | | | | |
| 22. | Ana Margarida TEIXEIRA | 95 | Beja | 10:42.41 | +0,80 | 429 | 3 | |
| | 50m: 33.08 33.08 | 250m: 3:04.67 39.26 | 450m: 5:44.04 40.37 | 650m: 8:24.60 40.09 | | | | |
| | 100m: 1:09.60 36.52 | 300m: 3:43.75 39.08 | 500m: 6:24.95 40.91 | 700m: 9:04.68 40.08 | | | | |
| | 150m: 1:46.98 37.38 | 350m: 4:23.58 39.83 | 550m: 7:04.62 39.67 | 750m: 9:44.15 39.47 | | | | |
| | 200m: 2:25.41 38.43 | 400m: 5:03.67 40.09 | 600m: 7:44.51 39.89 | 800m: 10:42.41 58.26 | | | | |
| 23. | Sofia Dias ALVES | 99 | Natacao do Montijo | 10:57.03 | +1,04 | 401 | 2 | |
| | 50m: 35.95 35.95 | 250m: 3:18.98 41.07 | 450m: 6:04.58 41.36 | 650m: 8:52.69 43.10 | | | | |
| | 100m: 1:15.57 39.62 | 300m: 4:00.69 41.71 | 500m: 6:46.24 41.66 | 700m: 9:34.55 41.86 | | | | |
| | 150m: 1:56.41 40.84 | 350m: 4:41.51 40.82 | 550m: 7:27.51 41.27 | 750m: 10:16.50 41.95 | | | | |
| | 200m: 2:37.91 41.50 | 400m: 5:23.22 41.71 | 600m: 8:09.59 42.08 | 800m: 10:57.03 40.53 | | | | |
| 24. | Ines Pinho COELHO | 99 | Feirense | 11:25.49 | +0,87 | 353 | 1 | |
| | 50m: 34.86 34.86 | 250m: 3:26.47 43.25 | 450m: 6:21.45 43.09 | 650m: 9:17.82 43.21 | | | | |
| | 100m: 1:15.76 40.90 | 300m: 4:10.49 44.02 | 500m: 7:05.76 44.31 | 700m: 10:02.47 44.65 | | | | |
| | 150m: 1:58.86 43.10 | 350m: 4:53.82 43.33 | 550m: 7:50.36 44.60 | 750m: 10:45.08 42.61 | | | | |
| | 200m: 2:43.22 44.36 | 400m: 5:38.36 44.54 | 600m: 8:34.61 44.25 | 800m: 11:25.49 40.41 | | | | |