

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

Prova 22	Femin., 400m Livres					Absoluto
11-12-2011 - 17:05						Resultados
Rec. Nac. 25m Absoluto	4:13.97	Sara Beatriz LOUREIRO	FCP	Leiria	05-12-2009	
Rec. Nac. 25m Inf B	4:38.40	Filipa Vilas RUIVO	DNMG	Alcoçaba	13-06-2009	
Rec. Nac. 25m Inf A	4:25.30	tempo limite				
Rec. Nac. 25m Juv	4:23.08	Susana Patricia MIGUEL	SFUAP	Alhandra	15-05-2004	
Rec. Nac. 25m Jun	4:18.39	Ana Claudia SANTOS	SFUAP	Cantanhede	20-12-2004	
Rec. Nac. 25m Sen	4:13.97	Sara Beatriz LOUREIRO	FCP	Leiria	05-12-2009	

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Absoluto</b>								
1.	Diana Margarida DURAES	96	Foca	<b>4:24.25</b>	+0,77	702	25	
	50m: 29.66 29.66	150m: 1:36.27 33.64	250m: 2:44.56 33.78	350m: 3:51.84 33.22				
	100m: 1:02.63 32.97	200m: 2:10.78 34.51	300m: 3:18.62 34.06	400m: 4:24.25 32.41				
2.	Vania Soares NEVES	90	Viana Natacao	<b>4:24.48</b>	+0,82	700	23	
	50m: 30.03 30.03	150m: 1:36.53 33.67	250m: 2:44.68 33.95	350m: 3:52.62 33.86				
	100m: 1:02.86 32.83	200m: 2:10.73 34.20	300m: 3:18.76 34.08	400m: 4:24.48 31.86				
3.	Florbela Cavaco MACHADO	96	SCC/Oryzon Energias	<b>4:28.22</b>	+0,90	671	22	
	50m: 30.28 30.28	150m: 1:37.51 33.92	250m: 2:45.80 34.20	350m: 3:54.74 34.44				
	100m: 1:03.59 33.31	200m: 2:11.60 34.09	300m: 3:20.30 34.50	400m: 4:28.22 33.48				
4.	Ana Raquel FERREIRA	98	Ginasio Figueirense	<b>4:42.50</b>	+1,00	575	21	
	50m: 31.77 31.77	150m: 1:42.61 35.74	250m: 2:54.61 35.85	350m: 4:07.29 36.35				
	100m: 1:06.87 35.10	200m: 2:18.76 36.15	300m: 3:30.94 36.33	400m: 4:42.50 35.21				
5.	Carolina Madeira SANTOS	96	Naval Amorense	<b>4:42.99</b>	+0,89	572	20	
	50m: 31.46 31.46	150m: 1:42.29 36.28	250m: 2:54.94 36.19	350m: 4:08.28 36.85				
	100m: 1:06.01 34.55	200m: 2:18.75 36.46	300m: 3:31.43 36.49	400m: 4:42.99 34.71				
6.	Marcia Filipa CARVALHO	96	Torres Novas	<b>4:44.97</b>	+0,85	560	19	
	50m: 32.42 32.42	150m: 1:44.08 36.25	250m: 2:56.66 36.17	350m: 4:09.29 36.17				
	100m: 1:07.83 35.41	200m: 2:20.49 36.41	300m: 3:33.12 36.46	400m: 4:44.97 35.68				
7.	Raquel Bartolo VITOR	93	Academica de Coimbra	<b>4:45.58</b>	+0,79	556	18	
	50m: 32.89 32.89	150m: 1:44.10 36.01	250m: 2:56.76 36.28	350m: 4:10.05 36.64				
	100m: 1:08.09 35.20	200m: 2:20.48 36.38	300m: 3:33.41 36.65	400m: 4:45.58 35.53				
8.	Clarisse Matos LOPES	98	Scalabisport	<b>4:47.18</b>	+0,98	547	17	
	50m: 33.14 33.14	150m: 1:45.11 36.21	250m: 2:57.40 36.31	350m: 4:10.92 36.83				
	100m: 1:08.90 35.76	200m: 2:21.09 35.98	300m: 3:34.09 36.69	400m: 4:47.18 36.26				
9.	Flavia Daniela GONCALVES	96	Desportiva de Viana	<b>4:48.31</b>	+0,96	540	16	
	50m: 32.14 32.14	150m: 1:44.83 36.67	250m: 2:58.67 36.79	350m: 4:12.68 36.77				
	100m: 1:08.16 36.02	200m: 2:21.88 37.05	300m: 3:35.91 37.24	400m: 4:48.31 35.63				
10.	Carolina Francisco GOMES	95	Naval da Nazare	<b>4:48.66</b>	+0,99	539	15	
	50m: 32.24 32.24	150m: 1:44.11 36.49	250m: 2:57.11 36.62	350m: 4:11.90 37.38				
	100m: 1:07.62 35.38	200m: 2:20.49 36.38	300m: 3:34.52 37.41	400m: 4:48.66 36.76				
11.	Bruna Elisabete PAULINO	97	Alcobaca	<b>4:49.26</b>	+0,85	535	14	
	50m: 32.12 32.12	150m: 1:44.77 36.57	250m: 2:59.40 37.59	350m: 4:13.63 36.98				
	100m: 1:08.20 36.08	200m: 2:21.81 37.04	300m: 3:36.65 37.25	400m: 4:49.26 35.63				
12.	Andreia Brito COSTA	95	Natacao de Faro	<b>4:50.56</b>	+0,96	528	13	
	50m: 31.71 31.71	150m: 1:44.56 37.04	250m: 2:58.94 37.06	350m: 4:14.11 37.38				
	100m: 1:07.52 35.81	200m: 2:21.88 37.32	300m: 3:36.73 37.79	400m: 4:50.56 36.45				

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## Prova 22, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Sofia Cristina GRILO	97	Aminata	<b>4:51.71</b>	+0,88	522	12	
	50m: 33.32 33.32	150m: 1:47.61 37.71	250m: 3:02.00 37.31	350m: 4:16.53 37.11				
	100m: 1:09.90 36.58	200m: 2:24.69 37.08	300m: 3:39.42 37.42	400m: 4:51.71 35.18				
14.	Rita Costa AMADOR	99	Galitos	<b>4:51.78</b>	+0,91	521	11	
	50m: 32.90 32.90	150m: 1:45.86 37.21	250m: 3:00.93 37.41	350m: 4:15.63 37.12				
	100m: 1:08.65 35.75	200m: 2:23.52 37.66	300m: 3:38.51 37.58	400m: 4:51.78 36.15				
15.	Ana Mafalda OLIVEIRA	81	Natacao da Maia	<b>4:54.39</b>	+0,92	508	10	
	50m: 32.89 32.89	150m: 1:45.40 36.67	250m: 3:00.62 37.63	350m: 4:17.03 38.15				
	100m: 1:08.73 35.84	200m: 2:22.99 37.59	300m: 3:38.88 38.26	400m: 4:54.39 37.36				
16.	Ana Margarida TEIXEIRA	95	Beja	<b>4:55.76</b>	+0,71	501	9	
	50m: 32.55 32.55	150m: 1:44.60 36.57	250m: 3:00.20 37.98	350m: 4:17.87 38.89				
	100m: 1:08.03 35.48	200m: 2:22.22 37.62	300m: 3:38.98 38.78	400m: 4:55.76 37.89				
17.	Melanie Bronze SANTOS	95	Alhandra	<b>4:55.81</b>	+0,91	500	8	
	50m: 32.34 32.34	150m: 1:45.69 37.09	250m: 3:01.08 37.95	350m: 4:17.68 38.42				
	100m: 1:08.60 36.26	200m: 2:23.13 37.44	300m: 3:39.26 38.18	400m: 4:55.81 38.13				
18.	Ana Sofia RAMOS	97	Fafe	<b>4:57.24</b>	+0,88	493	7	
	50m: 33.06 33.06	150m: 1:47.04 37.64	250m: 3:03.13 38.21	350m: 4:20.16 38.62				
	100m: 1:09.40 36.34	200m: 2:24.92 37.88	300m: 3:41.54 38.41	400m: 4:57.24 37.08				
19.	Helena Manuel JOSE	90	Ginasio de Santo Tirso	<b>4:57.27</b>	+0,94	493	6	
	50m: 33.87 33.87	150m: 1:49.09 37.87	250m: 3:04.15 37.16	350m: 4:19.96 37.68				
	100m: 1:11.22 37.35	200m: 2:26.99 37.90	300m: 3:42.28 38.13	400m: 4:57.27 37.31				
20.	Maria Anastacio LUIS	96	Benedita	<b>4:58.64</b>	+1,11	486	5	
	50m: 33.57 33.57	150m: 1:48.42 37.80	250m: 3:04.23 37.78	350m: 4:20.85 38.58				
	100m: 1:10.62 37.05	200m: 2:26.45 38.03	300m: 3:42.27 38.04	400m: 4:58.64 37.79				
21.	Ines Ralheta DUARTE	97	Lisnave	<b>5:05.21</b>	+0,88	455	4	
	50m: 34.23 34.23	150m: 1:50.71 38.88	250m: 3:08.71 38.87	350m: 4:26.65 38.83				
	100m: 1:11.83 37.60	200m: 2:29.84 39.13	300m: 3:47.82 39.11	400m: 5:05.21 38.56				
22.	Salome Pinto MONTEIRO	98	Sporting de Espinho	<b>5:05.86</b>	+1,06	453	3	
	50m: 34.28 34.28	150m: 1:50.65 38.58	250m: 3:09.44 38.84	350m: 4:28.34 39.21				
	100m: 1:12.07 37.79	200m: 2:30.60 39.95	300m: 3:49.13 39.69	400m: 5:05.86 37.52				
23.	Mafalda Jesus PEREIRA	95	Natacao do Montijo	<b>5:08.51</b>	+0,92	441	2	
	50m: 33.83 33.83	150m: 1:49.55 38.57	250m: 3:08.12 39.43	350m: 4:29.30 40.57				
	100m: 1:10.98 37.15	200m: 2:28.69 39.14	300m: 3:48.73 40.61	400m: 5:08.51 39.21				
24.	Ines Pinho COELHO	99	Feirense	<b>5:34.22</b>	+0,90	347	1	
	50m: 35.32 35.32	150m: 1:59.14 42.62	250m: 3:26.53 43.71	350m: 4:53.29 43.79				
	100m: 1:16.52 41.20	200m: 2:42.82 43.68	300m: 4:09.50 42.97	400m: 5:34.22 40.93				

## Seniores

1.	Vania Soares NEVES	90	Viana Natacao	<b>4:24.48</b>	+0,82	700	23	
	50m: 30.03 30.03	150m: 1:36.53 33.67	250m: 2:44.68 33.95	350m: 3:52.62 33.86				
	100m: 1:02.86 32.83	200m: 2:10.73 34.20	300m: 3:18.76 34.08	400m: 4:24.48 31.86				
2.	Raquel Bartolo VITOR	93	Academica de Coimbra	<b>4:45.58</b>	+0,79	556	18	
	50m: 32.89 32.89	150m: 1:44.10 36.01	250m: 2:56.76 36.28	350m: 4:10.05 36.64				
	100m: 1:08.09 35.20	200m: 2:20.48 36.38	300m: 3:33.41 36.65	400m: 4:45.58 35.53				

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## Prova 22, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
3.	Carolina Francisco GOMES	95	Naval da Nazare	<b>4:48.66</b>	+0,99	539	15	
	50m: 32.24 32.24	150m: 1:44.11 36.49	250m: 2:57.11 36.62	350m: 4:11.90 37.38				
	100m: 1:07.62 35.38	200m: 2:20.49 36.38	300m: 3:34.52 37.41	400m: 4:48.66 36.76				
4.	Andreia Brito COSTA	95	Natacao de Faro	<b>4:50.56</b>	+0,96	528	13	
	50m: 31.71 31.71	150m: 1:44.56 37.04	250m: 2:58.94 37.06	350m: 4:14.11 37.38				
	100m: 1:07.52 35.81	200m: 2:21.88 37.32	300m: 3:36.73 37.79	400m: 4:50.56 36.45				
5.	Ana Mafalda OLIVEIRA	81	Natacao da Maia	<b>4:54.39</b>	+0,92	508	10	
	50m: 32.89 32.89	150m: 1:45.40 36.67	250m: 3:00.62 37.63	350m: 4:17.03 38.15				
	100m: 1:08.73 35.84	200m: 2:22.99 37.59	300m: 3:38.88 38.26	400m: 4:54.39 37.36				
6.	Ana Margarida TEIXEIRA	95	Beja	<b>4:55.76</b>	+0,71	501	9	
	50m: 32.55 32.55	150m: 1:44.60 36.57	250m: 3:00.20 37.98	350m: 4:17.87 38.89				
	100m: 1:08.03 35.48	200m: 2:22.22 37.62	300m: 3:38.98 38.78	400m: 4:55.76 37.89				
7.	Melanie Bronze SANTOS	95	Alhandra	<b>4:55.81</b>	+0,91	500	8	
	50m: 32.34 32.34	150m: 1:45.69 37.09	250m: 3:01.08 37.95	350m: 4:17.68 38.42				
	100m: 1:08.60 36.26	200m: 2:23.13 37.44	300m: 3:39.26 38.18	400m: 4:55.81 38.13				
8.	Helena Manuel JOSE	90	Ginasio de Santo Tirso	<b>4:57.27</b>	+0,94	493	6	
	50m: 33.87 33.87	150m: 1:49.09 37.87	250m: 3:04.15 37.16	350m: 4:19.96 37.68				
	100m: 1:11.22 37.35	200m: 2:26.99 37.90	300m: 3:42.28 38.13	400m: 4:57.27 37.31				
9.	Mafalda Jesus PEREIRA	95	Natacao do Montijo	<b>5:08.51</b>	+0,92	441	2	
	50m: 33.83 33.83	150m: 1:49.55 38.57	250m: 3:08.12 39.43	350m: 4:29.30 40.57				
	100m: 1:10.98 37.15	200m: 2:28.69 39.14	300m: 3:48.73 40.61	400m: 5:08.51 39.21				

## Juniores

1.	Diana Margarida DURAES	96	Foca	<b>4:24.25</b>	+0,77	702	25	
	50m: 29.66 29.66	150m: 1:36.27 33.64	250m: 2:44.56 33.78	350m: 3:51.84 33.22				
	100m: 1:02.63 32.97	200m: 2:10.78 34.51	300m: 3:18.62 34.06	400m: 4:24.25 32.41				
2.	Florbela Cavaco MACHADO	96	SCC/Oryzon Energias	<b>4:28.22</b>	+0,90	671	22	
	50m: 30.28 30.28	150m: 1:37.51 33.92	250m: 2:45.80 34.20	350m: 3:54.74 34.44				
	100m: 1:03.59 33.31	200m: 2:11.60 34.09	300m: 3:20.30 34.50	400m: 4:28.22 33.48				
3.	Carolina Madeira SANTOS	96	Naval Amorense	<b>4:42.99</b>	+0,89	572	20	
	50m: 31.46 31.46	150m: 1:42.29 36.28	250m: 2:54.94 36.19	350m: 4:08.28 36.85				
	100m: 1:06.01 34.55	200m: 2:18.75 36.46	300m: 3:31.43 36.49	400m: 4:42.99 34.71				
4.	Marcia Filipa CARVALHO	96	Torres Novas	<b>4:44.97</b>	+0,85	560	19	
	50m: 32.42 32.42	150m: 1:44.08 36.25	250m: 2:56.66 36.17	350m: 4:09.29 36.17				
	100m: 1:07.83 35.41	200m: 2:20.49 36.41	300m: 3:33.12 36.46	400m: 4:44.97 35.68				
5.	Flavia Daniela GONCALVES	96	Desportiva de Viana	<b>4:48.31</b>	+0,96	540	16	
	50m: 32.14 32.14	150m: 1:44.83 36.67	250m: 2:58.67 36.79	350m: 4:12.68 36.77				
	100m: 1:08.16 36.02	200m: 2:21.88 37.05	300m: 3:35.91 37.24	400m: 4:48.31 35.63				
6.	Bruna Elisabete PAULINO	97	Alcobaca	<b>4:49.26</b>	+0,85	535	14	
	50m: 32.12 32.12	150m: 1:44.77 36.57	250m: 2:59.40 37.59	350m: 4:13.63 36.98				
	100m: 1:08.20 36.08	200m: 2:21.81 37.04	300m: 3:36.65 37.25	400m: 4:49.26 35.63				
7.	Sofia Cristina GRILO	97	Aminata	<b>4:51.71</b>	+0,88	522	12	
	50m: 33.32 33.32	150m: 1:47.61 37.71	250m: 3:02.00 37.31	350m: 4:16.53 37.11				
	100m: 1:09.90 36.58	200m: 2:24.69 37.08	300m: 3:39.42 37.42	400m: 4:51.71 35.18				

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## Prova 22, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Ana Sofia RAMOS	97	Fafe	<b>4:57.24</b>	+0,88	493	7	
	50m: 33.06 33.06	150m: 1:47.04 37.64	250m: 3:03.13 38.21	350m: 4:20.16 38.62				
	100m: 1:09.40 36.34	200m: 2:24.92 37.88	300m: 3:41.54 38.41	400m: 4:57.24 37.08				
9.	Maria Anastacio LUIS	96	Benedita	<b>4:58.64</b>	+1,11	486	5	
	50m: 33.57 33.57	150m: 1:48.42 37.80	250m: 3:04.23 37.78	350m: 4:20.85 38.58				
	100m: 1:10.62 37.05	200m: 2:26.45 38.03	300m: 3:42.27 38.04	400m: 4:58.64 37.79				
10.	Ines Ralheta DUARTE	97	Lisnave	<b>5:05.21</b>	+0,88	455	4	
	50m: 34.23 34.23	150m: 1:50.71 38.88	250m: 3:08.71 38.87	350m: 4:26.65 38.83				
	100m: 1:11.83 37.60	200m: 2:29.84 39.13	300m: 3:47.82 39.11	400m: 5:05.21 38.56				

## Juvenis

1.	Ana Raquel FERREIRA	98	Ginasio Figueirense	<b>4:42.50</b>	+1,00	575	21	
	50m: 31.77 31.77	150m: 1:42.61 35.74	250m: 2:54.61 35.85	350m: 4:07.29 36.35				
	100m: 1:06.87 35.10	200m: 2:18.76 36.15	300m: 3:30.94 36.33	400m: 4:42.50 35.21				
2.	Clarisse Matos LOPES	98	Scalabisport	<b>4:47.18</b>	+0,98	547	17	
	50m: 33.14 33.14	150m: 1:45.11 36.21	250m: 2:57.40 36.31	350m: 4:10.92 36.83				
	100m: 1:08.90 35.76	200m: 2:21.09 35.98	300m: 3:34.09 36.69	400m: 4:47.18 36.26				
3.	Salome Pinto MONTEIRO	98	Sporting de Espinho	<b>5:05.86</b>	+1,06	453	3	
	50m: 34.28 34.28	150m: 1:50.65 38.58	250m: 3:09.44 38.84	350m: 4:28.34 39.21				
	100m: 1:12.07 37.79	200m: 2:30.60 39.95	300m: 3:49.13 39.69	400m: 5:05.86 37.52				

## Infantis A

1.	Rita Costa AMADOR	99	Galitos	<b>4:51.78</b>	+0,91	521	11	
	50m: 32.90 32.90	150m: 1:45.86 37.21	250m: 3:00.93 37.41	350m: 4:15.63 37.12				
	100m: 1:08.65 35.75	200m: 2:23.52 37.66	300m: 3:38.51 37.58	400m: 4:51.78 36.15				
2.	Ines Pinho COELHO	99	Feirense	<b>5:34.22</b>	+0,90	347	1	
	50m: 35.32 35.32	150m: 1:59.14 42.62	250m: 3:26.53 43.71	350m: 4:53.29 43.79				
	100m: 1:16.52 41.20	200m: 2:42.82 43.68	300m: 4:09.50 42.97	400m: 5:34.22 40.93				