



Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 13
10-12-2011 - 11:55

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 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Ana Beatriz SILVA	96	Gafanha da Encarnacao	10:03.76	+0,89	516	25	
	100m: 1:09.41 1:09.41	300m: 3:38.40 1:15.17	500m: 6:12.32 1:17.25	700m: 8:46.84 1:17.71	800m: 10:03.76 1:16.92			
	200m: 2:23.23 1:13.82	400m: 4:55.07 1:16.67	600m: 7:29.13 1:16.81					
2.	Rita Maria FERREIRA	98	Sporting de Aveiro	10:09.37	+0,89	502	23	
	100m: 1:10.65 1:10.65	300m: 3:45.10 1:17.75	500m: 6:19.54 1:17.13	700m: 8:54.49 1:17.53	800m: 10:09.37 1:14.88			
	200m: 2:27.35 1:16.70	400m: 5:02.41 1:17.31	600m: 7:36.96 1:17.42					
3.	Maria Ornelas ARMAS	98	Terceira Auto Clube	10:16.43	+1,02	485	22	
	100m: 1:10.39 1:10.39	300m: 3:43.94 1:17.14	500m: 6:20.29 1:18.69	700m: 8:58.99 1:19.37	800m: 10:16.43 1:17.44			
	200m: 2:26.80 1:16.41	400m: 5:01.60 1:17.66	600m: 7:39.62 1:19.33					
4.	Mafalda Cristina PITA	97	Electrico Clube	10:22.80	+0,93	470	21	
	100m: 1:10.16 1:10.16	300m: 3:44.72 1:17.75	500m: 6:23.16 1:19.55	700m: 9:03.66 1:20.16	800m: 10:22.80 1:19.14			
	200m: 2:26.97 1:16.81	400m: 5:03.61 1:18.89	600m: 7:43.50 1:20.34					
5.	Maria Dias NEVES	99	Miranda do Corvo	10:23.75		468	20	
	100m: 1:16.60 1:16.60	300m: 3:54.11 1:18.99	500m: 6:30.34 1:17.80	700m: 9:07.56 1:18.81	800m: 10:23.75 1:16.19			
	200m: 2:35.12 1:18.52	400m: 5:12.54 1:18.43	600m: 7:48.75 1:18.41					
6.	Beatriz Sousa GROU	96	Tavira Natacao	10:25.56	+0,88	464	19	
	100m: 1:11.46 1:11.46	300m: 3:48.50 1:18.92	500m: 6:28.53 1:19.81	700m: 9:10.19 1:20.81	800m: 10:25.56 1:15.37			
	200m: 2:29.58 1:18.12	400m: 5:08.72 1:20.22	600m: 7:49.38 1:20.85					
7.	Beatriz Neves CARDOSO	98	Colegio SMLamas	10:26.30	+0,92	463	18	
	100m: 1:11.20 1:11.20	300m: 3:48.07 1:19.14	500m: 6:28.78 1:20.28	700m: 9:09.75 1:20.11	800m: 10:26.30 1:16.55			
	200m: 2:28.93 1:17.73	400m: 5:08.50 1:20.43	600m: 7:49.64 1:20.86					
8.	Ana Filipa BRITO	96	Colegio Monte Maior	10:38.84	+1,01	436	17	
	100m: 1:11.50 1:11.50	300m: 3:49.06 1:19.30	500m: 6:33.02 1:22.94	700m: 9:18.80 1:23.18	800m: 10:38.84 1:20.04			
	200m: 2:29.76 1:18.26	400m: 5:10.08 1:21.02	600m: 7:55.62 1:22.60					
9.	Luana Rafaela RESENDE	97	Estamos Juntos	10:39.32	+0,82	435	16	
	100m: 1:14.97 1:14.97	300m: 3:54.83 1:20.18	500m: 6:38.17 1:22.81	700m: 9:21.94 1:22.27	800m: 10:39.32 1:17.38			
	200m: 2:34.65 1:19.68	400m: 5:15.36 1:20.53	600m: 7:59.67 1:21.50					
10.	Ana Catarina SERRA	95	Natacao do Tejo	10:39.81	+0,92	434	15	
	100m: 1:15.11 1:15.11	300m: 3:56.94 1:21.41	500m: 6:40.23 1:20.89	700m: 9:22.90 1:21.19	800m: 10:39.81 1:16.91			
	200m: 2:35.53 1:20.42	400m: 5:19.34 1:22.40	600m: 8:01.71 1:21.48					
11.	Miriam Natacha ALVES	97	Desportiva Limiana	10:39.94	+0,91	434	14	
	100m: 1:13.58 1:13.58	300m: 3:56.16 1:21.55	500m: 6:38.38 1:21.11	700m: 9:20.38 1:22.27	800m: 10:39.94 1:19.56			
	200m: 2:34.61 1:21.03	400m: 5:17.27 1:21.11	600m: 7:58.11 1:19.73					
12.	Ana Cristina ALCACARENHO	97	Nucleo Sportinguista Golega	10:42.52	+0,93	428	13	
	100m: 1:12.67 1:12.67	300m: 3:54.02 1:21.62	500m: 6:37.83 1:22.09	700m: 9:22.73 1:22.74	800m: 10:42.52 1:19.79			
	200m: 2:32.40 1:19.73	400m: 5:15.74 1:21.72	600m: 7:59.99 1:22.16					



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Maria Luis FIGUEIREDO	98	Alges e Agueda	10:46.24	+1,10	421	12	
	100m: 1:15.93 1:15.93	300m: 3:59.09 1:21.93	500m: 6:43.51 1:22.28	700m: 9:28.16 1:22.06				
	200m: 2:37.16 1:21.23	400m: 5:21.23 1:22.14	600m: 8:06.10 1:22.59	800m: 10:46.24 1:18.08				
14.	Daniela Filipa MIRA	99	Associacao CADES	10:48.05	+0,93	417	11	
	100m: 1:15.61 1:15.61	300m: 3:59.43 1:22.07	500m: 6:44.43 1:22.73	700m: 9:29.34 1:22.21				
	200m: 2:37.36 1:21.75	400m: 5:21.70 1:22.27	600m: 8:07.13 1:22.70	800m: 10:48.05 1:18.71				
15.	Daniela Silva BARCELOS	98	Nucleo Sportinguista Terceira	10:48.43	+0,97	417	10	
	100m: 1:15.19 1:15.19	300m: 4:00.60 1:23.63	500m: 6:44.54 1:22.01	700m: 9:28.81 1:22.50				
	200m: 2:36.97 1:21.78	400m: 5:22.53 1:21.93	600m: 8:06.31 1:21.77	800m: 10:48.43 1:19.62				
16.	Rita Ferreira COUTO	98	Bombeiros Ponta Delgada	10:51.14	+0,90	412	9	
	100m: 1:17.63 1:17.63	300m: 4:02.25 1:22.70	500m: 6:47.72 1:23.05	700m: 9:32.10 1:22.23				
	200m: 2:39.55 1:21.92	400m: 5:24.67 1:22.42	600m: 8:09.87 1:22.15	800m: 10:51.14 1:19.04				
17.	Andreia Alexandra LOPES	94	Litoral Alentejano	10:52.68	+0,87	409	8	
	100m: 1:15.03 1:15.03	300m: 3:56.56 1:21.42	500m: 6:44.79 1:23.81	700m: 9:32.01 1:23.31				
	200m: 2:35.14 1:20.11	400m: 5:20.98 1:24.42	600m: 8:08.70 1:23.91	800m: 10:52.68 1:20.67				
18.	Daniela Sofia SERRA	98	CLAC-Entroncamento	10:53.69	+0,87	407	7	
	100m: 1:14.65 1:14.65	300m: 3:58.08 1:22.55	500m: 6:44.89 1:23.69	700m: 9:31.79 1:23.57				
	200m: 2:35.53 1:20.88	400m: 5:21.20 1:23.12	600m: 8:08.22 1:23.33	800m: 10:53.69 1:21.90				
19.	Raquel Sofia JORGE	98	Salvaterra Magos	11:02.24	+1,19	391	6	
	100m: 1:15.15 1:15.15	300m: 4:00.42 1:23.46	500m: 6:50.01 1:25.04	700m: 9:40.24 1:25.02				
	200m: 2:36.96 1:21.81	400m: 5:24.97 1:24.55	600m: 8:15.22 1:25.21	800m: 11:02.24 1:22.00				
20.	Mariana Jorge DUARTE	97	Nucleo de Pombal	11:03.21		389	5	
	100m: 1:16.32 1:16.32	300m: 4:04.60 1:24.90	500m: 6:54.33 1:24.39	700m: 9:42.99 1:23.07				
	200m: 2:39.70 1:23.38	400m: 5:29.94 1:25.34	600m: 8:19.92 1:25.59	800m: 11:03.21 1:20.22				
21.	Maria Migueis TEIXEIRA	99	Interior Norte	11:07.77	+0,85	382	4	
	100m: 1:15.43 1:15.43	300m: 4:04.48 1:24.09	500m: 6:53.40 1:24.56	700m: 9:43.27 1:24.92				
	200m: 2:40.39 1:24.96	400m: 5:28.84 1:24.36	600m: 8:18.35 1:24.95	800m: 11:07.77 1:24.50				
22.	Margarida Silveira HENRIQUES	97	Gualdim Pais	11:30.89	+0,73	344	3	
	100m: 1:20.21 1:20.21	300m: 4:14.11 1:27.08	500m: 7:08.36 1:27.74	700m: 10:04.74 1:28.70				
	200m: 2:47.03 1:26.82	400m: 5:40.62 1:26.51	600m: 8:36.04 1:27.68	800m: 11:30.89 1:26.15				
23.	Andreia Filipa SEQUEIRA	98	Estremoz/Estremozcarneiros	11:39.22	+0,99	332	2	
	100m: 1:21.51 1:21.51	300m: 4:18.18 1:28.85	500m: 7:14.73 1:27.49	700m: 10:11.01 1:29.99				
	200m: 2:49.33 1:27.82	400m: 5:47.24 1:29.06	600m: 8:41.02 1:26.29	800m: 11:39.22 1:28.21				
24.	Francisca Goncalves ABREU	96	Elvense	11:44.34	+1,05	325	1	
	100m: 1:19.40 1:19.40	300m: 4:13.94 1:28.34	500m: 7:13.45 1:30.24	700m: 10:14.63 1:31.19				
	200m: 2:45.60 1:26.20	400m: 5:43.21 1:29.27	600m: 8:43.44 1:29.99	800m: 11:44.34 1:29.71				

Seniores

1.	Ana Catarina SERRA	95	Natacao do Tejo	10:39.81	+0,92	434	15	
	100m: 1:15.11 1:15.11	300m: 3:56.94 1:21.41	500m: 6:40.23 1:20.89	700m: 9:22.90 1:21.19				
	200m: 2:35.53 1:20.42	400m: 5:19.34 1:22.40	600m: 8:01.71 1:21.48	800m: 10:39.81 1:16.91				
2.	Andreia Alexandra LOPES	94	Litoral Alentejano	10:52.68	+0,87	409	8	
	100m: 1:15.03 1:15.03	300m: 3:56.56 1:21.42	500m: 6:44.79 1:23.81	700m: 9:32.01 1:23.31				
	200m: 2:35.14 1:20.11	400m: 5:20.98 1:24.42	600m: 8:08.70 1:23.91	800m: 10:52.68 1:20.67				



Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 13, Femin., 800m Livres

16 anos

1.	Ana Beatriz SILVA	96	Gafanha da Encarnacao	10:03.76	+0,89	516	25
	100m: 1:09.41 1:09.41	300m: 3:38.40 1:15.17	500m: 6:12.32 1:17.25	700m: 8:46.84 1:17.71			
	200m: 2:23.23 1:13.82	400m: 4:55.07 1:16.67	600m: 7:29.13 1:16.81	800m: 10:03.76 1:16.92			
2.	Beatriz Sousa GROU	96	Tavira Natacao	10:25.56	+0,88	464	19
	100m: 1:11.46 1:11.46	300m: 3:48.50 1:18.92	500m: 6:28.53 1:19.81	700m: 9:10.19 1:20.81			
	200m: 2:29.58 1:18.12	400m: 5:08.72 1:20.22	600m: 7:49.38 1:20.85	800m: 10:25.56 1:15.37			
3.	Ana Filipa BRITO	96	Colegio Monte Maior	10:38.84	+1,01	436	17
	100m: 1:11.50 1:11.50	300m: 3:49.06 1:19.30	500m: 6:33.02 1:22.94	700m: 9:18.80 1:23.18			
	200m: 2:29.76 1:18.26	400m: 5:10.08 1:21.02	600m: 7:55.62 1:22.60	800m: 10:38.84 1:20.04			
4.	Francisca Goncalves ABREU	96	Elvense	11:44.34	+1,05	325	1
	100m: 1:19.40 1:19.40	300m: 4:13.94 1:28.34	500m: 7:13.45 1:30.24	700m: 10:14.63 1:31.19			
	200m: 2:45.60 1:26.20	400m: 5:43.21 1:29.27	600m: 8:43.44 1:29.99	800m: 11:44.34 1:29.71			

Juvenis

1.	Rita Maria FERREIRA	98	Sporting de Aveiro	10:09.37	+0,89	502	23
	100m: 1:10.65 1:10.65	300m: 3:45.10 1:17.75	500m: 6:19.54 1:17.13	700m: 8:54.49 1:17.53			
	200m: 2:27.35 1:16.70	400m: 5:02.41 1:17.31	600m: 7:36.96 1:17.42	800m: 10:09.37 1:14.88			
2.	Maria Ornelas ARMAS	98	Terceira Auto Clube	10:16.43	+1,02	485	22
	100m: 1:10.39 1:10.39	300m: 3:43.94 1:17.14	500m: 6:20.29 1:18.69	700m: 8:58.99 1:19.37			
	200m: 2:26.80 1:16.41	400m: 5:01.60 1:17.66	600m: 7:39.62 1:19.33	800m: 10:16.43 1:17.44			
3.	Beatriz Neves CARDOSO	98	Colegio SMLamas	10:26.30	+0,92	463	18
	100m: 1:11.20 1:11.20	300m: 3:48.07 1:19.14	500m: 6:28.78 1:20.28	700m: 9:09.75 1:20.11			
	200m: 2:28.93 1:17.73	400m: 5:08.50 1:20.43	600m: 7:49.64 1:20.86	800m: 10:26.30 1:16.55			
4.	Maria Luis FIGUEIREDO	98	Alges e Agueda	10:46.24	+1,10	421	12
	100m: 1:15.93 1:15.93	300m: 3:59.09 1:21.93	500m: 6:43.51 1:22.28	700m: 9:28.16 1:22.06			
	200m: 2:37.16 1:21.23	400m: 5:21.23 1:22.14	600m: 8:06.10 1:22.59	800m: 10:46.24 1:18.08			
5.	Daniela Silva BARCELOS	98	Nucleo Sportinguista Terceira	10:48.43	+0,97	417	10
	100m: 1:15.19 1:15.19	300m: 4:00.60 1:23.63	500m: 6:44.54 1:22.01	700m: 9:28.81 1:22.50			
	200m: 2:36.97 1:21.78	400m: 5:22.53 1:21.93	600m: 8:06.31 1:21.77	800m: 10:48.43 1:19.62			
6.	Rita Ferreira COUTO	98	Bombeiros Ponta Delgada	10:51.14	+0,90	412	9
	100m: 1:17.63 1:17.63	300m: 4:02.25 1:22.70	500m: 6:47.72 1:23.05	700m: 9:32.10 1:22.23			
	200m: 2:39.55 1:21.92	400m: 5:24.67 1:22.42	600m: 8:09.87 1:22.15	800m: 10:51.14 1:19.04			
7.	Daniela Sofia SERRA	98	CLAC-Entroncamento	10:53.69	+0,87	407	7
	100m: 1:14.65 1:14.65	300m: 3:58.08 1:22.55	500m: 6:44.89 1:23.69	700m: 9:31.79 1:23.57			
	200m: 2:35.53 1:20.88	400m: 5:21.20 1:23.12	600m: 8:08.22 1:23.33	800m: 10:53.69 1:21.90			
8.	Raquel Sofia JORGE	98	Salvaterra Magos	11:02.24	+1,19	391	6
	100m: 1:15.15 1:15.15	300m: 4:00.42 1:23.46	500m: 6:50.01 1:25.04	700m: 9:40.24 1:25.02			
	200m: 2:36.96 1:21.81	400m: 5:24.97 1:24.55	600m: 8:15.22 1:25.21	800m: 11:02.24 1:22.00			
9.	Andreia Filipa SEQUEIRA	98	Estremoz/Estremozcarneiros	11:39.22	+0,99	332	2
	100m: 1:21.51 1:21.51	300m: 4:18.18 1:28.85	500m: 7:14.73 1:27.49	700m: 10:11.01 1:29.99			
	200m: 2:49.33 1:27.82	400m: 5:47.24 1:29.06	600m: 8:41.02 1:26.29	800m: 11:39.22 1:28.21			



Campeonato Nacional Clubes 4ª Divisão
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Prova 13, Femin., 800m Livres

Infantis A

1.	Maria Dias NEVES	99	Miranda do Corvo	10:23.75	468	20
	100m: 1:16.60 1:16.60	300m: 3:54.11 1:18.99	500m: 6:30.34 1:17.80	700m: 9:07.56 1:18.81		
	200m: 2:35.12 1:18.52	400m: 5:12.54 1:18.43	600m: 7:48.75 1:18.41	800m: 10:23.75 1:16.19		
2.	Daniela Filipa MIRA	99	Associacao CADES	10:48.05 +0,93	417	11
	100m: 1:15.61 1:15.61	300m: 3:59.43 1:22.07	500m: 6:44.43 1:22.73	700m: 9:29.34 1:22.21		
	200m: 2:37.36 1:21.75	400m: 5:21.70 1:22.27	600m: 8:07.13 1:22.70	800m: 10:48.05 1:18.71		
3.	Maria Migueis TEIXEIRA	99	Interior Norte	11:07.77 +0,85	382	4
	100m: 1:15.43 1:15.43	300m: 4:04.48 1:24.09	500m: 6:53.40 1:24.56	700m: 9:43.27 1:24.92		
	200m: 2:40.39 1:24.96	400m: 5:28.84 1:24.36	600m: 8:18.35 1:24.95	800m: 11:07.77 1:24.50		