



Campeonato Nacional Clubes 1 e 2 Divisao
Mealhada, 17- - 18-12-2011

Prova 1 17-12-2011 - 10:00	Femin., 400m Livres 2ª Divisao				Absoluto 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	Alcobaça	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
1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:21.79	+0,88	722	17	
	50m: 29.83 29.83	150m: 1:35.22 33.05	250m: 2:42.14 33.48	350m: 3:49.03 33.26				
	100m: 1:02.17 32.34	200m: 2:08.66 33.44	300m: 3:15.77 33.63	400m: 4:21.79 32.76				
2.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:22.29	+0,90	718	15	
	50m: 29.28 29.28	150m: 1:34.41 33.06	250m: 2:41.40 33.41	350m: 3:49.51 34.09				
	100m: 1:01.35 32.07	200m: 2:07.99 33.58	300m: 3:15.42 34.02	400m: 4:22.29 32.78				
3.	Angelica Maria Andre	94	Leixoes	4:26.98	+0,76	681	14	
	50m: 29.61 29.61	150m: 1:34.69 33.03	250m: 2:42.45 33.82	350m: 3:51.50 34.91				
	100m: 1:01.66 32.05	200m: 2:08.63 33.94	300m: 3:16.59 34.14	400m: 4:26.98 35.48				
4.	Ana Ribeiro Ferreira	92	Famalicao	4:27.92	+1,04	674	13	
	50m: 30.63 30.63	150m: 1:37.41 33.89	250m: 2:45.79 34.29	350m: 3:55.00 34.51				
	100m: 1:03.52 32.89	200m: 2:11.50 34.09	300m: 3:20.49 34.70	400m: 4:27.92 32.92				
5.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	4:28.16		672	12	
	50m: 29.00 29.00	150m: 1:34.23 33.24	250m: 2:42.98 34.45	350m: 3:54.67 35.76				
	100m: 1:00.99 31.99	200m: 2:08.53 34.30	300m: 3:18.91 35.93	400m: 4:28.16 33.49				
6.	Joana Filipa Capela	89	Benfica	4:30.09	+0,79	658	11	
	50m: 30.42 30.42	150m: 1:37.62 33.98	250m: 2:46.59 34.58	350m: 3:55.95 34.81				
	100m: 1:03.64 33.22	200m: 2:12.01 34.39	300m: 3:21.14 34.55	400m: 4:30.09 34.14				
7.	Barbara Marques Rodrigues	97	Alges	4:31.43	+0,81	648	10	
	50m: 30.79 30.79	150m: 1:38.96 34.46	250m: 2:48.17 34.62	350m: 3:57.34 34.47				
	100m: 1:04.50 33.71	200m: 2:13.55 34.59	300m: 3:22.87 34.70	400m: 4:31.43 34.09				
8.	Ana Margarida Domingos	93	Academico Viseu	4:31.69	+0,89	646	9	
	50m: 31.14 31.14	150m: 1:39.23 34.35	250m: 2:48.29 34.22	350m: 3:57.71 34.65				
	100m: 1:04.88 33.74	200m: 2:14.07 34.84	300m: 3:23.06 34.77	400m: 4:31.69 33.98				
9.	Soraia Vanessa Ribeiro	92	Gespacos	4:40.60	+1,00	586	8	
	50m: 30.39 30.39	150m: 1:37.85 34.62	250m: 2:49.12 36.13	350m: 4:03.42 37.44				
	100m: 1:03.23 32.84	200m: 2:12.99 35.14	300m: 3:25.98 36.86	400m: 4:40.60 37.18				
10.	Ana Sofia Fernandes	93	Braga	4:41.11		583	7	
	50m: 31.21 31.21	150m: 1:40.09 35.19	250m: 2:53.00 36.73	350m: 4:06.64 36.82				
	100m: 1:04.90 33.69	200m: 2:16.27 36.18	300m: 3:29.82 36.82	400m: 4:41.11 34.47				
11.	Joana Oliveira Guerra	83	Belenenses	4:41.26	+0,85	582	6	
	50m: 31.33 31.33	150m: 1:40.81 35.38	250m: 2:52.86 36.03	350m: 4:06.00 36.82				
	100m: 1:05.43 34.10	200m: 2:16.83 36.02	300m: 3:29.18 36.32	400m: 4:41.26 35.26				
12.	Ana Isabel Neves	96	Pimpoes/Cimai	4:43.35	+0,77	569	5	
	50m: 31.64 31.64	150m: 1:41.53 35.45	250m: 2:53.85 36.27	350m: 4:07.37 36.79				
	100m: 1:06.08 34.44	200m: 2:17.58 36.05	300m: 3:30.58 36.73	400m: 4:43.35 35.98				
13.	Cecilia Branco Almeida	97	Gesloures	4:45.81	+0,91	555	4	
	50m: 32.07 32.07	150m: 1:44.22 36.39	250m: 2:56.84 36.16	350m: 4:10.59 37.08				
	100m: 1:07.83 35.76	200m: 2:20.68 36.46	300m: 3:33.51 36.67	400m: 4:45.81 35.22				



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Prova 1, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Sara Filipe Marcos	97	Natacao de Olhao	4:52.80	+0,87	516		3
	50m: 31.88 31.88		150m: 1:43.57 36.40	250m: 2:58.93 38.13	350m: 4:15.33 38.23			
	100m: 1:07.17 35.29		200m: 2:20.80 37.23	300m: 3:37.10 38.17	400m: 4:52.80 37.47			
15.	Emily Madeira Ross	96	Naval de Ponta Delgada	5:00.92	+0,81	475		2
	50m: 31.82 31.82		150m: 1:45.62 37.70	250m: 3:04.56 39.77	350m: 4:23.74 39.62			
	100m: 1:07.92 36.10		200m: 2:24.79 39.17	300m: 3:44.12 39.56	400m: 5:00.92 37.18			
16.	Ana Sofia Nobrega	90	Ginasio de Vila Real	5:07.10	+0,98	447		1
	50m: 32.15 32.15		150m: 1:45.70 37.56	250m: 3:04.43 39.68	350m: 4:26.24 41.11			
	100m: 1:08.14 35.99		200m: 2:24.75 39.05	300m: 3:45.13 40.70	400m: 5:07.10 40.86			