



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

Prova 2 17-12-2011	Femin., 400m Livres 1ª Divisão				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.	Ana Goncalves Neto	95	Porto	4:25.26	+1,01	694	9	
	50m: 30.47 30.47	150m: 1:36.19 33.39	250m: 2:44.03 33.92	350m: 3:51.13 33.99				
	100m: 1:02.80 32.33	200m: 2:10.11 33.92	300m: 3:17.14 33.11	400m: 4:25.26 34.13				
2.	Leonor Mourinho Neves	95	Sporting	4:28.24	+0,94	671	7	
	50m: 31.18 31.18	150m: 1:38.42 33.93	250m: 2:47.11 34.25	350m: 3:54.40 33.73				
	100m: 1:04.49 33.31	200m: 2:12.86 34.44	300m: 3:20.67 33.56	400m: 4:28.24 33.84				
3.	Sarah Mommers	94	Vilacondense	4:29.67	+0,90	661	6	
	50m: 31.19 31.19	150m: 1:38.60 33.98	250m: 2:47.45 34.40	350m: 3:55.51 34.01				
	100m: 1:04.62 33.43	200m: 2:13.05 34.45	300m: 3:21.50 34.05	400m: 4:29.67 34.16				
4.	Helena Paula Carvalho	95	Uniao Piedense	4:33.77	+0,73	631	5	
	50m: 30.60 30.60	150m: 1:39.07 34.56	250m: 2:48.71 34.60	350m: 3:58.83 35.24				
	100m: 1:04.51 33.91	200m: 2:14.11 35.04	300m: 3:23.59 34.88	400m: 4:33.77 34.94				
5.	Rute Margarida Marques	94	Amadora	4:35.32	+0,88	621	4	
	50m: 31.30 31.30	150m: 1:39.76 34.63	250m: 2:49.53 34.80	350m: 4:00.11 35.05				
	100m: 1:05.13 33.83	200m: 2:14.73 34.97	300m: 3:25.06 35.53	400m: 4:35.32 35.21				
6.	Carolina Cunha Martins	95	Nautico/Matobra	4:42.09	+1,09	577	3	
	50m: 30.50 30.50	150m: 1:39.28 34.70	250m: 2:50.17 35.85	350m: 4:04.11 37.11				
	100m: 1:04.58 34.08	200m: 2:14.32 35.04	300m: 3:27.00 36.83	400m: 4:42.09 37.98				
7.	Rita Silva Fernandes	96	Colegio Vasco da Gama	4:50.68	+0,85	527	2	
	50m: 32.06 32.06	150m: 1:42.97 36.20	250m: 2:57.62 37.42	350m: 4:12.80 37.66				
	100m: 1:06.77 34.71	200m: 2:20.20 37.23	300m: 3:35.14 37.52	400m: 4:50.68 37.88				
8.	Catarina Goncalves Leal	98	Bairro dos Anjos/Mr.Pizza	4:52.83	+1,07	516	1	
	50m: 32.34 32.34	150m: 1:44.94 37.08	250m: 3:00.08 37.76	350m: 4:15.35 37.57				
	100m: 1:07.86 35.52	200m: 2:22.32 37.38	300m: 3:37.78 37.70	400m: 4:52.83 37.48				