



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

Prova 50 18-12-2011	Femin., 400m Estilos 1ª Divisão						Absoluto Resultados
Rec. Nac. 25m Absoluto	4:44.56	Nadia Morais Vieira	GESL	Leiria			04-12-2009
Rec. Nac. 25m Inf B	5:15.68	Susana Patricia Miguel	SFUAP	Rio Maior			06-07-2002
Rec. Nac. 25m Inf A	5:05.82	Diana Ramos Rocha	EDV	Ponte da Barca			06-07-2007
Rec. Nac. 25m Juv	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel			19-03-2004
Rec. Nac. 25m Jun	4:50.85	Diana Margarida Duraes	FOCA	Silves			02-12-2011
Rec. Nac. 25m Sen	4:44.56	Nadia Morais Vieira	GESL	Leiria			04-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Ana Catarina Monteiro	93	Vilacondense	4:52.97	+0,84	707	9	
	50m: 30.14 30.14	150m: 1:40.57 36.84	250m: 3:01.47 44.48	350m: 4:20.31 34.66				
	100m: 1:03.73 33.59	200m: 2:16.99 36.42	300m: 3:45.65 44.18	400m: 4:52.97 32.66				
2.	Maria Carolina Rosa	94	Sporting	4:53.60	+0,88	702	7	
	50m: 30.19 30.19	150m: 1:43.14 38.63	250m: 3:01.83 40.41	350m: 4:19.49 35.97				
	100m: 1:04.51 34.32	200m: 2:21.42 38.28	300m: 3:43.52 41.69	400m: 4:53.60 34.11				
3.	Ana Marta Miranda	96	Uniao Piedense	4:54.48	+0,93	696	6	
	50m: 31.15 31.15	150m: 1:45.15 38.16	250m: 3:04.48 42.20	350m: 4:21.26 34.17				
	100m: 1:06.99 35.84	200m: 2:22.28 37.13	300m: 3:47.09 42.61	400m: 4:54.48 33.22				
4.	Marta Pereira Abreu	92	Porto	4:56.15	+0,87	684	5	
	50m: 31.46 31.46	150m: 1:44.39 36.83	250m: 3:02.44 42.09	350m: 4:21.76 36.02				
	100m: 1:07.56 36.10	200m: 2:20.35 35.96	300m: 3:45.74 43.30	400m: 4:56.15 34.39				
5.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	4:59.35	+0,74	663	4	
	50m: 30.62 30.62	150m: 1:45.10 39.78	250m: 3:06.77 41.97	350m: 4:24.83 35.46				
	100m: 1:05.32 34.70	200m: 2:24.80 39.70	300m: 3:49.37 42.60	400m: 4:59.35 34.52				
6.	Rute Margarida Marques	94	Amadora	5:10.63	+0,98	593	3	
	50m: 33.27 33.27	150m: 1:52.04 39.84	250m: 3:15.41 43.70	350m: 4:37.11 36.44				
	100m: 1:12.20 38.93	200m: 2:31.71 39.67	300m: 4:00.67 45.26	400m: 5:10.63 33.52				
7.	Adriana Correia Lopes	95	Nautico/Matobra	5:10.67	+0,91	593	2	
	50m: 31.17 31.17	150m: 1:46.49 38.50	250m: 3:11.62 46.47	350m: 4:35.99 37.54				
	100m: 1:07.99 36.82	200m: 2:25.15 38.66	300m: 3:58.45 46.83	400m: 5:10.67 34.68				
8.	Catarina Goncalves Leal	98	Bairro dos Anjos/Mr.Pizza	5:37.66	+1,15	462	1	
	50m: 35.15 35.15	150m: 1:58.03 42.22	250m: 3:31.33 52.29	350m: 5:01.92 37.78				
	100m: 1:15.81 40.66	200m: 2:39.04 41.01	300m: 4:24.14 52.81	400m: 5:37.66 35.74				