

Campeonato Nacional Clubes 4ª Divisão - FQ  
Santarém, 10- - 11-11-2012

| Prova 8<br>10-11-2012 | Femin., 200m Costas |                          |     |          | Absolutos<br>Resultados |
|-----------------------|---------------------|--------------------------|-----|----------|-------------------------|
| Rec Nac Absoluto      | 2:12.00             | Ana Antas Barros         |     | Algés    | 14-05-1993              |
| Rec Nac Inf B         | 2:27.92             | Keissy Joselin Sousa     | FCP | Alcobaça | 16-03-1997              |
| Rec Nac Inf A         | 2:22.25             | Keissy Joselin Sousa     | FCP | Algés    | 15-03-1998              |
| Rec Nac Juv           | 2:17.86             | Catia Raquel Martinheira | LDC | Sines    | 21-12-2008              |
| Rec Nac Jun           | 2:12.80             | Petra Quintela Chaves    | SAD | Algés    | 31-05-1994              |
| Rec Nac Sen           | 2:12.00             | Ana Antas Barros         | SAD | Algés    | 14-05-1993              |

Pontos: FINA 2012

| Lugar | Nome                       | Ano   | NFed          | Clube                   | Tempo Final    | TReac | Pts FINA      | Pts   | Pts |
|-------|----------------------------|-------|---------------|-------------------------|----------------|-------|---------------|-------|-----|
| 1.    | Joana Carina Silva         | 97    | 106219        | Lousada SXXI            | <b>2:23.94</b> | +0,71 | 579           |       | 21  |
|       | 50m: 32.93                 | 32.93 | 100m: 1:08.73 | 35.80                   | 150m: 1:46.35  | 37.62 | 200m: 2:23.94 | 37.59 |     |
| 2.    | Ines Almeida Gomes         | 98    | 120186        | Nacional de Natacao     | <b>2:32.98</b> | +0,76 | 483           |       | 19  |
|       | 50m: 34.57                 | 34.57 | 100m: 1:12.55 | 37.98                   | 150m: 1:52.80  | 40.25 | 200m: 2:32.98 | 40.18 |     |
| 3.    | Maria Morgado Franco       | 98    | 107311        | Portinado               | <b>2:33.64</b> | +0,73 | 476           |       | 18  |
|       | 50m: 33.52                 | 33.52 | 100m: 1:11.86 | 38.34                   | 150m: 1:52.55  | 40.69 | 200m: 2:33.64 | 41.09 |     |
| 4.    | Lucia Pedrosa Silva        | 98    | 107780        | Freguesia de Paiao      | <b>2:35.51</b> | +0,69 | 459           |       | 17  |
|       | 50m: 35.63                 | 35.63 | 100m: 1:15.95 | 40.32                   | 150m: 1:56.67  | 40.72 | 200m: 2:35.51 | 38.84 |     |
| 5.    | Margarida Correia Oliveira | 98    | 112540        | Naval Setubalense       | <b>2:35.53</b> | +0,59 | 459           |       | 16  |
|       | 50m: 35.42                 | 35.42 | 100m: 1:15.15 | 39.73                   | 150m: 1:56.39  | 41.24 | 200m: 2:35.53 | 39.14 |     |
| 6.    | Cristiana Ferreira Santos  | 97    | 108222        | Natacao de Valongo      | <b>2:37.52</b> | +0,64 | 442           |       | 15  |
|       | 50m: 37.13                 | 37.13 | 100m: 1:16.48 | 39.35                   | 150m: 1:57.22  | 40.74 | 200m: 2:37.52 | 40.30 |     |
| 7.    | Ana Margarida Salgueiro    | 99    | 116616        | Nautico de Abrantes     | <b>2:38.78</b> | +0,87 | 431           |       | 14  |
|       | 50m: 36.70                 | 36.70 | 100m: 1:16.73 | 40.03                   | 150m: 1:58.27  | 41.54 | 200m: 2:38.78 | 40.51 |     |
|       | Ana Carolina Monteiro      | 97    | 105518        | BUZIOS-Coruche          | <b>2:38.78</b> | +0,69 | 431           |       | 14  |
|       | 50m: 37.51                 | 37.51 | 100m: 1:17.93 | 40.42                   | 150m: 1:59.63  | 41.70 | 200m: 2:38.78 | 39.15 |     |
| 9.    | Rita Oliveira Noritake     | 98    | 107643        | Bombeiros dos Estoris   | <b>2:39.78</b> | +0,71 | 423           |       | 12  |
|       | 50m: 35.91                 | 35.91 | 100m: 1:16.34 | 40.43                   | 150m: 1:58.80  | 42.46 | 200m: 2:39.78 | 40.98 |     |
| 10.   | Rafaela Vieira Marques     | 98    | 121814        | Natacao de Vagos        | <b>2:43.59</b> | +0,67 | 395           |       | 11  |
|       | 50m: 38.80                 | 38.80 | 100m: 1:21.23 | 42.43                   | 150m: 2:03.48  | 42.25 | 200m: 2:43.59 | 40.11 |     |
| 11.   | Joana Sofia Amorim         | 97    | 103717        | Fluvial Portuense       | <b>2:44.30</b> | +0,71 | 389           |       | 10  |
|       | 50m: 37.48                 | 37.48 | 100m: 1:18.89 | 41.41                   | 150m: 2:01.94  | 43.05 | 200m: 2:44.30 | 42.36 |     |
| 12.   | Sara Martins Capelo        | 98    | 102562        | Propaganda da Natacao   | <b>2:45.33</b> | +0,67 | 382           |       | 9   |
|       | 50m: 37.71                 | 37.71 | 100m: 1:19.73 | 42.02                   | 150m: 2:03.31  | 43.58 | 200m: 2:45.33 | 42.02 |     |
| 13.   | Carolina Miguel Marques    | 99    | 125320        | Natacao do Tejo         | <b>2:45.81</b> | +0,77 | 379           |       | 8   |
|       | 50m: 38.95                 | 38.95 | 100m: 1:21.25 | 42.30                   | 150m: 2:04.35  | 43.10 | 200m: 2:45.81 | 41.46 |     |
| 14.   | Jessica Pinto Pinho        | 98    | 123245        | Estarreja               | <b>2:49.08</b> | +0,73 | 357           |       | 7   |
|       | 50m: 39.65                 | 39.65 | 100m: 1:22.09 | 42.44                   | 150m: 2:05.83  | 43.74 | 200m: 2:49.08 | 43.25 |     |
| 15.   | Ines Isabel Graca          | 00    | 121283        | Gualdim Pais            | <b>2:52.07</b> | +0,71 | 339           |       | 6   |
|       | 50m: 40.50                 | 40.50 | 100m: 1:24.27 | 43.77                   | 150m: 2:09.28  | 45.01 | 200m: 2:52.07 | 42.79 |     |
| 16.   | Clara Simoes Alves         | 98    | 111472        | Naval Praia da Vitoria  | <b>2:54.86</b> | +0,65 | 323           |       | 5   |
|       | 50m: 40.79                 | 40.79 | 100m: 1:24.67 | 43.88                   | 150m: 2:09.98  | 45.31 | 200m: 2:54.86 | 44.88 |     |
| 17.   | Helena Isabel Bandeiras    | 95    | 102751        | Elvense                 | <b>2:54.97</b> | +0,94 | 322           |       | 4   |
|       | 50m: 39.57                 | 39.57 | 100m: 1:24.59 | 45.02                   | 150m: 2:10.91  | 46.32 | 200m: 2:54.97 | 44.06 |     |
| 18.   | Beatriz Marques Ferreira   | 00    | 122579        | Campinho                | <b>2:59.76</b> | +0,76 | 297           |       | 3   |
|       | 50m: 42.84                 | 42.84 | 100m: 1:28.15 | 45.31                   | 150m: 2:14.44  | 46.29 | 200m: 2:59.76 | 45.32 |     |
| 19.   | Sara Catarina Teixeira     | 99    | 121735        | Penafiel                | <b>3:03.79</b> | +0,99 | 278           |       | 2   |
|       | 50m: 42.84                 | 42.84 | 100m: 1:29.75 | 46.91                   | 150m: 2:18.17  | 48.42 | 200m: 3:03.79 | 45.62 |     |
| 20.   | Mariana Matos Ribeiro      | 01    | 123170        | Fundacao Beatriz Santos | <b>3:11.68</b> | +0,80 | 245           |       | 1   |
|       | 50m: 45.57                 | 45.57 | 100m: 1:34.61 | 49.04                   | 150m: 2:24.13  | 49.52 | 200m: 3:11.68 | 47.55 |     |