



Campeonato Nacional Clubes 3ª Divisão
Mealhada, 15- - 16-12-2012

Prova 22
16-12-2012 - 17:05

Femin., 400m Livres

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 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Julia Matos Lopes	94	Viver Santarem	4:28.15	+0,82	672	25
	50m: 31.60 31.60	150m: 1:39.46 34.16	250m: 2:47.54 33.68	350m: 3:55.33 33.69			
	100m: 1:05.30 33.70	200m: 2:13.86 34.40	300m: 3:21.64 34.10	400m: 4:28.15 32.82			
2.	Ana Margarida Domingos	93	Academico Viseu	4:30.51	+0,94	654	23
	50m: 30.99 30.99	150m: 1:38.97 34.36	250m: 2:47.81 34.21	350m: 3:56.47 34.37			
	100m: 1:04.61 33.62	200m: 2:13.60 34.63	300m: 3:22.10 34.29	400m: 4:30.51 34.04			
3.	Rita Costa Amador	99	Galitos	4:35.62	+0,80	619	22
	50m: 31.08 31.08	150m: 1:39.38 34.65	250m: 2:49.54 35.27	350m: 4:00.69 35.56			
	100m: 1:04.73 33.65	200m: 2:14.27 34.89	300m: 3:25.13 35.59	400m: 4:35.62 34.93			
4.	Raquel Bartolo Vitor	93	Academica de Coimbra	4:39.44	+0,89	594	21
	50m: 31.82 31.82	150m: 1:41.28 35.20	250m: 2:52.82 35.70	350m: 4:04.46 35.79			
	100m: 1:06.08 34.26	200m: 2:17.12 35.84	300m: 3:28.67 35.85	400m: 4:39.44 34.98			
5.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:39.96	+0,90	590	20
	50m: 30.96 30.96	150m: 1:39.81 34.99	250m: 2:52.63 36.41	350m: 4:05.64 36.24			
	100m: 1:04.82 33.86	200m: 2:16.22 36.41	300m: 3:29.40 36.77	400m: 4:39.96 34.32			
6.	Ines Mendes Paulo	96	Colegio Monte Maior	4:40.90	+0,94	584	19
	50m: 31.62 31.62	150m: 1:40.18 34.58	250m: 2:51.60 35.69	350m: 4:05.46 37.07			
	100m: 1:05.60 33.98	200m: 2:15.91 35.73	300m: 3:28.39 36.79	400m: 4:40.90 35.44			
7.	Ana Isabel Neves	96	Pimpoes/Cimai	4:41.92	+0,81	578	18
	50m: 31.78 31.78	150m: 1:41.94 35.32	250m: 2:53.16 35.72	350m: 4:05.78 36.32			
	100m: 1:06.62 34.84	200m: 2:17.44 35.50	300m: 3:29.46 36.30	400m: 4:41.92 36.14			
8.	Sofia Cristina Grilo	97	Aminata	4:44.43	+0,96	563	17
	50m: 32.11 32.11	150m: 1:43.24 35.65	250m: 2:56.13 36.29	350m: 4:09.86 36.68			
	100m: 1:07.59 35.48	200m: 2:19.84 36.60	300m: 3:33.18 37.05	400m: 4:44.43 34.57			
9.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	4:45.68	+0,74	556	16
	50m: 31.88 31.88	150m: 1:42.56 35.56	250m: 2:56.13 36.64	350m: 4:09.65 36.53			
	100m: 1:07.00 35.12	200m: 2:19.49 36.93	300m: 3:33.12 36.99	400m: 4:45.68 36.03			
10.	Flavia Daniela Goncalves	96	Desportiva de Viana	4:46.91	+0,95	548	15
	50m: 32.39 32.39	150m: 1:44.14 36.20	250m: 2:56.85 36.28	350m: 4:10.67 36.93			
	100m: 1:07.94 35.55	200m: 2:20.57 36.43	300m: 3:33.74 36.89	400m: 4:46.91 36.24			
11.	Catarina Costa Fernandes	99	Natacao de Olhao	4:48.95	+1,02	537	14
	50m: 32.34 32.34	150m: 1:44.42 36.87	250m: 2:59.13 37.60	350m: 4:14.10 37.16			
	100m: 1:07.55 35.21	200m: 2:21.53 37.11	300m: 3:36.94 37.81	400m: 4:48.95 34.85			
12.	Andreia Brito Costa	95	Natacao de Faro	4:49.37	+0,87	535	13
	50m: 32.37 32.37	150m: 1:45.70 37.01	250m: 2:59.86 37.23	350m: 4:13.36 36.42			
	100m: 1:08.69 36.32	200m: 2:22.63 36.93	300m: 3:36.94 37.08	400m: 4:49.37 36.01			





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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Sara Mafra Rocha	99	Alcobaca	4:49.81	+0,92	532	12
	50m: 32.75 32.75	150m: 1:46.44 37.29	250m: 3:01.53 37.22	350m: 4:15.35 36.49			
	100m: 1:09.15 36.40	200m: 2:24.31 37.87	300m: 3:38.86 37.33	400m: 4:49.81 34.46			
14.	Ana Beatriz Silva	96	Gafanha da Encarnacao	4:51.15	+0,76	525	11
	50m: 34.44 34.44	150m: 1:49.29 37.18	250m: 3:03.65 36.96	350m: 4:16.09 35.88			
	100m: 1:12.11 37.67	200m: 2:26.69 37.40	300m: 3:40.21 36.56	400m: 4:51.15 35.06			
15.	Ana Mafalda Oliveira	81	Natacao da Maia	4:56.01	+0,94	499	10
	50m: 33.12 33.12	150m: 1:46.29 37.25	250m: 3:01.95 37.87	350m: 4:18.91 38.65			
	100m: 1:09.04 35.92	200m: 2:24.08 37.79	300m: 3:40.26 38.31	400m: 4:56.01 37.10			
16.	Ana Carolina Guedes	93	Ginasio de Vila Real	4:57.90	+0,77	490	9
	50m: 32.51 32.51	150m: 1:46.40 37.53	250m: 3:02.32 38.49	350m: 4:20.51 39.42			
	100m: 1:08.87 36.36	200m: 2:23.83 37.43	300m: 3:41.09 38.77	400m: 4:57.90 37.39			
17.	Rute Sofia Teixeira	90	Ginasio Santo Tirso	4:59.25	+0,99	483	8
	50m: 33.29 33.29	150m: 1:46.62 37.29	250m: 3:03.00 38.31	350m: 4:20.25 38.51			
	100m: 1:09.33 36.04	200m: 2:24.69 38.07	300m: 3:41.74 38.74	400m: 4:59.25 39.00			
18.	Maria Anastacio Luis	96	Benedita	5:01.13	+1,15	474	7
	50m: 33.50 33.50	150m: 1:47.93 37.69	250m: 3:04.58 38.46	350m: 4:22.40 39.18			
	100m: 1:10.24 36.74	200m: 2:26.12 38.19	300m: 3:43.22 38.64	400m: 5:01.13 38.73			
19.	Ana Margarida Teixeira	95	Beja	5:02.03	+0,81	470	6
	50m: 33.75 33.75	150m: 1:48.44 37.67	250m: 3:05.20 38.91	350m: 4:23.73 39.50			
	100m: 1:10.77 37.02	200m: 2:26.29 37.85	300m: 3:44.23 39.03	400m: 5:02.03 38.30			
20.	Luana Rafaela Resende	97	Estamos Juntos	5:03.14	+0,91	465	5
	50m: 34.44 34.44	150m: 1:49.73 38.14	250m: 3:07.98 39.17	350m: 4:26.53 39.18			
	100m: 1:11.59 37.15	200m: 2:28.81 39.08	300m: 3:47.35 39.37	400m: 5:03.14 36.61			
21.	Maria Migueis Teixeira	99	Interior Norte	5:04.97	+0,95	457	4
	50m: 32.83 32.83	150m: 1:49.00 38.65	250m: 3:07.00 39.48	350m: 4:26.18 39.65			
	100m: 1:10.35 37.52	200m: 2:27.52 38.52	300m: 3:46.53 39.53	400m: 5:04.97 38.79			
22.	Salome Pinto Monteiro	98	Sporting de Espinho	5:05.77	+0,97	453	3
	50m: 33.52 33.52	150m: 1:48.92 38.49	250m: 3:07.68 39.41	350m: 4:27.22 39.77			
	100m: 1:10.43 36.91	200m: 2:28.27 39.35	300m: 3:47.45 39.77	400m: 5:05.77 38.55			
23.	Joana Silva Ulpiano	00	Lisnave	5:08.31	+0,82	442	2
	50m: 33.94 33.94	150m: 1:49.84 38.85	250m: 3:09.64 40.13	350m: 4:29.37 40.23			
	100m: 1:10.99 37.05	200m: 2:29.51 39.67	300m: 3:49.14 39.50	400m: 5:08.31 38.94			
24.	Ines Pinho Coelho	99	Feirense	5:25.33	+0,82	376	1
	50m: 34.72 34.72	150m: 1:55.58 41.83	250m: 3:20.02 42.42	350m: 4:45.20 42.95			
	100m: 1:13.75 39.03	200m: 2:37.60 42.02	300m: 4:02.25 42.23	400m: 5:25.33 40.13			