



Campeonato Nacional Clubes 1ª e 2ª Divisão
S. António Cavaleiros, 21 - 22-12-2012

Prova 1 21-12-2012	Femin., 400m Livres 2ª Divisão				Absolutos 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.	Angelica Maria Andre	94	Leixoes	4:18.24	+0,75	752	17
	50m: 29.50 29.50	150m: 1:33.61 32.33	250m: 2:39.26 32.98	350m: 3:45.74 33.35			
	100m: 1:01.28 31.78	200m: 2:06.28 32.67	300m: 3:12.39 33.13	400m: 4:18.24 32.50			
2.	Vania Soares Neves	90	Viana Natacao	4:23.57		708	15
	50m: 30.25 30.25	150m: 1:36.61 33.53	250m: 2:43.81 33.68	350m: 3:51.15 33.78			
	100m: 1:03.08 32.83	200m: 2:10.13 33.52	300m: 3:17.37 33.56	400m: 4:23.57 32.42			
3.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	4:23.98		704	14
	50m: 30.01 30.01	150m: 1:35.20 33.02	250m: 2:42.60 33.69	350m: 3:50.79 34.30			
	100m: 1:02.18 32.17	200m: 2:08.91 33.71	300m: 3:16.49 33.89	400m: 4:23.98 33.19			
4.	Catia Raquel Martinheira	95	Louletano/ Loule Concelho	4:29.49	+0,92	662	13
	50m: 29.96 29.96	150m: 1:36.51 33.91	250m: 2:46.07 35.00	350m: 3:56.07 34.83			
	100m: 1:02.60 32.64	200m: 2:11.07 34.56	300m: 3:21.24 35.17	400m: 4:29.49 33.42			
5.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:29.57		661	12
	50m: 30.34 30.34	150m: 1:37.01 33.88	250m: 2:45.77 34.38	350m: 3:55.29 34.88			
	100m: 1:03.13 32.79	200m: 2:11.39 34.38	300m: 3:20.41 34.64	400m: 4:29.57 34.28			
6.	Soraia Vanessa Ribeiro	92	Gespacos	4:30.46	+1,01	655	11
	50m: 30.07 30.07	150m: 1:35.67 33.48	250m: 2:45.13 34.65	350m: 3:55.81 35.61			
	100m: 1:02.19 32.12	200m: 2:10.48 34.81	300m: 3:20.20 35.07	400m: 4:30.46 34.65			
7.	Joana Filipa Capela	89	Benfica	4:34.84		624	10
	50m: 31.77 31.77	150m: 1:41.05 34.87	250m: 2:50.83 34.94	350m: 4:01.28 35.07			
	100m: 1:06.18 34.41	200m: 2:15.89 34.84	300m: 3:26.21 35.38	400m: 4:34.84 33.56			
8.	Ana Silva Costa	98	Famalicao	4:35.56	+0,82	619	9
	50m: 30.52 30.52	150m: 1:38.70 34.65	250m: 2:49.58 35.39	350m: 4:00.82 35.64			
	100m: 1:04.05 33.53	200m: 2:14.19 35.49	300m: 3:25.18 35.60	400m: 4:35.56 34.74			
9.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	4:37.21	+0,84	608	8
	50m: 31.14 31.14	150m: 1:39.63 34.65	250m: 2:50.53 35.47	350m: 4:02.48 35.99			
	100m: 1:04.98 33.84	200m: 2:15.06 35.43	300m: 3:26.49 35.96	400m: 4:37.21 34.73			
10.	Tamila Hryhorivna Holub	99	Braga	4:37.32	+0,90	607	7
	50m: 31.16 31.16	150m: 1:39.98 34.61	250m: 2:51.23 35.92	350m: 4:03.02 35.85			
	100m: 1:05.37 34.21	200m: 2:15.31 35.33	300m: 3:27.17 35.94	400m: 4:37.32 34.30			
11.	Ana Filipa Martins	97	Foca	4:39.12		596	6
	50m: 30.86 30.86	150m: 1:38.84 34.75	250m: 2:50.14 35.98	350m: 4:02.58 36.62			
	100m: 1:04.09 33.23	200m: 2:14.16 35.32	300m: 3:25.96 35.82	400m: 4:39.12 36.54			
12.	Catarina Goncalves Leal	98	BA/Mr.Pizza	4:44.21	+0,82	564	5
	50m: 32.07 32.07	150m: 1:43.74 36.27	250m: 2:56.81 36.61	350m: 4:08.90 36.05			
	100m: 1:07.47 35.40	200m: 2:20.20 36.46	300m: 3:32.85 36.04	400m: 4:44.21 35.31			
13.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:46.02	+0,81	554	4
	50m: 32.26 32.26	150m: 1:43.59 36.15	250m: 2:56.58 36.31	350m: 4:10.11 36.68			
	100m: 1:07.44 35.18	200m: 2:20.27 36.68	300m: 3:33.43 36.85	400m: 4:46.02 35.91			



Merry Christmas



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Prova 1, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Sofia Alexandra Rolao	98	Naval Amorense	4:47.93		543	3
	50m: 30.76 30.76	150m: 1:40.47 35.77	250m: 2:54.39 37.43	350m: 4:10.69 38.53			
	100m: 1:04.70 33.94	200m: 2:16.96 36.49	300m: 3:32.16 37.77	400m: 4:47.93 37.24			
15.	Vera Paiva Vilaca	98	Belenenses	4:55.12		504	2
	50m: 32.16 32.16	150m: 1:45.00 36.90	250m: 3:00.87 38.23	350m: 4:17.77 38.27			
	100m: 1:08.10 35.94	200m: 2:22.64 37.64	300m: 3:39.50 38.63	400m: 4:55.12 37.35			
16.	Mariana Re Henriques	93	Naval de Ponta Delgada	5:04.42		459	1
	50m: 33.60 33.60	150m: 1:49.60 38.61	250m: 3:07.92 39.20	350m: 4:26.95 38.95			
	100m: 1:10.99 37.39	200m: 2:28.72 39.12	300m: 3:48.00 40.08	400m: 5:04.42 37.47			