



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

Prova 2 21-12-2012	Femin., 400m Livres 1ª 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.	Ines Alexandra Paiva	96	Alges	4:20.81		+0,89	730	9
	50m: 30.18 30.18	150m: 1:35.68 32.77	250m: 2:41.80 32.92	350m: 3:48.06 33.21				
	100m: 1:02.91 32.73	200m: 2:08.88 33.20	300m: 3:14.85 33.05	400m: 4:20.81 32.75				
2.	Joana Aguiar Rodrigues	93	Porto	4:21.51		+0,86	724	7
	50m: 30.48 30.48	150m: 1:36.29 33.15	250m: 2:42.33 32.96	350m: 3:48.93 33.35				
	100m: 1:03.14 32.66	200m: 2:09.37 33.08	300m: 3:15.58 33.25	400m: 4:21.51 32.58				
3.	Leonor Mourinho Neves	95	Sporting	4:28.73		+0,80	668	6
	50m: 30.88 30.88	150m: 1:37.72 33.59	250m: 2:45.74 33.92	350m: 3:54.66 34.53				
	100m: 1:04.13 33.25	200m: 2:11.82 34.10	300m: 3:20.13 34.39	400m: 4:28.73 34.07				
4.	Helena Paula Carvalho	95	Uniao Piedense	4:33.83		+0,76	631	5
	50m: 30.53 30.53	150m: 1:38.55 34.43	250m: 2:48.71 35.27	350m: 3:59.56 35.54				
	100m: 1:04.12 33.59	200m: 2:13.44 34.89	300m: 3:24.02 35.31	400m: 4:33.83 34.27				
5.	Tatiana Ladeiro Santos	92	Geslours	4:37.09		+0,84	609	4
	50m: 31.13 31.13	150m: 1:39.54 34.83	250m: 2:51.20 35.99	350m: 4:02.92 35.97				
	100m: 1:04.71 33.58	200m: 2:15.21 35.67	300m: 3:26.95 35.75	400m: 4:37.09 34.17				
6.	Rute Margarida Marques	94	Amadora	4:37.16		+0,76	608	3
	50m: 30.86 30.86	150m: 1:39.13 34.57	250m: 2:50.36 35.82	350m: 4:02.35 36.31				
	100m: 1:04.56 33.70	200m: 2:14.54 35.41	300m: 3:26.04 35.68	400m: 4:37.16 34.81				
7.	Maria Joao Fernandes	97	Vilacondense	4:40.34		+0,82	588	2
	50m: 31.40 31.40	150m: 1:41.63 35.70	250m: 2:53.64 35.82	350m: 4:05.44 36.09				
	100m: 1:05.93 34.53	200m: 2:17.82 36.19	300m: 3:29.35 35.71	400m: 4:40.34 34.90				
8.	Beatriz Filipa Matos	97	Nautico de Coimbra	4:45.09		+0,85	559	1
	50m: 31.74 31.74	150m: 1:41.78 35.63	250m: 2:54.47 36.60	350m: 4:08.97 37.39				
	100m: 1:06.15 34.41	200m: 2:17.87 36.09	300m: 3:31.58 37.11	400m: 4:45.09 36.12				