

RUMO A PARIS 2024

Campeonato Nacional Clubes 3ª Divisão

Guarda, 11-12-2021



Prova 1	Femin., 800m Livres				Absolutos
11-12-2021 - 9:00	3ª Divisão				Resultados
Rec Nac Absoluto	8:23.23	DURAES Diana Margarida	SLB	Felgueiras	23-12-2018
Rec Nac Sen	8:23.23	DURAES Diana Margarida	SLB	Felgueiras	23-12-2018
Rec Nac Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto	13-12-2015
Rec Nac Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto	21-12-2014
Rec Nac Juv A	8:46.74	SANTOS Ana Claudia	SFUAP	Cantanhede	19-12-2004
Rec Nac Juv B	9:00.27	SILVA Alexandra Maria	FCP	Antibes (FRA)	20-12-1980
Rec Nac Inf A	9:03.90	SILVA Alexandra Maria	FCP	Porto	13-07-1980
Rec Nac Inf B	9:33.95	RUIVO Filipa Vilas	DNMG	Nazaré	16-05-2009

Pontos: FINA 2021

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CONCEICAO Ema Jeronimo	03	129812	Fisica Torres Vedras	9:15.81	+0,81	641	33,00-
	50m: 30.52 30.52			250m: 2:46.67 34.53	450m: 5:05.04 35.03	650m: 7:28.12 35.68		
	100m: 1:03.95 33.43			300m: 3:21.00 34.33	500m: 5:40.68 35.64	700m: 8:04.30 36.18		
	150m: 1:38.04 34.09			350m: 3:55.51 34.51	550m: 6:16.53 35.85	750m: 8:40.80 36.50		
	200m: 2:12.14 34.10			400m: 4:30.01 34.50	600m: 6:52.44 35.91	800m: 9:15.81 35.01		
2.	ARMAS Maria Ornelas	98	106961	Vikings	9:24.86	+0,91	611	31,00-
	50m: 31.88 31.88			250m: 2:51.32 35.22	450m: 5:13.19 35.89	650m: 7:37.45 36.21		
	100m: 1:06.34 34.46			300m: 3:26.30 34.98	500m: 5:49.07 35.88	700m: 8:13.64 36.19		
	150m: 1:41.12 34.78			350m: 4:01.83 35.53	550m: 6:25.32 36.25	750m: 8:49.82 36.18		
	200m: 2:16.10 34.98			400m: 4:37.30 35.47	600m: 7:01.24 35.92	800m: 9:24.86 35.04		
3.	RAMOS Joana Barbas	06	153484	Gafanha da Encarnacao	9:40.06	+0,75	564	30,00-
	50m: 32.28 32.28			250m: 2:52.67 35.58	450m: 5:18.03 36.52	650m: 7:48.62 37.68		
	100m: 1:06.95 34.67			300m: 3:28.57 35.90	500m: 5:55.54 37.51	700m: 8:26.15 37.53		
	150m: 1:41.91 34.96			350m: 4:04.89 36.32	550m: 6:33.22 37.68	750m: 9:03.57 37.42		
	200m: 2:17.09 35.18			400m: 4:41.51 36.62	600m: 7:10.94 37.72	800m: 9:40.06 36.49		
4.	SILVA Ana Francisca	06	200045	Alcobaca	9:47.54	+0,76	543	29,00-
	50m: 32.80 32.80			250m: 2:56.04 36.43	450m: 5:23.22 37.07	650m: 7:54.31 37.87		
	100m: 1:07.92 35.12			300m: 3:32.64 36.60	500m: 6:00.67 37.45	700m: 8:32.79 38.48		
	150m: 1:43.76 35.84			350m: 4:09.54 36.90	550m: 6:38.44 37.77	750m: 9:10.53 37.74		
	200m: 2:19.61 35.85			400m: 4:46.15 36.61	600m: 7:16.44 38.00	800m: 9:47.54 37.01		
5.	AGUILAR Marta Andre	07	132766	Nautico Academico	9:52.99	+0,76	528	28,00-
	50m: 33.17 33.17			250m: 2:58.44 36.50	450m: 5:27.00 37.26	650m: 7:59.43 38.35		
	100m: 1:09.17 36.00			300m: 3:35.33 36.89	500m: 6:05.17 38.17	700m: 8:37.74 38.31		
	150m: 1:45.39 36.22			350m: 4:12.44 37.11	550m: 6:42.80 37.63	750m: 9:15.84 38.10		
	200m: 2:21.94 36.55			400m: 4:49.74 37.30	600m: 7:21.08 38.28	800m: 9:52.99 37.15		
6.	CARVALHO Cassilda Maria	06	201154	Gualdim Pais	10:02.66	+1,05	503	27,00-
	50m: 33.22 33.22			250m: 3:00.88 37.44	450m: 5:32.32 38.20	650m: 8:07.17 38.92		
	100m: 1:09.16 35.94			300m: 3:38.46 37.58	500m: 6:11.27 38.95	700m: 8:46.41 39.24		
	150m: 1:46.20 37.04			350m: 4:16.31 37.85	550m: 6:49.92 38.65	750m: 9:25.15 38.74		
	200m: 2:23.44 37.24			400m: 4:54.12 37.81	600m: 7:28.25 38.33	800m: 10:02.66 37.51		
7.	CARLOTA Catarina Isabel	05	132493	BUZIOS - Coruche	10:11.59	+0,77	481	26,00-
	50m: 33.28 33.28			250m: 3:03.88 38.54	450m: 5:38.98 38.83	650m: 8:15.63 39.07		
	100m: 1:10.01 36.73			300m: 3:42.65 38.77	500m: 6:18.25 39.27	700m: 8:54.91 39.28		
	150m: 1:47.52 37.51			350m: 4:21.45 38.80	550m: 6:57.32 39.07	750m: 9:33.70 38.79		
	200m: 2:25.34 37.82			400m: 5:00.15 38.70	600m: 7:36.56 39.24	800m: 10:11.59 37.89		

Splash Meet Manager, 11.71436

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



RUMO A PARIS 2024
Campeonato Nacional Clubes 3ª Divisão
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Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	ALVES Sara Sofia	07	202517	Setubalense	10:11.99	+0,86	480	25,0(-)
	50m: 33.62 33.62		250m: 3:03.85	38.44	450m: 5:39.57	39.26	650m: 8:17.28	39.24
	100m: 1:10.20 36.58		300m: 3:42.46	38.61	500m: 6:19.06	39.49	700m: 8:56.21	38.93
	150m: 1:47.69 37.49		350m: 4:21.06	38.60	550m: 6:58.59	39.53	750m: 9:34.84	38.63
	200m: 2:25.41 37.72		400m: 5:00.31	39.25	600m: 7:38.04	39.45	800m: 10:11.99	37.15
9.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	10:25.54	+0,81	449	24,0(-)
	50m: 32.72 32.72		250m: 3:03.96	39.05	450m: 5:45.40	40.82	650m: 8:26.65	39.93
	100m: 1:08.93 36.21		300m: 3:43.76	39.80	500m: 6:25.62	40.22	700m: 9:07.22	40.57
	150m: 1:46.64 37.71		350m: 4:23.94	40.18	550m: 7:06.23	40.61	750m: 9:47.47	40.25
	200m: 2:24.91 38.27		400m: 5:04.58	40.64	600m: 7:46.72	40.49	800m: 10:25.54	38.07
10.	GONCALVES Maria Albuquerque	04	130044	Natacao do Fundao	10:28.46	+0,76	443	23,0(-)
	50m: 33.67 33.67		250m: 3:07.01	39.19	450m: 5:47.51	40.51	650m: 8:29.84	40.89
	100m: 1:11.26 37.59		300m: 3:46.74	39.73	500m: 6:27.72	40.21	700m: 9:10.20	40.36
	150m: 1:49.42 38.16		350m: 4:26.50	39.76	550m: 7:08.32	40.60	750m: 9:50.45	40.25
	200m: 2:27.82 38.40		400m: 5:07.00	40.50	600m: 7:48.95	40.63	800m: 10:28.46	38.01
11.	SILVA Maria Santos	06	202788	Naval Povoense	10:31.94	+0,88	436	22,0(-)
	50m: 34.84 34.84		250m: 3:11.39	39.77	450m: 5:51.33	40.30	650m: 8:32.74	40.54
	100m: 1:12.79 37.95		300m: 3:50.92	39.53	500m: 6:31.19	39.86	700m: 9:12.82	40.08
	150m: 1:52.10 39.31		350m: 4:31.09	40.17	550m: 7:12.10	40.91	750m: 9:53.16	40.34
	200m: 2:31.62 39.52		400m: 5:11.03	39.94	600m: 7:52.20	40.10	800m: 10:31.94	38.78
12.	DIAS Beatriz Costa	08	204424	Aquatico Pacense	10:32.12	+0,97	436	21,0(-)
	50m: 36.28 36.28		250m: 3:14.65	39.66	450m: 5:52.35	39.22	650m: 8:33.85	40.61
	100m: 1:15.13 38.85		300m: 3:54.28	39.63	500m: 6:31.67	39.32	700m: 9:14.71	40.86
	150m: 1:54.73 39.60		350m: 4:33.82	39.54	550m: 7:12.48	40.81	750m: 9:54.92	40.21
	200m: 2:34.99 40.26		400m: 5:13.13	39.31	600m: 7:53.24	40.76	800m: 10:32.12	37.20
13.	JESUS Beatriz Alexandra	03	123290	Peso da Regua	10:36.23	+0,79	427	20,0(-)
	50m: 35.08 35.08		250m: 3:12.11	40.08	450m: 5:52.81	39.95	650m: 8:35.56	40.78
	100m: 1:13.40 38.32		300m: 3:52.34	40.23	500m: 6:33.39	40.58	700m: 9:16.06	40.50
	150m: 1:52.43 39.03		350m: 4:32.83	40.49	550m: 7:14.19	40.80	750m: 9:56.85	40.79
	200m: 2:32.03 39.60		400m: 5:12.86	40.03	600m: 7:54.78	40.59	800m: 10:36.23	39.38
14.	PASSOS Margarida Jesus	05	200219	Portinado	10:40.58	+0,91	418	19,0(-)
	50m: 33.17 33.17		250m: 3:07.64	39.86	450m: 5:50.72	41.39	650m: 8:37.17	42.28
	100m: 1:09.65 36.48		300m: 3:48.23	40.59	500m: 6:31.73	41.01	700m: 9:18.96	41.79
	150m: 1:48.18 38.53		350m: 4:28.35	40.12	550m: 7:13.45	41.72	750m: 10:00.26	41.30
	200m: 2:27.78 39.60		400m: 5:09.33	40.98	600m: 7:54.89	41.44	800m: 10:40.58	40.32
15.	FERREIRA Lara Mota	08	209955	Fafe	10:50.82	+0,83	399	18,0(-)
	50m: 35.68 35.68		250m: 3:19.16	41.04	450m: 6:04.23	41.65	650m: 8:50.09	41.38
	100m: 1:15.48 39.80		300m: 4:00.17	41.01	500m: 6:46.00	41.77	700m: 9:31.48	41.39
	150m: 1:56.62 41.14		350m: 4:41.43	41.26	550m: 7:27.25	41.25	750m: 10:12.29	40.81
	200m: 2:38.12 41.50		400m: 5:22.58	41.15	600m: 8:08.71	41.46	800m: 10:50.82	38.53
16.	COSTA Ana Medeiros	07	152164	Ginasio Santo Tirso	10:53.01	+0,82	395	17,0(-)
	50m: 33.28 33.28		250m: 3:13.83	41.14	450m: 6:01.05	41.18	650m: 8:49.91	41.07
	100m: 1:11.94 38.66		300m: 3:55.83	42.00	500m: 6:44.26	43.21	700m: 9:32.00	42.09
	150m: 1:51.71 39.77		350m: 4:37.82	41.99	550m: 7:26.19	41.93	750m: 10:14.99	42.99
	200m: 2:32.69 40.98		400m: 5:19.87	42.05	600m: 8:08.84	42.65	800m: 10:53.01	38.02
17.	SILVA Lara Pinho	07	204992	Feirense	10:54.65	+0,82	392	16,0(-)
	50m: 33.65 33.65		250m: 3:14.36	41.18	450m: 6:03.20	42.79	650m: 8:52.53	42.39
	100m: 1:12.22 38.57		300m: 3:56.25	41.89	500m: 6:45.58	42.38	700m: 9:34.59	42.06
	150m: 1:52.27 40.05		350m: 4:38.41	42.16	550m: 7:28.20	42.62	750m: 10:16.57	41.98
	200m: 2:33.18 40.91		400m: 5:20.41	42.00	600m: 8:10.14	41.94	800m: 10:54.65	38.08

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RUMO A PARIS 2024

Campeonato Nacional Clubes 3ª Divisão

Guarda, 11-12-2021



Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	PEREIRA Joana Marques	06	131193	Juventude Atlantico	10:56.63	+0,90	389	15,0(-)
	50m: 35.07 35.07		250m: 3:19.52 41.56	450m: 6:07.62 42.65	650m: 8:56.26 41.85			
	100m: 1:15.33 40.26		300m: 4:01.24 41.72	500m: 6:50.12 42.50	700m: 9:38.39 42.13			
	150m: 1:57.01 41.68		350m: 4:43.01 41.77	550m: 7:32.70 42.58	750m: 10:18.94 40.55			
	200m: 2:37.96 40.95		400m: 5:24.97 41.96	600m: 8:14.41 41.71	800m: 10:56.63 37.69			
19.	FERNANDES Ines Margarida	08	212816	CPCD-Povoa St Iria	10:59.35	+1,01	384	14,0(-)
	50m: 34.94 34.94		250m: 3:20.27 42.15	450m: 6:07.92 42.00	650m: 8:56.06 41.34			
	100m: 1:14.49 39.55		300m: 4:01.80 41.53	500m: 6:49.97 42.05	700m: 9:38.54 42.48			
	150m: 1:55.51 41.02		350m: 4:43.98 42.18	550m: 7:32.26 42.29	750m: 10:19.99 41.45			
	200m: 2:38.12 42.61		400m: 5:25.92 41.94	600m: 8:14.72 42.46	800m: 10:59.35 39.36			
20.	AMARAL Maria Teresa	06	208170	Campinho	11:00.27	+0,79	382	13,0(-)
	50m: 35.07 35.07		250m: 3:19.59 41.49	450m: 6:07.83 42.91	650m: 8:56.94 42.21			
	100m: 1:15.43 40.36		300m: 4:01.24 41.65	500m: 6:49.91 42.08	700m: 9:39.15 42.21			
	150m: 1:56.53 41.10		350m: 4:42.79 41.55	550m: 7:32.28 42.37	750m: 10:21.01 41.86			
	200m: 2:38.10 41.57		400m: 5:24.92 42.13	600m: 8:14.73 42.45	800m: 11:00.27 39.26			
21.	SANTOS Sofia Isabel	04	144708	Naval de Ponta Delgada	11:02.83	+0,79	378	12,0(-)
	50m: 35.96 35.96		250m: 3:21.08 42.17	450m: 6:09.55 41.35	650m: 8:57.95 41.05			
	100m: 1:15.60 39.64		300m: 4:03.52 42.44	500m: 6:52.15 42.60	700m: 9:40.30 42.35			
	150m: 1:56.83 41.23		350m: 4:45.98 42.46	550m: 7:34.57 42.42	750m: 10:22.73 42.43			
	200m: 2:38.91 42.08		400m: 5:28.20 42.22	600m: 8:16.90 42.33	800m: 11:02.83 40.10			
22.	COELHO Lara Raquel	07	148465	Nucleo Sporting da Terceira	11:07.42	+0,73	370	11,0(-)
	50m: 33.46 33.46		250m: 3:11.90 41.44	450m: 6:02.87 43.39	650m: 8:59.81 44.08			
	100m: 1:11.34 37.88		300m: 3:53.96 42.06	500m: 6:46.78 43.91	700m: 9:43.72 43.91			
	150m: 1:50.90 39.56		350m: 4:36.40 42.44	550m: 7:31.45 44.67	750m: 10:26.97 43.25			
	200m: 2:30.46 39.56		400m: 5:19.48 43.08	600m: 8:15.73 44.28	800m: 11:07.42 40.45			
23.	PAULA Beatriz Elias	06	204014	Litoral Alentejano	11:09.09	+0,96	367	10,0(-)
	50m: 36.29 36.29		250m: 3:24.36 41.55	450m: 6:13.14 41.71	650m: 9:03.31 43.22			
	100m: 1:18.50 42.21		300m: 4:06.62 42.26	500m: 6:55.84 42.70	700m: 9:45.18 41.87			
	150m: 2:00.44 41.94		350m: 4:49.04 42.42	550m: 7:37.95 42.11	750m: 10:26.98 41.80			
	200m: 2:42.81 42.37		400m: 5:31.43 42.39	600m: 8:20.09 42.14	800m: 11:09.09 42.11			
24.	FIALHO Matilde Lopes	09	208396	Palmela	11:13.28	+1,03	360	9,0(-)
	50m: 35.10 35.10		250m: 3:19.32 41.76	450m: 6:11.93 43.57	650m: 9:06.22 43.60			
	100m: 1:14.52 39.42		300m: 4:01.73 42.41	500m: 6:55.85 43.92	700m: 9:48.86 42.64			
	150m: 1:55.61 41.09		350m: 4:44.64 42.91	550m: 7:39.12 43.27	750m: 10:31.17 42.31			
	200m: 2:37.56 41.95		400m: 5:28.36 43.72	600m: 8:22.62 43.50	800m: 11:13.28 42.11			
25.	REIS Mariana Tavares	05	132979	Agua de Pau	11:13.74	+0,86	360	8,0(-)
	50m: 34.48 34.48		250m: 3:18.31 42.46	450m: 6:12.00 44.01	650m: 9:05.93 43.17			
	100m: 1:13.14 38.66		300m: 4:01.26 42.95	500m: 6:55.72 43.72	700m: 9:49.19 43.26			
	150m: 1:54.06 40.92		350m: 4:44.69 43.43	550m: 7:39.30 43.58	750m: 10:32.22 43.03			
	200m: 2:35.85 41.79		400m: 5:27.99 43.30	600m: 8:22.76 43.46	800m: 11:13.74 41.52			
26.	GONCALVES Ana Rita	04	127577	Albicastrense	11:23.19	+0,85	345	7,0(-)
	50m: 35.77 35.77		250m: 3:21.95 42.23	450m: 6:16.21 44.46	650m: 9:12.64 43.56			
	100m: 1:15.92 40.15		300m: 4:04.68 42.73	500m: 7:00.09 43.88	700m: 9:56.77 44.13			
	150m: 1:57.76 41.84		350m: 4:48.01 43.33	550m: 7:45.03 44.94	750m: 10:41.61 44.84			
	200m: 2:39.72 41.96		400m: 5:31.75 43.74	600m: 8:29.08 44.05	800m: 11:23.19 41.58			
27.	CAETANO Ines Martins	05	200262	CCDSerta	11:35.17	+0,81	327	6,0(-)
	50m: 34.71 34.71		250m: 3:20.63 43.17	450m: 6:19.50 44.96	650m: 9:22.26 44.96			
	100m: 1:13.78 39.07		300m: 4:05.12 44.49	500m: 7:05.11 45.61	700m: 10:08.30 46.04			
	150m: 1:55.08 41.30		350m: 4:49.44 44.32	550m: 7:51.36 46.25	750m: 10:52.83 44.53			
	200m: 2:37.46 42.38		400m: 5:34.54 45.10	600m: 8:37.30 45.94	800m: 11:35.17 42.34			

Splash Meet Manager, 11.71436

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Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	JANUARIO Joana Silva	06	132544	Nautico Abrantes	11:36.48	+0,87	325	5,00-
	50m: 36.91 36.91	250m: 3:28.83	44.18	450m: 6:27.21	45.07	650m: 9:26.22	44.93	
	100m: 1:18.06 41.15	300m: 4:12.89	44.06	500m: 7:12.70	45.49	700m: 10:11.29	45.07	
	150m: 2:01.43 43.37	350m: 4:57.16	44.27	550m: 7:56.63	43.93	750m: 10:54.81	43.52	
	200m: 2:44.65 43.22	400m: 5:42.14	44.98	600m: 8:41.29	44.66	800m: 11:36.48	41.67	
29.	ROCHA Leonor Pereira	08	205433	Sporting de Espinho	11:48.19	+0,74	310	4,00-
	50m: 38.36 38.36	250m: 3:35.39	45.25	450m: 6:36.06	45.57	650m: 9:38.94	45.44	
	100m: 1:20.70 42.34	300m: 4:19.77	44.38	500m: 7:21.77	45.71	700m: 10:23.16	44.22	
	150m: 2:04.98 44.28	350m: 5:05.17	45.40	550m: 8:07.53	45.76	750m: 11:07.81	44.65	
	200m: 2:50.14 45.16	400m: 5:50.49	45.32	600m: 8:53.50	45.97	800m: 11:48.19	40.38	

Splash Meet Manager, 11.71436

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS

