

# RUMO A PARIS 2024

## Campeonato Nacional Clubes 2ª Divisão

### Estarreja, 4- - 5-12-2021



Prova 1	Femin., 400m Livres				2ª Divisão FEM
04-12-2021 - 9:30					Resultados
RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
RN25 Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
RN25 Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
RN25 Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009

Pontos: FINA 2021

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>CARDEAL Joana Nunes</b>	02	124752	Academico Viseu	<b>4:17.24</b>	+0,79	751	25,0(-)
	50m: 29.22 29.22		150m: 1:33.52	32.74	250m: 2:39.70	33.08	350m: 3:46.13	33.03
	100m: 1:00.78 31.56		200m: 2:06.62	33.10	300m: 3:13.10	33.40	400m: 4:17.24	31.11
	<b>MARTINS Francisca Soares</b>	03	126504	Foca Quinta da Lixa CNF	<b>4:17.24</b>	+0,69	751	25,0(-)
	50m: 29.84 29.84		150m: 1:33.91	32.50	250m: 2:39.61	32.92	350m: 3:46.05	33.07
	100m: 1:01.41 31.57		200m: 2:06.69	32.78	300m: 3:12.98	33.37	400m: 4:17.24	31.19
3.	<b>ROSA Mariana Carmo</b>	05	130218	Louzan Natacao/EFAPEL	<b>4:29.83</b>	+0,74	651	22,0(-)
	50m: 30.54 30.54		150m: 1:36.11	33.30	250m: 2:44.87	34.36	350m: 3:54.85	35.22
	100m: 1:02.81 32.27		200m: 2:10.51	34.40	300m: 3:19.63	34.76	400m: 4:29.83	34.98
4.	<b>AMORIM Ines Santos</b>	06	200626	Desportiva de Viana	<b>4:36.71</b>	+0,79	604	21,0(-)
	50m: 30.75 30.75		150m: 1:37.85	33.69	250m: 2:48.68	35.84	350m: 4:01.50	36.45
	100m: 1:04.16 33.41		200m: 2:12.84	34.99	300m: 3:25.05	36.37	400m: 4:36.71	35.21
5.	<b>FRANCO Catarina Andrade</b>	07	203865	Gesloures	<b>4:38.57</b>	+0,78	592	20,0(-)
	50m: 30.59 30.59		150m: 1:38.83	34.53	250m: 2:50.53	36.13	350m: 4:02.97	36.49
	100m: 1:04.30 33.71		200m: 2:14.40	35.57	300m: 3:26.48	35.95	400m: 4:38.57	35.60
6.	<b>RODRIGUES Helena Nunes</b>	03	125022	Condeixa Clube	<b>4:42.03</b>	+0,80	570	19,0(-)
	50m: 31.55 31.55		150m: 1:40.61	35.12	250m: 2:52.72	36.29	350m: 4:06.58	37.19
	100m: 1:05.49 33.94		200m: 2:16.43	35.82	300m: 3:29.39	36.67	400m: 4:42.03	35.45
7.	<b>NEVES Natalia Passeira</b>	05	200503	Natacao de Valongo	<b>4:42.28</b>	+0,77	569	18,0(-)
	50m: 30.76 30.76		150m: 1:39.36	34.68	250m: 2:51.17	36.12	350m: 4:05.58	37.23
	100m: 1:04.68 33.92		200m: 2:15.05	35.69	300m: 3:28.35	37.18	400m: 4:42.28	36.70
8.	<b>GOMES Lia Beatriz</b>	06	200413	Vitoria Guimaraes	<b>4:43.00</b>	+0,77	564	17,0(-)
	50m: 32.01 32.01		150m: 1:41.76	35.28	250m: 2:54.04	36.24	350m: 4:07.22	36.56
	100m: 1:06.48 34.47		200m: 2:17.80	36.04	300m: 3:30.66	36.62	400m: 4:43.00	35.78
9.	<b>CABRAL Carolina Vizinho</b>	07	206307	Natacao de Vagos	<b>4:43.54</b>	+0,78	561	16,0(-)
	50m: 31.94 31.94		150m: 1:42.31	35.62	250m: 2:54.42	35.89	350m: 4:07.68	36.78
	100m: 1:06.69 34.75		200m: 2:18.53	36.22	300m: 3:30.90	36.48	400m: 4:43.54	35.86
10.	<b>SILVA Ines Martins</b>	04	127134	Vilacondense	<b>4:44.43</b>	+0,86	556	15,0(-)
	50m: 31.64 31.64		150m: 1:42.19	35.91	250m: 2:54.94	36.63	350m: 4:08.76	36.86
	100m: 1:06.28 34.64		200m: 2:18.31	36.12	300m: 3:31.90	36.96	400m: 4:44.43	35.67
11.	<b>HORTA Diana Valadas</b>	04	201782	Uniao Piedense	<b>4:44.66</b>	+0,81	554	14,0(-)
	50m: 31.52 31.52		150m: 1:42.29	35.97	250m: 2:55.42	36.51	350m: 4:08.76	36.98
	100m: 1:06.32 34.80		200m: 2:18.91	36.62	300m: 3:31.78	36.36	400m: 4:44.66	35.90
12.	<b>SOUSA Joana Francisca</b>	04	130520	Naval do Funchal	<b>4:44.78</b>	+0,74	554	13,0(-)
	50m: 31.77 31.77		150m: 1:41.88	35.51	250m: 2:55.23	36.94	350m: 4:08.94	36.77
	100m: 1:06.37 34.60		200m: 2:18.29	36.41	300m: 3:32.17	36.94	400m: 4:44.78	35.84

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 2ª Divisão  
Estarreja, 4- - 5-12-2021



Prova 1, Femin., 400m Livres, 2ª Divisão FEM

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	NUNES Rita Sofia	05	129103	Colegio Efanor	<b>4:46.05</b>	+0,81	546	12,0(-)
	50m: 31.39 31.39	150m: 1:41.95	35.92	250m: 2:55.22	36.51	350m: 4:09.83	37.07	
	100m: 1:06.03 34.64	200m: 2:18.71	36.76	300m: 3:32.76	37.54	400m: 4:46.05	36.22	
14.	CARRAO Iris Pereira	05	201392	Laranjeiro	<b>4:48.57</b>	+0,75	532	11,0(-)
	50m: 31.89 31.89	150m: 1:42.63	36.07	250m: 2:56.46	36.98	350m: 4:11.41	37.58	
	100m: 1:06.56 34.67	200m: 2:19.48	36.85	300m: 3:33.83	37.37	400m: 4:48.57	37.16	
15.	FERREIRA Catarina Trigo	02	124523	Natacao de Lisboa	<b>4:50.62</b>	+0,82	521	10,0(-)
	50m: 33.49 33.49	150m: 1:46.26	36.64	250m: 3:00.65	37.15	350m: 4:14.76	36.88	
	100m: 1:09.62 36.13	200m: 2:23.50	37.24	300m: 3:37.88	37.23	400m: 4:50.62	35.86	
16.	GOMES Rita Cunha	07	132782	Viana Natacao	<b>4:50.70</b>	+1,15	521	9,0(-)
	50m: 34.02 34.02	150m: 1:47.18	36.86	250m: 3:01.50	37.13	350m: 4:15.34	37.09	
	100m: 1:10.32 36.30	200m: 2:24.37	37.19	300m: 3:38.25	36.75	400m: 4:50.70	35.36	
17.	SILVA Carolina Martins	07	205709	Estarreja	<b>4:51.67</b>	+0,81	515	8,0(-)
	50m: 32.48 32.48	150m: 1:44.09	36.17	250m: 2:58.15	37.34	350m: 4:14.61	38.46	
	100m: 1:07.92 35.44	200m: 2:20.81	36.72	300m: 3:36.15	38.00	400m: 4:51.67	37.06	
18.	CAMARA Ines Cruz	07	131346	Desportivo Nacional	<b>4:51.82</b>	+0,84	515	7,0(-)
	50m: 32.57 32.57	150m: 1:45.31	36.90	250m: 3:00.21	37.57	350m: 4:15.64	37.81	
	100m: 1:08.41 35.84	200m: 2:22.64	37.33	300m: 3:37.83	37.62	400m: 4:51.82	36.18	
19.	NIZA Beatriz Mocego	06	148435	Amadora	<b>4:52.54</b>	+0,89	511	6,0(-)
	50m: 32.61 32.61	150m: 1:44.08	36.35	250m: 2:58.33	37.31	350m: 4:14.96	38.37	
	100m: 1:07.73 35.12	200m: 2:21.02	36.94	300m: 3:36.59	38.26	400m: 4:52.54	37.58	
20.	CARDOSO Raquel Campos	09	153184	Bombeiros de Ponta Delgada	<b>5:07.81</b>	+0,78	438	5,0(-)
	50m: 36.29 36.29	150m: 1:54.36	39.03	250m: 3:13.09	39.53	350m: 4:31.46	38.80	
	100m: 1:15.33 39.04	200m: 2:33.56	39.20	300m: 3:52.66	39.57	400m: 5:07.81	36.35	
21.	ARROJA Margarida Marques	06	202361	Pimpoes/Cimai	<b>5:08.03</b>	+0,79	437	4,0(-)
	50m: 33.36 33.36	150m: 1:50.98	39.68	250m: 3:10.44	39.80	350m: 4:29.73	39.63	
	100m: 1:11.30 37.94	200m: 2:30.64	39.66	300m: 3:50.10	39.66	400m: 5:08.03	38.30	
22.	SILVA Leonor Carnide	09	151721	Ginasio de Vila Real	<b>5:29.35</b>	+0,93	358	3,0(-)
	50m: 37.05 37.05	150m: 2:01.01	42.25	250m: 3:25.61	42.00	350m: 4:49.19	41.69	
	100m: 1:18.76 41.71	200m: 2:43.61	42.60	300m: 4:07.50	41.89	400m: 5:29.35	40.16	

