

Campeonatos Nacionais de Clubes 1ª e 2ª Divisões
S. António Cavaleiros, 19. - 20.12.2009

Prova 2 19.12.09	Femin., 400m Livres 1ª Divisão				Absolutos Resultados
Recorde Nacional Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	5.12.09
Recorde Nacional Sénior	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	5.12.09
Recorde Nacional Junior	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20.12.04

Pontos: FINA 2009

Lugar	Nome	Ano	Licença	Clube	Tempo final	Pts
1.	Maria Miguel Veloso	93	10879	Náutico/Matobra	4:20.45	766
	50m: 30.51 30.51	150m: 1:35.53 32.69	250m: 2:41.45 33.15	350m: 3:47.75 33.13		
	100m: 1:02.84 32.33	200m: 2:08.30 32.77	300m: 3:14.62 33.17	400m: 4:20.45 32.70		
2.	Sara Alexandra Madeira	87	15747	Louletano/Loulé Concelho	4:21.20	759
	50m: 28.81 28.81	150m: 1:33.11 32.69	250m: 2:39.85 33.50	350m: 3:48.06 34.08		
	100m: 1:00.42 31.61	200m: 2:06.35 33.24	300m: 3:13.98 34.13	400m: 4:21.20 33.14		
3.	Joana Aguiar Rodrigues	93	15401	Porto/Dolce Vita	4:21.92	753
	50m: 28.64 28.64	150m: 1:33.02 32.88	250m: 2:39.42 33.25	350m: 3:48.14 34.62		
	100m: 1:00.14 31.50	200m: 2:06.17 33.15	300m: 3:13.52 34.10	400m: 4:21.92 33.78		
4.	Marta Alexandra Saraiva	93	14641	Uniao Piedense	4:24.88	728
	50m: 30.21 30.21	150m: 1:35.64 33.11	250m: 2:42.88 33.92	350m: 3:51.29 34.20		
	100m: 1:02.53 32.32	200m: 2:08.96 33.32	300m: 3:17.09 34.21	400m: 4:24.88 33.59		
5.	Patricia Garcia Marinho	94	23004	Sporting	4:29.56	691
	50m: 29.77 29.77	150m: 1:35.62 33.46	250m: 2:44.32 34.61	350m: 3:55.04 35.34		
	100m: 1:02.16 32.39	200m: 2:09.71 34.09	300m: 3:19.70 35.38	400m: 4:29.56 34.52		
6.	Susana Patricia Miguel	90	14556	Amadora	4:31.81	674
	50m: 31.02 31.02	150m: 1:38.69 34.18	250m: 2:48.80 35.02	350m: 3:58.05 34.16		
	100m: 1:04.51 33.49	200m: 2:13.78 35.09	300m: 3:23.89 35.09	400m: 4:31.81 33.76		
7.	Soraia Vanessa Ribeiro	92	15857	Vilacondense	4:32.05	672
	50m: 29.69 29.69	150m: 1:36.13 33.73	250m: 2:45.52 35.06	350m: 3:57.55 36.31		
	100m: 1:02.40 32.71	200m: 2:10.46 34.33	300m: 3:21.24 35.72	400m: 4:32.05 34.50		
8.	Marisa Alexandra Lage	94	14935	Viana Natação	4:37.38	634
	50m: 30.16 30.16	150m: 1:38.02 34.68	250m: 2:49.32 35.85	350m: 4:01.60 36.12		
	100m: 1:03.34 33.18	200m: 2:13.47 35.45	300m: 3:25.48 36.16	400m: 4:37.38 35.78		