

Campeonato Nacional Clubes 1 e 2 Divisao
Porto, 4. - 5.12.2010

Prova 1 04-12-2010 - 10:00	Femin., 400m Livres 2ª Divisão				Absolutos Resultados
Rec. Nac. 25m Open	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Rec. Nac. 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcoçabaça	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 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:24.39	+0.91	701	
	50m: 30.05 30.05	150m: 1:36.16 33.57	250m: 2:43.47 33.77	350m: 3:51.57 34.16			
	100m: 1:02.59 32.54	200m: 2:09.70 33.54	300m: 3:17.41 33.94	400m: 4:24.39 32.82			
2.	Ana Ribeiro Ferreira	92	Famalicao	4:24.44	+0.96	701	
	50m: 30.36 30.36	150m: 1:36.33 33.38	250m: 2:44.03 33.78	350m: 3:51.54 34.05			
	100m: 1:02.95 32.59	200m: 2:10.25 33.92	300m: 3:17.49 33.46	400m: 4:24.44 32.90			
3.	Marisa Alexandra Lage	94	Viana Natacao	4:24.92	+0.88	697	
	50m: 29.54 29.54	150m: 1:34.66 33.23	250m: 2:42.88 34.23	350m: 3:51.84 34.47			
	100m: 1:01.43 31.89	200m: 2:08.65 33.99	300m: 3:17.37 34.49	400m: 4:24.92 33.08			
4.	Soraia Vanessa Ribeiro	92	Gespacos	4:29.87	+0.98	659	
	50m: 30.18 30.18	150m: 1:36.74 33.57	250m: 2:45.07 34.26	350m: 3:55.22 35.08			
	100m: 1:03.17 32.99	200m: 2:10.81 34.07	300m: 3:20.14 35.07	400m: 4:29.87 34.65			
5.	Ana Sofia Fernandes	93	Braga	4:33.65	+1.05	632	
	50m: 31.08 31.08	150m: 1:38.12 33.98	250m: 2:47.72 34.98	350m: 3:59.47 36.15			
	100m: 1:04.14 33.06	200m: 2:12.74 34.62	300m: 3:23.32 35.60	400m: 4:33.65 34.18			
6.	Marta Alexandra Saraiva	93	Uniao Piedense	4:33.69	+0.85	632	
	50m: 31.58 31.58	150m: 1:39.47 34.17	250m: 2:49.40 35.22	350m: 3:59.58 34.93			
	100m: 1:05.30 33.72	200m: 2:14.18 34.71	300m: 3:24.65 35.25	400m: 4:33.69 34.11			
7.	Paula Cristina Melo	93	Natacao de Faro	4:34.64	+0.87	625	
	50m: 30.31 30.31	150m: 1:39.01 35.21	250m: 2:50.00 35.50	350m: 4:00.70 35.28			
	100m: 1:03.80 33.49	200m: 2:14.50 35.49	300m: 3:25.42 35.42	400m: 4:34.64 33.94			
8.	Patricia Silva Damas	92	Gesloures	4:36.99	+0.87	610	
	50m: 31.61 31.61	150m: 1:40.31 34.48	250m: 2:50.33 35.06	350m: 4:01.52 35.78			
	100m: 1:05.83 34.22	200m: 2:15.27 34.96	300m: 3:25.74 35.41	400m: 4:36.99 35.47			
9.	Ana Filipa Parda	89	Colegio Vasco da Gama	4:38.83	+0.84	598	
	50m: 30.43 30.43	150m: 1:37.37 34.03	250m: 2:47.51 35.37	350m: 4:01.56 37.25			
	100m: 1:03.34 32.91	200m: 2:12.14 34.77	300m: 3:24.31 36.80	400m: 4:38.83 37.27			
10.	Isabel Pinto Abreu	96	Belenenses	4:40.57	+0.95	586	
	50m: 30.25 30.25	150m: 1:39.29 35.22	250m: 2:50.87 36.09	350m: 4:04.26 37.00			
	100m: 1:04.07 33.82	200m: 2:14.78 35.49	300m: 3:27.26 36.39	400m: 4:40.57 36.31			
11.	Ana Isabel Neves	96	Pimpoes/Cimai	4:41.35	+0.90	582	
	50m: 31.26 31.26	150m: 1:40.97 35.44	250m: 2:52.34 35.88	350m: 4:05.66 36.72			
	100m: 1:05.53 34.27	200m: 2:16.46 35.49	300m: 3:28.94 36.60	400m: 4:41.35 35.69			
12.	Rubina Capitao Vieira	80	Nacional	4:42.88	+0.96	572	
	50m: 32.12 32.12	150m: 1:42.21 36.12	250m: 2:54.92 36.35	350m: 4:07.53 36.05			
	100m: 1:06.09 33.97	200m: 2:18.57 36.36	300m: 3:31.48 36.56	400m: 4:42.88 35.35			
13.	Carla Rosario Palma	96	Alcobaca	4:45.57	+0.85	556	
	50m: 31.36 31.36	150m: 1:41.50 36.07	250m: 2:55.06 36.99	350m: 4:09.04 37.00			
	100m: 1:05.43 34.07	200m: 2:18.07 36.57	300m: 3:32.04 36.98	400m: 4:45.57 36.53			

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Prova 1, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Luisa Costa Henriques	93	Naval do Funchal	4:46.44	+0.78	551	
	50m: 31.33 31.33	150m: 1:40.39 35.33	250m: 2:53.27 36.68	350m: 4:09.42 38.33			
	100m: 1:05.06 33.73	200m: 2:16.59 36.20	300m: 3:31.09 37.82	400m: 4:46.44 37.02			
15.	Ana Sofia Nobrega	90	Ginasio de Vila Real	4:59.79	+0.98	481	
	50m: 31.97 31.97	150m: 1:44.65 37.58	250m: 3:02.20 39.12	350m: 4:20.83 39.39			
	100m: 1:07.07 35.10	200m: 2:23.08 38.43	300m: 3:41.44 39.24	400m: 4:59.79 38.96			
16.	Beatriz Camilo Arsenio	96	Portinado	5:03.41	+0.99	464	
	50m: 31.36 31.36	150m: 1:43.71 37.24	250m: 3:02.46 40.12	350m: 4:24.01 40.72			
	100m: 1:06.47 35.11	200m: 2:22.34 38.63	300m: 3:43.29 40.83	400m: 5:03.41 39.40			