

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

| Prova 29 04-12-2010 | Femin., 4 x 100m Estilos 2ª Divisão | | | | | Absolutos Resultados |
|------------------------|--|-------------------------------------|-------|-----------------------|--|-------------------------|
| Rec. Nac. 25m Open | 4:06.14 | Futebol Clube do Porto/Dolce Vita | FCP | S. António Cavaleiros | | 19-12-2009 |
| Rec. Nac. 25m Inf B | 4:57.35 | Grupo Desportivo Natacao V. N. Faro | GDVNF | Ponte da Barca | | 06-03-2010 |
| Rec. Nac. 25m Inf A | 4:42.00 | Sport Lisboa e Benfica | SLB | Sines | | 31-03-2007 |
| Rec. Nac. 25m Juv | 4:33.40 | Sport Lisboa e Benfica | SLB | Reboleira | | 15-06-2006 |
| Rec. Nac. 25m Jun | 4:16.94 | Sporting Clube de Portugal | SCP | Leiria | | 04-12-2009 |
| Rec. Nac. 25m Sen | 4:06.14 | Futebol Clube do Porto/Dolce Vita | FCP | S. António Cavaleiros | | 19-12-2009 |

Pontos: FINA 2010

| Lugar | Clube | Tempo Final | TReac | Pts FINA | Pts | | |
|------------------------------|-----------------------|----------------|---------|---------------------------|-------|-------|---------|
| 1. Colegio Vasco da Gama-FEM | Colegio Vasco da Gama | 4:24.44 | +0.65 | 640 | 17 | | |
| Ana Rita Alves | +0.65 | 33.28 | 1:08.42 | Sara Alexandra Madeira | +0.70 | 29.10 | 1:02.34 |
| Ana Rita Ismael | +0.39 | 35.02 | 1:14.92 | Ana Beatriz Pereira | +0.23 | 28.09 | 58.76 |
| 2. Gespacos-FEM | Gespacos | 4:27.08 | +0.59 | 621 | 15 | | |
| Diana Patricia Ferreira | +0.59 | 32.28 | 1:06.66 | Sara Monteiro Meireles | +0.24 | 30.82 | 1:06.86 |
| Ana Rita Cunha | +0.38 | 35.41 | 1:15.94 | Soraia Vanessa Ribeiro | +0.58 | 27.96 | 57.62 |
| 3. Gesloures-FEM | Gesloures | 4:27.44 | +0.63 | 619 | 14 | | |
| Paula Cristina Yang | +0.63 | 32.40 | 1:06.76 | Patricia Silva Damas | +0.32 | 31.64 | 1:09.09 |
| Nadia Morais Vieira | +0.39 | 33.86 | 1:11.50 | Tatiana Ladeiro Santos | +0.06 | 28.40 | 1:00.09 |
| 4. Ginasio de Vila Real-FEM | Ginasio de Vila Real | 4:28.32 | +0.78 | 613 | 13 | | |
| Ana Sofia Leite | +0.78 | 31.78 | 1:05.51 | Elsa Manuela Cardoso | +0.45 | 30.53 | 1:06.08 |
| Joana Patricia Pinto | +0.49 | 34.40 | 1:14.58 | Ana Sofia Nobrega | | 29.62 | 1:02.15 |
| 5. Pimpoes/Cimai-FEM | Pimpoes/Cimai | 4:30.66 | +0.73 | 597 | 12 | | |
| Joana Margarida Guimaraes | +0.73 | 33.59 | 1:08.74 | Cristina Paris Santos | +0.51 | 31.33 | 1:07.88 |
| Victoriya Kaminskaya | +0.42 | 33.88 | 1:12.51 | Joana Margarida Monteiro | +0.33 | 29.45 | 1:01.53 |
| 6. Uniao Piedense-FEM | Uniao Piedense | 4:31.58 | +0.59 | 591 | 11 | | |
| Ana Raquel Miranda | +0.59 | 33.30 | 1:09.09 | Catarina Tiago Nunes | +0.33 | 29.06 | 1:05.25 |
| Joana Dias Santos | +0.73 | 35.62 | 1:16.35 | Ana Marta Miranda | +0.57 | 29.29 | 1:00.89 |
| 7. Vitoria de Guimaraes-FEM | Vitoria de Guimaraes | 4:32.73 | +0.69 | 584 | 10 | | |
| Ana Catarina Sousa | +0.69 | 33.82 | 1:10.56 | Amelia Pereira Fernandes | +0.43 | 29.47 | 1:03.73 |
| Joana Filipa Santos | +0.14 | 36.56 | 1:20.39 | Andreia Catarina Gomes | +0.31 | 28.17 | 58.05 |
| 8. Famalicao-FEM | Famalicao | 4:33.52 | +0.72 | 578 | 9 | | |
| Filipa Maria Rompante | +0.72 | 33.57 | 1:09.33 | Catarina Isabel Marques | +0.47 | 32.09 | 1:10.64 |
| Mariana Dias Almeida | +0.48 | 34.88 | 1:14.62 | Ana Ribeiro Ferreira | +0.62 | 29.00 | 58.93 |
| 9. Nacional-FEM | Nacional | 4:34.50 | +0.66 | 572 | 8 | | |
| Fabiana Maria Quintal | +0.66 | 31.98 | 1:05.94 | Debora Marisa Pereira | +0.23 | 32.34 | 1:08.40 |
| Natalie Nobrega Santos | +0.38 | 36.07 | 1:17.67 | Rubina Capitaio Vieira | +0.31 | 29.16 | 1:02.49 |
| 10. Naval do Funchal-FEM | Naval do Funchal | 4:35.23 | +0.67 | 568 | 7 | | |
| Joaquina Silva Freitas | +0.67 | 34.89 | 1:10.80 | Carlota Freitas Olim | +0.39 | 30.35 | 1:06.03 |
| Sara Isabel Figueira | +0.45 | 36.96 | 1:18.92 | Susana Clara Gomes | +0.49 | 28.54 | 59.48 |
| 11. Natacao de Faro-FEM | Natacao de Faro | 4:38.91 | +0.69 | 546 | 6 | | |
| Ines Nunes Tareco | +0.69 | 34.47 | 1:12.50 | Paula Cristina Melo | +0.49 | 30.67 | 1:06.62 |
| Rita Pereira Abreu | +0.32 | 34.70 | 1:14.93 | Andreia Brito Costa | +0.44 | 30.18 | 1:04.86 |
| 12. Braga-FEM | Braga | 4:39.60 | +0.66 | 542 | 5 | | |
| Ana Filipa Mendes | +0.66 | 34.01 | 1:10.30 | Debora Guimaraes Oliveira | | 31.82 | 1:08.65 |
| Ines Joao Costa | +0.46 | 36.83 | 1:18.82 | Sara Faria Costa | +0.69 | 29.34 | 1:01.83 |
| 13. Belenenses-FEM | Belenenses | 4:41.81 | +0.65 | 529 | 4 | | |
| Luisa Pinto Abreu | +0.65 | 34.09 | 1:10.60 | Anais Verguet Moniz | +0.26 | 30.75 | 1:07.51 |
| Rita Teixeira Costa | +0.68 | 39.42 | 1:23.67 | Isabel Pinto Abreu | +0.33 | 28.46 | 1:00.03 |

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Prova 29, Femin., 4 x 100m Estilos, Absolutos

| Lugar | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|-------|----------|---------|
| 14. | Portinado-FEM | 4:44.71 | +0.68 | 513 | 3 |
| | Helyana Maria Moitalta | +0.68 34.83 1:11.76 | +0.48 | 31.44 | 1:09.25 |
| | Ines Pugsley Ferreira | +0.50 37.21 1:21.04 | +0.35 | 29.21 | 1:02.66 |
| 15. | Viana Natacao-FEM | 4:45.74 | +0.73 | 507 | 2 |
| | Violante Pascoal Fontoura | +0.73 37.38 1:16.35 | +0.44 | 33.08 | 1:12.66 |
| | Andreia Margarida Araujo | +0.21 35.95 1:17.22 | +0.44 | 28.49 | 59.51 |
| 16. | Alcobaca-FEM | 4:46.73 | +0.61 | 502 | 1 |
| | Mariana Jesus Costa | +0.61 33.78 1:10.49 | +0.43 | 33.22 | 1:11.06 |
| | Ines Filipa Borges | +0.73 37.94 1:21.91 | +0.41 | 29.94 | 1:03.27 |