

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

Prova 49 05-12-2010 - 16:00	Femin., 400m Estilos 2ª Divisão				Absolutos Resultados
Rec. Nac. 25m Open	4:44.56	Nadia Morais Vieira	GESL	Leiria	04-12-2009
Rec. Nac. 25m Inf B	5:15.68	Susana Patricia Miguel	SFUAP	Rio Maior	06-07-2002
Rec. Nac. 25m Inf A	5:05.82	Diana Ramos Rocha	EDV	Ponte da Barca	06-07-2007
Rec. Nac. 25m Juv	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	19-03-2004
Rec. Nac. 25m Jun	4:51.07	Susana Patricia Miguel	SFUAP	Tomar	09-12-2005
Rec. Nac. 25m Sen	4:44.56	Nadia Morais Vieira	GESL	Leiria	04-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Nadia Morais Vieira	90	Gesloures	4:45.57	+0.75	763	
	50m: 31.43 31.43	150m: 1:44.05 36.77	250m: 2:59.50 39.61	350m: 4:13.11 33.75			
	100m: 1:07.28 35.85	200m: 2:19.89 35.84	300m: 3:39.36 39.86	400m: 4:45.57 32.46			
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:53.26	+0.93	705	
	50m: 31.96 31.96	150m: 1:45.87 37.73	250m: 3:04.19 41.24	350m: 4:19.72 34.73			
	100m: 1:08.14 36.18	200m: 2:22.95 37.08	300m: 3:44.99 40.80	400m: 4:53.26 33.54			
3.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	4:56.51	+0.82	682	
	50m: 31.14 31.14	150m: 1:47.40 40.49	250m: 3:08.10 40.87	350m: 4:23.22 33.58			
	100m: 1:06.91 35.77	200m: 2:27.23 39.83	300m: 3:49.64 41.54	400m: 4:56.51 33.29			
4.	Ana Marta Miranda	96	Uniao Piedense	4:57.93	+0.91	672	
	50m: 31.78 31.78	150m: 1:46.13 38.10	250m: 3:06.08 42.75	350m: 4:24.31 35.07			
	100m: 1:08.03 36.25	200m: 2:23.33 37.20	300m: 3:49.24 43.16	400m: 4:57.93 33.62			
5.	Fabiana Maria Quintal	84	Nacional	5:02.34	+0.79	643	
	50m: 31.50 31.50	150m: 1:47.86 39.55	250m: 3:08.38 41.85	350m: 4:27.55 36.64			
	100m: 1:08.31 36.81	200m: 2:26.53 38.67	300m: 3:50.91 42.53	400m: 5:02.34 34.79			
6.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	5:03.00	+0.94	639	
	50m: 31.37 31.37	150m: 1:46.59 39.51	250m: 3:11.43 46.11	350m: 4:31.13 33.08			
	100m: 1:07.08 35.71	200m: 2:25.32 38.73	300m: 3:58.05 46.62	400m: 5:03.00 31.87			
7.	Anais Verguet Moniz	89	Belenenses	5:07.74	+0.75	610	
	50m: 31.94 31.94	150m: 1:49.31 40.24	250m: 3:13.21 44.11	350m: 4:33.21 35.35			
	100m: 1:09.07 37.13	200m: 2:29.10 39.79	300m: 3:57.86 44.65	400m: 5:07.74 34.53			
8.	Ana Rita Cunha	94	Gespacos	5:07.79	+1.03	610	
	50m: 32.98 32.98	150m: 1:51.25 41.02	250m: 3:12.96 42.29	350m: 4:31.97 36.49			
	100m: 1:10.23 37.25	200m: 2:30.67 39.42	300m: 3:55.48 42.52	400m: 5:07.79 35.82			
9.	Filipa Maria Rompante	95	Famalicao	5:08.62	+0.89	605	
	50m: 33.48 33.48	150m: 1:49.99 38.87	250m: 3:13.00 44.96	350m: 4:33.81 35.71			
	100m: 1:11.12 37.64	200m: 2:28.04 38.05	300m: 3:58.10 45.10	400m: 5:08.62 34.81			
10.	Ariana Alves Nunes	95	Portinado	5:14.83	+0.92	570	
	50m: 33.12 33.12	150m: 1:51.19 39.75	250m: 3:14.93 44.12	350m: 4:37.81 38.16			
	100m: 1:11.44 38.32	200m: 2:30.81 39.62	300m: 3:59.65 44.72	400m: 5:14.83 37.02			
11.	Mariana Jesus Costa	96	Alcobaca	5:15.25	+0.85	567	
	50m: 31.93 31.93	150m: 1:48.50 39.37	250m: 3:15.06 47.61	350m: 4:39.20 36.66			
	100m: 1:09.13 37.20	200m: 2:27.45 38.95	300m: 4:02.54 47.48	400m: 5:15.25 36.05			
12.	Ines Joao Costa	95	Braga	5:16.86	+0.85	559	
	50m: 33.59 33.59	150m: 1:52.61 39.97	250m: 3:19.23 46.10	350m: 4:41.70 36.04			
	100m: 1:12.64 39.05	200m: 2:33.13 40.52	300m: 4:05.66 46.43	400m: 5:16.86 35.16			
13.	Rita Pereira Abreu	93	Natacao de Faro	5:20.75	+0.93	539	
	50m: 33.56 33.56	150m: 1:54.21 41.34	250m: 3:19.85 44.48	350m: 4:43.10 38.26			
	100m: 1:12.87 39.31	200m: 2:35.37 41.16	300m: 4:04.84 44.99	400m: 5:20.75 37.65			
14.	Andreia Margarida Araujo	96	Viana Natacao	5:30.14	+1.02	494	
	50m: 33.73 33.73	150m: 1:56.49 43.85	250m: 3:25.83 46.04	350m: 4:52.15 38.89			
	100m: 1:12.64 38.91	200m: 2:39.79 43.30	300m: 4:13.26 47.43	400m: 5:30.14 37.99			
15.	Catarina Isabel Santos	93	Naval do Funchal	5:36.45	+0.81	467	
	50m: 34.09 34.09	150m: 2:02.71 46.50	250m: 3:33.03 46.24	350m: 4:58.73 38.68			
	100m: 1:16.21 42.12	200m: 2:46.79 44.08	300m: 4:20.05 47.02	400m: 5:36.45 37.72			
16.	Ana Carolina Guedes	93	Ginasio de Vila Real	5:43.81	+0.82	437	
	50m: 34.22 34.22	150m: 2:03.11 48.41	250m: 3:34.82 46.49	350m: 5:05.07 42.28			
	100m: 1:14.70 40.48	200m: 2:48.33 45.22	300m: 4:22.79 47.97	400m: 5:43.81 38.74			