



Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 13
10-12-2011 - 11:55

Femin., 800m Livres

Absoluto
Resultados

Rec. Nac. 25m Absoluto	8:45.91	Marta Andreia FERREIRA	FPN	Riesa (GER)	13-12-2002
Rec. Nac. 25m Inf B	9:33.95	Filipa Vilas RUIVO	DNMG	Nazaré	16-05-2009
Rec. Nac. 25m Inf A	9:03.90	tempo limite			
Rec. Nac. 25m Juv	9:00.27	tempo limite			
Rec. Nac. 25m Jun	8:46.74	Ana Claudia SANTOS	SFUAP	Cantanhede	19-12-2004
Rec. Nac. 25m Sen	8:45.91	Marta Andreia FERREIRA	FPN	Riesa (GER)	13-12-2002

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Ana Beatriz SILVA	96	Gafanha da Encarnacao	10:03.76	+0,89	516	25	
	50m: 32.24 32.24	250m: 3:00.52 37.29	450m: 5:33.46 38.39	650m: 8:08.00 38.87				
	100m: 1:09.41 37.17	300m: 3:38.40 37.88	500m: 6:12.32 38.86	700m: 8:46.84 38.84				
	150m: 1:46.40 36.99	350m: 4:16.33 37.93	550m: 6:50.80 38.48	750m: 9:25.98 39.14				
	200m: 2:23.23 36.83	400m: 4:55.07 38.74	600m: 7:29.13 38.33	800m: 10:03.76 37.78				
2.	Rita Maria FERREIRA	98	Sporting de Aveiro	10:09.37	+0,89	502	23	
	50m: 33.32 33.32	250m: 3:06.17 38.82	450m: 5:40.91 38.50	650m: 8:15.60 38.64				
	100m: 1:10.65 37.33	300m: 3:45.10 38.93	500m: 6:19.54 38.63	700m: 8:54.49 38.89				
	150m: 1:48.79 38.14	350m: 4:23.67 38.57	550m: 6:58.17 38.63	750m: 9:32.82 38.33				
	200m: 2:27.35 38.56	400m: 5:02.41 38.74	600m: 7:36.96 38.79	800m: 10:09.37 36.55				
3.	Maria Ornelas ARMAS	98	Terceira Auto Clube	10:16.43	+1,02	485	22	
	50m: 33.55 33.55	250m: 3:05.38 38.58	450m: 5:40.78 39.18	650m: 8:19.54 39.92				
	100m: 1:10.39 36.84	300m: 3:43.94 38.56	500m: 6:20.29 39.51	700m: 8:58.99 39.45				
	150m: 1:48.27 37.88	350m: 4:22.53 38.59	550m: 7:00.00 39.71	750m: 9:38.22 39.23				
	200m: 2:26.80 38.53	400m: 5:01.60 39.07	600m: 7:39.62 39.62	800m: 10:16.43 38.21				
4.	Mafalda Cristina PITA	97	Electrico Clube	10:22.80	+0,93	470	21	
	50m: 33.15 33.15	250m: 3:06.11 39.14	450m: 5:43.23 39.62	650m: 8:23.61 40.11				
	100m: 1:10.16 37.01	300m: 3:44.72 38.61	500m: 6:23.16 39.93	700m: 9:03.66 40.05				
	150m: 1:48.16 38.00	350m: 4:24.11 39.39	550m: 7:03.20 40.04	750m: 9:43.70 40.04				
	200m: 2:26.97 38.81	400m: 5:03.61 39.50	600m: 7:43.50 40.30	800m: 10:22.80 39.10				
5.	Maria Dias NEVES	99	Miranda do Corvo	10:23.75		468	20	
	50m: 36.96 36.96	250m: 3:14.20 39.08	450m: 5:51.06 38.52	650m: 8:28.14 39.39				
	100m: 1:16.60 39.64	300m: 3:54.11 39.91	500m: 6:30.34 39.28	700m: 9:07.56 39.42				
	150m: 1:55.70 39.10	350m: 4:33.34 39.23	550m: 7:09.39 39.05	750m: 9:47.19 39.63				
	200m: 2:35.12 39.42	400m: 5:12.54 39.20	600m: 7:48.75 39.36	800m: 10:23.75 36.56				
6.	Beatriz Sousa GROU	96	Tavira Natacao	10:25.56	+0,88	464	19	
	50m: 33.64 33.64	250m: 3:08.88 39.30	450m: 5:48.41 39.69	650m: 8:29.84 40.46				
	100m: 1:11.46 37.82	300m: 3:48.50 39.62	500m: 6:28.53 40.12	700m: 9:10.19 40.35				
	150m: 1:50.25 38.79	350m: 4:28.43 39.93	550m: 7:09.01 40.48	750m: 9:49.77 39.58				
	200m: 2:29.58 39.33	400m: 5:08.72 40.29	600m: 7:49.38 40.37	800m: 10:25.56 35.79				
7.	Beatriz Neves CARDOSO	98	Colegio SMLamas	10:26.30	+0,92	463	18	
	50m: 33.22 33.22	250m: 3:08.28 39.35	450m: 5:48.61 40.11	650m: 8:29.76 40.12				
	100m: 1:11.20 37.98	300m: 3:48.07 39.79	500m: 6:28.78 40.17	700m: 9:09.75 39.99				
	150m: 1:50.08 38.88	350m: 4:28.27 40.20	550m: 7:09.15 40.37	750m: 9:49.12 39.37				
	200m: 2:28.93 38.85	400m: 5:08.50 40.23	600m: 7:49.64 40.49	800m: 10:26.30 37.18				
8.	Ana Filipa BRITO	96	Colegio Monte Maior	10:38.84	+1,01	436	17	
	50m: 33.71 33.71	250m: 3:09.33 39.57	450m: 5:51.31 41.23	650m: 8:37.08 41.46				
	100m: 1:11.50 37.79	300m: 3:49.06 39.73	500m: 6:33.02 41.71	700m: 9:18.80 41.72				
	150m: 1:50.30 38.80	350m: 4:29.60 40.54	550m: 7:14.29 41.27	750m: 9:59.57 40.77				
	200m: 2:29.76 39.46	400m: 5:10.08 40.48	600m: 7:55.62 41.33	800m: 10:38.84 39.27				



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Luana Rafaela RESENDE	97	Estamos Juntos	10:39.32	+0,82	435	16	
	50m: 35.21 35.21	250m: 3:14.51 39.86	450m: 5:56.80 41.44	650m: 8:40.69 41.02				
	100m: 1:14.97 39.76	300m: 3:54.83 40.32	500m: 6:38.17 41.37	700m: 9:21.94 41.25				
	150m: 1:55.01 40.04	350m: 4:35.07 40.24	550m: 7:18.61 40.44	750m: 10:02.28 40.34				
	200m: 2:34.65 39.64	400m: 5:15.36 40.29	600m: 7:59.67 41.06	800m: 10:39.32 37.04				
10.	Ana Catarina SERRA	95	Natacao do Tejo	10:39.81	+0,92	434	15	
	50m: 36.04 36.04	250m: 3:16.02 40.49	450m: 6:00.01 40.67	650m: 8:42.40 40.69				
	100m: 1:15.11 39.07	300m: 3:56.94 40.92	500m: 6:40.23 40.22	700m: 9:22.90 40.50				
	150m: 1:55.33 40.22	350m: 4:37.98 41.04	550m: 7:20.81 40.58	750m: 10:02.73 39.83				
	200m: 2:35.53 40.20	400m: 5:19.34 41.36	600m: 8:01.71 40.90	800m: 10:39.81 37.08				
11.	Miriam Natacha ALVES	97	Desportiva Limiana	10:39.94	+0,91	434	14	
	50m: 34.49 34.49	250m: 3:15.15 40.54	450m: 5:56.96 39.69	650m: 8:39.02 40.91				
	100m: 1:13.58 39.09	300m: 3:56.16 41.01	500m: 6:38.38 41.42	700m: 9:20.38 41.36				
	150m: 1:54.11 40.53	350m: 4:36.88 40.72	550m: 7:18.50 40.12	750m: 10:01.42 41.04				
	200m: 2:34.61 40.50	400m: 5:17.27 40.39	600m: 7:58.11 39.61	800m: 10:39.94 38.52				
12.	Ana Cristina ALCACARENHO	97	Nucleo Sportinguista Golegata	10:42.52	+0,93	428	13	
	50m: 34.84 34.84	250m: 3:13.32 40.92	450m: 5:56.87 41.13	650m: 8:41.24 41.25				
	100m: 1:12.67 37.83	300m: 3:54.02 40.70	500m: 6:37.83 40.96	700m: 9:22.73 41.49				
	150m: 1:52.06 39.39	350m: 4:35.05 41.03	550m: 7:19.05 41.22	750m: 10:03.09 40.36				
	200m: 2:32.40 40.34	400m: 5:15.74 40.69	600m: 7:59.99 40.94	800m: 10:42.52 39.43				
13.	Maria Luis FIGUEIREDO	98	Alges e Agueda	10:46.24	+1,10	421	12	
	50m: 36.33 36.33	250m: 3:17.84 40.68	450m: 6:02.51 41.28	650m: 8:47.08 40.98				
	100m: 1:15.93 39.60	300m: 3:59.09 41.25	500m: 6:43.51 41.00	700m: 9:28.16 41.08				
	150m: 1:56.47 40.54	350m: 4:40.19 41.10	550m: 7:24.95 41.44	750m: 10:08.34 40.18				
	200m: 2:37.16 40.69	400m: 5:21.23 41.04	600m: 8:06.10 41.15	800m: 10:46.24 37.90				
14.	Daniela Filipa MIRA	99	Associacao CADES	10:48.05	+0,93	417	11	
	50m: 36.03 36.03	250m: 3:18.05 40.69	450m: 6:02.88 41.18	650m: 8:48.47 41.34				
	100m: 1:15.61 39.58	300m: 3:59.43 41.38	500m: 6:44.43 41.55	700m: 9:29.34 40.87				
	150m: 1:56.19 40.58	350m: 4:40.54 41.11	550m: 7:25.64 41.21	750m: 10:09.98 40.64				
	200m: 2:37.36 41.17	400m: 5:21.70 41.16	600m: 8:07.13 41.49	800m: 10:48.05 38.07				
15.	Daniela Silva BARCELOS	98	Nucleo Sportinguista Terceira	10:48.43	+0,97	417	10	
	50m: 35.90 35.90	250m: 3:18.63 41.66	450m: 6:03.91 41.38	650m: 8:47.78 41.47				
	100m: 1:15.19 39.29	300m: 4:00.60 41.97	500m: 6:44.54 40.63	700m: 9:28.81 41.03				
	150m: 1:56.35 41.16	350m: 4:41.81 41.21	550m: 7:25.66 41.12	750m: 10:09.24 40.43				
	200m: 2:36.97 40.62	400m: 5:22.53 40.72	600m: 8:06.31 40.65	800m: 10:48.43 39.19				
16.	Rita Ferreira COUTO	98	Bombeiros Ponta Delgada	10:51.14	+0,90	412	9	
	50m: 37.16 37.16	250m: 3:20.89 41.34	450m: 6:05.85 41.18	650m: 8:51.15 41.28				
	100m: 1:17.63 40.47	300m: 4:02.25 41.36	500m: 6:47.72 41.87	700m: 9:32.10 40.95				
	150m: 1:58.88 41.25	350m: 4:43.28 41.03	550m: 7:28.84 41.12	750m: 10:12.78 40.68				
	200m: 2:39.55 40.67	400m: 5:24.67 41.39	600m: 8:09.87 41.03	800m: 10:51.14 38.36				
17.	Andreia Alexandra LOPES	94	Litoral Alentejano	10:52.68	+0,87	409	8	
	50m: 35.31 35.31	250m: 3:15.69 40.55	450m: 6:03.19 42.21	650m: 8:50.82 42.12				
	100m: 1:15.03 39.72	300m: 3:56.56 40.87	500m: 6:44.79 41.60	700m: 9:32.01 41.19				
	150m: 1:54.92 39.89	350m: 4:38.67 42.11	550m: 7:26.78 41.99	750m: 10:13.05 41.04				
	200m: 2:35.14 40.22	400m: 5:20.98 42.31	600m: 8:08.70 41.92	800m: 10:52.68 39.63				
18.	Daniela Sofia SERRA	98	CLAC-Entroncamento	10:53.69	+0,87	407	7	
	50m: 35.50 35.50	250m: 3:16.78 41.25	450m: 6:02.98 41.78	650m: 8:49.82 41.60				
	100m: 1:14.65 39.15	300m: 3:58.08 41.30	500m: 6:44.89 41.91	700m: 9:31.79 41.97				
	150m: 1:55.15 40.50	350m: 4:39.42 41.34	550m: 7:26.64 41.75	750m: 10:13.89 42.10				
	200m: 2:35.53 40.38	400m: 5:21.20 41.78	600m: 8:08.22 41.58	800m: 10:53.69 39.80				



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
19.	Raquel Sofia JORGE	98	Salvaterra Magos	11:02.24	+1,19	391	6	
	50m: 35.77 35.77	250m: 3:18.57 41.61	450m: 6:07.25 42.28	650m: 8:57.75 42.53				
	100m: 1:15.15 39.38	300m: 4:00.42 41.85	500m: 6:50.01 42.76	700m: 9:40.24 42.49				
	150m: 1:55.77 40.62	350m: 4:42.68 42.26	550m: 7:32.88 42.87	750m: 10:22.09 41.85				
	200m: 2:36.96 41.19	400m: 5:24.97 42.29	600m: 8:15.22 42.34	800m: 11:02.24 40.15				
20.	Mariana Jorge DUARTE	97	Nucleo de Pombal	11:03.21		389	5	
	50m: 36.32 36.32	250m: 3:22.05 42.35	450m: 6:12.32 42.38	650m: 9:01.50 41.58				
	100m: 1:16.32 40.00	300m: 4:04.60 42.55	500m: 6:54.33 42.01	700m: 9:42.99 41.49				
	150m: 1:57.69 41.37	350m: 4:47.34 42.74	550m: 7:36.68 42.35	750m: 10:24.77 41.78				
	200m: 2:39.70 42.01	400m: 5:29.94 42.60	600m: 8:19.92 43.24	800m: 11:03.21 38.44				
21.	Maria Migueis TEIXEIRA	99	Interior Norte	11:07.77	+0,85	382	4	
	50m: 35.21 35.21	250m: 3:22.20 41.81	450m: 6:11.38 42.54	650m: 9:01.30 42.95				
	100m: 1:15.43 40.22	300m: 4:04.48 42.28	500m: 6:53.40 42.02	700m: 9:43.27 41.97				
	150m: 1:57.35 41.92	350m: 4:47.08 42.60	550m: 7:35.82 42.42	750m: 10:27.61 44.34				
	200m: 2:40.39 43.04	400m: 5:28.84 41.76	600m: 8:18.35 42.53	800m: 11:07.77 40.16				
22.	Margarida Silveira HENRIQUES	97	Gualdim Pais	11:30.89	+0,73	344	3	
	50m: 38.16 38.16	250m: 3:30.63 43.60	450m: 6:24.50 43.88	650m: 9:20.75 44.71				
	100m: 1:20.21 42.05	300m: 4:14.11 43.48	500m: 7:08.36 43.86	700m: 10:04.74 43.99				
	150m: 2:03.38 43.17	350m: 4:57.69 43.58	550m: 7:52.02 43.66	750m: 10:48.52 43.78				
	200m: 2:47.03 43.65	400m: 5:40.62 42.93	600m: 8:36.04 44.02	800m: 11:30.89 42.37				
23.	Andreia Filipa SEQUEIRA	98	Estremoz/Estremozcarne	11:39.22	+0,99	332	2	
	50m: 38.62 38.62	250m: 3:33.83 44.50	450m: 6:31.25 44.01	650m: 9:25.83 44.81				
	100m: 1:21.51 42.89	300m: 4:18.18 44.35	500m: 7:14.73 43.48	700m: 10:11.01 45.18				
	150m: 2:05.44 43.93	350m: 5:02.96 44.78	550m: 7:57.23 42.50	750m: 10:56.41 45.40				
	200m: 2:49.33 43.89	400m: 5:47.24 44.28	600m: 8:41.02 43.79	800m: 11:39.22 42.81				
24.	Francisca Goncalves ABREU	96	Elvense	11:44.34	+1,05	325	1	
	50m: 37.74 37.74	250m: 3:29.59 43.99	450m: 6:28.20 44.99	650m: 9:28.91 45.47				
	100m: 1:19.40 41.66	300m: 4:13.94 44.35	500m: 7:13.45 45.25	700m: 10:14.63 45.72				
	150m: 2:02.04 42.64	350m: 4:58.67 44.73	550m: 7:58.26 44.81	750m: 11:00.27 45.64				
	200m: 2:45.60 43.56	400m: 5:43.21 44.54	600m: 8:43.44 45.18	800m: 11:44.34 44.07				