

Campeonato Nacional Clubes 1 e 2 Divisao
Mealhada, 17- - 18-12-2011

Prova 49 18-12-2011 - 16:00	Femin., 400m Estilos 2ª Divisão				Absoluto Resultados
Rec. Nac. 25m Absoluto	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	4:50.85	Diana Margarida Duraes	FOCA	Silves	02-12-2011
Rec. Nac. 25m Sen	4:44.56	Nadia Morais Vieira	GESL	Leiria	04-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Nadia Morais Vieira	90	Gesloures	4:50.25	+0,83	727	17	
	50m: 31.79 31.79	150m: 1:44.97 37.11	250m: 3:02.36 41.16	350m: 4:17.64 34.30				
	100m: 1:07.86 36.07	200m: 2:21.20 36.23	300m: 3:43.34 40.98	400m: 4:50.25 32.61				
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:54.19	+0,85	698	15	
	50m: 31.90 31.90	150m: 1:44.54 37.00	250m: 3:02.74 41.65	350m: 4:19.93 35.38				
	100m: 1:07.54 35.64	200m: 2:21.09 36.55	300m: 3:44.55 41.81	400m: 4:54.19 34.26				
3.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:59.23	+0,92	663	14	
	50m: 32.60 32.60	150m: 1:48.40 39.02	250m: 3:09.36 42.51	350m: 4:26.43 34.47				
	100m: 1:09.38 36.78	200m: 2:26.85 38.45	300m: 3:51.96 42.60	400m: 4:59.23 32.80				
4.	Sara Monteiro Meireles	97	Gespacos	5:06.71	+0,86	616	13	
	50m: 32.79 32.79	150m: 1:50.47 40.87	250m: 3:13.45 42.99	350m: 4:32.84 36.43				
	100m: 1:09.60 36.81	200m: 2:30.46 39.99	300m: 3:56.41 42.96	400m: 5:06.71 33.87				
5.	Ines Alexandra Paiva	96	Alges	5:07.37	+0,91	612	12	
	50m: 33.33 33.33	150m: 1:50.44 39.22	250m: 3:14.45 46.11	350m: 4:34.70 34.71				
	100m: 1:11.22 37.89	200m: 2:28.34 37.90	300m: 3:59.99 45.54	400m: 5:07.37 32.67				
6.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	5:07.89	+0,96	609	11	
	50m: 31.73 31.73	150m: 1:47.69 39.87	250m: 3:13.23 46.87	350m: 4:34.50 34.11				
	100m: 1:07.82 36.09	200m: 2:26.36 38.67	300m: 4:00.39 47.16	400m: 5:07.89 33.39				
7.	Ines Joao Costa	95	Braga	5:12.26	+0,85	584	10	
	50m: 33.56 33.56	150m: 1:52.11 39.62	250m: 3:16.17 44.66	350m: 4:37.39 35.72				
	100m: 1:12.49 38.93	200m: 2:31.51 39.40	300m: 4:01.67 45.50	400m: 5:12.26 34.87				
8.	Ana Margarida Domingos	93	Academico Viseu	5:14.85	+0,90	569	9	
	50m: 33.89 33.89	150m: 1:55.01 42.98	250m: 3:20.02 41.99	350m: 4:40.34 35.92				
	100m: 1:12.03 38.14	200m: 2:38.03 43.02	300m: 4:04.42 44.40	400m: 5:14.85 34.51				
9.	Ana Silva Costa	98	Famalicao	5:17.26	+0,89	557	8	
	50m: 32.83 32.83	150m: 1:51.94 40.67	250m: 3:19.07 47.30	350m: 4:42.60 35.51				
	100m: 1:11.27 38.44	200m: 2:31.77 39.83	300m: 4:07.09 48.02	400m: 5:17.26 34.66				
10.	Ines Lucas Alves	98	Leixoes	5:18.61	+0,89	549	7	
	50m: 33.98 33.98	150m: 1:54.91 41.06	250m: 3:20.39 46.00	350m: 4:43.42 36.16				
	100m: 1:13.85 39.87	200m: 2:34.39 39.48	300m: 4:07.26 46.87	400m: 5:18.61 35.19				
11.	Ana Marta Resendes	80	Naval de Ponta Delgada	5:21.43	+0,87	535	6	
	50m: 32.51 32.51	150m: 1:50.84 41.60	250m: 3:18.75 46.91	350m: 4:44.91 38.58				
	100m: 1:09.24 36.73	200m: 2:31.84 41.00	300m: 4:06.33 47.58	400m: 5:21.43 36.52				
12.	Rita Teixeira Costa	97	Belenenses	5:23.39	+0,92	525	5	
	50m: 33.69 33.69	150m: 1:55.36 39.78	250m: 3:21.62 47.10	350m: 4:46.93 37.92				
	100m: 1:15.58 41.89	200m: 2:34.52 39.16	300m: 4:09.01 47.39	400m: 5:23.39 36.46				
13.	Ines Pugsley Ferreira	97	Louletano/Loule Concelho	5:23.72	+0,86	524	4	
	50m: 33.44 33.44	150m: 1:55.74 42.70	250m: 3:24.16 47.38	350m: 4:48.27 37.15				
	100m: 1:13.04 39.60	200m: 2:36.78 41.04	300m: 4:11.12 46.96	400m: 5:23.72 35.45				



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Tania Alexandra Lopes	92	Benfica	5:28.22	+0,75	503		3
	50m: 33.32 33.32	150m: 1:56.71 44.83	250m: 3:25.47 45.87	350m: 4:51.33 39.04				
	100m: 1:11.88 38.56	200m: 2:39.60 42.89	300m: 4:12.29 46.82	400m: 5:28.22 36.89				
15.	Joana Correia Simoes	93	Natacao de Olhao	5:39.77	+0,88	453		2
	50m: 37.64 37.64	150m: 2:06.67 44.28	250m: 3:36.25 46.35	350m: 5:02.78 39.15				
	100m: 1:22.39 44.75	200m: 2:49.90 43.23	300m: 4:23.63 47.38	400m: 5:39.77 36.99				
16.	Catarina Monteiro Santos	99	Ginasio de Vila Real	6:12.41	+0,98	344		1
	50m: 39.82 39.82	150m: 2:21.75 48.24	250m: 4:00.27 51.68	350m: 5:33.34 41.34				
	100m: 1:33.51 53.69	200m: 3:08.59 46.84	300m: 4:52.00 51.73	400m: 6:12.41 39.07				