

Campeonato Nacional Clubes 3ª Divisão
Guarda, 1-12-2017

Prova 1
01-12-2017
Femin., 800m Livres
Absolutos Resultados

Rec Nac Absoluto	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)	03-08-2017
Rec Nac Inf B	9:33.95	RUIVO Filipa Vilas	DNMG	Nazaré	16-05-2009
Rec Nac Inf A	9:03.90	SILVA Alexandra Maria	FCP	Porto	13-07-1980
Rec Nac Juv B	9:00.27	SILVA Alexandra Maria	FCP	Antibes (FRA)	20-12-1980
Rec Nac Juv A	8:46.74	SANTOS Ana Claudia	SFUAP	Cantanhede	19-12-2004
Rec Nac Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto	21-12-2014
Rec Nac Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto	13-12-2015
Rec Nac Sen	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)	03-08-2017

Pontos: FINA 2017

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ROSA Mafalda Sofia	03	127310	Rio Maior	9:13.55	+0,82	649	33,0(-)
	50m: 31.55 31.55			250m: 2:48.26 34.50	450m: 5:07.87 35.03	650m: 7:28.46 35.14		
	100m: 1:05.33 33.78			300m: 3:23.00 34.74	500m: 5:43.08 35.21	700m: 8:03.84 35.38		
	150m: 1:39.44 34.11			350m: 3:57.91 34.91	550m: 6:18.16 35.08	750m: 8:39.06 35.22		
	200m: 2:13.76 34.32			400m: 4:32.84 34.93	600m: 6:53.32 35.16	800m: 9:13.55 34.49		
2.	NEVES Carolina Marques	01	121422	Torres Novas	9:24.85	+0,80	611	31,0(-)
	50m: 31.78 31.78			250m: 2:52.91 35.32	450m: 5:15.13 35.85	650m: 7:38.70 35.85		
	100m: 1:06.62 34.84			300m: 3:28.10 35.19	500m: 5:51.30 36.17	700m: 8:14.67 35.97		
	150m: 1:42.19 35.57			350m: 4:03.53 35.43	550m: 6:26.92 35.62	750m: 8:50.70 36.03		
	200m: 2:17.59 35.40			400m: 4:39.28 35.75	600m: 7:02.85 35.93	800m: 9:24.85 34.15		
3.	RIBEIRO Soraia Vanessa	92	15857	Estrelas S. Joao de Brito	9:32.70	+0,95	586	30,0(-)
	50m: 31.55 31.55			250m: 2:52.69 36.12	450m: 5:16.70 36.01	650m: 7:43.04 36.70		
	100m: 1:05.87 34.32			300m: 3:28.97 36.28	500m: 5:53.13 36.43	700m: 8:19.98 36.94		
	150m: 1:40.76 34.89			350m: 4:04.86 35.89	550m: 6:29.71 36.58	750m: 8:56.94 36.96		
	200m: 2:16.57 35.81			400m: 4:40.69 35.83	600m: 7:06.34 36.63	800m: 9:32.70 35.76		
4.	FLORINDO Ana Sequeira	02	124198	Uniao Coimbra	9:43.45	+0,83	554	29,0(-)
	50m: 31.58 31.58			250m: 2:53.57 35.79	450m: 5:21.34 37.26	650m: 7:52.50 38.04		
	100m: 1:06.32 34.74			300m: 3:29.92 36.35	500m: 5:59.00 37.66	700m: 8:30.27 37.77		
	150m: 1:41.87 35.55			350m: 4:06.80 36.88	550m: 6:36.75 37.75	750m: 9:07.78 37.51		
	200m: 2:17.78 35.91			400m: 4:44.08 37.28	600m: 7:14.46 37.71	800m: 9:43.45 35.67		
5.	FERREIRA Beatriz Marques	00	122579	Campinho	9:44.33	+0,77	552	28,0(-)
	50m: 32.10 32.10			250m: 2:57.35 36.85	450m: 5:26.34 37.55	650m: 7:55.09 37.30		
	100m: 1:07.30 35.20			300m: 3:34.47 37.12	500m: 6:03.67 37.33	700m: 8:32.66 37.57		
	150m: 1:43.82 36.52			350m: 4:11.81 37.34	550m: 6:40.67 37.00	750m: 9:09.36 36.70		
	200m: 2:20.50 36.68			400m: 4:48.79 36.98	600m: 7:17.79 37.12	800m: 9:44.33 34.97		
6.	OLIVEIRA Ana Rita	04	124995	Naval Povoense	9:48.75	+0,81	539	27,0(-)
	50m: 31.38 31.38			250m: 2:58.21 37.84	450m: 5:28.84 38.00	650m: 7:58.74 37.48		
	100m: 1:06.86 35.48			300m: 3:35.56 37.35	500m: 6:06.29 37.45	700m: 8:36.29 37.55		
	150m: 1:43.17 36.31			350m: 4:13.32 37.76	550m: 6:43.70 37.41	750m: 9:13.51 37.22		
	200m: 2:20.37 37.20			400m: 4:50.84 37.52	600m: 7:21.26 37.56	800m: 9:48.75 35.24		
7.	FONSECA Laura Luz	03	122825	Naval de Ponta Delgada	9:49.24	+0,89	538	26,0(-)
	50m: 32.43 32.43			250m: 2:57.36 36.96	450m: 5:26.05 37.41	650m: 7:57.68 38.02		
	100m: 1:07.53 35.10			300m: 3:34.35 36.99	500m: 6:03.79 37.74	700m: 8:35.45 37.77		
	150m: 1:43.89 36.36			350m: 4:11.42 37.07	550m: 6:41.50 37.71	750m: 9:12.93 37.48		
	200m: 2:20.40 36.51			400m: 4:48.64 37.22	600m: 7:19.66 38.16	800m: 9:49.24 36.31		
8.	FERREIRA Catarina Trigo	02	124523	Natacao de Lisboa	9:56.40	+0,83	519	25,0(-)
	50m: 31.96 31.96			250m: 3:00.43 37.73	450m: 5:32.86 38.63	650m: 8:05.54 38.13		
	100m: 1:08.25 36.29			300m: 3:38.52 38.09	500m: 6:10.92 38.06	700m: 8:43.58 38.04		
	150m: 1:45.31 37.06			350m: 4:16.33 37.81	550m: 6:49.13 38.21	750m: 9:21.19 37.61		
	200m: 2:22.70 37.39			400m: 4:54.23 37.90	600m: 7:27.41 38.28	800m: 9:56.40 35.21		
9.	AMADO Maria Lopes	04	131517	Ba/Bomcar	9:57.50	+0,70	516	24,0(-)
	50m: 32.33 32.33			250m: 3:01.77 38.20	450m: 5:30.05 37.56	650m: 8:02.38 38.44		
	100m: 1:08.61 36.28			300m: 3:39.71 37.94	500m: 6:07.37 37.32	700m: 8:41.90 39.52		
	150m: 1:45.86 37.25			350m: 4:15.76 36.05	550m: 6:45.47 38.10	750m: 9:20.44 38.54		
	200m: 2:23.57 37.71			400m: 4:52.49 36.73	600m: 7:23.94 38.47	800m: 9:57.50 37.06		

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Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	10:02.53	+0,75	503	23,0(-)
	50m: 33.15 33.15		250m: 3:04.17	38.41	450m: 5:37.71	38.37	650m: 8:10.37	38.26
	100m: 1:10.05 36.90		300m: 3:42.66	38.49	500m: 6:15.80	38.09	700m: 8:47.80	37.43
	150m: 1:47.70 37.65		350m: 4:21.18	38.52	550m: 6:53.99	38.19	750m: 9:25.69	37.89
	200m: 2:25.76 38.06		400m: 4:59.34	38.16	600m: 7:32.11	38.12	800m: 10:02.53	36.84
11.	LOURENCO Alice Carmo	02	122236	Viana Natacao	10:08.08	+0,90	489	22,0(-)
	50m: 33.77 33.77		250m: 3:03.37	38.47	450m: 5:36.05	38.04	650m: 8:12.64	38.96
	100m: 1:09.67 35.90		300m: 3:41.33	37.96	500m: 6:15.16	39.11	700m: 8:52.08	39.44
	150m: 1:47.05 37.38		350m: 4:19.67	38.34	550m: 6:54.34	39.18	750m: 9:31.14	39.06
	200m: 2:24.90 37.85		400m: 4:58.01	38.34	600m: 7:33.68	39.34	800m: 10:08.08	36.94
12.	ALVES Ines Sofia	04	129192	Portinado	10:08.24	+0,88	489	21,0(-)
	50m: 32.13 32.13		250m: 3:02.07	38.46	450m: 5:37.60	39.24	650m: 8:14.86	39.70
	100m: 1:07.88 35.75		300m: 3:40.61	38.54	500m: 6:16.81	39.21	700m: 8:53.53	38.67
	150m: 1:45.56 37.68		350m: 4:19.27	38.66	550m: 6:55.84	39.03	750m: 9:32.25	38.72
	200m: 2:23.61 38.05		400m: 4:58.36	39.09	600m: 7:35.16	39.32	800m: 10:08.24	35.99
13.	MOREIRA Mariana Filipa	02	125777	Natacao de Valongo	10:10.25	+0,82	484	20,0(-)
	50m: 33.36 33.36		250m: 3:04.40	38.03	450m: 5:38.92	38.67	650m: 8:15.13	39.41
	100m: 1:10.56 37.20		300m: 3:43.03	38.63	500m: 6:18.08	39.16	700m: 8:54.28	39.15
	150m: 1:48.46 37.90		350m: 4:21.74	38.71	550m: 6:57.05	38.97	750m: 9:33.02	38.74
	200m: 2:26.37 37.91		400m: 5:00.25	38.51	600m: 7:35.72	38.67	800m: 10:10.25	37.23
14.	GUIMARAES Soraia Isabel	02	119151	Vitoria Guimaraes	10:10.64	+0,99	483	19,0(-)
	50m: 32.90 32.90		250m: 3:05.56	39.89	450m: 5:40.45	38.88	650m: 8:16.64	38.75
	100m: 1:09.48 36.58		300m: 3:44.27	38.71	500m: 6:20.06	39.61	700m: 8:55.84	39.20
	150m: 1:47.44 37.96		350m: 4:23.06	38.79	550m: 6:58.97	38.91	750m: 9:34.68	38.84
	200m: 2:25.67 38.23		400m: 5:01.57	38.51	600m: 7:37.89	38.92	800m: 10:10.64	35.96
15.	JACINTO Joana Daniela	01	111230	Propaganda da Natacao	10:22.84	+0,74	455	18,0(-)
	50m: 32.98 32.98		250m: 3:06.43	38.97	450m: 5:46.34	40.47	650m: 8:25.78	39.67
	100m: 1:10.36 37.38		300m: 3:46.09	39.66	500m: 6:26.33	39.99	700m: 9:05.43	39.65
	150m: 1:48.67 38.31		350m: 4:25.74	39.65	550m: 7:06.20	39.87	750m: 9:44.85	39.42
	200m: 2:27.46 38.79		400m: 5:05.87	40.13	600m: 7:46.11	39.91	800m: 10:22.84	37.99
16.	SILVA Ana Pereira	03	124810	Fafe	10:25.16	+0,87	450	17,0(-)
	50m: 33.74 33.74		250m: 3:08.97	39.93	450m: 5:48.51	39.90	650m: 8:27.70	39.74
	100m: 1:11.32 37.58		300m: 3:48.70	39.73	500m: 6:27.94	39.43	700m: 9:07.66	39.96
	150m: 1:49.73 38.41		350m: 4:28.52	39.82	550m: 7:08.02	40.08	750m: 9:47.57	39.91
	200m: 2:29.04 39.31		400m: 5:08.61	40.09	600m: 7:47.96	39.94	800m: 10:25.16	37.59
17.	FERREIRA Mariana Banca	03	127071	Naval Setubalense	10:26.79	+0,91	447	16,0(-)
	50m: 35.05 35.05		250m: 3:11.84	39.98	450m: 5:51.30	39.69	650m: 8:31.32	39.89
	100m: 1:12.90 37.85		300m: 3:51.75	39.91	500m: 6:31.18	39.88	700m: 9:11.08	39.76
	150m: 1:51.95 39.05		350m: 4:31.41	39.66	550m: 7:11.09	39.91	750m: 9:50.56	39.48
	200m: 2:31.86 39.91		400m: 5:11.61	40.20	600m: 7:51.43	40.34	800m: 10:26.79	36.23
18.	LOPES Raquel Raposo	04	153469	Cova da Piedade	10:27.02	+0,90	446	15,0(-)
	50m: 34.02 34.02		250m: 3:10.28	39.58	450m: 5:49.46	39.30	650m: 8:29.24	39.73
	100m: 1:11.94 37.92		300m: 3:50.34	40.06	500m: 6:29.57	40.11	700m: 9:08.95	39.71
	150m: 1:51.00 39.06		350m: 4:30.13	39.79	550m: 7:09.24	39.67	750m: 9:48.23	39.28
	200m: 2:30.70 39.70		400m: 5:10.16	40.03	600m: 7:49.51	40.27	800m: 10:27.02	38.79
19.	CARVALHO Leonor Rodrigues	02	130402	Bombeiros Ponta Delgada	10:27.78	+0,68	445	14,0(-)
	50m: 35.45 35.45		250m: 3:12.59	39.01	450m: 5:49.69	39.88	650m: 8:30.50	40.34
	100m: 1:14.80 39.35		300m: 3:51.58	38.99	500m: 6:29.77	40.08	700m: 9:10.79	40.29
	150m: 1:54.41 39.61		350m: 4:30.55	38.97	550m: 7:10.23	40.46	750m: 9:49.75	38.96
	200m: 2:33.58 39.17		400m: 5:09.81	39.26	600m: 7:50.16	39.93	800m: 10:27.78	38.03
20.	MOURA Beatriz Catarino	02	129581	Nautico Abrantes	10:29.29	+0,80	441	13,0(-)
	50m: 34.63 34.63		250m: 3:11.56	40.03	450m: 5:51.80	40.12	650m: 8:32.12	41.02
	100m: 1:12.72 38.09		300m: 3:51.70	40.14	500m: 6:32.17	40.37	700m: 9:11.83	39.71
	150m: 1:51.97 39.25		350m: 4:31.32	39.62	550m: 7:11.37	39.20	750m: 9:51.68	39.85
	200m: 2:31.53 39.56		400m: 5:11.68	40.36	600m: 7:51.10	39.73	800m: 10:29.29	37.61

Campeonato Nacional Clubes 3ª Divisão
Guarda, 1-12-2017

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	SILVA Margarida Mota	03	122224	Palmela	10:29.63	+0,79	441	12,0(-)
	50m: 33.52 33.52		250m: 3:06.90	39.11	450m: 5:47.38	40.57	650m: 8:30.60	40.67
	100m: 1:10.75 37.23		300m: 3:46.69	39.79	500m: 6:28.25	40.87	700m: 9:10.98	40.38
	150m: 1:49.23 38.48		350m: 4:26.28	39.59	550m: 7:09.00	40.75	750m: 9:51.27	40.29
	200m: 2:27.79 38.56		400m: 5:06.81	40.53	600m: 7:49.93	40.93	800m: 10:29.63	38.36
22.	GONCALVES Elisa Sauval	02	124069	Natacao Olhao	10:30.69	+0,83	439	11,0(-)
	50m: 33.92 33.92		250m: 3:10.90	40.01	450m: 5:52.14	40.19	650m: 8:33.34	40.24
	100m: 1:11.98 38.06		300m: 3:51.12	40.22	500m: 6:32.43	40.29	700m: 9:13.34	40.00
	150m: 1:51.05 39.07		350m: 4:31.55	40.43	550m: 7:12.89	40.46	750m: 9:53.47	40.13
	200m: 2:30.89 39.84		400m: 5:11.95	40.40	600m: 7:53.10	40.21	800m: 10:30.69	37.22
23.	VIANA Jacinta Martins	04	126333	Natacao de Vagos	10:31.19	+0,71	437	10,0(-)
	50m: 33.75 33.75		250m: 3:12.61	40.37	450m: 5:53.38	40.38	650m: 8:35.04	40.16
	100m: 1:13.15 39.40		300m: 3:52.40	39.79	500m: 6:33.68	40.30	700m: 9:15.34	40.30
	150m: 1:52.77 39.62		350m: 4:32.75	40.35	550m: 7:13.82	40.14	750m: 9:54.75	39.41
	200m: 2:32.24 39.47		400m: 5:13.00	40.25	600m: 7:54.88	41.06	800m: 10:31.19	36.44
24.	PAREDES Ines Duarte	04	130903	Clube de Vouzela	10:41.38	+1,05	417	9,0(-)
	50m: 34.69 34.69		250m: 3:14.49	40.14	450m: 5:57.13	40.35	650m: 8:41.79	40.69
	100m: 1:13.85 39.16		300m: 3:54.77	40.28	500m: 6:38.66	41.53	700m: 9:21.73	39.94
	150m: 1:54.20 40.35		350m: 4:35.72	40.95	550m: 7:19.19	40.53	750m: 10:03.39	41.66
	200m: 2:34.35 40.15		400m: 5:16.78	41.06	600m: 8:01.10	41.91	800m: 10:41.38	37.99
25.	VIEIRA Carolina Lopes	02	122851	Gualdim Pais	10:41.44	+0,84	417	8,0(-)
	50m: 33.05 33.05		250m: 3:09.06	40.21	450m: 5:52.03	41.18	650m: 8:37.94	41.73
	100m: 1:10.20 37.15		300m: 3:49.93	40.87	500m: 6:33.31	41.28	700m: 9:19.77	41.83
	150m: 1:49.07 38.87		350m: 4:30.54	40.61	550m: 7:14.89	41.58	750m: 10:01.41	41.64
	200m: 2:28.85 39.78		400m: 5:10.85	40.31	600m: 7:56.21	41.32	800m: 10:41.44	40.03
26.	GONCALVES Ana Rita	04	127577	Albicastrense	10:43.21	+0,93	413	7,0(-)
	50m: 34.55 34.55		250m: 3:18.36	40.76	450m: 6:02.66	40.56	650m: 8:46.09	40.32
	100m: 1:14.77 40.22		300m: 3:59.49	41.13	500m: 6:44.40	41.74	700m: 9:25.92	39.83
	150m: 1:56.19 41.42		350m: 4:40.53	41.04	550m: 7:25.22	40.82	750m: 10:05.56	39.64
	200m: 2:37.60 41.41		400m: 5:22.10	41.57	600m: 8:05.77	40.55	800m: 10:43.21	37.65
27.	MACEDO Luisa Mendes	03	127327	Sanjoanense/FEPSA	10:43.91	+0,94	412	6,0(-)
	50m: 34.80 34.80		250m: 3:12.08	39.86	450m: 5:56.13	40.27	650m: 8:42.32	41.42
	100m: 1:13.65 38.85		300m: 3:52.57	40.49	500m: 6:37.29	41.16	700m: 9:23.89	41.57
	150m: 1:52.50 38.85		350m: 4:33.94	41.37	550m: 7:19.39	42.10	750m: 10:05.11	41.22
	200m: 2:32.22 39.72		400m: 5:15.86	41.92	600m: 8:00.90	41.51	800m: 10:43.91	38.80
28.	BAPTISTA Sara Tavares	00	123942	Feirense	11:00.92	+0,83	381	5,0(-)
	50m: 34.36 34.36		250m: 3:15.11	41.14	450m: 6:04.67	42.49	650m: 8:56.51	43.18
	100m: 1:13.73 39.37		300m: 3:56.97	41.86	500m: 6:47.61	42.94	700m: 9:39.62	43.11
	150m: 1:53.27 39.54		350m: 4:39.32	42.35	550m: 7:30.48	42.87	750m: 10:21.54	41.92
	200m: 2:33.97 40.70		400m: 5:22.18	42.86	600m: 8:13.33	42.85	800m: 11:00.92	39.38
29.	MACHADO Beatriz Alexandra	05	137849	Beja	11:07.00	+0,98	371	4,0(-)
	50m: 35.76 35.76		250m: 3:19.20	41.30	450m: 6:08.14	41.28	650m: 8:58.81	42.73
	100m: 1:15.57 39.81		300m: 4:02.02	42.82	500m: 6:50.17	42.03	700m: 9:41.30	42.49
	150m: 1:56.69 41.12		350m: 4:44.67	42.65	550m: 7:32.83	42.66	750m: 10:24.62	43.32
	200m: 2:37.90 41.21		400m: 5:26.86	42.19	600m: 8:16.08	43.25	800m: 11:07.00	42.38
30.	MOREIRA Alice Castico	04	123963	Natacao do Montijo	11:14.05	+0,84	359	3,0(-)
	50m: 35.65 35.65		250m: 3:22.65	42.36	450m: 6:13.88	42.93	650m: 9:07.79	43.48
	100m: 1:16.04 40.39		300m: 4:05.01	42.36	500m: 6:57.20	43.32	700m: 9:51.27	43.48
	150m: 1:57.65 41.61		350m: 4:48.00	42.99	550m: 7:40.45	43.25	750m: 10:34.13	42.86
	200m: 2:40.29 42.64		400m: 5:30.95	42.95	600m: 8:24.31	43.86	800m: 11:14.05	39.92
31.	TAVARES Maria Catarina	03	126196	Natacao de Faro	11:14.33	+0,76	359	2,0(-)
	50m: 35.77 35.77		250m: 3:23.82	42.80	450m: 6:17.19	43.75	650m: 9:09.89	43.23
	100m: 1:16.15 40.38		300m: 4:06.48	42.66	500m: 7:00.23	43.04	700m: 9:52.22	42.33
	150m: 1:58.19 42.04		350m: 4:49.59	43.11	550m: 7:43.56	43.33	750m: 10:34.73	42.51
	200m: 2:41.02 42.83		400m: 5:33.44	43.85	600m: 8:26.66	43.10	800m: 11:14.33	39.60
DNF	SILVA Catarina Filipa	03	153267	Natacao do Tejo				-