

Prova 20
24.11.2018 - 16:00

Femin., 400m Livres

Absolutos
Lista inscritos

Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:18.90	Marta Andreia Ferreira	SCP	Riesa (GER)	2002
Rec Regional Jun 1	4:19.15	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	4:13.53	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004

TAC Juv B: 5:20.08; Juv A: 5:11.18; Jun 1: 5:02.48; Jun 2: 4:59.54; Sen: 4:58.07

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Soraia Alexandra Delgado	05	Juv B	153438	CPCD	4:44.52 L	05.07.2018	Setubal (POR)	4:38.83
2	Isadora Maia Andre	05	Juv B	132800	SLB	4:57.16 L	20.07.2018	S. Joao da Madeira (POR)	4:51.21
3	Mafalda Santos Costa	05	Juv B	132453	ADRCIMM	4:59.40 L	20.07.2018	S. Joao da Madeira (POR)	4:53.41
4	Iris Pereira Carrao	05	Juv B	201392	CIRL	4:56.97 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:56.97
5	Carolina Fonseca Gomes	05	Juv B	202528	CDOM	5:04.17 S	17.12.2017	Sto Antonio Cavaleiros (POR)	5:04.17
6	Madalena Carrapico Alexandrino	05	Juv B	132560	SAD	5:07.16 S	18.02.2018	Setubal (POR)	5:07.16
7	Mariana Andreia Silva	05	Juv B	141810	SCP	5:13.45 L	17.06.2018	Vila Franca de Xira (POR)	5:07.18
8	Vera Di Martino Serafim	05	Juv B	153368	SCP	5:07.49 S	17.06.2018	Sto Ant. Cavaleiros (POR)	5:07.49
9	Carmo Dias Vieira	05	Juv B	201319	AEULCCD	5:15.72 L	05.07.2018	Setubal (POR)	5:09.40
10	Beatriz Frota Carvalho	05	Juv B	153313	SLB	5:11.16 S	31.05.2018	Alges (POR)	5:11.16
11	Madalena Osorio Brasao	05	Juv B	202200	GESL	5:12.42 S	31.05.2018	Alges (POR)	5:12.42
12	Maria Del Rio Bernat	05	Juv B	200403	SAD	5:13.67 S	31.05.2018	Alges (POR)	5:13.67
13	Maria Ines Pinto	05	Juv B	132618	CPCD	5:13.84 S	16.06.2018	Mealhada (POR)	5:13.84
14	Maria Teresa Fernandes	05	Juv B	132557	SAD	5:14.54 S	31.05.2018	Alges (POR)	5:14.54
15	Diana Beatrice Macioca	05	Juv B	131995	CNATRIL	5:23.68 L	05.07.2018	Setubal (POR)	5:17.20
16	Maria Antonia Ferraz	05	Juv B	128378	AHBE	5:20.08 S			5:20.08
17	Barbara Cunha Ventura	05	Juv B	132458	SLB	5:20.08 S			5:20.08
18	Sara Nunes Conceicao	05	Juv B	201393	SFUAP	5:20.08 S			5:20.08

Juvenis A

1	Margarida Filipe Ferreira	04	Juv A	132347	CDCP	5:01.01 L	07.07.2018	Setubal (POR)	4:54.99
2	Raquel Raposo Lopes	04	Juv A	153469	CDCP	5:02.80 L	26.07.2018	Oeiras (POR)	4:56.74
3	Mariana Fragoso Guterres	04	Juv A	200475	SLB	4:58.72 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:58.72
4	Joana Marinho Coelho	04	Juv A	131514	SCP	5:04.96 L	24.02.2018	Vila Franca de Xira (POR)	4:58.86
5	Ines Marques Joaquim	04	Juv A	130368	SLB	5:05.28 L	24.02.2018	Vila Franca de Xira (POR)	4:59.17
6	Daniela Alexandra Pedro	04	Juv A	130864	SCP	5:00.02 S	01.07.2018	S. Antonio Cavaleiros (POR)	5:00.02
7	Yonina Brancourt	04	Juv A	202082	GESL	5:10.01 L	07.07.2018	Setubal (POR)	5:03.81
8	Matilde Carvalho Barao	04	Juv A	130243	CNCVG	5:11.57 L	07.07.2018	Setubal (POR)	5:05.33
9	Ana Sofia Inacio	04	Juv A	202686	SCP	5:07.48 S	06.05.2018	Alapraia (POR)	5:07.48
10	Carolina Osorio Brasao	04	Juv A	200900	GESL	5:09.70 S	17.12.2017	Albufeira (POR)	5:09.70
11	Maria Martins Camacho	04	Juv A	130618	SFUAP	5:16.28 L	07.07.2018	Setubal (POR)	5:09.95
12	Carolina Anjos Frischknecht	04	Juv A	129489	CNS	5:11.18 S			5:11.18
13	Mariana Morais Delfino	04	Juv A	132603	SCP	5:11.18			5:11.18

Juniores

1	Mariana Amaral Mendes	02	Jun	123959	ADRCIMM	4:25.52 S	02.12.2017	Leiria (POR)	4:25.52
2	Rafaela Gomes Azevedo	02	Jun	122048	SAD	4:30.25 S	15.04.2018	Felgueiras (POR)	4:30.25
3	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	4:31.04 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:31.04
4	Francisca Salvador Mesquita	02	Jun	123935	ADRCIMM	4:36.75 L	24.02.2018	Vila Franca de Xira (POR)	4:31.21
5	Ana Raquel Graveto	02	Jun	129628	SLB	4:33.78 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:33.78
6	Natacha Sofia Silva	02	Jun	125594	SLB	4:42.06 L	07.07.2018	Setubal (POR)	4:36.41
7	Sara Moura Cruz	03	Jun	127488	SAD	4:42.84 L	26.07.2018	Oeiras (POR)	4:37.18
8	Carolina Ganhao Ferro	02	Jun	126267	GESL	4:39.30 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:39.30
9	Clara Gomes Pereira	02	Jun	124393	SAD	4:47.63 L	24.02.2018	Vila Franca de Xira (POR)	4:41.87
10	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	4:50.70 L	28.07.2018	Oeiras (POR)	4:44.88
11	Madalena Reis Cerdeira	03	Jun	130053	SCP	5:01.82 L	07.07.2018	Setubal (POR)	4:55.78
12	Margarida Sousa Gaspar	03	Jun	127250	ADRCIMM	5:02.42 L	24.02.2018	Vila Franca de Xira (POR)	4:56.37
13	Mariana Marques Mercedes	03	Jun	129961	CDOM	5:04.05 L	17.06.2018	Vila Franca de Xira (POR)	4:57.96

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14	Caetana Neves Carneiro	03	Jun	129163	CNLX	4:58.66 S	19.11.2017	Alges (POR)	4:58.66
15	Catarina Ines Correia	03	Jun	129491	CNS	5:00.34 S	27.10.2018	Ponte da Barca (POR)	5:00.34
16	Matilde Pereira Carrao	03	Jun	204157	CIRL	5:01.51 S	19.11.2017	Alges (POR)	5:01.51
17	Francisca Razina Oliveira	03	Jun	130620	ANAM	5:02.48 S			5:02.48
18	Rafaela Sofia Silva	03	Jun	127686	SLB	5:02.48 S			5:02.48
19	Leonor Ramos Zacarias	03	Jun	127070	CNS	5:02.48 S			5:02.48
20	Marta Viola Marques	03	Jun	200870	CNCVG	5:02.48 S			5:02.48
DNS	Leonor Maria Neves	03	Jun	131015	GESL	4:41.77 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:41.77

Seniores

1	Rita Barros Frischknecht	98	Sen	106257	SAD	4:22.17 L	17.03.2018	Coimbra (POR)	4:16.92
2	Souad Nefissa Cherouati	89	Sen	208644	SLB	4:19.01 S	03.11.2018	Zrenjanin (SRB)	4:19.01
3	Luisa Maria Machado	01	Sen	121850	SFUAP	4:24.56 S	19.11.2017	Alges (POR)	4:24.56
4	Eva Guerreiro Carvalho	99	Sen	111392	SLB	4:29.15 S	09.12.2017	Porto (POR)	4:29.15
5	Beatriz Paulo Ranito	99	Sen	116593	SCP	4:32.13 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:32.13
6	Tatiana Raquel Pombo	01	Sen	121615	CDCP	4:42.18 L	07.07.2018	Setubal (POR)	4:36.53
7	Barbara Coimbra Teodosio	99	Sen	112716	SCP	4:39.77 S	25.02.2018	Leiria (POR)	4:39.77
8	Maria Ornelas Armas	98	Sen	106961	AEULCCD	4:41.84 S	07.07.2018	Praia da Vitoria (POR)	4:41.84
9	Margarida Sobral Pimenta	99	Sen	118764	CFB	4:47.93 L	17.03.2018	Coimbra (POR)	4:42.17
10	Luana Correia Rodrigues	01	Sen	121504	CFB	4:42.32 S	19.11.2017	Alges (POR)	4:42.32
11	Sara Rulin Loureiro	01	Sen	123345	SLB	4:42.43 S	19.11.2017	Alges (POR)	4:42.43
12	Ines Silva Bernardo	00	Sen	122689	SLB	4:58.07			4:58.07
13	Victoria Kaminskaya	95	Sen	102313	SLB	4:58.07			4:58.07
14	Sofia Oliveira Silva	99	Sen	121399	CNS	4:58.07 S			4:58.07
WDR	Ines Figueira Santos	00	Sen	111277	SFUAP	4:33.12 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:33.12