

**Prova 7**  
**16.06.2019 - 16:00**
**Femin., 400m Livres**
**Absolutos**  
**Lista inscritos**

Rec Regional Juv A	4:24.77	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	4:29.25	Susana Patricia Miguel	SFUAP	Oeiras	2004
Rec Regional Inf A	4:34.74	Alexandra Couto Frazao	CNA	Oeiras	2015
Rec Regional Inf B	4:45.72	Beatriz Rodrigues Conde	SCP	Porto	2010
Rec Regional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Nacional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
1	Anais Cloe Pereira	04	Juv A	147048	SCP	4:52.71 L	17.03.2019	Vila Franca de Xira (POR)	4:52.71
2	Daniela Alexandra Pedro	04	Juv A	130864	SCP	4:48.30 S	16.12.2018	Tomar (POR)	4:54.06
3	Raquel Raposo Lopes	04	Juv A	153469	CDCP	4:49.32 S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:55.10
4	Mariana Fragoso Guterres	04	Juv A	200475	SLB	4:51.60 S	24.11.2018	Alges (POR)	4:57.43
5	Margarida Domingues Nunes	05	Juv B	201398	EULX	4:57.53 L	17.03.2019	Vila Franca de Xira (POR)	4:57.53
6	Maria Martins Camacho	04	Juv A	130618	SFUAP	4:52.07 S	16.12.2018	Tomar (POR)	4:57.91
7	Margarida Carvalho Barao	04	Juv A	130241	CNCVG	4:59.88 L	17.03.2019	Vila Franca de Xira (POR)	4:59.88
8	Maria Jardim Fidalgo	04	Juv A	131429	CNCVG	4:54.64 S	20.01.2019	Alapraia (POR)	5:00.53
9	Iris Pereira Carrao	05	Juv B	201392	CIRL	5:02.83 L	23.03.2019	Rio Maior (POR)	5:02.83
10	Carmo Dias Vieira	05	Juv B	201319	EULX	4:57.13 S	24.11.2018	Alges (POR)	5:03.07
11	Maria Del Rio Bernat	05	Juv B	200403	SAD	5:03.08 L	17.03.2019	Vila Franca de Xira (POR)	5:03.08
12	Luciana Rodrigues Moura	05	Juv B	129624	AONDA	4:59.23 S	16.12.2018	Tomar (POR)	5:05.21
13	Soraia Maria Salgado	05	Juv B	132513	AEFDTV	4:59.86 S	20.01.2019	Alapraia (POR)	5:05.85
14	Marta Bailarote Santos	06	Inf A	201616	CNS	5:09.12 S	25.04.2019	Sines (POR)	5:15.30
15	Elena Del Bernat	07	Inf B	202964	SAD	5:11.71 S	10.03.2019	Setubal (POR)	5:17.94
16	Carolina Anjos Frischknecht	04	Juv A	129489	CNS	5:18.30 L	17.03.2019	Vila Franca de Xira (POR)	5:18.30
17	Diana Valadas Horta	04	Juv A	201782	CIRL	5:13.28 S	20.01.2019	Alapraia (POR)	5:19.54
18	Maria Teresa Garcell	07	Inf B	200891	AEFDTV	5:13.80 S	10.03.2019	Setubal (POR)	5:20.07
19	Luana Cardoso Magalhaes	06	Inf A	201688	AHBE	5:14.62 S	16.12.2018	Sto Antonio Cavaleiros (POR)	5:20.91
20	Ines Gaspar Silva	06	Inf A	204152	GESL	5:16.05 S	10.03.2019	Setubal (POR)	5:22.37
21	Carolina Martins Camacho	06	Inf A	202646	SFUAP	5:19.01 S	10.03.2019	Setubal (POR)	5:25.39
22	Mafalda Mourao Lopes	06	Inf A	202221	ADST	5:22.89 S	10.03.2019	Setubal (POR)	5:29.34
23	Clara Sofia Herminio	06	Inf A	202218	CDCP	5:23.43 S	10.03.2019	Setubal (POR)	5:29.89
24	Leticia Rodrigues Magalhaes	07	Inf B	205089	PDEM	5:23.92 S	25.04.2019	Sines (POR)	5:30.39
25	Catarina Ferreira Rodrigues	07	Inf B	200708	CNA	5:28.14 S	31.03.2019	Pinhal Novo (POR)	5:34.70
26	Carolina Alexandra Silva	05	Juv B	133296	DRCN	5:28.78 S	20.01.2019	Alapraia (POR)	5:35.35
27	Maria Leonor Rodrigues	07	Inf B	203917	AHBE	5:29.04 S	31.03.2019	Pinhal Novo (POR)	5:35.62
28	Ines Azevedo Baraona	07	Inf B	139292	CNMJ	5:34.84 S	10.03.2019	Setubal (POR)	5:41.53
29	Rita Borges Silva	06	Inf A	200715	CNA	5:35.13 S	20.01.2019	Alapraia (POR)	5:41.83
30	Maria Sousa Caxaria	05	Juv B	148574	CNMJ	5:43.16 L	05.07.2018	Setubal (POR)	5:43.16
31	Leonor Roque Mendes	06	Inf A	203844	ADRCIMM	5:39.70 S	24.02.2019	Loures (POR)	5:46.49
32	Margarida Pires Oliveira	06	Inf A	200190	ADRCIMM	5:50.00			5:50.00
33	Joana Rita Semedo	06	Inf A	200728	ADST	5:50.00			5:50.00
34	Matilde Nunes Lopes	06	Inf A	201711	SLB	5:50.00			5:50.00
35	Filipa Neves DAvo	07	Inf B	207347	ANAM	6:02.55 S	16.12.2018	Sto Antonio Cavaleiros (POR)	6:09.80
36	Leonor Carvalho Oliveira	07	Inf B	200901	DRCN	6:05.79 S	20.01.2019	Alapraia (POR)	6:13.10
	Maria Leonor Marques	04	Juv A	132523	CDOM	5:37.01 S	20.01.2019	Alapraia (POR)	5:43.75 DNS