

Prova 31  
14.07.2019 - 10:47

Femin., 400m Livres

Absolutos  
Lista inscritos

Rec Regional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:13.87	Ana Reis Sousa	SAD	Alges	2019
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 Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 5:26.60; Juv A 50m: 5:17.54; Jun 1 50m: 5:08.66; Jun 2 50m: 5:05.66; Sen 50m: 5:04.15

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
<b>Juvenis</b>									
1	Leonor Esteves Santos	04	Juv	130630	EULX	4:35.95 L	06.04.2019	Coimbra (POR)	4:30.43
2	Lidiana Correia Rodrigues	04	Juv	130399	CFB	4:36.13 S	16.12.2018	Tomar (POR)	4:36.13
3	Soraia Alexandra Delgado	05	Juv	153438	SCP	4:36.91 S	04.11.2018	Vila Real St. Antonio (POR)	4:36.91
4	Sofia Antunes Sebastiao	05	Juv	147121	CNA	4:46.78 L	06.04.2019	Coimbra (POR)	4:41.04
5	Catarina Nunes Costa	04	Juv	131376	GESL	4:48.02 S	16.12.2018	Tomar (POR)	4:48.02
6	Maria Martins Camacho	04	Juv	130618	SFUAP	4:51.15 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:51.15
7	Mariana Fragoso Guterres	04	Juv	200475	SLB	4:51.60 S	24.11.2018	Alges (POR)	4:51.60
8	Erica Cristina Reis	05	Juv	200201	SCP	4:58.25 L	20.07.2018	S. Joao da Madeira (POR)	4:52.28
9	Alice Jesus Morgado	04	Juv	131016	GESL	4:58.26 L	17.03.2019	Vila Franca de Xira (POR)	4:52.29
10	Beatriz Costa Melo	04	Juv	132555	SAD	4:59.75 L	17.03.2019	Vila Franca de Xira (POR)	4:53.75
11	Margarida Carvalho Barao	04	Juv	130241	CNCVG	4:59.88 L	17.03.2019	Vila Franca de Xira (POR)	4:53.88
12	Maria Jardim Fidalgo	04	Juv	131429	CNCVG	4:54.64 S	20.01.2019	Alapraia (POR)	4:54.64
13	Diana Valadas Horta	04	Juv	201782	CIRL	4:55.39 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:55.39
14	Joana Marinho Coelho	04	Juv	131514	SCP	4:55.54 S	16.12.2018	Tomar (POR)	4:55.54
15	Madalena Graca Geraldos	04	Juv	131511	SCP	4:56.55 S	16.12.2018	Tomar (POR)	4:56.55
16	Joana Rocha Ferreira	05	Juv	201560	SLB	5:02.97 L	17.03.2019	Vila Franca de Xira (POR)	4:56.91
17	Maria Del Rio Bernat	05	Juv	200403	SAD	5:03.08 L	17.03.2019	Vila Franca de Xira (POR)	4:57.01
18	Luciana Rodrigues Moura	05	Juv	129624	AONDA	4:59.23 S	16.12.2018	Tomar (POR)	4:59.23
19	Mariana Andreia Silva	05	Juv	141810	SCP	5:06.74 L	17.03.2019	Vila Franca de Xira (POR)	5:00.60
20	Matilde Carvalho Barao	04	Juv	130243	CNCVG	5:01.08 S	24.11.2018	Alges (POR)	5:01.08
21	Carolina Fonseca Gomes	05	Juv	202528	CDOM	5:02.04 S	24.11.2018	Alges (POR)	5:02.04
22	Madalena Carrapico Alexandrino	05	Juv	132560	SAD	5:02.51 S	16.12.2018	Tomar (POR)	5:02.51
23	Carolina Anjos Frischknecht	04	Juv	129489	CNS	5:11.18 S			5:11.18
24	Carolina Alexandra Silva	05	Juv	133296	DRCN	5:26.15 L	16.06.2019	Vila Franca de Xira (POR)	5:19.62
	Raquel Raposo Lopes	04	Juv	153469	CDCP	4:49.32 S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:49.32 DNS

### Absolutos

1	Ines Jacinto Henriques	00	Abs	120220	SCP	4:20.21 L	06.04.2019	Coimbra (POR)	4:15.00
2	Ema Jeronimo Conceicao	03	Abs	129812	AEFDTV	4:26.78 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:26.78
3	Sofia Alexandra Rolao	98	Abs	108413	SLB	4:26.90 S	29.06.2019	Alges (POR)	4:26.90
4	Bruna Martins Riesenberger	97	Abs	105541	CIRL	4:30.72 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:30.72
5	Sara Moura Cruz	03	Abs	127488	SAD	4:33.81 S	24.11.2018	Alges (POR)	4:33.81
6	Margarida Sobral Pimenta	99	Abs	118764	CFB	4:34.07 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:34.07
7	Natacha Sofia Silva	02	Abs	125594	SLB	4:42.06 L	07.07.2018	Setubal (POR)	4:36.41
8	Luana Correia Rodrigues	01	Abs	121504	CFB	4:44.99 L	17.03.2019	Vila Franca de Xira (POR)	4:39.29
9	Maria Ornelas Armas	98	Abs	106961	EULX	4:45.16 L	08.06.2019	Badajoz (ESP)	4:39.45
10	Catarina Guimaraes Moreira	03	Abs	131755	SAD	5:02.36 L	17.03.2019	Vila Franca de Xira (POR)	4:56.31
11	Francisca Razina Oliveira	03	Abs	130620	ANAM	4:59.25 S	24.11.2018	Alges (POR)	4:59.25
12	Catarina Trigo Ferreira	02	Abs	124523	CNLX	4:59.54			4:59.54
13	Leonor Ramos Zacarias	03	Abs	127070	CNS	4:59.89 S	24.11.2018	Alges (POR)	4:59.89
14	Catarina Ines Correia	03	Abs	129491	CNS	5:00.34 S	27.10.2018	Ponte da Barca (POR)	5:00.34
15	Matilde Pereira Carrao	03	Abs	204157	CIRL	5:02.13 S	01.07.2018	S. Antonio Cavaleiros (POR)	5:02.13
	Ana Raquel Graveto	02	Abs	129628	SLB	4:33.34 S	24.11.2018	Alges (POR)	4:33.34 DNS
	Ines Figueira Santos	00	Abs	111277	SFUAP	4:33.12 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:33.12 WDR

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