

Prova 31
14.07.2019 - 10:47
Femin., 400m Livres
Absolutos
Resultados

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

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Juvenis										
1.	Leonor Esteves Santos	04	EULX	4:30.43	4:29.45	659	1:06.15	1:07.85	1:07.95	1:07.50
2.	Erica Cristina Reis	05	SCP	4:52.28	4:36.16	612	1:04.82	1:10.92	1:10.62	1:09.80
3.	Soraia Alexandra Delgado	05	SCP	4:36.91	4:36.48	610	1:07.24	1:10.54	1:10.27	1:08.43
4.	Sofia Antunes Sebastiao	05	CNA	4:41.04	4:39.93	588	1:06.01	1:12.45	1:10.89	1:10.58
5.	Lidiana Correia Rodrigues	04	CFB	4:36.13	4:44.51	560	1:06.58	1:11.63	1:13.17	1:13.13
6.	Alice Jesus Morgado	04	GESL	4:52.29	4:44.57	559	1:07.57	1:11.80	1:12.02	1:13.18
7.	Joana Rocha Ferreira	05	SLB	4:56.91	4:49.34	532	1:09.93	1:14.22	1:14.16	1:11.03
8.	Margarida Carvalho Barao	04	CNCVG	4:53.88	4:49.98	528	1:07.14	1:13.10	1:15.46	1:14.28
9.	Beatriz Costa Melo	04	SAD	4:53.75	4:50.15	528	1:08.50	1:14.44	1:14.76	1:12.45
10.	Catarina Nunes Costa	04	GESL	4:48.02	4:52.60	514	1:10.22	1:14.53	1:14.46	1:13.39
11.	Carolina Fonseca Gomes	05	CDOM	5:02.04	4:53.32	511	1:11.07	1:14.02	1:16.14	1:12.09
12.	Maria Del Rio Bernat	05	SAD	4:57.01	4:53.59	509	1:09.78	1:14.82	1:15.01	1:13.98
13.	Maria Martins Camacho	04	SFUAP	4:51.15	4:54.73	503	1:09.14	1:14.59	1:15.92	1:15.08
14.	Diana Valadas Horta	04	CIRL	4:55.39	4:55.24	501	1:10.07	1:14.29	1:15.06	1:15.82
15.	Madalena Graca Gerales	04	SCP	4:56.55	4:55.97	497	1:09.78	1:14.95	1:15.51	1:15.73
16.	Mariana Andreia Silva	05	SCP	5:00.60	4:56.46	495	1:09.96	1:16.29	1:16.38	1:13.83
17.	Joana Marinho Coelho	04	SCP	4:55.54	4:56.48	494	1:09.96	1:15.34	1:15.56	1:15.62
18.	Maria Jardim Fidalgo	04	CNCVG	4:54.64	4:57.46	490	1:09.86	1:16.29	1:16.17	1:15.14
19.	Madalena Carrapico Alexandrino	05	SAD	5:02.51	4:59.40	480	1:10.99	1:16.37	1:16.91	1:15.13
20.	Mariana Fragoso Guterres	04	SLB	4:51.60	4:59.75	478	1:09.25	1:16.78	1:17.51	1:16.21
21.	Luciana Rodrigues Moura	05	AONDA	4:59.23	5:00.28	476	1:10.09	1:15.10	1:17.11	1:17.98
22.	Matilde Carvalho Barao	04	CNCVG	5:01.08	5:01.38	471	1:11.44	1:16.73	1:16.61	1:16.60
23.	Carolina Anjos Frischknecht	04	CNS	5:11.18	5:11.59	426	1:14.92	1:19.61	1:19.49	1:17.57
24.	Carolina Alexandra Silva	05	DRCN	5:19.62	5:21.18	389	1:13.05	1:21.63	1:23.76	1:22.74

Absolutos

1.	Ines Jacinto Henriques	00	SCP	4:15.00	4:22.48	713	1:04.18	1:06.16	1:06.33	1:05.81
2.	Ema Jeronimo Conceicao	03	AEFDTV	4:26.78	4:25.23	691	1:04.59	1:06.44	1:07.76	1:06.44
3.	Leonor Esteves Santos	04	EULX	4:30.43	4:29.45	659	1:06.15	1:07.85	1:07.95	1:07.50
4.	Sara Moura Cruz	03	SAD	4:33.81	4:32.23	639	1:05.63	1:09.26	1:08.72	1:08.62
5.	Margarida Sobral Pimenta	99	CFB	4:34.07	4:32.47	637	1:05.01	1:09.67	1:09.44	1:08.35
6.	Sofia Alexandra Rolao	98	SLB	4:26.90	4:33.10	633	1:04.77	1:08.71	1:10.28	1:09.34
7.	Erica Cristina Reis	05	SCP	4:52.28	4:36.16	612	1:04.82	1:10.92	1:10.62	1:09.80
8.	Soraia Alexandra Delgado	05	SCP	4:36.91	4:36.48	610	1:07.24	1:10.54	1:10.27	1:08.43
9.	Natacha Sofia Silva	02	SLB	4:36.41	4:37.74	602	1:05.15	1:10.81	1:11.16	1:10.62
10.	Sofia Antunes Sebastiao	05	CNA	4:41.04	4:39.93	588	1:06.01	1:12.45	1:10.89	1:10.58
11.	Bruna Martins Riesenberger	97	CIRL	4:30.72	4:40.47	584	1:05.37	1:10.47	1:12.35	1:12.28
12.	Luana Correia Rodrigues	01	CFB	4:39.29	4:42.19	574	1:05.68	1:10.57	1:12.40	1:13.54
13.	Maria Ornelas Armas	98	EULX	4:39.45	4:42.65	571	1:07.77	1:11.32	1:11.64	1:11.92
14.	Lidiana Correia Rodrigues	04	CFB	4:36.13	4:44.51	560	1:06.58	1:11.63	1:13.17	1:13.13
15.	Alice Jesus Morgado	04	GESL	4:52.29	4:44.57	559	1:07.57	1:11.80	1:12.02	1:13.18
16.	Catarina Trigo Ferreira	02	CNLX	4:59.54	4:45.19	556	1:05.70	1:13.16	1:14.79	1:11.54
17.	Joana Rocha Ferreira	05	SLB	4:56.91	4:49.34	532	1:09.93	1:14.22	1:14.16	1:11.03
18.	Margarida Carvalho Barao	04	CNCVG	4:53.88	4:49.98	528	1:07.14	1:13.10	1:15.46	1:14.28
19.	Beatriz Costa Melo	04	SAD	4:53.75	4:50.15	528	1:08.50	1:14.44	1:14.76	1:12.45
20.	Catarina Guimaraes Moreira	03	SAD	4:56.31	4:50.94	523	1:09.42	1:14.21	1:14.11	1:13.20
21.	Francisca Razina Oliveira	03	ANAM	4:59.25	4:51.24	522	1:07.58	1:14.08	1:15.65	1:13.93
22.	Catarina Nunes Costa	04	GESL	4:48.02	4:52.60	514	1:10.22	1:14.53	1:14.46	1:13.39

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24.	Maria Del Rio Bernat	05	SAD	4:57.01	4:53.59	509	1:09.78	1:14.82	1:15.01	1:13.98
25.	Maria Martins Camacho	04	SFUAP	4:51.15	4:54.73	503	1:09.14	1:14.59	1:15.92	1:15.08
26.	Diana Valadas Horta	04	CIRL	4:55.39	4:55.24	501	1:10.07	1:14.29	1:15.06	1:15.82
27.	Madalena Graca Geraldes	04	SCP	4:56.55	4:55.97	497	1:09.78	1:14.95	1:15.51	1:15.73
28.	Mariana Andreia Silva	05	SCP	5:00.60	4:56.46	495	1:09.96	1:16.29	1:16.38	1:13.83
29.	Joana Marinho Coelho	04	SCP	4:55.54	4:56.48	494	1:09.96	1:15.34	1:15.56	1:15.62
30.	Maria Jardim Fidalgo	04	CNCVG	4:54.64	4:57.46	490	1:09.86	1:16.29	1:16.17	1:15.14
31.	Catarina Ines Correia	03	CNS	5:00.34	4:57.79	488	1:10.85	1:15.82	1:16.16	1:14.96
32.	Madalena Carrapico Alexandrino	05	SAD	5:02.51	4:59.40	480	1:10.99	1:16.37	1:16.91	1:15.13
33.	Mariana Fragoso Guterres	04	SLB	4:51.60	4:59.75	478	1:09.25	1:16.78	1:17.51	1:16.21
34.	Luciana Rodrigues Moura	05	AONDA	4:59.23	5:00.28	476	1:10.09	1:15.10	1:17.11	1:17.98
35.	Matilde Carvalho Barao	04	CNCVG	5:01.08	5:01.38	471	1:11.44	1:16.73	1:16.61	1:16.60
36.	Matilde Pereira Carrao	03	CIRL	5:02.13	5:08.94	437	1:11.79	1:16.89	1:19.74	1:20.52
37.	Leonor Ramos Zacarias	03	CNS	4:59.89	5:11.42	427	1:13.29	1:18.83	1:20.43	1:18.87
38.	Carolina Anjos Frischknecht	04	CNS	5:11.18	5:11.59	426	1:14.92	1:19.61	1:19.49	1:17.57
39.	Carolina Alexandra Silva	05	DRCN	5:19.62	5:21.18	389	1:13.05	1:21.63	1:23.76	1:22.74