

Prova 20  
 22.11.2019 - 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	4:13.87	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 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.
<b>Juvenis B</b>									
1	Maria Leonor Coelho	06	Juv B	132470	SLB	4:47.29 L	26.07.2019	Loule (POR)	4:41.54
2	Matilde Nunes Lopes	06	Juv B	201711	SLB	4:55.38 L	06.07.2019	Setubal (POR)	4:49.47
3	Beatriz Mocego Niza	06	Juv B	148435	CNA	4:50.72 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:50.72
4	Ines Correia Teixeira	06	Juv B	133334	CNA	5:00.23 L	06.07.2019	Setubal (POR)	4:54.22
5	Maria Esteves Valente	06	Juv B	202954	SLB	4:59.74 S	24.02.2019	Loures (POR)	4:59.74
6	Marina Alexandra Oliveira	06	Juv B	200174	CNS	5:03.05 S	10.03.2019	Setubal (POR)	5:03.05
7	Rita Borges Silva	06	Juv B	200715	CNA	5:14.67 L	16.06.2019	Vila Franca de Xira (POR)	5:08.37
8	Ines Machado Marques	06	Juv B	201032	CNCVGV	5:08.46 S	31.03.2019	Pinhal Novo (POR)	5:08.46
9	Catarina Coutinho Lima	06	Juv B	132460	SLB	5:08.49 S	31.03.2019	Pinhal Novo (POR)	5:08.49
10	Catarina Gomes Costa	06	Juv B	201543	EULX	5:10.61 S	10.03.2019	Setubal (POR)	5:10.61
11	Maria Beatriz Costa	06	Juv B	204155	SCP	5:17.11 L	06.07.2019	Setubal (POR)	5:10.76
12	Iris Castro Campos	06	Juv B	205634	CNA	5:21.56 L	06.07.2019	Setubal (POR)	5:15.12
13	Mafalda Mourao Lopes	06	Juv B	202221	ADST	5:22.85 L	16.06.2019	Vila Franca de Xira (POR)	5:16.39
14	Clara Sofia Herminio	06	Juv B	202218	CDCP	5:20.08 S			5:20.08
15	Matilde Aparicio Pereira	06	Juv B	200477	CNA	5:20.08 S			5:20.08

**Juvenis A**

1	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	4:39.35 L	03.08.2019	Funchal (POR)	4:33.76
2	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	4:50.25 L	15.03.2019	Vila Franca de Xira (POR)	4:44.44
3	Maria Del Rio Bernat	05	Juv A	200403	SAD	4:53.59 S	14.07.2019	Alges (POR)	4:53.59
4	Nicole Patriarca Franca	05	Juv A	153435	SCP	4:59.38 S	16.12.2018	Tomar (POR)	4:59.38
5	Madalena Carrapico Alexandrino	05	Juv A	132560	SAD	4:59.40 S	14.07.2019	Alges (POR)	4:59.40
6	Barbara Cunha Ventura	05	Juv A	132458	SLB	5:01.73 S	24.11.2018	Alges (POR)	5:01.73
7	Maria Antonia Ferraz	05	Juv A	128378	AHBE	5:11.18 S			5:11.18
8	Mariana Maiato Paulino	05	Juv A	133001	CNCVGV	5:11.18 S			5:11.18
DNS	Francisca Otavo Tribuna	05	Juv A	132463	SLB	4:59.13 S	16.12.2018	Tomar (POR)	4:59.13
WDR	Simone Filipe Monteiro	05	Juv A	203878	GESL	5:08.48 S	20.01.2019	Alapraia (POR)	5:08.48

**Juniores**

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	4:30.53 L	03.08.2019	Funchal (POR)	4:25.11
2	Sara Moura Cruz	03	Jun	127488	SAD	4:32.23 S	14.07.2019	Alges (POR)	4:32.23
3	Marta Macedo Inacio	04	Jun	132536	SCP	4:38.39 S	16.12.2018	Tomar (POR)	4:38.39
4	Daniela Alexandra Pedro	04	Jun	130864	SCP	4:49.49 L	16.06.2019	Vila Franca de Xira (POR)	4:43.70
5	Raquel Raposo Lopes	04	Jun	153469	CDCP	4:49.32 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	4:49.32
6	Beatriz Costa Melo	04	Jun	132555	SAD	4:50.15 S	14.07.2019	Alges (POR)	4:50.15
7	Maria Martins Camacho	04	Jun	130618	SFUAP	4:51.15 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:51.15
8	Caetana Neves Carneiro	03	Jun	129163	CNLX	4:54.22 S	01.12.2018	Abrantes (POR)	4:54.22
9	Maria Ines Ribeiro	03	Jun	127252	CFB	4:54.39 S	13.07.2019	Alges (POR)	4:54.39
10	Diana Valadas Horta	04	Jun	201782	SFUAP	4:55.24 S	14.07.2019	Alges (POR)	4:55.24
11	Catarina Ines Correia	03	Jun	129491	CNS	4:57.79 S	14.07.2019	Alges (POR)	4:57.79
12	Francisca Razina Oliveira	03	Jun	130620	SFUAP	NT			NT
13	Margarida Carvalho Barao	04	Jun	130241	CNCVGV	NT			NT
DNS	Mariana Marques Mercedes	03	Jun	129961	CDOM	4:59.71 L	10.02.2019	Lisboa (POR)	4:53.71
DNS	Matilde Carvalho Barao	04	Jun	130243	CNCVGV	5:01.08 S	24.11.2018	Alges (POR)	5:01.08
DNS	Susana Chanoca Narciso	04	Jun	129388	CDCP	5:02.48			5:02.48

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Seniores

1	Ana Reis Sousa	02	Sen	122440	SAD	4:13.87 S	29.06.2019	Alges (POR)	4:13.87
2	Ana Sofia Pina	02	Sen	125639	SLB	4:24.25 L	06.04.2019	Coimbra (POR)	4:18.96
3	Rafaela Gomes Azevedo	02	Sen	122048	SAD	4:28.00 S	24.11.2018	Alges (POR)	4:28.00
4	Joana Filipa Varandas	02	Sen	124305	CIRL	4:36.40 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	4:36.40
5	Ines Figueira Santos	00	Sen	111277	SFUAP	4:37.32 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	4:37.32
6	Maria Ornelas Armas	98	Sen	106961	EULX	4:45.16 L	08.06.2019	Badajoz (ESP)	4:39.45
7	Beatriz Paulo Ranito	99	Sen	116593	GESL	4:40.67 S	24.11.2018	Alges (POR)	4:40.67
8	Catarina Trigo Ferreira	02	Sen	124523	CNLX	4:45.19 S	14.07.2019	Alges (POR)	4:45.19
9	Lia Ana Lima	01	Sen	205396	SAD	4:51.46 L	17.03.2019	Vila Franca de Xira (POR)	4:45.63
10	Barbara Sofrino Rodrigues	01	Sen	120568	CFB	4:58.95 L	10.02.2019	Lisboa (POR)	4:52.97
11	Susana Pereira Veiga	00	Sen	121936	CNCVG	5:03.76 L	06.04.2019	Coimbra (POR)	4:57.68
12	Ana Raquel Ferreira	98	Sen	102755	CNLX	4:58.07			4:58.07
13	Sofia Oliveira Silva	99	Sen	121399	CNS	4:58.07 S			4:58.07
14	Iolanda Sofia Clérigo	02	Sen	126878	PDEM	4:58.07 S			4:58.07
15	Raquel Gomes Pereira	00	Sen	118469	SAD	4:58.07			4:58.07