

Prova 10
19.01.2020 - 15:00

Femin., 400m Livres

Juvenis
Resultados

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 Absoluto	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	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
Rec Nacional Absoluto	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
Juvenis A									
1.	Maria Teresa Fernandes	05	SAD	4:43.94	559	1:08.78	1:12.39	1:12.06	1:10.71
2.	Joana Fernandes Gama	05	SCP	4:47.21	540	1:07.81	1:12.57	1:13.54	1:13.29
3.	Barbara Cunha Ventura	05	SLB	4:52.02	514	1:10.14	1:14.24	1:13.94	1:13.70
4.	Francisca Otao Tribuna	05	SLB	4:58.36	481	1:12.37	1:15.76	1:15.43	1:14.80
5.	Maria Del Rio Bernat	05	SAD	4:59.02	478	1:11.91	1:15.78	1:16.16	1:15.17
6.	Nicole Patriarca Franca	05	SCP	5:01.51	466	1:09.99	1:16.22	1:17.88	1:17.42
7.	Mariana Andreia Silva	05	SCP	5:01.61	466	1:11.74	1:17.13	1:16.63	1:16.11
8.	Sara Nunes Conceicao	05	SFUAP	5:01.81	465	1:12.92	1:17.27	1:17.20	1:14.42
9.	Maria Carolina Vargas	05	SLB	5:02.47	462	1:15.05	1:16.50	1:16.36	1:14.56
10.	Madalena Carrapico Alexandrino	05	SAD	5:02.79	461	1:12.40	1:16.95	1:17.49	1:15.95
11.	Maria Sousa Caxaria	05	CNMJ	5:09.94	429	1:11.03	1:16.88	1:20.39	1:21.64
12.	Joana Matilde Inácio	05	DRCN	5:39.11	328	1:19.50	1:25.47	1:27.26	1:26.88
13.	Matilde Aleixo Duarte	05	CNS	5:50.41	297	1:23.31	1:31.22	1:29.71	1:26.17
14.	Leonor Oliveira Caratão	05	ADST	5:51.13	295	1:22.49	1:28.70	1:30.60	1:29.34
15.	Ines Azinheira Serra	05	PDEM	6:08.77	255	1:28.57	1:35.21	1:32.98	1:32.01
DNS	Soraia Maria Salgado	05	AEFDTV						

Juvenis B

1.	Matilde Nunes Lopes	06	SLB	4:44.38	556	1:08.12	1:12.05	1:12.21	1:12.00
2.	Francisca Santos Ferreira	06	SAD	4:46.35	545	1:10.27	1:13.68	1:11.99	1:10.41
3.	Maria Esteves Valente	06	SLB	4:52.53	511	1:10.31	1:14.22	1:14.76	1:13.24
4.	Erica Candeias Mendes	06	CNA	4:57.29	487	1:12.60	1:16.05	1:14.78	1:13.86
5.	Carolina Martins Camacho	06	SFUAP	5:01.24	468	1:12.18	1:16.12	1:16.38	1:16.56
6.	Margarida Barbara Marques	06	SAD	5:02.34	463	1:14.75	1:17.41	1:09.29	1:20.89
7.	Mariana Ramos Zacarias	06	CNS	5:04.80	452	1:14.90	1:18.28	1:16.69	1:14.93
8.	Maria Beatriz Costa	06	SCP	5:05.06	450	1:12.37	1:17.98	1:18.45	1:16.26
9.	Catarina Coutinho Lima	06	SLB	5:05.52	448	1:12.65	1:17.30	1:18.43	1:17.14
10.	Leonor Santos Duro	06	CNS	5:08.72	435	1:14.95	1:18.65	1:18.60	1:16.52
	Carolina Costa Diniz	06	SCP	5:08.72	435	1:12.78	1:18.94	1:19.57	1:17.43
12.	Clara Sofia Herminio	06	CDCP	5:11.32	424	1:15.86	1:19.10	1:18.43	1:17.93
13.	Marta Silva Santos	06	CNS	5:11.39	423	1:16.58	1:19.55	1:19.28	1:15.98
14.	Rita Borges Silva	06	CNA	5:11.68	422	1:13.20	1:18.87	1:19.47	1:20.14
15.	Iris Castro Campos	06	CNA	5:12.64	418	1:15.28	1:18.65	1:19.27	1:19.44
16.	Rita João Serra	06	VKGS	5:16.66	403	1:13.63	1:20.72	1:21.91	1:20.40
17.	Sofia Medeiros Pereira	06	CNMJ	5:20.49	388	1:14.80	1:21.49	1:22.53	1:21.67
18.	Madalena Graca Dias	06	CNLX	5:23.22	379	1:19.64	1:22.63	1:21.21	1:19.74
19.	Matilde Aparicio Pereira	06	CNA	5:23.36	378	1:16.60	1:22.56	1:22.56	1:21.64
20.	Mariana Coelho Carvalho	06	CNS	5:27.89	363	1:16.45	1:22.16	1:24.80	1:24.48
21.	Leonor Eduarda Baptista	06	VKGS	5:46.06	308	1:22.03	1:28.71	1:29.96	1:25.36
DNS	Maria Pinto Monteiro	06	SFUAP						

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12.	Mariana Andreia Silva	05	SCP	5:01.61	466	1:11.74	1:17.13	1:16.63	1:16.11
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	Carolina Costa Diniz	06	SCP	5:08.72	435	1:12.78	1:18.94	1:19.57	1:17.43
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