

Prova 12	Femin., 400m Estilos				Absolutos
29.02.2020 - 16:05					Resultados
Rec Nacional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Sen	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	4:55.04	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2019
Rec Regional Jun 1	4:58.87	Susana Patricia Miguel	SFUAP	Palma de Mallorca (ESP)	2006
Rec Regional Juv A	5:01.32	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2017
Rec Regional Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	2004

TAC - Fem Juv B: 6:10.60; Juv A: 6:00.31; Jun 2: 5:46.83; Jun 1: 5:50.23; Sen: 5:45.13

Pontos: FINA 2020

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Juvenis B										
1.	Carolina Martins Camacho <i>Campeã Regional Juvenil B</i>	06	SFUAP	5:29.50	5:32.44	514	1:18.03	1:20.50	1:37.67	1:16.24
2.	Matilde Nunes Lopes	06	SLB	5:34.33	5:37.32	492	1:14.38	1:27.61	1:36.86	1:18.47
3.	Madalena Correa Sa	06	GESL	5:45.88	5:40.53	478	1:19.81	1:27.82	1:33.63	1:19.27
4.	Beatriz Fernandes Gama	06	SCP	5:41.45	5:43.88	464	1:21.08	1:28.01	1:36.38	1:18.41
5.	Ines Gaspar Silva	06	GESL	5:46.28	5:45.65	457	1:28.12	1:23.20	1:38.99	1:15.34
6.	Beatriz Portugal Costa	06	SLB	5:44.81	5:51.09	436	1:23.22	1:31.08	1:38.78	1:18.01
7.	Leonor Roque Mendes	06	ADRCIMM	5:58.41	5:53.32	428	1:18.63	1:28.98	1:45.13	1:20.58
8.	Leonor Santos Duro	06	CNS	5:49.26	5:55.39	421	1:21.38	1:32.12	1:43.01	1:18.88
DSQ	Catarina Lima Antunes	06	SCP	6:03.53						
<i>E-B30 - No percurso de bruços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)</i>										

Juvenis A

1.	Mafalda Santos Costa <i>Campeã Regional Juvenil A</i>	05	ADRCIMM	5:29.46	5:32.58	513	1:17.80	1:25.44	1:37.12	1:12.22
2.	Maria Teresa Fernandes	05	SAD	5:33.56	5:37.83	490	1:16.19	1:28.85	1:36.35	1:16.44
3.	Barbara Cunha Ventura	05	SLB	5:43.12	5:38.27	488	1:20.58	1:20.39	1:41.45	1:15.85
4.	Maria Carolina Vargas	05	SLB	5:51.40	5:44.75	461	1:24.90	1:30.07	1:32.44	1:17.34
5.	Mariana Andreia Silva	05	SCP	5:31.68	5:47.55	450	1:18.93	1:28.79	1:41.36	1:18.47
6.	Nicole Patriarca Franca	05	SCP	5:40.39	5:57.37	414	1:13.93	1:35.28	1:48.14	1:20.02

Juniores

1.	Maria Gomes Pereira <i>Campeã Regional Junior</i>	04	SAD	5:09.88	5:12.26	620	1:10.81	1:22.20	1:28.97	1:10.28
2.	Lidiana Correia Rodrigues	04	CFB	5:15.63	5:18.28	586	1:12.68	1:25.05	1:26.71	1:13.84
3.	Daniela Mascarenhas Henriques	03	GESL	5:24.25	5:24.21	554	1:11.80	1:24.97	1:32.37	1:15.07
4.	Alice Jesus Morgado	04	GESL	5:24.93	5:26.81	541	1:12.24	1:25.04	1:34.67	1:14.86
5.	Margarida Filipe Ferreira	04	CDCP	5:21.67	5:30.67	522	1:13.18	1:30.59	1:28.07	1:18.83
6.	Catarina Nunes Costa	04	GESL	5:29.23	5:30.89	521	1:13.72	1:29.91	1:33.49	1:13.77
7.	Maria Jardim Fidalgo	04	CNCVG	5:30.64	5:31.98	516	1:12.55	1:27.34	1:35.87	1:16.22
8.	Beatriz Quintao Amantes	03	SFUAP	5:26.27	5:41.36	475	1:16.26	1:30.71	1:37.75	1:16.64

Seniores

1.	Francisca Salvador Mesquita <i>Campeã Regional Sénior</i>	02	ADRCIMM	4:55.04	5:04.27	670	1:07.19	1:21.10	1:25.97	1:10.01
2.	Filipa Serrano Rodrigues	01	SLB	5:16.39	5:15.49	601	1:11.32	1:23.47	1:31.75	1:08.95
3.	Natacha Sofia Silva	02	SLB	5:12.89	5:18.83	583	1:12.30	1:27.24	1:28.07	1:11.22
4.	Margarida Messias Ribeiro	98	GESL	5:12.89	5:19.21	581	1:12.30	1:22.26	1:30.13	1:14.52
5.	Tatiana Alexandre Cardoso	01	CNA	5:23.81	5:29.55	528	1:14.36	1:25.80	1:30.39	1:19.00
6.	Ana Rita Matos	02	CFB	5:23.92	5:32.18	515	1:11.73	1:23.45	1:37.93	1:19.07
7.	Joana Filipa Varandas	02	CIRL	5:25.58	5:37.53	491	1:15.58	1:26.63	1:41.45	1:13.87

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Absolutos

1. Francisca Salvador Mesquita	02	ADRCIMM	4:55.04	5:04.27	670	1:07.19	1:21.10	1:25.97	1:10.01
2. Maria Gomes Pereira	04	SAD	5:09.88	5:12.26	620	1:10.81	1:22.20	1:28.97	1:10.28
3. Filipa Serrano Rodrigues	01	SLB	5:16.39	5:15.49	601	1:11.32	1:23.47	1:31.75	1:08.95
4. Lidiana Correia Rodrigues	04	CFB	5:15.63	5:18.28	586	1:12.68	1:25.05	1:26.71	1:13.84
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6. Margarida Messias Ribeiro	98	GESL	5:12.89	5:19.21	581	1:12.30	1:22.26	1:30.13	1:14.52
7. Daniela Mascarenhas Henriques	03	GESL	5:24.25	5:24.21	554	1:11.80	1:24.97	1:32.37	1:15.07
8. Alice Jesus Morgado	04	GESL	5:24.93	5:26.81	541	1:12.24	1:25.04	1:34.67	1:14.86
9. Tatiana Alexandre Cardoso	01	CNA	5:23.81	5:29.55	528	1:14.36	1:25.80	1:30.39	1:19.00
10. Margarida Filipe Ferreira	04	CDCP	5:21.67	5:30.67	522	1:13.18	1:30.59	1:28.07	1:18.83
11. Catarina Nunes Costa	04	GESL	5:29.23	5:30.89	521	1:13.72	1:29.91	1:33.49	1:13.77
12. Maria Jardim Fidalgo	04	CNCVG	5:30.64	5:31.98	516	1:12.55	1:27.34	1:35.87	1:16.22
13. Ana Rita Matos	02	CFB	5:23.92	5:32.18	515	1:11.73	1:23.45	1:37.93	1:19.07
14. Carolina Martins Camacho	06	SFUAP	5:29.50	5:32.44	514	1:18.03	1:20.50	1:37.67	1:16.24
15. Mafalda Santos Costa	05	ADRCIMM	5:29.46	5:32.58	513	1:17.80	1:25.44	1:37.12	1:12.22
16. Matilde Nunes Lopes	06	SLB	5:34.33	5:37.32	492	1:14.38	1:27.61	1:36.86	1:18.47
17. Joana Filipa Varandas	02	CIRL	5:25.58	5:37.53	491	1:15.58	1:26.63	1:41.45	1:13.87
18. Maria Teresa Fernandes	05	SAD	5:33.56	5:37.83	490	1:16.19	1:28.85	1:36.35	1:16.44
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