

Prova 29 Femin., 400m Livres Absolutos
01.03.2020 - 11:00 Resultados

Rec Nacional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Sen	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 2	4:20.34	Ana Reis Sousa	SAD	Oeiras	2019
Rec Regional Jun 1	4:20.37	Marta Andreia Ferreira	SCP	Berlin (GER)	2002
Rec Regional Juv A	4:24.77	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	4:29.25	Susana Patricia Miguel	SFUAP	Oeiras	2004

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

Pontos: FINA 2020

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Juvenis B										
1.	Ines Correia Teixeira <i>Campeã Regional Juvenil B</i>	06	CNA	4:48.41	4:46.88	559	1:09.49	1:15.00	1:11.38	1:11.01
2.	Matilde Nunes Lopes	06	SLB	4:47.45	4:47.59	555	1:08.99	1:14.81	1:12.42	1:11.37
3.	Rebeca Leonor Antunes	06	CNCVVG	4:47.41	4:55.97	509	1:09.06	1:15.86	1:16.60	1:14.45
4.	Leonor Tavares Catalao	06	SCP	4:49.59	5:00.21	488	1:10.99	1:16.54	1:16.72	1:15.96
5.	Erica Candeias Mendes	06	CNA	5:05.83	5:00.91	485	1:12.61	1:15.51	1:16.33	1:16.46
6.	Margarida Barbara Marques	06	SAD	5:01.88	5:07.88	453	1:10.98	1:18.19	1:20.27	1:18.44
7.	Rita Borges Silva	06	CNA	5:14.67	5:10.74	440	1:15.29	1:19.46	1:19.02	1:16.97
8.	Iris Castro Campos	06	CNA	5:21.42	5:11.31	438	1:15.79	1:19.28	1:18.78	1:17.46
9.	Clara Sofia Herminio	06	CDCP	5:13.32	5:12.52	433	1:15.86	1:18.98	1:18.88	1:18.80
10.	Marta Silva Santos	06	CNS	5:13.64	5:14.50	425	1:16.25	1:20.79	1:20.94	1:16.52
11.	Leonor Santos Duro	06	CNS	5:12.36	5:15.04	422	1:15.94	1:20.69	1:20.38	1:18.03
12.	Mariana Ramos Zacarias	06	CNS	5:25.68	5:18.05	410	1:15.07	1:20.82	1:21.63	1:20.53
13.	Madalena Graca Dias	06	CNLX	5:26.60	5:20.19	402	1:16.97	1:20.61	1:22.02	1:20.59

Juvenis A

1.	Sofia Antunes Sebastiao <i>Campeã Regional Juvenil A</i>	05	CNA	4:39.35	4:45.51	568	1:07.93	1:12.82	1:12.72	1:12.04
2.	Maria Teresa Fernandes	05	SAD	4:51.31	4:50.13	541	1:09.52	1:14.51	1:14.11	1:11.99
3.	Carmo Dias Vieira	05	EULX	4:49.47	4:50.99	536	1:10.11	1:14.53	1:14.30	1:12.05
4.	Maria Del Rio Bernat	05	SAD	4:59.46	5:04.98	466	1:11.89	1:17.87	1:18.04	1:17.18
5.	Nicole Patriarca Franca	05	SCP	4:55.78	5:05.56	463	1:10.93	1:19.00	1:19.78	1:15.85
6.	Carolina Fonseca Gomes	05	CDOM	4:51.99	5:05.59	463	1:13.12	1:18.00	1:18.18	1:16.29
7.	Sara Carreira Melo	05	GESL	4:57.33	5:05.86	462	1:14.17	1:20.59	1:16.68	1:14.42
8.	Mariana Andreia Silva	05	SCP	4:55.43	5:05.94	461	1:12.01	1:18.02	1:18.87	1:17.04
9.	Iris Pereira Carrao	05	CIRL	4:52.02	5:08.59	449	1:08.75	1:17.81	1:20.44	1:21.59
10.	Simone Filipe Monteiro	05	GESL	5:03.54	5:16.11	418	1:14.17	1:21.29	1:21.47	1:19.18
11.	Maria Sousa Caxaria <i>FTL (Fora Tempo Limite)</i>	05	CNMJ	5:17.54	5:27.26	377	1:14.01	1:21.54	1:25.80	1:25.91

Juniores

1.	Joana Ribeiro Martins <i>Campeã Regional Junior</i>	03	SCP	4:37.95	4:35.35	633	1:05.51	1:08.14	1:09.84	1:11.86
2.	Ema Jeronimo Conceicao	03	AEFDTV	4:29.34	4:38.38	612	1:04.48	1:09.36	1:11.43	1:13.11
3.	Diana Valadas Horta	04	SFUAP	4:51.98	4:54.43	517	1:08.11	1:16.10	1:16.10	1:14.12
4.	Beatriz Quintao Amantes	03	SFUAP	4:50.86	4:56.83	505	1:11.06	1:15.30	1:16.32	1:14.15
5.	Daniela Alexandra Pedro	04	SCP	4:49.49	4:58.46	497	1:10.24	1:15.45	1:16.58	1:16.19
6.	Margarida Filipe Ferreira	04	CDCP	4:58.37	4:59.20	493	1:12.55	1:16.98	1:16.89	1:12.78
7.	Maria Martins Camacho	04	SFUAP	4:55.79	5:01.11	484	1:11.75	1:17.38	1:16.43	1:15.55
8.	Beatriz Costa Melo	04	SAD	4:55.58	5:05.46	463	1:11.93	1:17.44	1:18.61	1:17.48
9.	Mariana Marques Mercedes <i>FTL (Fora Tempo Limite)</i>	03	CDOM	4:59.71	5:06.29	460	1:11.93	1:18.99	1:19.92	1:15.45
10.	Francisca Razina Oliveira <i>FTL (Fora Tempo Limite)</i>	03	SFUAP	4:57.06	5:17.10	414	1:12.60	1:19.10	1:22.27	1:23.13

Prova 29, Femin., 400m Livres, Juniores

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
11.	Carolina Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i>	04	CNS	5:08.66	5:21.54	397	1:16.52	1:22.71	1:22.24	1:20.07

Seniores

1.	Catarina Martins Mestre <i>Campeã Regional Sénior</i>	00	CNLX	4:42.21	4:44.70	572	1:05.93	1:12.83	1:13.68	1:12.26
2.	Joana Filipa Varandas	02	CIRL	4:42.91	4:47.67	555	1:07.98	1:12.64	1:13.84	1:13.21
3.	Ana Leonor Dias	02	CNLX	4:39.75	4:47.99	553	1:08.53	1:13.54	1:12.64	1:13.28
4.	Beatriz Paulo Ranito	99	GESL	4:38.38	4:48.17	552	1:08.65	1:13.75	1:14.03	1:11.74
5.	Maria Ornelas Armas	98	EULX	4:41.03	4:52.72	527	1:08.41	1:13.92	1:15.09	1:15.30
6.	Ana Rita Matos	02	CFB	5:04.15	4:56.62	506	1:09.90	1:14.69	1:16.07	1:15.96
7.	Catarina Trigo Ferreira	02	CNLX	4:50.89	5:00.28	488	1:10.61	1:17.50	1:18.41	1:13.76
8.	Ana Raquel Ferreira	98	CNLX	4:52.42	5:03.83	471	1:11.56	1:17.45	1:18.74	1:16.08
9.	Sofia Oliveira Silva <i>FTL (Fora Tempo Limite)</i>	99	CNS	5:00.53	5:04.38	468	1:12.96	1:17.97	1:17.99	1:15.46
10.	Barbara Sofrino Rodrigues <i>FTL (Fora Tempo Limite)</i>	01	CFB	4:58.95	5:07.70	453	1:11.28	1:17.74	1:19.34	1:19.34

Absolutos

1.	Joana Ribeiro Martins	03	SCP	4:37.95	4:35.35	633	1:05.51	1:08.14	1:09.84	1:11.86
2.	Ema Jeronimo Conceicao	03	AEFDTV	4:29.34	4:38.38	612	1:04.48	1:09.36	1:11.43	1:13.11
3.	Catarina Martins Mestre	00	CNLX	4:42.21	4:44.70	572	1:05.93	1:12.83	1:13.68	1:12.26
4.	Sofia Antunes Sebastiao	05	CNA	4:39.35	4:45.51	568	1:07.93	1:12.82	1:12.72	1:12.04
5.	Ines Correia Teixeira	06	CNA	4:48.41	4:46.88	559	1:09.49	1:15.00	1:11.38	1:11.01
6.	Matilde Nunes Lopes	06	SLB	4:47.45	4:47.59	555	1:08.99	1:14.81	1:12.42	1:11.37
7.	Joana Filipa Varandas	02	CIRL	4:42.91	4:47.67	555	1:07.98	1:12.64	1:13.84	1:13.21
8.	Ana Leonor Dias	02	CNLX	4:39.75	4:47.99	553	1:08.53	1:13.54	1:12.64	1:13.28
9.	Beatriz Paulo Ranito	99	GESL	4:38.38	4:48.17	552	1:08.65	1:13.75	1:14.03	1:11.74
10.	Maria Teresa Fernandes	05	SAD	4:51.31	4:50.13	541	1:09.52	1:14.51	1:14.11	1:11.99
11.	Carmo Dias Vieira	05	EULX	4:49.47	4:50.99	536	1:10.11	1:14.53	1:14.30	1:12.05
12.	Maria Ornelas Armas	98	EULX	4:41.03	4:52.72	527	1:08.41	1:13.92	1:15.09	1:15.30
13.	Diana Valadas Horta	04	SFUAP	4:51.98	4:54.43	517	1:08.11	1:16.10	1:16.10	1:14.12
14.	Rebeca Leonor Antunes	06	CNCVG	4:47.41	4:55.97	509	1:09.06	1:15.86	1:16.60	1:14.45
15.	Ana Rita Matos	02	CFB	5:04.15	4:56.62	506	1:09.90	1:14.69	1:16.07	1:15.96
16.	Beatriz Quintao Amantes	03	SFUAP	4:50.86	4:56.83	505	1:11.06	1:15.30	1:16.32	1:14.15
17.	Daniela Alexandra Pedro	04	SCP	4:49.49	4:58.46	497	1:10.24	1:15.45	1:16.58	1:16.19
18.	Margarida Filipe Ferreira	04	CDCP	4:58.37	4:59.20	493	1:12.55	1:16.98	1:16.89	1:12.78
19.	Leonor Tavares Catalao	06	SCP	4:49.59	5:00.21	488	1:10.99	1:16.54	1:16.72	1:15.96
20.	Catarina Trigo Ferreira	02	CNLX	4:50.89	5:00.28	488	1:10.61	1:17.50	1:18.41	1:13.76
21.	Erica Candeias Mendes	06	CNA	5:05.83	5:00.91	485	1:12.61	1:15.51	1:16.33	1:16.46
22.	Maria Martins Camacho	04	SFUAP	4:55.79	5:01.11	484	1:11.75	1:17.38	1:16.43	1:15.55
23.	Ana Raquel Ferreira	98	CNLX	4:52.42	5:03.83	471	1:11.56	1:17.45	1:18.74	1:16.08
24.	Sofia Oliveira Silva <i>FTL (Fora Tempo Limite)</i>	99	CNS	5:00.53	5:04.38	468	1:12.96	1:17.97	1:17.99	1:15.46
25.	Maria Del Rio Bernat	05	SAD	4:59.46	5:04.98	466	1:11.89	1:17.87	1:18.04	1:17.18
26.	Beatriz Costa Melo	04	SAD	4:55.58	5:05.46	463	1:11.93	1:17.44	1:18.61	1:17.48
27.	Nicole Patriarca Franca	05	SCP	4:55.78	5:05.56	463	1:10.93	1:19.00	1:19.78	1:15.85
28.	Carolina Fonseca Gomes	05	CDOM	4:51.99	5:05.59	463	1:13.12	1:18.00	1:18.18	1:16.29
29.	Sara Carreira Melo	05	GESL	4:57.33	5:05.86	462	1:14.17	1:20.59	1:16.68	1:14.42
30.	Mariana Andreia Silva	05	SCP	4:55.43	5:05.94	461	1:12.01	1:18.02	1:18.87	1:17.04
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32.	Barbara Sofrino Rodrigues <i>FTL (Fora Tempo Limite)</i>	01	CFB	4:58.95	5:07.70	453	1:11.28	1:17.74	1:19.34	1:19.34
33.	Margarida Barbara Marques	06	SAD	5:01.88	5:07.88	453	1:10.98	1:18.19	1:20.27	1:18.44
34.	Iris Pereira Carrao	05	CIRL	4:52.02	5:08.59	449	1:08.75	1:17.81	1:20.44	1:21.59

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35.	Rita Borges Silva	06	CNA	5:14.67	5:10.74	440	1:15.29	1:19.46	1:19.02	1:16.97
36.	Iris Castro Campos	06	CNA	5:21.42	5:11.31	438	1:15.79	1:19.28	1:18.78	1:17.46
37.	Clara Sofia Herminio	06	CDCP	5:13.32	5:12.52	433	1:15.86	1:18.98	1:18.88	1:18.80
38.	Marta Silva Santos	06	CNS	5:13.64	5:14.50	425	1:16.25	1:20.79	1:20.94	1:16.52
39.	Leonor Santos Duro	06	CNS	5:12.36	5:15.04	422	1:15.94	1:20.69	1:20.38	1:18.03
40.	Simone Filipe Monteiro	05	GESL	5:03.54	5:16.11	418	1:14.17	1:21.29	1:21.47	1:19.18
41.	Francisca Razina Oliveira <i>FTL (Fora Tempo Limite)</i>	03	SFUAP	4:57.06	5:17.10	414	1:12.60	1:19.10	1:22.27	1:23.13
42.	Mariana Ramos Zacarias	06	CNS	5:25.68	5:18.05	410	1:15.07	1:20.82	1:21.63	1:20.53
43.	Madalena Graca Dias	06	CNLX	5:26.60	5:20.19	402	1:16.97	1:20.61	1:22.02	1:20.59
44.	Carolina Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i>	04	CNS	5:08.66	5:21.54	397	1:16.52	1:22.71	1:22.24	1:20.07
45.	Maria Sousa Caxaria <i>FTL (Fora Tempo Limite)</i>	05	CNMJ	5:17.54	5:27.26	377	1:14.01	1:21.54	1:25.80	1:25.91