

Prova 12  
11.03.2023 - 15:47

Femin., 400m Estilos

Absolutos  
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: 6:05.67; Juv A: 5:55.02; Jun 2: 5:44.62; Jun 1: 5:48.06; Sen 18: 5:41.54; Sen 18+: 5:38.13

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
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### Juvenis B

1.	Constanca Lopes Cruz <i>Campeã Regional Juvenil B</i>	09	ADRCIMM	5:40.17	<b>5:43.07</b>	468	1:19.38	1:29.29	1:39.01	1:15.39
2.	Rita Antunes Ratinho	09	CNS	5:59.69	<b>5:52.01</b>	433	1:19.03	1:33.67	1:34.11	1:25.20
3.	Ines Maria Lanca <i>FTL (Fora Tempo Limite)</i>	09	SFUAP	6:00.00	<b>6:06.27</b>	384	1:23.21	1:33.66	1:44.39	1:25.01
DNS	Margarida Marques Mercedes	09	VKGS	6:00.00						

### Juvenis A

1.	Constanca Santos Ferreira <i>Campeã Regional Juvenil A</i>	08	SAD	5:12.62	<b>5:21.32</b>	569	1:10.07	1:21.79	1:33.50	1:15.96
2.	Teresa Bonita Oliveira	08	CNS	5:58.03	<b>5:54.14</b>	425	1:18.48	1:34.21	1:40.48	1:20.97

### Absolutos

1.	Diana Margarida Duraes <i>Campeã Regional Absolutos</i>	96	SLB	4:50.57	<b>4:58.57</b>	710	1:08.68	1:16.22	1:27.13	1:06.54
2.	Leticia Maia Andre	02	SLB	5:44.00	<b>5:09.27</b>	638	1:07.07	1:21.95	1:29.58	1:10.67
3.	Matilde Nunes Lopes	06	SLB	5:08.33	<b>5:12.73</b>	617	1:09.51	1:22.48	1:31.25	1:09.49
4.	Maria Leonor Coelho	06	SLB	5:27.31	<b>5:15.47</b>	601	1:11.20	1:20.26	1:35.05	1:08.96
5.	Alice Jesus Morgado	04	SCP	5:14.54	<b>5:18.21</b>	586	1:09.75	1:21.73	1:31.92	1:14.81
6.	Maria Carolina Vargas	05	SLB	5:44.00	<b>5:25.23</b>	549	1:17.94	1:25.84	1:27.58	1:13.87
7.	Erica Cristina Reis	05	SCP	5:16.21	<b>5:26.32</b>	543	1:13.26	1:25.73	1:33.45	1:13.88
8.	Natacha Sofia Silva	02	SLB	5:33.47	<b>5:27.37</b>	538	1:13.69	1:28.01	1:31.23	1:14.44
9.	Rebeca Leonor Antunes	06	SAD	5:45.00	<b>5:27.79</b>	536	1:08.74	1:27.09	1:32.61	1:19.35
10.	Mariana Marques Mercedes	03	VKGS	5:35.03	<b>5:33.80</b>	508	1:15.46	1:27.35	1:41.22	1:09.77
11.	Margarida Santos Botelho	07	CNS	5:36.45	<b>5:35.29</b>	501	1:12.91	1:28.75	1:38.09	1:15.54
12.	Maria Jardim Fidalgo	04	CFB	5:24.51	<b>5:37.29</b>	492	1:08.74	1:32.74	1:40.01	1:15.80
13.	Elena Del Rio Bernat	07	SAD	5:32.08	<b>5:37.94</b>	489	1:17.60	1:29.87	1:34.24	1:16.23
14.	Sara Sofia Alves	07	CNS	5:24.69	<b>5:42.57</b>	470	1:16.92	1:28.08	1:40.35	1:17.22
15.	Leonor Roque Mendes <i>FTL (Fora Tempo Limite)</i>	06	ADRCIMM	5:44.30	<b>5:48.37</b>	446	1:16.44	1:30.10	1:40.44	1:21.39

DSQ Catarina Alexandra Alves 07 GESL 5:31.79  
*E-M53 - Braçada subaquática de recuperação para o toque na parede testa na chegada do percurso de mariposa*