

Prova 29  
12.03.2023 - 10:33

Femin., 400m Livres

Absolutos  
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: 5:22.26; Juv A: 5:12.87; Jun 2: 5:03.70; Jun 1: 5:06.74; Sen 18: 5:00.99; Sen 18+: 4:57.98

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
<b>Juvenis B</b>										
1.	Beatriz Silva Jordão <i>Campeã Regional Juvenil B</i>	09	VKGS	4:57.17	<b>4:55.48</b>	512	1:11.79	1:13.27	1:15.06	1:15.36
2.	Constanca Lopes Cruz	09	ADRCIMM	4:56.77	<b>4:56.97</b>	504	1:11.61	1:16.21	1:15.97	1:13.18
3.	Carolina Marques Madeira	09	CNN	4:58.18	<b>5:02.26</b>	478	1:11.38	1:17.29	1:17.77	1:15.82
4.	Sofia Monteiro Uva	09	SAD	5:02.66	<b>5:03.83</b>	471	1:11.36	1:18.44	1:18.42	1:15.61
5.	Sofia Carlos Arede	09	SCP	5:15.97	<b>5:04.14</b>	469	1:11.31	1:18.01	1:18.44	1:16.38
6.	Joana Melo Gaspar	09	CNN	5:11.36	<b>5:12.42</b>	433	1:15.94	1:20.43	1:19.52	1:16.53
7.	Beatriz Ribeiro Lima	09	GESL	5:14.93	<b>5:13.12</b>	430	1:13.67	1:20.33	1:21.05	1:18.07
8.	Alice Lucas Pedro	09	SAD	5:25.53	<b>5:15.19</b>	422	1:13.60	1:20.76	1:20.97	1:19.86

**Juvenis A**

1.	Ana Beatriz Pires <i>Campeã Regional Juvenil A</i>	08	SFUAP	4:54.47	<b>4:56.89</b>	505	1:10.85	1:15.02	1:17.02	1:14.00
2.	Teresa Oliveira Santos	08	SAD	5:08.35	<b>4:59.16</b>	493	1:12.38	1:17.70	1:15.93	1:13.15
3.	Clarisse Teixeira Teles <i>FTL (Fora Tempo Limite)</i>	08	CNS	5:17.03	<b>5:14.45</b>	425	1:13.78	1:19.67	1:21.23	1:19.77
4.	Marta Matos Laranjeira <i>FTL (Fora Tempo Limite)</i>	08	VKGS	5:01.88	<b>5:35.45</b>	350	1:07.32	1:35.21	1:27.82	1:25.10
DNS	Emilly Gabrieli Santos	08	CNATRIL	4:59.00						
DNS	Constanca Isabel Carvalho	08	SAD	4:59.87						

**Absolutos**

1.	Diana Margarida Duraes <i>Campeã Regional Absolutos</i>	96	SLB	4:13.17	<b>4:22.30</b>	732	1:04.51	1:05.92	1:06.09	1:05.78
2.	Francisca Salvador Mesquita	02	SCP	4:37.19	<b>4:31.52</b>	660	1:04.80	1:08.97	1:09.38	1:08.37
3.	Matilde Nunes Lopes	06	SLB	4:40.53	<b>4:35.97</b>	629	1:05.68	1:09.35	1:10.00	1:10.94
4.	Maria Teresa Fernandes	05	SAD	4:41.53	<b>4:45.49</b>	568	1:06.15	1:12.75	1:14.53	1:12.06
5.	Bruna Martins Riesenberger	97	CIRL	4:44.85	<b>4:46.23</b>	563	1:08.85	1:12.42	1:13.01	1:11.95
6.	Joana Rocha Ferreira	05	SLB	4:44.83	<b>4:46.30</b>	563	1:06.14	1:12.13	1:14.12	1:13.91
7.	Leonor Castanho Santos	07	SCP	4:47.65	<b>4:46.60</b>	561	1:08.24	1:12.49	1:13.84	1:12.03
8.	Maria Esteves Valente	06	SLB	4:46.02	<b>4:47.87</b>	554	1:08.25	1:12.57	1:13.74	1:13.31
9.	Catarina Andrade Franco	07	SLB	4:36.33	<b>4:49.58</b>	544	1:06.20	1:12.86	1:14.20	1:16.32
10.	Maria Lopes Amado	04	SCP	4:47.25	<b>4:52.90</b>	526	1:09.30	1:14.13	1:14.58	1:14.89
11.	Maria Jardim Fidalgo	04	CFB	4:44.52	<b>4:54.85</b>	515	1:08.23	1:14.02	1:16.97	1:15.63
12.	Rita Machita Santos	07	CNS	4:48.07	<b>4:55.65</b>	511	1:09.64	1:15.31	1:16.66	1:14.04
13.	Sara Sofia Alves	07	CNS	4:48.48	<b>4:55.90</b>	510	1:09.86	1:15.78	1:16.46	1:13.80
14.	Diana Valadas Horta <i>FTL (Fora Tempo Limite)</i>	04	SFUAP	4:51.05	<b>5:00.43</b>	487	1:12.00	1:16.61	1:16.59	1:15.23
15.	Maria Del Rio Bernat <i>FTL (Fora Tempo Limite)</i>	05	SAD	4:56.37	<b>5:02.00</b>	480	1:11.34	1:16.22	1:17.00	1:17.44
16.	Margarida Santos Botelho	07	CNS	5:02.36	<b>5:05.63</b>	463	1:11.08	1:17.91	1:19.19	1:17.45
17.	Marta Nascimento Ribeiro <i>FTL (Fora Tempo Limite)</i>	07	CNATRIL	5:07.45	<b>5:12.86</b>	431	1:09.16	1:20.21	1:21.97	1:21.52

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Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
DNS	Joana Filipa Varandas	02	CIRL	4:51.17						