

Prova 17	Femin., 400m Livres				Absolutos
26.01.2025					Resultados
Rec Regional Absoluto	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	2017
Rec Regional Sen	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	2017
Rec Regional Jun 18	4:17.18	Ema Jeronimo Conceicao	POR	Leiria	2020
Rec Regional Jun 17	4:13.87	Ana Reis Sousa	POR	Alges	2019
Rec Regional Jun 16	4:19.15	Ana Cl�udia Correia Santos	POR	Tomar	2005
Rec Regional Juv A	4:18.39	Ana Cl�udia Correia Santos	POR	Cantanhede	2004
Rec Regional Juv B	4:23.08	Susana Patricia Miguel	POR	Alhandra	2004
Rec Nacional Absoluto	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	2023

Pontos: FINA 2022

Pos.	Nadador / Athlete	Ano/Yr	Clube / Club	Final	Pts	100m	200m	300m	400m
<b>Juvenis</b>									
1.	Joana Alexandra Silva	10	CPCD	<b>5:01.81</b>	465	1:10.43	1:18.56	1:18.03	1:14.79
2.	Maria Ines Fryxell	10	AONDA	<b>5:03.62</b>	457	1:10.59	1:17.44	1:18.35	1:17.24
3.	Luisa Anjos Frischknecht	10	CNS	<b>5:07.24</b>	441	1:13.50	1:18.73	1:18.20	1:16.81
4.	Carolina Sofia Martins	10	CNS	<b>5:07.32</b>	440	1:12.37	1:18.70	1:17.91	1:18.34
5.	Luana Raquel Monteiro	10	PDEM	<b>5:08.35</b>	436	1:14.64	1:18.81	1:18.88	1:16.02
6.	Rafaela Marreiros Oliveira	11	PDEM	<b>5:09.95</b>	429	1:13.53	1:19.14	1:18.89	1:18.39
7.	Raquel Silva Delgado	11	PDEM	<b>5:12.55</b>	419	1:13.52	1:19.76	1:19.22	1:20.05
8.	Rita Canas Brito	10	CNS	<b>5:15.77</b>	406	1:16.14	1:21.77	1:20.56	1:17.30
9.	Maria Madalena Lucas	11	CNN	<b>5:16.15</b>	405	1:16.49	1:20.99	1:21.29	1:17.38
10.	Maria Barafusta Afonso	10	CNS	<b>5:21.23</b>	386	1:20.74	1:22.45	1:21.86	1:16.18
11.	Ana Filipa Serra	11	CPCD	<b>5:21.93</b>	383	1:14.50	1:22.43	1:23.03	1:21.97
12.	Mariana Chaves Simoes	10	CNN	<b>5:22.25</b>	382	1:18.43	1:23.17	1:21.87	1:18.78
13.	Alice Martins Paiva	11	PDEM	<b>5:24.77</b>	373	1:16.53	1:21.48	1:23.67	1:23.09
14.	Nuria Cristina Pires	10	CFB	<b>5:32.55</b>	348	1:17.49	1:24.61	1:25.91	1:24.54
15.	Isabella Caterina Mejias	10	CFB	<b>5:48.06</b>	303	1:19.12	1:28.82	1:30.58	1:29.54
16.	Konstansa Georgieva Ivanova	11	PDEM	<b>5:48.34</b>	302	1:20.45	1:28.60	1:30.18	1:29.11
17.	Vitoria Alves Penedo	11	PDEM	<b>5:49.70</b>	299	1:24.91	1:30.53	1:30.51	1:23.75
DNS	Cloe Sempere	11	DRCN						

<b>Juniores</b>									
1.	Leonor Carvalho Oliveira	07	CNS	<b>4:47.92</b>	536	1:04.34	1:11.39	1:14.89	1:17.30
2.	Beatriz Alexandra Rolim	08	PDEM	<b>4:52.38</b>	512	1:10.49	1:13.49	1:14.06	1:14.34
3.	Margarida Santos Botelho	07	CNS	<b>4:53.18</b>	507	1:09.02	1:14.93	1:15.89	1:13.34
4.	Beatriz Silva Jordao	09	CFB	<b>4:54.74</b>	499	1:08.98	1:14.17	1:15.53	1:16.06
5.	Margarida Faria Miranda	09	PDEM	<b>5:03.72</b>	456	1:12.36	1:16.99	1:17.20	1:17.17
6.	Ines Azevedo Baraona	07	PDEM	<b>5:12.39</b>	419	1:10.89	1:19.79	1:20.41	1:21.30
DNS	Mafalda Sousa Mira	07	CNN						

<b>Absolutos</b>									
1.	Leonor Carvalho Oliveira	07	CNS	<b>4:47.92</b>	536	1:04.34	1:11.39	1:14.89	1:17.30
2.	Beatriz Alexandra Rolim	08	PDEM	<b>4:52.38</b>	512	1:10.49	1:13.49	1:14.06	1:14.34
3.	Margarida Santos Botelho	07	CNS	<b>4:53.18</b>	507	1:09.02	1:14.93	1:15.89	1:13.34
4.	Beatriz Silva Jordao	09	CFB	<b>4:54.74</b>	499	1:08.98	1:14.17	1:15.53	1:16.06
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Resultados online: <http://anlisboa.pt/live>

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DNS	Cloe Sempere	11	DRCN						
DNS	Mafalda Sousa Mira	07	CNN						