

Prova 29 Femin., 400m Livres Absolutos  
27.2.16 - 17:57 Resultados

Rec Regional Juv B	4:29.25	Susana Patricia Miguel	SFUAP	Oeiras	2004
Rec Regional Juv A	4:24.77	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Jun 1	4:20.37	Marta Andreia Ferreira	SCP	Berlin (GER)	2002
Rec Regional Jun 2	4:23.33	Marta Andreia Lopes Ferreira	SCP	Jamor	2003
Rec Regional Sen	4:24.55	Francisca Gomes Azevedo	SAD	Oeiras	2015
Rec Regional Absoluto	4:20.37	Marta Andreia Lopes Ferreira	SCP		2002
Rec Nacional Absoluto	4:17.92	Tamila Hryhorivna Holub	FPN	Antwerpen (BEL)	2016

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 2015

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
<b>Juvenis B</b>										
1.	Mariana Amaral Mendes <i>Campeã Regional Juvenil B</i>	02	ADRCIMM	4:43.38	<b>4:44.84</b>	586	1:08.37	1:12.87	1:13.28	1:10.32
2.	Leonor Camacho Fernandes	02	SCP	4:47.62	<b>4:51.64</b>	546	1:08.74	1:14.77	1:14.82	1:13.31
3.	Clara Gomes Pereira	02	SAD	4:45.58	<b>4:57.50</b>	514	1:10.91	1:15.92	1:16.46	1:14.21
4.	Alexandra Couto Frazao	02	INDANL	4:34.74	<b>4:59.65</b>	503	1:11.61	1:16.03	1:16.44	1:15.57
5.	Joana Filipa Varandas	02	EMDS	4:58.54	<b>5:01.70</b>	493	1:12.50	1:16.97	1:17.36	1:14.87
6.	Catarina Trigo Ferreira	02	CNA	4:59.61	<b>5:02.74</b>	488	1:11.31	1:17.32	1:17.99	1:16.12
7.	Carolina Ganhao Ferro	02	GESL	5:06.94	<b>5:05.87</b>	473	1:12.16	1:18.07	1:18.78	1:16.86
8.	Catarina Pinho Estevez	02	CNS	5:10.61	<b>5:12.56</b>	443	1:13.08	1:20.28	1:21.83	1:17.37
9.	Maria Leonor Pedro <i>FTL (Fora Tempo Limite)</i>	02	CNN	5:21.55	<b>5:26.63</b>	388	1:13.99	1:22.69	1:25.83	1:24.12
10.	Patricia Alexandra Boto <i>FTL (Fora Tempo Limite)</i>	02	ANSE	5:26.60	<b>5:29.68</b>	377	1:15.79	1:24.72	1:25.55	1:23.62
11.	Iolanda Sofia Clérigo <i>FTL (Fora Tempo Limite)</i>	02	CNS	5:14.47	<b>5:33.51</b>	365	1:17.86	1:26.55	1:26.76	1:22.34

**Juvenis A**

1.	Filipa Serrano Rodrigues <i>Campeã Regional Juvenil A</i>	01	SFUAP	4:35.06	<b>4:36.16</b>	643	1:06.34	1:10.11	1:10.20	1:09.51
2.	Luisa Maria Machado	01	SFUAP	4:36.60	<b>4:36.46</b>	640	1:05.91	1:10.89	1:10.63	1:09.03
3.	Carolina Rosa Marcelino	01	SAD	4:40.30	<b>4:41.27</b>	608	1:07.60	1:11.92	1:12.11	1:09.64
4.	Tatiana Raquel Pombo	01	ANSE	4:43.04	<b>4:45.14</b>	584	1:08.30	1:13.03	1:13.46	1:10.35
5.	Rita Alexandra Vital	01	SAD	4:51.01	<b>4:52.35</b>	542	1:08.51	1:14.92	1:14.89	1:14.03
6.	Mariana Sobral Galacha	01	SCP	4:52.21	<b>4:59.05</b>	506	1:09.35	1:15.84	1:16.87	1:16.99
7.	Luana Correia Rodrigues	01	INDANL	4:59.51	<b>4:59.12</b>	506	1:10.92	1:16.75	1:16.90	1:14.55
8.	Beatriz Seixas Goncalves	01	ADRCIMM	4:58.21	<b>5:02.80</b>	487	1:12.67	1:16.76	1:17.38	1:15.99
9.	Concha Barreto Marreiros	01	SCP	5:17.54	<b>5:03.90</b>	482	1:11.74	1:18.25	1:18.12	1:15.79
10.	Vera Serrano Santos	01	SAD	5:02.53	<b>5:07.74</b>	464	1:12.54	1:18.06	1:19.29	1:17.85
11.	Celeste Santos Ricardo	01	ANAM	4:57.49	<b>5:07.93</b>	463	1:13.42	1:19.10	1:18.13	1:17.28
12.	Ana Margarida Branco	01	SAD	4:54.54	<b>5:08.71</b>	460	1:10.20	1:19.79	1:20.38	1:18.34
13.	Mafalda Sofia Dias	01	CNS	5:05.94	<b>5:11.00</b>	450	1:14.88	1:20.15	1:20.71	1:15.26
14.	Joana Sales Amaral	01	MSMA	5:17.54	<b>5:13.53</b>	439	1:13.84	1:20.22	1:20.73	1:18.74
DNS	Barbara Francisco Ferreira	01	GESL	4:58.96						

**Juniores**

1.	Ines Figueira Santos <i>Campeã Regional Junior</i>	00	SFUAP	4:36.38	<b>4:39.59</b>	619	1:06.77	1:11.31	1:11.59	1:09.92
2.	Eva Guerreiro Carvalho	99	SFUAP	4:36.66	<b>4:41.28</b>	608	1:07.91	1:11.76	1:11.66	1:09.95
3.	Mariana Silva Ramos	00	SCP	4:41.25	<b>4:45.91</b>	579	1:08.48	1:13.03	1:13.25	1:11.15
4.	Ana Pires Brito	99	ADRCIMM	4:45.40	<b>4:46.16</b>	578	1:08.42	1:12.68	1:13.29	1:11.77
5.	Ana Oliveira Silva	99	CFB	4:50.24	<b>4:52.79</b>	539	1:08.47	1:14.74	1:15.57	1:14.01
6.	Maria Ana Monge	99	SCP	4:45.86	<b>4:53.71</b>	534	1:09.87	1:14.26	1:14.92	1:14.66
7.	Sofia Alexandra Nunes	00	CIRL	4:46.48	<b>4:58.29</b>	510	1:11.35	1:16.60	1:17.11	1:13.23
8.	Ana Carolina Mira	00	CNS	4:56.71	<b>4:59.64</b>	503	1:10.55	1:16.42	1:18.82	1:13.85
9.	Mariana Rodrigues Santos	00	GESL	5:07.11	<b>5:02.70</b>	488	1:13.14	1:18.71	1:16.85	1:14.00
10.	Rita Filipa Paulino	00	CNS	4:58.94	<b>5:06.74</b>	469	1:11.95	1:18.62	1:19.23	1:16.94

Resultados online em: [www.anlisboa.pt](http://www.anlisboa.pt) ou [goo.gl/4cMkha](http://goo.gl/4cMkha)

### Prova 29, Femin., 400m Livres, Juniores

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
11.	Joana Silva Ulpiano	00	CIRL	5:06.27	<b>5:06.88</b>	468	1:12.14	1:17.48	1:19.03	1:18.23
12.	Gabriela Silva Godinho <i>FTL (Fora Tempo Limite)</i>	00	CIRL	5:05.18	<b>5:12.81</b>	442	1:13.37	1:19.33	1:21.54	1:18.57

### Seniores

1.	Ana Luisa Santo <i>Campeã Regional Sénior</i>	95	SLB	4:40.62	<b>4:46.79</b>	574	1:07.26	1:12.49	1:13.46	1:13.58
2.	Sofia Prates Silvestre	95	ANAM	4:50.49	<b>4:47.79</b>	568	1:08.08	1:12.75	1:14.40	1:12.56
3.	Bruna Martins Riesenberger	97	CIRL	5:04.15	<b>4:48.40</b>	564	1:09.74	1:13.20	1:14.47	1:10.99
4.	Carolina Madeira Santos	96	ANAM	4:40.27	<b>4:53.40</b>	536	1:07.95	1:14.93	1:16.11	1:14.41
5.	Marina Micaela Sequeira	98	SFUAP	4:44.09	<b>5:01.18</b>	495	1:10.00	1:16.76	1:18.33	1:16.09
6.	Ana Sofia Filipe	95	CNN	4:57.90	<b>5:02.93</b>	487	1:12.23	1:17.45	1:18.06	1:15.19

### Absolutos

1.	Filipa Serrano Rodrigues	01	SFUAP	4:35.06	<b>4:36.16</b>	643	1:06.34	1:10.11	1:10.20	1:09.51
2.	Luisa Maria Machado	01	SFUAP	4:36.60	<b>4:36.46</b>	640	1:05.91	1:10.89	1:10.63	1:09.03
3.	Ines Figueira Santos	00	SFUAP	4:36.38	<b>4:39.59</b>	619	1:06.77	1:11.31	1:11.59	1:09.92
4.	Carolina Rosa Marcelino	01	SAD	4:40.30	<b>4:41.27</b>	608	1:07.60	1:11.92	1:12.11	1:09.64
5.	Eva Guerreiro Carvalho	99	SFUAP	4:36.66	<b>4:41.28</b>	608	1:07.91	1:11.76	1:11.66	1:09.95
6.	Mariana Amaral Mendes	02	ADRCIMM	4:43.38	<b>4:44.84</b>	586	1:08.37	1:12.87	1:13.28	1:10.32
7.	Tatiana Raquel Pombo	01	ANSE	4:43.04	<b>4:45.14</b>	584	1:08.30	1:13.03	1:13.46	1:10.35
8.	Mariana Silva Ramos	00	SCP	4:41.25	<b>4:45.91</b>	579	1:08.48	1:13.03	1:13.25	1:11.15
9.	Ana Pires Brito	99	ADRCIMM	4:45.40	<b>4:46.16</b>	578	1:08.42	1:12.68	1:13.29	1:11.77
10.	Ana Luisa Santo	95	SLB	4:40.62	<b>4:46.79</b>	574	1:07.26	1:12.49	1:13.46	1:13.58
11.	Sofia Prates Silvestre	95	ANAM	4:50.49	<b>4:47.79</b>	568	1:08.08	1:12.75	1:14.40	1:12.56
12.	Bruna Martins Riesenberger	97	CIRL	5:04.15	<b>4:48.40</b>	564	1:09.74	1:13.20	1:14.47	1:10.99
13.	Leonor Camacho Fernandes	02	SCP	4:47.62	<b>4:51.64</b>	546	1:08.74	1:14.77	1:14.82	1:13.31
14.	Rita Alexandra Vital	01	SAD	4:51.01	<b>4:52.35</b>	542	1:08.51	1:14.92	1:14.89	1:14.03
15.	Ana Oliveira Silva	99	CFB	4:50.24	<b>4:52.79</b>	539	1:08.47	1:14.74	1:15.57	1:14.01
16.	Carolina Madeira Santos	96	ANAM	4:40.27	<b>4:53.40</b>	536	1:07.95	1:14.93	1:16.11	1:14.41
17.	Maria Ana Monge	99	SCP	4:45.86	<b>4:53.71</b>	534	1:09.87	1:14.26	1:14.92	1:14.66
18.	Clara Gomes Pereira	02	SAD	4:45.58	<b>4:57.50</b>	514	1:10.91	1:15.92	1:16.46	1:14.21
19.	Sofia Alexandra Nunes	00	CIRL	4:46.48	<b>4:58.29</b>	510	1:11.35	1:16.60	1:17.11	1:13.23
20.	Mariana Sobral Galacha	01	SCP	4:52.21	<b>4:59.05</b>	506	1:09.35	1:15.84	1:16.87	1:16.99
21.	Luana Correia Rodrigues	01	INDANL	4:59.51	<b>4:59.12</b>	506	1:10.92	1:16.75	1:16.90	1:14.55
22.	Ana Carolina Mira	00	CNS	4:56.71	<b>4:59.64</b>	503	1:10.55	1:16.42	1:18.82	1:13.85
23.	Alexandra Couto Frazao	02	INDANL	4:34.74	<b>4:59.65</b>	503	1:11.61	1:16.03	1:16.44	1:15.57
24.	Marina Micaela Sequeira	98	SFUAP	4:44.09	<b>5:01.18</b>	495	1:10.00	1:16.76	1:18.33	1:16.09
25.	Joana Filipa Varandas	02	EMDS	4:58.54	<b>5:01.70</b>	493	1:12.50	1:16.97	1:17.36	1:14.87
26.	Mariana Rodrigues Santos	00	GESL	5:07.11	<b>5:02.70</b>	488	1:13.14	1:18.71	1:16.85	1:14.00
27.	Catarina Trigo Ferreira	02	CNA	4:59.61	<b>5:02.74</b>	488	1:11.31	1:17.32	1:17.99	1:16.12
28.	Beatriz Seixas Goncalves	01	ADRCIMM	4:58.21	<b>5:02.80</b>	487	1:12.67	1:16.76	1:17.38	1:15.99
29.	Ana Sofia Filipe	95	CNN	4:57.90	<b>5:02.93</b>	487	1:12.23	1:17.45	1:18.06	1:15.19
30.	Concha Barreto Marreiros	01	SCP	5:17.54	<b>5:03.90</b>	482	1:11.74	1:18.25	1:18.12	1:15.79
31.	Carolina Ganhao Ferro	02	GESL	5:06.94	<b>5:05.87</b>	473	1:12.16	1:18.07	1:18.78	1:16.86
32.	Rita Filipa Paulino	00	CNS	4:58.94	<b>5:06.74</b>	469	1:11.95	1:18.62	1:19.23	1:16.94
33.	Joana Silva Ulpiano	00	CIRL	5:06.27	<b>5:06.88</b>	468	1:12.14	1:17.48	1:19.03	1:18.23
34.	Vera Serrano Santos	01	SAD	5:02.53	<b>5:07.74</b>	464	1:12.54	1:18.06	1:19.29	1:17.85
35.	Celeste Santos Ricardo	01	ANAM	4:57.49	<b>5:07.93</b>	463	1:13.42	1:19.10	1:18.13	1:17.28
36.	Ana Margarida Branco	01	SAD	4:54.54	<b>5:08.71</b>	460	1:10.20	1:19.79	1:20.38	1:18.34
37.	Mafalda Sofia Dias	01	CNS	5:05.94	<b>5:11.00</b>	450	1:14.88	1:20.15	1:20.71	1:15.26
38.	Catarina Pinho Estevez	02	CNS	5:10.61	<b>5:12.56</b>	443	1:13.08	1:20.28	1:21.83	1:17.37
39.	Gabriela Silva Godinho <i>FTL (Fora Tempo Limite)</i>	00	CIRL	5:05.18	<b>5:12.81</b>	442	1:13.37	1:19.33	1:21.54	1:18.57
40.	Joana Sales Amaral	01	MSMA	5:17.54	<b>5:13.53</b>	439	1:13.84	1:20.22	1:20.73	1:18.74
41.	Maria Leonor Pedro <i>FTL (Fora Tempo Limite)</i>	02	CNN	5:21.55	<b>5:26.63</b>	388	1:13.99	1:22.69	1:25.83	1:24.12
42.	Patricia Alexandra Boto <i>FTL (Fora Tempo Limite)</i>	02	ANSE	5:26.60	<b>5:29.68</b>	377	1:15.79	1:24.72	1:25.55	1:23.62

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Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
43.	Iolanda Sofia Clérigo <i>FTL (Fora Tempo Limite)</i>	02	CNS	5:14.47	<b>5:33.51</b>	365	1:17.86	1:26.55	1:26.76	1:22.34
DNS	Barbara Francisco Ferreira	01	GESL	4:58.96						

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