

**Prova 7**  
**16.06.2019 - 16:00**
**Femin., 400m Livres**
**Absolutos**  
**Resultados**

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
Rec Regional Inf A	4:34.74	Alexandra Couto Frazao	CNA	Oeiras	2015
Rec Regional Inf B	4:45.72	Beatriz Rodrigues Conde	SCP	Porto	2010
Rec Regional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Nacional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018

Pontos: FINA 2018

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

1.	Elena Del Bernat	07	SAD	5:17.94	<b>5:22.60</b>	393	1:16.17	1:23.36	1:23.28	1:19.79
2.	Leticia Rodrigues Magalhaes	07	PDEM	5:30.39	<b>5:23.63</b>	390	1:16.30	1:23.34	1:23.29	1:20.70
3.	Maria Teresa Garcell	07	AEFDTV	5:20.07	<b>5:28.23</b>	373	1:18.43	1:26.87	1:22.46	1:20.47
4.	Catarina Ferreira Rodrigues	07	CNA	5:34.70	<b>5:31.02</b>	364	1:22.04	1:24.78	1:23.90	1:20.30
5.	Maria Leonor Rodrigues	07	AHBE	5:35.62	<b>5:44.11</b>	324	1:22.33	1:26.90	1:28.92	1:25.96
6.	Ines Azevedo Baraona	07	CNMJ	5:41.53	<b>5:46.64</b>	317	1:20.30	1:29.77	1:30.56	1:26.01
7.	Filipa Neves DAvo	07	ANAM	6:09.80	<b>5:59.90</b>	283	1:25.31	1:32.87	1:33.31	1:28.41
8.	Leonor Carvalho Oliveira	07	DRCN	6:13.10	<b>6:08.98</b>	263	1:26.70	1:34.36	1:36.11	1:31.81

**Infantis A**

1.	Matilde Nunes Lopes	06	SLB	5:50.00	<b>5:00.84</b>	485	1:12.71	1:17.71	1:17.63	1:12.79
2.	Carolina Martins Camacho	06	SFUAP	5:25.39	<b>5:05.06</b>	465	1:12.40	1:17.94	1:18.17	1:16.55
3.	Marta Bailarote Santos	06	CNS	5:15.30	<b>5:13.37</b>	429	1:15.88	1:21.75	1:20.34	1:15.40
4.	Ines Gaspar Silva	06	GESL	5:22.37	<b>5:13.84</b>	427	1:13.46	1:19.31	1:21.66	1:19.41
5.	Rita Borges Silva	06	CNA	5:41.83	<b>5:14.67</b>	424	1:16.31	1:19.78	1:19.65	1:18.93
6.	Mafalda Mourao Lopes	06	ADST	5:29.34	<b>5:22.85</b>	392	1:16.12	1:24.08	1:23.65	1:19.00
7.	Clara Sofia Herminio	06	CDCP	5:29.89	<b>5:32.33</b>	360	1:19.98	1:25.20	1:25.46	1:21.69
8.	Luana Cardoso Magalhaes	06	AHBE	5:20.91	<b>5:34.80</b>	352	1:16.20	1:24.89	1:27.18	1:26.53
9.	Joana Rita Semedo	06	ADST	5:50.00	<b>5:39.99</b>	336	1:18.83	1:27.65	1:28.68	1:24.83
10.	Leonor Roque Mendes	06	ADRCIMM	5:46.49	<b>5:41.66</b>	331	1:22.03	1:26.97	1:28.54	1:24.12
11.	Margarida Pires Oliveira	06	ADRCIMM	5:50.00	<b>6:22.81</b>	235	1:30.38	1:38.77	1:38.39	1:35.27

**Juvenis B**

1.	Iris Pereira Carrao	05	CIRL	5:02.83	<b>4:58.26</b>	498	1:08.88	1:15.58	1:17.01	1:16.79
2.	Carmo Dias Vieira	05	EULX	5:03.07	<b>5:02.71</b>	476	1:12.05	1:18.00	1:17.53	1:15.13
3.	Maria Del Rio Bernat	05	SAD	5:03.08	<b>5:05.15</b>	465	1:12.42	1:18.23	1:18.22	1:16.28
4.	Soraia Maria Salgado	05	AEFDTV	5:05.85	<b>5:07.65</b>	454	1:09.78	1:19.68	1:20.50	1:17.69
5.	Luciana Rodrigues Moura	05	AONDA	5:05.21	<b>5:12.56</b>	432	1:13.32	1:19.32	1:20.75	1:19.17
6.	Margarida Domingues Nunes	05	EULX	4:57.53	<b>5:12.90</b>	431	1:16.71	1:18.83	1:18.91	1:18.45
7.	Carolina Alexandra Silva	05	DRCN	5:35.35	<b>5:26.15</b>	381	1:15.83	1:23.82	1:25.12	1:21.38
8.	Maria Sousa Caxaria	05	CNMJ	5:43.16	<b>5:38.49</b>	340	1:18.31	1:27.13	1:29.50	1:23.55

**Juvenis A**

1.	Anais Cloe Pereira	04	SCP	4:52.71	<b>4:48.85</b>	548	1:09.23	1:13.83	1:14.66	1:11.13
2.	Daniela Alexandra Pedro	04	SCP	4:54.06	<b>4:49.49</b>	544	1:09.56	1:13.89	1:14.13	1:11.91
3.	Maria Martins Camacho	04	SFUAP	4:57.91	<b>5:01.20</b>	483	1:11.28	1:17.14	1:17.77	1:15.01
4.	Maria Jardim Fidalgo	04	CNCVG	5:00.53	<b>5:01.26</b>	483	1:10.74	1:17.33	1:17.68	1:15.51
5.	Margarida Carvalho Barao	04	CNCVG	4:59.88	<b>5:01.88</b>	480	1:09.67	1:16.14	1:18.41	1:17.66
6.	Raquel Raposo Lopes	04	CDCP	4:55.10	<b>5:01.89</b>	480	1:11.36	1:16.52	1:18.10	1:15.91
7.	Mariana Fragoso Guterres	04	SLB	4:57.43	<b>5:08.00</b>	452	1:12.90	1:17.75	1:19.28	1:18.07
8.	Carolina Anjos Frischknecht	04	CNS	5:18.30	<b>5:22.65</b>	393	1:18.70	1:22.87	1:22.16	1:18.92
DSQ	Diana Valadas Horta	04	CIRL	5:19.54						
<i>G1 - Efectuou falsa partida (SW 4.4)</i>										
DNS	Maria Leonor Marques	04	CDOM	5:43.75						

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**Absolutos**

1.	Anais Cloe Pereira	04	SCP	4:52.71	<b>4:48.85</b>	548	1:09.23	1:13.83	1:14.66	1:11.13
2.	Daniela Alexandra Pedro	04	SCP	4:54.06	<b>4:49.49</b>	544	1:09.56	1:13.89	1:14.13	1:11.91
3.	Iris Pereira Carrao	05	CIRL	5:02.83	<b>4:58.26</b>	498	1:08.88	1:15.58	1:17.01	1:16.79
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11.	Maria Del Rio Bernat	05	SAD	5:03.08	<b>5:05.15</b>	465	1:12.42	1:18.23	1:18.22	1:16.28
12.	Soraia Maria Salgado	05	AEFDTV	5:05.85	<b>5:07.65</b>	454	1:09.78	1:19.68	1:20.50	1:17.69
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14.	Luciana Rodrigues Moura	05	AONDA	5:05.21	<b>5:12.56</b>	432	1:13.32	1:19.32	1:20.75	1:19.17
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34.	Leonor Carvalho Oliveira	07	DRCN	6:13.10	<b>6:08.98</b>	263	1:26.70	1:34.36	1:36.11	1:31.81
35.	Margarida Pires Oliveira	06	ADRCIMM	5:50.00	<b>6:22.81</b>	235	1:30.38	1:38.77	1:38.39	1:35.27
DSQ	Diana Valadas Horta	04	CIRL	5:19.54						

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DNS Maria Leonor Marques 04 CDOM 5:43.75