

Prova 57  
11.07.2021 - 17:30

Femin., 400m Livres

Juvenis  
Resultados

Rec Regional Juv A	4:24.77	Ana Cláudia Correia Santos	POR	Jamor	2005
Rec Regional Juv B	4:29.25	Susana Patricia Miguel	POR	Oeiras	2004
Rec Regional Absoluto	4:09.49	Diana Margarida Duraes	POR	Tarragona (ESP)	2018
Rec Nacional Absoluto	4:09.49	Diana Margarida Duraes	POR	Tarragona (ESP)	2018

Pontos: FINA 2021

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
<b>Juvenis B</b>										
1.	Sara Sofia Alves	07	CNS	5:06.71	<b>4:57.21</b>	503	1:11.19	1:15.68	1:15.43	1:14.91
2.	Marta Nascimento Ribeiro	07	CNATRIL	5:20.19	<b>5:07.44</b>	454	1:11.73	1:18.16	1:19.46	1:18.09
3.	Catarina Ferreira Rodrigues	07	GESL	5:10.74	<b>5:09.49</b>	445	1:14.16	1:19.09	1:19.61	1:16.63
4.	Margarida Santos Botelho	07	CNS	5:26.56	<b>5:18.30</b>	409	1:13.69	1:21.71	1:23.37	1:19.53
5.	Luisa Ponte Jorge	07	SFUAP	5:12.06	<b>5:20.28</b>	402	1:05.83	1:32.67	1:22.22	1:19.56
6.	Ines Azevedo Baraona	07	CNMJ	5:28.95	<b>5:37.43</b>	344	1:17.64	1:26.56	1:27.71	1:25.52

**Juvenis A**

1.	Matilde Nunes Lopes	06	SLB	4:47.45	<b>4:48.29</b>	551	1:10.95	1:15.07	1:13.33	1:08.94
2.	Ines Correia Teixeira	06	CNA	4:46.88	<b>4:53.47</b>	523	1:11.24	1:15.24	1:13.45	1:13.54
3.	Maria Beatriz Costa	06	SCP	5:06.71	<b>5:00.75</b>	486	1:10.97	1:17.40	1:17.75	1:14.63
4.	Carolina Parreira	06	SCP	4:52.76	<b>5:05.47</b>	463	1:11.87	1:16.98	1:18.86	1:17.76
5.	Madalena Correa Sa	06	GESL	4:54.83	<b>5:05.48</b>	463	1:13.37	1:17.86	1:19.09	1:15.16
6.	Iris Castro Campos	06	CNA	5:11.31	<b>5:05.58</b>	463	1:13.05	1:17.64	1:17.82	1:17.07
7.	Maria Pinto Monteiro	06	SFUAP	5:09.27	<b>5:07.65</b>	454	1:03.82	1:27.39	1:19.24	1:17.20
8.	Erica Candeias Mendes	06	GESL	4:58.01	<b>5:08.87</b>	448	1:14.34	1:18.90	1:18.43	1:17.20
9.	Rita Borges Silva	06	GESL	5:10.74	<b>5:09.21</b>	447	1:12.19	1:18.39	1:20.06	1:18.57
10.	Marta Silva Santos	06	CNS	5:14.50	<b>5:10.83</b>	440	1:15.14	1:17.52	1:19.61	1:18.56
11.	Catarina Coutinho Lima	06	SLB	5:06.03	<b>5:16.47</b>	417	1:14.12	1:20.63	1:21.61	1:20.11
12.	Rita João Serra	06	VKGS	5:02.58	<b>5:23.76</b>	389	1:15.30	1:21.28	1:25.06	1:22.12

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