

Prova 20  
18.11.2023 - 15:30

Femin., 400m Livres

Absolutos  
Startlist

Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:13.87	Ana Reis Sousa	SAD	Alges	2019
Rec Regional Jun 1	4:19.15	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Abs Open	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	2017
Rec Nacional Abs Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Sen	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	4:13.53	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004

TAC Juv B: 5:15.94; Juv A: 5:06.74; Jun 1: 5:00.72; Jun 2: 4:57.75; Sen 1: 4:55.09; Sen +: 4:52.14

Pista	Nadador	Categ.	Clube	Obs.	Tempo	Inscr.		
<b>Série 1 de 7, 15:30</b>								
2	Nuria Cristina Pires	Juv B	VKGS	WDR	5:38.89			
3	Raquel Sofia Bras	Juv A	CFB		5:26.00			
4	Ines Ferreira Franco	Jun	VKGS		5:25.48			
5	Matilde Castro Teixeira	Juv A	SCP		5:25.52			
6	Maria Ines Fryxell	Juv B	AONDA		5:26.00			
<b>Série 2 de 7, 15:36</b>								
1	Maria Duarte Carvalho	Juv B	SLB		5:24.95			
2	Joana Alexandra Silva	Juv B	CPCD		5:15.42			
3	Victoria Sales Proenca	Juv B	SLB		5:13.62			
4	Maria Carlotta Ferrari	Jun	SLB		5:10.00			
5	Jessica Bernardino Lopes	Juv B	AEFDTV		5:11.70			
6	Clara Sofia Herminio	Sen	SFUAP		5:15.18			
7	Beatriz Paiva Branco	Juv B	CIRL		5:18.79			
8	Luana Raquel Monteiro	Juv B	PDEM		5:25.44			
<b>Série 3 de 7, 15:43</b>								
1	Clarisse Teixeira Teles	Jun	CNS		5:08.16			
2	Ana Nabais Mendes	Juv B	CIRL		5:06.57			
3	Beatriz Ribeiro Lima	Juv A	GESL		4:57.19			
4	Leonor Carvalho Oliveira	Jun	CNS		4:55.99			
5	Sofia Monteiro Uva	Juv A	SAD		4:56.15			
6	Alice Lucas Pedro	Juv A	SAD		5:03.64			
7	Beatriz Ferreira Batista	Juv A	CPCD		5:08.15			
8	Joana Pontes Prior	Jun	CIRL		5:09.91			
<b>Série 4 de 7, 15:49</b>								
1	Constanca Isabel Carvalho	Jun	SAD		4:53.99			
2	Susana Pereira Veiga	Sen	CNCVG		4:52.97			
3	Leticia Rodrigues Magalhaes	Jun	CNS		4:51.91			
4	Constanca Lopes Cruz	Juv A	ADRCIMM		4:50.92			
5	Ines Maria Lanca	Juv A	SFUAP		4:51.80			
6	Joana Melo Gaspar	Juv A	CNN		4:52.92			
7	Teresa Oliveira Santos	Jun	SAD		4:53.17			
8	Marta Matos Laranjeira	Jun	VKGS		4:55.84			

Prova 20, Femin., 400m Livres

Série 5 de 7, 15:54

1	Elena Del Rio Bernat	Jun	SAD	4:49.24	_:._:._:	_:._:._:
2	Carolina Marques Madeira	Juv A	CNN	4:47.46	_:._:._:	_:._:._:
3	Rita Barros Frischknecht	Sen	SCP	4:46.00	_:._:._:	_:._:._:
4	Luana Correia Rodrigues	Sen	CFB	4:46.00	_:._:._:	_:._:._:
5	Madalena Correa Sa	Sen	SLB	4:46.00	_:._:._:	_:._:._:
6	Beatriz Silva Jordao	Juv A	VKGS	4:46.40	_:._:._:	_:._:._:
7	Margarida Santos Botelho	Jun	CNS	4:48.85	_:._:._:	_:._:._:
8	Rita Machita Santos	Jun	CNS	4:49.73	_:._:._:	_:._:._:

Série 6 de 7, 16:00

1	Ana Rita Matos	Sen	CFB	4:44.87	_:._:._:	_:._:._:
2	Joana Filipa Varandas	Sen	CIRL	4:41.58	_:._:._:	_:._:._:
3	Joana Rocha Ferreira	Sen	SLB	4:39.13	_:._:._:	_:._:._:
4	Leonor Carreiro Rodrigues	Jun	SLB	4:34.48	_:._:._:	_:._:._:
5	Maria Jardim Fidalgo	Sen	CFB	4:38.95	_:._:._:	_:._:._:
6	Bruna Martins Riesenberger	Sen	CIRL	4:39.24	_:._:._:	_:._:._:
7	Emilly Gabrieli Santos	Jun	CNATRIL	4:44.07	_:._:._:	_:._:._:
8	Maria Carolina Vargas	Sen	SLB	4:45.17	_:._:._:	_:._:._:

Série 7 de 7, 16:06

1	Catarina Andrade Franco	Jun	SLB	4:31.14	_:._:._:	_:._:._:
2	Mafalda Marques Pinto	Sen	SCP	4:28.17	_:._:._:	_:._:._:
3	Beatriz Silva Louro	Jun	LDC	EXH	4:27.16	_:._:._:
4	Marta Joao Pires	Sen	SAD	4:20.33	_:._:._:	_:._:._:
5	Mariana Marques Mercedes	Sen	VKGS	4:24.15	_:._:._:	_:._:._:
6	Maria Ornelas Armas	Sen	VKGS	4:27.57	_:._:._:	_:._:._:
7	Matilde Nunes Lopes	Sen	SLB	4:30.45	_:._:._:	_:._:._:
8	Alice Jesus Morgado	Sen	SCP	4:34.31	_:._:._:	_:._:._: