

Prova 14
16.03.2024 - 16:01

Femin., 400m Estilos

Absolutos
Resultados

Rec Nacional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Sen	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	4:55.04	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2019
Rec Regional Jun 1	4:58.87	Susana Patricia Miguel	SFUAP	Palma de Mallorca (ESP)	2006
Rec Regional Juv A	5:01.32	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2017
Rec Regional Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	2004

TAC - Fem Juv B: 6:05.67; Juv A: 5:55.02; Jun 2: 5:44.62; Jun 1: 5:48.06; Sen 18: 5:41.54; Sen 18+: 5:38.13

Pontos: FINA 2024

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Juvenis B										
1.	Alicia Del Rio Bernat <i>Campeão Regional Juvenis B</i>	10	SAD	5:35.26	5:37.78	487	1:15.06	1:29.09	1:35.57	1:18.06
2.	Ana Nabais Mendes	10	CIRL	6:05.67	5:47.30	448	1:16.88	1:32.55	1:39.62	1:18.25
3.	Luisa Anjos Frischknecht	10	CNS	6:07.14	5:53.63	424	1:16.48	1:33.51	1:39.68	1:23.96
4.	Luana Raquel Monteiro	10	PDEM	5:56.77	6:01.32	398	1:21.39	1:31.61	1:43.86	1:24.46
DSQ	Carolina Escrevente Guerra <i>E-B35 - No percurso de bruços, efect. múltiplas pernadas de golfinho após a viragem aos 250 metros (SW 7.1)</i>	10	SAD	5:44.45						

Juvenis A

1.	Rita Antunes Ratinho <i>Campeão Regional Juvenis A, FTL (Fora Tempo Limite)</i>	09	CNS	5:52.01	6:03.70	390	1:21.46	1:37.46	1:40.57	1:24.21
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Juniores

1.	Catarina Alexandra Alves <i>Campeão Regional Juniores</i>	07	GESL	5:29.07	5:22.84	558	1:10.81	1:23.65	1:34.58	1:13.80
2.	Constanca Santos Ferreira	08	SAD	5:12.47	5:23.12	557	1:10.21	1:21.59	1:33.61	1:17.71
3.	Leonor Peso Parente	07	PDEM	5:44.62	5:25.86	543	1:12.23	1:24.18	1:34.07	1:15.38
4.	Leonor Carreiro Rodrigues	07	SLB	5:23.29	5:26.16	541	1:14.01	1:24.35	1:31.76	1:16.04
5.	Laura Maria Cruz	07	ADRCIMM	5:20.63	5:31.78	514	1:17.33	1:20.70	1:35.51	1:18.24
6.	Margarida Santos Botelho	07	CNS	5:30.28	5:39.86	478	1:12.31	1:28.79	1:40.24	1:18.52
DSQ	Rita Machita Santos <i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 100 metros. (SW 10.2)</i>	07	CNS	5:15.00						

Seniores

1.	Diana Margarida Duraes <i>Campeão Regional Seniores</i>	96	SLB	4:49.52	4:53.51	743	1:06.89	1:14.63	1:25.80	1:06.19
2.	Marta Joao Pires	05	SAD	5:05.33	5:09.83	631	1:07.88	1:22.04	1:30.60	1:09.31
3.	Matilde Nunes Lopes	06	SLB	5:04.66	5:11.23	623	1:09.73	1:21.29	1:30.08	1:10.13
4.	Carolina Pereira Viana	04	SCP	5:38.13	5:17.73	585	1:10.28	1:27.38	1:30.92	1:09.15
5.	Madalena Correa Sa	06	SLB	5:23.46	5:19.61	575	1:11.95	1:28.89	1:26.55	1:12.22
6.	Lia Ana Lima	01	SLB	5:22.89	5:24.99	547	1:08.28	1:23.09	1:37.05	1:16.57
7.	Maria Carolina Vargas	05	SLB	5:22.06	5:27.70	534	1:16.82	1:26.04	1:29.73	1:15.11
8.	Maria Ornelas Armas	98	COL	5:34.29	5:28.77	528	1:19.68	1:21.74	1:34.60	1:12.75
9.	Natacha Sofia Silva	02	SLB	5:24.55	5:29.45	525	1:12.59	1:28.40	1:31.68	1:16.78

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Absolutos

1. Diana Margarida Duraes	96	SLB	4:49.52	4:53.51	743	1:06.89	1:14.63	1:25.80	1:06.19
2. Marta Joao Pires	05	SAD	5:05.33	5:09.83	631	1:07.88	1:22.04	1:30.60	1:09.31
3. Matilde Nunes Lopes	06	SLB	5:04.66	5:11.23	623	1:09.73	1:21.29	1:30.08	1:10.13
4. Carolina Pereira Viana	04	SCP	5:38.13	5:17.73	585	1:10.28	1:27.38	1:30.92	1:09.15
5. Madalena Correa Sa	06	SLB	5:23.46	5:19.61	575	1:11.95	1:28.89	1:26.55	1:12.22
6. Catarina Alexandra Alves	07	GESL	5:29.07	5:22.84	558	1:10.81	1:23.65	1:34.58	1:13.80
7. Constanca Santos Ferreira	08	SAD	5:12.47	5:23.12	557	1:10.21	1:21.59	1:33.61	1:17.71
8. Lia Ana Lima	01	SLB	5:22.89	5:24.99	547	1:08.28	1:23.09	1:37.05	1:16.57
9. Leonor Peso Parente	07	PDEM	5:44.62	5:25.86	543	1:12.23	1:24.18	1:34.07	1:15.38
10. Leonor Carreiro Rodrigues	07	SLB	5:23.29	5:26.16	541	1:14.01	1:24.35	1:31.76	1:16.04
11. Maria Carolina Vargas	05	SLB	5:22.06	5:27.70	534	1:16.82	1:26.04	1:29.73	1:15.11
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13. Natacha Sofia Silva	02	SLB	5:24.55	5:29.45	525	1:12.59	1:28.40	1:31.68	1:16.78
14. Laura Maria Cruz	07	ADRCIMM	5:20.63	5:31.78	514	1:17.33	1:20.70	1:35.51	1:18.24
15. Alicia Del Rio Bernat	10	SAD	5:35.26	5:37.78	487	1:15.06	1:29.09	1:35.57	1:18.06
16. Margarida Santos Botelho	07	CNS	5:30.28	5:39.86	478	1:12.31	1:28.79	1:40.24	1:18.52
17. Ana Nabais Mendes	10	CIRL	6:05.67	5:47.30	448	1:16.88	1:32.55	1:39.62	1:18.25
18. Luisa Anjos Frischknecht	10	CNS	6:07.14	5:53.63	424	1:16.48	1:33.51	1:39.68	1:23.96
19. Luana Raquel Monteiro	10	PDEM	5:56.77	6:01.32	398	1:21.39	1:31.61	1:43.86	1:24.46
20. Rita Antunes Ratinho	09	CNS	5:52.01	6:03.70	390	1:21.46	1:37.46	1:40.57	1:24.21
FTL (Fora Tempo Limite)									
DSQ Rita Machita Santos	07	CNS	5:15.00						
G27 - N�o cumpriu a dist�ncia completa da prova. Desistiu aos 100 metros. (SW 10.2)									
DSQ Carolina Escrevente Guerra	10	SAD	5:44.45						
E-B35 - No percurso de braç�s, efect. m�ltiplas pernadas de golfinho ap�s a viragem aos 250 metros (SW 7.1)									
EXH Claudia Ferreira Borges	99	CNOL	5:38.13	5:41.78	470	1:13.16	1:31.28	1:34.97	1:22.37
FTL (Fora Tempo Limite)									