

Prova 31
17.03.2024 - 10:44

Femin., 400m Livres

Absolutos
Resultados

Rec Nacional Absoluto	4:08.77	Francisca Soares Martins	FOCA	Canet-En-Roussillon (FRA)	2023
Rec Regional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Sen	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 2	4:20.34	Ana Reis Sousa	SAD	Oeiras	2019
Rec Regional Jun 1	4:20.37	Marta Andreia Ferreira	SCP	Berlin (GER)	2002
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

TAC - Fem Juv B: 5:22.26; Juv A: 5:12.87; Jun 2: 5:03.70; Jun 1: 5:06.74; Sen 18: 5:00.99; Sen 18+: 4:57.98

Pontos: FINA 2024

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

1.	Ana Nabais Mendes <i>Campeão Regional Juvenis B</i>	10	CIRL	5:00.85	5:01.40	476	1:10.47	1:17.81	1:18.08	1:15.04
2.	Rita Braga Gomes	10	SCP	5:00.67	5:03.81	465	1:10.90	1:17.19	1:18.20	1:17.52
3.	Maria Madalena Fernandes	10	SAD	5:10.24	5:04.56	461	1:12.26	1:17.61	1:18.27	1:16.42
4.	Beatriz Costa Diniz	10	SCP	5:19.14	5:08.47	444	1:12.38	1:18.70	1:19.68	1:17.71
5.	Joana Alexandra Silva	10	CPCD	5:00.75	5:13.95	421	1:12.69	1:19.66	1:20.81	1:20.79
6.	Luana Raquel Monteiro <i>FTL (Fora Tempo Limite)</i>	10	PDEM	5:24.82	5:24.16	382	1:15.72	1:22.69	1:23.49	1:22.26
7.	Mariana Varela Costa <i>FTL (Fora Tempo Limite)</i>	10	SCP	5:08.20	5:37.28	339	1:18.76	1:25.91	1:27.33	1:25.28
DNS	Maria Duarte Carvalho	10	SLB	5:22.25						

Juvenis A

1.	Ines Maria Lanca <i>Campeão Regional Juvenis A</i>	09	SLB	4:54.88	4:56.38	500	1:11.60	1:15.51	1:15.70	1:13.57
2.	Constanca Lopes Cruz	09	ADRCIMM	4:56.75	4:56.82	498	1:10.23	1:15.89	1:15.90	1:14.80
3.	Sofia Monteiro Uva	09	SAD	4:52.26	4:56.83	498	1:09.63	1:15.66	1:16.39	1:15.15
4.	Carolina Marques Madeira	09	CNN	4:49.39	4:57.54	495	1:10.59	1:17.06	1:16.99	1:12.90
5.	Joana Melo Gaspar	09	CNN	4:53.71	4:57.67	494	1:11.71	1:15.95	1:16.29	1:13.72
6.	Beatriz Silva Jordao	09	INDANL	4:49.96	4:57.96	492	1:10.36	1:15.45	1:16.41	1:15.74
7.	Raquel Sofia Bras	09	CFB	4:58.98	4:59.41	485	1:09.64	1:16.13	1:17.39	1:16.25
8.	Madalena Azevedo Messias	09	SCP	4:59.39	5:04.26	462	1:11.52	1:16.23	1:18.41	1:18.10
9.	Alice Lucas Pedro	09	SAD	5:09.37	5:05.02	459	1:11.68	1:18.05	1:18.10	1:17.19
10.	Beatriz Ribeiro Lima	09	GESL	5:03.26	5:09.58	439	1:11.68	1:18.44	1:20.02	1:19.44

Juniores

1.	Sara Sofia Alves <i>Campeão Regional Juniores</i>	07	PDEM	4:47.48	4:44.25	567	1:06.83	1:13.16	1:12.69	1:11.57
2.	Catarina Maria Lopes	08	SLB	4:42.87	4:50.39	532	1:10.10	1:13.73	1:14.54	1:12.02
3.	Teresa Oliveira Santos	08	SAD	4:58.91	4:50.67	531	1:10.77	1:15.59	1:13.14	1:11.17
4.	Constanca Santos Ferreira	08	SAD	4:51.16	4:55.53	505	1:10.20	1:15.30	1:15.66	1:14.37
5.	Raquel Santos Baiona	08	ADRCIMM	4:54.13	4:55.81	503	1:09.30	1:14.85	1:16.37	1:15.29
6.	Leonor Peso Parente	07	PDEM	5:03.70	4:59.23	486	1:09.05	1:17.06	1:18.23	1:14.89
7.	Constanca Isabel Carvalho	08	SAD	5:00.97	5:00.96	478	1:09.83	1:16.17	1:17.58	1:17.38
8.	Beatriz Alexandra Rolim	08	PDEM	5:06.74	5:02.15	472	1:11.05	1:17.19	1:16.55	1:17.36
9.	Ines Ferreira Franco <i>FTL (Fora Tempo Limite)</i>	08	INDANL	5:31.99	5:55.76	289	1:21.64	1:30.25	1:32.03	1:31.84

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Seniores

1. Diana Margarida Duraes <i>Campeão Regional Seniores</i>	96	SLB	4:14.41	4:17.90	760	1:03.07	1:04.66	1:05.27	1:04.90
2. Marta Joao Pires	05	SAD	4:29.45	4:37.63	609	1:06.91	1:10.96	1:10.59	1:09.17
3. Margarida Sobral Pimenta	99	COL	4:37.47	4:39.62	596	1:06.85	1:11.35	1:11.26	1:10.16
4. Maria Ornelas Armas	98	COL	4:34.13	4:39.63	596	1:05.59	1:10.68	1:12.33	1:11.03
5. Maria Lopes Amado	04	SCP	4:44.80	4:48.97	540	1:07.95	1:12.87	1:13.52	1:14.63
6. Bruna Martins Riesenberger	97	CIRL	4:41.21	4:49.31	538	1:10.50	1:13.63	1:13.39	1:11.79
7. Joana Silva Alves	05	SCP	4:38.55	4:50.39	532	1:08.60	1:13.80	1:14.62	1:13.37
8. Maria Teresa Fernandes	05	SAD	4:43.90	4:53.62	515	1:08.69	1:14.35	1:16.28	1:14.30
9. Madalena Correa Sa	06	SLB	4:41.64	4:55.22	506	1:10.20	1:15.21	1:14.63	1:15.18
10. Luana Cardoso Magalhaes	06	SAD	5:00.99	4:57.27	496	1:08.41	1:14.89	1:16.63	1:17.34
11. Catarina Costa Sequeira <i>FTL (Fora Tempo Limite)</i>	98	CNLX	4:43.97	4:58.96	488	1:09.62	1:15.66	1:17.11	1:16.57
12. Joana Filipa Varandas <i>FTL (Fora Tempo Limite)</i>	02	CIRL	4:46.21	5:00.55	480	1:10.44	1:16.04	1:17.46	1:16.61

Absolutos

1. Diana Margarida Duraes	96	SLB	4:14.41	4:17.90	760	1:03.07	1:04.66	1:05.27	1:04.90
2. Marta Joao Pires	05	SAD	4:29.45	4:37.63	609	1:06.91	1:10.96	1:10.59	1:09.17
3. Margarida Sobral Pimenta	99	COL	4:37.47	4:39.62	596	1:06.85	1:11.35	1:11.26	1:10.16
4. Maria Ornelas Armas	98	COL	4:34.13	4:39.63	596	1:05.59	1:10.68	1:12.33	1:11.03
5. Sara Sofia Alves	07	PDEM	4:47.48	4:44.25	567	1:06.83	1:13.16	1:12.69	1:11.57
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7. Bruna Martins Riesenberger	97	CIRL	4:41.21	4:49.31	538	1:10.50	1:13.63	1:13.39	1:11.79
8. Catarina Maria Lopes	08	SLB	4:42.87	4:50.39	532	1:10.10	1:13.73	1:14.54	1:12.02
Joana Silva Alves	05	SCP	4:38.55	4:50.39	532	1:08.60	1:13.80	1:14.62	1:13.37
10. Teresa Oliveira Santos	08	SAD	4:58.91	4:50.67	531	1:10.77	1:15.59	1:13.14	1:11.17
11. Maria Teresa Fernandes	05	SAD	4:43.90	4:53.62	515	1:08.69	1:14.35	1:16.28	1:14.30
12. Madalena Correa Sa	06	SLB	4:41.64	4:55.22	506	1:10.20	1:15.21	1:14.63	1:15.18
13. Constanca Santos Ferreira	08	SAD	4:51.16	4:55.53	505	1:10.20	1:15.30	1:15.66	1:14.37
14. Raquel Santos Baiona	08	ADRCIMM	4:54.13	4:55.81	503	1:09.30	1:14.85	1:16.37	1:15.29
15. Ines Maria Lanca	09	SLB	4:54.88	4:56.38	500	1:11.60	1:15.51	1:15.70	1:13.57
16. Constanca Lopes Cruz	09	ADRCIMM	4:56.75	4:56.82	498	1:10.23	1:15.89	1:15.90	1:14.80
17. Sofia Monteiro Uva	09	SAD	4:52.26	4:56.83	498	1:09.63	1:15.66	1:16.39	1:15.15
18. Luana Cardoso Magalhaes	06	SAD	5:00.99	4:57.27	496	1:08.41	1:14.89	1:16.63	1:17.34
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26. Constanca Isabel Carvalho	08	SAD	5:00.97	5:00.96	478	1:09.83	1:16.17	1:17.58	1:17.38
27. Ana Nabais Mendes	10	CIRL	5:00.85	5:01.40	476	1:10.47	1:17.81	1:18.08	1:15.04
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32. Alice Lucas Pedro	09	SAD	5:09.37	5:05.02	459	1:11.68	1:18.05	1:18.10	1:17.19
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36. Luana Raquel Monteiro <i>FTL (Fora Tempo Limite)</i>	10	PDEM	5:24.82	5:24.16	382	1:15.72	1:22.69	1:23.49	1:22.26

Prova 31, Femin., 400m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
37.	Mariana Varela Costa <i>FTL (Fora Tempo Limite)</i>	10	SCP	5:08.20	5:37.28	339	1:18.76	1:25.91	1:27.33	1:25.28
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