

Prova 31
09.03.2025

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 18 +	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 17	4:20.34	Ana Reis Sousa	SAD	Oeiras	2019
Rec Regional Jun 16	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; Jun17-18: 5:03.70; Jun 16: 5:06.74; Sen 19: 5:00.99; Sen 20+: 4:57.98

Pontos: AQUA 2025

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

1.	Ana Filipa Serra <i>Campeão Regional Juvenis B</i>	11	ADRCIMM	5:03.96	5:00.38	481	1:12.74	1:16.55	1:16.17	1:14.92
2.	Maria Rendeiro Correia	11	SAD	5:03.28	5:00.56	480	1:10.68	1:16.74	1:17.76	1:15.38
3.	Ana Mao de Ferro	11	SCP	5:04.32	5:06.51	452	1:12.69	1:19.20	1:18.87	1:15.75
4.	Francisca Cunha Monteiro	11	SLB	5:01.94	5:06.92	451	1:11.99	1:18.36	1:19.42	1:17.15
5.	Carmo Rosa Madeira	11	CIRL	5:17.41	5:08.73	443	1:14.17	1:18.52	1:18.32	1:17.72
6.	Ines Freitas Abrantes	11	ADRCIMM	5:24.49	5:10.10	437	1:14.95	1:18.91	1:18.97	1:17.27
7.	Raquel Silva Delgadinho	11	PDEM	5:18.80	5:11.20	432	1:14.00	1:19.90	1:19.44	1:17.86
8.	Madalena Correia Gomes	11	ADRCIMM	5:10.99	5:17.95	405	1:12.71	1:19.94	1:23.20	1:22.10
9.	Madalena Ferreira Baldo	11	ADRCIMM	5:17.59	5:20.25	397	1:12.66	1:20.62	1:22.51	1:24.46
10.	Maria Madalena Lucas <i>FTL (Fora Tempo Limite)</i>	11	CNN	5:22.47	5:23.61	384	1:16.22	1:22.85	1:24.06	1:20.48
11.	Natalia Landa Paredes <i>FTL (Fora Tempo Limite)</i>	11	FS	5:29.92	5:32.35	355	1:17.93	1:24.53	1:26.64	1:23.25

Juvenis A

1.	Maria Madalena Fernandes <i>Campeão Regional Juvenis A</i>	10	SAD	4:54.99	4:53.29	516	1:09.40	1:14.57	1:15.32	1:14.00
2.	Beatriz Paiva Branco	10	CIRL	5:03.84	4:58.18	491	1:09.39	1:17.02	1:17.43	1:14.34
3.	Beatriz Costa Diniz	10	SCP	4:58.88	5:01.33	476	1:11.00	1:16.74	1:17.88	1:15.71
4.	Maria Ines Fryxell	10	AONDA	5:06.40	5:10.76	434	1:10.56	1:18.88	1:20.80	1:20.52
5.	Luisa Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i>	10	CNS	5:13.38	5:16.53	411	1:13.42	1:21.68	1:22.22	1:19.21
DNS	Ana Nabais Mendes	10	CIRL	4:56.13						

Juniores

1.	Li Tongguoer <i>Campeão Regional Juniores</i>	08	SLB	5:03.70	4:33.20	639	1:05.07	1:08.47	1:10.89	1:08.77
2.	Sara Sofia Alves	07	PDEM	4:38.97	4:46.41	555	1:07.12	1:12.23	1:13.79	1:13.27
3.	Catarina Alexandra Alves	07	GESL	4:50.33	4:49.42	537	1:09.47	1:14.75	1:14.22	1:10.98
4.	Sofia Monteiro Uva	09	SAD	4:53.17	4:49.67	536	1:09.68	1:14.37	1:14.21	1:11.41
5.	Carolina Marques Madeira	09	CNN	4:49.09	4:51.08	528	1:10.20	1:14.23	1:14.57	1:12.08
6.	Margarida Santos Botelho	07	CNS	4:47.42	4:51.57	526	1:09.43	1:14.59	1:14.80	1:12.75
7.	Catarina Maria Lopes	08	SLB	4:43.46	4:53.54	515	1:09.56	1:14.27	1:15.35	1:14.36
8.	Beatriz Silva Jordao	09	CFB	4:51.56	4:53.90	513	1:09.94	1:14.81	1:14.91	1:14.24
9.	Madalena Azevedo Messias	09	SCP	4:58.97	4:54.55	510	1:10.58	1:15.43	1:14.64	1:13.90
10.	Beatriz Alexandra Rolim	08	PDEM	4:58.22	4:54.59	510	1:10.07	1:15.23	1:15.83	1:13.46
11.	Raquel Sofia Bras	09	CFB	4:52.60	4:55.74	504	1:09.60	1:15.23	1:16.41	1:14.50
12.	Joana Melo Gaspar	09	CNN	4:51.14	4:56.10	502	1:10.96	1:14.47	1:15.92	1:14.75
13.	Ines Maria Lanca	09	SLB	4:51.33	5:02.36	471	1:11.98	1:16.51	1:17.39	1:16.48

Prova 31, Femin., 400m Livres, Juniores

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
14.	Constanca Lopes Cruz	09	ADRCIMM	4:55.53	5:06.04	454	1:13.14	1:17.29	1:18.02	1:17.59
15.	Maria Luisa Dinis <i>FTL (Fora Tempo Limite)</i>	09	SAD	5:03.40	5:09.61	439	1:10.74	1:17.33	1:20.73	1:20.81
DNS	Leticia Rodrigues Magalhaes	07	DRCN	5:13.61						
DNS	Marcia Guerreiro Castilho	09	CIRL	5:06.74						

Seniores

1.	Ema Jeronimo Conceicao <i>Campe�o Regional Seniores</i>	03	SLB	4:20.17	4:24.35	705	1:03.52	1:07.84	1:07.71	1:05.28
2.	Rita Barros Frischknecht	98	SLB	4:20.47	4:25.41	697	1:03.23	1:08.03	1:08.72	1:05.43
3.	Maria Ferreira Moura	04	SCP	4:22.20	4:25.89	693	1:04.41	1:06.84	1:06.67	1:07.97
4.	Mariana Amaral Mendes	02	SCP	4:19.84	4:38.54	603	1:07.58	1:10.23	1:10.92	1:09.81
5.	Matilde Nunes Lopes	06	SLB	4:34.09	4:41.33	585	1:06.31	1:10.63	1:12.26	1:12.13
6.	Beatriz Paulo Ranito	99	GESL	4:38.62	4:44.59	565	1:06.56	1:12.18	1:13.31	1:12.54
7.	Maria Jardim Fidalgo	04	CFB	4:49.58	4:47.90	546	1:09.08	1:14.31	1:13.98	1:10.53
8.	Margarida Domingues Nunes	05	SCP	4:57.98	4:48.68	542	1:07.91	1:13.44	1:13.98	1:13.35
9.	Iris Pereira Carrao	05	SFUAP	4:42.06	4:49.28	538	1:07.52	1:12.31	1:13.80	1:15.65
10.	Luana Cardoso Magalhaes	06	SAD	4:57.27	4:49.87	535	1:07.39	1:12.78	1:14.81	1:14.89
11.	Mariana Conceicao Duarte <i>FTL (Fora Tempo Limite)</i>	03	FS	4:57.98	5:10.90	433	1:11.78	1:19.51	1:20.69	1:18.92
12.	Lia Ana Lima <i>FTL (Fora Tempo Limite)</i>	01	CFB	4:50.21	5:12.02	429	1:10.93	1:17.35	1:21.37	1:22.37

Absolutos

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2.	Rita Barros Frischknecht	98	SLB	4:20.47	4:25.41	697	1:03.23	1:08.03	1:08.72	1:05.43
3.	Maria Ferreira Moura	04	SCP	4:22.20	4:25.89	693	1:04.41	1:06.84	1:06.67	1:07.97
4.	Li Tongguoer	08	SLB	5:03.70	4:33.20	639	1:05.07	1:08.47	1:10.89	1:08.77
5.	Mariana Amaral Mendes	02	SCP	4:19.84	4:38.54	603	1:07.58	1:10.23	1:10.92	1:09.81
6.	Matilde Nunes Lopes	06	SLB	4:34.09	4:41.33	585	1:06.31	1:10.63	1:12.26	1:12.13
7.	Beatriz Paulo Ranito	99	GESL	4:38.62	4:44.59	565	1:06.56	1:12.18	1:13.31	1:12.54
8.	Sara Sofia Alves	07	PDEM	4:38.97	4:46.41	555	1:07.12	1:12.23	1:13.79	1:13.27
9.	Maria Jardim Fidalgo	04	CFB	4:49.58	4:47.90	546	1:09.08	1:14.31	1:13.98	1:10.53
10.	Margarida Domingues Nunes	05	SCP	4:57.98	4:48.68	542	1:07.91	1:13.44	1:13.98	1:13.35
11.	Iris Pereira Carrao	05	SFUAP	4:42.06	4:49.28	538	1:07.52	1:12.31	1:13.80	1:15.65
12.	Catarina Alexandra Alves	07	GESL	4:50.33	4:49.42	537	1:09.47	1:14.75	1:14.22	1:10.98
13.	Sofia Monteiro Uva	09	SAD	4:53.17	4:49.67	536	1:09.68	1:14.37	1:14.21	1:11.41
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15.	Carolina Marques Madeira	09	CNN	4:49.09	4:51.08	528	1:10.20	1:14.23	1:14.57	1:12.08
16.	Margarida Santos Botelho	07	CNS	4:47.42	4:51.57	526	1:09.43	1:14.59	1:14.80	1:12.75
17.	Maria Madalena Fernandes	10	SAD	4:54.99	4:53.29	516	1:09.40	1:14.57	1:15.32	1:14.00
18.	Catarina Maria Lopes	08	SLB	4:43.46	4:53.54	515	1:09.56	1:14.27	1:15.35	1:14.36
19.	Beatriz Silva Jordao	09	CFB	4:51.56	4:53.90	513	1:09.94	1:14.81	1:14.91	1:14.24
20.	Madalena Azevedo Messias	09	SCP	4:58.97	4:54.55	510	1:10.58	1:15.43	1:14.64	1:13.90
21.	Beatriz Alexandra Rolim	08	PDEM	4:58.22	4:54.59	510	1:10.07	1:15.23	1:15.83	1:13.46
22.	Raquel Sofia Bras	09	CFB	4:52.60	4:55.74	504	1:09.60	1:15.23	1:16.41	1:14.50
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27.	Beatriz Costa Diniz	10	SCP	4:58.88	5:01.33	476	1:11.00	1:16.74	1:17.88	1:15.71
28.	Ines Maria Lanca	09	SLB	4:51.33	5:02.36	471	1:11.98	1:16.51	1:17.39	1:16.48
29.	Constanca Lopes Cruz	09	ADRCIMM	4:55.53	5:06.04	454	1:13.14	1:17.29	1:18.02	1:17.59
30.	Ana Mao de Ferro	11	SCP	5:04.32	5:06.51	452	1:12.69	1:19.20	1:18.87	1:15.75
31.	Francisca Cunha Monteiro	11	SLB	5:01.94	5:06.92	451	1:11.99	1:18.36	1:19.42	1:17.15

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33.	Maria Luisa Dinis <i>FTL (Fora Tempo Limite)</i>	09	SAD	5:03.40	5:09.61	439	1:10.74	1:17.33	1:20.73	1:20.81
34.	Ines Freitas Abrantes	11	ADRCIMM	5:24.49	5:10.10	437	1:14.95	1:18.91	1:18.97	1:17.27
35.	Maria Ines Fryxell	10	AONDA	5:06.40	5:10.76	434	1:10.56	1:18.88	1:20.80	1:20.52
36.	Mariana Conceicao Duarte <i>FTL (Fora Tempo Limite)</i>	03	FS	4:57.98	5:10.90	433	1:11.78	1:19.51	1:20.69	1:18.92
37.	Raquel Silva Delgadinho	11	PDEM	5:18.80	5:11.20	432	1:14.00	1:19.90	1:19.44	1:17.86
38.	Lia Ana Lima <i>FTL (Fora Tempo Limite)</i>	01	CFB	4:50.21	5:12.02	429	1:10.93	1:17.35	1:21.37	1:22.37
39.	Luisa Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i>	10	CNS	5:13.38	5:16.53	411	1:13.42	1:21.68	1:22.22	1:19.21
40.	Madalena Correia Gomes	11	ADRCIMM	5:10.99	5:17.95	405	1:12.71	1:19.94	1:23.20	1:22.10
41.	Madalena Ferreira Baldo	11	ADRCIMM	5:17.59	5:20.25	397	1:12.66	1:20.62	1:22.51	1:24.46
42.	Maria Madalena Lucas <i>FTL (Fora Tempo Limite)</i>	11	CNN	5:22.47	5:23.61	384	1:16.22	1:22.85	1:24.06	1:20.48
43.	Natalia Landa Paredes <i>FTL (Fora Tempo Limite)</i>	11	FS	5:29.92	5:32.35	355	1:17.93	1:24.53	1:26.64	1:23.25
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