Prova 21 — Femin., 400m Livres — Absolutos
14.11.2026 - 16:27 — Startlist

Rec Nacional Abs Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	2023
Rec Nacional Abs Sen	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	2023
Rec Nacional Abs Jun 18	4:11.18	Francisca Soares Martins	FOCA	Mealhada	2020
Rec Nacional Abs Jun 17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Abs Juv A	4:13.53	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Abs Juv B	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004

Mínimo Participação Juv B: 5:25.81; Juv A: 5:13.28; Jun 17: 5:04.15; Jun 18: 4:58.19; 19: 4:52.34; 20 +: 4:49.42

Pista	Nadador	Categ.	Clube	Obs.	Tempo Inscr.		
Série 1 de 4, 16:27							
2	Juliana Morgado Botelho	Juv B	CNATRIL		5:39.00	___:___.___	___:___.___
3	Maria Andrade Calado	Juv B	CFB		5:36.27	___:___.___	___:___.___
4	Rita Oliveira Gomes	Juv A	AEFDTV		5:13.29	___:___.___	___:___.___
5	Catarina Ribeiro Fernandez	Juv A	GESL		5:13.41	___:___.___	___:___.___
6	Maria Casanova Rebelo	Juv B	CFB		5:38.14	___:___.___	___:___.___
Série 2 de 4, 16:34							
1	Varvara Hurynovich	Juv A	SAD		5:03.46	___:___.___	___:___.___
2	Laura Aguiar Bergamo	Juv A	SAD		4:59.07	___:___.___	___:___.___
3	Ines Maria Lanca	Jun 18	SFUAP		4:58.20	___:___.___	___:___.___
4	Lara Nobre Semiao	Juv A	FS		4:54.22	___:___.___	___:___.___
5	Sara Sofia Alves	Sen	CNN		4:56.81	___:___.___	___:___.___
6	Raquel Sofia Bras	Jun 18	CFB		4:58.20	___:___.___	___:___.___
7	Margarida Afonso Barata	Juv B	ADRCIMM		4:59.56	___:___.___	___:___.___
8	Margarida Pires Correia	Juv B	GESL		5:11.58	___:___.___	___:___.___
Série 3 de 4, 16:40							
1	Joana Pontes Prior	Sen	CIRL		4:49.80	___:___.___	___:___.___
2	Luana Correia Rodrigues	Sen	CFB		4:49.43	___:___.___	___:___.___
3	Rita Barros Frischknecht	Sen	SLB		4:49.43	___:___.___	___:___.___
4	Bruna Martins Riesenberger	Sen	CIRL		4:43.37	___:___.___	___:___.___
5	Marcia Guerreiro Castilho	Jun 18	CIRL		4:47.97	___:___.___	___:___.___
6	Erika Kvaal	Sen	CFB		4:49.43	___:___.___	___:___.___
7	Sofia Oliveira Silva	Sen	CPCD		4:49.43	___:___.___	___:___.___
8	Maria Ines Antunes	Juv B	SLB		4:52.45	___:___.___	___:___.___
Série 4 de 4, 16:46							
1	Sofia Monteiro Uva	Jun 18	SAD		4:41.51	___:___.___	___:___.___
2	Maria Jardim Fidalgo	Sen	CFB		4:33.90	___:___.___	___:___.___
3	Sara Sofia Alves	Sen	PDEM		4:31.94	___:___.___	___:___.___
4	Mariana Amaral Mendes	Sen	SCP		4:19.44	___:___.___	___:___.___
5	Maria Ornelas Armas	Sen	ADRCIMM		4:26.30	___:___.___	___:___.___
6	Beatriz Paulo Ranito	Sen	GESL		4:32.16	___:___.___	___:___.___
7	Mariana Marques Mercedes	Sen	GESL		4:37.83	___:___.___	___:___.___
8	Victoria Sales Proenca	Jun 17	SLB		4:42.79	___:___.___	___:___.___

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