

Prova 11	Femin., 400m Livres			OPEN (INF+JUV+JUN+SEN)		
06.01.2024 - 18:00						Startlist
Rec. Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017	
Rec. Nac SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017	
Rec. Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	2015	
Rec. Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	2017	
Rec. Nac JUV A	4:18.39	Ana Cláudia, SANTOS	SFUAP	Cantanhede	2004	
Rec. Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	2004	
Rec. Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	1980	
Rec. Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobça	2009	

Ano

Série 1 de 2

1	Vida Sofia, VELEZ	10	OPEN	209976	Ba-Leiria	5:23.47	25m	__:_:__.
2	Leonor Pereira, SILVA	10	OPEN	210858	Óbidos	5:13.33	25m	__:_:__.
3	Susana Pereira, VEIGA	00	OPEN	121936	Colégio Vasco da Gama	4:52.36	25m	__:_:__.
4	Ines Mira, PINO	06	OPEN	208131	Pimpoes/Cimai	4:45.72	25m	__:_:__.
5	Catarina Alexandra, ALVES	07	OPEN	205924	Geslours	4:58.05	50m	__:_:__.
6	Cristiana Sofia, DUARTE	07	OPEN	207717	Academica de Coimbra	5:00.11	25m	__:_:__.
7	Leonor Mosca, SILVA	10	OPEN	210811	Columbofila Cantanhedense	5:13.58	25m	__:_:__.
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Série 2 de 2

1	Camila Duarte, MARCELO	10	OPEN	208416	Condeixa Aqua Clube	4:39.92	25m	__:_:__.
2	Ana Carolina, MONTEIRO	04	OPEN	129474	Clube União 1919	4:43.90	50m	__:_:__.
3	Marta Andre, AGUILAR	07	OPEN	132766	Náutico Académico Coimbra	4:33.22	25m	__:_:__.
4	Catarina Andrade, FRANCO	07	OPEN	203865	Benfica	4:21.12	25m	__:_:__.
5	Luana Ferreira, CRAVEIRO	09	OPEN	144313	Nautico Marinha Grande	4:32.78	25m	__:_:__.
6	Joana Rosa, FERREIRA	05	OPEN	130757	CNLeiria	4:35.02	25m	__:_:__.
7	Constanca Baptista, TOMAS	09	OPEN	206496	Alcobaca	4:44.30	50m	__:_:__.
8	Rafaela Ferreira, MENDES	08	OPEN	200571	Torres Novas	4:42.63	25m	__:_:__.