



Prova de Preparação "O Nadador Mais Completo"
Caldas da Rainha, 2 - 3/11/2024

Prova 11	Femin., 400m Livres				ABSOLUTOS FEM
02/11/2024 - 17:55					Startlist
Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 18 +	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Série 1 de 4

1	Erica Maria, FORTUNATO	INF B	217029	Ba-Leiria	NT	_____
2	Violeta Neves, SILVA	INF B	216924	Nucleo de Pombal	6:56.66	_____
3	Kelly Simao, COSTA	JUV B	219017	Óbidos	6:20.64	_____
4	Daniela Carvalho, FERREIRA	INF A	143629	Nucleo de Pombal	6:15.49	_____
5	Maria Ines, GOMES	INF A	215676	Nucleo de Pombal	6:24.36	_____
6	Iara Maria, CAMACHO	INF A	217809	Pimpoes/Cimai	6:54.55	_____
7	Barbara Serrano, LOMBA	INF A	219253	Ba-Leiria	7:26.79	_____
8						_____

Série 2 de 4

1	Erica Felix, RODRIGUES	JUV B	214533	Uniao Juncalense	6:05.03	_____
2	Isabela Lourenco, COSTA	JUV B	219180	Benedita	5:56.23	_____
3	Benedita Nunes, FELIX	INF A	215617	Pimpoes/Cimai	5:55.73	_____
4	Cristiana Henriques, ALMEIDA	JUV B	219181	Benedita	5:38.64	_____
5	Margarida Lopes, RODRIGUES	JUV B	211356	Uniao Juncalense	5:40.40	_____
6	Yaroslava, TABUNSCHYK	INF A	214273	CNLeiria VOID	5:59.75	_____
7	Maria Leonor, ASSUNCAO	INF A	215474	Pimpoes/Cimai	6:03.68	_____
8	Carolina Matos, CORREIA	INF A	216976	Nucleo de Pombal	6:11.41	_____

Série 3 de 4

1	Laura Samora, GONCALVES	JUV A	210844	Ba-Leiria	5:37.50	_____
2	Maria Teresa, OLIVEIRA	JUN	207314	Ba-Leiria	5:32.72	_____
3	Ines Pinto, MARTINS	INF A	212985	Pimpoes/Cimai	5:36.86	_____
4	Laura Krempel, VARELA	INF A	210787	Pimpoes/Cimai	5:28.85	_____
5	Julia Pinto, PINHEIRO	INF A	212988	Pimpoes/Cimai	5:35.85	_____
6	Maria Margarida, OLIVEIRA	JUN	207310	Ba-Leiria	5:32.13	_____
7	Ana Margarida, MARQUES	JUN	214511	Ba-Leiria	5:33.06	_____
8	Luna Francisco, PEREIRA	INF A	215677	Nucleo de Pombal	5:43.92	_____

Série 4 de 4

1	Carolina Ferreira, FONSECA	JUN	205308	Vieirense	5:18.44	_____
2	Maria Carolina, ALVES	JUV A	210804	Ba-Leiria	5:05.02	_____
3	Debora Silva, INACIO	JUV A	209102	Pimpoes/Cimai	5:03.70	_____
4	Vida Sofia, VELEZ	JUV A	209976	Ba-Leiria	4:54.06	_____
5	Anastasiya, PRYMACHENKO	JUV B	209931	Nucleo de Pombal	5:06.37	_____
6	Sofia Roma, BRIZIDA	JUV A	207308	Ba-Leiria	5:04.97	_____
7	Carlota Sa, SANTOS	JUV B	211060	Nucleo de Pombal	5:17.21	_____
8	Matilde Monteiro, NEVES	JUN	143864	Nucleo de Pombal	5:25.86	_____