

Prova 14	Femin., 400m Estilos				Absolutos
02/07/2016 - 16:25	TURBO				Startlist
RN Absoluto	4:42.53	Victoria, KAMINSKAYA	ESJB	Coimbra	29/05/2016
RN Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
RN Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
RN Juv A	4:58.08	Diana Margarida, DURAES	FOCA	P�voa de Varzim	05/08/2011
RN 16	4:57.84	Victoria, KAMINSKAYA	PIMP	Oeiras	19/02/2011
RN 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
RN Sen	4:42.53	Victoria, KAMINSKAYA	ESJB	Coimbra	29/05/2016
Recorde Regional 50m Absoluto	4:49.45	Diana Margarida, DURAES	FCP	Oeiras	11/03/2016
Recorde Regional 50m Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
Recorde Regional 50m Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Recorde Regional 50m 16	4:58.64	Diana Margarida, DURAES	FOCA	Coimbra	27/05/2012
Recorde Regional 50m 17	4:58.10	Barbara Sousa, FERREIRA	CNMAIA	Porto	15/06/2002
Recorde Regional 50m Sen	4:49.45	Diana Margarida, DURAES	FCP	Oeiras	11/03/2016
Femininos Seniores Sen: 5:44.22 / Femininos Juniores Jun: 5:51.39 / Femininos Juvenil B Juv B: 6:20.08 / Femininos Juvenil A Juv A: 6:05.73					

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 3, 16:25							
1	Diana Patricia, FERREIRA	F	23500	Abs	94	Aquatico Pacense	NT
2	Ana Lopes, SANTOS	F	120698	Abs	02	Vilacondense	5:59.39
3	Ines Filipa, MAGALHAES	F	121786	Abs	02	Aquatico Pacense	5:54.26
4	Sofia Gales, PINTO	F	129409	Abs	01	Colegio SMLamas	5:49.55
5	Carolina Isabel, MACHADO	F	111445	Abs	00	Vit�ria de Guimaraes/Olicargo	5:53.72
6	Daniela Filipa, ROCHA	F	128609	Abs	02	Aquatico Pacense	5:54.69
7	Catarina Isabel, ALMEIDA	F	127104	Abs	02	Vit�ria de Guimaraes/Olicargo	6:10.71
S�rie 2 de 3, 16:30							
1	Beatriz Rodrigues, OLIVEIRA	F	122175	Abs	01	Assoc. Desportiva de Fafe	5:42.35
2	Valeria Goncalves, VIEIRA	F	124314	Abs	02	Vit�ria de Guimaraes/Olicargo	5:39.12
3	Leila Tavar�a, LEMOS	F	127860	Abs	00	Vilacondense	5:37.87
4	Maria Carolina, RODRIGUES	F	121473	Abs	01	Vit�ria de Guimaraes/Olicargo	5:35.26
5	Joana Daniela, JACINTO	F	111230	Abs	01	Individual ANNP	5:35.96
6	Ines Araujo, MARTINS	F	111046	Abs	01	Famali�o	5:37.97
7	Filipa Viamonte, FERNANDES	F	122198	Abs	02	Vit�ria de Guimaraes/Olicargo	5:41.41
8	Daniela Oliveira, RODRIGUES	F	118056	Abs	02	Natacao de Valongo	5:42.99
S�rie 3 de 3, 16:35							
1	Mariana Cardoso, COSTA	F	117322	Abs	01	Individual ANNP	5:33.71
2	Mariana Sousa, MAIA	F	118219	Abs	02	Famali�o	5:25.98
3	Ana Silva, COSTA	F	104446	Abs	98	Famali�o	5:20.76
4	Ana Beatriz, MARTINS	F	108375	Abs	99	Famali�o	4:59.69
5	Mariana Fernandes, BARBOSA	F	121985	Abs	02	Porto	5:20.17
6	Lara Beatriz, MATOS	F	111049	Abs	01	Famali�o	5:25.95
7	Mafalda Joana, OLIVEIRA	F	119096	Abs	02	Lousada SXXI	5:27.08
8	Rafaela Araujo, SILVA	F	119630	Abs	00	Famali�o	5:33.85