

Event 8	Women, 400m Freestyle				Absolutos
02/02/2019 - 10:05	Clinica Medica da Foz				Startlist Prelim
Recordes Nacionais 50m Open	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recordes Nacionais 50m 18 +	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recordes Nacionais 50m 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m 15	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recordes Nacionais 50m Juv	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recordes Nacionais 50m Inf A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recordes Nacionais 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979
Recorde Meeting	4:17.27	DURAES, Diana Margarida	POR	Povo�a de Varzim	13/02/2016
Recorde Regional 50m Open	4:13.34	DURAES, Diana Margarida	FCP	Oeiras	12/03/2016
Recorde Regional 50m 18 +	4:13.34	DURAES, Diana Margarida	FCP	Oeiras	12/03/2016
Recorde Regional 50m 17	4:23.18	FREITAS, Marcia Santos	VSC	Famalicao	09/07/2005
Recorde Regional 50m 16	4:23.86	SILVA, Alexandra Maria	FCP	Oliva�s	16/04/1983
Recorde Regional 50m 15	4:26.91	SILVA, Alexandra Maria	FCP	Buenos Aires (ARG)	16/04/1982
Recorde Regional 50m Juv	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recorde Regional 50m Inf A	4:31.53	SILVA, Alexandra Maria	FCP	Skovde (TAN)	08/08/1980
Recorde Regional 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979

TLP JUN_SEN FEM 16 +: 4:53.11 / TLP INF_JUV FEM 12 - 15: 5:08.56

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
Heat 1 of 6, 10:05							
1							
2	SILVEIRA, Sofia Pereira	F	131899	Abs	05	Bombeiros Ponta Delgada	5:26.06
3	FERNANDES, Maria Elias	F	130196	Abs	04	Desportiva Viana	5:08.56
4	COELHO, Barbara Castro	F	123752	Abs	04	Clube Colegio de Lamas	5:03.67
5	RANGEL, Beatriz Pereira	F	127574	Abs	04	Fluvial Portuense	5:03.91 WDR
6	RIOS, Maria Manuel	F	201297	Abs	04	Leixoes Sport Clube	5:13.89
7	CABRAL, Sofia Vieira	F	123106	Abs	05	Bombeiros Ponta Delgada	5:28.03
8							
Heat 2 of 6, 10:10							
1	GOMES, Lia Beatriz	F	200413	Abs	06	Vitoria Sport Clube	5:02.75
2	PACHECO, Maria Manuel	F	120072	Abs	03	Bombeiros Ponta Delgada	5:01.74
3	FERREIRA, Marta Oliveira	F	125854	Abs	04	Ginasio Santo Tirso	4:59.93
4	PEREIRA, Carolina Rei	F	128060	Abs	05	Clube Natacao de Vagos	4:57.68
5	MARTINS, Ines Correia	F	129741	Abs	04	Porto	4:59.03
6	SAMORAJ, Oliwia	F	1064146001	Abs	05	MKS Piaseczno	4:59.98
7	VASCONCELOS, Lara Rodrigues	F	128983	Abs	05	Galitos / Bresimar	5:02.61
8	NEVES, Diana Isabel	F	124771	Abs	04	Fluvial Portuense	5:03.62
Heat 3 of 6, 10:15							
1	GALANTE, Ines Carvalho	F	128478	Abs	04	Vilacondense	4:55.80
2	SIMOES, Rita Mendes	F	128073	Abs	04	Ba-Leiria	4:55.44
3	TROIA, Beatriz Rosa	F	127809	Abs	04	Vilacondense	4:52.43
4	SILVA, Ines Martins	F	127134	Abs	04	Vilacondense	4:51.43
5	ALVES, Maria Francisca	F	132906	Abs	04	Ba-Leiria	4:51.81
6	ALMEIDA, Catarina Nunes	F	124745	Abs	04	Galitos / Bresimar	4:53.07
7	MONTEIRO, Barbara Oliveira	F	132707	Abs	04	Braga	4:55.62
8	HUTYY, Adriana Carolina	F	133415	Abs	05	Braga	4:57.41

Event 8, Women, 400m Freestyle, Prelim

Heat 4 of 6, 10:20

1	LIMA, Jessica Soares	F	126993	Abs	02	Braga	4:50.69
2	PIMENTEL, Marta Lima	F	130230	Abs	04	Fluvial Portuense	4:49.55
3	FONSECA, Laura Luz	F	122825	Abs	03	Bombeiros Ponta Delgada	4:48.82
4	LOPES, Daniela Magalhaes	F	130098	Abs	05	Famalicao	4:44.15
5	SILVA, Ana Pimenta	F	126327	Abs	01	Desportiva Viana	4:45.85
6	NOGUEIRA, Nara Soraia	F	127914	Abs	05	Natacao de Valongo	4:48.95
7	COSTA, Mariana Martins	F	127658	Abs	05	Famalicao	4:50.67
8	VIANA, Margarida Violante	F	132662	Abs	04	Ba-Leiria	4:51.12

Heat 5 of 6, 10:25

1	VERTEMARA, Sabrina Ilaria	F	512847	Abs	00	SMGM Team Nuoto Lombardia	4:40.31
2	RODRIGUES, Helena Nunes	F	125022	Abs	03	Alges e Agueda XXI	4:37.45
3	SOARES, Carolina Silva	F	123910	Abs	03	Natacao de Valongo	4:30.90 WDR
4	CHEROUATI, Souad Nefissa	F	208644	Abs	89	Benfica	4:22.97
5	VILAS VIDAL, Maria	F	53487155	Abs	96	Centro Gallego T. Deportiva	4:27.55
6	SOARES, Catarina Silva	F	121977	Abs	03	Porto	4:34.94
7	CARRATU, Chiara	F	452024	Abs	01	SMGM Team Nuoto Lombardia	4:38.20
8	MARTINS, Ines Alves	F	112126	Abs	01	Porto	4:42.51

Heat 6 of 6, 10:30

1	SANTOS, Carolina Ascenso	F	121271	Abs	01	Ginasio Santo Tirso	4:38.35
2	BLANCO, Silvia Medina	F	202609	Abs	01	Leixoes Sport Clube	4:35.59
3	BARBOSA, Mariana Fernandes	F	121985	Abs	02	Porto	4:28.18
4	DURAES, Diana Margarida	F	102992	Abs	96	Portugal	4:09.49
5	FARIA, Ana Rita	F	117417	Abs	00	Porto	4:26.95
6	ROSA, Mafalda Sofia	F	127310	Abs	03	Rio Maior	4:34.45
7	PINHO, Carolina Teixeira	F	124769	Abs	04	Porto	4:37.51
8	MONTEIRO, Ines Rosado	F	121817	Abs	00	Clube Natacao de Vagos	4:40.69