

Campeonato Regional de Juv_Abs_NA_Masters
Loule, 15 - 17/7/2022

Prova 63	Femin., 400m Livres				25 - 74 anos
17/07/2022 - 9:30					Startlist
RN A(25-29)	4:57.88	Carolina Santos, SILVA	CNMAIA	Eindhoven (NED)	02/09/2013
RN J(70-74)	6:40.16	Ana Maria, FERREIRA	SAD	Póvoa de Varzim	22/02/2020
RN I(65-69)	6:27.98	Ana Maria, FERREIRA	SAD	Famalicão	09/07/2017
RN H(60-64)	6:14.83	Ana Maria, FERREIRA	SAD	Riccione (ITA)	16/06/2012
RN G(55-59)	5:48.63	Elena Nikolaevna, KRAEVA	ADRCIMM	Loulé	10/07/2016
RN F(50-54)	5:32.36	Patricia Diogenes, PEREIRA	LPS	Famalicão	11/07/2021
RN E(45-49)	5:24.65	Patricia Diogenes, PEREIRA	SAD	Coimbra	17/01/2016
RN D(40-44)	5:02.98	Susana Clara, GOMES	CNF	Gwangju (KOR)	18/08/2019
RN B(30-34)	4:39.43	Ana Paula, GRILO	INATEL	Riccione (ITA)	20/06/2003
RN C(35-39)	4:35.74	Ana Paula, GRILO	UDCA	Stanford (USA)	10/08/2006

Pista	Nome	Ano	clasCod	Exc	Clube	
Série 1 de 1						
	1 Mariana Moura, SANTOS	83			Lagoa AC	NT ____:____.____
	2 Claudia Maria, MATIAS	72			Lagoa AC	NT ____:____.____
	3 Joana Silva, CRISTOVÃO	81			FC Ferreiras/AlgarExperience	6:22.09 ____:____.____
	4 Marina, ZABORSKAYA	85			FC Ferreiras/AlgarExperience	5:28.56 ____:____.____
EXH	5 Susana Maria, MATEUS	89			Litoral Alentejano	5:41.78 ____:____.____
	6 Marcia Silva, NUNES	75			Lagoa AC	NT ____:____.____
	7 Ana Bernardo, BARBARA	70			Individual ANALG	NT ____:____.____