

Prova 11
21/06/2026

Femin., 400m Livres

10 anos e mais velhos
Lista inscritos

RN Adaptada 50m S1	59:00.00	start,				01/01/1800
RN Adaptada 50m S2	59:00.00	start,				01/01/1800
RN Adaptada 50m S3	59:00.00	,				01/01/1800
RN Adaptada 50m S4	59:00.00	,				01/01/1800
RN Adaptada 50m S5	59:00.00	,				01/01/1800
RN Adaptada 50m S6	10:57.53	Diana Goncalves, Mendes	CNG	Rio Maior		31/05/2025
RN Adaptada 50m S7	8:23.13	Carlota Girao, Ferreira	ADADA	Porto		09/03/2025
RN Adaptada 50m S8	5:36.96	Ana Filipa, Castro	FCP	Barcelona (ESP)		23/03/2025
RN Adaptada 50m S9	4:59.78	Susana Pereira, Veiga	CNCVG	Funchal		01/04/2023
RN Adaptada 50m S10	5:18.60	Teresa Lamego, Neves	POR	Eindhoven (NED)		07/08/2014
RN Adaptada 50m S11	59:00.00	start,				01/01/1800
RN Adaptada 50m S12	59:00.00	start,				01/01/1800
RN Adaptada 50m S13	59:00.00	start,				01/01/1800
RN Adaptada 50m S14	6:25.10	Sonia Castanheiro, Resende	SCA	Vila Franca de Xira		05/03/2016
RN Adaptada 50m S15	5:50.21	Susana Maria, Lourenco	SCP	Coimbra		13/08/2011
RN Adaptada 50m S16	7:18.70	Maria Joao, Taborda	FCP	Povoa de Varzim		07/04/2019
RN Adaptada 50m S17	5:21.21	Joana Lopes, Salgueiro	RIAAC	Loul�		04/07/2025
RN Adaptada 50m S21	7:01.22	Matilde Lucia, Gaspar	APCC	Coimbra		15/06/2025
RN Adaptada 50m M	7:09.11	Sofia Luz, Fonseca	CAFBD	Vila Franca de Xira		14/03/2026

S6 - Esperanas Esp S6 50m: 16:58.71 - 25m: 16:03.35 / S6 - Seniores Sen S6 50m: 15:26.10 - 25m: 14:35.77 / S7 -
Esperanas Esp S7 50m: 12:59.50 - 25m: 13:12.90 / S7 - Seniores Sen S7 50m: 11:48.63 - 25m: 12:00.82 / S8 -
Esperanas Esp S8 50m: 8:42.05 - 25m: 8:37.14 / S8 - Seniores Sen S8 50m: 7:54.59 - 25m: 7:50.13 / S9 -
Esperanas Esp S9 50m: 7:44.45 - 25m: 7:30.97 / S9 - Seniores Sen S9 50m: 7:02.23 - 25m: 6:49.97 / S10 -
Esperanas Esp S10 50m: 8:13.61 - 25m: 8:24.39 / S10 - Seniores Sen S10 50m: 7:28.73 - 25m: 7:38.54 / S110 -
Esperanas Esp S110 50m: 8:13.61 - 25m: 8:24.39 / S110 - Seniores Sen S110 50m: 7:28.73 - 25m: 7:38.54 / S11 -
Esperanas Esp S11 50m: 7:38.70 - 25m: 7:42.00 / S11 - Seniores Sen S11 50m: 6:57.00 - 25m: 7:00.00 / S12 -
Esperanas Esp S12 50m: 10:38.00 - 25m: 10:06.10 / S12 - Seniores Sen S12 50m: 9:40.00 - 25m: 9:11.00 / S13 -
Esperanas Esp S13 50m: 7:12.30 - 25m: 7:01.30 / S13 - Seniores Sen S13 50m: 6:33.00 - 25m: 6:23.00 / S113 -
Esperanas Esp S113 50m: 7:12.30 - 25m: 7:01.30 / S113 - Seniores Sen S113 50m: 6:33.00 - 25m: 6:23.00 / S14 -
Esperanas Esp S14 50m: 9:56.63 - 25m: 9:20.66 / S14 - Seniores Sen S14 50m: 9:02.39 - 25m: 8:29.69 / S15 -
Esperanas Esp S15 50m: 9:02.58 - 25m: 9:25.37 / S15 - Seniores Sen S15 50m: 8:13.25 - 25m: 8:33.97 / S16 -
Esperanas Esp S16 50m: 11:19.68 - 25m: 9:35.30 / S16 - Seniores Sen S16 50m: 10:17.89 - 25m: 8:43.00 / S17 -
Esperanas Esp S17 50m: 9:10.00 - 25m: 8:08.42 / S17 - Seniores Sen S17 50m: 8:20.00 - 25m: 7:24.01 / S21 -
Esperanas Esp S21 50m: 10:52.59 - 25m: 10:28.33 / S21 - Seniores Sen S21 50m: 9:53.27 - 25m: 9:31.21 / MO -
Esperanas Esp M 50m: 10:52.59 - 25m: 10:28.33 / MO - Seniores Sen M 50m: 9:53.27 - 25m: 9:31.21

Convers o tempo inscrio: Convers o com pontos World Aquatics

Ord	Nome atleta	Ano	Classe	Cod Excp	Clube	Tp Inscr.	Convers�o
<u>Classe S8-Seniores</u>							
1	Ana Filipa, Castro	97	S8	12+	Fcp	5:36.96 50m	5:36.96
<u>Classe S9-Seniores</u>							
1	Susana Pereira, Veiga	00	S9	9	Os Belenenses	4:51.08 25m	4:57.75
<u>Classe S14-Seniores</u>							
1	Diana Vieira, Simoes	98	S14	W	Sporting Clube de Aveiro	6:25.41 50m	6:25.41
2	Raquel Rocil�o, Monteiro	98	S14		Feira Viva Cultura e Desporto	7:14.68 50m	7:14.68
3	Susana Raquel, Gouveia	89	S14		Assoc Desporto Adaptado Porto	7:57.83 50m	7:57.83
4	Joana Candeias, Rego	04	S14		Assoc Desporto Adaptado Porto	8:26.26 50m	8:26.26
<u>Classe S17-Esperanas</u>							
1	Leticia Olimpico, Cruz	11	S17		Feira Viva Cultura e Desporto	6:42.39 50m	6:42.39



Campeonato Nacional Verão de Natação Adaptada
Rio Maior, 20 - 21/6/2026



Prova 21, Femin., 400m Livres

Classe S21-Seniores

1	Matilde Lucia, Gaspar	06	S21	APC Coimbra	7:01.22	50m	7:01.22
2	Barbara Ines, Gomes	91	S21	APC Coimbra	9:15.46	50m	9:15.46

ORGANIZAÇÃO



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