

Prova 21
21/06/2026 - 9:15
Femin., 400m Livres
10 anos e mais velhos
Resultados

RN Adaptada 50m S1	59:00.00	start,							
RN Adaptada 50m S2	59:00.00	start,							
RN Adaptada 50m S3	59:00.00	,							
RN Adaptada 50m S4	59:00.00	,							
RN Adaptada 50m S5	59:00.00	,							01/01/1800
RN Adaptada 50m S6	10:31.38	Diana Goncalves, Mendes	CNG	Vila Franca de Xira					16/05/2026
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	4:58.23	Susana Pereira, Veiga	CFB	Coimbra					29/03/2026
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	RIAACT	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	CAFBDP	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 / S11 - Esperanas Esp S11 50m: 8:13.61 - 25m: 8:24.39 / S11 - Seniores Sen S11 50m: 7:28.73 - 25m: 7:38.54 / S12 - Esperanas Esp S12 50m: 7:38.70 - 25m: 7:42.00 / S12 - Seniores Sen S12 50m: 6:57.00 - 25m: 7:00.00 / S13 - Esperanas Esp S13 50m: 10:38.00 - 25m: 10:06.10 / S13 - Seniores Sen S13 50m: 9:40.00 - 25m: 9:11.00 / S14 - Esperanas Esp S14 50m: 7:12.30 - 25m: 7:01.30 / S14 - Seniores Sen S14 50m: 6:33.00 - 25m: 6:23.00 / S15 - Esperanas Esp S15 50m: 7:12.30 - 25m: 7:01.30 / S15 - Seniores Sen S15 50m: 6:33.00 - 25m: 6:23.00 / S16 - Esperanas Esp S16 50m: 9:56.63 - 25m: 9:20.66 / S16 - Seniores Sen S16 50m: 9:02.39 - 25m: 8:29.69 / S17 - Esperanas Esp S17 50m: 9:02.58 - 25m: 9:25.37 / S17 - Seniores Sen S17 50m: 8:13.25 - 25m: 8:33.97 / S18 - Esperanas Esp S18 50m: 11:19.68 - 25m: 9:35.30 / S18 - Seniores Sen S18 50m: 10:17.89 - 25m: 8:43.00 / S19 - Esperanas Esp S19 50m: 9:10.00 - 25m: 8:08.42 / S19 - Seniores Sen S19 50m: 8:20.00 - 25m: 7:24.01 / S20 - Esperanas Esp S20 50m: 10:52.59 - 25m: 10:28.33 / S20 - Seniores Sen S20 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

Pontos: KNZB NED WPS 2025

Lugar	Nome	Ano	Classe	Licena	Clube	Tempo final	Pts	
Classe S6-S14-Absolutos								
1.	Susana Pereira, Veiga	00	S9	121936	Os Belenenses	4:56.68	807	
	<i>Recorde Nacional</i>							
	50m: 33.48	33.48	150m: 1:46.17	36.90	250m: 3:01.77	38.25	350m: 4:18.53	38.55
	100m: 1:09.27	35.79	200m: 2:23.52	37.35	300m: 3:39.98	38.21	400m: 4:56.68	38.15
2.	Ana Filipa, Castro	97	S8	131735	Fcp	5:44.90	540	
	50m: 39.43	39.43	150m: 2:06.58	43.62	250m: 3:33.99	43.94	350m: 5:02.09	44.21
	100m: 1:22.96	43.53	200m: 2:50.05	43.47	300m: 4:17.88	43.89	400m: 5:44.90	42.81
3.	Diana Vieira, Simoes	98	S14	147096	Sporting Clube de Aveiro	6:38.94	326	
	50m: 43.40	43.40	150m: 2:22.58	50.75	250m: 4:06.47	52.31	350m: 5:48.92	51.19
	100m: 1:31.83	48.43	200m: 3:14.16	51.58	300m: 4:57.73	51.26	400m: 6:38.94	50.02
4.	Raquel Rocilio, Monteiro	98	S14	147090	Feira Viva Cultura e Desporto	7:14.02	253	
	50m: 47.97	47.97	150m: 2:36.08	55.49	250m: 4:27.61	56.80	350m: 6:18.77	54.86
	100m: 1:40.59	52.62	200m: 3:30.81	54.73	300m: 5:23.91	56.30	400m: 7:14.02	55.25
5.	Susana Raquel, Gouveia	89	S14	133446	Assoc Desporto Adaptado Porto	8:05.46	181	
	50m: 54.53	54.53	150m: 2:58.54	1:02.63	250m: 5:03.10	1:03.25	350m: 7:06.64	1:01.48
	100m: 1:55.91	1:01.38	200m: 3:59.85	1:01.31	300m: 6:05.16	1:02.06	400m: 8:05.46	58.82

Prova 21, Femin., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final	Pts
6.	Joana Candeias, Rego	04	S14	203837	Assoc Desporto Adaptado Porto	8:41.38	146
	50m: 55.66 55.66	150m: 3:07.24 1:07.98	250m: 5:24.85 1:08.98	350m: 7:39.73 1:07.56			
	100m: 1:59.26 1:03.60	200m: 4:15.87 1:08.63	300m: 6:32.17 1:07.32	400m: 8:41.38 1:01.65			

Classe S17-Absolutos

1.	Leticia Olimpio, Cruz	11	S17	225155	Feira Viva Cultura e Desporto	6:41.72	
	50m: 44.05 44.05	150m: 2:23.03 51.04	250m: 4:06.89 52.45	350m: 5:51.31 52.60			
	100m: 1:31.99 47.94	200m: 3:14.44 51.41	300m: 4:58.71 51.82	400m: 6:41.72 50.41			

Classe S21-Absolutos

1.	Matilde Lucia, Gaspar	06	S21	201275	APC Coimbra	7:29.27	
	50m: 49.59 49.59	150m: 2:44.53 57.72	250m: 4:40.16 57.94	350m: 6:34.71 56.51			
	100m: 1:46.81 57.22	200m: 3:42.22 57.69	300m: 5:38.20 58.04	400m: 7:29.27 54.56			
2.	Barbara Ines, Gomes	91	S21	148265	APC Coimbra	9:12.00	
	50m: 1:03.66 1:03.66	150m: 3:23.04 1:11.45	250m: 5:46.21 1:12.27	350m: 8:04.20 1:08.69			
	100m: 2:11.59 1:07.93	200m: 4:33.94 1:10.90	300m: 6:55.51 1:09.30	400m: 9:12.00 1:07.80			

Classe S8-Seniores

1.	Ana Filipa, Castro	97	S8	131735	Fcp	5:44.90	540
	50m: 39.43 39.43	150m: 2:06.58 43.62	250m: 3:33.99 43.94	350m: 5:02.09 44.21			
	100m: 1:22.96 43.53	200m: 2:50.05 43.47	300m: 4:17.88 43.89	400m: 5:44.90 42.81			

Classe S9-Seniores

1.	Susana Pereira, Veiga	00	S9	121936	Os Belenenses	4:56.68	807
	<i>Recorde Nacional</i>						
	50m: 33.48 33.48	150m: 1:46.17 36.90	250m: 3:01.77 38.25	350m: 4:18.53 38.55			
	100m: 1:09.27 35.79	200m: 2:23.52 37.35	300m: 3:39.98 38.21	400m: 4:56.68 38.15			

Classe S14-Seniores

1.	Diana Vieira, Simoes	98	S14	147096	Sporting Clube de Aveiro	6:38.94	326
	50m: 43.40 43.40	150m: 2:22.58 50.75	250m: 4:06.47 52.31	350m: 5:48.92 51.19			
	100m: 1:31.83 48.43	200m: 3:14.16 51.58	300m: 4:57.73 51.26	400m: 6:38.94 50.02			
2.	Raquel Rocilio, Monteiro	98	S14	147090	Feira Viva Cultura e Desporto	7:14.02	253
	50m: 47.97 47.97	150m: 2:36.08 55.49	250m: 4:27.61 56.80	350m: 6:18.77 54.86			
	100m: 1:40.59 52.62	200m: 3:30.81 54.73	300m: 5:23.91 56.30	400m: 7:14.02 55.25			
3.	Susana Raquel, Gouveia	89	S14	133446	Assoc Desporto Adaptado Porto	8:05.46	181
	50m: 54.53 54.53	150m: 2:58.54 1:02.63	250m: 5:03.10 1:03.25	350m: 7:06.64 1:01.48			
	100m: 1:55.91 1:01.38	200m: 3:59.85 1:01.31	300m: 6:05.16 1:02.06	400m: 8:05.46 58.82			
4.	Joana Candeias, Rego	04	S14	203837	Assoc Desporto Adaptado Porto	8:41.38	146
	50m: 55.66 55.66	150m: 3:07.24 1:07.98	250m: 5:24.85 1:08.98	350m: 7:39.73 1:07.56			
	100m: 1:59.26 1:03.60	200m: 4:15.87 1:08.63	300m: 6:32.17 1:07.32	400m: 8:41.38 1:01.65			

Prova 21, Femin., 400m Livres

Classe S17-Esperanças

1. Leticia Olimpio, Cruz	11	S17	225155	Feira Viva Cultura e Desporto	6:41.72
50m: 44.05 44.05	150m: 2:23.03 51.04	250m: 4:06.89 52.45	350m: 5:51.31 52.60		
100m: 1:31.99 47.94	200m: 3:14.44 51.41	300m: 4:58.71 51.82	400m: 6:41.72 50.41		

Classe S21-Seniores

1. Matilde Lucia, Gaspar	06	S21	201275	APC Coimbra	7:29.27
50m: 49.59 49.59	150m: 2:44.53 57.72	250m: 4:40.16 57.94	350m: 6:34.71 56.51		
100m: 1:46.81 57.22	200m: 3:42.22 57.69	300m: 5:38.20 58.04	400m: 7:29.27 54.56		
2. Barbara Ines, Gomes	91	S21	148265	APC Coimbra	9:12.00
50m: 1:03.66 1:03.66	150m: 3:23.04 1:11.45	250m: 5:46.21 1:12.27	350m: 8:04.20 1:08.69		
100m: 2:11.59 1:07.93	200m: 4:33.94 1:10.90	300m: 6:55.51 1:09.30	400m: 9:12.00 1:07.80		