



Campeonato Nacional Verão de Nataç o Adaptada
Rio Maior, 20 - 21/6/2026



Prova 25 Femin., 400m Estilos 10 anos e mais velhos
21/06/2026 - 9:55 Startlist

RN Adaptada 50m SM5	59:00.00	,						
RN Adaptada 50m SM6	59:00.00	,						
RN Adaptada 50m SM7	59:00.00	,						
RN Adaptada 50m SM8	59:00.00	,						01/01/1800
RN Adaptada 50m SM9	59:00.00	,						01/01/1800
RN Adaptada 50m SM10	59:00.00	,						01/01/1800
RN Adaptada 50m SM11	59:00.00	,						01/01/1800
RN Adaptada 50m SM12	59:00.00	,						
RN Adaptada 50m SM13	59:00.00	,						
RN Adaptada 50m SM14	59:00.00	start,						01/01/1800
RN Adaptada 50m SM15	59:00.00	start,						01/01/1800
RN Adaptada 50m SM16	59:00.00	,						
RN Adaptada 50m SM17	6:07.35		Joana Lopes, Salgueiro		RIAAC	Vila Franca de Xira		15/03/2026
RN Adaptada 50m SM21	8:03.18		Matilde Lucia, Gaspar		APCC	Porto		08/03/2025
RN Adaptada 50m M	59:00.00	,						

S14 - Esperanas Esp S14 50m: 11:00.00 - 25m: 9:54.00 / S14 - Seniores Sen S14 50m: 10:00.00 - 25m: 9:00.00 / S17 -
Esperanas Esp S17 50m: 11:00.00 - 25m: 9:03.23 / S17 - Seniores Sen S17 50m: 10:00.00 - 25m: 8:13.85 / S21 -
Esperanas Esp S21 50m: 12:28.59 - 25m: 11:41.20 / S21 - Seniores Sen S21 50m: 11:20.54 - 25m: 10:37.45 / MO -
Esperanas Esp M 50m: 12:28.59 - 25m: 11:41.20 / MO - Seniores Sen M 50m: 11:20.54 - 25m: 10:37.45

Pista	Nome	Ano	Licena	Classe	Cod Exc	Clube	Tempo	Inscr.
S�rie 1 de 1								
4	Filipa Sa, Reis	00	147099	SM21		Feira Viva Cultura e Desporto	7:52.31	25m ___:___:___