

Campeonato Regional de Natação Adaptada / ANC - 2026-2027
Pedrulha - Coimbra, 11/10/2026

Prova 5		Femin., 400m Livres				10 anos e mais velhos	
11/10/2026 - 10:15						Resultados	
S1 - 25m	59:00.00	start,					01/01/1800
S2 - 25m	59:00.00	start,					01/01/1800
S3 - 25m	59:00.00	start,					01/01/1800
S4 - 25m	59:00.00	start,					01/01/1800
S5 - 25m	59:00.00	,					01/01/1800
S6 - 25m	10:21.80	Diana Goncalves, Mendes	CNG	Ponte de Sor			11/01/2026
S7 - 25m	8:31.78	Carlota Girao, Ferreira	ADADA	Estarreja			16/02/2025
S8 - 25m	5:33.79	Ana Filipa, Castro	FVCD	Abrantes			02/07/2022
S9 - 25m	4:51.08	Susana Pereira, Veiga	CFB	Cantanhede			23/11/2025
S21 - 25m	6:45.56	Matilde Lucia, Gaspar	APCC	Guarda			07/12/2024
S11 - 25m	59:00.00	,					01/01/1800
S12 - 25m	59:00.00	start,					01/01/1800
S13 - 25m	59:00.00	start,					01/01/1800
S14 - 25m	6:01.88	Sonia Castanheiro, Resende	SCA	Mealhada			19/02/2017
S15 - 25m	6:04.92	Eunice Evora, Almeida	CNA	Lisboa			18/10/2015
S16 - 25m	59:00.00	start,					01/01/1800
S17 - 25m	4:51.15	Joana Lopes, Salgueiro	RIAACT	Vila Real de Santo António			08/02/2026
S10 - 25m	5:25.56	Teresa Lamego, Neves	SCP	Lisboa			16/11/2014

Pontos: KNZB NED WPS 2025

Lugar	Nome	Ano	Classe	Licença	Clube					Tempo final	Pts
Classe S21-Absolutos											
1.	Barbara Ines, Gomes	91	S21	148265	APC Coimbra					9:03.96	
	50m: 1:01.15 1:01.15	150m: 3:16.55 1:07.09	250m: 5:35.39 1:09.79	350m: 7:55.89 1:13.44							
	100m: 2:09.46 1:08.31	200m: 4:25.60 1:09.05	300m: 6:42.45 1:07.06	400m: 9:03.96 1:08.07							
Classe S21-Seniores											
1.	Barbara Ines, Gomes	91	S21	148265	APC Coimbra					9:03.96	
	50m: 1:01.15 1:01.15	150m: 3:16.55 1:07.09	250m: 5:35.39 1:09.79	350m: 7:55.89 1:13.44							
	100m: 2:09.46 1:08.31	200m: 4:25.60 1:09.05	300m: 6:42.45 1:07.06	400m: 9:03.96 1:08.07							
EXH	Diana Vieira, Simoes	98	S14	147096	Sporting Aveiro					6:38.28	328
	50m: 43.11 43.11	150m: 2:23.47 51.38	250m: 4:06.26 51.34	350m: 5:48.90 50.87							
	100m: 1:32.09 48.98	200m: 3:14.92 51.45	300m: 4:58.03 51.77	400m: 6:38.28 49.38							
EXH	Maria Santos, Ribeiro	11	S14	222937	Alhandra					6:42.36	318
	50m: 43.90 43.90	150m: 2:24.27 50.96	250m: 4:08.56 52.49	350m: 5:52.42 51.11							
	100m: 1:33.31 49.41	200m: 3:16.07 51.80	300m: 5:01.31 52.75	400m: 6:42.36 49.94							
EXH	Raquel Rocilio, Monteiro	98	S14	147090	Feira Viva					7:26.21	233
	50m: 51.98 51.98	150m: 2:40.96 54.94	250m: 4:34.32 56.20	350m: 6:28.37 57.76							
	100m: 1:46.02 54.04	200m: 3:38.12 57.16	300m: 5:30.61 56.29	400m: 7:26.21 57.84							