

V Open de Natação Adaptada da Associação de Natação de Coimbra
Coimbra, 2-12-2023

Prova 1 Femin., 400m Livres Open Resultados
02-12-2023 - 9:30

Rec Nac S5	59:00.00									
Rec Nac S6	11:31.70	Ana Sofia, BARBOSA	FCP	Póvoa de Varzim						27-11-2021
Rec Nac S7	9:59.80	Ana Branca, SAMPAIO	SANNP	Valladolid (ESP)						05-05-2018
Rec Nac S8	5:42.76	Ana Filipa, CASTRO	FVCD	Oeiras						11-05-2019
Rec Nac S9	4:59.78	Susana Pereira, VEIGA	CNCVG	Funchal						01-04-2023
Rec Nac S10	5:18.60	Teresa Lamego, NEVES	POR	Eindhoven (NED)						07-08-2014
Rec Nac S11	59:00.00	start,								
Rec Nac S12	59:00.00	start,								
Rec Nac S13	59:00.00	start,								
Rec Nac S14	6:25.10	Sonia Castanheiro, RESENDE	SCA	Vila Franca de Xira						05-03-2016
Rec Nac S15	5:50.21	Susana Maria, LOURENCO	SCP	Coimbra						13-08-2011
Rec Nac S16	7:18.70	Maria Joao, TABORDA	FCP	Povoa de Varzim						07-04-2019
Rec Nac S17	59:00.00	start,								
Rec Nac S21	7:04.36	Filipa Sa, REIS	POR	Padova (ITA)						08-09-2023

Pontos: FINA 2023

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
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Classe S6-S14-Absolutos

1.	Susana Pereira, VEIGA	00	S9	9	Colegio Vasco da Gama	5:08.83	448	9,00
	50m: 33.76 33.76	150m: 1:49.50	38.68	250m: 3:08.75	40.18	350m: 4:29.24	40.51	
	100m: 1:10.82 37.06	200m: 2:28.57	39.07	300m: 3:48.73	39.98	400m: 5:08.83	39.59	
2.	Joana Filipa, PINHO	02	S14		Sporting de Aveiro	7:20.72	154	9,00
	50m: 48.42 48.42	150m: 2:38.65	56.58	250m: 4:32.81	57.45	350m: 6:27.14	56.95	
	100m: 1:42.07 53.65	200m: 3:35.36	56.71	300m: 5:30.19	57.38	400m: 7:20.72	53.58	
3.	Diana Goncalves, MENDES	99	S7	12	Natacao Guarda	10:17.99	55	9,00
	50m: 1:11.10 1:11.10	150m: 3:51.83	1:20.55	250m: 6:27.83	1:18.71	350m: 9:02.80	1:17.71	
	100m: 2:31.28 1:20.18	200m: 5:09.12	1:17.29	300m: 7:45.09	1:17.26	400m: 10:17.99	1:15.19	

Classe S21 (SDown)-Absolutos

1.	Matilde Lucia, GASPAR	06	S21		APC Coimbra	7:34.63	140	9,00
	50m: 50.01 50.01	150m: 2:44.17	57.46	250m: 4:42.09	58.41	350m: 6:39.73	58.06	
	100m: 1:46.71 56.70	200m: 3:43.68	59.51	300m: 5:41.67	59.58	400m: 7:34.63	54.90	
2.	Adriana Godinho, REIS	95	S21		Feira Viva	8:11.42	111	7,00
	50m: 58.58 58.58	150m: 3:02.04	1:02.64	250m: 5:07.65	1:03.01	350m: 7:11.56	1:01.89	
	100m: 1:59.40 1:00.82	200m: 4:04.64	1:02.60	300m: 6:09.67	1:02.02	400m: 8:11.42	59.86	

Classe S7-Seniores

1.	Diana Goncalves, MENDES	99	S7	12	Natacao Guarda	10:17.99	55	9,00
	50m: 1:11.10 1:11.10	150m: 3:51.83	1:20.55	250m: 6:27.83	1:18.71	350m: 9:02.80	1:17.71	
	100m: 2:31.28 1:20.18	200m: 5:09.12	1:17.29	300m: 7:45.09	1:17.26	400m: 10:17.99	1:15.19	

Classe S9-Seniores

1.	Susana Pereira, VEIGA	00	S9	9	Colegio Vasco da Gama	5:08.83	448	9,00
	50m: 33.76 33.76	150m: 1:49.50	38.68	250m: 3:08.75	40.18	350m: 4:29.24	40.51	
	100m: 1:10.82 37.06	200m: 2:28.57	39.07	300m: 3:48.73	39.98	400m: 5:08.83	39.59	

Classe S14-Seniores

1.	Joana Filipa, PINHO	02	S14		Sporting de Aveiro	7:20.72	154	9,00
	50m: 48.42 48.42	150m: 2:38.65	56.58	250m: 4:32.81	57.45	350m: 6:27.14	56.95	
	100m: 1:42.07 53.65	200m: 3:35.36	56.71	300m: 5:30.19	57.38	400m: 7:20.72	53.58	

Classe S21 (SDown)-Seniores

1.	Matilde Lucia, GASPAR	06	S21		APC Coimbra	7:34.63	140	9,00
	50m: 50.01 50.01	150m: 2:44.17	57.46	250m: 4:42.09	58.41	350m: 6:39.73	58.06	
	100m: 1:46.71 56.70	200m: 3:43.68	59.51	300m: 5:41.67	59.58	400m: 7:34.63	54.90	

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Coimbra, 2-12-2023

Prova 1, Femin., 400m Livres, Classe S21 (SDown)-Seniores

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
2.	Adriana Godinho, REIS	95	S21		Feira Viva	8:11.42	111	7,00
	50m: 58.58 58.58	150m: 3:02.04 1:02.64	250m: 5:07.65 1:03.01	350m: 7:11.56 1:01.89				
	100m: 1:59.40 1:00.82	200m: 4:04.64 1:02.60	300m: 6:09.67 1:02.02	400m: 8:11.42 59.86				

Classe S113

1.	Camila Anjos, NEVES	01	S113		Alhandra	6:50.16	191	-
	50m: 45.51 45.51	150m: 2:26.62 52.35	250m: 4:12.97 52.70	350m: 6:00.53 53.41				
	100m: 1:34.27 48.76	200m: 3:20.27 53.65	300m: 5:07.12 54.15	400m: 6:50.16 49.63				
2.	Debora Filipa, SANTOS	92	S113		Fluvial Portuense	9:44.06	66	-
	50m: 1:05.97 1:05.97	150m: 3:32.04 1:14.23	250m: 6:03.41 1:15.32	350m: 8:32.18 1:14.14				
	100m: 2:17.81 1:11.84	200m: 4:48.09 1:16.05	300m: 7:18.04 1:14.63	400m: 9:44.06 1:11.88				