

Algarve Open de Natação Adaptada
Quarteira, 10 - 11/2/2024

Prova 1 Femin., 400m Livres Open
10/02/2024 - 16:00 Resultados

S5 - 25m	59:00.00	,								
S6 - 25m	12:22.02	Ana Sofia, BARBOSA	FCP	Recarei						27/02/2022
S7 - 25m	10:06.61	Ana Branca, SAMPAIO	ADADA	Mealhada						15/04/2018
S9 - 25m	4:52.97	Susana Pereira, VEIGA	CNCVG	Leiria						10/12/2022
S10 - 25m	5:25.56	Teresa Lamego, NEVES	SCP	Lisboa						16/11/2014
S12 - 25m	59:00.00	start,								
S13 - 25m	59:00.00	start,								
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,								
S17 - 25m	59:00.00	start,								
S21 - 25m	7:09.95	Filipa Sa, REIS	FVCD	Recarei						22/05/2022

Pontos: KNZB NED WPS 2024

Lugar Ano Tempo final Pts

Classe S7-Seniores

1. Rita Manuela, SANTOS	96	Selecao do Norte de Portugal	12:36.15	61
50m: 1:22.08 1:22.08	150m: 4:35.72 1:40.65	250m: 7:54.81 1:40.83	350m: 11:11.93	1:36.40
100m: 2:55.07 1:32.99	200m: 6:13.98 1:38.26	300m: 9:35.53 1:40.72	400m: 12:36.15	1:24.22

Classe S8-Seniores

1. Ana Filipa, CASTRO	97	Selecao Centro Norte Portugal	5:43.63	546
50m: 40.63 40.63	150m: 2:07.68 43.49	250m: 3:32.71 42.38	350m: 5:00.07	43.88
100m: 1:24.19 43.56	200m: 2:50.33 42.65	300m: 4:16.19 43.48	400m: 5:43.63	43.56
2. Carlota Girao, FERREIRA	06	Selecao do Norte de Portugal	8:13.25	185
50m: 55.69 55.69	150m: 2:56.18 1:01.33	250m: 5:03.06 1:02.31	350m: 7:11.93	1:04.31
100m: 1:54.85 59.16	200m: 4:00.75 1:04.57	300m: 6:07.62 1:04.56	400m: 8:13.25	1:01.32

Classe S9-Seniores

1. Renata Vaz, PINTO	99	Selecao do Norte de Portugal	5:52.93	479
50m: 38.30 38.30	150m: 2:04.25 43.82	250m: 3:34.64 45.54	350m: 5:07.13	46.14
100m: 1:20.43 42.13	200m: 2:49.10 44.85	300m: 4:20.99 46.35	400m: 5:52.93	45.80

Classe S14-Seniores

1. Diana Vieira, SIMOES	98	Selecao Centro Norte Portugal	7:26.82	229
50m: 51.79 51.79	150m: 2:42.60 56.18	250m: 4:35.32 56.68	350m: 6:30.04	57.50
100m: 1:46.42 54.63	200m: 3:38.64 56.04	300m: 5:32.54 57.22	400m: 7:26.82	56.78
2. Joana Candeias, REGO	04	Selecao do Norte de Portugal	8:17.22	166
50m: 53.79 53.79	150m: 2:53.49 1:01.75	250m: 4:58.23 1:03.59	350m: 7:08.30	1:04.69
100m: 1:51.74 57.95	200m: 3:54.64 1:01.15	300m: 6:03.61 1:05.38	400m: 8:17.22	1:08.92

Classe S21 (SDown)-Esperanças

1. Filipa Sa, REIS	00	Selecao Centro Norte Portugal	7:28.38	
50m: 50.11 50.11	150m: 2:42.26 56.62	250m: 4:36.95 57.84	350m: 6:33.37	58.54
100m: 1:45.64 55.53	200m: 3:39.11 56.85	300m: 5:34.83 57.88	400m: 7:28.38	55.01

Classe S21 (SDown)-Seniores

1. Filipa Sa, REIS	00	Selecao Centro Norte Portugal	7:28.38	
50m: 50.11 50.11	150m: 2:42.26 56.62	250m: 4:36.95 57.84	350m: 6:33.37	58.54
100m: 1:45.64 55.53	200m: 3:39.11 56.85	300m: 5:34.83 57.88	400m: 7:28.38	55.01