

Prova 1 Femin., 400m Livres 12 anos e mais velhos
29/06/2024 - 15:30 Resultados

Rec Nac Adap S5	59:00.00	,				
Rec Nac Adap S6	11:31.70	Ana Sofia, BARBOSA	FCP	Póvoa de Varzim	27/11/2021	
Rec Nac Adap S8	5:42.76	Ana Filipa, CASTRO	FVCD	Oeiras	11/05/2019	
Rec Nac Adap S9	4:59.78	Susana Pereira, VEIGA	CNCVG	Funchal	01/04/2023	
Rec Nac Adap S10	5:18.60	Teresa Lamego, NEVES	POR	Eindhoven (NED)	07/08/2014	
Rec Nac Adap S11	59:00.00	start,				
Rec Nac Adap S12	59:00.00	start,				
Rec Nac Adap S13	59:00.00	start,				
Rec Nac Adap S14	6:25.10	Sonia Castanheiro, RESENDE	SCA	Vila Franca de Xira	05/03/2016	
Rec Nac Adap S15	5:50.21	Susana Maria, LOURENCO	SCP	Coimbra	13/08/2011	
Rec Nac Adap S16	7:18.70	Maria Joao, TABORDA	FCP	Povoia de Varzim	07/04/2019	
Rec Nac Adap S17	11:08.16	Francisca Araujo, FERREIRA	ADADA	Póvoa de Varzim	01/06/2024	

S6-ESP 12 - 16 S6 50m: 20:02.09 - 25m: 9:24.84 / S6-SEN 17 + S6 50m: 17:40.67 - 25m: 8:18.39 / S7-ESP 12 - 16 S7 50m: 16:59.66 - 25m: 17:11.24 / S7-SEN 17 + S7 50m: 14:59.70 - 25m: 15:09.92 / S8-ESP 12 - 16 S8 50m: 9:42.69 - 25m: 9:42.13 / S8-SEN 17 + S8 50m: 8:34.14 - 25m: 8:33.65 / S9-ESP 12 - 16 S9 50m: 8:33.55 - 25m: 8:18.39 / S9-SEN 17 + S9 50m: 7:33.14 - 25m: 7:19.76 / S10-ESP 12 - 16 S10 50m: 9:01.62 - 25m: 9:13.45 / S110-ESP 12 - 16 S110 50m: 9:01.62 - 25m: 9:13.45 / S10-SEN 17 + S10 50m: 7:57.90 - 25m: 8:08.34 / S110-SEN 17 + S110 50m: 7:57.90 - 25m: 8:08.34 / S11-ESP 12 - 16 S11 50m: 8:40.22 - 25m: 8:40.22 / S11-SEN 17 + S11 50m: 7:39.02 - 25m: 7:39.02 / S12-ESP 12 - 16 S12 50m: 8:23.22 - 25m: 8:40.22 / S12-SEN 17 + S12 50m: 7:24.02 - 25m: 7:39.02 / S13-ESP 12 - 16 S13 50m: 7:58.14 - 25m: 8:40.22 / S113-ESP 12 - 16 S113 50m: 7:58.14 - 25m: 8:40.22 / S13-SEN 17 + S13 50m: 7:01.89 - 25m: 7:39.02 / S113-SEN 17 + S113 50m: 7:01.89 - 25m: 7:39.02 / S14-ESP 12 - 16 S14 50m: 10:54.67 - 25m: 10:15.20 / S114-ESP 12 - 16 S114 50m: 10:54.67 - 25m: 10:15.20 / S14-SEN 17 + S14 50m: 9:37.65 - 25m: 9:02.82 / S114-SEN 17 + S114 50m: 9:37.65 - 25m: 9:02.82 / S15-ESP 12 - 16 S15 50m: 9:55.36 - 25m: 10:20.36 / S115-ESP 12 - 16 S115 50m: 9:55.36 - 25m: 10:20.36 / S15-SEN 17 + S15 50m: 8:45.32 - 25m: 9:07.38 / S115-SEN 17 + S115 50m: 8:45.32 - 25m: 9:07.38 / S16-ESP 12 - 16 S16 50m: 12:25.79 - 25m: 12:25.79 / S16-SEN 17 + S16 50m: 10:58.05 - 25m: 10:58.05 / S17-ESP 12 - 16 S17 50m: 10:54.67 - 25m: 11:11.67 / S17-SEN 17 + S17 50m: 9:37.65 - 25m: 9:52.65 / S21-ESP 12 - 16 S21 50m: 12:58.14 - 25m: 12:54.76 / S21-SEN 17 + S21 50m: 11:26.60 - 25m: 11:23.61

Lugar	Nome	Classe	Licença	Clube	Tempo Final	IPC
Classe S6-S14 - Absolutos						
1.	Diana Vieira, SIMOES	S14	147096	Sporting Clube de Aveiro	6:29.82	345
	50m: 42.19 42.19	150m: 2:17.24 48.29	250m: 3:56.96 50.47	350m: 5:41.15 54.99		
	100m: 1:28.95 46.76	200m: 3:06.49 49.25	300m: 4:46.16 49.20	400m: 6:29.82 48.67		
2.	Maria Mafalda, SOARES	S14	153119	Assoc Desporto Adaptado Porto	7:14.81	248
	50m: 48.99 48.99	150m: 2:38.07 55.44	250m: 4:32.04 57.75	350m: 6:24.92 56.66		
	100m: 1:42.63 53.64	200m: 3:34.29 56.22	300m: 5:28.26 56.22	400m: 7:14.81 49.89		
3.	Diana Goncalves, MENDES <i>Rec Nacional</i>	S7	215921	Natacao Guarda	9:47.85	130
	50m: 1:10.09 1:10.09	150m: 3:41.78 1:16.03	250m: 6:10.98 1:14.29	350m: 8:35.98 1:12.29		
	100m: 2:25.75 1:15.66	200m: 4:56.69 1:14.91	300m: 7:23.69 1:12.71	400m: 9:47.85 1:11.87		
4.	Beatriz Moreira, ALMEIDA	S14	203836	Assoc Desporto Adaptado Porto	9:27.27	112
	50m: 1:00.45 1:00.45	150m: 3:17.20 1:11.49	250m: 5:45.87 1:15.43	350m: 8:16.76 1:15.94		
	100m: 2:05.71 1:05.26	200m: 4:30.44 1:13.24	300m: 7:00.82 1:14.95	400m: 9:27.27 1:10.51		

Classe S21 - Absolutos

1.	Matilde Lucia, GASPAR	S21	201275	APC Coimbra	7:02.97	
	50m: 45.78 45.78	150m: 2:31.34 53.75	250m: 4:20.46 55.07	350m: 6:10.96 55.53		
	100m: 1:37.59 51.81	200m: 3:25.39 54.05	300m: 5:15.43 54.97	400m: 7:02.97 52.01		
	Filipa Sa, REIS	S21	147099	Feira Viva	7:37.00	
	50m: 48.70 48.70	150m: 2:42.16 58.24	250m: 4:40.21 59.29	350m: 6:38.03 59.51		
	100m: 1:43.92 55.22	200m: 3:40.92 58.76	300m: 5:38.52 58.31	400m: 7:37.00 58.97		
	Ana Alexandra, CASTRO	S21	148287	Fcp	9:24.73	
	50m: 1:07.05 1:07.05	150m: 3:33.84 1:12.83	250m: 5:55.75 1:10.27	350m: 8:18.16 1:09.75		
	100m: 2:21.01 1:13.96	200m: 4:45.48 1:11.64	300m: 7:08.41 1:12.66	400m: 9:24.73 1:06.57		

Prova 1, Femin., 400m Livres

Classe S7 - Seniores

1. Diana Goncalves, MENDES	S7	215921 Natacao Guarda	9:47.85	130							
<i>Campeã Nacional, Rec Nacional</i>											
50m:	1:10.09	1:10.09	150m:	3:41.78	1:16.03	250m:	6:10.98	1:14.29	350m:	8:35.98	1:12.29
100m:	2:25.75	1:15.66	200m:	4:56.69	1:14.91	300m:	7:23.69	1:12.71	400m:	9:47.85	1:11.87

Classe S14 - Seniores

1. Diana Vieira, SIMOES	S14	147096 Sporting Clube de Aveiro	6:29.82	345							
<i>Campeã Nacional</i>											
50m:	42.19	42.19	150m:	2:17.24	48.29	250m:	3:56.96	50.47	350m:	5:41.15	54.99
100m:	1:28.95	46.76	200m:	3:06.49	49.25	300m:	4:46.16	49.20	400m:	6:29.82	48.67
2. Maria Mafalda, SOARES	S14	153119 Assoc Desporto Adaptado Porto	7:14.81	248							
50m:	48.99	48.99	150m:	2:38.07	55.44	250m:	4:32.04	57.75	350m:	6:24.92	56.66
100m:	1:42.63	53.64	200m:	3:34.29	56.22	300m:	5:28.26	56.22	400m:	7:14.81	49.89
3. Beatriz Moreira, ALMEIDA	S14	203836 Assoc Desporto Adaptado Porto	9:27.27	112							
50m:	1:00.45	1:00.45	150m:	3:17.20	1:11.49	250m:	5:45.87	1:15.43	350m:	8:16.76	1:15.94
100m:	2:05.71	1:05.26	200m:	4:30.44	1:13.24	300m:	7:00.82	1:14.95	400m:	9:27.27	1:10.51

Classe S21 - Seniores

1. Matilde Lucia, GASPAR	S21	201275 APC Coimbra	7:02.97								
<i>Campeã Nacional</i>											
50m:	45.78	45.78	150m:	2:31.34	53.75	250m:	4:20.46	55.07	350m:	6:10.96	55.53
100m:	1:37.59	51.81	200m:	3:25.39	54.05	300m:	5:15.43	54.97	400m:	7:02.97	52.01
2. Filipa Sa, REIS	S21	147099 Feira Viva	7:37.00								
50m:	48.70	48.70	150m:	2:42.16	58.24	250m:	4:40.21	59.29	350m:	6:38.03	59.51
100m:	1:43.92	55.22	200m:	3:40.92	58.76	300m:	5:38.52	58.31	400m:	7:37.00	58.97
3. Ana Alexandra, CASTRO	S21	148287 Fcp	9:24.73								
50m:	1:07.05	1:07.05	150m:	3:33.84	1:12.83	250m:	5:55.75	1:10.27	350m:	8:18.16	1:09.75
100m:	2:21.01	1:13.96	200m:	4:45.48	1:11.64	300m:	7:08.41	1:12.66	400m:	9:24.73	1:06.57