

Prova 5 Femin., 200m Costas 12 anos e mais velhos
29/06/2024 - 16:35 Resultados

Rec Nac Adap S8	59:00.00	,					
Rec Nac Adap S11	59:00.00	,					
Rec Nac Adap S14	3:14.60		Sonia Castanheiro, RESENDE	SCA	Póvoa de Varzim		18/06/2016
Rec Nac Adap S15	3:43.76		Raquel Rosa, CORREIA	ACDCBR	Póvoa de Varzim		18/06/2016
Rec Nac Adap S17	4:16.23		Lara Sofia, NUNES	FCP	Póvoa de Varzim		01/06/2024
Rec Nac Adap S21	3:38.29		Diana Ines, TORRES	FCP	Porto		21/01/2024

S14-ESP 12 - 16 S14 50m: 5:30.82 - 25m: 6:11.31 / S114-ESP 12 - 16 S114 50m: 5:30.82 - 25m: 6:11.31 / S14-SEN 17 + S14 50m: 4:51.90 - 25m: 5:27.63 / S114-SEN 17 + S114 50m: 4:51.90 - 25m: 5:27.63 / S15-ESP 12 - 16 S15 50m: 6:20.39 - 25m: 4:07.23 / S115-ESP 12 - 16 S115 50m: 6:20.39 - 25m: 4:07.23 / S15-SEN 17 + S15 50m: 5:35.64 - 25m: 3:38.14 / S115-SEN 17 + S115 50m: 5:35.64 - 25m: 3:38.14 / S17-ESP 12 - 16 S17 50m: 6:36.00 - 25m: 6:10.60 / S17-SEN 17 + S17 50m: 5:49.41 - 25m: 5:27.00 / S21-ESP 12 - 16 S21 50m: 6:16.36 - 25m: 6:05.82 / S21-SEN 17 + S21 50m: 5:32.09 - 25m: 5:22.79

Pontos: KNZB NED WPS 2024

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m	
Classe S14 - Absolutos								
1.	Raquel Rocilio, MONTEIRC98	Feira Viva	4:09.54	207	59.79	1:02.81	1:05.12	1:01.82
2.	Gabriela Chambel, MATOS05	Asc	4:50.11	132	1:05.66	1:14.75	1:16.75	1:12.95
3.	Laura Soares, RODRIGUE08	Asc	4:54.60	126	1:00.18	1:20.31	1:18.24	1:15.87
4.	Beatriz Moreira, ALMEIDA 04	Assoc Desporto Adaptado	5:10.97	107	1:10.67	1:18.30	1:21.66	1:20.34
	FTL							

Classe S21 - Absolutos

1.	Diana Ines, TORRES	99	Fcp	3:39.52		51.29	57.48	56.13	54.62
	Bruna Gomes, CASTRO	04	Feira Viva	4:41.15		1:04.76	1:11.65	1:14.30	1:10.44

Classe S14 - Esperanças

1.	Laura Soares, RODRIGUE08	Asc	4:54.60	126	1:00.18	1:20.31	1:18.24	1:15.87
	<i>Campeã Nacional</i>							

Classe S14 - Seniores

1.	Raquel Rocilio, MONTEIRC98	Feira Viva	4:09.54	207	59.79	1:02.81	1:05.12	1:01.82
	<i>Campeã Nacional</i>							
2.	Gabriela Chambel, MATOS05	Asc	4:50.11	132	1:05.66	1:14.75	1:16.75	1:12.95
3.	Beatriz Moreira, ALMEIDA 04	Assoc Desporto Adaptado	5:10.97	107	1:10.67	1:18.30	1:21.66	1:20.34
	FTL							

Classe S21 - Seniores

1.	Diana Ines, TORRES	99	Fcp	3:39.52		51.29	57.48	56.13	54.62
	<i>Campeã Nacional</i>								
2.	Bruna Gomes, CASTRO	04	Feira Viva	4:41.15		1:04.76	1:11.65	1:14.30	1:10.44