

Campeonato Regional de Natação Adaptada / ANC 2024-2025
Coimbra, 27/10/2024

Prova 5 Femin., 400m Livres Open
27/10/2024 - 10:15 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: AQUA 2024

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final IPC Pts

Classe S21 (SDown)-Absolutos

1. Barbara Ines, GOMES	91	S21		APC Coimbra	9:06.88	75
50m: 1:01.93 1:01.93	150m: 3:19.18 1:09.03	250m: 5:40.17 1:10.74	350m: 7:57.43 1:07.54			
100m: 2:10.15 1:08.22	200m: 4:29.43 1:10.25	300m: 6:49.89 1:09.72	400m: 9:06.88 1:09.45			

Classe S21 (SDown)-Seniores

1. Barbara Ines, GOMES	91	S21		APC Coimbra	9:06.88	75
50m: 1:01.93 1:01.93	150m: 3:19.18 1:09.03	250m: 5:40.17 1:10.74	350m: 7:57.43 1:07.54			
100m: 2:10.15 1:08.22	200m: 4:29.43 1:10.25	300m: 6:49.89 1:09.72	400m: 9:06.88 1:09.45			

EXH Joana Filipa, PINHO	02	S14		Sporting de Aveiro	6:54.94	173
50m: 43.88 43.88	150m: 2:28.58 53.78	250m: 4:16.67 53.58	350m: 6:04.96 54.68			
100m: 1:34.80 50.92	200m: 3:23.09 54.51	300m: 5:10.28 53.61	400m: 6:54.94 49.98			

EXH Raquel Rocilio, MONTEIRO	98	S14		Feira Viva	7:43.10	124
50m: 53.05 53.05	150m: 2:50.00 58.21	250m: 4:49.32 58.09	350m: 6:43.70 55.79			
100m: 1:51.79 58.74	200m: 3:51.23 1:01.23	300m: 5:47.91 58.59	400m: 7:43.10 59.40			

EXH Adriana Godinho, REIS	95	S21		Feira Viva	8:30.49	93
50m: 58.68 58.68	150m: 3:08.27 1:05.92	250m: 5:19.74 1:05.87	350m: 7:30.69 1:06.03			
100m: 2:02.35 1:03.67	200m: 4:13.87 1:05.60	300m: 6:24.66 1:04.92	400m: 8:30.49 59.80			

EXH Diana Goncalves, MENDES RN NA S7	99	S7	A. 12	Natacao Guarda	10:01.42	56
50m: 1:09.33 1:09.33	150m: 3:42.59 1:17.04	250m: 6:15.93 1:16.27	350m: 8:46.98 1:14.93			
100m: 2:25.55 1:16.22	200m: 4:59.66 1:17.07	300m: 7:32.05 1:16.12	400m: 10:01.42 1:14.44			