

Prova 1
07/12/2024 - 15:30

Femin., 400m Livres

10 anos e mais velhos
Resultados

S6 - 25m	12:22.02	Ana Sofia, Barbosa	FCP	Recarei	27/02/2022
S7 - 25m	10:01.42	Diana Goncalves, Mendes	CNG	Coimbra	27/10/2024
S8 - 25m	5:33.79	Ana Filipa, Castro	FVCD	Abrantes	02/07/2022
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	10:33.96	Francisca Araujo, Ferreira	ADADA	Lousada	10/11/2024
S21 - 25m	7:00.59	Matilde Lucia, Gaspar	APCC	Coimbra	20/10/2024

S6 - Esperanças Esp S6 50m: 17:17.55 - 25m: 18:33.03 / S6 - Seniores Sen S6 50m: 16:08.38 - 25m: 17:18.83 / S7 - Esperanças Esp S7 50m: 14:41.78 - 25m: 15:09.92 / S7 - Seniores Sen S7 50m: 13:42.99 - 25m: 14:09.25 / S8 - Esperanças Esp S8 50m: 8:34.14 - 25m: 8:20.68 / S8 - Seniores Sen S8 50m: 7:59.86 - 25m: 7:47.31 / S9 - Esperanças Esp S9 50m: 7:29.67 - 25m: 7:19.46 / S9 - Seniores Sen S9 50m: 6:59.69 - 25m: 6:50.16 / S10 - Esperanças Esp S10 50m: 7:57.90 - 25m: 8:08.34 / S10 - Seniores Sen S10 50m: 7:26.04 - 25m: 7:35.78 / S110 - Esperanças Esp S110 50m: 7:57.90 - 25m: 8:08.34 / S110 - Seniores Sen S110 50m: 7:26.04 - 25m: 7:35.78 / S11 - Esperanças Esp S11 50m: 7:27.37 - 25m: 7:30.00 / S11 - Seniores Sen S11 50m: 6:57.55 - 25m: 7:00.00 / S12 - Esperanças Esp S12 50m: 10:31.08 - 25m: 9:51.02 / S12 - Seniores Sen S12 50m: 9:49.01 - 25m: 9:11.61 / S13 - Esperanças Esp S13 50m: 7:01.89 - 25m: 6:51.22 / S13 - Seniores Sen S13 50m: 6:33.76 - 25m: 6:23.81 / S113 - Esperanças Esp S113 50m: 7:01.89 - 25m: 6:51.22 / S113 - Seniores Sen S113 50m: 6:33.76 - 25m: 6:23.81 / S14 - Esperanças Esp S14 50m: 9:37.65 - 25m: 9:02.82 / S14 - Seniores Sen S14 50m: 8:59.14 - 25m: 8:26.63 / S15 - Esperanças Esp S15 50m: 8:45.32 - 25m: 9:07.38 / S15 - Seniores Sen S15 50m: 8:10.29 - 25m: 8:30.89 / S16 - Esperanças Esp S16 50m: 10:58.05 - 25m: 9:20.67 / S16 - Seniores Sen S16 50m: 10:14.18 - 25m: 8:43.29 / S17 - Esperanças Esp S17 50m: 16:42.24 - 25m: 7:59.78 / S17 - Seniores Sen S17 50m: 15:35.42 - 25m: 7:27.79 / S21 - Esperanças Esp S21 50m: 10:34.46 - 25m: 10:44.93 / S21 - Seniores Sen S21 50m: 9:52.16 - 25m: 10:01.93

Pontos: KNZB NED WPS 2024

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	WPS	Pts
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Classe S6-S14-Absolutos

1.	Ana Filipa, Castro	97	S8	12+	Fcp	5:38.04	573	9,00
	50m: 39.42 39.42	150m: 2:04.98	42.49	250m: 3:31.04	43.03	350m: 4:57.00	43.06	
	100m: 1:22.49 43.07	200m: 2:48.01	43.03	300m: 4:13.94	42.90	400m: 5:38.04	41.04	
2.	Maria Mafalda, Soares	02	S14		Assoc Desporto Adaptado Porto	7:00.69	274	9,00
	50m: 48.05 48.05	150m: 2:33.00	53.15	250m: 4:21.70	54.59	350m: 6:13.57	56.48	
	100m: 1:39.85 51.80	200m: 3:27.11	54.11	300m: 5:17.09	55.39	400m: 7:00.69	47.12	
3.	Raquel Rocilio, Monteiro	98	S14		Feira Viva	7:36.21	215	7,00
	50m: 51.25 51.25	150m: 2:44.92	58.01	250m: 4:40.57	58.04	350m: 6:38.22	58.01	
	100m: 1:46.91 55.66	200m: 3:42.53	57.61	300m: 5:40.21	59.64	400m: 7:36.21	57.99	
4.	Susana Raquel, Gouveia	89	S14		Assoc Desporto Adaptado Porto	7:54.38	191	6,00
	50m: 54.15 54.15	150m: 2:54.26	59.86	250m: 4:54.64	1:00.11	350m: 6:54.56	59.54	
	100m: 1:54.40 1:00.25	200m: 3:54.53	1:00.27	300m: 5:55.02	1:00.38	400m: 7:54.38	59.82	
5.	Diana Goncalves, Mendes	99	S7	A,12	Natacao Guarda	10:06.09	118	9,00
	50m: 1:08.39 1:08.39	150m: 3:42.73	1:18.04	250m: 6:18.21	1:17.67	350m: 8:50.95	1:16.13	
	100m: 2:24.69 1:16.30	200m: 5:00.54	1:17.81	300m: 7:34.82	1:16.61	400m: 10:06.09	1:15.14	

Classe S21-Absolutos

1.	Matilde Lucia, Gaspar	06	S21		APC Coimbra	6:45.56		9,00
	<i>Rec Nacional Classe S21</i>							
	50m: 45.69 45.69	150m: 2:28.49	52.37	250m: 4:12.74	52.01	350m: 5:57.08	51.94	
	100m: 1:36.12 50.43	200m: 3:20.73	52.24	300m: 5:05.14	52.40	400m: 6:45.56	48.48	

Prova 1, Femin., 400m Livres, Classe S21-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	WPS	Pts
2.	Filipa Sa, Reis	00	S21		Feira Viva	7:14.03		7,00
	50m: 47.62 47.62	150m: 2:35.67	54.97	250m: 4:26.14	55.83	350m: 6:18.94	56.64	
	100m: 1:40.70 53.08	200m: 3:30.31	54.64	300m: 5:22.30	56.16	400m: 7:14.03	55.09	

Classe S7-Seniores

1.	Diana Goncalves, Mendes	99	S7	A,12	Natacao Guarda	10:06.09	118	9,00
	50m: 1:08.39 1:08.39	150m: 3:42.73	1:18.04	250m: 6:18.21	1:17.67	350m: 8:50.95	1:16.13	
	100m: 2:24.69 1:16.30	200m: 5:00.54	1:17.81	300m: 7:34.82	1:16.61	400m: 10:06.09	1:15.14	

Classe S8-Seniores

1.	Ana Filipa, Castro	97	S8	12+	Fcp	5:38.04	573	9,00
	50m: 39.42 39.42	150m: 2:04.98	42.49	250m: 3:31.04	43.03	350m: 4:57.00	43.06	
	100m: 1:22.49 43.07	200m: 2:48.01	43.03	300m: 4:13.94	42.90	400m: 5:38.04	41.04	

Classe S14-Seniores

1.	Maria Mafalda, Soares	02	S14		Assoc Desporto Adaptado Porto	7:00.69	274	9,00
	50m: 48.05 48.05	150m: 2:33.00	53.15	250m: 4:21.70	54.59	350m: 6:13.57	56.48	
	100m: 1:39.85 51.80	200m: 3:27.11	54.11	300m: 5:17.09	55.39	400m: 7:00.69	47.12	
2.	Raquel Rocilio, Monteiro	98	S14		Feira Viva	7:36.21	215	7,00
	50m: 51.25 51.25	150m: 2:44.92	58.01	250m: 4:40.57	58.04	350m: 6:38.22	58.01	
	100m: 1:46.91 55.66	200m: 3:42.53	57.61	300m: 5:40.21	59.64	400m: 7:36.21	57.99	
3.	Susana Raquel, Gouveia	89	S14		Assoc Desporto Adaptado Porto	7:54.38	191	6,00
	50m: 54.15 54.15	150m: 2:54.26	59.86	250m: 4:54.64	1:00.11	350m: 6:54.56	59.54	
	100m: 1:54.40 1:00.25	200m: 3:54.53	1:00.27	300m: 5:55.02	1:00.38	400m: 7:54.38	59.82	

Classe S21-Seniores

1.	Matilde Lucia, Gaspar <i>Rec Nacional Classe S21</i>	06	S21		APC Coimbra	6:45.56		9,00
	50m: 45.69 45.69	150m: 2:28.49	52.37	250m: 4:12.74	52.01	350m: 5:57.08	51.94	
	100m: 1:36.12 50.43	200m: 3:20.73	52.24	300m: 5:05.14	52.40	400m: 6:45.56	48.48	
2.	Filipa Sa, Reis	00	S21		Feira Viva	7:14.03		7,00
	50m: 47.62 47.62	150m: 2:35.67	54.97	250m: 4:26.14	55.83	350m: 6:18.94	56.64	
	100m: 1:40.70 53.08	200m: 3:30.31	54.64	300m: 5:22.30	56.16	400m: 7:14.03	55.09	