

Prova 3  
07/12/2024 - 16:05

Femin., 200m Livres

10 anos e mais velhos  
Resultados

|           |          |                            |      |                      |  |            |
|-----------|----------|----------------------------|------|----------------------|--|------------|
| S1 - 25m  | 59:00.00 | start,                     |      |                      |  |            |
| S2 - 25m  | 59:00.00 | start,                     |      |                      |  |            |
| S3 - 25m  | 59:00.00 | start,                     |      |                      |  |            |
| S4 - 25m  | 7:27.99  | Gabriela Maria, Guedes     | FVCD | Lousada              |  | 09/11/2024 |
| S5 - 25m  | 6:10.38  | Teresa Raquel, Barbosa     | FCP  | Guarda               |  | 17/02/2019 |
| S14 - 25m | 2:51.05  | Sonia Castanheiro, Resende | SCA  | Santa Maria da Feira |  | 22/01/2017 |
| S15 - 25m | 2:34.67  | Eunice Evora, Almeida      | SCP  | Recarei              |  | 16/12/2018 |
| S16 - 25m | 59:00.00 | start,                     |      |                      |  |            |
| S17 - 25m | 3:31.05  | Lara Sofia, Nunes          | FCP  | Lousada              |  | 09/11/2024 |
| S21 - 25m | 3:20.73  | Matilde Lucia, Gaspar      | APCC | Guarda               |  | 07/12/2024 |

S1 - Esperanças Esp S1 50m: 11:06.03 - 25m: 11:06.03 / S1 - Seniores Sen S1 50m: 10:21.63 - 25m: 10:21.63 / S2 - Esperanças Esp S2 50m: 8:30.76 - 25m: 8:58.53 / S2 - Seniores Sen S2 50m: 7:56.71 - 25m: 8:22.63 / S3 - Esperanças Esp S3 50m: 7:41.03 - 25m: 8:35.37 / S3 - Seniores Sen S3 50m: 7:10.29 - 25m: 8:01.01 / S4 - Esperanças Esp S4 50m: 6:11.46 - 25m: 12:54.75 / S4 - Seniores Sen S4 50m: 5:46.70 - 25m: 12:03.10 / S5 - Esperanças Esp S5 50m: 5:17.84 - 25m: 9:15.57 / S5 - Seniores Sen S5 50m: 4:56.65 - 25m: 8:38.53 / S14 - Esperanças Esp S14 50m: 4:13.48 - 25m: 4:16.57 / S14 - Seniores Sen S14 50m: 3:56.59 - 25m: 3:59.47 / S15 - Esperanças Esp S15 50m: 4:01.35 - 25m: 3:52.01 / S15 - Seniores Sen S15 50m: 3:45.26 - 25m: 3:36.54 / S16 - Esperanças Esp S16 50m: 5:23.04 - 25m: 3:58.32 / S16 - Seniores Sen S16 50m: 5:01.50 - 25m: 3:42.43 / S17 - Esperanças Esp S17 50m: 5:27.30 - 25m: 7:37.22 / S17 - Seniores Sen S17 50m: 5:05.48 - 25m: 7:06.73 / S21 - Esperanças Esp S21 50m: 5:07.77 - 25m: 5:04.57 / S21 - Seniores Sen S21 50m: 4:47.25 - 25m: 4:44.27

Pontos: KNZB NED WPS 2024

| Lugar | Ano |  | Tempo final | Pts | 50m | 100m | 150m | 200m |
|-------|-----|--|-------------|-----|-----|------|------|------|
|-------|-----|--|-------------|-----|-----|------|------|------|

Classe S1-S14-Absolutos

|                                    |    |                             |         |     |         |         |         |         |
|------------------------------------|----|-----------------------------|---------|-----|---------|---------|---------|---------|
| 1. Diana Vieira, Simoes            | 98 | Sporting Clube de Aveiro    | 3:05.26 | 294 | 42.49   | 46.56   | 48.40   | 47.81   |
| 2. Joana Candeias, Rego            | 04 | Assoc Desporto Adaptado Po3 | 45:07   | 164 | 48.06   | 55.46   | 59.48   | 1:02.07 |
| 3. Carolina Carvalho, Silva        | 06 | Feira Viva                  | 9:53.67 | 37  | 2:24.98 | 2:27.06 | 2:32.60 | 2:29.03 |
| <i>Rec Nacional Classe S3, FTL</i> |    |                             |         |     |         |         |         |         |
| 4. Claudia Filipa, Penetro         | 00 | Asc                         | 8:18.34 | 36  | 2:03.43 | 2:04.43 | 2:11.68 | 1:58.80 |

Classe S17-Absolutos

|                                |    |                             |         |  |         |         |         |         |
|--------------------------------|----|-----------------------------|---------|--|---------|---------|---------|---------|
| 1. Lara Sofia, Nunes           | 11 | Fcp                         | 3:35.37 |  | 40.75   | 57.91   | 53.82   | 1:02.89 |
| <i>Rec Nacional Classe S17</i> |    |                             |         |  |         |         |         |         |
| 2. Francisca Araujo, Ferreira  | 96 | Assoc Desporto Adaptado Po5 | 10:87   |  | 1:09.94 | 1:20.20 | 1:20.63 | 1:20.10 |
| 3. Mara Filipa, Nunes          | 06 | Asc                         | 6:56.61 |  | 1:34.35 | 1:48.05 | 1:45.22 | 1:48.99 |

Classe S21-Absolutos

|                          |    |            |         |  |       |         |         |       |
|--------------------------|----|------------|---------|--|-------|---------|---------|-------|
| 1. Adriana Godinho, Reis | 95 | Feira Viva | 3:58.17 |  | 56.45 | 1:01.71 | 1:01.46 | 58.55 |
|--------------------------|----|------------|---------|--|-------|---------|---------|-------|

Classe S3-Seniores

|                                    |    |            |         |    |         |         |         |         |
|------------------------------------|----|------------|---------|----|---------|---------|---------|---------|
| 1. Carolina Carvalho, Silva        | 06 | Feira Viva | 9:53.67 | 37 | 2:24.98 | 2:27.06 | 2:32.60 | 2:29.03 |
| <i>Rec Nacional Classe S3, FTL</i> |    |            |         |    |         |         |         |         |

Classe S5-Seniores

|                            |    |     |         |    |         |         |         |         |
|----------------------------|----|-----|---------|----|---------|---------|---------|---------|
| 1. Claudia Filipa, Penetro | 00 | Asc | 8:18.34 | 36 | 2:03.43 | 2:04.43 | 2:11.68 | 1:58.80 |
|----------------------------|----|-----|---------|----|---------|---------|---------|---------|

Classe S14-Seniores

|                         |    |                             |         |     |       |       |       |         |
|-------------------------|----|-----------------------------|---------|-----|-------|-------|-------|---------|
| 1. Diana Vieira, Simoes | 98 | Sporting Clube de Aveiro    | 3:05.26 | 294 | 42.49 | 46.56 | 48.40 | 47.81   |
| 2. Joana Candeias, Rego | 04 | Assoc Desporto Adaptado Po3 | 45:07   | 164 | 48.06 | 55.46 | 59.48 | 1:02.07 |

Prova 3, Femin., 200m Livres

Classe S17-Esperanças

|                      |    |     |         |       |       |       |         |
|----------------------|----|-----|---------|-------|-------|-------|---------|
| 1. Lara Sofia, Nunes | 11 | Fcp | 3:35.37 | 40.75 | 57.91 | 53.82 | 1:02.89 |
|----------------------|----|-----|---------|-------|-------|-------|---------|

*Rec Nacional Classe S17*

Classe S17-Seniores

|                               |    |                             |         |         |         |         |         |
|-------------------------------|----|-----------------------------|---------|---------|---------|---------|---------|
| 1. Francisca Araujo, Ferreira | 96 | Assoc Desporto Adaptado Po5 | 10:87   | 1:09.94 | 1:20.20 | 1:20.63 | 1:20.10 |
| 2. Mara Filipa, Nunes         | 06 | Asc                         | 6:56.61 | 1:34.35 | 1:48.05 | 1:45.22 | 1:48.99 |

Classe S21-Seniores

|                          |    |            |         |       |         |         |       |
|--------------------------|----|------------|---------|-------|---------|---------|-------|
| 1. Adriana Godinho, Reis | 95 | Feira Viva | 3:58.17 | 56.45 | 1:01.71 | 1:01.46 | 58.55 |
|--------------------------|----|------------|---------|-------|---------|---------|-------|