

Prova 21	Femin., 400m Livres				Open
11/01/2026 - 9:20					Resultados
Rec Nac S5	59:00.00	,			01/01/1800
Rec Nac S6	12:22.02	Ana Sofia, Barbosa	FCP	Recarei	27/02/2022
Rec Nac S7	8:31.78	Carlota Girao, Ferreira	ADADA	Estarreja	16/02/2025
Rec Nac S8	5:33.79	Ana Filipa, Castro	FVCD	Abrantes	02/07/2022
Rec Nac S9	4:51.08	Susana Pereira, Veiga	CFB	Cantanhede	23/11/2025
Rec Nac S10	5:25.56	Teresa Lamego, Neves	SCP	Lisboa	16/11/2014
Rec Nac S12	59:00.00	start,			01/01/1800
Rec Nac S13	59:00.00	start,			01/01/1800
Rec Nac S14	6:01.88	Sonia Castanheiro, Resende	SCA	Mealhada	19/02/2017
Rec Nac S15	6:04.92	Eunice Evora, Almeida	CNA	Lisboa	18/10/2015
Rec Nac S16	59:00.00	start,			01/01/1800
Rec Nac S17	5:15.25	Joana Lopes, Salgueiro	RIAACT	Mexilhoeira Grande	02/11/2025
Rec Nac S21	6:45.56	Matilde Lucia, Gaspar	APCC	Guarda	07/12/2024
Rec Nac MO	6:50.49	Sofia Luz, Fonseca	POR	Albufeira	27/10/2025

Pontos: KNZB NED WPS 2025

Lugar	Nome	Ano	Classe	Licença	Clube					Tempo final	WPS
Classe S6-S14-Absolutos											
1.	Diana Vieira, Simoes	98	S14	147096	Sporting de Aveiro					6:40.22	323
	50m: 46.10 46.10	150m: 2:26.66 50.49	250m: 4:08.50 50.74	350m: 5:50.46 50.91							
	100m: 1:36.17 50.07	200m: 3:17.76 51.10	300m: 4:59.55 51.05	400m: 6:40.22 49.76							
2.	Maria Santos, Ribeiro	11	S14	222937	Asc					7:11.62	258
	50m: 47.04 47.04	150m: 2:34.27 54.74	250m: 4:24.63 55.43	350m: 6:16.40 56.58							
	100m: 1:39.53 52.49	200m: 3:29.20 54.93	300m: 5:19.82 55.19	400m: 7:11.62 55.22							
3.	Diana Goncalves, Mendes	99	S6	215921	Natacao Guarda					10:21.80	122
	Rec Nacional S6										
	50m: 1:08.68 1:08.68	150m: 3:47.01 1:19.98	250m: 6:26.50 1:18.75	350m: 9:04.75 1:18.42							
	100m: 2:27.03 1:18.35	200m: 5:07.75 1:20.74	300m: 7:46.33 1:19.83	400m: 10:21.80 1:17.05							
Classe S6-Seniores											
1.	Diana Goncalves, Mendes	99	S6	215921	Natacao Guarda					10:21.80	122
	Rec Nacional S6										
	50m: 1:08.68 1:08.68	150m: 3:47.01 1:19.98	250m: 6:26.50 1:18.75	350m: 9:04.75 1:18.42							
	100m: 2:27.03 1:18.35	200m: 5:07.75 1:20.74	300m: 7:46.33 1:19.83	400m: 10:21.80 1:17.05							
Classe S14-Esperanças											
1.	Maria Santos, Ribeiro	11	S14	222937	Asc					7:11.62	258
	50m: 47.04 47.04	150m: 2:34.27 54.74	250m: 4:24.63 55.43	350m: 6:16.40 56.58							
	100m: 1:39.53 52.49	200m: 3:29.20 54.93	300m: 5:19.82 55.19	400m: 7:11.62 55.22							
Classe S14-Seniores											
1.	Diana Vieira, Simoes	98	S14	147096	Sporting de Aveiro					6:40.22	323
	50m: 46.10 46.10	150m: 2:26.66 50.49	250m: 4:08.50 50.74	350m: 5:50.46 50.91							
	100m: 1:36.17 50.07	200m: 3:17.76 51.10	300m: 4:59.55 51.05	400m: 6:40.22 49.76							