

Prova 21
15/03/2026 - 9:15

Femin., 400m Livres

10 anos e mais velhos
Resultados

RN Adaptada 50m S1	59:00.00	start,							
RN Adaptada 50m S2	59:00.00	start,							
RN Adaptada 50m S3	59:00.00	,							
RN Adaptada 50m S4	59:00.00	,							
RN Adaptada 50m S5	59:00.00	,							01/01/1800
RN Adaptada 50m S6	10:57.53	Diana Goncalves, Mendes	CNG	Rio Maior					31/05/2025
RN Adaptada 50m S7	8:23.13	Carlota Girao, Ferreira	ADADA	Porto					09/03/2025
RN Adaptada 50m S8	5:36.96	Ana Filipa, Castro	FCP	Barcelona (ESP)					23/03/2025
RN Adaptada 50m S9	4:59.78	Susana Pereira, Veiga	CNCVG	Funchal					01/04/2023
RN Adaptada 50m S10	5:18.60	Teresa Lamego, Neves	POR	Eindhoven (NED)					07/08/2014
RN Adaptada 50m S11	59:00.00	start,							01/01/1800
RN Adaptada 50m S12	59:00.00	start,							01/01/1800
RN Adaptada 50m S13	59:00.00	start,							01/01/1800
RN Adaptada 50m S14	6:25.10	Sonia Castanheiro, Resende	SCA	Vila Franca de Xira					05/03/2016
RN Adaptada 50m S15	5:50.21	Susana Maria, Lourenco	SCP	Coimbra					13/08/2011
RN Adaptada 50m S16	7:18.70	Maria Joao, Taborda	FCP	Povoa de Varzim					07/04/2019
RN Adaptada 50m S17	5:21.21	Joana Lopes, Salgueiro	RIAACT	Loulé					04/07/2025
RN Adaptada 50m S21	7:01.22	Matilde Lucia, Gaspar	APCC	Coimbra					15/06/2025
RN Adaptada 50m M	7:09.11	Sofia Luz, Fonseca	CAFBDP	Vila Franca de Xira					14/03/2026

S6 - Esperanças Esp S6 50m: 17:35.53 - 25m: 18:52.32 / S6 - Seniores Sen S6 50m: 16:08.38 - 25m: 17:18.83 / S7 - Esperanças Esp S7 50m: 14:57.06 - 25m: 15:25.68 / S7 - Seniores Sen S7 50m: 13:42.99 - 25m: 14:09.25 / S8 - Esperanças Esp S8 50m: 8:43.05 - 25m: 8:29.37 / S8 - Seniores Sen S8 50m: 7:59.86 - 25m: 7:47.31 / S9 - Esperanças Esp S9 50m: 7:37.46 - 25m: 7:27.07 / S9 - Seniores Sen S9 50m: 6:59.69 - 25m: 6:50.16 / S10 - Esperanças Esp S10 50m: 8:06.18 - 25m: 8:16.80 / S10 - Seniores Sen S10 50m: 7:26.04 - 25m: 7:35.78 / S110 - Esperanças Esp S110 50m: 8:06.18 - 25m: 8:16.80 / S110 - Seniores Sen S110 50m: 7:26.04 - 25m: 7:35.78 / S11 - Esperanças Esp S11 50m: 7:35.13 - 25m: 7:37.80 / S11 - Seniores Sen S11 50m: 6:57.55 - 25m: 7:00.00 / S12 - Esperanças Esp S12 50m: 10:42.02 - 25m: 10:01.25 / S12 - Seniores Sen S12 50m: 9:49.01 - 25m: 9:11.61 / S13 - Esperanças Esp S13 50m: 7:09.20 - 25m: 6:58.35 / S13 - Seniores Sen S13 50m: 6:33.76 - 25m: 6:23.81 / S113 - Esperanças Esp S113 50m: 7:09.20 - 25m: 6:58.35 / S113 - Seniores Sen S113 50m: 6:33.76 - 25m: 6:23.81 / S14 - Esperanças Esp S14 50m: 9:47.66 - 25m: 9:12.23 / S14 - Seniores Sen S14 50m: 8:59.14 - 25m: 8:26.63 / S15 - Esperanças Esp S15 50m: 8:54.42 - 25m: 9:16.87 / S15 - Seniores Sen S15 50m: 8:10.29 - 25m: 8:30.89 / S16 - Esperanças Esp S16 50m: 11:09.46 - 25m: 9:30.39 / S16 - Seniores Sen S16 50m: 10:14.18 - 25m: 8:43.29 / S17 - Esperanças Esp S17 50m: 13:00.00 - 25m: 8:08.09 / S17 - Seniores Sen S17 50m: 12:00.00 - 25m: 7:27.79 / S21 - Esperanças Esp S21 50m: 10:45.45 - 25m: 10:56.10 / S21 - Seniores Sen S21 50m: 9:52.16 - 25m: 10:01.93 / MO - Esperanças Esp M 50m: 10:45.45 - 25m: 10:56.10 / MO - Seniores Sen M 50m: 9:52.16 - 25m: 10:01.93

Pontos: KNZB NED WPS 2025

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final	WPS/AQUA	
Classe S6-S14-Absolutos								
1.	Diana Vieira, Simoes	98	S14	147096	Sporting Clube de Aveiro	6:49.16	302	
	50m: 43.62	43.62	150m: 2:26.05	52.84	250m: 4:12.21	53.80	350m: 5:58.34	52.73
	100m: 1:33.21	49.59	200m: 3:18.41	52.36	300m: 5:05.61	53.40	400m: 6:49.16	50.82
2.	Raquel Rocilio, Monteiro	98	S14	147090	Feira Viva Cultura e Desporto	7:25.71	234	
	50m: 48.85	48.85	150m: 2:40.62	56.84	250m: 4:34.78	56.04	350m: 6:31.32	57.21
	100m: 1:43.78	54.93	200m: 3:38.74	58.12	300m: 5:34.11	59.33	400m: 7:25.71	54.39
3.	Joana Candeias, Rego	04	S14	203837	Assoc Desporto Adaptado Porto	8:26.26	160	
	50m: 46.94	46.94	150m: 2:55.55	1:06.94	250m: 5:12.10	1:07.96	350m: 7:22.12	1:01.82
	100m: 1:48.61	1:01.67	200m: 4:04.14	1:08.59	300m: 6:20.30	1:08.20	400m: 8:26.26	1:04.14
Classe S17-Absolutos								
1.	Leticia Olimpico, Cruz	11	S17	225155	Feira Viva Cultura e Desporto	6:42.39	200	
	50m: 42.91	42.91	150m: 2:22.17	49.36	250m: 4:05.96	50.47	350m: 5:50.97	50.88
	100m: 1:32.81	49.90	200m: 3:15.49	53.32	300m: 5:00.09	54.13	400m: 6:42.39	51.42

Prova 21, Femin., 400m Livres, Classe S17-Absolutos

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final WPS/AQUA						
2.	Francisca Araujo, Ferreira	96	S17	133461	Assoc Desporto Adaptado Porto	9:47.51	64					
	50m:	1:05.22	1:05.22	150m:	3:31.21	1:13.05	250m:	6:01.13	1:15.45	350m:	8:31.18	1:16.52
	100m:	2:18.16	1:12.94	200m:	4:45.68	1:14.47	300m:	7:14.66	1:13.53	400m:	9:47.51	1:16.33

Classe S21-Absolutos

1.	Matilde Lucia, Gaspar	06	S21	201275	APC Coimbra	7:11.52	162					
	50m:	47.67	47.67	150m:	2:37.74	55.91	250m:	4:28.80	55.36	350m:	6:19.03	54.42
	100m:	1:41.83	54.16	200m:	3:33.44	55.70	300m:	5:24.61	55.81	400m:	7:11.52	52.49
2.	Filipa Sa, Reis	00	S21	147099	Feira Viva Cultura e Desporto	7:19.69	153					
	50m:	46.32	46.32	150m:	2:37.64	56.11	250m:	4:31.34	56.59	350m:	6:24.18	56.50
	100m:	1:41.53	55.21	200m:	3:34.75	57.11	300m:	5:27.68	56.34	400m:	7:19.69	55.51
3.	Adriana Godinho, Reis	95	S21	133132	Feira Viva Cultura e Desporto	8:25.41	101					
	50m:	1:00.01	1:00.01	150m:	3:06.39	1:03.12	250m:	5:15.23	1:04.71	350m:	7:24.65	1:04.98
	100m:	2:03.27	1:03.26	200m:	4:10.52	1:04.13	300m:	6:19.67	1:04.44	400m:	8:25.41	1:00.76
4.	Barbara Ines, Gomes	91	S21	148265	APC Coimbra	9:15.46	76					
	50m:	1:02.24	1:02.24	150m:	3:21.14	1:10.21	250m:	5:44.44	1:11.45	350m:	8:06.87	1:11.50
	100m:	2:10.93	1:08.69	200m:	4:32.99	1:11.85	300m:	6:55.37	1:10.93	400m:	9:15.46	1:08.59

Classe MO-Absolutos

DSQ	Sofia Luz, Fonseca	12	M	212685	Bombeiros de Ponta Delgada						
	<i>11.8.2 - O(a) atleta não completou o percurso</i>										

Classe S14-Seniores

1.	Diana Vieira, Simoes	98	S14	147096	Sporting Clube de Aveiro	6:49.16	302					
	50m:	43.62	43.62	150m:	2:26.05	52.84	250m:	4:12.21	53.80	350m:	5:58.34	52.73
	100m:	1:33.21	49.59	200m:	3:18.41	52.36	300m:	5:05.61	53.40	400m:	6:49.16	50.82
2.	Raquel Rocilio, Monteiro	98	S14	147090	Feira Viva Cultura e Desporto	7:25.71	234					
	50m:	48.85	48.85	150m:	2:40.62	56.84	250m:	4:34.78	56.04	350m:	6:31.32	57.21
	100m:	1:43.78	54.93	200m:	3:38.74	58.12	300m:	5:34.11	59.33	400m:	7:25.71	54.39
3.	Joana Candeias, Rego	04	S14	203837	Assoc Desporto Adaptado Porto	8:26.26	160					
	50m:	46.94	46.94	150m:	2:55.55	1:06.94	250m:	5:12.10	1:07.96	350m:	7:22.12	1:01.82
	100m:	1:48.61	1:01.67	200m:	4:04.14	1:08.59	300m:	6:20.30	1:08.20	400m:	8:26.26	1:04.14

Classe S17-Esperanças

1.	Leticia Olimpio, Cruz	11	S17	225155	Feira Viva Cultura e Desporto	6:42.39	200					
	50m:	42.91	42.91	150m:	2:22.17	49.36	250m:	4:05.96	50.47	350m:	5:50.97	50.88
	100m:	1:32.81	49.90	200m:	3:15.49	53.32	300m:	5:00.09	54.13	400m:	6:42.39	51.42

Classe S17-Seniores

1.	Francisca Araujo, Ferreira	96	S17	133461	Assoc Desporto Adaptado Porto	9:47.51	64					
	50m:	1:05.22	1:05.22	150m:	3:31.21	1:13.05	250m:	6:01.13	1:15.45	350m:	8:31.18	1:16.52
	100m:	2:18.16	1:12.94	200m:	4:45.68	1:14.47	300m:	7:14.66	1:13.53	400m:	9:47.51	1:16.33

Prova 21, Femin., 400m Livres

Classe S21-Seniores

1. Matilde Lucia, Gaspar	06	S21	201275	APC Coimbra	7:11.52	162	
50m: 47.67	47.67	150m: 2:37.74	55.91	250m: 4:28.80	55.36	350m: 6:19.03	54.42
100m: 1:41.83	54.16	200m: 3:33.44	55.70	300m: 5:24.61	55.81	400m: 7:11.52	52.49
2. Filipa Sa, Reis	00	S21	147099	Feira Viva Cultura e Desporto	7:19.69	153	
50m: 46.32	46.32	150m: 2:37.64	56.11	250m: 4:31.34	56.59	350m: 6:24.18	56.50
100m: 1:41.53	55.21	200m: 3:34.75	57.11	300m: 5:27.68	56.34	400m: 7:19.69	55.51
3. Adriana Godinho, Reis	95	S21	133132	Feira Viva Cultura e Desporto	8:25.41	101	
50m: 1:00.01	1:00.01	150m: 3:06.39	1:03.12	250m: 5:15.23	1:04.71	350m: 7:24.65	1:04.98
100m: 2:03.27	1:03.26	200m: 4:10.52	1:04.13	300m: 6:19.67	1:04.44	400m: 8:25.41	1:00.76
4. Barbara Ines, Gomes	91	S21	148265	APC Coimbra	9:15.46	76	
50m: 1:02.24	1:02.24	150m: 3:21.14	1:10.21	250m: 5:44.44	1:11.45	350m: 8:06.87	1:11.50
100m: 2:10.93	1:08.69	200m: 4:32.99	1:11.85	300m: 6:55.37	1:10.93	400m: 9:15.46	1:08.59

Classe MO-Esperanças

DSQ Sofia Luz, Fonseca 12 M 212685 Bombeiros de Ponta Delgada
11.8.2 - O(a) atleta não completou o percurso