

Prova 25
15/03/2026 - 10:10

Femin., 400m Estilos

10 anos e mais velhos
Resultados

RN Adaptada 50m SM5	59:00.00	,								
RN Adaptada 50m SM6	59:00.00	,								
RN Adaptada 50m SM7	59:00.00	,								
RN Adaptada 50m SM8	59:00.00	,								01/01/1800
RN Adaptada 50m SM9	59:00.00	,								01/01/1800
RN Adaptada 50m SM10	59:00.00	,								01/01/1800
RN Adaptada 50m SM11	59:00.00	,								01/01/1800
RN Adaptada 50m SM12	59:00.00	,								
RN Adaptada 50m SM13	59:00.00	,								
RN Adaptada 50m SM14	59:00.00	start,								01/01/1800
RN Adaptada 50m SM15	59:00.00	start,								01/01/1800
RN Adaptada 50m SM16	59:00.00	,								
RN Adaptada 50m SM17	59:00.00	start,								01/01/1800
RN Adaptada 50m SM21	8:03.18	Matilde Lucia, Gaspar			APCC		Porto			08/03/2025
RN Adaptada 50m M	59:00.00	,								

MO - Esperanças Esp M 50m: 12:28.59 - 25m: 11:41.20 / S14 - Seniores Sen S14 50m: 10:00.00 - 25m: 9:00.00 / S17 - Esperanças Esp S17 50m: 11:00.00 - 25m: 9:03.23 / S17 - Seniores Sen S17 25m: 8:13.85 / S21 - Seniores Sen S21: 11:20.54 / MO - Seniores Sen M 50m: 11:20.54 - 25m: 10:37.45

Pontos: KNZB NED WPS 2025

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final WPS/AQUA						
Classe S17-Absoluto												
1.	Joana Lopes, Salgueiro	04	SM17	129908	RIA Aqua Tavira	6:07.35					372	
	<i>Recorde Nacional</i>											
	50m:	38.80	38.80	150m:	2:15.66	46.72	250m:	3:53.97	53.34	350m:	5:27.33	41.66
	100m:	1:28.94	50.14	200m:	3:00.63	44.97	300m:	4:45.67	51.70	400m:	6:07.35	40.02

Classe S21-Absoluto												
1.	Matilde Lucia, Gaspar	06	SM21	201275	APC Coimbra	8:11.33					155	
	50m:	58.80	58.80	150m:	3:14.36	1:07.12	250m:	5:22.15	1:01.72	350m:	7:18.83	54.49
	100m:	2:07.24	1:08.44	200m:	4:20.43	1:06.07	300m:	6:24.34	1:02.19	400m:	8:11.33	52.50
2.	Filipa Sa, Reis	00	SM21	147099	Feira Viva Cultura e Desporto	8:13.38					153	
	50m:	52.26	52.26	150m:	3:00.52	1:04.30	250m:	5:11.57	1:07.03	350m:	7:17.00	56.29
	100m:	1:56.22	1:03.96	200m:	4:04.54	1:04.02	300m:	6:20.71	1:09.14	400m:	8:13.38	56.38

Classe S17-Seniores												
1.	Joana Lopes, Salgueiro	04	SM17	129908	RIA Aqua Tavira	6:07.35					372	
	<i>Recorde Nacional</i>											
	50m:	38.80	38.80	150m:	2:15.66	46.72	250m:	3:53.97	53.34	350m:	5:27.33	41.66
	100m:	1:28.94	50.14	200m:	3:00.63	44.97	300m:	4:45.67	51.70	400m:	6:07.35	40.02

Classe S21-Seniores												
1.	Matilde Lucia, Gaspar	06	SM21	201275	APC Coimbra	8:11.33					155	
	50m:	58.80	58.80	150m:	3:14.36	1:07.12	250m:	5:22.15	1:01.72	350m:	7:18.83	54.49
	100m:	2:07.24	1:08.44	200m:	4:20.43	1:06.07	300m:	6:24.34	1:02.19	400m:	8:11.33	52.50
2.	Filipa Sa, Reis	00	SM21	147099	Feira Viva Cultura e Desporto	8:13.38					153	
	50m:	52.26	52.26	150m:	3:00.52	1:04.30	250m:	5:11.57	1:07.03	350m:	7:17.00	56.29
	100m:	1:56.22	1:03.96	200m:	4:04.54	1:04.02	300m:	6:20.71	1:09.14	400m:	8:13.38	56.38