

Prova 5
14/03/2026 - 16:35

Femin., 200m Costas

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		,							
RN Adaptada 50m S6	59:00.00	,							
RN Adaptada 50m S7	59:00.00	,							
RN Adaptada 50m S8	59:00.00	,							01/01/1800
RN Adaptada 50m S9	59:00.00	,							
RN Adaptada 50m S10	59:00.00	,							
RN Adaptada 50m S11	59:00.00	,							01/01/1800
RN Adaptada 50m S12	59:00.00	,							
RN Adaptada 50m S13	59:00.00	,							
RN Adaptada 50m S14	3:14.60	Sonia Castanheiro, Resende	SCA	Póvoa de Varzim	18/06/2016				
RN Adaptada 50m S15	3:43.76	Raquel Rosa, Correia	ACDCBR	Póvoa de Varzim	18/06/2016				
RN Adaptada 50m S16	59:00.00	,							
RN Adaptada 50m S17	2:42.58	Joana Lopes, Salgueiro	RIAACT	Loulé	05/07/2025				
RN Adaptada 50m S21	3:37.15	Diana Ines, Torres	FCP	Porto	08/03/2025				
RN Adaptada 50m M	59:00.00	,							

S14 - Esperanças Esp S14 50m: 4:56.96 - 25m: 5:33.31 / S14 - Seniores Sen S14 50m: 4:32.44 - 25m: 5:05.79 / S15 -
Esperanças Esp S15 50m: 5:41.45 - 25m: 3:41.92 / S15 - Seniores Sen S15 50m: 5:13.26 - 25m: 3:23.60 / S17 -
Esperanças Esp S17 50m: 6:31.00 - 25m: 9:15.74 / S17 - Seniores Sen S17 50m: 5:58.72 - 25m: 8:29.85 / S21 -
Esperanças Esp S21 50m: 5:33.11 - 25m: 5:28.38 / S21 - Seniores Sen S21 50m: 5:05.61 - 25m: 5:01.27 / MO -
Esperanças Esp M 50m: 5:33.11 - 25m: 5:28.38 / MO - Seniores Sen M 50m: 5:05.61 - 25m: 5:01.27

Pontos: KNZB NED WPS 2025

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final	WPS/AQUA	50m	100m	150m	200m
-------	------	-----	--------	---------	-------	-------------	----------	-----	------	------	------

Classe S14-Absoluto

1.	Maria Santos, Ribeiro	11	S14	222937	ASC	3:47.08	281	53.04	58.04	59.49	56.51
2.	Maria Mafalda, Soares	02	S14	153119	ADADA	3:53.62	258	55.13	1:00.81	59.37	58.31
3.	R., Monteiro	98	S14	147090	FVCD	4:06.85	219	59.98	1:03.19	1:03.82	59.86
4.	G., Matos	05	S14	202858	ASC	4:40.55	149	1:03.56	1:12.65	1:15.57	1:08.77
	FTL										
5.	L., Rodrigues	08	S14	213509	ASC	4:41.29	148	1:00.80	1:13.03	1:14.48	1:12.98
	FTL										

Classe S17-Absoluto

1.	Leticia Olimpio, Cruz	11	S17	225155	FVCD	3:40.09	175	47.02	58.34	57.28	57.45
2.	Mara Filipa, Nunes	06	S17	222015	ASC	6:17.33	34	1:26.10	1:37.62	1:37.74	1:35.87
	FTL										

Classe S21-Absoluto

1.	Diana Ines, Torres	99	S21	133453	FCP	3:37.05	182	50.35	56.60	56.05	54.05
	Recorde Nacional										
2.	Carolina Soares, Dias	11	S21	223322	FVCD	5:02.27	67	1:08.47	1:17.06	1:21.13	1:15.61

Classe S14-Esperanças

1.	Maria Santos, Ribeiro	11	S14	222937	ASC	3:47.08	281	53.04	58.04	59.49	56.51
----	-----------------------	----	-----	--------	-----	---------	-----	-------	-------	-------	-------

Prova 5, Femin., 200m Costas

Classe S14-Seniores

1. Maria Mafalda, Soares	02	S14	153119	ADADA	3:53.62	258	55.13	1:00.81	59.37	58.31
2. R., Monteiro	98	S14	147090	FVCD	4:06.85	219	59.98	1:03.19	1:03.82	59.86
3. G., Matos	05	S14	202858	ASC	4:40.55	149	1:03.56	1:12.65	1:15.57	1:08.77
FTL										
4. L., Rodrigues	08	S14	213509	ASC	4:41.29	148	1:00.80	1:13.03	1:14.48	1:12.98
FTL										

Classe S17-Esperanças

1. Leticia Olimpio, Cruz	11	S17	225155	FVCD	3:40.09	175	47.02	58.34	57.28	57.45
--------------------------	----	-----	--------	------	---------	-----	-------	-------	-------	-------

Classe S17-Senior

1. Mara Filipa, Nunes	06	S17	222015	ASC	6:17.33	34	1:26.10	1:37.62	1:37.74	1:35.87
FTL										

Classe S21-Esperanças

1. Carolina Soares, Dias	11	S21	223322	FVCD	5:02.27	67	1:08.47	1:17.06	1:21.13	1:15.61
--------------------------	----	-----	--------	------	---------	----	---------	---------	---------	---------

Classe S21-Seniores

1. Diana Ines, Torres	99	S21	133453	FCP	3:37.05	182	50.35	56.60	56.05	54.05
Recorde Nacional										