

Campeonato Nacional Verão - Natação Adaptada
Póvoa de Varzim, 09 e 10 de Maio de 2015

Prova 1
09-05-2015 - 15:30

Femin., 400m Livres

Absoluto
Resultados

Pontos: IPC 2014

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
Classe S8							
1.	Sonia Cristina Oliveira	98	S8	4,12+	Vilacondense	8:58.66	144
	50m: 56.86 56.86	150m: 3:13.54	1:09.16	250m: 5:30.06	1:07.60	350m: 7:52.53	1:14.61
	100m: 2:04.38 1:07.52	200m: 4:22.46	1:08.92	300m: 6:37.92	1:07.86	400m: 8:58.66	1:06.13

Classe S9

1.	Ana Filipa Castro	97	S9		Feira Viva	5:59.36	396
	50m: 41.80 41.80	150m: 2:12.81	45.17	250m: 3:44.20	45.79	350m: 5:15.92	45.52
	100m: 1:27.64 45.84	200m: 2:58.41	45.60	300m: 4:30.40	46.20	400m: 5:59.36	43.44
2.	Renata Vaz Pinto	99	S9	5	Desporto Adaptado do Porto	6:44.89	277
	50m: 44.74 44.74	150m: 2:26.17	51.57	250m: 4:09.99	52.70	350m: 5:53.26	51.20
	100m: 1:34.60 49.86	200m: 3:17.29	51.12	300m: 5:02.06	52.07	400m: 6:44.89	51.63

Classe S10

1.	Teresa Lamego Neves	98	S10	8	Sporting	5:27.55	578
	50m: 37.73 37.73	150m: 1:59.76	41.38	250m: 3:23.04	41.78	350m: 4:47.11	42.14
	100m: 1:18.38 40.65	200m: 2:41.26	41.50	300m: 4:04.97	41.93	400m: 5:27.55	40.44

Classe S21 (SDown)

1.	Diana Ines Torres	99	S21		Desporto Adaptado do Porto	7:48.73	
	<i>Rec Nac S21</i>						
	50m: 48.49 48.49	150m: 2:45.36	59.82	250m: 4:49.86	1:00.90	350m: 6:52.37	1:01.10
	100m: 1:45.54 57.05	200m: 3:48.96	1:03.60	300m: 5:51.27	1:01.41	400m: 7:48.73	56.36
2.	Ana Alexandra Castro	92	S21		Natacao da Maia	8:19.25	
	50m: 55.55 55.55	150m: 3:03.69	1:04.84	250m: 5:10.67	1:03.89	350m: 7:16.58	1:04.36
	100m: 1:58.85 1:03.30	200m: 4:06.78	1:03.09	300m: 6:12.22	1:01.55	400m: 8:19.25	1:02.67

Classificação Absoluta

1.	Teresa Lamego Neves	98	S10	8	Sporting	5:27.55	578
	50m: 37.73 37.73	150m: 1:59.76	41.38	250m: 3:23.04	41.78	350m: 4:47.11	42.14
	100m: 1:18.38 40.65	200m: 2:41.26	41.50	300m: 4:04.97	41.93	400m: 5:27.55	40.44
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	100m: 1:27.64 45.84	200m: 2:58.41	45.60	300m: 4:30.40	46.20	400m: 5:59.36	43.44
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	100m: 1:34.60 49.86	200m: 3:17.29	51.12	300m: 5:02.06	52.07	400m: 6:44.89	51.63
4.	Diana Ines Torres	99	S21		Desporto Adaptado do Porto	7:48.73	
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	100m: 1:45.54 57.05	200m: 3:48.96	1:03.60	300m: 5:51.27	1:01.41	400m: 7:48.73	56.36

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