



Campeonato Nacional Inverno - Natação Adaptada
Vila Franca de Xira, 05 e 06 de Março de 2016

Event 1
05-03-2016

Women, 400m Freestyle

Open
Results

Points: IPC 2014

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
Classe S8							
1.	Sonia Cristina OLIVEIRA	98	S8	4,12+	Vilacondense	9:00.66	142
	100m: 2:04.54 2:04.54	200m: 4:23.93 2:19.39	300m: 6:44.67 2:20.74	400m: 9:00.66 2:15.99			
Classe S9							
1.	Ana Filipa CASTRO	97	S9		Feira Viva	5:53.66	415
	100m: 1:26.37 1:26.37	200m: 2:56.64 1:30.27	300m: 4:26.56 1:29.92	400m: 5:53.66 1:27.10			
Classe S14							
1.	Sonia Castanheiro RESENDE98		S14		Sporting de Aveiro	6:25.10	
	<i>Rec Nac Classe S14, Minimos INAS</i>						
	100m: 1:27.23 1:27.23	200m: 3:06.71 1:39.48	300m: 4:48.26 1:41.55	400m: 6:25.10 1:36.84			
2.	Diana Vieira SIMOES	98	S14		Sporting de Aveiro	7:38.53	
	100m: 1:43.76 1:43.76	200m: 3:39.31 1:55.55	300m: 5:35.70 1:56.39	400m: 7:38.53 2:02.83			
3.	Ana Filipa PALMA	94	S14		Louletano/Loule Concelho	9:33.56	
	100m: 2:04.84 2:04.84	200m: 4:34.78 2:29.94	300m: 7:01.66 2:26.88	400m: 9:33.56 2:31.90			
4.	Catarina Blanc ROCHA	91	S14		Natacao da Maia	9:47.32	
	100m: 2:16.86 2:16.86	200m: 4:44.43 2:27.57	300m: 7:20.00 2:35.57	400m: 9:47.32 2:27.32			