

Prova 11 Femin., 200m Bruços 10 anos e mais velhos
18-02-2017 Resultados

Rec Nac Adaptada Classe S14	59:00.00	start								
Rec Nac Adaptada Classe S15	3:24.64	Susana Maria LOURENCO	SCP	Lisboa						21-06-2015
Rec Nac Adaptada Classe S21	3:54.68	Mannie NG	POR	Albufeira						03-12-2008

Minimos CE DSISO Absoluto: 4:14.40

Pontos: IPC 2014

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S14-Absoluto

1.	Sonia Castanheiro RESENDE	98	SB14		Sporting de Aveiro	3:29.80					
	<i>Rec Nac Classe S14</i>										
	25m:	20.68	20.68	75m:	1:11.01	25.37	125m:	2:04.88 27.05	175m:	3:01.51	28.28
	50m:	45.64	24.96	100m:	1:37.83	26.82	150m:	2:33.23 28.35	200m:	3:29.80	28.29

Classe S14-Seniores

1.	Sonia Castanheiro RESENDE	98	SB14		Sporting de Aveiro	3:29.80					
	<i>Rec Nac Classe S14</i>										
	25m:	20.68	20.68	75m:	1:11.01	25.37	125m:	2:04.88 27.05	175m:	3:01.51	28.28
	50m:	45.64	24.96	100m:	1:37.83	26.82	150m:	2:33.23 28.35	200m:	3:29.80	28.29

Classe S15 (Auditiva)-Absoluto

1.	Susana Maria LOURENCO	87	SB15		Sporting	3:21.23	446				
	<i>Rec Nac Classe S15</i>										
	25m:	20.37	20.37	75m:	1:09.40	24.52	125m:	2:02.49 26.83	175m:	2:54.92	26.47
	50m:	44.88	24.51	100m:	1:35.66	26.26	150m:	2:28.45 25.96	200m:	3:21.23	26.31

Classe S15 (Auditiva)-Seniores

1.	Susana Maria LOURENCO	87	SB15		Sporting	3:21.23	446				
	<i>Rec Nac Classe S15</i>										
	25m:	20.37	20.37	75m:	1:09.40	24.52	125m:	2:02.49 26.83	175m:	2:54.92	26.47
	50m:	44.88	24.51	100m:	1:35.66	26.26	150m:	2:28.45 25.96	200m:	3:21.23	26.31

Classe S21 (SDown)-Absoluto

1.	Barbara Ines GOMES	91	SB21		APC Coimbra	4:41.38					
	25m:	32.74	32.74	75m:	1:42.84	35.82	125m:	2:54.75 37.45	175m:	4:05.20	35.45
	50m:	1:07.02	34.28	100m:	2:17.30	34.46	150m:	3:29.75 35.00	200m:	4:41.38	36.18

Classe S21 (SDown)-Seniores

1.	Barbara Ines GOMES	91	SB21		APC Coimbra	4:41.38					
	25m:	32.74	32.74	75m:	1:42.84	35.82	125m:	2:54.75 37.45	175m:	4:05.20	35.45
	50m:	1:07.02	34.28	100m:	2:17.30	34.46	150m:	3:29.75 35.00	200m:	4:41.38	36.18