

Campeonato Nacional Inverno - Natação Adaptada
Mealhada, 18 e 19 de Fevereiro de 2017

Prova 34 Femin., 400m Livres Absoluto
 19-02-2017 - 16:30 Resultados

Minimos CE DSISO : 6:39.41

Pontos: IPC NED S14

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	IPC	Pts
Classe S6-S14-Absolutos								
1.	Ana Beatriz CORREIA	98	S10	8	Louletano / Loule Concelho	5:26.20	585	
	25m: 17.27 17.27	125m: 1:37.39	19.97	225m: 3:00.99	20.87	325m: 4:25.19	20.80	
	50m: 37.11 19.84	150m: 1:58.34	20.95	250m: 3:22.14	21.15	350m: 4:46.42	21.23	
	75m: 56.85 19.74	175m: 2:18.97	20.63	275m: 3:43.02	20.88	375m: 5:06.28	19.86	
	100m: 1:17.42 20.57	200m: 2:40.12	21.15	300m: 4:04.39	21.37	400m: 5:26.20	19.92	
2.	Sonia Castanheiro RESENDE	98	S14		Sporting de Aveiro	6:01.88	462	
	<i>Rec Nac Classe S14</i>							
	25m: 17.89 17.89	125m: 1:44.02	22.61	225m: 3:18.61	23.55	325m: 4:53.17	23.41	
	50m: 38.06 20.17	150m: 2:07.11	23.09	250m: 3:42.11	23.50	350m: 5:16.88	23.71	
	75m: 59.17 21.11	175m: 2:30.97	23.86	275m: 4:05.75	23.64	375m: 5:40.82	23.94	
	100m: 1:21.41 22.24	200m: 2:55.06	24.09	300m: 4:29.76	24.01	400m: 6:01.88	21.06	
3.	Renata Vaz PINTO	99	S9	5	ADADA Porto	5:58.49	399	
	25m: 18.51 18.51	125m: 1:48.54	23.11	225m: 3:21.58	23.48	325m: 4:53.28	22.58	
	50m: 39.61 21.10	150m: 2:11.70	23.16	250m: 3:44.69	23.11	350m: 5:15.72	22.44	
	75m: 1:02.15 22.54	175m: 2:35.05	23.35	275m: 4:07.78	23.09	375m: 5:37.42	21.70	
	100m: 1:25.43 23.28	200m: 2:58.10	23.05	300m: 4:30.70	22.92	400m: 5:58.49	21.07	
4.	Ana Filipa CASTRO	97	S9	12+	Feira Viva	6:01.03	390	
	25m: 19.86 19.86	125m: 1:52.58	23.38	225m: 3:25.13	23.04	325m: 4:56.18	22.51	
	50m: 42.53 22.67	150m: 2:15.76	23.18	250m: 3:48.17	23.04	350m: 5:19.03	22.85	
	75m: 1:05.80 23.27	175m: 2:38.51	22.75	275m: 4:10.71	22.54	375m: 5:41.28	22.25	
	100m: 1:29.20 23.40	200m: 3:02.09	23.58	300m: 4:33.67	22.96	400m: 6:01.03	19.75	
5.	Susana Raquel GOUVEIA	89	S14		ADADA Porto	6:54.97	306	
	25m: 22.28 22.28	125m: 2:02.19	26.53	225m: 3:49.95	26.66	325m: 5:37.34	26.91	
	50m: 45.36 23.08	150m: 2:28.57	26.38	250m: 4:16.65	26.70	350m: 6:03.71	26.37	
	75m: 1:09.69 24.33	175m: 2:55.85	27.28	275m: 4:43.49	26.84	375m: 6:29.95	26.24	
	100m: 1:35.66 25.97	200m: 3:23.29	27.44	300m: 5:10.43	26.94	400m: 6:54.97	25.02	
6.	Sonia Cristina OLIVEIRA	98	S7	A 4,12+	Vilacondense	8:41.03	189	
	<i>Rec Nac Classe S7</i>							
	25m: 30.11 30.11	125m: 2:43.57	34.38	225m: 4:56.27	33.23	325m: 7:06.27	31.85	
	50m: 1:02.58 32.47	150m: 3:16.48	32.91	250m: 5:28.48	32.21	350m: 7:37.76	31.49	
	75m: 1:36.21 33.63	175m: 3:50.15	33.67	275m: 6:02.00	33.52	375m: 8:10.89	33.13	
	100m: 2:09.19 32.98	200m: 4:23.04	32.89	300m: 6:34.42	32.42	400m: 8:41.03	30.14	
7.	Liliana Raquel DOMINGOS	90	S9		Pimpoes/Cimai	8:24.56	143	
	25m: 27.29 27.29	125m: 2:30.57	31.45	225m: 4:39.28	32.34	325m: 6:49.50	32.07	
	50m: 57.31 30.02	150m: 3:02.79	32.22	250m: 5:11.86	32.58	350m: 7:22.22	32.72	
	75m: 1:27.46 30.15	175m: 3:34.49	31.70	275m: 5:44.62	32.76	375m: 7:54.67	32.45	
	100m: 1:59.12 31.66	200m: 4:06.94	32.45	300m: 6:17.43	32.81	400m: 8:24.56	29.89	
8.	Ana Filipa PALMA	94	S14		Louletano / Loule Concelho	9:00.05	139	
	25m: 23.06 23.06	125m: 2:33.49	34.62	225m: 4:57.84	34.08	325m: 7:21.10	34.24	
	50m: 52.74 29.68	150m: 3:09.66	36.17	250m: 5:35.24	37.40	350m: 7:54.59	33.49	
	75m: 1:23.70 30.96	175m: 3:45.24	35.58	275m: 6:11.30	36.06	375m: 8:30.58	35.99	
	100m: 1:58.87 35.17	200m: 4:23.76	38.52	300m: 6:46.86	35.56	400m: 9:00.05	29.47	

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Prova 34, Femin., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	IPC	Pts
9.	Ana Branca SAMPAIO	02	S6	1,4,12+	ADADA Porto	10:52.47	117	
	25m: 33.15 33.15	125m: 3:13.61	41.25	225m: 6:00.47	40.57	325m: 8:46.32	40.72	
	50m: 1:11.66 38.51	150m: 3:55.43	41.82	250m: 6:41.65	41.18	350m: 9:30.93	44.61	
	75m: 1:50.89 39.23	175m: 4:35.92	40.49	275m: 7:22.53	40.88	375m: 10:09.77	38.84	
	100m: 2:32.36 41.47	200m: 5:19.90	43.98	300m: 8:05.60	43.07	400m: 10:52.47	42.70	

Classe S6-Esperanças

1.	Ana Branca SAMPAIO	02	S6	1,4,12+	ADADA Porto	10:52.47	117	
	25m: 33.15 33.15	125m: 3:13.61	41.25	225m: 6:00.47	40.57	325m: 8:46.32	40.72	
	50m: 1:11.66 38.51	150m: 3:55.43	41.82	250m: 6:41.65	41.18	350m: 9:30.93	44.61	
	75m: 1:50.89 39.23	175m: 4:35.92	40.49	275m: 7:22.53	40.88	375m: 10:09.77	38.84	
	100m: 2:32.36 41.47	200m: 5:19.90	43.98	300m: 8:05.60	43.07	400m: 10:52.47	42.70	

Classe S7-Seniores

1.	Sonia Cristina OLIVEIRA	98	S7	A 4,12+	Vilacondense	8:41.03	189	
	<i>Rec Nac Classe S7</i>							
	25m: 30.11 30.11	125m: 2:43.57	34.38	225m: 4:56.27	33.23	325m: 7:06.27	31.85	
	50m: 1:02.58 32.47	150m: 3:16.48	32.91	250m: 5:28.48	32.21	350m: 7:37.76	31.49	
	75m: 1:36.21 33.63	175m: 3:50.15	33.67	275m: 6:02.00	33.52	375m: 8:10.89	33.13	
	100m: 2:09.19 32.98	200m: 4:23.04	32.89	300m: 6:34.42	32.42	400m: 8:41.03	30.14	

Classe S9-Seniores

1.	Renata Vaz PINTO	99	S9	5	ADADA Porto	5:58.49	399	
	25m: 18.51 18.51	125m: 1:48.54	23.11	225m: 3:21.58	23.48	325m: 4:53.28	22.58	
	50m: 39.61 21.10	150m: 2:11.70	23.16	250m: 3:44.69	23.11	350m: 5:15.72	22.44	
	75m: 1:02.15 22.54	175m: 2:35.05	23.35	275m: 4:07.78	23.09	375m: 5:37.42	21.70	
	100m: 1:25.43 23.28	200m: 2:58.10	23.05	300m: 4:30.70	22.92	400m: 5:58.49	21.07	
2.	Ana Filipa CASTRO	97	S9	12+	Feira Viva	6:01.03	390	
	25m: 19.86 19.86	125m: 1:52.58	23.38	225m: 3:25.13	23.04	325m: 4:56.18	22.51	
	50m: 42.53 22.67	150m: 2:15.76	23.18	250m: 3:48.17	23.04	350m: 5:19.03	22.85	
	75m: 1:05.80 23.27	175m: 2:38.51	22.75	275m: 4:10.71	22.54	375m: 5:41.28	22.25	
	100m: 1:29.20 23.40	200m: 3:02.09	23.58	300m: 4:33.67	22.96	400m: 6:01.03	19.75	
3.	Liliana Raquel DOMINGOS	90	S9		Pimpoes/Cimai	8:24.56	143	
	25m: 27.29 27.29	125m: 2:30.57	31.45	225m: 4:39.28	32.34	325m: 6:49.50	32.07	
	50m: 57.31 30.02	150m: 3:02.79	32.22	250m: 5:11.86	32.58	350m: 7:22.22	32.72	
	75m: 1:27.46 30.15	175m: 3:34.49	31.70	275m: 5:44.62	32.76	375m: 7:54.67	32.45	
	100m: 1:59.12 31.66	200m: 4:06.94	32.45	300m: 6:17.43	32.81	400m: 8:24.56	29.89	

Classe S10-Seniores

1.	Ana Beatriz CORREIA	98	S10	8	Louletano / Loule Concelho	5:26.20	585	
	25m: 17.27 17.27	125m: 1:37.39	19.97	225m: 3:00.99	20.87	325m: 4:25.19	20.80	
	50m: 37.11 19.84	150m: 1:58.34	20.95	250m: 3:22.14	21.15	350m: 4:46.42	21.23	
	75m: 56.85 19.74	175m: 2:18.97	20.63	275m: 3:43.02	20.88	375m: 5:06.28	19.86	
	100m: 1:17.42 20.57	200m: 2:40.12	21.15	300m: 4:04.39	21.37	400m: 5:26.20	19.92	

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Classe S14-Seniores

1.	Sonia Castanheiro RESENDE	98	S14		Sporting de Aveiro		6:01.88	462
	<i>Rec Nac Classe S14</i>							
	25m: 17.89	17.89	125m: 1:44.02	22.61	225m: 3:18.61	23.55	325m: 4:53.17	23.41
	50m: 38.06	20.17	150m: 2:07.11	23.09	250m: 3:42.11	23.50	350m: 5:16.88	23.71
	75m: 59.17	21.11	175m: 2:30.97	23.86	275m: 4:05.75	23.64	375m: 5:40.82	23.94
	100m: 1:21.41	22.24	200m: 2:55.06	24.09	300m: 4:29.76	24.01	400m: 6:01.88	21.06
2.	Susana Raquel GOUVEIA	89	S14		ADADA Porto		6:54.97	306
	25m: 22.28	22.28	125m: 2:02.19	26.53	225m: 3:49.95	26.66	325m: 5:37.34	26.91
	50m: 45.36	23.08	150m: 2:28.57	26.38	250m: 4:16.65	26.70	350m: 6:03.71	26.37
	75m: 1:09.69	24.33	175m: 2:55.85	27.28	275m: 4:43.49	26.84	375m: 6:29.95	26.24
	100m: 1:35.66	25.97	200m: 3:23.29	27.44	300m: 5:10.43	26.94	400m: 6:54.97	25.02
3.	Ana Filipa PALMA	94	S14		Louletano / Loule Concelho		9:00.05	139
	25m: 23.06	23.06	125m: 2:33.49	34.62	225m: 4:57.84	34.08	325m: 7:21.10	34.24
	50m: 52.74	29.68	150m: 3:09.66	36.17	250m: 5:35.24	37.40	350m: 7:54.59	33.49
	75m: 1:23.70	30.96	175m: 3:45.24	35.58	275m: 6:11.30	36.06	375m: 8:30.58	35.99
	100m: 1:58.87	35.17	200m: 4:23.76	38.52	300m: 6:46.86	35.56	400m: 9:00.05	29.47

Classe S21 (SDown)-Absolutos

1.	Carina Barbosa MOREIRA	81	S21		Propaganda da Natacao		9:08.18	82
	25m: 28.68	28.68	125m: 2:45.23	34.78	225m: 5:06.61	35.43	325m: 7:27.17	34.79
	50m: 1:01.44	32.76	150m: 3:20.50	35.27	250m: 5:42.10	35.49	350m: 8:03.39	36.22
	75m: 1:35.28	33.84	175m: 3:55.28	34.78	275m: 6:16.96	34.86	375m: 8:35.08	31.69
	100m: 2:10.45	35.17	200m: 4:31.18	35.90	300m: 6:52.38	35.42	400m: 9:08.18	33.10

Classe S21 (SDown)-Seniores

1.	Carina Barbosa MOREIRA	81	S21		Propaganda da Natacao		9:08.18	82
	25m: 28.68	28.68	125m: 2:45.23	34.78	225m: 5:06.61	35.43	325m: 7:27.17	34.79
	50m: 1:01.44	32.76	150m: 3:20.50	35.27	250m: 5:42.10	35.49	350m: 8:03.39	36.22
	75m: 1:35.28	33.84	175m: 3:55.28	34.78	275m: 6:16.96	34.86	375m: 8:35.08	31.69
	100m: 2:10.45	35.17	200m: 4:31.18	35.90	300m: 6:52.38	35.42	400m: 9:08.18	33.10