

Prova 42
19-02-2017

Femin., 200m Costas

Absoluto
Resultados

Rec Nac Adaptada Classe S14	4:46.66	Raquel Rocilio MONTEIRO	FVCD	Santa Maria da Feira	21-01-2017
Rec Nac Adaptada Classe S15	59:00.00	start			
Rec Nac Adaptada Classe S21	3:35.19	Mannie NG	POR	Albufeira	30-11-2008

Minimos CE DSISO : 3:52.56

Pontos: IPC NED S14

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

1.	Vera Lucia CARDOSO	00	S14		Sporting de Espinho	3:54.48	249
	<i>Rec Nac Classe S14</i>						
	25m: 22.76 22.76	75m: 1:19.63 29.51	125m: 2:21.73 31.11	175m: 3:23.64 30.08			
	50m: 50.12 27.36	100m: 1:50.62 30.99	150m: 2:53.56 31.83	200m: 3:54.48 30.84			
2.	Raquel Rocilio MONTEIRO	98	S14		Feira Viva	4:37.40	150
	25m: 30.73 30.73	75m: 1:38.02 33.90	125m: 2:45.82 33.91	175m: 4:01.97 41.20			
	50m: 1:04.12 33.39	100m: 2:11.91 33.89	150m: 3:20.77 34.95	200m: 4:37.40 35.43			
3.	Ana Filipa PALMA	94	S14		Louletano / Loule Concelho	4:45.60	138
	25m: 29.11 29.11	75m: 1:36.98 34.12	125m: 2:51.62 36.75	175m: 4:09.31 37.61			
	50m: 1:02.86 33.75	100m: 2:14.87 37.89	150m: 3:31.70 40.08	200m: 4:45.60 36.29			
4.	Paula Maria TINO	70	S14		Feira Viva	4:57.98	121
	25m: 32.10 32.10	75m: 1:45.85 37.00	125m: 3:03.51 38.71	175m: 4:20.09 37.37			
	50m: 1:08.85 36.75	100m: 2:24.80 38.95	150m: 3:42.72 39.21	200m: 4:57.98 37.89			
5.	Joana Candeias REGO	04	S14		ADADA Porto	5:47.42	76
	25m: 38.19 38.19	75m: 2:04.93 47.19	125m: 3:32.35 46.36	175m: 5:04.01 43.15			
	50m: 1:17.74 39.55	100m: 2:45.99 41.06	150m: 4:20.86 48.51	200m: 5:47.42 43.41			

Classe S14-Esperanças

1.	Joana Candeias REGO	04	S14		ADADA Porto	5:47.42	76
	25m: 38.19 38.19	75m: 2:04.93 47.19	125m: 3:32.35 46.36	175m: 5:04.01 43.15			
	50m: 1:17.74 39.55	100m: 2:45.99 41.06	150m: 4:20.86 48.51	200m: 5:47.42 43.41			

Classe S14-Seniores

1.	Vera Lucia CARDOSO	00	S14		Sporting de Espinho	3:54.48	249
	<i>Rec Nac Classe S14</i>						
	25m: 22.76 22.76	75m: 1:19.63 29.51	125m: 2:21.73 31.11	175m: 3:23.64 30.08			
	50m: 50.12 27.36	100m: 1:50.62 30.99	150m: 2:53.56 31.83	200m: 3:54.48 30.84			
2.	Raquel Rocilio MONTEIRO	98	S14		Feira Viva	4:37.40	150
	25m: 30.73 30.73	75m: 1:38.02 33.90	125m: 2:45.82 33.91	175m: 4:01.97 41.20			
	50m: 1:04.12 33.39	100m: 2:11.91 33.89	150m: 3:20.77 34.95	200m: 4:37.40 35.43			
3.	Ana Filipa PALMA	94	S14		Louletano / Loule Concelho	4:45.60	138
	25m: 29.11 29.11	75m: 1:36.98 34.12	125m: 2:51.62 36.75	175m: 4:09.31 37.61			
	50m: 1:02.86 33.75	100m: 2:14.87 37.89	150m: 3:31.70 40.08	200m: 4:45.60 36.29			
4.	Paula Maria TINO	70	S14		Feira Viva	4:57.98	121
	25m: 32.10 32.10	75m: 1:45.85 37.00	125m: 3:03.51 38.71	175m: 4:20.09 37.37			
	50m: 1:08.85 36.75	100m: 2:24.80 38.95	150m: 3:42.72 39.21	200m: 4:57.98 37.89			

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Classe S21 (SDown)-Absoluto

1. Ana Alexandra CASTRO	92	S21	Fluvial Portuense	4:09.04	124
25m: 30.33 30.33	75m: 1:33.56	31.79	125m: 2:37.37	32.02	175m: 3:41.03 31.74
50m: 1:01.77 31.44	100m: 2:05.35	31.79	150m: 3:09.29	31.92	200m: 4:09.04 28.01

Classe S21 (SDown)-Seniores

1. Ana Alexandra CASTRO	92	S21	Fluvial Portuense	4:09.04	124
25m: 30.33 30.33	75m: 1:33.56	31.79	125m: 2:37.37	32.02	175m: 3:41.03 31.74
50m: 1:01.77 31.44	100m: 2:05.35	31.79	150m: 3:09.29	31.92	200m: 4:09.04 28.01

Classe S113

1. Debora Filipa SANTOS	92	Fluvial Portuense	5:10.72	64
25m: 34.22 34.22	75m: 1:52.12 40.75	125m: 3:11.52 40.25	175m: 4:31.38 39.12	
50m: 1:11.37 37.15	100m: 2:31.27 39.15	150m: 3:52.26 40.74	200m: 5:10.72 39.34	