

Prova 1  
17-06-2017 - 15:30

Femin., 400m Livres

Absoluto  
Resultados

Rec Nac Adaptada Classe S6	59:00.00	start							
Rec Nac Adaptada Classe S7	8:51.62	OLIVEIRA Sonia Cristina	CFV	Porto					29-04-2017
Rec Nac Adaptada Classe S8	59:00.00	start							
Rec Nac Adaptada Classe S9	5:10.30	MARQUES Leila Susana	GESL	Beijing (CHN)					10-09-2008
Rec Nac Adaptada Classe S10	5:18.60	NEVES Teresa Lamego	POR	Eindhoven (NED)					07-08-2014
Rec Nac Adaptada Classe S11	59:00.00	start							
Rec Nac Adaptada Classe S12	59:00.00	start							
Rec Nac Adaptada Classe S13	59:00.00	start							
Rec Nac Adaptada Classe S14	6:25.10	RESENDE Sonia Castanheiro	SCA	Vila Franca de Xira					05-03-2016
Rec Nac Adaptada Classe S15	5:50.21	LOURENCO Susana Maria	SCP	Coimbra					13-08-2011
Rec Nac Adaptada Classe S21	7:43.67	TORRES Diana Ines	ADADA	Póvoa de Varzim					18-06-2016

Minimos CE DSISO 25m: 6:39.41

Pontos: IPC NED S14

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
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Classe S6-S14-Absolutos

1.	BENITO DE TENA Julia	99	S10		C. N. Pozuelo	<b>5:11.23</b>	673	-
	50m: 33.86 33.86	150m: 1:52.65	40.14	250m: 3:12.12	40.07	350m: 4:32.39	40.10	
	100m: 1:12.51 38.65	200m: 2:32.05	39.40	300m: 3:52.29	40.17	400m: 5:11.23	38.84	
2.	CASTRO Ana Filipa	97	S9	12+	Feira Viva	<b>5:55.87</b>	407	9,00
	50m: 40.75 40.75	150m: 2:11.44	45.95	250m: 3:42.59	45.92	350m: 5:12.65	44.89	
	100m: 1:25.49 44.74	200m: 2:56.67	45.23	300m: 4:27.76	45.17	400m: 5:55.87	43.22	
3.	SIMOES Diana Vieira	98	S14		Sporting de Aveiro	<b>6:48.07</b>	322	9,00
	50m: 43.12 43.12	150m: 2:25.85	52.60	250m: 4:12.01	52.62	350m: 5:57.54	52.47	
	100m: 1:33.25 50.13	200m: 3:19.39	53.54	300m: 5:05.07	53.06	400m: 6:48.07	50.53	
4.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	<b>7:06.15</b>	283	7,00
	50m: 48.46 48.46	150m: 2:38.96	56.33	250m: 4:29.20	54.83	350m: 6:16.77	53.14	
	100m: 1:42.63 54.17	200m: 3:34.37	55.41	300m: 5:23.63	54.43	400m: 7:06.15	49.38	
5.	ORMANCI Rumeysa Ravza	99	S7	6,12+	Turkey	<b>7:36.54</b>	281	-
	50m: 47.56 47.56	150m: 2:42.86	58.23	250m: 4:40.67	59.59	350m: 6:39.40	58.40	
	100m: 1:44.63 57.07	200m: 3:41.08	58.22	300m: 5:41.00	1:00.33	400m: 7:36.54	57.14	
6.	OLIVEIRA Sonia Cristina	98	S7	A 4,12+	Vilacondense	<b>8:53.41</b>	176	9,00
	50m: 57.73 57.73	150m: 3:10.51	1:07.60	250m: 5:26.96	1:09.28	350m: 7:45.27	1:10.25	
	100m: 2:02.91 1:05.18	200m: 4:17.68	1:07.17	300m: 6:35.02	1:08.06	400m: 8:53.41	1:08.14	
7.	DOMINGOS Liliana Raquel	90	S9		Pimpoes/Cimai	<b>8:14.06</b>	152	7,00
	50m: 53.51 53.51	150m: 2:55.82	1:02.84	250m: 5:04.21	1:04.28	350m: 7:11.98	1:03.43	
	100m: 1:52.98 59.47	200m: 3:59.93	1:04.11	300m: 6:08.55	1:04.34	400m: 8:14.06	1:02.08	
8.	TAVARES Ana Filipa	93	S8	A 12+	Alhandra	<b>9:11.19</b>	132	9,00
	50m: 55.92 55.92	150m: 3:08.40	1:08.65	250m: 5:32.49	1:13.09	350m: 7:59.10	1:13.13	
	100m: 1:59.75 1:03.83	200m: 4:19.40	1:11.00	300m: 6:45.97	1:13.48	400m: 9:11.19	1:12.09	
9.	SAMPAIO Ana Branca	02	S6	1,4,12+	ADADA Porto	<b>10:31.78</b>	129	9,00
	50m: 1:10.20 1:10.20	100m: 2:28.63	1:18.43	150m: 3:49.77	1:21.14	200m: 5:10.01	1:20.24	

Prova 1, Femin., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
	250m: 6:31.28 1:21.27	300m: 7:52.47 1:21.19	350m: 9:13.58 1:21.11	400m: 10:31.78 1:18.20				

Classe S21 (SDown)-Absolutos

DNF	TORRES Diana Ines	99	S21	W	Fluvial Portuense			-
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Classe S113

1.	SANTOS Debora Filipa	92			Fluvial Portuense	<b>9:32.45</b>	72	-
	50m: 1:05.05 1:05.05	150m: 3:30.13 1:14.73	250m: 5:57.49 1:14.71	350m: 8:22.54 1:12.81				
	100m: 2:15.40 1:10.35	200m: 4:42.78 1:12.65	300m: 7:09.73 1:12.24	400m: 9:32.45 1:09.91				

Classe S6-Esperanças

1.	SAMPAIO Ana Branca	02	S6	1,4,12+	ADADA Porto	<b>10:31.78</b>	129	9,00
	50m: 1:10.20 1:10.20	150m: 3:49.77 1:21.14	250m: 6:31.28 1:21.27	350m: 9:13.58 1:21.11				
	100m: 2:28.63 1:18.43	200m: 5:10.01 1:20.24	300m: 7:52.47 1:21.19	400m: 10:31.78 1:18.20				

Classe S7-Seniores

1.	ORMANCI Rumeysa Ravza	99	S7	6,12+	Turkey	<b>7:36.54</b>	281	-
	50m: 47.56 47.56	150m: 2:42.86 58.23	250m: 4:40.67 59.59	350m: 6:39.40 58.40				
	100m: 1:44.63 57.07	200m: 3:41.08 58.22	300m: 5:41.00 1:00.33	400m: 7:36.54 57.14				
2.	OLIVEIRA Sonia Cristina	98	S7	A 4,12+	Vilacondense	<b>8:53.41</b>	176	9,00
	50m: 57.73 57.73	150m: 3:10.51 1:07.60	250m: 5:26.96 1:09.28	350m: 7:45.27 1:10.25				
	100m: 2:02.91 1:05.18	200m: 4:17.68 1:07.17	300m: 6:35.02 1:08.06	400m: 8:53.41 1:08.14				

Classe S8-Seniores

1.	TAVARES Ana Filipa	93	S8	A 12+	Alhandra	<b>9:11.19</b>	132	9,00
	50m: 55.92 55.92	150m: 3:08.40 1:08.65	250m: 5:32.49 1:13.09	350m: 7:59.10 1:13.13				
	100m: 1:59.75 1:03.83	200m: 4:19.40 1:11.00	300m: 6:45.97 1:13.48	400m: 9:11.19 1:12.09				

Classe S9-Seniores

1.	CASTRO Ana Filipa	97	S9	12+	Feira Viva	<b>5:55.87</b>	407	9,00
	50m: 40.75 40.75	150m: 2:11.44 45.95	250m: 3:42.59 45.92	350m: 5:12.65 44.89				
	100m: 1:25.49 44.74	200m: 2:56.67 45.23	300m: 4:27.76 45.17	400m: 5:55.87 43.22				
2.	DOMINGOS Liliana Raquel	90	S9		Pimpoes/Cimai	<b>8:14.06</b>	152	7,00
	50m: 53.51 53.51	150m: 2:55.82 1:02.84	250m: 5:04.21 1:04.28	350m: 7:11.98 1:03.43				
	100m: 1:52.98 59.47	200m: 3:59.93 1:04.11	300m: 6:08.55 1:04.34	400m: 8:14.06 1:02.08				

Prova 1, Femin., 400m Livres

Classe S10-Seniores

1. BENITO DE TENA Julia	99	S10	C. N. Pozuelo	<b>5:11.23</b>	673	-
50m: 33.86 33.86	150m: 1:52.65	40.14	250m: 3:12.12	40.07	350m: 4:32.39	40.10
100m: 1:12.51 38.65	200m: 2:32.05	39.40	300m: 3:52.29	40.17	400m: 5:11.23	38.84

Classe S14-Seniores

1. SIMOES Diana Vieira	98	S14	Sporting de Aveiro	<b>6:48.07</b>	322	9,00
50m: 43.12 43.12	150m: 2:25.85	52.60	250m: 4:12.01	52.62	350m: 5:57.54	52.47
100m: 1:33.25 50.13	200m: 3:19.39	53.54	300m: 5:05.07	53.06	400m: 6:48.07	50.53
2. GOUVEIA Susana Raquel	89	S14	ADADA Porto	<b>7:06.15</b>	283	7,00
50m: 48.46 48.46	150m: 2:38.96	56.33	250m: 4:29.20	54.83	350m: 6:16.77	53.14
100m: 1:42.63 54.17	200m: 3:34.37	55.41	300m: 5:23.63	54.43	400m: 7:06.15	49.38

Classe S21 (SDown)-Seniores

DNF TORRES Diana Ines	99	S21	W	Fluvial Portuense	-
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