

Prova 11	200m Bruços				Absoluto
16-02-2019 - 16:30					Resultados
S14	3:13.70	DUARTE Carlos	CDEC	Cantanhede	11-05-1997
S14	3:29.80	RESENDE Sonia Castanheiro	SCA	Mealhada	18-02-2017
S15	2:49.41	CRUZ Miguel Duarte	CFB	Alges	22-11-2015
S15	3:21.23	LOURENCO Susana Maria	SCP	Mealhada	18-02-2017
S17	59:00.00				
S17	59:00.00				
S21	3:17.07	VAZ Joao Francisco	SCP	Mealhada	14-04-2018
S21	3:54.68	NG Mannie	POR	Albufeira	03-12-2008

S14 Esp Masc. S14: 4:56.36; Esp Femin. S14: 5:20.99; Sen Masc. S14: 4:50.55; Sen Femin. S14: 5:14.70 / S15 Esp Masc. S15: 3:28.37; Esp Femin. S15: 4:07.51; Sen Masc. S15: 3:23.29; Sen Femin. S15: 4:01.48 / S17 Esp Masc. S17: 4:56.36; Esp Femin. S17: 5:20.99; Sen Masc. S17: 4:50.55; Sen Femin. S17: 5:14.70 / S21 Esp Masc. S21: 5:06.00; Esp Femin. S21: 5:59.06; Sen Masc. S21: 5:00.00; Sen Femin. S21: 5:52.02

Pontos: KNZB 2018 + Para

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

1.	BRITO Rui Xavier	99	SB14		Sporting de Aveiro	3:35.87	334	9,00
	50m: 49.56 49.56	100m: 1:44.61 55.05	150m: 2:41.54 56.93	200m: 3:35.87 54.33				
2.	SILVA Andre Guimaraes	96	SB14		Porto	3:40.26	315	7,00
	50m: 46.16 46.16	100m: 1:43.58 57.42	150m: 2:42.33 58.75	200m: 3:40.26 57.93				
3.	CRUZ Henrique Benevides	83	SB14		Naval de Ponta Delgada	4:27.59	176	6,00
	50m: 58.13 58.13	100m: 2:05.44 1:07.31	150m: 3:17.49 1:12.05	200m: 4:27.59 1:10.10				

Classe S14-Seniores, Masc.

1.	BRITO Rui Xavier	99	SB14		Sporting de Aveiro	3:35.87	334	9,00
	50m: 49.56 49.56	100m: 1:44.61 55.05	150m: 2:41.54 56.93	200m: 3:35.87 54.33				
2.	SILVA Andre Guimaraes	96	SB14		Porto	3:40.26	315	7,00
	50m: 46.16 46.16	100m: 1:43.58 57.42	150m: 2:42.33 58.75	200m: 3:40.26 57.93				
3.	CRUZ Henrique Benevides	83	SB14		Naval de Ponta Delgada	4:27.59	176	6,00
	50m: 58.13 58.13	100m: 2:05.44 1:07.31	150m: 3:17.49 1:12.05	200m: 4:27.59 1:10.10				

Classe S21 (SDown)-Absoluto, Masc.

1.	PESTANA Rui Miguel	00	SB21		Porto	4:18.20		9,00
	50m: 56.28 56.28	100m: 2:02.93 1:06.65	150m: 3:11.95 1:09.02	200m: 4:18.20 1:06.25				

Classe S21 (SDown)-Absoluto, Femin.

1.	TORRES Diana Ines	99	SB21		Porto	4:48.35		9,00
	50m: 1:06.81 1:06.81	100m: 2:21.37 1:14.56	150m: 3:36.57 1:15.20	200m: 4:48.35 1:11.78				
	GOMES Barbara Ines	91	SB21		APC Coimbra	5:03.44		9,00
	50m: 1:11.37 1:11.37	100m: 2:30.14 1:18.77	150m: 3:48.24 1:18.10	200m: 5:03.44 1:15.20				

Prova 11, 200m Bruços

Classe S21 (SDown)-Seniores, Masc.

1. PESTANA Rui Miguel	00	SB21	Porto	4:18.20	9,00
50m: 56.28 56.28	100m: 2:02.93 1:06.65	150m: 3:11.95 1:09.02	200m: 4:18.20 1:06.25		

Classe S21 (SDown)-Seniores, Femin.

1. TORRES Diana Ines	99	SB21	Porto	4:48.35	9,00
50m: 1:06.81 1:06.81	100m: 2:21.37 1:14.56	150m: 3:36.57 1:15.20	200m: 4:48.35 1:11.78		
GOMES Barbara Ines	91	SB21	APC Coimbra	5:03.44	9,00
50m: 1:11.37 1:11.37	100m: 2:30.14 1:18.77	150m: 3:48.24 1:18.10	200m: 5:03.44 1:15.20		

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