

Prova 34 Femin., 400m Livres Absoluto
17-02-2019 - 15:30 Resultados

S6	59:00.00	start								
S7	10:06.61	SAMPAIO Ana Branca	ADADA	Mealhada						15-04-2018
S8	5:44.91	CASTRO Ana Filipa	FVCD	Vila Franca de Xira						04-02-2018
S9	5:06.13	VEIGA Susana Pereira	CNCVG	Alcobaça						19-01-2019
S10	5:25.56	NEVES Teresa Lamego	SCP	Lisboa						16-11-2014
S11	59:00.00	start								
S12	59:00.00	start								
S13	59:00.00	start								
S14	6:01.88	RESENDE Sonia Castanheiro	SCA	Mealhada						19-02-2017
S15	6:04.92	ALMEIDA Eunice Evora	CNA	Lisboa						18-10-2015
S16	59:00.00									
S17	59:00.00									
S21	7:35.74	TORRES Diana Ines	FCP	Mealhada						18-11-2018

S6 Esp S6: 9:41.45; Sen S6: 9:30.04 / S7 Esp S7: 9:00.09; Sen S7: 8:49.50 / S8 Esp S8: 8:36.90; Sen S8: 8:26.76 / S9 Esp S9: 8:26.43; Sen S9: 8:16.50 / S10 Esp S10: 8:18.11; Sen S10: 8:08.34 / S11 Esp S11: 9:29.14; Sen S11: 9:17.99 / S12 Esp S12: 8:57.03; Sen S12: 8:46.50 / S13 Esp S13: 6:51.80; Sen S13: 6:43.72 / S14 Esp S14: 9:13.68; Sen S14: 9:02.82 / S15 Esp S15: 7:28.85; Sen S15: 7:17.90 / S16 Esp S16: 9:13.68; Sen S16: 9:02.82 / S17 Esp S17: 9:13.68; Sen S17: 9:02.82 / S21 Esp S21: 11:39.81; Sen S21: 11:26.08

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S6-S14-Absolutos

1.	VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	5:04.32	773	9,00
	<i>Rec Nac Classe S9</i>							
	50m: 33.40 33.40	150m: 1:49.45	38.75	250m: 3:07.25	39.11	350m: 4:25.67	39.20	
	100m: 1:10.70 37.30	200m: 2:28.14	38.69	300m: 3:46.47	39.22	400m: 5:04.32	38.65	
2.	PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	5:39.86	555	7,00
	50m: 37.57 37.57	150m: 2:03.04	43.44	250m: 3:30.41	43.24	350m: 4:57.53	43.29	
	100m: 1:19.60 42.03	200m: 2:47.17	44.13	300m: 4:14.24	43.83	400m: 5:39.86	42.33	
3.	CASTRO Ana Filipa	97	S8	*12+	Feira Viva	5:42.43	549	9,00
	<i>Rec Nac Classe S8</i>							
	50m: 39.95 39.95	150m: 2:06.76	43.56	250m: 3:34.20	43.86	350m: 5:01.10	43.42	
	100m: 1:23.20 43.25	200m: 2:50.34	43.58	300m: 4:17.68	43.48	400m: 5:42.43	41.33	
4.	OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	7:46.02	264	9,00
	<i>Rec Nac Classe S7</i>							
	50m: 51.98 51.98	150m: 2:46.39	58.69	250m: 4:46.29	59.59	350m: 6:46.98	1:00.56	
	100m: 1:47.70 55.72	200m: 3:46.70	1:00.31	300m: 5:46.42	1:00.13	400m: 7:46.02	59.04	
5.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	7:25.79	215	9,00
	50m: 48.53 48.53	150m: 2:43.37	57.96	250m: 4:38.58	57.22	350m: 6:33.30	57.01	
	100m: 1:45.41 56.88	200m: 3:41.36	57.99	300m: 5:36.29	57.71	400m: 7:25.79	52.49	
6.	SOARES Maria Mafalda	02	S14		ADADA Porto	7:32.02	206	7,00
	50m: 45.70 45.70	150m: 2:37.88	59.72	250m: 4:33.50	57.63	350m: 6:30.96	1:00.56	
	100m: 1:38.16 52.46	200m: 3:35.87	57.99	300m: 5:30.40	56.90	400m: 7:32.02	1:01.06	

Classe S7-Seniores

1.	OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	7:46.02	264	9,00
	<i>Rec Nac Classe S7</i>							
	50m: 51.98 51.98	100m: 1:47.70	55.72	150m: 2:46.39	58.69	200m: 3:46.70	1:00.31	

Prova 34, Femin., 400m Livres, Classe S7-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
	250m: 4:46.29 59.59	300m: 5:46.42 1:00.13	350m: 6:46.98 1:00.56	400m: 7:46.02 59.04				

Classe S8-Seniores

1.	CASTRO Ana Filipa <i>Rec Nac Classe S8</i>	97	S8	*12+	Feira Viva	5:42.43	549	9,00
	50m: 39.95 39.95	150m: 2:06.76 43.56	250m: 3:34.20 43.86	350m: 5:01.10 43.42				
	100m: 1:23.20 43.25	200m: 2:50.34 43.58	300m: 4:17.68 43.48	400m: 5:42.43 41.33				

Classe S9-Seniores

1.	VEIGA Susana Pereira <i>Rec Nac Classe S9</i>	00	S9	9	Colegio Vasco da Gama	5:04.32	773	9,00
	50m: 33.40 33.40	150m: 1:49.45 38.75	250m: 3:07.25 39.11	350m: 4:25.67 39.20				
	100m: 1:10.70 37.30	200m: 2:28.14 38.69	300m: 3:46.47 39.22	400m: 5:04.32 38.65				
2.	PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	5:39.86	555	7,00
	50m: 37.57 37.57	150m: 2:03.04 43.44	250m: 3:30.41 43.24	350m: 4:57.53 43.29				
	100m: 1:19.60 42.03	200m: 2:47.17 44.13	300m: 4:14.24 43.83	400m: 5:39.86 42.33				

Classe S14-Seniores

1.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	7:25.79	215	9,00
	50m: 48.53 48.53	150m: 2:43.37 57.96	250m: 4:38.58 57.22	350m: 6:33.30 57.01				
	100m: 1:45.41 56.88	200m: 3:41.36 57.99	300m: 5:36.29 57.71	400m: 7:25.79 52.49				
2.	SOARES Maria Mafalda	02	S14		ADADA Porto	7:32.02	206	7,00
	50m: 45.70 45.70	150m: 2:37.88 59.72	250m: 4:33.50 57.63	350m: 6:30.96 1:00.56				
	100m: 1:38.16 52.46	200m: 3:35.87 57.99	300m: 5:30.40 56.90	400m: 7:32.02 1:01.06				

Classe S21 (SDown)-Absolutos

1.	REIS Adriana Godinho	95	S21		Feira Viva	8:01.82		9,00
	50m: 52.80 52.80	150m: 2:53.19 1:01.53	250m: 4:57.63 1:02.99	350m: 7:00.25 1:01.62				
	100m: 1:51.66 58.86	200m: 3:54.64 1:01.45	300m: 5:58.63 1:01.00	400m: 8:01.82 1:01.57				
	CASTRO Ana Alexandra	92	S21		Porto	8:30.34		9,00
	50m: 1:00.63 1:00.63	150m: 3:08.14 1:04.30	250m: 5:17.91 1:04.34	350m: 7:31.45 1:07.27				
	100m: 2:03.84 1:03.21	200m: 4:13.57 1:05.43	300m: 6:24.18 1:06.27	400m: 8:30.34 58.89				
	DSQ GOMES Barbara Ines <i>3.1.6 - Falsa partida</i>	91	S21		APC Coimbra			-

Classe S21 (SDown)-Seniores

1.	REIS Adriana Godinho	95	S21		Feira Viva	8:01.82		9,00
	50m: 52.80 52.80	150m: 2:53.19 1:01.53	250m: 4:57.63 1:02.99	350m: 7:00.25 1:01.62				
	100m: 1:51.66 58.86	200m: 3:54.64 1:01.45	300m: 5:58.63 1:01.00	400m: 8:01.82 1:01.57				
	CASTRO Ana Alexandra	92	S21		Porto	8:30.34		9,00
	50m: 1:00.63 1:00.63	150m: 3:08.14 1:04.30	250m: 5:17.91 1:04.34	350m: 7:31.45 1:07.27				
	100m: 2:03.84 1:03.21	200m: 4:13.57 1:05.43	300m: 6:24.18 1:06.27	400m: 8:30.34 58.89				

Prova 34, Femin., 400m Livres, Classe S21 (SDown)-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
DSQ	GOMES Barbara Ines <i>3.1.6 - Falsa partida</i>	91	S21		APC Coimbra			-

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