

Prova 1
11-05-2019 - 15:30
Femin., 400m Livres
Absoluto
Resultados

Rec Nac Adaptada S6	59:00.00	, start							
Rec Nac Adaptada S7	9:59.80	SAMPAIO, Ana Branca	SANNP	Valladolid (ESP)				05-05-2018	
Rec Nac Adaptada S8	5:42.97	CASTRO, Ana Filipa	FVCD	Coimbra				02-03-2019	
Rec Nac Adaptada S9	5:03.76	VEIGA, Susana Pereira	CNCVG	Coimbra				06-04-2019	
Rec Nac Adaptada S10	5:18.60	NEVES, Teresa Lamego	POR	Eindhoven (NED)				07-08-2014	
Rec Nac Adaptada S11	59:00.00	, start							
Rec Nac Adaptada S12	59:00.00	, start							
Rec Nac Adaptada S13	59:00.00	, start							
Rec Nac Adaptada S14	6:25.10	RESENDE, Sonia Castanheiro	SCA	Vila Franca de Xira				05-03-2016	
Rec Nac Adaptada S15	5:50.21	LOURENCO, Susana Maria	SCP	Coimbra				13-08-2011	
Rec Nac Adaptada S16	7:18.70	TABORDA, Maria Joao	FCP	Povoa de Varzim				07-04-2019	
Rec Nac Adaptada S21	7:43.67	TORRES, Diana Ines	ADADA	Póvoa de Varzim				18-06-2016	

Pontos: KNZB 2018 + Para

Lugar Nome Ano Classe Excp Clube Tempo final IPC Pts

Classe S6-S14-Absolutos

1.	VEIGA, Susana Pereira	00	S9	9	Colegio Vasco da Gama	5:03.90	776	9,00
	50m: 33.96 33.96	150m: 1:48.63 38.08	250m: 3:06.49 39.18	350m: 4:25.35 39.73				
	100m: 1:10.55 36.59	200m: 2:27.31 38.68	300m: 3:45.62 39.13	400m: 5:03.90 38.55				
2.	CASTRO, Ana Filipa Rec Nac Classe S8	97	S8	*12+	Feira Viva	5:42.76	547	9,00
	50m: 40.74 40.74	150m: 2:08.38 43.74	250m: 3:34.67 42.78	350m: 5:01.35 43.28				
	100m: 1:24.64 43.90	200m: 2:51.89 43.51	300m: 4:18.07 43.40	400m: 5:42.76 41.41				
3.	CORREIA, Ana Beatriz	98	S10	8	Natacao de Faro	5:34.92	524	9,00
	50m: 37.48 37.48	150m: 2:00.98 42.66	250m: 3:26.31 42.53	350m: 4:52.67 42.79				
	100m: 1:18.32 40.84	200m: 2:43.78 42.80	300m: 4:09.88 43.57	400m: 5:34.92 42.25				
4.	OLIVEIRA, Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	7:54.55	250	9,00
	50m: 51.93 51.93	150m: 2:49.54 1:00.26	250m: 4:52.63 1:01.98	350m: 6:55.22 1:01.66				
	100m: 1:49.28 57.35	200m: 3:50.65 1:01.11	300m: 5:53.56 1:00.93	400m: 7:54.55 59.33				
5.	SOARES, Maria Mafalda	02	S14		ADADA Porto	7:31.63	207	9,00
	50m: 46.41 46.41	150m: 2:36.67 57.38	250m: 4:30.32 58.62	350m: 6:31.30 1:01.80				
	100m: 1:39.29 52.88	200m: 3:31.70 55.03	300m: 5:29.50 59.18	400m: 7:31.63 1:00.33				
6.	ALMEIDA, Beatriz Moreira	04	S14		ADADA Porto	9:13.87	112	9,00
	50m: 59.26 59.26	150m: 3:21.90 1:11.40	250m: 5:44.42 1:10.93	350m: 8:07.21 1:10.71				
	100m: 2:10.50 1:11.24	200m: 4:33.49 1:11.59	300m: 6:56.50 1:12.08	400m: 9:13.87 1:06.66				

Classe S21 (SDown)-Absolutos

1.	CASTRO, Ana Alexandra	92	S21		Porto	8:41.45		9,00
	50m: 59.06 59.06	150m: 3:10.80 1:07.15	250m: 5:25.59 1:05.20	350m: 7:37.70 1:09.63				
	100m: 2:03.65 1:04.59	200m: 4:20.39 1:09.59	300m: 6:28.07 1:02.48	400m: 8:41.45 1:03.75				
	GOMES, Barbara Ines	91	S21		APC Coimbra	8:52.89		7,00
	50m: 1:01.54 1:01.54	150m: 3:15.66 1:07.26	250m: 5:30.73 1:07.31	350m: 7:47.26 1:08.68				
	100m: 2:08.40 1:06.86	200m: 4:23.42 1:07.76	300m: 6:38.58 1:07.85	400m: 8:52.89 1:05.63				

Prova 1, Femin., 400m Livres

Classe S7-Seniores

1. OLIVEIRA, Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	7:54.55	250	9,00
50m: 51.93 51.93	150m: 2:49.54	1:00.26	250m: 4:52.63	1:01.98	350m: 6:55.22	1:01.66	
100m: 1:49.28 57.35	200m: 3:50.65	1:01.11	300m: 5:53.56	1:00.93	400m: 7:54.55	59.33	

Classe S8-Seniores

1. CASTRO, Ana Filipa	97	S8	*12+	Feira Viva	5:42.76	547	9,00
<i>Rec Nac Classe S8</i>							
50m: 40.74 40.74	150m: 2:08.38	43.74	250m: 3:34.67	42.78	350m: 5:01.35	43.28	
100m: 1:24.64 43.90	200m: 2:51.89	43.51	300m: 4:18.07	43.40	400m: 5:42.76	41.41	

Classe S9-Seniores

1. VEIGA, Susana Pereira	00	S9	9	Colegio Vasco da Gama	5:03.90	776	9,00
50m: 33.96 33.96	150m: 1:48.63	38.08	250m: 3:06.49	39.18	350m: 4:25.35	39.73	
100m: 1:10.55 36.59	200m: 2:27.31	38.68	300m: 3:45.62	39.13	400m: 5:03.90	38.55	

Classe S10-Seniores

1. CORREIA, Ana Beatriz	98	S10	8	Natacao de Faro	5:34.92	524	9,00
50m: 37.48 37.48	150m: 2:00.98	42.66	250m: 3:26.31	42.53	350m: 4:52.67	42.79	
100m: 1:18.32 40.84	200m: 2:43.78	42.80	300m: 4:09.88	43.57	400m: 5:34.92	42.25	

Classe S14-Esperanças

1. ALMEIDA, Beatriz Moreira	04	S14		ADADA Porto	9:13.87	112	9,00
50m: 59.26 59.26	150m: 3:21.90	1:11.40	250m: 5:44.42	1:10.93	350m: 8:07.21	1:10.71	
100m: 2:10.50 1:11.24	200m: 4:33.49	1:11.59	300m: 6:56.50	1:12.08	400m: 9:13.87	1:06.66	

Classe S14-Seniores

1. SOARES, Maria Mafalda	02	S14		ADADA Porto	7:31.63	207	9,00
50m: 46.41 46.41	150m: 2:36.67	57.38	250m: 4:30.32	58.62	350m: 6:31.30	1:01.80	
100m: 1:39.29 52.88	200m: 3:31.70	55.03	300m: 5:29.50	59.18	400m: 7:31.63	1:00.33	

Classe S21 (SDown)-Seniores

1. CASTRO, Ana Alexandra	92	S21		Porto	8:41.45		9,00
50m: 59.06 59.06	150m: 3:10.80	1:07.15	250m: 5:25.59	1:05.20	350m: 7:37.70	1:09.63	
100m: 2:03.65 1:04.59	200m: 4:20.39	1:09.59	300m: 6:28.07	1:02.48	400m: 8:41.45	1:03.75	
GOMES, Barbara Ines	91	S21		APC Coimbra	8:52.89		7,00
50m: 1:01.54 1:01.54	150m: 3:15.66	1:07.26	250m: 5:30.73	1:07.31	350m: 7:47.26	1:08.68	
100m: 2:08.40 1:06.86	200m: 4:23.42	1:07.76	300m: 6:38.58	1:07.85	400m: 8:52.89	1:05.63	