

Prova 7 Femin., 200m Costas 10 anos e mais velhos
11-05-2019 - 16:55 Resultados

Rec Nac Adaptada S14	3:14.60	RESENDE, Sonia Castanheiro	SCA	Póvoa de Varzim	18-06-2016
Rec Nac Adaptada S15	3:43.76	CORREIA, Raquel Rosa	ACDCBR	Póvoa de Varzim	18-06-2016
Rec Nac Adaptada S21	3:41.39	NG, Mannie	POR	Liberec (CZE)	08-07-2009

Pontos: KNZB 2018 + Para

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

1.	SOARES, Maria Mafalda	02	S14		ADADA Porto	4:01.46	215	9,00
	50m: 55.07 55.07	100m: 1:57.28 1:02.21	150m: 3:00.67 1:03.39	200m: 4:01.46 1:00.79				
2.	MONTEIRO, Raquel Rocilio	98	S14		Feira Viva	4:05.93	203	7,00
	50m: 58.49 58.49	100m: 2:01.28 1:02.79	150m: 3:04.24 1:02.96	200m: 4:05.93 1:01.69				
3.	REGO, Joana Candeias	04	S14		ADADA Porto	4:59.99	112	9,00
	<i>FTL</i>							
	50m: 1:12.23 1:12.23	100m: 2:27.95 1:15.72	150m: 3:45.25 1:17.30	200m: 4:59.99 1:14.74				

Classe S21 (SDown)-Absoluto

1.	COSTA, Noemi Pereira	93	S21		Propaganda da Natacao	5:29.39		9,00
	50m: 1:20.30 1:20.30	100m: 2:43.63 1:23.33	150m: 4:08.31 1:24.68	200m: 5:29.39 1:21.08				

Classe S14-Esperanças

1.	REGO, Joana Candeias	04	S14		ADADA Porto	4:59.99	112	9,00
	<i>FTL</i>							
	50m: 1:12.23 1:12.23	100m: 2:27.95 1:15.72	150m: 3:45.25 1:17.30	200m: 4:59.99 1:14.74				

Classe S14-Seniores

1.	SOARES, Maria Mafalda	02	S14		ADADA Porto	4:01.46	215	9,00
	50m: 55.07 55.07	100m: 1:57.28 1:02.21	150m: 3:00.67 1:03.39	200m: 4:01.46 1:00.79				
2.	MONTEIRO, Raquel Rocilio	98	S14		Feira Viva	4:05.93	203	7,00
	50m: 58.49 58.49	100m: 2:01.28 1:02.79	150m: 3:04.24 1:02.96	200m: 4:05.93 1:01.69				

Classe S21 (SDown)-Seniores

1.	COSTA, Noemi Pereira	93	S21		Propaganda da Natacao	5:29.39		9,00
	50m: 1:20.30 1:20.30	100m: 2:43.63 1:23.33	150m: 4:08.31 1:24.68	200m: 5:29.39 1:21.08				