

Prova 1
25-01-2020

Femin., 400m Livres

10 anos e mais velhos
Resultados

S6	11:55.23	BARBOSA Ana Sofia	FCP	Porto	03-11-2019
S7	9:59.80	SAMPAIO Ana Branca	SANNP	Valladolid (ESP)	05-05-2018
S8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11-05-2019
S9	5:03.76	VEIGA Susana Pereira	CNCVG	Coimbra	06-04-2019
S10	5:18.60	NEVES Teresa Lamego	POR	Eindhoven (NED)	07-08-2014
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	6:25.10	RESENDE Sonia Castanheiro	SCA	Vila Franca de Xira	05-03-2016
S15	5:50.21	LOURENCO Susana Maria	SCP	Coimbra	13-08-2011
S16	7:18.70	TABORDA Maria Joao	FCP	Povoa de Varzim	07-04-2019
S17	59:00.00	start			
S21	7:37.73	REIS Filipa Sa	POR	Olbia (ITA)	21-09-2019

S6 Esp S6: 10:56.37; Sen S6: 14:30.50 / S7 Esp S7: 9:12.33; Sen S7: 9:01.50 / S8 Esp S8: 8:23.37; Sen S8: 8:13.50 / S9 Esp S9: 7:54.76; Sen S9: 7:45.45 / S10 Esp S10: 7:51.24; Sen S10: 7:42.00 / S11 Esp S11: 7:51.24; Sen S11: 7:42.00 / S12 Esp S12: 8:57.03; Sen S12: 8:46.58 / S13 Esp S13: 6:58.50; Sen S13: 7:06.87 / S14 Esp S14: 9:49.20; Sen S14: 9:37.65 / S15 Esp S15: 7:00.25; Sen S15: 7:00.25 / S16 Esp S16: 9:49.20; Sen S16: 9:37.65 / S17 Esp S17: 9:49.20; Sen S17: 9:37.65 / S21 Esp S21: 11:49.42; Sen S21: 11:35.50

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.	BENITO DE TENA Julia	99	S10	3,5	C.N. Badajoz	5:10.71	656	-
	50m: 34.86 34.86	150m: 1:53.15	39.89	250m: 3:13.89	40.44	350m: 4:32.82	39.20	
	100m: 1:13.26 38.40	200m: 2:33.45	40.30	300m: 3:53.62	39.73	400m: 5:10.71	37.89	
2.	CASTRO Ana Filipa	97	S8	12+	Feira Viva	5:51.56	507	9,00
	50m: 40.77 40.77	150m: 2:09.83	44.82	250m: 3:39.26	44.60	350m: 5:08.36	44.54	
	100m: 1:25.01 44.24	200m: 2:54.66	44.83	300m: 4:23.82	44.56	400m: 5:51.56	43.20	
3.	SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	6:45.44	286	9,00
	50m: 42.22 42.22	150m: 2:21.80	51.41	250m: 4:07.19	53.26	350m: 5:53.04	53.17	
	100m: 1:30.39 48.17	200m: 3:13.93	52.13	300m: 4:59.87	52.68	400m: 6:45.44	52.40	
4.	OLIVEIRA Sonia Cristina	97	S7	A,3,5,12+	Vilacondense	8:07.76	230	9,00
	<i>Rec Nac Classe S7</i>							
	50m: 56.93 56.93	150m: 2:58.43	1:02.22	250m: 5:02.26	1:02.79	350m: 7:07.06	1:03.15	
	100m: 1:56.21 59.28	200m: 3:59.47	1:01.04	300m: 6:03.91	1:01.65	400m: 8:07.76	1:00.70	
5.	SOARES Maria Mafalda	02	S14		ADADA Porto	7:22.57	220	7,00
	50m: 44.08 44.08	150m: 2:38.79	59.00	250m: 4:34.44	59.76	350m: 6:26.81	53.64	
	100m: 1:39.79 55.71	200m: 3:34.68	55.89	300m: 5:33.17	58.73	400m: 7:22.57	55.76	
6.	ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	9:05.83	117	9,00
	50m: 1:01.41 1:01.41	150m: 3:19.00	1:10.11	250m: 5:41.48	1:11.90	350m: 8:00.48	1:08.44	
	100m: 2:08.89 1:07.48	200m: 4:29.58	1:10.58	300m: 6:52.04	1:10.56	400m: 9:05.83	1:05.35	

Classe S21 (SDown)-Absolutos

1.	GOMES Barbara Ines	91	S21		APC Coimbra	8:54.82		9,00
	50m: 59.72 59.72	150m: 3:14.74	1:07.44	250m: 5:30.03	1:07.31	350m: 7:47.85	1:07.61	
	100m: 2:07.30 1:07.58	200m: 4:22.72	1:07.98	300m: 6:40.24	1:10.21	400m: 8:54.82	1:06.97	
	MOREIRA Carina Barbosa	81	S21		Gondomar	10:27.84		9,00
	50m: 1:03.33 1:03.33	150m: 3:42.15	1:21.12	250m: 6:23.71	1:19.60	350m: 9:07.20	1:20.78	
	100m: 2:21.03 1:17.70	200m: 5:04.11	1:21.96	300m: 7:46.42	1:22.71	400m: 10:27.84	1:20.64	

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Classe S7-Seniores

1. OLIVEIRA Sonia Cristina	97	S7	A,3,5,12+	Vilacondense	8:07.76	230	9,00
<i>Rec Nac Classe S7</i>							
50m:	56.93	56.93	150m:	2:58.43	1:02.22	250m:	5:02.26 1:02.79
100m:	1:56.21	59.28	200m:	3:59.47	1:01.04	300m:	6:03.91 1:01.65
						350m:	7:07.06 1:03.15
						400m:	8:07.76 1:00.70

Classe S8-Seniores

1. CASTRO Ana Filipa	97	S8	12+	Feira Viva	5:51.56	507	9,00
50m:	40.77	40.77	150m:	2:09.83	44.82	250m:	3:39.26 44.60
100m:	1:25.01	44.24	200m:	2:54.66	44.83	300m:	4:23.82 44.56
						350m:	5:08.36 44.54
						400m:	5:51.56 43.20

Classe S10-Seniores

1. BENITO DE TENA Julia	99	S10	3,5	C.N. Badajoz	5:10.71	656	-
50m:	34.86	34.86	150m:	1:53.15	39.89	250m:	3:13.89 40.44
100m:	1:13.26	38.40	200m:	2:33.45	40.30	300m:	3:53.62 39.73
						350m:	4:32.82 39.20
						400m:	5:10.71 37.89

Classe S14-Esperanças

1. ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	9:05.83	117	9,00
50m:	1:01.41	1:01.41	150m:	3:19.00	1:10.11	250m:	5:41.48 1:11.90
100m:	2:08.89	1:07.48	200m:	4:29.58	1:10.58	300m:	6:52.04 1:10.56
						350m:	8:00.48 1:08.44
						400m:	9:05.83 1:05.35

Classe S14-Seniores

1. SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	6:45.44	286	9,00
50m:	42.22	42.22	150m:	2:21.80	51.41	250m:	4:07.19 53.26
100m:	1:30.39	48.17	200m:	3:13.93	52.13	300m:	4:59.87 52.68
						350m:	5:53.04 53.17
						400m:	6:45.44 52.40
2. SOARES Maria Mafalda	02	S14		ADADA Porto	7:22.57	220	7,00
50m:	44.08	44.08	150m:	2:38.79	59.00	250m:	4:34.44 59.76
100m:	1:39.79	55.71	200m:	3:34.68	55.89	300m:	5:33.17 58.73
						350m:	6:26.81 53.64
						400m:	7:22.57 55.76

Classe S21 (SDown)-Seniores

1. GOMES Barbara Ines	91	S21		APC Coimbra	8:54.82		9,00
50m:	59.72	59.72	150m:	3:14.74	1:07.44	250m:	5:30.03 1:07.31
100m:	2:07.30	1:07.58	200m:	4:22.72	1:07.98	300m:	6:40.24 1:10.21
						350m:	7:47.85 1:07.61
						400m:	8:54.82 1:06.97

MOREIRA Carina Barbosa	81	S21		Gondomar	10:27.84		9,00
50m:	1:03.33	1:03.33	150m:	3:42.15	1:21.12	250m:	6:23.71 1:19.60
100m:	2:21.03	1:17.70	200m:	5:04.11	1:21.96	300m:	7:46.42 1:22.71
						350m:	9:07.20 1:20.78
						400m:	10:27.84 1:20.64

EXH RIBEIRO Margarida Messias	98			Gesloures	4:45.75		-
50m:	32.72	32.72	150m:	1:45.31	36.67	250m:	2:58.28 36.46
100m:	1:08.64	35.92	200m:	2:21.82	36.51	300m:	3:34.11 35.83
						350m:	4:09.68 35.57
						400m:	4:45.75 36.07

EXH RANITO Beatriz Paulo	99			Gesloures	4:48.59		-
50m:	32.81	32.81	150m:	1:45.36	36.71	250m:	2:58.78 36.38
100m:	1:08.65	35.84	200m:	2:22.40	37.04	300m:	3:36.08 37.30
						350m:	4:12.30 36.22
						400m:	4:48.59 36.29

EXH SANTOS Mariana Marques	05			Gesloures	5:07.95		-
50m:	34.28	34.28	150m:	1:50.10	38.29	250m:	3:08.45 39.04
100m:	1:11.81	37.53	200m:	2:29.41	39.31	300m:	3:48.86 40.41
						350m:	4:28.65 39.79
						400m:	5:07.95 39.30