

Prova 7 Femin., 200m Costas 10 anos e mais velhos
25-01-2020 Resultados

S14	3:14.60	RESENDE Sonia Castanheiro	SCA	Póvoa de Varzim	18-06-2016
S15	3:43.76	CORREIA Raquel Rosa	ACDCBR	Póvoa de Varzim	18-06-2016
S17	59:00.00	start			
S21	3:41.39	NG Mannie	POR	Liberec (CZE)	08-07-2009

S14 Esp S14: 4:57.74; Sen S14: 4:51.90 / S114 Esp S114: 4:57.74; Sen S114: 4:51.90 / S15 Esp S15: 4:35.22; Sen S15: 4:28.51 / S17 Esp S17: 4:57.74; Sen S17: 4:51.90 / S21 Esp S21: 5:38.73; Sen S21: 5:32.09

Pontos: KNZB 2018 + Para

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

1.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	4:05.79	204	9,00
	50m: 58.95 58.95	100m: 2:00.84 1:01.89	150m: 3:04.03 1:03.19	200m: 4:05.79 1:01.76				

Classe S21 (SDown)-Absoluto

1.	TORRES Diana Ines	99	S21		Porto	3:45.29		9,00
	50m: 51.64 51.64	100m: 1:47.72 56.08	150m: 2:47.12 59.40	200m: 3:45.29 58.17				
	CASTRO Ana Alexandra	92	S21		Porto	4:09.34		9,00
	50m: 57.91 57.91	100m: 2:02.12 1:04.21	150m: 3:09.65 1:07.53	200m: 4:09.34 59.69				
	COSTA Noemi Pereira	93	S21		Gondomar	5:21.11		9,00
	50m: 1:15.45 1:15.45	100m: 2:39.18 1:23.73	150m: 3:59.99 1:20.81	200m: 5:21.11 1:21.12				
	MACHADO Ana Catarina	94	S21		ADADA Porto	5:34.27		-
	50m: 1:17.08 1:17.08	100m: 2:40.88 1:23.80	150m: 4:07.50 1:26.62	200m: 5:34.27 1:26.77				

Classe S14-Seniores

1.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	4:05.79	204	9,00
	50m: 58.95 58.95	100m: 2:00.84 1:01.89	150m: 3:04.03 1:03.19	200m: 4:05.79 1:01.76				

Classe S21 (SDown)-Seniores

1.	TORRES Diana Ines	99	S21		Porto	3:45.29		9,00
	50m: 51.64 51.64	100m: 1:47.72 56.08	150m: 2:47.12 59.40	200m: 3:45.29 58.17				
	CASTRO Ana Alexandra	92	S21		Porto	4:09.34		9,00
	50m: 57.91 57.91	100m: 2:02.12 1:04.21	150m: 3:09.65 1:07.53	200m: 4:09.34 59.69				
	COSTA Noemi Pereira	93	S21		Gondomar	5:21.11		9,00
	50m: 1:15.45 1:15.45	100m: 2:39.18 1:23.73	150m: 3:59.99 1:20.81	200m: 5:21.11 1:21.12				
	MACHADO Ana Catarina	94	S21		ADADA Porto	5:34.27		-
	50m: 1:17.08 1:17.08	100m: 2:40.88 1:23.80	150m: 4:07.50 1:26.62	200m: 5:34.27 1:26.77				

EXH	GONCALVES Rita Abibe	05			Geslours	2:37.27		-
	50m: 36.96 36.96	100m: 1:16.87 39.91	150m: 1:57.34 40.47	200m: 2:37.27 39.93				