

Prova 1	Femin., 400m Livres				10 anos e mais velhos	
26-06-2021 - 15:30					Resultados	
Rec Nac Adaptada S6	11:47.11	BARBOSA, Ana Sofia	FCP	Porto	25-04-2021	
Rec Nac Adaptada S7	9:59.80	SAMPAIO, Ana Branca	SANNP	Valladolid (ESP)	05-05-2018	
Rec Nac Adaptada S8	5:42.76	CASTRO, Ana Filipa	FVCD	Oeiras	11-05-2019	
Rec Nac Adaptada S9	5:02.09	VEIGA, Susana Pereira	CNCVG	Coimbra	25-04-2021	
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	7:37.73	REIS, Filipa Sa	POR	Olbia (ITA)	21-09-2019	

Pontos: FINA 2021

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
Classe S6-S14-Absolutos								
1.	CASTRO, Ana Filipa	97	S8	12+	Feira Viva	5:51.34	304	9,00
	50m: 38.33 38.33	150m: 2:06.92	44.95	250m: 3:37.65	45.46	350m: 5:08.27	45.29	
	100m: 1:21.97 43.64	200m: 2:52.19	45.27	300m: 4:22.98	45.33	400m: 5:51.34	43.07	
2.	SIMOES, Diana Vieira	98	S14	W	Sporting de Aveiro	6:47.34	195	9,00
	50m: 41.47 41.47	150m: 2:22.28	51.94	250m: 4:09.68	53.54	350m: 5:55.86	52.65	
	100m: 1:30.34 48.87	200m: 3:16.14	53.86	300m: 5:03.21	53.53	400m: 6:47.34	51.48	
3.	TORRES, Iara Pinto	05	S8	A, 3, 5, 1	Porto	7:35.75	139	9,00
	50m: 43.88 43.88	150m: 2:36.30	58.20	250m: 4:37.53	1:00.95	350m: 6:37.34	1:00.06	
	100m: 1:38.10 54.22	200m: 3:36.58	1:00.28	300m: 5:37.28	59.75	400m: 7:35.75	58.41	
4.	ALMEIDA, Beatriz Moreira	04	S14		ADADA Porto	9:13.34	78	7,00
	50m: 1:00.02 1:00.02	150m: 3:18.21	1:10.21	250m: 5:43.49	1:13.75	350m: 8:04.80	1:11.65	
	100m: 2:08.00 1:07.98	200m: 4:29.74	1:11.53	300m: 6:53.15	1:09.66	400m: 9:13.34	1:08.54	
DNS	REGO, Joana Candeias	04	S14		ADADA Porto			-

Classe S21 (SDown)-Absolutos

1.	TORRES, Diana Ines	99	S21		Porto	7:46.16	130	9,00
	50m: 49.47 49.47	150m: 2:50.86	1:02.67	250m: 4:54.14	1:01.48	350m: 6:52.75	1:00.05	
	100m: 1:48.19 58.72	200m: 3:52.66	1:01.80	300m: 5:52.70	58.56	400m: 7:46.16	53.41	
2.	REIS, Adriana Godinho	95	S21		Feira Viva	8:07.84	113	7,00
	50m: 54.04 54.04	150m: 3:01.07	1:05.04	250m: 5:05.26	1:02.20	350m: 7:09.53	1:03.46	
	100m: 1:56.03 1:01.99	200m: 4:03.06	1:01.99	300m: 6:06.07	1:00.81	400m: 8:07.84	58.31	
3.	GOMES, Barbara Ines	91	S21		APC Coimbra	9:05.33	81	6,00
	50m: 1:03.04 1:03.04	150m: 3:18.89	1:08.08	250m: 5:36.91	1:11.18	350m: 7:56.67	1:09.96	
	100m: 2:10.81 1:07.77	200m: 4:25.73	1:06.84	300m: 6:46.71	1:09.80	400m: 9:05.33	1:08.66	

Prova 1, Femin., 400m Livres

Classe S8-Esperanças

1. TORRES, Iara Pinto	05	S8	A, 3, 5, 1	Porto	7:35.75	139	9,00				
50m:	43.88	43.88	150m:	2:36.30	58.20	250m:	4:37.53	1:00.95	350m:	6:37.34	1:00.06
100m:	1:38.10	54.22	200m:	3:36.58	1:00.28	300m:	5:37.28	59.75	400m:	7:35.75	58.41

Classe S8-Seniores

1. CASTRO, Ana Filipa	97	S8	12+	Feira Viva	5:51.34	304	9,00				
50m:	38.33	38.33	150m:	2:06.92	44.95	250m:	3:37.65	45.46	350m:	5:08.27	45.29
100m:	1:21.97	43.64	200m:	2:52.19	45.27	300m:	4:22.98	45.33	400m:	5:51.34	43.07

Classe S14-Seniores

1. SIMOES, Diana Vieira	98	S14	W	Sporting de Aveiro	6:47.34	195	9,00				
50m:	41.47	41.47	150m:	2:22.28	51.94	250m:	4:09.68	53.54	350m:	5:55.86	52.65
100m:	1:30.34	48.87	200m:	3:16.14	53.86	300m:	5:03.21	53.53	400m:	6:47.34	51.48
2. ALMEIDA, Beatriz Moreira	04	S14		ADADA Porto	9:13.34	78	7,00				
50m:	1:00.02	1:00.02	150m:	3:18.21	1:10.21	250m:	5:43.49	1:13.75	350m:	8:04.80	1:11.65
100m:	2:08.00	1:07.98	200m:	4:29.74	1:11.53	300m:	6:53.15	1:09.66	400m:	9:13.34	1:08.54

DNS REGO, Joana Candeias	04	S14		ADADA Porto			-
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Classe S21 (SDown)-Seniores

1. TORRES, Diana Ines	99	S21		Porto	7:46.16	130	9,00				
50m:	49.47	49.47	150m:	2:50.86	1:02.67	250m:	4:54.14	1:01.48	350m:	6:52.75	1:00.05
100m:	1:48.19	58.72	200m:	3:52.66	1:01.80	300m:	5:52.70	58.56	400m:	7:46.16	53.41
2. REIS, Adriana Godinho	95	S21		Feira Viva	8:07.84	113	7,00				
50m:	54.04	54.04	150m:	3:01.07	1:05.04	250m:	5:05.26	1:02.20	350m:	7:09.53	1:03.46
100m:	1:56.03	1:01.99	200m:	4:03.06	1:01.99	300m:	6:06.07	1:00.81	400m:	8:07.84	58.31
3. GOMES, Barbara Ines	91	S21		APC Coimbra	9:05.33	81	6,00				
50m:	1:03.04	1:03.04	150m:	3:18.89	1:08.08	250m:	5:36.91	1:11.18	350m:	7:56.67	1:09.96
100m:	2:10.81	1:07.77	200m:	4:25.73	1:06.84	300m:	6:46.71	1:09.80	400m:	9:05.33	1:08.66

Classe S113

1. NEVES, Camila Anjos	01	S113		Alhandra	6:45.87	197	-				
50m:	42.77	42.77	150m:	2:23.27	52.89	250m:	4:09.96	54.65	350m:	5:57.08	54.73
100m:	1:30.38	47.61	200m:	3:15.31	52.04	300m:	5:02.35	52.39	400m:	6:45.87	48.79