

Prova 1
29-01-2022

Femin., 400m Livres

10 anos e mais velhos

Resultados

S6	11:31.70	BARBOSA Ana Sofia	FCP	Póvoa de Varzim	27-11-2021
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	5:02.09	VEIGA Susana Pereira	CNCVG	Coimbra	25-04-2021
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: 20:02.09; Sen S6: 17:40.67 / S7 Esp S7: 16:59.66; Sen S7: 14:59.70 / S8 Esp S8: 9:42.69; Sen S8: 8:34.14 / S9 Esp S9: 8:33.55; Sen S9: 7:33.14 / S10 Esp S10: 9:01.62; Sen S10: 7:57.90 / S11 Esp S11: 9:01.62; Sen S11: 7:57.90 / S12 Esp S12: 8:23.22; Sen S12: 7:24.02 / S13 Sen S13: 7:01.89; Esp S13: 7:58.14 / S14 Esp S14: 10:54.67; Sen S14: 9:37.65 / S15 Sen S15: 8:45.32 / S16 Esp S16: 12:25.79; Sen S16: 10:58.05 / S17 Esp S17: 10:54.67; Sen S17: 9:37.65 / S21 Esp S21: 12:58.14; Sen S21: 11:26.60

Pontos: KNZB NED WPS 2021

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S6-S14-Absolutos

1.	SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	6:59.70	289	9,00
	50m: 41.82 41.82	150m: 2:25.54	54.67	250m: 4:15.91	55.79	350m: 6:06.50	55.75	
	100m: 1:30.87 49.05	200m: 3:20.12	54.58	300m: 5:10.75	54.84	400m: 6:59.70	53.20	
2.	TORRES Iara Pinto	05	S8	3,5 12+	Porto	7:17.94	277	9,00
	50m: 42.15 42.15	150m: 2:30.33	55.97	250m: 4:26.46	57.90	350m: 6:22.45	57.47	
	100m: 1:34.36 52.21	200m: 3:28.56	58.23	300m: 5:24.98	58.52	400m: 7:17.94	55.49	
3.	SOARES Maria Mafalda	02	S14		ADADA Porto	7:30.65	234	7,00
	50m: 47.37 47.37	150m: 2:37.79	57.12	250m: 4:37.20	1:00.20	350m: 6:36.30	58.74	
	100m: 1:40.67 53.30	200m: 3:37.00	59.21	300m: 5:37.56	1:00.36	400m: 7:30.65	54.35	
4.	ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	8:41.79	150	6,00
	50m: 57.16 57.16	150m: 3:09.55	1:07.44	250m: 5:24.26	1:07.02	350m: 7:38.47	1:06.50	
	100m: 2:02.11 1:04.95	200m: 4:17.24	1:07.69	300m: 6:31.97	1:07.71	400m: 8:41.79	1:03.32	
5.	BARBOSA Ana Sofia	88	S6	A 12+	Porto	11:36.45	94	9,00
	50m: 1:23.74 1:23.74	150m: 4:25.53	1:33.62	250m: 7:20.31	1:28.06	350m: 10:13.07	1:25.34	
	100m: 2:51.91 1:28.17	200m: 5:52.25	1:26.72	300m: 8:47.73	1:27.42	400m: 11:36.45	1:23.38	

Classe S21 (SDown)-Absolutos

1.	TORRES Diana Ines	99	S21		Porto	7:26.00		9,00
	<i>Rec Nac Classe S21</i>							
	50m: 45.37 45.37	150m: 2:41.49	59.55	250m: 4:36.48	57.97	350m: 6:32.69	58.17	
	100m: 1:41.94 56.57	200m: 3:38.51	57.02	300m: 5:34.52	58.04	400m: 7:26.00	53.31	

Prova 1, Femin., 400m Livres, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
2.	GASPAR Matilde Lucia	06	S21		APC Coimbra	8:04.92		9,00
	50m: 52.78 52.78	150m: 2:53.63 1:02.00	250m: 5:00.44 1:03.65	350m: 7:06.65 1:03.97				
	100m: 1:51.63 58.85	200m: 3:56.79 1:03.16	300m: 6:02.68 1:02.24	400m: 8:04.92 58.27				

Classe S6-Seniores

1.	BARBOSA Ana Sofia	88	S6	A 12+	Porto	11:36.45	94	9,00
	50m: 1:23.74 1:23.74	150m: 4:25.53 1:33.62	250m: 7:20.31 1:28.06	350m: 10:13.07 1:25.34				
	100m: 2:51.91 1:28.17	200m: 5:52.25 1:26.72	300m: 8:47.73 1:27.42	400m: 11:36.45 1:23.38				

Classe S8-Seniores

1.	TORRES Iara Pinto	05	S8	3,5 12+	Porto	7:17.94	277	9,00
	50m: 42.15 42.15	150m: 2:30.33 55.97	250m: 4:26.46 57.90	350m: 6:22.45 57.47				
	100m: 1:34.36 52.21	200m: 3:28.56 58.23	300m: 5:24.98 58.52	400m: 7:17.94 55.49				

Classe S113-Seniores

1.	NEVES Camila Anjos	01	S113		Alhandra	6:37.92		9,00
	50m: 41.90 41.90	150m: 2:19.71 50.95	250m: 4:03.76 52.33	350m: 5:49.25 54.15				
	100m: 1:28.76 46.86	200m: 3:11.43 51.72	300m: 4:55.10 51.34	400m: 6:37.92 48.67				

Classe S14-Seniores

1.	SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	6:59.70	289	9,00
	50m: 41.82 41.82	150m: 2:25.54 54.67	250m: 4:15.91 55.79	350m: 6:06.50 55.75				
	100m: 1:30.87 49.05	200m: 3:20.12 54.58	300m: 5:10.75 54.84	400m: 6:59.70 53.20				
2.	SOARES Maria Mafalda	02	S14		ADADA Porto	7:30.65	234	7,00
	50m: 47.37 47.37	150m: 2:37.79 57.12	250m: 4:37.20 1:00.20	350m: 6:36.30 58.74				
	100m: 1:40.67 53.30	200m: 3:37.00 59.21	300m: 5:37.56 1:00.36	400m: 7:30.65 54.35				
3.	ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	8:41.79	150	6,00
	50m: 57.16 57.16	150m: 3:09.55 1:07.44	250m: 5:24.26 1:07.02	350m: 7:38.47 1:06.50				
	100m: 2:02.11 1:04.95	200m: 4:17.24 1:07.69	300m: 6:31.97 1:07.71	400m: 8:41.79 1:03.32				

Classe S21 (SDown)-Esperanças

1.	GASPAR Matilde Lucia	06	S21		APC Coimbra	8:04.92		9,00
	50m: 52.78 52.78	150m: 2:53.63 1:02.00	250m: 5:00.44 1:03.65	350m: 7:06.65 1:03.97				
	100m: 1:51.63 58.85	200m: 3:56.79 1:03.16	300m: 6:02.68 1:02.24	400m: 8:04.92 58.27				

Classe S21 (SDown)-Seniores

1.	TORRES Diana Ines	99	S21		Porto	7:26.00		9,00
	<i>Rec Nac Classe S21</i>							
	50m: 45.37 45.37	150m: 2:41.49 59.55	250m: 4:36.48 57.97	350m: 6:32.69 58.17				
	100m: 1:41.94 56.57	200m: 3:38.51 57.02	300m: 5:34.52 58.04	400m: 7:26.00 53.31				