

Campeonato Nacional Inverno - Natação Adaptada  
Porto, 29 e 30 de Janeiro de 2022



Prova 3 Femin., 200m Livres 10 anos e mais velhos  
29-01-2022 Resultados

|     |          |                           |       |                     |  |            |  |
|-----|----------|---------------------------|-------|---------------------|--|------------|--|
| S1  | 59:00.00 | start                     |       |                     |  |            |  |
| S2  | 59:00.00 | start                     |       |                     |  |            |  |
| S3  | 5:07.35  | BARROSO Susana Cristina   | GESL  | Lisboa              |  | 26-05-2001 |  |
| S4  | 4:07.64  | GUIMARAES Diana Lobo      | FCP   | Vila Franca de Xira |  | 01-12-2007 |  |
| S5  | 3:31.89  | MORGADO Maria Joao        | POR   | Braunschweig (GER)  |  | 13-08-1999 |  |
| S14 | 2:48.99  | RESENDE Sonia Castanheiro | POR   | Loano (ITA)         |  | 11-06-2016 |  |
| S15 | 2:40.90  | ALMEIDA Eunice Evora      | SCP   | Povoa de Varzim     |  | 12-05-2018 |  |
| S16 | 3:35.36  | TABORDA Maria Joao        | FCP   | Povoa de Varzim     |  | 07-04-2019 |  |
| S17 | 5:58.08  | FERREIRA Francisca Araujo | ADADA | Póvoa de Varzim     |  | 27-11-2021 |  |
| S21 | 3:34.41  | TORRES Diana Ines         | ADADA | Vila Franca de Xira |  | 05-03-2016 |  |

S1 Esp S1: 12:34.83; Sen S1: 11:06.03 / S2 Esp S2: 9:38.87; Sen S2: 8:30.76 / S3 Esp S3: 8:42.50; Sen S3: 7:41.03 / S4 Esp S4: 7:00.99;  
Sen S4: 6:11.46 / S5 Esp S5: 6:00.21; Sen S5: 5:17.84 / S14 Esp S14: 4:47.28; Sen S14: 4:13.48 / S114 Esp S114: 4:47.28;  
Sen S114: 4:13.48 / S15 Esp S15: 4:33.53; Sen S15: 4:01.35 / S16 Esp S16: 6:06.11; Sen S16: 5:23.04 / S17 Esp S17: 5:17.36;  
Sen S17: 4:40.02 / S21 Esp S21: 6:04.50; Sen S21: 5:21.62

Pontos: KNZB NED WPS 2021

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

Classe S1-S14-Absolutos

|    |                         |               |         |               |             |                |         |      |
|----|-------------------------|---------------|---------|---------------|-------------|----------------|---------|------|
| 1. | GOUVEIA Susana Raquel   | 89            | S14     |               | ADADA Porto | <b>3:44.31</b> | 172     | 9,00 |
|    | 50m: 48.79 48.79        | 100m: 1:46.84 | 58.05   | 150m: 2:46.68 | 59.84       | 200m: 3:44.31  | 57.63   |      |
| 2. | ALMEIDA Beatriz Moreira | 04            | S14     |               | ADADA Porto | <b>4:19.61</b> | 111     | -    |
|    | 50m: 1:00.72 1:00.72    | 100m: 2:06.28 | 1:05.56 | 150m: 3:15.93 | 1:09.65     | 200m: 4:19.61  | 1:03.68 |      |

|     |                     |    |     |  |             |  |  |   |
|-----|---------------------|----|-----|--|-------------|--|--|---|
| DNS | REGO Joana Candeias | 04 | S14 |  | ADADA Porto |  |  | - |
|-----|---------------------|----|-----|--|-------------|--|--|---|

Classe S21 (SDown)-Absolutos

|    |                                      |               |         |               |             |                |         |      |
|----|--------------------------------------|---------------|---------|---------------|-------------|----------------|---------|------|
| 1. | REIS Filipa Sa<br>Rec Nac Classe S21 | 00            | S21     |               | Feira Viva  | <b>3:33.20</b> |         | 9,00 |
|    | 50m: 48.83 48.83                     | 100m: 1:42.35 | 53.52   | 150m: 2:37.47 | 55.12       | 200m: 3:33.20  | 55.73   |      |
| 2. | GOMES Barbara Ines                   | 91            | S21     |               | APC Coimbra | <b>4:16.45</b> |         | 7,00 |
|    | 50m: 1:00.19 1:00.19                 | 100m: 2:05.65 | 1:05.46 | 150m: 3:12.37 | 1:06.72     | 200m: 4:16.45  | 1:04.08 |      |
| 3. | CASTRO Ana Alexandra                 | 92            | S21     |               | Porto       | <b>4:16.77</b> |         | 6,00 |
|    | 50m: 57.60 57.60                     | 100m: 2:03.08 | 1:05.48 | 150m: 3:10.88 | 1:07.80     | 200m: 4:16.77  | 1:05.89 |      |

Classe S14-Seniores

|    |                         |               |         |               |             |                |         |      |
|----|-------------------------|---------------|---------|---------------|-------------|----------------|---------|------|
| 1. | GOUVEIA Susana Raquel   | 89            | S14     |               | ADADA Porto | <b>3:44.31</b> | 172     | 9,00 |
|    | 50m: 48.79 48.79        | 100m: 1:46.84 | 58.05   | 150m: 2:46.68 | 59.84       | 200m: 3:44.31  | 57.63   |      |
| 2. | ALMEIDA Beatriz Moreira | 04            | S14     |               | ADADA Porto | <b>4:19.61</b> | 111     | -    |
|    | 50m: 1:00.72 1:00.72    | 100m: 2:06.28 | 1:05.56 | 150m: 3:15.93 | 1:09.65     | 200m: 4:19.61  | 1:03.68 |      |

|     |                     |    |     |  |             |  |  |   |
|-----|---------------------|----|-----|--|-------------|--|--|---|
| DNS | REGO Joana Candeias | 04 | S14 |  | ADADA Porto |  |  | - |
|-----|---------------------|----|-----|--|-------------|--|--|---|

Splash Meet Manager, 11.71811

Registered to Federacao Portuguesa De Natacao

29-01-2022 16:17 - Página 1

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 3, Femin., 200m Livres

Classe S21 (SDown)-Seniores

|                           |                       |                       |                       |                |      |
|---------------------------|-----------------------|-----------------------|-----------------------|----------------|------|
| 1. REIS Filipa Sa         | 00                    | S21                   | Feira Viva            | <b>3:33.20</b> | 9,00 |
| <i>Rec Nac Classe S21</i> |                       |                       |                       |                |      |
| 50m: 48.83 48.83          | 100m: 1:42.35 53.52   | 150m: 2:37.47 55.12   | 200m: 3:33.20 55.73   |                |      |
| 2. GOMES Barbara Ines     | 91                    | S21                   | APC Coimbra           | <b>4:16.45</b> | 7,00 |
| 50m: 1:00.19 1:00.19      | 100m: 2:05.65 1:05.46 | 150m: 3:12.37 1:06.72 | 200m: 4:16.45 1:04.08 |                |      |
| 3. CASTRO Ana Alexandra   | 92                    | S21                   | Porto                 | <b>4:16.77</b> | 6,00 |
| 50m: 57.60 57.60          | 100m: 2:03.08 1:05.48 | 150m: 3:10.88 1:07.80 | 200m: 4:16.77 1:05.89 |                |      |