

Prova 3 Femin., 200m Livres Absoluto
17/12/2022 Resultados

S1	59:00.00	start							
S2	59:00.00	start							
S3	5:07.35	Susana Cristina BARROSO	GESL	Lisboa					26/05/2001
S4	4:07.64	Diana Lobo GUIMARAES	FCP	Vila Franca de Xira					01/12/2007
S5	3:31.89	Maria Joao MORGADO	POR	Braunschweig (GER)					13/08/1999
S14	2:48.99	Sonia Castanheiro RESENDE	POR	Loano (ITA)					11/06/2016
S15	2:40.90	Eunice Evora ALMEIDA	SCP	Povoa de Varzim					12/05/2018
S16	3:35.36	Maria Joao TABORDA	FCP	Povoa de Varzim					07/04/2019
S17	5:54.10	Francisca Araujo FERREIRA	ADADA	Campanha					10/04/2022
S21	3:31.15	Diana Ines TORRES	FCP	Póvoa de Varzim					03/12/2022

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
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Classe S1-S14-Absolutos

1.	Joana Candeias REGO	04	S14		ADADA Porto	3:49.29	161
	50m: 51.10 51.10	100m: 1:47.42 56.32	150m: 2:48.94 1:01.52	200m: 3:49.29 1:00.35			
2.	Susana Raquel GOUVEIA	89	S14		ADADA Porto	3:55.65	148
	50m: 52.58 52.58	100m: 1:54.57 1:01.99	150m: 2:56.69 1:02.12	200m: 3:55.65 58.96			
3.	Beatriz Moreira ALMEIDA	04	S14		ADADA Porto	4:08.80	126
	50m: 56.12 56.12	100m: 1:59.00 1:02.88	150m: 3:05.80 1:06.80	200m: 4:08.80 1:03.00			

Classe S21 (SDown)-Absolutos

1.	Diana Ines TORRES	99	S21		Porto	3:33.68	
	50m: 46.16 46.16	100m: 1:42.95 56.79	150m: 2:41.32 58.37	200m: 3:33.68 52.36			
2.	Matilde Lucia GASPAS	06	S21		APC Coimbra	3:41.54	
	50m: 49.92 49.92	100m: 1:46.84 56.92	150m: 2:46.03 59.19	200m: 3:41.54 55.51			
3.	Adriana Godinho REIS	95	S21		Feira Viva	3:59.10	
	50m: 56.69 56.69	100m: 1:57.94 1:01.25	150m: 2:59.81 1:01.87	200m: 3:59.10 59.29			
4.	Ana Alexandra CASTRO	92	S21		Porto	4:07.04	
	50m: 55.99 55.99	100m: 1:57.67 1:01.68	150m: 3:02.75 1:05.08	200m: 4:07.04 1:04.29			
5.	Carina Barbosa MOREIRA	81	S21		Gondomar	4:48.28	
	50m: 1:02.81 1:02.81	100m: 2:15.16 1:12.35	150m: 3:31.48 1:16.32	200m: 4:48.28 1:16.80			

Classe S14-Seniores

1.	Joana Candeias REGO	04	S14		ADADA Porto	3:49.29	161
	50m: 51.10 51.10	100m: 1:47.42 56.32	150m: 2:48.94 1:01.52	200m: 3:49.29 1:00.35			
2.	Susana Raquel GOUVEIA	89	S14		ADADA Porto	3:55.65	148
	50m: 52.58 52.58	100m: 1:54.57 1:01.99	150m: 2:56.69 1:02.12	200m: 3:55.65 58.96			
3.	Beatriz Moreira ALMEIDA	04	S14		ADADA Porto	4:08.80	126
	50m: 56.12 56.12	100m: 1:59.00 1:02.88	150m: 3:05.80 1:06.80	200m: 4:08.80 1:03.00			

Prova 3, Femin., 200m Livres

Classe S21 (SDown)-Esperanças

1. Matilde Lucia GASPAR	06	S21	APC Coimbra	3:41.54
50m: 49.92 49.92	100m: 1:46.84 56.92	150m: 2:46.03 59.19	200m: 3:41.54 55.51	

Classe S21 (SDown)-Seniores

1. Diana Ines TORRES	99	S21	Porto	3:33.68
50m: 46.16 46.16	100m: 1:42.95 56.79	150m: 2:41.32 58.37	200m: 3:33.68 52.36	
2. Adriana Godinho REIS	95	S21	Feira Viva	3:59.10
50m: 56.69 56.69	100m: 1:57.94 1:01.25	150m: 2:59.81 1:01.87	200m: 3:59.10 59.29	
3. Ana Alexandra CASTRO	92	S21	Porto	4:07.04
50m: 55.99 55.99	100m: 1:57.67 1:01.68	150m: 3:02.75 1:05.08	200m: 4:07.04 1:04.29	
4. Carina Barbosa MOREIRA	81	S21	Gondomar	4:48.28
50m: 1:02.81 1:02.81	100m: 2:15.16 1:12.35	150m: 3:31.48 1:16.32	200m: 4:48.28 1:16.80	