

| Prova 1 | Femin., 400m Livres | | | | | Open |
|------------|---------------------|---------------------------|-------|---------------------|--|------------|
| 20/05/2023 | | | | | | 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 | 4:59.78 | VEIGA Susana Pereira | CNCVG | Funchal | | 01/04/2023 |
| 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 | 7:25.44 | REIS Filipa Sa | FVCD | Porto | | 26/02/2023 |

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: 8:40.22; Sen S11: 7:39.02 / S12 Esp S12: 8:23.22; Sen S12: 7:24.02 / S13 Sen S13: 7:01.89; Esp S13: 7:58.14 / S13 Esp S13: 7:58.14; Sen S13: 7:01.89 / S14 Esp S14: 10:54.67; Sen S14: 9:37.65 / 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 | 6:50.03 | 310 |
| | 100m: 1:35.97 1:35.97 | 200m: 3:19.82 1:43.85 | 400m: 6:50.03 3:30.21 | | | | |
| 2. | SOARES Maria Mafalda | 02 | S14 | | ADADA Porto | 7:03.32 | 282 |
| | 100m: 1:40.88 1:40.88 | 200m: 3:28.81 1:47.93 | 400m: 7:03.32 3:34.51 | | | | |
| 3. | MONTEIRO Raquel Rocilio | 98 | S14 | | Feira Viva | 7:23.34 | 245 |
| | 100m: 1:43.70 1:43.70 | 200m: 3:36.08 1:52.38 | 400m: 7:23.34 3:47.26 | | | | |
| 4. | ALMEIDA Beatriz Moreira | 04 | S14 | | ADADA Porto | 8:41.69 | 151 |
| | 100m: 2:02.20 2:02.20 | 200m: 4:14.64 2:12.44 | 400m: 8:41.69 4:27.05 | | | | |
| 5. | MENDES Diana Goncalves | 99 | S7 | A 12 | Natacao Guarda | 10:18.35 | 131 |
| | 100m: 2:30.00 2:30.00 | 200m: 5:08.65 2:38.65 | 400m: 10:18.35 5:09.70 | | | | |

Classe S21 (SDown)-Absolutos

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|----|---------------------------|-----------------------|-----------------------|--|------------|----------------|--|
| 1. | REIS Filipa Sa | 00 | S21 | | Feira Viva | 7:19.50 | |
| | <i>Rec Nac Classe S21</i> | | | | | | |
| | 100m: 1:41.60 1:41.60 | 200m: 3:33.65 1:52.05 | 400m: 7:19.50 3:45.85 | | | | |

Prova 1, Femin., 400m Livres

Classe S7-Seniores

| | | | | | | |
|---------------------------|-----------------------|------------------------|------|----------------|-----------------|-----|
| 1. MENDES Diana Goncalves | 99 | S7 | A 12 | Natacao Guarda | 10:18.35 | 131 |
| 100m: 2:30.00 2:30.00 | 200m: 5:08.65 2:38.65 | 400m: 10:18.35 5:09.70 | | | | |

Classe S14-Seniores

| | | | | | | |
|----------------------------|-----------------------|-----------------------|---|--------------------|----------------|-----|
| 1. SIMOES Diana Vieira | 98 | S14 | W | Sporting de Aveiro | 6:50.03 | 310 |
| 100m: 1:35.97 1:35.97 | 200m: 3:19.82 1:43.85 | 400m: 6:50.03 3:30.21 | | | | |
| 2. SOARES Maria Mafalda | 02 | S14 | | ADADA Porto | 7:03.32 | 282 |
| 100m: 1:40.88 1:40.88 | 200m: 3:28.81 1:47.93 | 400m: 7:03.32 3:34.51 | | | | |
| 3. MONTEIRO Raquel Rocilio | 98 | S14 | | Feira Viva | 7:23.34 | 245 |
| 100m: 1:43.70 1:43.70 | 200m: 3:36.08 1:52.38 | 400m: 7:23.34 3:47.26 | | | | |
| 4. ALMEIDA Beatriz Moreira | 04 | S14 | | ADADA Porto | 8:41.69 | 151 |
| 100m: 2:02.20 2:02.20 | 200m: 4:14.64 2:12.44 | 400m: 8:41.69 4:27.05 | | | | |

Classe S21 (SDown)-Seniores

| | | | | | | |
|---------------------------|-----------------------|-----------------------|--|------------|----------------|--|
| 1. REIS Filipa Sa | 00 | S21 | | Feira Viva | 7:19.50 | |
| <i>Rec Nac Classe S21</i> | | | | | | |
| 100m: 1:41.60 1:41.60 | 200m: 3:33.65 1:52.05 | 400m: 7:19.50 3:45.85 | | | | |