

Prova 5 Femin., 200m Costas 10 anos e mais velhos
20/05/2023 Resultados

S14	3:14.60	RESENDE Sonia Castanheiro	SCA	Póvoa de Varzim	18/06/2016
S15	3:43.76	CORREIA Raquel Rosa	ACDCBR	Póvoa de Varzim	18/06/2016
S17	4:58.13	SA Mariana Magalhaes	AAMA	Porto	26/02/2023
S21	3:41.39	NG Mannie	POR	Liberec (CZE)	08/07/2009

S14 Esp S14: 5:30.82; Sen S14: 4:51.90 / S114 Esp S114: 5:30.82; Sen S114: 4:51.90 / S15 Esp S15: 6:20.39; Sen S15: 5:35.64 / S17 Esp S17: 6:36.00; Sen S17: 5:49.41 / S21 Esp S21: 6:16.36; Sen S21: 5:32.09

Pontos: KNZB NED WPS 2021

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

1.	SOARES Maria Mafalda	02	S14		ADADA Porto	3:47.37	290
	50m: 54.40 54.40	100m: 1:52.58 58.18	150m: 2:51.28 58.70	200m: 3:47.37 56.09			
2.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	3:50.45	278
	50m: 54.50 54.50	100m: 1:54.96 1:00.46	150m: 2:53.32 58.36	200m: 3:50.45 57.13			
3.	SOUSA Patricia Alexandra	01	S14		Alhandra	5:20.16	104
	50m: 1:08.98 1:08.98	100m: 2:28.26 1:19.28	150m: 3:55.51 1:27.25	200m: 5:20.16 1:24.65			
	MATOS Gabriela Chambel	05	S14		Alhandra	5:20.36	104
	50m: 1:12.41 1:12.41	100m: 2:35.83 1:23.42	150m: 3:58.40 1:22.57	200m: 5:20.36 1:21.96			

Classe S17-Absoluto

1.	SA Mariana Magalhaes	99	S17		AAMA	4:57.32	
	<i>Rec Nac Classe S17</i>						
	50m: 59.68 59.68	100m: 2:14.08 1:14.40	150m: 3:34.26 1:20.18	200m: 4:57.32 1:23.06			

Classe S21 (SDown)-Absoluto

1.	TORRES Diana Ines	99	S21		Porto	3:42.12	
	50m: 50.98 50.98	100m: 1:47.36 56.38	150m: 2:46.42 59.06	200m: 3:42.12 55.70			
2.	GOMES Barbara Ines	91	S21		APC Coimbra	4:56.74	
	50m: 1:13.31 1:13.31	100m: 2:30.86 1:17.55	150m: 3:45.27 1:14.41	200m: 4:56.74 1:11.47			
3.	CASTRO Bruna Gomes	04	S21		Feira Viva	4:59.73	
	50m: 1:09.97 1:09.97	100m: 2:28.90 1:18.93	150m: 3:45.05 1:16.15	200m: 4:59.73 1:14.68			
DNS	MACHADO Ana Catarina	94	S21		ADADA Porto		

Prova 5, Femin., 200m Costas

Classe S14-Seniores

1. SOARES Maria Mafalda	02	S14	ADADA Porto	3:47.37	290
50m: 54.40 54.40	100m: 1:52.58 58.18	150m: 2:51.28 58.70	200m: 3:47.37 56.09		
2. MONTEIRO Raquel Rocilio	98	S14	Feira Viva	3:50.45	278
50m: 54.50 54.50	100m: 1:54.96 1:00.46	150m: 2:53.32 58.36	200m: 3:50.45 57.13		
3. SOUSA Patricia Alexandra	01	S14	Alhandra	5:20.16	104
50m: 1:08.98 1:08.98	100m: 2:28.26 1:19.28	150m: 3:55.51 1:27.25	200m: 5:20.16 1:24.65		
MATOS Gabriela Chambel	05	S14	Alhandra	5:20.36	104
50m: 1:12.41 1:12.41	100m: 2:35.83 1:23.42	150m: 3:58.40 1:22.57	200m: 5:20.36 1:21.96		

Classe S17-Senior

1. SA Mariana Magalhaes	99	S17	AAMA	4:57.32	
<i>Rec Nac Classe S17</i>					
50m: 59.68 59.68	100m: 2:14.08 1:14.40	150m: 3:34.26 1:20.18	200m: 4:57.32 1:23.06		

Classe S21 (SDown)-Seniores

1. TORRES Diana Ines	99	S21	Porto	3:42.12	
50m: 50.98 50.98	100m: 1:47.36 56.38	150m: 2:46.42 59.06	200m: 3:42.12 55.70		
2. GOMES Barbara Ines	91	S21	APC Coimbra	4:56.74	
50m: 1:13.31 1:13.31	100m: 2:30.86 1:17.55	150m: 3:45.27 1:14.41	200m: 4:56.74 1:11.47		
3. CASTRO Bruna Gomes	04	S21	Feira Viva	4:59.73	
50m: 1:09.97 1:09.97	100m: 2:28.90 1:18.93	150m: 3:45.05 1:16.15	200m: 4:59.73 1:14.68		
DNS MACHADO Ana Catarina	94	S21	ADADA Porto		