

1 - 1ª Jornada

25/11/2023 - 9:00

Prova 1 25/11/2023	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	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	7:04.36	REIS Filipa Sa	POR	Padova (ITA)	08/09/2023	

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 / S110 Esp S110: 9:01.62; Sen S110: 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 / S113 Esp S113: 7:58.14; Sen S113: 7:01.89 / S14 Esp S14: 10:54.67; Sen S14: 9:37.65 / S114 Esp S114: 10:54.67; Sen S114: 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
<b>Classe S6-S14-Absolutos</b>								
1.	VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	<b>5:05.62</b>	779	9,00
	50m: 33.80 33.80	150m: 1:49.54	38.46	250m: 3:07.33	39.06	350m: 4:26.47	39.56	
	100m: 1:11.08 37.28	200m: 2:28.27	38.73	300m: 3:46.91	39.58	400m: 5:05.62	39.15	
2.	CASTRO Ana Filipa	97	S8	12	Feira Viva	<b>5:55.26</b>	519	9,00
	50m: 41.56 41.56	150m: 2:12.58	45.29	250m: 3:42.50	44.68	350m: 5:12.04	44.99	
	100m: 1:27.29 45.73	200m: 2:57.82	45.24	300m: 4:27.05	44.55	400m: 5:55.26	43.22	
3.	SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	<b>6:51.43</b>	307	9,00
	50m: 44.54 44.54	150m: 2:26.44	52.17	250m: 4:12.58	53.87	350m: 5:59.11	53.16	
	100m: 1:34.27 49.73	200m: 3:18.71	52.27	300m: 5:05.95	53.37	400m: 6:51.43	52.32	
4.	FERREIRA Carlota Girao	06	S8	A,3,5,12+	ADADA Porto	<b>8:32.25</b>	173	7,00
	50m: 55.02 55.02	150m: 3:03.20	1:05.84	250m: 5:14.69	1:06.05	350m: 7:29.25	1:07.88	
	100m: 1:57.36 1:02.34	200m: 4:08.64	1:05.44	300m: 6:21.37	1:06.68	400m: 8:32.25	1:03.00	
5.	ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	<b>8:37.13</b>	155	7,00
	50m: 56.85 56.85	150m: 3:06.07	1:05.98	250m: 5:18.54	1:06.35	350m: 7:33.00	1:07.43	
	100m: 2:00.09 1:03.24	200m: 4:12.19	1:06.12	300m: 6:25.57	1:07.03	400m: 8:37.13	1:04.13	
6.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	<b>8:46.81</b>	146	6,00
	50m: 54.51 54.51	150m: 3:09.88	1:10.59	250m: 5:27.43	1:09.59	350m: 7:43.12	1:07.74	
	100m: 1:59.29 1:04.78	200m: 4:17.84	1:07.96	300m: 6:35.38	1:07.95	400m: 8:46.81	1:03.69	
7.	MENDES Diana Goncalves	99	S7	A 12	Natacao Guarda	<b>10:02.54</b>	142	9,00
	50m: 1:09.36 1:09.36	150m: 3:44.00	1:17.59	250m: 6:17.03	1:16.35	350m: 8:48.08	1:15.86	
	100m: 2:26.41 1:17.05	200m: 5:00.68	1:16.68	300m: 7:32.22	1:15.19	400m: 10:02.54	1:14.46	

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Prova 1, Femin., 400m Livres

Classe S21 (SDown)-Absolutos

1. REIS Filipa Sa	00	S21		Feira Viva	<b>7:21.94</b>	9,00
50m: 49.41 49.41	150m: 2:39.82	56.07	250m: 4:34.96	57.98	350m: 6:28.03	55.68
100m: 1:43.75 54.34	200m: 3:36.98	57.16	300m: 5:32.35	57.39	400m: 7:21.94	53.91

Classe S7-Seniores

1. MENDES Diana Goncalves	99	S7	A 12	Natacao Guarda	<b>10:02.54</b>	142	9,00
50m: 1:09.36 1:09.36	150m: 3:44.00	1:17.59	250m: 6:17.03	1:16.35	350m: 8:48.08	1:15.86	
100m: 2:26.41 1:17.05	200m: 5:00.68	1:16.68	300m: 7:32.22	1:15.19	400m: 10:02.54	1:14.46	

Classe S8-Seniores

1. CASTRO Ana Filipa	97	S8	12	Feira Viva	<b>5:55.26</b>	519	9,00
50m: 41.56 41.56	150m: 2:12.58	45.29	250m: 3:42.50	44.68	350m: 5:12.04	44.99	
100m: 1:27.29 45.73	200m: 2:57.82	45.24	300m: 4:27.05	44.55	400m: 5:55.26	43.22	
2. FERREIRA Carlota Girao	06	S8	A,3,5,12+	ADADA Porto	<b>8:32.25</b>	173	7,00
50m: 55.02 55.02	150m: 3:03.20	1:05.84	250m: 5:14.69	1:06.05	350m: 7:29.25	1:07.88	
100m: 1:57.36 1:02.34	200m: 4:08.64	1:05.44	300m: 6:21.37	1:06.68	400m: 8:32.25	1:03.00	

Classe S9-Seniores

1. VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	<b>5:05.62</b>	779	9,00
50m: 33.80 33.80	150m: 1:49.54	38.46	250m: 3:07.33	39.06	350m: 4:26.47	39.56	
100m: 1:11.08 37.28	200m: 2:28.27	38.73	300m: 3:46.91	39.58	400m: 5:05.62	39.15	

Classe S113-Seniores

1. NEVES Camila Anjos	01	S113		Alhandra	<b>6:58.80</b>	9,00
50m: 49.44 49.44	150m: 2:35.38	54.57	250m: 4:21.03	52.20	350m: 6:08.14	51.75
100m: 1:40.81 51.37	200m: 3:28.83	53.45	300m: 5:16.39	55.36	400m: 6:58.80	50.66

Classe S14-Seniores

1. SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	<b>6:51.43</b>	307	9,00
50m: 44.54 44.54	150m: 2:26.44	52.17	250m: 4:12.58	53.87	350m: 5:59.11	53.16	
100m: 1:34.27 49.73	200m: 3:18.71	52.27	300m: 5:05.95	53.37	400m: 6:51.43	52.32	
2. ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	<b>8:37.13</b>	155	7,00
50m: 56.85 56.85	150m: 3:06.07	1:05.98	250m: 5:18.54	1:06.35	350m: 7:33.00	1:07.43	
100m: 2:00.09 1:03.24	200m: 4:12.19	1:06.12	300m: 6:25.57	1:07.03	400m: 8:37.13	1:04.13	
3. GOUVEIA Susana Raquel	89	S14		ADADA Porto	<b>8:46.81</b>	146	6,00
50m: 54.51 54.51	150m: 3:09.88	1:10.59	250m: 5:27.43	1:09.59	350m: 7:43.12	1:07.74	
100m: 1:59.29 1:04.78	200m: 4:17.84	1:07.96	300m: 6:35.38	1:07.95	400m: 8:46.81	1:03.69	

Classe S21 (SDown)-Seniores

1. REIS Filipa Sa	00	S21		Feira Viva	<b>7:21.94</b>	9,00
50m: 49.41 49.41	150m: 2:39.82	56.07	250m: 4:34.96	57.98	350m: 6:28.03	55.68
100m: 1:43.75 54.34	200m: 3:36.98	57.16	300m: 5:32.35	57.39	400m: 7:21.94	53.91