

Campeonato Nacional Inverno - Natação Adaptada  
Rio Maior, 25 de Novembro de 2023

Prova 5  
25/11/2023

Femin., 200m Costas

10 anos e mais velhos  
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	4:57.32	SA Mariana Magalhaes	AAMA	Vila Franca de Xira	20/05/2023
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
-------	-----------------	-----	--------	---------	-------	-------------	-----	-----

Classe S14-Absoluto

1.	SOARES Maria Mafalda	02	S14		ADADA Porto	<b>3:46.06</b>	295	9,00
	50m: 51.79 51.79	100m: 1:48.41 56.62	150m: 2:46.81 58.40	200m: 3:46.06 59.25				
2.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	<b>4:02.34</b>	239	7,00
	50m: 59.52 59.52	100m: 2:00.62 1:01.10	150m: 3:03.40 1:02.78	200m: 4:02.34 58.94				
3.	MATOS Gabriela Chambel	05	S14		Alhandra	<b>4:47.14</b>	144	6,00
	50m: 1:05.78 1:05.78	100m: 2:17.76 1:11.98	150m: 3:32.73 1:14.97	200m: 4:47.14 1:14.41				

Classe S21 (SDown)-Absoluto

1.	CASTRO Bruna Gomes	04	S21		Feira Viva	<b>4:51.29</b>		9,00
	50m: 1:09.78 1:09.78	100m: 2:26.04 1:16.26	150m: 3:38.85 1:12.81	200m: 4:51.29 1:12.44				
2.	GOMES Barbara Ines	91	S21		APC Coimbra	<b>5:09.07</b>		7,00
	50m: 1:14.81 1:14.81	100m: 2:34.02 1:19.21	150m: 3:52.76 1:18.74	200m: 5:09.07 1:16.31				

Classe S14-Seniores

1.	SOARES Maria Mafalda	02	S14		ADADA Porto	<b>3:46.06</b>	295	9,00
	50m: 51.79 51.79	100m: 1:48.41 56.62	150m: 2:46.81 58.40	200m: 3:46.06 59.25				
2.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	<b>4:02.34</b>	239	7,00
	50m: 59.52 59.52	100m: 2:00.62 1:01.10	150m: 3:03.40 1:02.78	200m: 4:02.34 58.94				
3.	MATOS Gabriela Chambel	05	S14		Alhandra	<b>4:47.14</b>	144	6,00
	50m: 1:05.78 1:05.78	100m: 2:17.76 1:11.98	150m: 3:32.73 1:14.97	200m: 4:47.14 1:14.41				

Classe S21 (SDown)-Seniores

1.	CASTRO Bruna Gomes	04	S21		Feira Viva	<b>4:51.29</b>		9,00
	50m: 1:09.78 1:09.78	100m: 2:26.04 1:16.26	150m: 3:38.85 1:12.81	200m: 4:51.29 1:12.44				
2.	GOMES Barbara Ines	91	S21		APC Coimbra	<b>5:09.07</b>		7,00
	50m: 1:14.81 1:14.81	100m: 2:34.02 1:19.21	150m: 3:52.76 1:18.74	200m: 5:09.07 1:16.31				