

Prova 24 26-05-2019 - 9:55	Femin., 400m Livres					Absoluto Resultados
S6	59:00.00	start,				
S7	9:59.80	Ana Branca, SAMPAIO	SANNP	Valladolid (ESP)		05-05-2018
S8	5:42.97	Ana Filipa, CASTRO	FVCD	Coimbra		02-03-2019
S9	5:03.76	Susana Pereira, VEIGA	CNCVG	Coimbra		06-04-2019
S10	5:18.60	Teresa Lamego, NEVES	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	Sonia Castanheiro, RESENDE	SCA	Vila Franca de Xira		05-03-2016
S15	5:50.21	Susana Maria, LOURENCO	SCP	Coimbra		13-08-2011
S16	7:18.70	Maria Joao, TABORDA	FCP	Povoa de Varzim		07-04-2019
S21	7:43.67	Diana Ines, TORRES	ADADA	P�ova de Varzim		18-06-2016

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
Classe S1-S14-Absolutos							
1.	Ana Filipa, CASTRO	96	S8	*12+	Feira Viva	5:49.15	518
	100m: 1:24.49 1:24.49	200m: 2:53.73	1:29.24	300m: 4:22.38	1:28.65	400m: 5:49.15	1:26.77
2.	Sonia Cristina, OLIVEIRA <i>Recorde Nacional</i>	97	S7	A 3,5,12+	Vilacondense	7:52.00	254
	100m: 1:50.49 1:50.49	200m: 3:50.71	2:00.22	300m: 5:52.08	2:01.37	400m: 7:52.00	1:59.92
3.	Maria Mafalda, SOARES	02	S14		ADADA Porto	7:15.91	230
	100m: 1:37.95 1:37.95	200m: 3:31.44	1:53.49	300m: 5:27.02	1:55.58	400m: 7:15.91	1:48.89
4.	Joana Candeias, REGO	04	S14		ADADA Porto	8:39.65	136
	100m: 2:06.27 2:06.27	200m: 4:17.77	2:11.50	300m: 6:32.53	2:14.76	400m: 8:39.65	2:07.12
5.	Raquel Rocilio, MONTEIRO	98	S14		Feira Viva	8:53.75	125
	100m: 1:55.55 1:55.55	200m: 4:08.07	2:12.52	300m: 6:22.43	2:14.36	400m: 8:53.75	2:31.32
6.	Beatriz Moreira, ALMEIDA	04	S14		ADADA Porto	9:14.58	112
	100m: 2:15.89 2:15.89	200m: 4:38.45	2:22.56	300m: 7:00.58	2:22.13	400m: 9:14.58	2:14.00
WDR	Maria Iolanda, BRAGA	01	S8	A 12+	ADADA Porto		
Classe S7-Seniores							
1.	Sonia Cristina, OLIVEIRA <i>Recorde Nacional</i>	97	S7	A 3,5,12+	Vilacondense	7:52.00	254
	100m: 1:50.49 1:50.49	200m: 3:50.71	2:00.22	300m: 5:52.08	2:01.37	400m: 7:52.00	1:59.92
Classe S8-Seniores							
1.	Ana Filipa, CASTRO	96	S8	*12+	Feira Viva	5:49.15	518
	100m: 1:24.49 1:24.49	200m: 2:53.73	1:29.24	300m: 4:22.38	1:28.65	400m: 5:49.15	1:26.77
WDR	Maria Iolanda, BRAGA	01	S8	A 12+	ADADA Porto		

Prova 24, Femin., 400m Livres

Classe S14-Esperanas

1.	Joana Candeias, REGO	04	S14	ADADA Porto	8:39.65	136
	100m: 2:06.27 2:06.27	200m: 4:17.77 2:11.50	300m: 6:32.53 2:14.76	400m: 8:39.65 2:07.12		
2.	Beatriz Moreira, ALMEIDA	04	S14	ADADA Porto	9:14.58	112
	100m: 2:15.89 2:15.89	200m: 4:38.45 2:22.56	300m: 7:00.58 2:22.13	400m: 9:14.58 2:14.00		

Classe S14-Seniores

1.	Maria Mafalda, SOARES	02	S14	ADADA Porto	7:15.91	230
	100m: 1:37.95 1:37.95	200m: 3:31.44 1:53.49	300m: 5:27.02 1:55.58	400m: 7:15.91 1:48.89		
2.	Raquel Rocilio, MONTEIRO	98	S14	Feira Viva	8:53.75	125
	100m: 1:55.55 1:55.55	200m: 4:08.07 2:12.52	300m: 6:22.43 2:14.36	400m: 8:53.75 2:31.32		

Classe S21 (SDown)-Absolutos

1.	Filipa Sa, REIS	00	S21	Sporting Clube de Aveiro	7:41.34	
	<i>Recorde Nacional</i>					
	100m: 1:44.24 1:44.24	200m: 3:41.10 1:56.86	300m: 5:38.56 1:57.46	400m: 7:41.34 2:02.78		
	Diana Ines, TORRES	99	S21	Porto	7:52.10	
	100m: 1:54.28 1:54.28	200m: 3:57.13 2:02.85	300m: 6:00.99 2:03.86	400m: 7:52.10 1:51.11		
	Ana Alexandra, CASTRO	92	S21	Porto	8:38.90	
	100m: 2:10.91 2:10.91	200m: 4:22.23 2:11.32	300m: 6:33.46 2:11.23	400m: 8:38.90 2:05.44		
	Sara Isabel, DUARTE	91	S21	ADADA Porto	9:21.22	
	100m: 2:08.48 2:08.48	200m: 4:34.51 2:26.03	300m: 6:55.25 2:20.74	400m: 9:21.22 2:25.97		

Classe S21 (SDown)-Seniores

1.	Filipa Sa, REIS	00	S21	Sporting Clube de Aveiro	7:41.34	
	<i>Recorde Nacional</i>					
	100m: 1:44.24 1:44.24	200m: 3:41.10 1:56.86	300m: 5:38.56 1:57.46	400m: 7:41.34 2:02.78		
2.	Diana Ines, TORRES	99	S21	Porto	7:52.10	
	100m: 1:54.28 1:54.28	200m: 3:57.13 2:02.85	300m: 6:00.99 2:03.86	400m: 7:52.10 1:51.11		
3.	Ana Alexandra, CASTRO	92	S21	Porto	8:38.90	
	100m: 2:10.91 2:10.91	200m: 4:22.23 2:11.32	300m: 6:33.46 2:11.23	400m: 8:38.90 2:05.44		
4.	Sara Isabel, DUARTE	91	S21	ADADA Porto	9:21.22	
	100m: 2:08.48 2:08.48	200m: 4:34.51 2:26.03	300m: 6:55.25 2:20.74	400m: 9:21.22 2:25.97		