

Prova 28	Femin., 200m Estilos				Absoluto
04-02-2018 - 9:55					Resultados
S5	4:44.26	FRAGOSO Simone Silva	SCP	Lisboa	18-10-2015
S6	59:00.00	start			
S7	59:00.00	start			
S8	3:25.08	CASTRO Ana Filipa	FVCD	Santa Maria da Feira	14-01-2018
S9	3:00.13	PINTO Renata Vaz	ADADA	Santa Maria da Feira	22-01-2017
S10	2:54.93	NEVES Teresa Lamego	SCP	Lisboa	18-10-2015
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	3:43.02	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira	30-03-2014
S15	3:12.74	ALMEIDA Eunice Evora	CNA	Setubal	24-10-2015
S21	3:59.81	TORRES Diana Ines	POR	Loano (ITA)	08-11-2015

S5 Esp: 7:14.92; Sen: 7:06.39 / S6 Esp: 5:50.49; Sen: 5:43.62 / S7 Esp: 5:18.24; Sen: 5:12.00 / S8 Esp: 4:30.81; Sen: 4:25.50 / S9 Esp: 4:21.63; Sen: 4:16.50 / S10 Esp: 4:12.45; Sen: 4:07.50 / S11 Esp: 5:13.65; Sen: 5:07.50 / S12 Esp: 4:50.70; Sen: 4:45.00 / S13 Esp: 4:13.98; Sen: 4:09.00 / S14 Esp: 5:41.22; Sen: 5:34.53 / S15 Esp: 3:57.07; Sen: 3:51.29 / S16 Esp: 5:41.22; Sen: 5:34.53 / S21 Esp: 6:06.91; Sen: 5:59.72

Pontos: IPC NED S14

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe SM5-SM14-Absolutos								
1.	VEIGA Susana Pereira	00	SM10	12+	Colegio Vasco da Gama	2:57.10	556	9,00
	25m: 17.60 17.60	75m: 1:00.57	21.92	125m: 1:49.40	28.03	175m: 2:38.67	20.01	
	50m: 38.65 21.05	100m: 1:21.37	20.80	150m: 2:18.66	29.26	200m: 2:57.10	18.43	
2.	PINTO Renata Vaz	99	SM9	*5	ADADA Porto	3:01.35	542	9,00
	25m: 18.24 18.24	75m: 1:04.96	23.30	125m: 1:51.82	24.82	175m: 2:39.90	22.86	
	50m: 41.66 23.42	100m: 1:27.00	22.04	150m: 2:17.04	25.22	200m: 3:01.35	21.45	
3.	CASTRO Ana Filipa	97	SM8	*12+	Feira Viva	3:26.90	429	9,00
	25m: 21.12 21.12	75m: 1:15.49	27.91	125m: 2:13.82	31.86	175m: 3:06.79	22.01	
	50m: 47.58 26.46	100m: 1:41.96	26.47	150m: 2:44.78	30.96	200m: 3:26.90	20.11	
4.	VASCO Maria Sio	00	SM10	3,5,12+	Desportivo de Odemira	4:32.76	152	7,00
	25m: 28.24 28.24	75m: 1:35.83	33.86	125m: 2:47.70	39.27	175m: 4:00.19	32.97	
	50m: 1:01.97 33.73	100m: 2:08.43	32.60	150m: 3:27.22	39.52	200m: 4:32.76	32.57	

Classe SM8-Seniores

1.	CASTRO Ana Filipa	97	SM8	*12+	Feira Viva	3:26.90	429	9,00
	25m: 21.12 21.12	75m: 1:15.49	27.91	125m: 2:13.82	31.86	175m: 3:06.79	22.01	
	50m: 47.58 26.46	100m: 1:41.96	26.47	150m: 2:44.78	30.96	200m: 3:26.90	20.11	

Classe SM9-Seniores

1.	PINTO Renata Vaz	99	SM9	*5	ADADA Porto	3:01.35	542	9,00
	25m: 18.24 18.24	75m: 1:04.96	23.30	125m: 1:51.82	24.82	175m: 2:39.90	22.86	
	50m: 41.66 23.42	100m: 1:27.00	22.04	150m: 2:17.04	25.22	200m: 3:01.35	21.45	

Prova 28, Femin., 200m Estilos

Classe SM10-Seniores

1. VEIGA Susana Pereira	00	SM10 12+	Colegio Vasco da Gama	2:57.10	556	9,00
25m: 17.60 17.60	75m: 1:00.57	21.92	125m: 1:49.40	28.03	175m: 2:38.67	20.01
50m: 38.65 21.05	100m: 1:21.37	20.80	150m: 2:18.66	29.26	200m: 2:57.10	18.43
2. VASCO Maria Sio	00	SM10 3,5,12+	Desportivo de Odemira	4:32.76	152	7,00
25m: 28.24 28.24	75m: 1:35.83	33.86	125m: 2:47.70	39.27	175m: 4:00.19	32.97
50m: 1:01.97 33.73	100m: 2:08.43	32.60	150m: 3:27.22	39.52	200m: 4:32.76	32.57

Classe SM21 (SDown)-Absolutos

1. CASTRO Ana Alexandra	92	SM21	Fluvial Portuense	4:25.44	107	9,00
25m: 27.71 27.71	75m: 1:35.07	35.52	125m: 2:44.95	36.47	175m: 3:54.88	32.09
50m: 59.55 31.84	100m: 2:08.48	33.41	150m: 3:22.79	37.84	200m: 4:25.44	30.56

Classe SM21 (SDown)-Seniores

1. CASTRO Ana Alexandra	92	SM21	Fluvial Portuense	4:25.44	107	9,00
25m: 27.71 27.71	75m: 1:35.07	35.52	125m: 2:44.95	36.47	175m: 3:54.88	32.09
50m: 59.55 31.84	100m: 2:08.48	33.41	150m: 3:22.79	37.84	200m: 4:25.44	30.56