

Campeonato Nacional de Verão - Natação Adaptada  
National Summer Swimming Paraswim Championships  
Pova de Varzim, 12 e 13 de Maio de 2018

Prova 1	Femin., 400m Livres					Absoluto
12-05-2018 - 15:30						Resultados
Rec Nac Adaptada S6	59:00.00	start				
Rec Nac Adaptada S7	8:51.62	OLIVEIRA Sonia Cristina	CFV	Porto		29-04-2017
Rec Nac Adaptada S8	5:56.69	CASTRO Ana Filipa	FVCD	Coimbra		11-03-2018
Rec Nac Adaptada S9	5:10.30	MARQUES Leila Susana	GESL	Beijing (CHN)		10-09-2008
Rec Nac Adaptada S10	5:18.60	NEVES Teresa Lamego	POR	Eindhoven (NED)		07-08-2014
Rec Nac Adaptada S11	59:00.00	start				
Rec Nac Adaptada S12	59:00.00	start				
Rec Nac Adaptada S13	59:00.00	start				
Rec Nac Adaptada S14	6:25.10	RESENDE Sonia Castanheiro	SCA	Vila Franca de Xira		05-03-2016
Rec Nac Adaptada S15	5:50.21	LOURENCO Susana Maria	SCP	Coimbra		13-08-2011
Rec Nac Adaptada S16	59:00.00	start				
Rec Nac Adaptada S21	7:43.67	TORRES Diana Ines	ADADA	Póvoa de Varzim		18-06-2016

Pontos: FINA 2018

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
-------	------	-----	--------	------	-------	-------------	-----	-----

Classe S6-S14-Absolutos

1.	VEIGA Susana Pereira	00	S10	12+	Colegio Vasco da Gama	<b>5:18.14</b>	611	9,00
	<i>Rec Nac Classe S10</i>							
	50m: 35.34 35.34	150m: 1:52.80	39.32	250m: 3:14.12	40.99	350m: 4:36.74	41.30	
	100m: 1:13.48 38.14	200m: 2:33.13	40.33	300m: 3:55.44	41.32	400m: 5:18.14	41.40	
2.	SIMOES Diana Vieira	98	S14		Sporting de Aveiro	<b>6:49.61</b>	277	9,00
	50m: 43.84 43.84	150m: 2:26.49	52.85	250m: 4:13.25	52.76	350m: 5:58.55	52.32	
	100m: 1:33.64 49.80	200m: 3:20.49	54.00	300m: 5:06.23	52.98	400m: 6:49.61	51.06	
3.	RIBEIRO Luisa Varela	93	S10	A 12+	Desportos e Natureza	<b>6:56.22</b>	273	7,00
	50m: 42.63 42.63	150m: 2:24.99	53.29	250m: 4:13.61	54.76	350m: 6:04.65	55.47	
	100m: 1:31.70 49.07	200m: 3:18.85	53.86	300m: 5:09.18	55.57	400m: 6:56.22	51.57	
4.	DOMINGOS Liliana Raquel	90	S8	A 12+	Pimpoes/Cimai	<b>8:33.30</b>	163	9,00
	<i>FTL</i>							
	50m: 55.04 55.04	150m: 3:04.36	1:06.85	250m: 5:17.19	1:06.81	350m: 7:29.16	1:05.28	
	100m: 1:57.51 1:02.47	200m: 4:10.38	1:06.02	300m: 6:23.88	1:06.69	400m: 8:33.30	1:04.14	
DSQ	CASTRO Ana Filipa	97	S8	*12+	Feira Viva			-
	<i>3.8.9 - O(A) atleta utilizou bandas terapeuticas ou substancias adesivas</i>							

Classe S8-Seniores

1.	DOMINGOS Liliana Raquel	90	S8	A 12+	Pimpoes/Cimai	<b>8:33.30</b>	163	9,00
	<i>FTL</i>							
	50m: 55.04 55.04	150m: 3:04.36	1:06.85	250m: 5:17.19	1:06.81	350m: 7:29.16	1:05.28	
	100m: 1:57.51 1:02.47	200m: 4:10.38	1:06.02	300m: 6:23.88	1:06.69	400m: 8:33.30	1:04.14	
DSQ	CASTRO Ana Filipa	97	S8	*12+	Feira Viva			-
	<i>3.8.9 - O(A) atleta utilizou bandas terapeuticas ou substancias adesivas</i>							

Classe S10-Seniores

1.	VEIGA Susana Pereira	00	S10	12+	Colegio Vasco da Gama	<b>5:18.14</b>	611	9,00
	<i>Rec Nac Classe S10</i>							
	50m: 35.34 35.34	100m: 1:13.48	38.14	150m: 1:52.80	39.32	200m: 2:33.13	40.33	

Prova 1, Femin., 400m Livres, Classe S10-Seniores

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
	250m: 3:14.12 40.99	300m: 3:55.44 41.32	350m: 4:36.74 41.30	400m: 5:18.14 41.40				
2.	RIBEIRO Luisa Varela	93	S10	A 12+	Desportos e Natureza	<b>6:56.22</b>	273	7,00
	50m: 42.63 42.63	150m: 2:24.99 53.29	250m: 4:13.61 54.76	350m: 6:04.65 55.47				
	100m: 1:31.70 49.07	200m: 3:18.85 53.86	300m: 5:09.18 55.57	400m: 6:56.22 51.57				

Classe S14-Seniores

1.	SIMOES Diana Vieira	98	S14		Sporting de Aveiro	<b>6:49.61</b>	277	9,00
	50m: 43.84 43.84	150m: 2:26.49 52.85	250m: 4:13.25 52.76	350m: 5:58.55 52.32				
	100m: 1:33.64 49.80	200m: 3:20.49 54.00	300m: 5:06.23 52.98	400m: 6:49.61 51.06				