

IV Torneio de Nataçao Adaptada de Estarreja - Junta de Freguesia de Beduído
Estarreja, 12/4/2026

Prova 29	Femin., 400m Livres				Open
12/04/2026 - 15:30					Resultados
Rec Nac Adaptada S8	5:33.79	Ana Filipa Castro	FVCD	Abrantes	02/07/2022
Rec Nac Adaptada S14	6:01.88	Sonia Castanheiro Resende	SCA	Mealhada	19/02/2017
Rec Nac Adaptada S21	6:45.56	Matilde Lucia Gaspar	APCC	Guarda	07/12/2024

Lugar	Nome do nadador	Ano	Classes	Clube	Tempo final	pts
S8						
1.	Maria Ines Cristovao	99	S8 S8	Alhandra	7:10.45	12,00
	50m: 49.92 49.92	150m: 2:38.26	55.22	250m: 4:29.59	55.81	350m: 6:19.38 54.52
	100m: 1:43.04 53.12	200m: 3:33.78	55.52	300m: 5:24.86	55.27	400m: 7:10.45 51.07

S14						
1.	Diana Vieira Simoes	98	S14	Sporting de Aveiro	6:36.71	12,00
	50m: 43.95 43.95	150m: 2:22.39	49.78	250m: 4:03.30	50.86	350m: 5:45.78 51.12
	100m: 1:32.61 48.66	200m: 3:12.44	50.05	300m: 4:54.66	51.36	400m: 6:36.71 50.93
2.	Maria Mafalda Soares	02	S14	ADADA Porto	7:15.87	10,00
	50m: 48.36 48.36	150m: 2:35.49	54.29	250m: 4:26.29	55.89	350m: 6:18.67 56.28
	100m: 1:41.20 52.84	200m: 3:30.40	54.91	300m: 5:22.39	56.10	400m: 7:15.87 57.20

S21						
1.	Filipa Sa Reis	00	S21	Feira Viva Cultura e Desporto	7:11.67	12,00
	50m: 48.07 48.07	150m: 2:36.40	54.82	250m: 4:25.85	54.85	350m: 6:17.86 56.06
	100m: 1:41.58 53.51	200m: 3:31.00	54.60	300m: 5:21.80	55.95	400m: 7:11.67 53.81
2.	Adriana Godinho Reis	95	S21	Feira Viva Cultura e Desporto	8:24.88	10,00
	50m: 59.41 59.41	150m: 3:09.71	1:05.34	250m: 5:19.89	1:05.10	350m: 7:27.46 1:03.48
	100m: 2:04.37 1:04.96	200m: 4:14.79	1:05.08	300m: 6:23.98	1:04.09	400m: 8:24.88 57.42