

XI Campeonato Nacional de Masters - Open Verão
Coimbra, 20. - 21.6.2009

Prova 1 Femin., 800m Livres 25 - 84 anos
20.6.09 Resultados

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
Master Esc A			
1. OLIVEIRA, Ana Mafalda	81 Maia/Real Seguros	10:56.37	606
100m: 1:16.34 1:16.34	300m: 4:01.20 1:23.03	500m: 6:49.74 1:23.52	700m: 9:35.40 1:22.82
200m: 2:38.17 1:21.83	400m: 5:26.22 1:25.02	600m: 8:12.58 1:22.84	800m: 10:56.37 1:20.97
2. CUNHA, Joana Isabel	80 Belenenses	11:57.94	463
100m: 1:20.89 1:20.89	300m: 4:21.70 1:30.95	500m: 7:26.01 1:31.69	700m: 10:29.50 1:31.47
200m: 2:50.75 1:29.86	400m: 5:54.32 1:32.62	600m: 8:58.03 1:32.02	800m: 11:57.94 1:28.44
3. ROLO, Ana Lucia	81 Ginásio Figueirense	12:37.18	395
100m: 1:23.15 1:23.15	300m: 4:34.54 1:36.91	500m: 7:49.76 1:37.42	700m: 11:03.62 1:36.75
200m: 2:57.63 1:34.48	400m: 6:12.34 1:37.80	600m: 9:26.87 1:37.11	800m: 12:37.18 1:33.56
4. CATARINO, Marta Gloria	84 Portinado	12:38.34	393
100m: 1:26.29 1:26.29	300m: 4:37.34 1:36.43	500m: 7:49.31 1:36.26	700m: 11:04.47 1:37.76
200m: 3:00.91 1:34.62	400m: 6:13.05 1:35.71	600m: 9:26.71 1:37.40	800m: 12:38.34 1:33.87
5. TADEU, Ana Mafalda	80 Académica de Coimbra	13:18.30	337
100m: 1:32.22 1:32.22	300m: 4:51.89 1:41.31	500m: 8:15.71 1:41.79	700m: 11:42.89 1:44.20
200m: 3:10.58 1:38.36	400m: 6:33.92 1:42.03	600m: 9:58.69 1:42.98	800m: 13:18.30 1:35.41

Master Esc C

1. VIEGAS, Maria Joao	72 Académica de Coimbra	12:30.85	415
100m: 1:27.32 1:27.32	300m: 4:36.94 1:34.85	500m: 7:47.99 1:35.68	700m: 11:00.14 1:36.06
200m: 3:02.09 1:34.77	400m: 6:12.31 1:35.37	600m: 9:24.08 1:36.09	800m: 12:30.85 1:30.71
2. NEVES, Catarina Portela	74 Académica de Coimbra	13:30.62	330
100m: 1:31.28 1:31.28	300m: 5:00.31 1:45.23	500m: 8:30.31 1:44.70	700m: 11:56.92 1:42.60
200m: 3:15.08 1:43.80	400m: 6:45.61 1:45.30	600m: 10:14.32 1:44.01	800m: 13:30.62 1:33.70
3. SOUSA, Rita Pereira	73 Belenenses	13:58.16	298
100m: 1:34.91 1:34.91	300m: 5:07.75 1:47.71	500m: 8:42.17 1:47.52	700m: 12:16.48 1:46.77
200m: 3:20.04 1:45.13	400m: 6:54.65 1:46.90	600m: 10:29.71 1:47.54	800m: 13:58.16 1:41.68
4. SANTINHA, Fernanda Maria	72 Masters de Almada	15:22.39	224
100m: 1:43.36 1:43.36	300m: 5:37.93 1:57.54	500m: 9:34.20 1:57.96	700m: 13:29.12 1:56.97
200m: 3:40.39 1:57.03	400m: 7:36.24 1:58.31	600m: 11:32.15 1:57.95	800m: 15:22.39 1:53.27
DSQ BARBARA, Ana Bernardo	70 Portinado		
<i>Falsa partida</i>			

Master Esc B

1. GAMEIRO, Joana Araujo	78 Belenenses	13:56.40	308
100m: 1:33.98 1:33.98	300m: 5:07.81 1:47.75	500m: 8:41.85 1:46.38	700m: 12:16.44 1:46.52
200m: 3:20.06 1:46.08	400m: 6:55.47 1:47.66	600m: 10:29.92 1:48.07	800m: 13:56.40 1:39.96
2. GUERREIRO, Ana Carina	77 Belenenses	14:29.60	274
100m: 1:36.59 1:36.59	300m: 5:16.89 1:50.76	500m: 8:59.85 1:51.26	700m: 12:42.83 1:51.14
200m: 3:26.13 1:49.54	400m: 7:08.59 1:51.70	600m: 10:51.69 1:51.84	800m: 14:29.60 1:46.77

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Lugar	Ano	Tempo final	Pts
3. FERNANDES, Ana Rita	79 Académica de Coimbra	14:38.00	267
100m: 1:34.01 1:34.01	300m: 5:13.34 1:52.07	500m: 9:00.84 1:52.68	700m: 12:47.31 1:52.96
200m: 3:21.27 1:47.26	400m: 7:08.16 1:54.82	600m: 10:54.35 1:53.51	800m: 14:38.00 1:50.69
4. LUZ, Ana Vieira	78 Belenenses	15:41.11	216
100m: 1:50.61 1:50.61	300m: 5:48.37 1:56.20	500m:	700m:
200m: 3:52.17 2:01.56	400m: 7:47.36 1:58.99	600m: 11:45.19	800m: 15:41.11
5. DUQUE, Marta Isabel	76 Naval Setubalense	16:02.22	202
100m: 1:44.21 1:44.21	300m: 5:48.16 2:03.97	500m: 9:54.18 2:02.68	700m: 14:01.82 2:03.52
200m: 3:44.19 1:59.98	400m: 7:51.50 2:03.34	600m: 11:58.30 2:04.12	800m: 16:02.22 2:00.40
6. MARQUES, Isabel Maria	75 Académica de Coimbra	16:08.24	199
100m: 1:53.61 1:53.61	300m: 5:55.94 2:01.89	500m: 10:02.60 2:03.81	700m: 14:08.60 2:02.55
200m: 3:54.05 2:00.44	400m: 7:58.79 2:02.85	600m: 12:06.05 2:03.45	800m: 16:08.24 1:59.64

Master Esc D

1. GRILO, Ana Paula	69 Esports Masters	10:18.96	764
100m: 1:16.41 1:16.41	300m: 3:56.65 1:19.41	500m: 6:31.41 1:17.17	700m: 9:04.50 1:16.25
200m: 2:37.24 1:20.83	400m: 5:14.24 1:17.59	600m: 7:48.25 1:16.84	800m: 10:18.96 1:14.46
2. BRANDAO, Maria Teresa	69 Maia/Real Seguros	12:53.28	392
100m: 1:25.15 1:25.15	300m: 4:37.18 1:38.00	500m: 7:56.76 1:40.60	700m:
200m: 2:59.18 1:34.03	400m: 6:16.16 1:38.98	600m: 9:37.24 1:40.48	800m: 12:53.28
3. RIBEIRO, Maria Joao	65 Belenenses	13:11.48	365
100m: 1:35.38 1:35.38	300m: 4:52.33 1:39.53	500m: 8:14.92 1:40.77	700m: 11:34.91 1:39.61
200m: 3:12.80 1:37.42	400m: 6:34.15 1:41.82	600m: 9:55.30 1:40.38	800m: 13:11.48 1:36.57
4. MIGUEIS, Maria Candida	65 Académica de Coimbra	14:57.13	251
100m: 1:48.99 1:48.99	300m: 5:39.87 1:54.60	500m: 9:26.51 1:52.78	700m: 13:09.91 1:50.67
200m: 3:45.27 1:56.28	400m: 7:33.73 1:53.86	600m: 11:19.24 1:52.73	800m: 14:57.13 1:47.22

Master Esc E

1. GALHARDO, Amelia Ponte	64 CCD Lagos/Multi	12:21.41	575
<i>Rec Nac Esc E</i>			
100m: 1:24.09 1:24.09	300m: 4:33.19 1:34.93	500m:	700m:
200m: 2:58.26 1:34.17	400m: 6:07.28 1:34.09	600m: 9:18.40	800m: 12:21.41
2. OLIVEIRA, Maria Luisa	61 Académica de Coimbra	14:25.43	361
100m: 1:38.68 1:38.68	300m: 5:17.25 1:50.18	500m: 8:57.85 1:49.51	700m: 12:39.73 1:51.29
200m: 3:27.07 1:48.39	400m: 7:08.34 1:51.09	600m: 10:48.44 1:50.59	800m: 14:25.43 1:45.70

Master Esc F

1. OLIVEIRA, Maria Teresa	57 Académica de Coimbra	14:45.77	360
<i>Rec Nac Esc F</i>			
100m: 1:40.29 1:40.29	300m: 5:55.56 2:24.41	500m: 9:09.40 1:53.00	700m: 12:56.52
200m: 3:31.15 1:50.86	400m: 7:16.40 1:20.84	600m:	800m: 14:45.77 1:49.25

Master Esc G

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Lugar			Ano					Tempo final	Pts			
1.	PINTAO, Luisa Maria		54	Nadadores dos Estoris				15:18.89	416			
	100m:	1:42.97	1:42.97	300m:	5:35.89	1:56.37	500m:	9:30.84	1:57.98	700m:	13:25.68	1:56.10
	200m:	3:39.52	1:56.55	400m:	7:32.86	1:56.97	600m:	11:29.58	1:58.74	800m:	15:18.89	1:53.21

