

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

Prova 22 Femin., 400m Estilos 25 - 84 anos
21.6.09 - 9:00 Resultados

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
Master Esc A			
1. OLIVEIRA, Ana Mafalda	81 Maia/Real Seguros	6:03.75	578
<i>Rec Nac Esc A</i>			
50m: 38.45 38.45	150m: 2:12.98 48.76	250m: 3:50.62 51.90	350m: 5:23.85 41.18
100m: 1:24.22 45.77	200m: 2:58.72 45.74	300m: 4:42.67 52.05	400m: 6:03.75 39.90
Master Esc C			
1. SANTINHA, Fernanda Maria	72 Masters de Almada	9:14.47	176
50m: 1:00.48 1:00.48	150m: 3:33.98 1:23.59	250m: 6:06.43 1:09.04	350m: 8:18.04 1:01.24
100m: 2:10.39 1:09.91	200m: 4:57.39 1:23.41	300m: 7:16.80 1:10.37	400m: 9:14.47 56.43
Master Esc D			
1. GRILO, Ana Paula	69 Esports Masters	5:36.09	849
50m: 36.77 36.77	150m: 2:00.94 43.32	250m: 3:34.03 51.05	350m: 5:00.28 36.99
100m: 1:17.62 40.85	200m: 2:42.98 42.04	300m: 4:23.29 49.26	400m: 5:36.09 35.81
2. CARMO, Maria Helena	66 Colégio Vasco da Gama	6:13.36	619
<i>Rec Nac Esc D</i>			
50m: 38.30 38.30	150m: 2:12.18 49.97	250m: 3:52.87 52.35	350m: 5:30.22 44.45
100m: 1:22.21 43.91	200m: 3:00.52 48.34	300m: 4:45.77 52.90	400m: 6:13.36 43.14
Master Esc E			
1. GALHARDO, Amelia Ponte	64 CCD Lagos/Multi	6:56.05	563
<i>Rec Nac Esc E</i>			
50m: 40.01 40.01	150m: 2:32.73 58.98	250m: 4:25.70 54.35	350m: 6:08.43 47.73
100m: 1:33.75 53.74	200m: 3:31.35 58.62	300m: 5:20.70 55.00	400m: 6:56.05 47.62
Master Esc G			
1. FERREIRA, Ana Maria	50 Algés	7:28.86	559
<i>Rec Nac Esc G</i>			
50m: 49.04 49.04	150m: 2:48.39 1:01.38	250m: 4:50.62 1:04.42	350m: 6:42.03 48.13
100m: 1:47.01 57.97	200m: 3:46.20 57.81	300m: 5:53.90 1:03.28	400m: 7:28.86 46.83
DNF NISHINOME, Shigeko	52 Pimpões/Cimai		
50m: 55.83 55.83	150m:	250m:	350m:
100m:	200m:	300m:	400m:

