

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

Prova 35
21.6.09 - 15:50

Femin., 400m Livres

25 - 84 anos
Resultados

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
Master Esc A			
1. OLIVEIRA, Ana Mafalda	81 Maia/Real Seguros	5:17.53	588
50m: 36.07 36.07	150m: 1:56.11 40.64	250m: 3:16.73 40.17	350m: 4:38.41 40.54
100m: 1:15.47 39.40	200m: 2:36.56 40.45	300m: 3:57.87 41.14	400m: 5:17.53 39.12
2. CUNHA, Joana Isabel	80 Belenenses	5:44.99	458
50m: 37.64 37.64	150m: 2:03.89 44.62	250m: 3:34.71 45.66	350m: 5:05.75 45.56
100m: 1:19.27 41.63	200m: 2:49.05 45.16	300m: 4:20.19 45.48	400m: 5:44.99 39.24
3. SANTOS, Mariana Moura	83 Portinado	5:52.99	428
50m: 38.57 38.57	150m: 2:08.92 46.02	250m: 3:41.88 46.47	350m: 5:11.77 44.70
100m: 1:22.90 44.33	200m: 2:55.41 46.49	300m: 4:27.07 45.19	400m: 5:52.99 41.22
4. ALEIXO, Ines Marques	82 Vilacondense	5:55.62	418
50m: 38.43 38.43	150m: 2:04.72 44.44	250m: 3:35.99 46.56	350m: 5:10.19 47.79
100m: 1:20.28 41.85	200m: 2:49.43 44.71	300m: 4:22.40 46.41	400m: 5:55.62 45.43
5. CATARINO, Marta Gloria	84 Portinado	6:05.60	385
50m: 39.47 39.47	150m: 2:11.39 46.73	250m: 3:46.51 47.38	350m: 5:20.78 46.42
100m: 1:24.66 45.19	200m: 2:59.13 47.74	300m: 4:34.36 47.85	400m: 6:05.60 44.82
6. MORETO, Ana Filipa	84 Maia/Real Seguros	6:12.60	363
50m: 39.36 39.36	150m: 2:11.10 47.45	250m: 3:47.47 48.73	350m: 5:24.93 49.07
100m: 1:23.65 44.29	200m: 2:58.74 47.64	300m: 4:35.86 48.39	400m: 6:12.60 47.67
7. TADEU, Ana Mafalda	80 Académica de Coimbra	6:29.95	317
50m: 43.61 43.61	150m: 2:19.91 48.15	250m: 4:00.12 49.87	350m: 5:40.05 50.14
100m: 1:31.76 48.15	200m: 3:10.25 50.34	300m: 4:49.91 49.79	400m: 6:29.95 49.90

Master Esc B

1. LABATZKE, Kerstin Bettina	77 Galitos	5:29.78	537
50m: 36.03 36.03	150m: 1:56.67 41.10	250m: 3:21.02 42.78	350m: 4:47.28 43.16
100m: 1:15.57 39.54	200m: 2:38.24 41.57	300m: 4:04.12 43.10	400m: 5:29.78 42.50
2. GAMEIRO, Joana Araujo	78 Belenenses	6:47.70	284
50m: 46.95 46.95	150m: 2:30.28 52.42	250m: 4:15.17 52.58	350m: 5:58.47 51.23
100m: 1:37.86 50.91	200m: 3:22.59 52.31	300m: 5:07.24 52.07	400m: 6:47.70 49.23
3. GUERREIRO, Ana Carina	77 Belenenses	6:53.94	271
50m: 45.53 45.53	150m: 2:29.30 52.25	250m: 4:15.82 53.39	350m: 6:04.29 53.85
100m: 1:37.05 51.52	200m: 3:22.43 53.13	300m: 5:10.44 54.62	400m: 6:53.94 49.65
4. FERNANDES, Ana Rita	79 Académica de Coimbra	7:05.27	250
50m: 44.97 44.97	150m: 2:28.91 52.53	250m: 4:19.49 54.64	350m: 6:11.45 55.54
100m: 1:36.38 51.41	200m: 3:24.85 55.94	300m: 5:15.91 56.42	400m: 7:05.27 53.82
5. LUZ, Ana Vieira	78 Belenenses	7:25.92	217
50m: 49.15 49.15	150m: 2:40.24 55.69	250m: 4:37.87 59.63	350m: 6:32.96 56.34
100m: 1:44.55 55.40	200m: 3:38.24 58.00	300m: 5:36.62 58.75	400m: 7:25.92 52.96
6. DUQUE, Marta Isabel	76 Naval Setubalense	7:35.50	203
50m: 47.76 47.76	150m: 2:38.12 57.22	250m: 4:37.61 1:00.98	350m: 6:38.60 1:00.48
100m: 1:40.90 53.14	200m: 3:36.63 58.51	300m: 5:38.12 1:00.51	400m: 7:35.50 56.90

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Prova 35, Femin., 400m Livres, Master Esc B

Lugar	Ano	Tempo final	Pts
7. MARQUES, Isabel Maria	75 Académica de Coimbra	7:58.82	175
50m: 52.45 52.45	150m: 2:49.35 1:00.17	250m: 4:53.21 1:02.16	350m: 6:59.00 1:03.38
100m: 1:49.18 56.73	200m: 3:51.05 1:01.70	300m: 5:55.62 1:02.41	400m: 7:58.82 59.82

Master Esc C

1. VIEGAS, Maria Joao	72 Académica de Coimbra	6:04.23	397
50m: 42.45 42.45	150m: 2:15.01 46.57	250m: 3:48.56 46.40	350m: 5:21.83 46.15
100m: 1:28.44 45.99	200m: 3:02.16 47.15	300m: 4:35.68 47.12	400m: 6:04.23 42.40
2. NEVES, Catarina Portela	74 Académica de Coimbra	6:34.02	314
50m: 45.42 45.42	150m: 2:29.67 52.61	250m: 4:12.04 51.29	350m: 5:52.45 50.27
100m: 1:37.06 51.64	200m: 3:20.75 51.08	300m: 5:02.18 50.14	400m: 6:34.02 41.57
3. SOUSA, Rita Pereira	73 Belenenses	6:44.21	290
50m: 44.17 44.17	150m: 2:22.33 49.98	250m: 4:06.97 52.01	350m: 5:52.53 52.08
100m: 1:32.35 48.18	200m: 3:14.96 52.63	300m: 5:00.45 53.48	400m: 6:44.21 51.68
4. SANTINHA, Fernanda Maria	72 Masters de Almada	7:17.85	228
50m: 47.46 47.46	150m: 2:36.46 55.36	250m: 4:29.86 57.22	350m: 6:23.80 56.89
100m: 1:41.10 53.64	200m: 3:32.64 56.18	300m: 5:26.91 57.05	400m: 7:17.85 54.05
5. BARBARA, Ana Bernardo	70 Portinado	8:53.75	126
50m: 58.09 58.09	150m: 3:12.78 1:08.97	250m: 5:31.61 1:09.61	350m: 7:49.08 1:08.47
100m: 2:03.81 1:05.72	200m: 4:22.00 1:09.22	300m: 6:40.61 1:09.00	400m: 8:53.75 1:04.67

Master Esc D

1. GRILO, Ana Paula	69 Esports Masters	4:59.74	747
50m: 35.83 35.83	150m: 1:51.97 38.20	250m: 3:08.81 38.55	350m: 4:24.45 37.91
100m: 1:13.77 37.94	200m: 2:30.26 38.29	300m: 3:46.54 37.73	400m: 4:59.74 35.29
2. SILVA, Alexandra Maria	67 Propaganda da Natação	6:00.58	429
50m: 36.46 36.46	150m: 2:01.49 43.92	250m: 3:35.55 47.43	350m: 5:12.67 48.52
100m: 1:17.57 41.11	200m: 2:48.12 46.63	300m: 4:24.15 48.60	400m: 6:00.58 47.91
3. RIBEIRO, Maria Joao	65 Belenenses	6:23.55	356
50m: 45.71 45.71	150m: 2:22.72 48.83	250m: 4:00.64 48.90	350m: 5:38.24 48.74
100m: 1:33.89 48.18	200m: 3:11.74 49.02	300m: 4:49.50 48.86	400m: 6:23.55 45.31
4. MACHADO, Cristina Isabel	67 Académico Viseu	7:19.93	236
50m: 47.92 47.92	150m: 2:37.62 56.51	250m: 4:32.54 57.65	350m: 6:27.27 56.78
100m: 1:41.11 53.19	200m: 3:34.89 57.27	300m: 5:30.49 57.95	400m: 7:19.93 52.66

Master Esc E

1. OLIVEIRA, Maria Luisa	61 Académica de Coimbra	6:55.64	350
50m: 43.61 43.61	150m: 2:26.34 51.67	250m: 4:14.45 53.82	350m: 6:02.86 53.90
100m: 1:34.67 51.06	200m: 3:20.63 54.29	300m: 5:08.96 54.51	400m: 6:55.64 52.78
2. COELHO, Maria Fatima	60 Académica de Coimbra	7:18.69	297
50m: 46.87 46.87	150m: 2:33.69 54.64	250m: 4:26.90 57.46	350m: 6:23.70 59.32
100m: 1:39.05 52.18	200m: 3:29.44 55.75	300m: 5:24.38 57.48	400m: 7:18.69 54.99