

XII Campeonato Nacional Masters de Verão - OPEN
Reguengos de Monsaraz, 3. - 4.7.2010

Prova 14
3.7.10 - 16:50

Femin., 400m Livres

25 - 89 anos
Resultados

Lugar	Ano	Tempo final	100m	200m	300m	400m
Master Esc A						
1. Ana Mafalda Oliveira	81 Natacao da Maia	5:05.20	1:13.69	1:17.81	1:18.17	1:15.53
50m:	150m:	250m:	350m:			
100m: 1:13.69	200m: 2:31.50	300m: 3:49.67	400m: 5:05.20			
2. A. Inacio	83 Belenenses	6:20.96	1:29.35	1:38.75	1:39.09	1:33.77
50m:	150m:	250m:	350m:			
100m: 1:29.35	200m: 3:08.10	300m: 4:47.19	400m: 6:20.96			
3. Monica Sofia Peixe	81 Belenenses	6:25.85	1:30.26	1:40.41	1:40.13	1:35.05
50m:	150m:	250m:	350m:			
100m: 1:30.26	200m: 3:10.67	300m: 4:50.80	400m: 6:25.85			
Master Esc B						
1. Joana Isabel Cunha	80 Belenenses	5:23.40	1:16.00	1:21.85	1:24.25	1:21.30
50m:	150m:	250m:	350m:			
100m: 1:16.00	200m: 2:37.85	300m: 4:02.10	400m: 5:23.40			
2. Kerstin Bettina Labatzke	77 Galitos	5:31.10	1:15.70	1:24.20	1:25.57	1:25.63
50m:	150m:	250m:	350m:			
100m: 1:15.70	200m: 2:39.90	300m: 4:05.47	400m: 5:31.10			
3. Marisa Joao Costa	76 Campinho	6:16.85	1:26.70	1:35.30	1:38.18	1:36.67
50m:	150m:	250m:	350m:			
100m: 1:26.70	200m: 3:02.00	300m: 4:40.18	400m: 6:16.85			
4. Marta Martins Ferreira	79 Funcao Publica	6:39.67	1:33.36	1:43.23	1:42.92	1:40.16
50m:	150m:	250m:	350m:			
100m: 1:33.36	200m: 3:16.59	300m: 4:59.51	400m: 6:39.67			
5. Ana Vieira Luz	78 Belenenses	6:53.32	1:33.71	1:43.82	1:47.42	1:48.37
50m:	150m:	250m:	350m:			
100m: 1:33.71	200m: 3:17.53	300m: 5:04.95	400m: 6:53.32			
6. Angela Goncalves Tacao	80 Academica de Coimbra	7:02.44	1:42.39	1:49.30	1:48.94	1:41.81
50m:	150m:	250m:	350m:			
100m: 1:42.39	200m: 3:31.69	300m: 5:20.63	400m: 7:02.44			
Master Esc C						
1. Miriam Gomez Gomez	75 C.N. Jerez	5:55.27	1:20.19	1:31.53	1:32.70	1:30.85
50m:	150m:	250m:	350m:			
100m: 1:20.19	200m: 2:51.72	300m: 4:24.42	400m: 5:55.27			
2. Rita Pereira Sousa	73 Belenenses	6:40.71	1:30.65	1:43.67	1:44.53	1:41.86
50m:	150m:	250m:	350m:			
100m: 1:30.65	200m: 3:14.32	300m: 4:58.85	400m: 6:40.71			
3. Catarina Portela Neves	74 Academica de Coimbra	7:03.59	1:39.92	1:50.88	1:50.99	1:41.80
50m:	150m:	250m:	350m:			
100m: 1:39.92	200m: 3:30.80	300m: 5:21.79	400m: 7:03.59			
4. Cristina Fernandes Silva	71 Academica de Coimbra	7:07.11	1:39.53	1:51.41	1:51.11	1:45.06
50m:	150m:	250m:	350m:			
100m: 1:39.53	200m: 3:30.94	300m: 5:22.05	400m: 7:07.11			
5. Fernanda Maria Santinha	72 Masters de Almada	7:23.65	1:43.44	1:54.27	1:54.34	1:51.60
50m:	150m:	250m:	350m:			
100m: 1:43.44	200m: 3:37.71	300m: 5:32.05	400m: 7:23.65			

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Lugar	Ano	Tempo final	100m	200m	300m	400m
6. Susana Paula Simoes	72 Leixoes	7:55.49	1:49.42	2:02.37	2:05.08	1:58.62
	50m:	250m:		350m:		
	100m: 1:49.42	300m: 5:56.87		400m: 7:55.49		
	150m:					
	200m: 3:51.79					

Master Esc D

1. Isabel Batista Ferreira	67 Belenenses	5:38.01	1:20.00	1:25.67	1:26.84	1:25.50
	50m:	250m:		350m:		
	100m: 1:20.00	300m: 4:12.51		400m: 5:38.01		
	150m:					
	200m: 2:45.67					
2. Maria Teresa Brandao	69 Leixoes	5:50.38	1:23.77	1:28.28	1:29.12	1:29.21
	50m:	250m:		350m:		
	100m: 1:23.77	300m: 4:21.17		400m: 5:50.38		
	150m:					
	200m: 2:52.05					
3. Elizabete Maria Rosa	69 Pimpoes/Cimai	5:59.61	1:25.70	1:31.81	1:32.43	1:29.67
	50m:	250m:		350m:		
	100m: 1:25.70	300m: 4:29.94		400m: 5:59.61		
	150m:					
	200m: 2:57.51					
4. Ana Bernardo Barbara	70 Portinado	8:14.99	1:53.61	2:08.67	2:10.53	2:02.18
	50m:	250m:		350m:		
	100m: 1:53.61	300m: 6:12.81		400m: 8:14.99		
	150m:					
	200m: 4:02.28					

Master Esc E

1. Maria Joao Ribeiro	65 Nadadores dos Estoris	6:31.93	1:34.40	1:41.06	1:39.69	1:36.78
	50m:	250m:		350m:		
	100m: 1:34.40	300m: 4:55.15		400m: 6:31.93		
	150m:					
	200m: 3:15.46					
2. Maria Luisa Oliveira	61 Academica de Coimbra	7:16.32	1:42.34	1:53.41	1:51.47	1:49.10
	50m:	250m:		350m:		
	100m: 1:42.34	300m: 5:27.22		400m: 7:16.32		
	150m:					
	200m: 3:35.75					
3. Maria Manuela Neto	62 Natacao da Maia	7:42.13	1:45.40	2:00.59	2:00.07	1:56.07
	50m:	250m:		350m:		
	100m: 1:45.40	300m: 5:46.06		400m: 7:42.13		
	150m:					
	200m: 3:45.99					

Master Esc F

1. Helena Varela Lopes	56 Belenenses	7:04.34	1:40.15	1:50.83	1:50.19	1:43.17
	50m:	250m:		350m:		
	100m: 1:40.15	300m: 5:21.17		400m: 7:04.34		
	150m:					
	200m: 3:30.98					

Master Esc G

1. Luisa Maria Pintao	54 Nadadores dos Estoris	7:21.27	1:44.32	1:54.18	1:53.67	1:49.10
	50m:	250m:		350m:		
	100m: 1:44.32	300m: 5:32.17		400m: 7:21.27		
	150m:					
	200m: 3:38.50					
2. Isabel Costa Monteiro	53 Academica de Coimbra	7:50.67	1:48.87	2:02.02	2:02.36	1:57.42
	50m:	250m:		350m:		
	100m: 1:48.87	300m: 5:53.25		400m: 7:50.67		
	150m:					
	200m: 3:50.89					

Master Esc H

1. Ana Maria Ferreira	50 Alges	6:30.23	1:30.86	1:41.37	1:41.16	1:36.84
	50m:	250m:		350m:		
	100m: 1:30.86	300m: 4:53.39		400m: 6:30.23		
	150m:					
	200m: 3:12.23					

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Master Esc I

1. Celia Stichini Quartin	44	Pimpoes/Cimai	8:54.24	2:02.26	2:16.67	2:17.84	2:17.47
50m:		150m:	250m:	350m:			
100m: 2:02.26		200m: 4:18.93	300m: 6:36.77	400m: 8:54.24			