

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

Prova 22
4.7.10 - 9:00

Femin., 800m Livres

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Ana Mafalda Oliveira	81	Natacao da Maia	10:29.35		687
	100m: 1:15.13 1:15.13	300m: 3:54.49 1:19.79	500m: 6:33.13 1:18.87	700m: 9:12.24 1:19.57	1:19.57	1:19.57
	200m: 2:34.70 1:19.57	400m: 5:14.26 1:19.77	600m: 7:52.67 1:19.54	800m: 10:29.35		1:17.11
2.	Alexandra Adelinovna Inacio	83	Belenenses	12:45.74		381
	100m: 1:28.59 1:28.59	300m: 4:41.28 1:35.60	500m: 7:56.20 1:37.95	700m: 11:13.11 1:38.27	1:38.27	1:38.27
	200m: 3:05.68 1:37.09	400m: 6:18.25 1:36.97	600m: 9:34.84 1:38.64	800m: 12:45.74		1:32.63
3.	Ana Lucia Rolo	81	Ginasio Figueirense	13:24.73		329
	100m: 1:28.68 1:28.68	300m: 4:49.49 1:41.87	500m: 8:18.52 1:44.15	700m: 11:46.62 1:43.87	1:43.87	1:43.87
	200m: 3:07.62 1:38.94	400m: 6:34.37 1:44.88	600m: 10:02.75 1:44.23	800m: 13:24.73		1:38.11
4.	Monica Sofia Peixe	81	Belenenses	13:33.52		318
	100m: 1:35.61 1:35.61	300m: 5:04.87 1:44.29	500m: 8:32.51 1:43.83	700m: 11:56.67 1:39.74	1:39.74	1:39.74
	200m: 3:20.58 1:44.97	400m: 6:48.68 1:43.81	600m: 10:16.93 1:44.42	800m: 13:33.52		1:36.85
Master Esc B						
1.	Joana Isabel Cunha	80	Belenenses	11:12.31		594
	100m: 1:17.80 1:17.80	300m: 4:08.45 1:25.50	500m: 6:58.37 1:23.62	700m: 9:50.75 1:26.56	1:26.56	1:26.56
	200m: 2:42.95 1:25.15	400m: 5:34.75 1:26.30	600m: 8:24.19 1:25.82	800m: 11:12.31		1:21.56
2.	Marisa Joao Costa	76	Campinho	13:17.66		356
	100m: 1:36.03 1:36.03	300m: 5:02.96 1:44.71	500m: 8:25.83 1:40.62	700m: 13:17.66 1:34.16	1:34.16	1:34.16
	200m: 3:18.25 1:42.22	400m: 6:45.21 1:42.25	600m: 11:43.50 3:17.67	800m: 13:17.66		
3.	Ana Carina Guerreiro	77	Belenenses	14:29.79		274
	100m: 1:39.65 1:39.65	300m: 5:20.20 1:51.16	500m: 9:03.32 1:50.87	700m: 12:45.31 1:49.99	1:49.99	1:49.99
	200m: 3:29.04 1:49.39	400m: 7:12.45 1:52.25	600m: 10:55.32 1:52.00	800m: 14:29.79		1:44.48
4.	Ana Vieira Luz	78	Belenenses	14:35.43		269
	100m: 1:37.96 1:37.96	300m: 5:12.95 1:49.77	500m: 9:01.28 1:53.99	700m: 12:46.11 1:52.33	1:52.33	1:52.33
	200m: 3:23.18 1:45.22	400m: 7:07.29 1:54.34	600m: 10:53.78 1:52.50	800m: 14:35.43		1:49.32
5.	Angela Goncalves Tacao	80	Academica de Coimbra	14:48.42		257
	100m: 1:44.63 1:44.63	300m: 5:30.22 1:54.01	500m: 9:17.49 1:53.18	700m: 13:02.28 1:52.49	1:52.49	1:52.49
	200m: 3:36.21 1:51.58	400m: 7:24.31 1:54.09	600m: 11:09.79 1:52.30	800m: 14:48.42		1:46.14
Master Esc C						
1.	Rita Pereira Sousa	73	Belenenses	13:55.33		301
	100m: 1:34.52 1:34.52	300m: 5:07.22 1:46.66	500m: 8:39.58 1:46.64	700m: 12:11.37 1:45.80	1:45.80	1:45.80
	200m: 3:20.56 1:46.04	400m: 6:52.94 1:45.72	600m: 10:25.57 1:45.99	800m: 13:55.33		1:43.96
2.	Fernanda Maria Santinha	72	Masters de Almada	15:39.77		211
	100m: 1:50.09 1:50.09	300m: 5:44.32 1:57.56	500m: 9:44.25 2:01.07	700m: 13:44.64 1:58.65	1:58.65	1:58.65
	200m: 3:46.76 1:56.67	400m: 7:43.18 1:58.86	600m: 11:45.99 2:01.74	800m: 15:39.77		1:55.13
3.	Ana Claudia Jorge	72	Academica de Coimbra	15:47.50		206
	100m: 1:50.58 1:50.58	300m: 5:51.56 2:01.07	500m: 9:56.00 2:01.83	700m: 13:55.88 1:59.45	1:59.45	1:59.45
	200m: 3:50.49 1:59.91	400m: 7:54.17 2:02.61	600m: 11:56.43 2:00.43	800m: 15:47.50		1:51.62

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

Prova 22, Femin., 800m Livres

Master Esc D

1. Isabel Batista Ferreira	67	Belenenses	11:53.16	500
100m: 1:23.33 1:23.33	300m: 4:23.85 1:30.68	500m: 7:25.72 1:30.75	700m: 10:24.32 1:29.41	
200m: 2:53.17 1:29.84	400m: 5:54.97 1:31.12	600m: 8:54.91 1:29.19	800m: 11:53.16 1:28.84	
2. Maria Teresa Brandao	69	Leixoes	12:14.67	457
100m: 1:25.40 1:25.40	300m: 4:29.77 1:32.59	500m: 7:36.32 1:33.48	700m: 10:44.55 1:33.88	
200m: 2:57.18 1:31.78	400m: 6:02.84 1:33.07	600m: 9:10.67 1:34.35	800m: 12:14.67 1:30.12	
3. Ana Bernardo Barbara	70	Portinado	16:50.86	175
100m: 1:53.39 1:53.39	300m: 6:09.62 2:09.74	500m: 10:26.80 2:08.68	700m: 14:45.17 2:08.75	
200m: 3:59.88 2:06.49	400m: 8:18.12 2:08.50	600m: 12:36.42 2:09.62	800m: 16:50.86 2:05.69	

Master Esc E

1. Maria Joao Ribeiro	65	Nadadores dos Estoris	13:39.05	426
100m: 1:37.54 1:37.54	300m: 5:05.72 1:44.02	500m: 8:32.48 1:43.48	700m: 11:59.24 1:43.51	
200m: 3:21.70 1:44.16	400m: 6:49.00 1:43.28	600m: 10:15.73 1:43.25	800m: 13:39.05 1:39.81	

Master Esc F

1. Helena Varela Lopes	56	Belenenses	14:26.14	385
100m: 1:40.81 1:40.81	300m: 5:21.50 1:50.28	500m: 9:02.04 1:49.64	700m: 12:43.36 1:50.13	
200m: 3:31.22 1:50.41	400m: 7:12.40 1:50.90	600m: 10:53.23 1:51.19	800m: 14:26.14 1:42.78	

Master Esc G

1. Luisa Maria Pintao	54	Nadadores dos Estoris	15:27.89	404
100m: 1:48.65 1:48.65	300m: 5:42.37 1:57.52	500m: 9:37.22 1:57.46	700m: 13:34.49 1:57.97	
200m: 3:44.85 1:56.20	400m: 7:39.76 1:57.39	600m: 11:36.52 1:59.30	800m: 15:27.89 1:53.40	
2. Isabel Costa Monteiro	53	Academica de Coimbra	16:22.38	340
100m: 1:49.73 1:49.73	300m: 6:00.11 2:06.53	500m: 10:10.22 2:04.27	700m: 14:20.22 2:05.45	
200m: 3:53.58 2:03.85	400m: 8:05.95 2:05.84	600m: 12:14.77 2:04.55	800m: 16:22.38 2:02.16	

Master Esc H

1. Ana Maria Ferreira	50	Alges	13:42.86	672
100m: 1:35.51 1:35.51	300m: 5:05.19 1:43.63	500m: 8:32.48 1:43.57	700m: 12:00.94 1:43.43	
200m: 3:21.56 1:46.05	400m: 6:48.91 1:43.72	600m: 10:17.51 1:45.03	800m: 13:42.86 1:41.92	