

OPEN de Inverno para Masters  
Ponte de Sor, 29- - 30-1-2011

Prova 19	Femin., 400m Livres				25 - 89 anos
30-01-2011 - 9:30					Resultados
RN Esc A(25-29)	4:51.50	Ana Mafalda Oliveira	CNMAIA	Ponte de Sôr	27-05-2006
RN Esc B(30-34)	4:27.23	Ana Paula Grilo	UDCA	Inatel	25-05-2002
RN Esc C(35-39)	4:30.30	Ana Paula Grilo	UDCA	Palma Maiorca (ESP)	18-04-2004
RN Esc D(40-44)	5:16.06	Patricia Diogenes Pereira	INDANL	Lisboa	31-05-2009
RN Esc E(45-49)	5:40.16	Elena Nikolaevna Kraeva	CFB	Lisboa	31-01-2010
RN Esc F(50-54)	6:39.08	Helena Varela Lopes	CFB	Lisboa	21-11-2009
RN Esc G(55-59)	6:01.93	Ana Maria Ferreira	ANE	Inatel	14-02-2009
RN Esc H(60-64)	6:14.01	Ana Maria Ferreira	ANE	Lisboa	17-04-2010
RN Esc I(65-69)	59:00.00				
RN Esc J(70-74)	59:00.00				
RN Esc K(75-79)	59:00.00				
RN Esc L(80-84)	59:00.00				

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
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Master Esc A

1.	Ana Filipa Leite	86	11944	Academica de Coimbra	<b>4:48.58</b>		783	
	<i>Rec Nac Esc A</i>							
	50m: 33.38	33.38	150m: 1:46.35	36.73	250m: 2:59.48	36.61	350m: 4:12.86	36.62
	100m: 1:09.62	36.24	200m: 2:22.87	36.52	300m: 3:36.24	36.76	400m: 4:48.58	35.72
2.	Carolina Santos Silva	86	23208	Natacao da Maia	<b>4:49.97</b>		772	
	50m: 33.38	33.38	150m: 1:46.42	36.54	250m: 2:59.76	36.81	350m: 4:14.18	37.33
	100m: 1:09.88	36.50	200m: 2:22.95	36.53	300m: 3:36.85	37.09	400m: 4:49.97	35.79

Master Esc B

1.	Ana Mafalda Oliveira	81	23193	Natacao da Maia	<b>4:50.70</b>		784	
	50m: 33.59	33.59	150m: 1:47.21	37.09	250m: 3:01.30	36.76	350m: 4:15.05	37.15
	100m: 1:10.12	36.53	200m: 2:24.54	37.33	300m: 3:37.90	36.60	400m: 4:50.70	35.65
2.	Joana Isabel Cunha	80	117125	Colegio Monte Maior	<b>4:57.08</b>		734	
	50m: 34.09	34.09	150m: 1:48.30	37.29	250m: 3:03.56	37.43	350m: 4:20.13	38.79
	100m: 1:11.01	36.92	200m: 2:26.13	37.83	300m: 3:41.34	37.78	400m: 4:57.08	36.95
3.	Monica Sofia Peixe	81	112542	Colegio Monte Maior	<b>6:08.41</b>		385	
	50m: 41.47	41.47	150m: 2:14.69	47.62	250m: 3:49.92	47.43	350m: 5:23.57	46.37
	100m: 1:27.07	45.60	200m: 3:02.49	47.80	300m: 4:37.20	47.28	400m: 6:08.41	44.84
4.	Marta Martins Ferreira	79	100683	Funcao Publica	<b>6:30.10</b>		324	
	50m: 42.56	42.56	150m: 2:20.27	49.88	250m: 3:59.70	50.07	350m: 5:40.53	50.72
	100m: 1:30.39	47.83	200m: 3:09.63	49.36	300m: 4:49.81	50.11	400m: 6:30.10	49.57
5.	Filipa Bringel Vargas	81	103610	Portinado	<b>6:58.38</b>		263	
	50m: 44.53	44.53	150m: 2:24.41	51.18	250m: 4:11.92	54.67	350m: 6:03.68	56.24
	100m: 1:33.23	48.70	200m: 3:17.25	52.84	300m: 5:07.44	55.52	400m: 6:58.38	54.70
6.	Silvia Raquel Mendonca	81	120503	Leixoes	<b>7:03.19</b>		254	
	50m: 44.20	44.20	150m: 2:26.30	52.57	250m: 4:14.89	54.59	350m: 6:06.63	55.96
	100m: 1:33.73	49.53	200m: 3:20.30	54.00	300m: 5:10.67	55.78	400m: 7:03.19	56.56
7.	Ana Vieira Luz	78	112632	Colegio Monte Maior	<b>7:27.17</b>		215	
	50m: 50.31	50.31	150m: 2:43.78	57.15	250m: 4:41.33	58.29	350m: 6:34.91	56.72
	100m: 1:46.63	56.32	200m: 3:43.04	59.26	300m: 5:38.19	56.86	400m: 7:27.17	52.26

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Prova 19, Femin., 400m Livres

Master Esc C

1. Maria Joao Viegas	72	105074	Academica de Coimbra	<b>6:03.79</b>	399
50m: 40.38 40.38	150m: 2:11.33 46.89	200m: 2:58.53 47.20	250m: 3:45.68 47.15	350m: 5:20.12 47.43	400m: 6:03.79 43.67
100m: 1:24.44 44.06					
2. Rita Pereira Sousa	73	117405	Colegio Monte Maior	<b>6:29.43</b>	325
50m: 41.30 41.30	150m: 2:16.47 48.70	200m: 3:05.92 49.45	250m: 3:55.95 50.03	350m: 5:38.74 51.59	400m: 6:29.43 50.69
100m: 1:27.77 46.47					
3. Fernanda Maria Santinha	72	100478	Masters de Almada	<b>7:03.42</b>	253
50m: 46.67 46.67	150m: 2:32.89 54.19	200m: 3:27.50 54.61	250m: 4:21.86 54.36	350m: 6:10.92 54.56	400m: 7:03.42 52.50
100m: 1:38.70 52.03					
4. Helena Isabel Ribeiro	74	122493	Portinado	<b>7:08.20</b>	244
50m: 47.09 47.09	150m: 2:32.94 54.31	200m: 3:27.64 54.70	250m: 4:22.36 54.72	350m: 6:14.11 56.08	400m: 7:08.20 54.09
100m: 1:38.63 51.54					

Master Esc D

1. Maria Teresa Brandao	69	108037	Leixoes	<b>5:32.06</b>	549
50m: 37.51 37.51	150m: 1:59.68 42.23	200m: 2:41.63 41.95	250m: 3:24.80 43.17	350m: 4:51.20 43.10	400m: 5:32.06 40.86
100m: 1:17.45 39.94					
2. Elisabete Maria Rosa	69	106153	Pimpoes/Cimai	<b>6:05.35</b>	412
50m: 40.82 40.82	150m: 2:11.12 45.75	200m: 2:58.02 46.90	250m: 3:45.33 47.31	350m: 5:20.17 47.30	400m: 6:05.35 45.18
100m: 1:25.37 44.55					
3. Carla Pinto Mendes	71	112615	Natacao da Maia	<b>7:33.04</b>	216
50m: 50.52 50.52	150m: 2:45.41 58.56	200m: 3:44.08 58.67	250m: 4:43.20 59.12	350m: 6:40.04 57.98	400m: 7:33.04 53.00
100m: 1:46.85 56.33					
4. Ana Bernardo Barbara	70	116656	Portinado	<b>8:04.53</b>	176
50m: 50.26 50.26	150m: 2:52.83 1:02.65	200m: 3:54.86 1:02.03	250m: 4:57.84 1:02.98	350m: 7:05.64 1:03.69	400m: 8:04.53 58.89
100m: 1:50.18 59.92					

Master Esc E

1. Maria Manuela Neto	62	102090	Natacao da Maia	<b>7:36.07</b>	265
50m: 50.03 50.03	150m: 2:43.39 58.19	200m: 3:42.52 59.13	250m: 4:42.24 59.72	350m: 6:41.06 59.33	400m: 7:36.07 55.01
100m: 1:45.20 55.17					
2. Isabel Cristina Cansado	65	110838	Litoral Alentejano	<b>8:15.44</b>	206
50m: 51.32 51.32	150m: 2:52.58 1:01.81	200m: 3:58.39 1:05.81	250m: 5:02.05 1:03.66	350m: 7:12.18 1:04.76	400m: 8:15.44 1:03.26
100m: 1:50.77 59.45					

Master Esc F

1. Elena Nikolaevna Kraeva	61	14173	Colegio Monte Maior	<b>5:36.80</b>	773
<i>Rec Nac Esc F</i>					
50m: 37.45 37.45	150m: 2:01.71 42.92	200m: 2:44.96 43.25	250m: 3:28.92 43.96	350m: 4:55.60 43.60	400m: 5:36.80 41.20
100m: 1:18.79 41.34					

Master Esc H

1. Ana Maria Ferreira	50	100434	Alges	<b>6:04.47</b>	841
<i>Rec Nac Esc H</i>					
50m: 41.36 41.36	150m: 2:13.00 46.07	200m: 2:59.92 46.92	250m: 3:46.71 46.79	350m: 5:20.01 46.46	400m: 6:04.47 44.46
100m: 1:26.93 45.57					