

XIII Campeonato Nacional Masters - OPEN Verão
Oeiras, 1- - 3-7-2011

Prova 2	Femin., 800m Livres				25 - 89 anos
01-07-2011					Resultados
RN A(25-29)	10:26.21	Ana Mafalda Oliveira	CNMAIA	Perth (AUS)	18-04-2008
RN B(30-34)	9:37.05	Ana Paula Grilo	UDCA	Millau (FRA)	26-08-2003
RN C(35-39)	9:30.91	Ana Paula Grilo	UDCA	Stanford (USA)	04-08-2006
RN D(40-44)	11:53.16	Isabel Batista Ferreira	CFB	Reguengos de Monsaraz	04-07-2010
RN E(45-49)	12:21.41	Amelia Ponte Galhardo	CCDCML	Coimbra	20-06-2009
RN F(50-54)	14:26.14	Helena Varela Lopes	CFB	Reguengos de Monsaraz	04-07-2010
RN G(55-59)	12:37.18	Ana Maria Ferreira	SAD	Cádiz (ESP)	15-09-2009
RN H(60-64)	13:05.96	Ana Maria Ferreira	SAD	Gotemburgo (SWE)	07-08-2010
RN I(65-69)	59:00.00				
RN J(70-74)	59:00.00				
RN K(75-79)	59:00.00				
RN L(80-84)	59:00.00				

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
Master Esc A							
1.	Ana Filipa Leite	86	Academica de Coimbra	10:12.96		744	9
	<i>Rec. Nac Escalão A</i>						
	100m: 1:11.20 1:11.20	300m: 3:45.41 1:17.96	500m: 6:19.85 1:17.39	700m: 8:56.35 1:18.32			
	200m: 2:27.45 1:16.25	400m: 5:02.46 1:17.05	600m: 7:38.03 1:18.18	800m: 10:12.96 1:16.61			
2.	Catia Santos Ramalho	86	Natacao da Maia	11:10.29		569	7
	100m: 1:16.03 1:16.03	300m: 4:01.63 1:23.94	500m: 6:53.24 1:26.06	700m: 9:45.60 1:26.03			
	200m: 2:37.69 1:21.66	400m: 5:27.18 1:25.55	600m: 8:19.57 1:26.33	800m: 11:10.29 1:24.69			
3.	Catia Marisa Valente	84	Luz e Vida	11:44.65		490	6
	100m: 1:22.63 1:22.63	300m: 4:20.42 1:30.04	500m: 7:19.09 1:29.65	700m: 10:16.68 1:28.22			
	200m: 2:50.38 1:27.75	400m: 5:49.44 1:29.02	600m: 8:48.46 1:29.37	800m: 11:44.65 1:27.97			
4.	Diana Raquel Pacheco	84	Leixoes	11:51.76		475	5
	100m: 1:19.67 1:19.67	300m: 4:20.06 1:31.05	500m: 7:21.57 1:30.03	700m: 10:24.36 1:31.49			
	200m: 2:49.01 1:29.34	400m: 5:51.54 1:31.48	600m: 8:52.87 1:31.30	800m: 11:51.76 1:27.40			
5.	Anna Sophie Bader	85	Portinado	12:24.39		415	4
	100m: 1:19.45 1:19.45	300m: 4:24.45 1:34.32	500m: 7:38.24 1:37.62	700m: 10:52.09 1:36.05			
	200m: 2:50.13 1:30.68	400m: 6:00.62 1:36.17	600m: 9:16.04 1:37.80	800m: 12:24.39 1:32.30			

Master Esc B

1.	Rubina Capitao Vieira	80	Nacional	9:53.24		865	9
	100m: 1:09.78 1:09.78	300m: 3:39.38 1:15.26	500m: 6:09.83 1:15.51	700m: 8:39.35 1:14.73			
	200m: 2:24.12 1:14.34	400m: 4:54.32 1:14.94	600m: 7:24.62 1:14.79	800m: 9:53.24 1:13.89			
2.	Ana Mafalda Oliveira	81	Natacao da Maia	10:30.97		719	7
	100m: 1:12.74 1:12.74	300m: 3:51.53 1:20.00	500m: 6:31.06 1:19.27	700m: 9:11.80 1:20.85			
	200m: 2:31.53 1:18.79	400m: 5:11.79 1:20.26	600m: 7:50.95 1:19.89	800m: 10:30.97 1:19.17			
3.	Joana Isabel Cunha	80	Colegio Monte Maior	10:56.72		638	6
	100m: 1:11.73 1:11.73	300m: 3:52.79 1:22.31	500m: 6:43.18 1:25.77	700m: 9:35.21 1:26.06			
	200m: 2:30.48 1:18.75	400m: 5:17.41 1:24.62	600m: 8:09.15 1:25.97	800m: 10:56.72 1:21.51			
4.	Ana Carina Lopes	80	Leixoes	12:03.85		476	5
	100m: 1:17.31 1:17.31	300m: 4:22.15 1:36.40	500m: 7:25.19 1:33.93	700m: 10:31.74 1:33.33			
	200m: 2:45.75 1:28.44	400m: 5:51.26 1:29.11	600m: 8:58.41 1:33.22	800m: 12:03.85 1:32.11			

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Prova 2, Femin., 800m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
5.	Liliana Elisabete Baptista	78	Leixoes	12:05.75		472	4
	100m: 1:21.22 1:21.22	300m: 4:22.15 1:30.98	500m: 7:27.15 1:32.90	700m: 10:33.77 1:32.88			
	200m: 2:51.17 1:29.95	400m: 5:54.25 1:32.10	600m: 9:00.89 1:33.74	800m: 12:05.75 1:31.98			
6.	Elsa Maria Fumega	78	Leixoes	12:11.76		461	3
	100m: 1:25.47 1:25.47	300m: 4:29.47 1:32.44	500m: 7:35.98 1:33.51	700m: 10:42.10 1:32.35			
	200m: 2:57.03 1:31.56	400m: 6:02.47 1:33.00	600m: 9:09.75 1:33.77	800m: 12:11.76 1:29.66			
7.	Sara Mendonca Graca	77	Colegio Monte Maior	13:09.29		367	2
	100m: 1:31.71 1:31.71	300m: 4:52.66 1:40.65	500m: 8:12.27 1:39.50	700m: 11:34.05 1:40.91			
	200m: 3:12.01 1:40.30	400m: 6:32.77 1:40.11	600m: 9:53.14 1:40.87	800m: 13:09.29 1:35.24			
8.	Diana Margarida Jacinto	81	Academica de Coimbra	14:01.57		303	1
	100m: 1:35.58 1:35.58	300m: 5:09.78 1:47.78	500m: 8:44.93 1:47.42	700m: 12:18.13 1:46.65			
	200m: 3:22.00 1:46.42	400m: 6:57.51 1:47.73	600m: 10:31.48 1:46.55	800m: 14:01.57 1:43.44			
9.	Silvia Raquel Mendonca	81	Leixoes	15:00.12		247	
	100m: 1:36.45 1:36.45	300m: 5:23.84 1:55.77	500m: 9:17.40 1:56.79	700m: 13:07.63 1:54.72			
	200m: 3:28.07 1:51.62	400m: 7:20.61 1:56.77	600m: 11:12.91 1:55.51	800m: 15:00.12 1:52.49			
10.	Ana Vieira Luz	78	Colegio Monte Maior	15:00.88		247	
	100m: 1:42.76 1:42.76	300m: 5:25.99 1:52.71	500m: 9:16.89 1:56.85	700m: 13:09.67 1:55.47			
	200m: 3:33.28 1:50.52	400m: 7:20.04 1:54.05	600m: 11:14.20 1:57.31	800m: 15:00.88 1:51.21			
11.	Ana Carina Guerreiro	77	Colegio Monte Maior	15:05.20		243	
	100m: 1:41.10 1:41.10	300m: 5:28.15 1:54.82	500m: 9:21.39 1:56.84	700m: 13:13.31 1:55.28			
	200m: 3:33.33 1:52.23	400m: 7:24.55 1:56.40	600m: 11:18.03 1:56.64	800m: 15:05.20 1:51.89			

Master Esc C

1.	Maria Luisa Costa	74	Leixoes	11:20.08		559	9
	100m: 1:15.27 1:15.27	300m: 4:02.68 1:24.59	500m: 6:56.20 1:27.20	700m: 9:53.09 1:28.74			
	200m: 2:38.09 1:22.82	400m: 5:29.00 1:26.32	600m: 8:24.35 1:28.15	800m: 11:20.08 1:26.99			
2.	Rita Pereira Sousa	73	Colegio Monte Maior	13:20.13		343	7
	100m: 1:30.61 1:30.61	300m: 4:51.46 1:41.14	500m: 8:16.42 1:42.58	700m: 11:40.08 1:41.79			
	200m: 3:10.32 1:39.71	400m: 6:33.84 1:42.38	600m: 9:58.29 1:41.87	800m: 13:20.13 1:40.05			
3.	Fernanda Maria Santinha	72	Masters de Almada	15:02.77		239	6
	100m: 1:41.86 1:41.86	300m: 5:27.55 1:53.50	500m: 9:19.45 1:56.27	700m: 13:11.51 1:55.36			
	200m: 3:34.05 1:52.19	400m: 7:23.18 1:55.63	600m: 11:16.15 1:56.70	800m: 15:02.77 1:51.26			
4.	Helena Isabel Ribeiro	74	Portinado	15:49.00		205	5
	100m: 1:43.40 1:43.40	300m: 5:41.64 2:00.68	500m: 9:47.36 2:02.26	700m: 13:51.85 2:02.55			
	200m: 3:40.96 1:57.56	400m: 7:45.10 2:03.46	600m: 11:49.30 2:01.94	800m: 15:49.00 1:57.15			
5.	Ana Claudia Jorge	72	Academica de Coimbra	16:12.02		191	4
	100m: 1:47.94 1:47.94	300m: 5:58.76 2:06.55	500m: 10:08.81 2:04.83	700m: 14:15.19 2:02.01			
	200m: 3:52.21 2:04.27	400m: 8:03.98 2:05.22	600m: 12:13.18 2:04.37	800m: 16:12.02 1:56.83			

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Master Esc D

1.	Ana Paula Grilo	69	Individual do Alentejo	10:27.37	734	9
	<i>Rec. Nac Escalão D</i>					
	100m: 1:16.45 1:16.45	300m: 3:52.19 1:18.00	500m: 6:29.23 1:18.96	700m: 9:09.12 1:20.71		
	200m: 2:34.19 1:17.74	400m: 5:10.27 1:18.08	600m: 7:48.41 1:19.18	800m: 10:27.37 1:18.25		
2.	Maria Teresa Brandao	69	Leixoes	11:36.22	537	7
	100m: 1:18.25 1:18.25	300m: 4:10.02 1:26.87	500m: 7:08.65 1:29.93	700m: 10:08.35 1:29.50		
	200m: 2:43.15 1:24.90	400m: 5:38.72 1:28.70	600m: 8:38.85 1:30.20	800m: 11:36.22 1:27.87		
3.	Elisabete Maria Rosa	69	Pimpoes/Cimai	12:13.69	459	6
	100m: 1:24.80 1:24.80	300m: 4:29.62 1:32.17	500m: 7:35.08 1:32.59	700m: 10:41.97 1:33.41		
	200m: 2:57.45 1:32.65	400m: 6:02.49 1:32.87	600m: 9:08.56 1:33.48	800m: 12:13.69 1:31.72		
4.	Isabel Maria Magano	68	Leixoes	12:19.65	448	5
	100m: 1:22.69 1:22.69	300m: 4:28.97 1:34.17	500m: 7:38.94 1:35.12	700m: 10:48.50 1:34.53		
	200m: 2:54.80 1:32.11	400m: 6:03.82 1:34.85	600m: 9:13.97 1:35.03	800m: 12:19.65 1:31.15		
5.	Cristina Fernandes Silva	71	Academica de Coimbra	15:19.01	233	4
	100m: 1:43.51 1:43.51	300m: 5:35.56 1:57.91	500m: 9:31.66 1:58.41	700m: 13:28.11 1:57.83		
	200m: 3:37.65 1:54.14	400m: 7:33.25 1:57.69	600m: 11:30.28 1:58.62	800m: 15:19.01 1:50.90		
6.	Ana Bernardo Barbara	70	Portinado	17:51.54	147	3
	100m: 1:56.26 1:56.26	300m: 6:30.77 2:19.27	500m: 11:04.36 2:16.49	700m: 15:39.65 2:17.51		
	200m: 4:11.50 2:15.24	400m: 8:47.87 2:17.10	600m: 13:22.14 2:17.78	800m: 17:51.54 2:11.89		

Master Esc E

1.	Maria Joao Ribeiro	65	Nadadores dos Estoris	12:55.41	502	9
	100m: 1:33.03 1:33.03	300m: 4:47.54 1:36.02	500m: 8:02.04 1:38.09	700m: 11:19.99 1:39.35		
	200m: 3:11.52 1:38.49	400m: 6:23.95 1:36.41	600m: 9:40.64 1:38.60	800m: 12:55.41 1:35.42		
2.	Maria Madalena Caninas	63	Masters de Almada	15:29.67	291	7
	100m: 1:43.03 1:43.03	300m: 5:39.83 2:00.26	500m: 9:43.30 2:00.77	700m: 13:38.09 1:54.42		
	200m: 3:39.57 1:56.54	400m: 7:42.53 2:02.70	600m: 11:43.67 2:00.37	800m: 15:29.67 1:51.58		

Master Esc F

1.	Elena Nikolaevna Kraeva	61	Colegio Monte Maior	11:38.03	736	9
	<i>Rec. Nac Escalão F</i>					
	100m: 1:22.89 1:22.89	300m: 4:19.87 1:28.84	500m: 7:15.23 1:27.68	700m: 10:12.28 1:28.82		
	200m: 2:51.03 1:28.14	400m: 5:47.55 1:27.68	600m: 8:43.46 1:28.23	800m: 11:38.03 1:25.75		
2.	Maria Luisa Oliveira	61	Academica de Coimbra	14:43.05	363	7
	100m: 1:39.98 1:39.98	300m: 5:23.15 1:52.21	500m: 9:07.49 1:52.21	700m: 12:53.20 1:53.51		
	200m: 3:30.94 1:50.96	400m: 7:15.28 1:52.13	600m: 10:59.69 1:52.20	800m: 14:43.05 1:49.85		

Master Esc G

1.	Maria Margarida Torres	55	Academica de Coimbra	16:24.07	338	9
	100m: 1:57.91 1:57.91	300m: 6:04.52 2:03.72	500m: 10:12.96 2:03.97	700m: 14:20.97 2:03.55		
	200m: 4:00.80 2:02.89	400m: 8:08.99 2:04.47	600m: 12:17.42 2:04.46	800m: 16:24.07 2:03.10		

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Master Esc H

1.	Ana Maria Ferreira	50	Alges	12:55.93	802	9
	<i>Rec. Nac Escalão H</i>					
	100m: 1:29.71 1:29.71	300m: 4:47.83 1:38.77	500m: 8:04.43 1:38.63	700m: 11:23.68 1:39.87		
	200m: 3:09.06 1:39.35	400m: 6:25.80 1:37.97	600m: 9:43.81 1:39.38	800m: 12:55.93 1:32.25		

Master Esc I

1.	Maria Van der Eecken	45	Portinado	31:18.98	59	9
	<i>Rec. Nac Escalão I</i>					
	100m: 3:35.10 3:35.10	300m: 12:15.62 4:16.50	500m: 20:16.85 4:01.40	700m: 27:55.49 3:46.56		
	200m: 7:59.12 4:24.02	400m: 16:15.45 3:59.83	600m: 24:08.93 3:52.08	800m: 31:18.98 3:23.49		