

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

Prova 23 Femin., 400m Estilos 25 - 89 anos
03-07-2011 - 9:00 Resultados

RN A(25-29)	6:03.75	Ana Mafalda Oliveira	CNMAIA	Coimbra	21-06-2009
RN B(30-34)	6:26.06	Joana Isabel Cunha	CFB	Reguengos de Monsaraz	03-07-2010
RN C(35-39)	5:22.50	Ana Paula Grilo	UDCA	Stanford (USA)	06-08-2006
RN D(40-44)	6:13.36	Maria Helena Carmo	CNCVG	Coimbra	21-06-2009
RN E(45-49)	6:26.04	Elena Alarcon Gamonal	CNFA	Reguengos de Monsaraz	03-07-2010
RN F(50-54)	7:36.97	Maria Teresa Oliveira	AAC	Reguengos de Monsaraz	03-07-2010
RN G(55-59)	7:28.86	Ana Maria Ferreira	SAD	Coimbra	21-06-2009
RN H(60-64)	59:00.00				
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
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Master Esc A

1.	Carolina Santos Silva	86	Natacao da Maia	5:40.39	+0.77	705	9
	<i>Rec. Nac Escalão A</i>						
	50m: 35.47 35.47	150m: 2:01.82 46.34	250m: 3:34.21 48.64	350m: 5:01.89 38.95			
	100m: 1:15.48 40.01	200m: 2:45.57 43.75	300m: 4:22.94 48.73	400m: 5:40.39 38.50			
2.	Catia Marisa Valente	84	Luz e Vida	6:10.21	+0.74	548	7
	50m: 39.86 39.86	150m: 2:14.45 46.69	250m: 3:52.16 51.24	350m: 5:27.74 43.91			
	100m: 1:27.76 47.90	200m: 3:00.92 46.47	300m: 4:43.83 51.67	400m: 6:10.21 42.47			

Master Esc B

1.	Rubina Capitao Vieira	80	Nacional	5:32.55	+0.98	728	9
	<i>Rec. Nac Escalão B</i>						
	50m: 34.49 34.49	150m: 2:01.82 47.93	250m: 3:31.57 44.78	350m: 4:56.32 38.74			
	100m: 1:13.89 39.40	200m: 2:46.79 44.97	300m: 4:17.58 46.01	400m: 5:32.55 36.23			
2.	Diana Margarida Jacinto	81	Academica de Coimbra	7:31.59	+1.12	290	7
	50m: 51.38 51.38	150m: 2:52.37 1:02.05	250m: 4:50.01 57.39	350m: 6:40.97 52.32			
	100m: 1:50.32 58.94	200m: 3:52.62 1:00.25	300m: 5:48.65 58.64	400m: 7:31.59 50.62			
DSQ	Sara Mendonca Graca	77	Colegio Monte Maior		+0.96		
	<i>603 - Após viragem saiu em posição ventral aos 100 m - SW 6.2</i>						
	50m: 43.10 43.10	150m:	250m:	350m:			
	100m: 1:33.26 50.16	200m:	300m:	400m:			

Master Esc C

1.	Sara Goncalves Ferreira	74	Masters de Almada	7:47.23	+1.26	294	9
	50m: 50.07 50.07	150m: 2:52.46 1:01.60	250m: 4:54.66 1:03.78	350m: 6:55.59 56.85			
	100m: 1:50.86 1:00.79	200m: 3:50.88 58.42	300m: 5:58.74 1:04.08	400m: 7:47.23 51.64			
2.	Fernanda Maria Santinha	72	Masters de Almada	8:45.88	+1.38	206	7
	50m: 1:03.41 1:03.41	150m: 3:25.88 1:12.82	250m: 5:46.12 1:06.54	350m: 7:49.62 57.62			
	100m: 2:13.06 1:09.65	200m: 4:39.58 1:13.70	300m: 6:52.00 1:05.88	400m: 8:45.88 56.26			

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Master Esc D

1. Ana Paula Grilo	69	Individual do Alentejo	5:43.88	+1.29	792	9	
<i>Rec. Nac Escalão D</i>							
50m: 37.34	37.34	150m: 2:02.97	44.50	250m: 3:39.04	52.39	350m: 5:08.55	37.22
100m: 1:18.47	41.13	200m: 2:46.65	43.68	300m: 4:31.33	52.29	400m: 5:43.88	35.33
2. Marina Isabel Mendes	68	Masters de Almada	8:39.48	+1.19	229	7	
50m: 58.86	58.86	150m: 3:25.76	1:16.28	250m: 5:41.68	1:02.28	350m: 7:43.40	57.71
100m: 2:09.48	1:10.62	200m: 4:39.40	1:13.64	300m: 6:45.69	1:04.01	400m: 8:39.48	56.08

Master Esc E

1. Maria Madalena Caninas	63	Masters de Almada	9:25.06	+1.40	224	9	
50m: 1:03.32	1:03.32	150m: 3:37.33	1:18.25	250m: 6:17.32	1:15.62	350m: 8:30.60	55.49
100m: 2:19.08	1:15.76	200m: 5:01.70	1:24.37	300m: 7:35.11	1:17.79	400m: 9:25.06	54.46

Master Esc F

1. Elena Nikolaevna Kraeva	61	Colegio Monte Maior	6:45.18	+0.88	644	9	
<i>Rec. Nac Escalão F</i>							
50m: 46.23	46.23	150m: 2:32.28	50.18	250m: 4:18.07	56.12	350m: 6:00.63	46.06
100m: 1:42.10	55.87	200m: 3:21.95	49.67	300m: 5:14.57	56.50	400m: 6:45.18	44.55
2. Maria Teresa Oliveira	57	Academica de Coimbra	7:56.96	+1.09	395	7	
50m: 53.24	53.24	150m: 3:02.06	1:08.05	250m: 5:09.63	1:02.44	350m: 7:05.67	53.38
100m: 1:54.01	1:00.77	200m: 4:07.19	1:05.13	300m: 6:12.29	1:02.66	400m: 7:56.96	51.29