

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

Prova 35 03-07-2011	Femin., 400m Livres				25 - 89 anos Resultados
RN A(25-29)	5:02.46	Ana Filipa Leite	AAC	Oeiras	01-07-2011
RN B(30-34)	4:39.43	Ana Paula Grilo	INATEL	Riccione (ITA)	20-06-2003
RN C(35-39)	4:35.74	Ana Paula Grilo	UDCA	Stanford (USA)	10-08-2006
RN D(40-44)	5:10.27	Ana Paula Grilo	INDALEN	Oeiras	01-07-2011
RN E(45-49)	6:07.28	Amelia Ponte Galhardo	CCDCML	Coimbra	20-06-2009
RN F(50-54)	5:47.55	Elena Nikolaevna Kraeva	CIMM	Oeiras	01-07-2011
RN G(55-59)	6:06.85	Ana Maria Ferreira	SFP	Perth (AUS)	24-04-2008
RN H(60-64)	6:21.17	Ana Maria Ferreira	SAD	Gotemburgo (SWE)	07-08-2010
RN I(65-69)	8:54.24	Celia Stichini Quartin	PIMP	Reguengos de Monsaraz	03-07-2010
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.	Ana Filipa Leite <i>Rec. Nac Escalão A</i>	86	Academica de Coimbra	5:00.16	+0.87	696	9
	50m: 33.62 33.62	150m: 1:48.51 38.07	250m: 3:05.42 38.63	350m: 4:22.89 38.88			
	100m: 1:10.44 36.82	200m: 2:26.79 38.28	300m: 3:44.01 38.59	400m: 5:00.16 37.27			
2.	Carolina Santos Silva	86	Natacao da Maia	5:10.16	+0.66	630	7
	50m: 35.18 35.18	150m: 1:53.87 39.78	250m: 3:13.17 39.71	350m: 4:31.92 39.23			
	100m: 1:14.09 38.91	200m: 2:33.46 39.59	300m: 3:52.69 39.52	400m: 5:10.16 38.24			
3.	Diana Raquel Pacheco	84	Leixoes	5:45.85	+0.85	455	6
	50m: 36.84 36.84	150m: 2:03.63 44.49	250m: 3:32.85 44.83	350m: 5:03.11 45.41			
	100m: 1:19.14 42.30	200m: 2:48.02 44.39	300m: 4:17.70 44.85	400m: 5:45.85 42.74			
4.	Liliana Maria Barral	86	Masters de Almada	5:55.80	+0.89	417	5
	50m: 36.27 36.27	150m: 2:03.04 45.22	250m: 3:35.71 46.54	350m: 5:09.19 46.85			
	100m: 1:17.82 41.55	200m: 2:49.17 46.13	300m: 4:22.34 46.63	400m: 5:55.80 46.61			

Master Esc B

1.	Ana Mafalda Oliveira	81	Natacao da Maia	5:07.47	+0.93	662	9
	50m: 35.11 35.11	150m: 1:53.77 39.59	250m: 3:12.67 38.93	350m: 4:29.96 38.42			
	100m: 1:14.18 39.07	200m: 2:33.74 39.97	300m: 3:51.54 38.87	400m: 5:07.47 37.51			
2.	Joana Isabel Cunha	80	Colegio Monte Maior	5:09.50	+0.73	649	7
	50m: 34.85 34.85	150m: 1:52.13 39.09	250m: 3:11.79 39.93	350m: 4:32.14 39.62			
	100m: 1:13.04 38.19	200m: 2:31.86 39.73	300m: 3:52.52 40.73	400m: 5:09.50 37.36			
3.	Joana Araujo Gameiro	78	Colegio Monte Maior	6:45.67	+0.85	288	6
	50m: 45.62 45.62	150m: 2:26.65 51.60	250m: 4:11.35 53.28	350m: 5:55.91 52.33			
	100m: 1:35.05 49.43	200m: 3:18.07 51.42	300m: 5:03.58 52.23	400m: 6:45.67 49.76			
4.	Marta Martins Ferreira	79	Funcao Publica	6:48.79	+1.04	282	5
	50m: 44.74 44.74	150m: 2:28.00 52.27	250m: 4:12.44 51.99	350m: 5:58.29 52.97			
	100m: 1:35.73 50.99	200m: 3:20.45 52.45	300m: 5:05.32 52.88	400m: 6:48.79 50.50			
5.	Ana Carina Guerreiro	77	Colegio Monte Maior	7:03.66	+0.88	253	4
	50m: 46.52 46.52	150m: 2:31.07 53.00	250m: 4:19.65 54.37	350m: 6:10.57 55.65			
	100m: 1:38.07 51.55	200m: 3:25.28 54.21	300m: 5:14.92 55.27	400m: 7:03.66 53.09			

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Prova 35, Femin., 400m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
6.	Ana Vieira Luz	78	Colegio Monte Maior	7:19.17	+1.15	227	3
	50m: 47.71 47.71	150m: 2:37.13 56.65	250m: 4:31.29 58.20	350m: 6:24.81 57.67			
	100m: 1:40.48 52.77	200m: 3:33.09 55.96	300m: 5:27.14 55.85	400m: 7:19.17 54.36			

Master Esc C

1.	Maria Luisa Costa	74	Leixoes	5:28.39	+0.82	542	9
	50m: 35.22 35.22	150m: 1:55.83 41.29	250m: 3:21.08 42.79	350m: 4:46.56 42.70			
	100m: 1:14.54 39.32	200m: 2:38.29 42.46	300m: 4:03.86 42.78	400m: 5:28.39 41.83			
2.	Rita Pereira Sousa	73	Colegio Monte Maior	6:25.56		335	7
	50m: 41.98 41.98	150m: 2:18.47 49.70	250m: 3:58.43 50.09	350m: 5:36.82 48.56			
	100m: 1:28.77 46.79	200m: 3:08.34 49.87	300m: 4:48.26 49.83	400m: 6:25.56 48.74			
3.	Sandra Lurdes Diogo	72	Porto/Dolce Vita	6:34.39	+0.90	313	6
	50m: 39.78 39.78	150m: 2:12.47 48.39	250m: 3:56.53 53.03	350m: 5:43.41 53.50			
	100m: 1:24.08 44.30	200m: 3:03.50 51.03	300m: 4:49.91 53.38	400m: 6:34.39 50.98			
4.	Fernanda Maria Santinha	72	Masters de Almada	7:27.12	+1.25	214	5
	50m: 47.64 47.64	150m: 2:39.47 56.77	250m: 4:33.98 56.68	350m: 6:30.29 58.03			
	100m: 1:42.70 55.06	200m: 3:37.30 57.83	300m: 5:32.26 58.28	400m: 7:27.12 56.83			
5.	Helena Isabel Ribeiro	74	Portinado	7:36.24		202	4
	50m: 47.24 47.24	150m: 2:38.86 57.81	250m: 4:37.34 59.39	350m: 6:38.97 1:00.88			
	100m: 1:41.05 53.81	200m: 3:37.95 59.09	300m: 5:38.09 1:00.75	400m: 7:36.24 57.27			

Master Esc D

1.	Maria Teresa Brandao	69	Leixoes	5:39.18	+0.89	515	9
	50m: 37.46 37.46	150m: 2:02.24 43.09	250m: 3:29.79 43.92	350m: 4:57.61 44.29			
	100m: 1:19.15 41.69	200m: 2:45.87 43.63	300m: 4:13.32 43.53	400m: 5:39.18 41.57			
2.	Elisabete Maria Rosa	69	Pimpoes/Cimai	5:57.07	+0.91	442	7
	50m: 40.13 40.13	150m: 2:10.44 45.82	250m: 3:42.48 46.07	350m: 5:14.48 46.32			
	100m: 1:24.62 44.49	200m: 2:56.41 45.97	300m: 4:28.16 45.68	400m: 5:57.07 42.59			
3.	Isabel Maria Magano	68	Leixoes	6:05.75	+0.77	411	6
	50m: 39.43 39.43	150m: 2:10.19 46.48	250m: 3:45.23 47.72	350m: 5:20.57 47.96			
	100m: 1:23.71 44.28	200m: 2:57.51 47.32	300m: 4:32.61 47.38	400m: 6:05.75 45.18			
4.	Ana Bernardo Barbara	70	Portinado	8:34.99	+1.08	147	5
	50m: 57.17 57.17	150m: 3:09.74 1:07.87	250m: 5:24.15 1:07.17	350m: 7:35.69 1:05.46			
	100m: 2:01.87 1:04.70	200m: 4:16.98 1:07.24	300m: 6:30.23 1:06.08	400m: 8:34.99 59.30			

Master Esc E

1.	Maria Fernanda Goncalves	66	Porto/Dolce Vita	6:16.61	+0.98	470	9
	50m: 40.62 40.62	150m: 2:13.75 47.66	250m: 3:51.53 49.50	350m: 5:29.28 48.54			
	100m: 1:26.09 45.47	200m: 3:02.03 48.28	300m: 4:40.74 49.21	400m: 6:16.61 47.33			
2.	Maria Joao Ribeiro	65	Nadadores dos Estoris	6:21.77	+1.23	451	7
	50m: 42.95 42.95	150m: 2:18.78 49.19	250m: 3:57.31 49.52	350m: 5:35.40 49.25			
	100m: 1:29.59 46.64	200m: 3:07.79 49.01	300m: 4:46.15 48.84	400m: 6:21.77 46.37			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
3.	Maria Madalena Caninas	63	Masters de Almada	7:21.17	+1.09	292	6
	50m: 48.25 48.25	150m: 2:39.52	57.42	250m: 4:33.96	57.18	350m: 6:28.38	57.17
	100m: 1:42.10 53.85	200m: 3:36.78	57.26	300m: 5:31.21	57.25	400m: 7:21.17	52.79
4.	Maria Manuela Neto	62	Natacao da Maia	7:53.88		236	5
	50m: 49.93 49.93	150m: 2:47.65	1:00.40	250m: 4:51.73	1:02.39	350m: 6:55.57	1:01.87
	100m: 1:47.25 57.32	200m: 3:49.34	1:01.69	300m: 5:53.70	1:01.97	400m: 7:53.88	58.31

Master Esc F

1.	Elena Nikolaevna Kraeva	61	Colegio Monte Maior	5:52.43	+0.93	674	9
	50m: 39.59 39.59	150m: 2:09.37	45.54	250m: 3:40.29	45.19	350m: 5:09.91	44.45
	100m: 1:23.83 44.24	200m: 2:55.10	45.73	300m: 4:25.46	45.17	400m: 5:52.43	42.52
2.	Maria Teresa Oliveira	57	Academica de Coimbra	6:51.80	+1.12	422	7
	50m: 46.17 46.17	150m: 2:31.93	53.44	250m: 4:17.71	52.76	350m: 6:03.10	52.69
	100m: 1:38.49 52.32	200m: 3:24.95	53.02	300m: 5:10.41	52.70	400m: 6:51.80	48.70
3.	Maria Luisa Oliveira	61	Academica de Coimbra	7:15.32		357	6
	50m: 47.60 47.60	150m: 2:37.55	56.62	250m: 4:29.26	56.34	350m: 6:20.67	55.66
	100m: 1:40.93 53.33	200m: 3:32.92	55.37	300m: 5:25.01	55.75	400m: 7:15.32	54.65

Master Esc H

1.	Ana Maria Ferreira	50	Alges	6:25.33		712	9
	50m: 43.27 43.27	150m: 2:22.84	50.35	250m: 4:01.31	49.17	350m: 5:38.82	48.74
	100m: 1:32.49 49.22	200m: 3:12.14	49.30	300m: 4:50.08	48.77	400m: 6:25.33	46.51