

XIV Campeonato Nacional Masters - OPEN Verão  
Reguengos de Monsaraz, 29-6- - 1-7-2012

Prova 29 Femin., 200m Livres Master Esc A  
01-07-2012 Resultados

RN A(25-29) 2:24.05 Ana Filipa Leite AAC Riccione (ITA) 12-06-2012

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
1. Carolina Santos Silva <i>Rec Nac Esc A</i>	86 Natacao da Maia	<b>2:22.60</b>	640
50m: 33.02 33.02	100m: 1:09.69 36.67	150m: 1:46.66 36.97	200m: 2:22.60 35.94
2. Ana Filipa Leite	86 Academica de Coimbra	<b>2:26.40</b>	592
50m: 33.25 33.25	100m: 1:10.38 37.13	150m: 1:48.42 38.04	200m: 2:26.40 37.98
3. Ana Oliveira Sousa	85 Academica de Coimbra	<b>2:56.65</b>	337
50m: 41.54 41.54	100m: 1:25.75 44.21	150m: 2:12.21 46.46	200m: 2:56.65 44.44
4. Filipa Silveira Varela	87 Nadadores dos Estoris	<b>3:05.95</b>	288
50m: 43.81 43.81	100m: 1:31.79 47.98	150m: 2:21.36 49.57	200m: 3:05.95 44.59
5. Carolina Musso	86 Galitos	<b>3:23.24</b>	221
50m: 44.74 44.74	100m: 1:35.76 51.02	150m: 2:31.79 56.03	200m: 3:23.24 51.45
6. Carolina BJORKE dos Santos	83 O2-Portimao	<b>3:46.26</b>	160
50m: 51.49 51.49	100m: 1:48.92 57.43	150m: 2:50.16 1:01.24	200m: 3:46.26 56.10

Prova 29 Femin., 200m Livres Master Esc B  
01-07-2012 Resultados

RN B(30-34) 2:10.97 Ana Paula Grilo UDCA Millau (FRA) 27-08-2003

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
1. Ana Mafalda Oliveira	81 Natacao da Maia	<b>2:29.89</b>	584
50m: 33.76 33.76	100m: 1:11.39 37.63	150m: 1:51.04 39.65	200m: 2:29.89 38.85
2. Joana Micaela Coelho	82 Academica de Coimbra	<b>2:46.80</b>	423
50m: 37.89 37.89	100m: 1:19.68 41.79	150m: 2:03.35 43.67	200m: 2:46.80 43.45
3. Rita Almeida Crisostomo	80 Academica de Coimbra	<b>2:52.23</b>	384
50m: 39.96 39.96	100m: 1:24.07 44.11	150m: 2:09.54 45.47	200m: 2:52.23 42.69
4. Marta Daniela Oliveira	80 Galitos	<b>2:53.90</b>	373
50m: 38.10 38.10	100m: 1:21.05 42.95	150m: 2:07.07 46.02	200m: 2:53.90 46.83
5. Aline Cardoso Gomes	81 Natacao da Maia	<b>3:05.55</b>	307
50m: 41.41 41.41	100m: 1:28.51 47.10	150m: 2:19.06 50.55	200m: 3:05.55 46.49
6. Ana Rita Fernandes	79 Academica de Coimbra	<b>3:30.81</b>	209
50m: 45.48 45.48	100m: 1:37.38 51.90	150m: 2:33.72 56.34	200m: 3:30.81 57.09
7. Ana Vieira Luz	78 Colegio Monte Maior	<b>3:32.03</b>	206
50m: 47.78 47.78	100m: 1:43.30 55.52	150m: 2:39.25 55.95	200m: 3:32.03 52.78

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Prova 29, Femin., 200m Livres

Prova 29	Femin., 200m Livres				Master Esc C
01-07-2012					Resultados
RN C(35-39)	2:10.77	Ana Paula Grilo	UDCA	Stanford (USA)	06-08-2006

Pontos: DSV Masters 04

Lugar	Ano		Tempo final				Pts
1. Carla Santa Barbara	75	Ginasio de Santo Tirso	<b>2:26.51</b>				633
50m: 33.57 33.57	100m: 1:10.53	36.96	150m: 1:49.36	38.83	200m: 2:26.51	37.15	
2. Sara Mendonca Graca	77	Colegio Monte Maior	<b>2:51.44</b>				395
50m: 40.31 40.31	100m: 1:24.40	44.09	150m: 2:09.28	44.88	200m: 2:51.44	42.16	
3. Ana Filipa Santos	77	O2-Portimao	<b>4:02.42</b>				139
50m: 56.42 56.42	100m: 1:58.82	1:02.40	150m: 3:02.54	1:03.72	200m: 4:02.42	59.88	
DNS Ines Maria Rothes	73	Fluvial Portuense					

Prova 29	Femin., 200m Livres				Master Esc D
01-07-2012					Resultados
RN D(40-44)	2:25.19	Ana Paula Grilo	INDALEN	Oeiras	03-07-2011

Pontos: DSV Masters 04

Lugar	Ano		Tempo final				Pts
1. Maria Teresa Brandao	69	Leixoes	<b>2:38.82</b>				547
50m: 35.70 35.70	100m: 1:15.17	39.47	150m: 1:57.17	42.00	200m: 2:38.82	41.65	
2. Sandra Lurdes Diogo	72	Porto	<b>2:52.56</b>				426
50m: 37.07 37.07	100m: 1:18.83	41.76	150m: 2:05.75	46.92	200m: 2:52.56	46.81	
3. Ana Paula Sequeira	68	Academica de Coimbra	<b>3:03.92</b>				352
50m: 40.95 40.95	100m: 1:27.16	46.21	150m: 2:16.72	49.56	200m: 3:03.92	47.20	
4. Claudia Pereira Reis	68	Ginasio Figueirense	<b>3:25.72</b>				252
50m: 45.82 45.82	100m: 1:38.60	52.78	150m: 2:33.65	55.05	200m: 3:25.72	52.07	
5. Fernanda Maria Santinha	72	Masters de Almada	<b>3:31.07</b>				233
50m: 47.95 47.95	100m: 1:41.58	53.63	150m: 2:37.61	56.03	200m: 3:31.07	53.46	
6. Cristina Fernandes Silva	71	Academica de Coimbra	<b>3:38.68</b>				209
50m: 46.14 46.14	100m: 1:41.33	55.19	150m: 2:40.76	59.43	200m: 3:38.68	57.92	
7. Ana Bernardo Barbara	70	Portinado	<b>4:15.14</b>				132
50m: 51.02 51.02	100m: 1:55.08	1:04.06	150m: 3:05.33	1:10.25	200m: 4:15.14	1:09.81	

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Prova 29, Femin., 200m Livres

Prova 29 Femin., 200m Livres Master Esc E  
01-07-2012 Resultados

RN E(45-49) 2:36.14 Elena Alarcon Gamonal CNFA Coimbra 21-06-2009

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
1. Alexandra Maria Silva	67 Porto	<b>2:39.34</b>	649
50m: 35.55 35.55	100m: 1:14.80 39.25	150m: 1:56.54 41.74	200m: 2:39.34 42.80
2. Maria Candida Migueis	65 Academica de Coimbra	<b>3:12.75</b>	366
50m: 44.11 44.11	100m: 1:32.90 48.79	150m: 2:23.56 50.66	200m: 3:12.75 49.19
3. Maria Margarida Urbano	63 Academica de Coimbra	<b>3:13.01</b>	365
50m: 43.75 43.75	100m: 1:32.17 48.42	150m: 2:22.87 50.70	200m: 3:13.01 50.14
4. Maria Madalena Caninas	63 Masters de Almada	<b>3:22.07</b>	318
50m: 44.87 44.87	100m: 1:35.81 50.94	150m: 2:30.56 54.75	200m: 3:22.07 51.51
DNF Paula Gomes Pereira	64 Setubalense		

Prova 29 Femin., 200m Livres Master Esc F  
01-07-2012 Resultados

RN F(50-54) 2:45.66 Elena Nikolaevna Kraeva CIMM Oeiras 03-07-2011

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
1. Elena Nikolaevna Kraeva	61 Colegio Monte Maior	<b>2:46.14</b>	641
50m: 38.40 38.40	100m: 1:20.71 42.31	150m: 2:04.08 43.37	200m: 2:46.14 42.06
2. Maria Manuela Neto	62 Natacao da Maia	<b>3:39.93</b>	276
50m: 49.14 49.14	100m: 1:44.53 55.39	150m: 2:44.90 1:00.37	200m: 3:39.93 55.03
3. Maria Natalia Pereira	58 O2-Portimao	<b>4:36.77</b>	138
50m: 1:04.03 1:04.03	100m: 2:15.95 1:11.92	150m: 3:30.81 1:14.86	200m: 4:36.77 1:05.96
DNS Maria Luisa Oliveira	61 Academica de Coimbra		

Prova 29 Femin., 200m Livres Master Esc G  
01-07-2012 Resultados

RN G(55-59) 2:53.87 Ana Maria Ferreira SFP Perth (AUS) 19-04-2008

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
1. Luisa Maria Pintao	54 Nadadores dos Estoris	<b>3:32.39</b>	355
50m: 48.79 48.79	100m: 1:43.56 54.77	150m: 2:40.40 56.84	200m: 3:32.39 51.99
2. Isabel Costa Monteiro	53 Academica de Coimbra	<b>3:49.81</b>	280
50m: 49.43 49.43	100m: 1:48.73 59.30	150m: 2:50.14 1:01.41	200m: 3:49.81 59.67
3. Maria Margarida Torres	55 Academica de Coimbra	<b>4:11.02</b>	215
50m: 54.58 54.58	100m: 1:58.47 1:03.89	150m: 3:05.26 1:06.79	200m: 4:11.02 1:05.76

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01-07-2012					Resultados
RN H(60-64)	2:58.63	Ana Maria Ferreira	SAD	Riccione (ITA)	12-06-2012

Pontos: DSV Masters 04

Lugar			Ano			Tempo final	Pts	
1.	Ana Maria Ferreira		50	Alges		<b>3:05.62</b>	664	
	50m:	43.83 43.83	100m:	1:33.11 49.28	150m:	2:21.86 48.75	200m:	3:05.62 43.76