

VII OPEN Inverno de Masters
Felgueiras, 26- - 27-1-2013

Prova 19 Femin., 400m Livres Master Esc B
27-01-2013 - 9:30 Resultados

RN Esc B(30-34) 4:27.23 Ana Paula Grilo UDCA Inatel 25-05-2002

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Isabel Cunha	80	117125	Academica de Coimbra	5:04.27	+0,74	684	
	50m: 33.52 33.52	150m: 1:48.70 38.33	250m: 3:07.21 39.17	350m: 4:26.57 39.75				
	100m: 1:10.37 36.85	200m: 2:28.04 39.34	300m: 3:46.82 39.61	400m: 5:04.27 37.70				
2.	Ana Mafalda Oliveira	81	23193	Natacao da Maia	5:04.59	+0,82	681	
	50m: 33.48 33.48	150m: 1:48.56 38.41	250m: 3:07.37 39.63	350m: 4:26.24 39.22				
	100m: 1:10.15 36.67	200m: 2:27.74 39.18	300m: 3:47.02 39.65	400m: 5:04.59 38.35				

Prova 19 Femin., 400m Livres Master Esc C
27-01-2013 - 9:30 Resultados

RN Esc C(35-39) 4:30.30 Ana Paula Grilo UDCA Palma Maiorca (ESP) 18-04-2004

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Carla Santa Barbara	75	118948	Porto	5:10.15	+0,78	643	
	50m: 34.71 34.71	150m: 1:50.32 38.60	250m: 3:10.47 40.44	350m: 4:31.03 40.26				
	100m: 1:11.72 37.01	200m: 2:30.03 39.71	300m: 3:50.77 40.30	400m: 5:10.15 39.12				
2.	Sandra Santa Barbara	75	104504	Ginasio Santo Tirso	5:57.71	+0,91	419	
	50m: 38.20 38.20	150m: 2:02.75 43.44	250m: 3:36.34 47.57	350m: 5:11.09 47.26				
	100m: 1:19.31 41.11	200m: 2:48.77 46.02	300m: 4:23.83 47.49	400m: 5:57.71 46.62				
3.	Sofia Marques Pereira	78	124935	Colegio Monte Maior	6:29.16	+1,01	325	
	50m: 44.21 44.21	150m: 2:20.87 48.91	250m: 4:00.64 50.04	350m: 5:41.87 51.14				
	100m: 1:31.96 47.75	200m: 3:10.60 49.73	300m: 4:50.73 50.09	400m: 6:29.16 47.29				

Prova 19 Femin., 400m Livres Master Esc D
27-01-2013 - 9:30 Resultados

RN Esc D(40-44) 4:53.84 Ana Paula Grilo INDALEN Fafe 18-06-2011

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Maria Rothes	73	124731	Fluvial Portuense	5:12.80		657	
	50m: 37.00 37.00	150m: 1:53.88 38.80	250m: 3:12.47 39.51	350m: 4:33.28 40.81				
	100m: 1:15.08 38.08	200m: 2:32.96 39.08	300m: 3:52.47 40.00	400m: 5:12.80 39.52				
2.	Elisabete Maria Rosa	69	106153	Pimpoes/Cimai	5:59.42	+0,98	433	
	50m: 38.98 38.98	150m: 2:08.19 45.36	250m: 3:40.36 45.95	350m: 5:14.58 47.44				
	100m: 1:22.83 43.85	200m: 2:54.41 46.22	300m: 4:27.14 46.78	400m: 5:59.42 44.84				
3.	Fernanda Maria Santinha	72	100478	Masters de Almada	7:09.80	+1,27	253	
	50m: 46.78 46.78	150m: 2:33.67 54.72	250m: 4:24.94 56.21	350m: 6:16.46 55.73				
	100m: 1:38.95 52.17	200m: 3:28.73 55.06	300m: 5:20.73 55.79	400m: 7:09.80 53.34				

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Master Esc E
Resultados

RN Esc E(45-49) 5:40.16 Elena Nikolaevna Kraeva CFB Lisboa 31-01-2010

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Alexandra Maria Silva <i>Rec Nac Cat E</i>	67	117413	Porto	5:18.00	+0,91	781	
	50m: 35.67 35.67			150m: 1:54.16 39.36	250m: 3:14.12 40.28	350m: 4:36.63 41.44		
	100m: 1:14.80 39.13			200m: 2:33.84 39.68	300m: 3:55.19 41.07	400m: 5:18.00 41.37		

DNS Ana Paula Sequeira 68 124853 Academica de Coimbra

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Femin., 400m Livres

Master Esc F
Resultados

RN Esc F(50-54) 5:26.05 Elena Nikolaevna Kraeva ADRCIMM Tomar 29-01-2012

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Elena Nikolaevna Kraeva	61	14173	Colegio Monte Maior	5:35.60	+0,94	781	
	50m: 38.86 38.86			150m: 2:04.18 42.81	250m: 3:30.35 42.84	350m: 4:55.68 42.42		
	100m: 1:21.37 42.51			200m: 2:47.51 43.33	300m: 4:13.26 42.91	400m: 5:35.60 39.92		
2.	Julia Chamosa Martin	61		R.C.N. Vigo	6:18.82	+0,96	543	
	50m: 42.53 42.53			150m: 2:16.87 47.60	250m: 3:53.67 48.62	350m: 5:30.95 48.64		
	100m: 1:29.27 46.74			200m: 3:05.05 48.18	300m: 4:42.31 48.64	400m: 6:18.82 47.87		
3.	Maria Luisa Oliveira	61	11731	Academica de Coimbra	7:08.98		374	
	50m: 46.17 46.17			150m: 2:31.90 54.31	250m: 4:20.86 54.69	350m: 6:13.63 55.33		
	100m: 1:37.59 51.42			200m: 3:26.17 54.27	300m: 5:18.30 57.44	400m: 7:08.98 55.35		
4.	Maria Fatima Coelho	60	109032	Academica de Coimbra	7:11.11	+0,97	368	
	50m: 46.95 46.95			150m: 2:32.49 53.78	250m: 4:22.21 54.92	350m: 6:14.19 55.93		
	100m: 1:38.71 51.76			200m: 3:27.29 54.80	300m: 5:18.26 56.05	400m: 7:11.11 56.92		
5.	Maria Manuela Neto	62	102090	Natacao da Maia	7:27.79		328	
	50m: 50.30 50.30			150m: 2:40.24 56.38	250m: 4:35.25 57.77	350m: 6:32.08 58.17		
	100m: 1:43.86 53.56			200m: 3:37.48 57.24	300m: 5:33.91 58.66	400m: 7:27.79 55.71		

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Master Esc G
Resultados

RN Esc G(55-59) 6:01.93 Ana Maria Ferreira ANE Inatel 14-02-2009

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Angela Gomez Doval	56		C. Fluvial De Lugo	7:35.45	+1,23	392	
	50m: 51.06 51.06			150m: 2:43.94 57.46	250m: 4:40.94 58.70	350m: 6:38.54 59.15		
	100m: 1:46.48 55.42			200m: 3:42.24 58.30	300m: 5:39.39 58.45	400m: 7:35.45 56.91		

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Prova 19	Femin., 400m Livres					Master Esc H
27-01-2013 - 9:30						Resultados
RN Esc H(60-64)	6:01.46	Ana Maria Ferreira	SAD	Tomar		29-01-2012
Pontos: DSV Masters 04						

Lugar	Nome	Ano	NFed	Clube	Tempo Final		TReac	Pts FINA	Pts
1.	Ana Maria Ferreira	50	100434	Alges	6:07.42			821	
	50m: 42.80	42.80	150m: 2:15.42	46.92	250m: 3:49.12	47.02	350m: 5:22.56	46.79	
	100m: 1:28.50	45.70	200m: 3:02.10	46.68	300m: 4:35.77	46.65	400m: 6:07.42	44.86	