

Event 23 Women, 400m Medley Master Esc A
30-06-2013 - 9:00 Results

RN A(25-29) 5:40.39 Carolina Santos Silva CNMAIA Oeiras 03-07-2011

Points: DSV Masters 04

Rank	Nome	YB	Clube	Tempo Final	RT	Pts	Pts
1.	Catia Marisa Valente	84	Luz e Vida	6:34.27	+0,72	454	9
	50m: 39.98 39.98	150m: 2:21.99 49.68	250m: 4:05.08 52.53	350m: 5:47.16 47.80			
	100m: 1:32.31 52.33	200m: 3:12.55 50.56	300m: 4:59.36 54.28	400m: 6:34.27 47.11			
2.	Rita Claudia Fougo	88	Natacao da Maia	6:54.67	+1,03	390	7
	50m: 38.71 38.71	150m: 2:24.34 57.04	250m: 4:20.09 59.62	350m: 6:06.39 46.28			
	100m: 1:27.30 48.59	200m: 3:20.47 56.13	300m: 5:20.11 1:00.02	400m: 6:54.67 48.28			

Event 23 Women, 400m Medley Master Esc B
30-06-2013 - 9:00 Results

RN B(30-34) 5:32.55 Rubina Capitao Vieira CDN Oeiras 03-07-2011

Points: DSV Masters 04

Rank	Nome	YB	Clube	Tempo Final	RT	Pts	Pts
1.	Ana Mafalda Oliveira	81	Natacao da Maia	6:04.16	+0,96	554	9
	50m: 36.20 36.20	150m: 2:10.70 49.10	250m: 3:50.85 53.12	350m: 5:24.24 39.53			
	100m: 1:21.60 45.40	200m: 2:57.73 47.03	300m: 4:44.71 53.86	400m: 6:04.16 39.92			
2.	Joana Isabel Cunha	80	Academica de Coimbra	6:08.03	+0,68	537	7
	50m: 38.19 38.19	150m: 2:14.30 50.62	250m: 3:54.56 50.44	350m: 5:29.32 40.87			
	100m: 1:23.68 45.49	200m: 3:04.12 49.82	300m: 4:48.45 53.89	400m: 6:08.03 38.71			
3.	Diana Margarida Jacinto	81	Academica de Coimbra	7:05.64	+1,13	347	6
	50m: 48.10 48.10	150m: 2:44.25 59.68	250m: 4:35.48 55.09	350m: 6:19.91 48.05			
	100m: 1:44.57 56.47	200m: 3:40.39 56.14	300m: 5:31.86 56.38	400m: 7:05.64 45.73			

Event 23 Women, 400m Medley Master Esc D
30-06-2013 - 9:00 Results

RN D(40-44) 5:43.88 Ana Paula Grilo INDALEN Oeiras 03-07-2011

Points: DSV Masters 04

Rank	Nome	YB	Clube	Tempo Final	RT	Pts	Pts
1.	Sandra Lurdes Diogo	72	Porto	7:11.74	+1,09	400	9
	50m: 40.36 40.36	150m: 2:30.64 1:01.10	250m: 4:29.57 58.86	350m: 6:20.69 50.73			
	100m: 1:29.54 49.18	200m: 3:30.71 1:00.07	300m: 5:29.96 1:00.39	400m: 7:11.74 51.05			
2.	Fernanda Maria Santinha	72	Masters Almada	8:46.34		221	7
	50m: 1:00.17 1:00.17	150m: 3:22.57 1:14.38	250m: 5:43.60 1:02.49	350m: 7:49.60 58.23			
	100m: 2:08.19 1:08.02	200m: 4:41.11 1:18.54	300m: 6:51.37 1:07.77	400m: 8:46.34 56.74			

Event 23, Women, 400m Medley

Event 23 Women, 400m Medley Master Esc E
30-06-2013 - 9:00 Results

RN E(45-49) 6:26.04 Elena Alarcon Gamonal CNFA Reguengos de Monsaraz 03-07-2010

Points: DSV Masters 04

Rank	Nome	YB	Clube	Tempo Final	RT	Pts	Pts
1.	Maria Manuela Sequeira	68	Academica de Coimbra	7:49.65		391	9
	50m: 53.60 53.60	150m: 3:09.60 1:05.09	250m: 5:06.21 57.41	350m: 6:59.20 53.89			
	100m: 2:04.51 1:10.91	200m: 4:08.80 59.20	300m: 6:05.31 59.10	400m: 7:49.65 50.45			

Event 23 Women, 400m Medley Master Esc G
30-06-2013 - 9:00 Results

RN G(55-59) 7:28.86 Ana Maria Ferreira SAD Coimbra 21-06-2009

Points: DSV Masters 04

Rank	Nome	YB	Clube	Tempo Final	RT	Pts	Pts
1.	Luisa Maria Pintao	54	Nadadores dos Estoris	8:10.02	+1,16	429	9
	50m: 58.53 58.53	150m: 3:11.50 1:07.13	250m: 5:20.21 1:02.97	350m: 7:16.46 55.03			
	100m: 2:04.37 1:05.84	200m: 4:17.24 1:05.74	300m: 6:21.43 1:01.22	400m: 8:10.02 53.56			

DNS Maria Teresa Oliveira 57 Academica de Coimbra

Event 23 Women, 400m Medley Master Esc H
30-06-2013 - 9:00 Results

RN H(60-64) 59:00.00

Points: DSV Masters 04

Rank	Nome	YB	Clube	Tempo Final	RT	Pts	Pts
1.	Ana Maria Ferreira <i>Rec Nac Esc H</i>	50	Alges	7:52.39	+1,10	536	9
	50m: 50.81 50.81	150m: 2:53.44 1:01.93	250m: 5:07.49 1:12.69	350m: 7:04.94 47.32			
	100m: 1:51.51 1:00.70	200m: 3:54.80 1:01.36	300m: 6:17.62 1:10.13	400m: 7:52.39 47.45			