

XV Campeonato Nacional Masters de Verão - OPEN
Loulé, 28- - 30-6-2013

Prova 35 Femin., 400m Livres Master Esc A
30-06-2013 - 16:20 Resultados

RN A(25-29) 5:00.16 Ana Filipa Leite AAC Oeiras 03-07-2011

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pts
1.	Carolina Santos Silva	86	Natacao da Maia	5:00.70		692	9
	50m: 33.90 33.90	150m: 1:49.49 37.95	250m: 3:06.11 38.72	350m: 4:23.33 38.63			
	100m: 1:11.54 37.64	200m: 2:27.39 37.90	300m: 3:44.70 38.59	400m: 5:00.70 37.37			
2.	Ana Teresa Nunes	88	Natacao do Tejo	5:41.49	+0,86	472	7
	50m: 38.24 38.24	150m: 2:02.55 42.98	250m: 3:30.25 44.36	350m: 4:59.82 45.21			
	100m: 1:19.57 41.33	200m: 2:45.89 43.34	300m: 4:14.61 44.36	400m: 5:41.49 41.67			
3.	Catarina Isabel Neves	85	Academica de Coimbra	5:52.83	+0,95	428	6
	50m: 37.78 37.78	150m: 2:03.49 43.45	250m: 3:33.77 45.45	350m: 5:06.62 46.45			
	100m: 1:20.04 42.26	200m: 2:48.32 44.83	300m: 4:20.17 46.40	400m: 5:52.83 46.21			
4.	Ana Oliveira Sousa	85	Academica de Coimbra	6:01.41	+0,93	398	5
	50m: 41.20 41.20	150m: 2:10.86 45.47	250m: 3:42.21 45.31	350m: 5:15.23 46.62			
	100m: 1:25.39 44.19	200m: 2:56.90 46.04	300m: 4:28.61 46.40	400m: 6:01.41 46.18			
5.	Filipa Silveira Varela	87	Nadadores dos Estoris	6:07.66	+0,97	378	4
	50m: 38.80 38.80	150m: 2:08.81 46.83	250m: 3:46.12 49.07	350m: 5:22.66 48.28			
	100m: 1:21.98 43.18	200m: 2:57.05 48.24	300m: 4:34.38 48.26	400m: 6:07.66 45.00			

Prova 35 Femin., 400m Livres Master Esc B
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RN B(30-34) 4:39.43 Ana Paula Grilo INATEL Riccione (ITA) 20-06-2003

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pts
1.	Joana Isabel Cunha	80	Academica de Coimbra	5:05.12	+0,87	678	9
	50m: 35.03 35.03	150m: 1:50.99 38.80	250m: 3:09.35 39.41	350m: 4:28.42 39.57			
	100m: 1:12.19 37.16	200m: 2:29.94 38.95	300m: 3:48.85 39.50	400m: 5:05.12 36.70			
2.	Ana Mafalda Oliveira	81	Natacao da Maia	5:11.72	+0,98	636	7
	50m: 34.58 34.58	150m: 1:52.39 39.14	250m: 3:12.38 39.67	350m: 4:32.58 39.60			
	100m: 1:13.25 38.67	200m: 2:32.71 40.32	300m: 3:52.98 40.60	400m: 5:11.72 39.14			
3.	Marta Daniela Oliveira	80	Galitos	5:49.06	+0,85	453	6
	50m: 38.55 38.55	150m: 2:04.38 43.42	250m: 3:33.99 44.79	350m: 5:04.80 45.09			
	100m: 1:20.96 42.41	200m: 2:49.20 44.82	300m: 4:19.71 45.72	400m: 5:49.06 44.26			
4.	Diana Margarida Jacinto	81	Academica de Coimbra	6:06.46	+1,04	391	5
	50m: 40.92 40.92	150m: 2:12.60 46.63	250m: 3:46.38 46.77	350m: 5:21.11 47.69			
	100m: 1:25.97 45.05	200m: 2:59.61 47.01	300m: 4:33.42 47.04	400m: 6:06.46 45.35			
5.	Aline Cardoso Gomes	81	Natacao da Maia	6:41.52	+0,98	297	4
	50m: 44.66 44.66	150m: 2:27.13 52.18	250m: 4:12.06 52.57	350m: 5:54.62 51.02			
	100m: 1:34.95 50.29	200m: 3:19.49 52.36	300m: 5:03.60 51.54	400m: 6:41.52 46.90			
6.	Carolina Bjorke dos Santos	83	O2-Portimao	8:32.43	+1,16	143	3
	50m: 54.32 54.32	150m: 2:57.77 1:03.59	250m: 5:13.42 1:09.21	350m: 7:32.29 1:10.53			
	100m: 1:54.18 59.86	200m: 4:04.21 1:06.44	300m: 6:21.76 1:08.34	400m: 8:32.43 1:00.14			

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RN C(35-39) 4:35.74 Ana Paula Grilo UDCA Stanford (USA) 10-08-2006

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pts
1.	Ana Filipa Santos	77	O2-Portimao	8:26.55	+1,11	147	9
	50m: 59.64 59.64	150m: 3:06.07 1:04.54	250m: 5:16.20 1:05.68	350m: 7:26.22 1:05.95			
	100m: 2:01.53 1:01.89	200m: 4:10.52 1:04.45	300m: 6:20.27 1:04.07	400m: 8:26.55 1:00.33			

DNS Jenny Martins Martins 74 Galitos

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RN D(40-44) 5:10.27 Ana Paula Grilo INDALEN Oeiras 01-07-2011

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pts
1.	Ines Maria Rothes	73	Fluvial Portuense	5:26.91		576	9
	50m: 37.40 37.40	150m: 1:56.27 39.80	250m: 3:20.67 41.91	350m: 4:45.47 42.81			
	100m: 1:16.47 39.07	200m: 2:38.76 42.49	300m: 4:02.66 41.99	400m: 5:26.91 41.44			
2.	Maria Teresa Brandao	69	Fluvial Portuense	5:56.62	+0,99	443	7
	50m: 40.17 40.17	150m: 2:10.44 46.50	250m: 3:43.41 46.47	350m: 5:14.42 45.01			
	100m: 1:23.94 43.77	200m: 2:56.94 46.50	300m: 4:29.41 46.00	400m: 5:56.62 42.20			
3.	Catarina Araujo Blanco	71	Leixoes	6:41.16	+1,04	311	6
	50m: 42.66 42.66	150m: 2:25.13 51.76	250m: 4:07.95 51.56	350m: 5:52.11 51.20			
	100m: 1:33.37 50.71	200m: 3:16.39 51.26	300m: 5:00.91 52.96	400m: 6:41.16 49.05			
4.	Rita Pereira Sousa	73	Colegio Monte Maior	6:44.27		304	5
	50m: 42.23 42.23	150m: 2:19.51 49.73	250m: 4:04.65 53.38	350m: 5:52.11 53.67			
	100m: 1:29.78 47.55	200m: 3:11.27 51.76	300m: 4:58.44 53.79	400m: 6:44.27 52.16			
5.	Fernanda Maria Santinha	72	Masters Almada	7:07.45		257	4
	50m: 47.59 47.59	150m: 2:34.13 54.11	250m: 4:23.57 55.20	350m: 6:13.66 55.11			
	100m: 1:40.02 52.43	200m: 3:28.37 54.24	300m: 5:18.55 54.98	400m: 7:07.45 53.79			
6.	Ana Leonor Sanches	73	O2-Portimao	7:56.23	+0,99	186	3
	50m: 51.74 51.74	150m: 2:48.69 1:00.27	250m: 4:54.50 1:04.30	350m: 7:01.14 1:02.73			
	100m: 1:48.42 56.68	200m: 3:50.20 1:01.51	300m: 5:58.41 1:03.91	400m: 7:56.23 55.09			

DNS Patricia Diogenes Pereira 69 Avancado EUL

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RN E(45-49) 6:05.66 Alexandra Maria Silva FCP Reguengos de Monsaraz 29-06-2012

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pts
1.	Ana Paula Sequeira	68	Academica de Coimbra	6:33.14	+0,88	413	9
	50m: 39.41 39.41	150m: 2:15.81 50.30	250m: 4:00.12 52.35	350m: 5:44.39 52.13			
	100m: 1:25.51 46.10	200m: 3:07.77 51.96	300m: 4:52.26 52.14	400m: 6:33.14 48.75			
2.	Graca Maria Vilarinho	65	Sporting de Aveiro	7:18.98	+0,96	297	7
	50m: 46.63 46.63	150m: 2:35.33 55.52	250m: 4:28.26 57.73	350m: 6:23.63 58.51			
	100m: 1:39.81 53.18	200m: 3:30.53 55.20	300m: 5:25.12 56.86	400m: 7:18.98 55.35			

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Femin., 400m Livres

Master Esc F
Resultados

RN F(50-54) 5:43.18 Elena Nikolaevna Kraeva ADRCIMM Reguengos de Monsaraz 01-07-2012

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pts
1.	Maria Madalena Caninas	63	Masters Almada	7:19.22	+0,94	348	9
	50m: 46.99 46.99	150m: 2:34.38 54.80	250m: 4:27.19 56.78	350m: 6:25.04 59.56			
	100m: 1:39.58 52.59	200m: 3:30.41 56.03	300m: 5:25.48 58.29	400m: 7:19.22 54.18			
2.	Maria Fatima Coelho	60	Academica de Coimbra	7:33.67	+1,05	316	7
	50m: 48.67 48.67	150m: 2:41.52 58.16	250m: 4:39.32 59.18	350m: 6:37.67 58.97			
	100m: 1:43.36 54.69	200m: 3:40.14 58.62	300m: 5:38.70 59.38	400m: 7:33.67 56.00			
3.	Maria Manuela Neto	62	Natacao da Maia	7:41.50		300	6
	50m: 51.38 51.38	150m: 2:47.59 58.62	250m: 4:44.95 58.01	350m: 6:43.67 58.58			
	100m: 1:48.97 57.59	200m: 3:46.94 59.35	300m: 5:45.09 1:00.14	400m: 7:41.50 57.83			

DNS Maria Luisa Oliveira 61 Academica de Coimbra

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Femin., 400m Livres

Master Esc G
Resultados

RN G(55-59) 6:06.85 Ana Maria Ferreira SFP Perth (AUS) 24-04-2008

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pts
1.	Maria Teresa Oliveira	57	Academica de Coimbra	7:00.71	+1,02	498	9
	50m: 44.26 44.26	150m: 2:29.00 53.66	250m: 4:19.72 55.31	350m: 6:09.30 54.73			
	100m: 1:35.34 51.08	200m: 3:24.41 55.41	300m: 5:14.57 54.85	400m: 7:00.71 51.41			
2.	Luisa Maria Pintao	54	Nadadores dos Estoris	7:34.53	+1,13	395	7
	50m: 50.73 50.73	150m: 2:48.22 59.84	250m: 4:44.50 57.91	350m: 6:37.78 56.50			
	100m: 1:48.38 57.65	200m: 3:46.59 58.37	300m: 5:41.28 56.78	400m: 7:34.53 56.75			