

XVII Campeonato Nacional Masters de Verão - OPEN  
Loulé, 3 - 5-7-2015

Prova 19 Femin., 400m Estilos Master Esc A  
04-07-2015 - 16:55 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
1.	Carolina Santos Silva	86	Natacao da Maia	<b>5:37.84</b>	+0,67	786	
	50m: 32.68 32.68	150m: 1:58.17	46.99	250m: 3:31.62	48.43	350m: 4:59.99	39.24
	100m: 1:11.18 38.50	200m: 2:43.19	45.02	300m: 4:20.75	49.13	400m: 5:37.84	37.85
2.	Susana Maria Mateus	89	Litoral Alentejano	<b>6:09.02</b>	+0,99	603	
	50m: 40.34 40.34	150m: 2:15.38	46.75	250m: 3:54.56	53.77	350m: 5:28.61	40.53
	100m: 1:28.63 48.29	200m: 3:00.79	45.41	300m: 4:48.08	53.52	400m: 6:09.02	40.41
3.	Joana Pereira Barbara	87	Masters de Almada	<b>6:32.01</b>	+0,98	503	
	50m: 42.99 42.99	150m: 2:25.32	52.12	250m: 4:07.70	51.33	350m: 5:47.43	47.45
	100m: 1:33.20 50.21	200m: 3:16.37	51.05	300m: 4:59.98	52.28	400m: 6:32.01	44.58
4.	Sara Cristina Paula	87	Natacao da Maia	<b>7:21.02</b>	+1,08	353	
	50m: 48.16 48.16	150m: 2:40.96	57.98	250m: 4:37.45	1:01.41	350m: 6:30.42	51.98
	100m: 1:42.98 54.82	200m: 3:36.04	55.08	300m: 5:38.44	1:00.99	400m: 7:21.02	50.60
5.	Susana Pereira Lory	87	Masters de Almada	<b>8:40.21</b>	+1,04	215	
	50m: 55.64 55.64	150m: 3:11.97	1:12.23	250m: 5:28.96	1:04.62	350m: 7:39.74	1:03.65
	100m: 1:59.74 1:04.10	200m: 4:24.34	1:12.37	300m: 6:36.09	1:07.13	400m: 8:40.21	1:00.47

Prova 19 Femin., 400m Estilos Master Esc B  
04-07-2015 - 16:55 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
1.	Ana Mafalda Oliveira	81	Natacao da Maia	<b>6:06.02</b>	+0,91	607	
	50m: 37.09 37.09	150m: 2:10.94	48.34	250m: 3:51.62	53.98	350m: 5:25.63	40.76
	100m: 1:22.60 45.51	200m: 2:57.64	46.70	300m: 4:44.87	53.25	400m: 6:06.02	40.39
2.	Catia Marisa Valente	84	Luz e Vida	<b>6:13.32</b>	+0,67	572	
	50m: 37.14 37.14	150m: 2:14.01	46.43	250m: 3:52.16	52.18	350m: 5:30.17	45.88
	100m: 1:27.58 50.44	200m: 2:59.98	45.97	300m: 4:44.29	52.13	400m: 6:13.32	43.15
3.	Raquel Filipa Miranda	85	Foca	<b>6:21.72</b>	+0,95	535	
	50m: 39.94 39.94	150m: 2:18.95	54.99	250m: 4:03.05	53.24	350m: 5:41.14	43.81
	100m: 1:23.96 44.02	200m: 3:09.81	50.86	300m: 4:57.33	54.28	400m: 6:21.72	40.58
4.	Rita Loureiro Pinto	85	Ginasio Clube	<b>6:45.26</b>	+1,14	447	
	50m: 45.39 45.39	150m: 2:32.19	52.51	250m: 4:17.92	55.92	350m: 6:02.31	46.72
	100m: 1:39.68 54.29	200m: 3:22.00	49.81	300m: 5:15.59	57.67	400m: 6:45.26	42.95

XVII Campeonato Nacional Masters de Verão - OPEN  
Loulé, 3- - 5-7-2015

Prova 19, Femin., 400m Estilos

Prova 19 Femin., 400m Estilos Master Esc C  
04-07-2015 - 16:55 Resultados

RN C(35-39) 5:22.50 Ana Paula Grilo UDCA Stanford (USA) 06-08-2006

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Filipa Cristina Fernandes	76	Desportivo Nacional	<b>6:52.42</b>	+0,91	476
	50m: 41.53 41.53	150m: 2:31.97 56.69	250m: 4:22.11 56.07	350m: 6:06.89 48.80		
	100m: 1:35.28 53.75	200m: 3:26.04 54.07	300m: 5:18.09 55.98	400m: 6:52.42 45.53		
2.	Maria Joao Graf	78	Natacao da Maia	<b>6:57.26</b>	+1,00	460
	50m: 42.50 42.50	150m: 2:30.29 57.32	250m: 4:22.35 56.43	350m: 6:09.16 49.40		
	100m: 1:32.97 50.47	200m: 3:25.92 55.63	300m: 5:19.76 57.41	400m: 6:57.26 48.10		

Prova 19 Femin., 400m Estilos Master Esc D  
04-07-2015 - 16:55 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Maria Luisa Costa	74	Fluvial Portuense	<b>6:19.53</b>	+0,91	625
	50m: 36.81 36.81	150m: 2:10.96 52.31	250m: 3:56.83 55.59	350m: 5:36.25 44.62		
	100m: 1:18.65 41.84	200m: 3:01.24 50.28	300m: 4:51.63 54.80	400m: 6:19.53 43.28		
2.	Monika Nováková	75	J&T Sportteam Bratislava	<b>7:14.33</b>	+1,00	417
	50m: 44.32 44.32	150m: 2:36.50 57.69	250m: 4:32.87 59.69	350m: 6:22.25 50.85		
	100m: 1:38.81 54.49	200m: 3:33.18 56.68	300m: 5:31.40 58.53	400m: 7:14.33 52.08		
3.	Fernanda Maria Santinha	72	Masters de Almada	<b>8:33.46</b>	+1,33	252
	50m: 1:03.33 1:03.33	150m: 3:27.14 1:19.04	250m: 5:43.83 1:03.15	350m: 7:42.99 55.56		
	100m: 2:08.10 1:04.77	200m: 4:40.68 1:13.54	300m: 6:47.43 1:03.60	400m: 8:33.46 50.47		

Prova 19 Femin., 400m Estilos Master Esc E  
04-07-2015 - 16:55 Resultados

RN E(45-49) 6:09.33 Ana Paula Grilo NDCO Swansea (GBR) 09-03-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Patricia Diogenes Pereira	69	Alges	<b>6:44.27</b>		557
	50m: 45.93 45.93	150m: 2:28.43 51.96	250m: 4:19.98 59.57	350m: 6:01.47 43.05		
	100m: 1:36.47 50.54	200m: 3:20.41 51.98	300m: 5:18.42 58.44	400m: 6:44.27 42.80		
2.	Ana Paula Sequeira	68	Sporting de Aveiro	<b>8:00.40</b>	+0,95	332
	50m: 54.91 54.91	150m: 3:11.81 1:06.82	250m: 5:16.83 1:02.03	350m: 7:13.90 53.28		
	100m: 2:04.99 1:10.08	200m: 4:14.80 1:02.99	300m: 6:20.62 1:03.79	400m: 8:00.40 46.50		



XVII Campeonato Nacional Masters de Verão - OPEN  
Loulé, 3 - 5-7-2015

Prova 19, Femin., 400m Estilos

Prova 19 Femin., 400m Estilos Master Esc I  
04-07-2015 - 16:55 Resultados

RN I(65-69) 59:00.00

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ana Maria Ferreira	50	Alges	<b>7:52.16</b>	+1,06	655
	50m: 54.50 54.50	150m: 2:58.39 1:01.65	250m: 5:07.22 1:08.54	350m: 7:04.04	49.62	
	100m: 1:56.74 1:02.24	200m: 3:58.68 1:00.29	300m: 6:14.42 1:07.20	400m: 7:52.16	48.12	

