

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

Event 19 Women, 400m Medley Master Esc A
04-07-2015 - 16:55 Results

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

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Carolina Santos Silva	86	Natacao da Maia	5:37.84	+0,67	786
	50m: 32.68 32.68	150m: 1:58.17 46.99	250m: 3:31.62 48.43	350m: 4:59.99 48.43		39.24
	100m: 1:11.18 38.50	200m: 2:43.19 45.02	300m: 4:20.75 49.13	400m: 5:37.84 49.13		37.85
2.	Susana Maria Mateus	89	Litoral Alentejano	6:09.02	+0,99	603
	50m: 40.34 40.34	150m: 2:15.38 46.75	250m: 3:54.56 53.77	350m: 5:28.61 53.77		40.53
	100m: 1:28.63 48.29	200m: 3:00.79 45.41	300m: 4:48.08 53.52	400m: 6:09.02 53.52		40.41
3.	Joana Pereira Barbara	87	Masters de Almada	6:32.01	+0,98	503
	50m: 42.99 42.99	150m: 2:25.32 52.12	250m: 4:07.70 51.33	350m: 5:47.43 51.33		47.45
	100m: 1:33.20 50.21	200m: 3:16.37 51.05	300m: 4:59.98 52.28	400m: 6:32.01 52.28		44.58
4.	Sara Cristina Paula	87	Natacao da Maia	7:21.02	+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 1:01.41		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 1:00.99		50.60
5.	Susana Pereira Lory	87	Masters de Almada	8:40.21	+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 1:04.62		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 1:07.13		1:00.47

Event 19 Women, 400m Medley Master Esc B
04-07-2015 - 16:55 Results

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

Points: DSV Masters 13

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

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Event 19, Women, 400m Medley

Event 19 Women, 400m Medley Master Esc C
04-07-2015 - 16:55 Results

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

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Filipa Cristina Fernandes	76	Desportivo Nacional	6:52.42	+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	6:57.26	+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		

Event 19 Women, 400m Medley Master Esc D
04-07-2015 - 16:55 Results

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

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Maria Luisa Costa	74	Fluvial Portuense	6:19.53	+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 Novakova	75	J&T Sportteam Bratislava	7:14.33	+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	8:33.46	+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		

Event 19 Women, 400m Medley Master Esc E
04-07-2015 - 16:55 Results

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

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Patricia Diogenes Pereira	69	Alges	6:44.27		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	8:00.40	+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		

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Event 19, Women, 400m Medley

Event 19 Women, 400m Medley Master Esc I
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RN I(65-69) 59:00.00

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Ana Maria Ferreira	50	Alges	7:52.16	+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		