

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

Prova 26 Femin., 400m Livres Master Esc A
05-07-2015 - 9:00 Resultados

RN A(25-29) 4:57.88 Carolina Santos Silva CNMAIA Eindhoven (NED) 02-09-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carolina Santos Silva	86	Natacao da Maia	4:59.30	+0,65	758
	50m: 33.15 33.15	150m: 1:48.37 38.14	250m: 3:04.51 38.44	350m: 4:21.85 38.78		
	100m: 1:10.23 37.08	200m: 2:26.07 37.70	300m: 3:43.07 38.56	400m: 4:59.30 37.45		
2.	Susana Maria Mateus	89	Litoral Alentejano	5:17.35	+0,96	636
	50m: 35.83 35.83	150m: 1:55.09 40.14	250m: 3:15.57 40.55	350m: 4:37.52 41.20		
	100m: 1:14.95 39.12	200m: 2:35.02 39.93	300m: 3:56.32 40.75	400m: 5:17.35 39.83		
3.	Joana Isabel Alves	88	Porto	5:26.49		584
	50m: 37.30 37.30	150m: 1:57.96 41.35	250m: 3:21.98 42.10	350m: 4:45.56 42.02		
	100m: 1:16.61 39.31	200m: 2:39.88 41.92	300m: 4:03.54 41.56	400m: 5:26.49 40.93		
4.	Catia Santos Ramalho	86	Natacao da Maia	5:36.42	+0,94	534
	50m: 37.47 37.47	150m: 2:00.51 42.51	250m: 3:26.04 42.52	350m: 4:52.85 43.61		
	100m: 1:18.00 40.53	200m: 2:43.52 43.01	300m: 4:09.24 43.20	400m: 5:36.42 43.57		
5.	Ana Teresa Nunes	88	Academica de Coimbra	5:57.18	+0,98	446
	50m: 40.07 40.07	150m: 2:10.63 46.17	250m: 3:42.33 46.53	350m: 5:15.16 46.26		
	100m: 1:24.46 44.39	200m: 2:55.80 45.17	300m: 4:28.90 46.57	400m: 5:57.18 42.02		
6.	Filipa Silveira Varela	87	Estrelas S. Joao de Brito	6:17.15	+0,85	379
	50m: 40.30 40.30	150m: 2:13.07 47.52	250m: 3:52.13 49.93	350m: 5:30.54 49.69		
	100m: 1:25.55 45.25	200m: 3:02.20 49.13	300m: 4:40.85 48.72	400m: 6:17.15 46.61		
7.	Maria Joao Jose	90	Ginasio Santo Tirso	6:18.25	+0,90	375
	50m: 41.28 41.28	150m: 2:14.10 46.93	250m: 3:51.63 49.06	350m: 5:31.48 49.29		
	100m: 1:27.17 45.89	200m: 3:02.57 48.47	300m: 4:42.19 50.56	400m: 6:18.25 46.77		
8.	Ana Sofia Pinho	87	Sporting de Aveiro	7:27.85	+1,19	226
	50m: 50.91 50.91	150m: 2:42.04 56.93	250m: 4:38.58 59.09	350m: 6:36.70 59.29		
	100m: 1:45.11 54.20	200m: 3:39.49 57.45	300m: 5:37.41 58.83	400m: 7:27.85 51.15		

Prova 26 Femin., 400m Livres Master Esc B
05-07-2015 - 9:00 Resultados

RN B(30-34) 4:39.43 Ana Paula Grilo INATEL Riccione (ITA) 20-06-2003

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ana Mafalda Oliveira	81	Natacao da Maia	5:15.91	+0,92	651
	50m: 36.02 36.02	150m: 1:55.74 40.43	250m: 3:16.49 39.98	350m: 4:36.71 39.54		
	100m: 1:15.31 39.29	200m: 2:36.51 40.77	300m: 3:57.17 40.68	400m: 5:15.91 39.20		
2.	Claudia Vanessa Bras	83	Porto	5:50.77	+1,05	476
	50m: 38.77 38.77	150m: 2:04.13 43.81	250m: 3:33.88 44.97	350m: 5:05.42 45.80		
	100m: 1:20.32 41.55	200m: 2:48.91 44.78	300m: 4:19.62 45.74	400m: 5:50.77 45.35		
3.	Ana Oliveira Sousa	85	Academica de Coimbra	5:59.46	+0,95	442
	50m: 40.86 40.86	150m: 2:10.63 46.36	250m: 3:42.72 45.90	350m: 5:14.33 46.41		
	100m: 1:24.27 43.41	200m: 2:56.82 46.19	300m: 4:27.92 45.20	400m: 5:59.46 45.13		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Marina Zaborskaya	85	FC Ferreiras	6:09.79	+0,94	406
	50m: 41.09 41.09	150m: 2:12.81 46.61	250m: 3:49.05 49.20	350m: 5:26.37 48.56		
	100m: 1:26.20 45.11	200m: 2:59.85 47.04	300m: 4:37.81 48.76	400m: 6:09.79 43.42		
5.	Ana Rita Pereira	85	Natacao da Maia	6:11.09	+1,25	402
	50m: 40.01 40.01	150m: 2:10.59 46.44	250m: 3:45.56 48.10	350m: 5:24.00 49.62		
	100m: 1:24.15 44.14	200m: 2:57.46 46.87	300m: 4:34.38 48.82	400m: 6:11.09 47.09		
6.	Maria Ana Fonseca	82	Fluvial Portuense	6:31.74		341
	50m: 42.69 42.69	150m: 2:19.17 48.84	250m: 4:00.13 49.84	350m: 5:42.47 51.00		
	100m: 1:30.33 47.64	200m: 3:10.29 51.12	300m: 4:51.47 51.34	400m: 6:31.74 49.27		
7.	Diana Claudia Silva	84	FC Ferreiras	6:59.03	+1,13	279
	50m: 44.58 44.58	150m: 2:27.73 53.09	250m: 4:15.57 54.96	350m: 6:05.70 55.10		
	100m: 1:34.64 50.06	200m: 3:20.61 52.88	300m: 5:10.60 55.03	400m: 6:59.03 53.33		
8.	Carolina BJORKE dos Santos	83	O2-Portimao	7:57.52	+1,10	188
	50m: 55.07 55.07	150m: 2:58.96 1:02.62	250m: 5:01.83 1:01.24	350m: 7:05.08 1:01.51		
	100m: 1:56.34 1:01.27	200m: 4:00.59 1:01.63	300m: 6:03.57 1:01.74	400m: 7:57.52 52.44		
9.	Carmen Silvia Malheiros	81	Litoral Alentejano	8:22.12		162
	50m: 57.26 57.26	150m: 3:03.17 1:04.50	250m: 5:12.44 1:05.66	350m: 7:21.31 3:05.39		
	100m: 1:58.67 1:01.41	200m: 4:06.78 1:03.61	300m: 4:15.92	400m: 8:22.12 1:00.81		

Prova 26 Femin., 400m Livres Master Esc C Resultados

05-07-2015 - 9:00 RN C(35-39) 4:35.74 Ana Paula Grilo UDCA Stanford (USA) 10-08-2006

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Marta Daniela Oliveira	80	Galitos	5:45.24	+0,79	558
	50m: 38.05 38.05	150m: 2:02.81 43.66	250m: 3:31.48 44.91	350m: 5:01.58 45.43		
	100m: 1:19.15 41.10	200m: 2:46.57 43.76	300m: 4:16.15 44.67	400m: 5:45.24 43.66		
2.	Joana Isabel Aguiar	76	Alges	6:17.70	+0,87	426
	50m: 41.00 41.00	150m: 2:13.33 48.27	250m: 3:51.49 50.05	350m: 5:30.35 49.87		
	100m: 1:25.06 44.06	200m: 3:01.44 48.11	300m: 4:40.48 48.99	400m: 6:17.70 47.35		
3.	Elsa Maria Fumega	78	Leixoes	6:24.57	+1,10	404
	50m: 44.46 44.46	150m: 2:23.44 50.09	250m: 4:02.78 49.52	350m: 5:38.33 47.50		
	100m: 1:33.35 48.89	200m: 3:13.26 49.82	300m: 4:50.83 48.05	400m: 6:24.57 46.24		
4.	Clotilde Eunice Costa	80	Foca	6:54.70		322
	50m: 44.58 44.58	150m: 2:27.71 53.34	250m: 4:15.02 54.77	350m: 6:03.49 54.61		
	100m: 1:34.37 49.79	200m: 3:20.25 52.54	300m: 5:08.88 53.86	400m: 6:54.70 51.21		
5.	Ana Filipa Santos	77	O2-Portimao	7:31.20	+1,23	250
	50m: 52.25 52.25	150m: 2:47.14 57.92	250m: 4:42.27 56.78	350m: 6:37.89 57.31		
	100m: 1:49.22 56.97	200m: 3:45.49 58.35	300m: 5:40.58 58.31	400m: 7:31.20 53.31		
6.	Ana Maria Martins	79	Sporting de Aveiro	7:35.98	+1,08	242
	50m: 52.94 52.94	150m: 2:50.14 59.42	250m: 4:47.80 58.94	350m: 6:42.06 56.38		
	100m: 1:50.72 57.78	200m: 3:48.86 58.72	300m: 5:45.68 57.88	400m: 7:35.98 53.92		

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Master Esc D

Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carla Santa Barbara	75	Porto	5:19.23	+0,87	694
	50m: 35.19 35.19	150m: 1:56.15 41.05	250m: 3:19.98 42.44	350m: 4:42.90 41.00		41.00
	100m: 1:15.10 39.91	200m: 2:37.54 41.39	300m: 4:01.90 41.92	400m: 5:19.23 36.33		36.33
2.	Ines Maria Rothes	73	Fluvial Portuense	5:19.86		690
	50m: 36.37 36.37	150m: 1:55.26 40.74	250m: 3:17.74 41.28	350m: 4:40.68 41.74		41.74
	100m: 1:14.52 38.15	200m: 2:36.46 41.20	300m: 3:58.94 41.20	400m: 5:19.86 39.18		39.18
3.	Rita Mendonca Gomes	73	Alges	5:50.23	+0,87	526
	50m: 37.99 37.99	150m: 2:05.24 44.42	250m: 3:36.08 45.45	350m: 5:06.35 44.95		44.95
	100m: 1:20.82 42.83	200m: 2:50.63 45.39	300m: 4:21.40 45.32	400m: 5:50.23 43.88		43.88
4.	Patricia Prista Graca	71	Alges	6:00.94	+1,01	480
	50m: 40.32 40.32	150m: 2:10.70 45.69	250m: 3:44.10 47.33	350m: 5:17.26 46.89		46.89
	100m: 1:25.01 44.69	200m: 2:56.77 46.07	300m: 4:30.37 46.27	400m: 6:00.94 43.68		43.68
5.	Catarina Araujo Blanco	71	Leixoes	6:14.15	+1,09	431
	50m: 43.60 43.60	150m: 2:20.05 48.97	250m: 3:55.37 47.55	350m: 5:30.03 47.64		47.64
	100m: 1:31.08 47.48	200m: 3:07.82 47.77	300m: 4:42.39 47.02	400m: 6:14.15 44.12		44.12
6.	Sandra Santa Barbara	75	Ginasio Santo Tirso	6:15.57	+0,82	426
	50m: 39.19 39.19	150m: 2:12.64 47.56	250m: 3:49.92 48.73	350m: 5:28.50 48.95		48.95
	100m: 1:25.08 45.89	200m: 3:01.19 48.55	300m: 4:39.55 49.63	400m: 6:15.57 47.07		47.07
7.	Helena Sofia Diogo	73	Millennium BCP	6:30.08	+0,96	380
	50m: 41.15 41.15	150m: 2:19.35 49.93	250m: 4:00.70 51.00	350m: 5:42.46 51.64		51.64
	100m: 1:29.42 48.27	200m: 3:09.70 50.35	300m: 4:50.82 50.12	400m: 6:30.08 47.62		47.62
8.	Carla Sofia Sequeira	75	Colegio Monte Maior	7:24.10	+0,83	258
	50m: 51.49 51.49	150m: 2:41.07 56.31	250m: 4:35.84 57.75	350m: 6:30.58 57.42		57.42
	100m: 1:44.76 53.27	200m: 3:38.09 57.02	300m: 5:33.16 57.32	400m: 7:24.10 53.52		53.52
9.	Fernanda Maria Santinha	72	Masters de Almada	7:25.81	+1,34	255
	50m: 49.79 49.79	150m: 2:42.34 57.03	250m: 4:37.16 57.78	350m: 6:31.89 57.54		57.54
	100m: 1:45.31 55.52	200m: 3:39.38 57.04	300m: 5:34.35 57.19	400m: 7:25.81 53.92		53.92
10.	Emma Leonora Yates	71	O2-Portimao	7:27.47	+1,31	252
	50m: 45.32 45.32	150m: 2:40.18 58.70	250m: 4:38.23 58.25	350m: 6:33.90 56.90		56.90
	100m: 1:41.48 56.16	200m: 3:39.98 59.80	300m: 5:37.00 58.77	400m: 7:27.47 53.57		53.57
11.	Carla Susana Avelans	75	Fluvial Portuense	8:00.25	+1,13	204
	50m: 50.75 50.75	150m: 2:51.22 1:01.14	250m: 4:55.83 1:03.21	350m: 7:03.08 1:05.48		1:05.48
	100m: 1:50.08 59.33	200m: 3:52.62 1:01.40	300m: 5:57.60 1:01.77	400m: 8:00.25 57.17		57.17

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Prova 26 Femin., 400m Livres Master Esc E
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RN E(45-49) 5:33.56 Ana Paula Grilo NDCO Swansea (GBR) 08-03-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Patricia Diogenes Pereira <i>Rec Nac Esc E</i>	69	Alges	5:29.68	+0,89	641
	50m: 37.89 37.89	150m: 2:01.07 41.70	250m: 3:25.39 42.39	350m: 4:50.36 42.25		42.25
	100m: 1:19.37 41.48	200m: 2:43.00 41.93	300m: 4:08.11 42.72	400m: 5:29.68 39.32		39.32
2.	Maria Teresa Brandao	69	Fluvial Portuense	5:32.72	+0,93	624
	50m: 38.40 38.40	150m: 2:01.99 41.87	250m: 3:26.04 42.29	350m: 4:51.16 42.85		42.85
	100m: 1:20.12 41.72	200m: 2:43.75 41.76	300m: 4:08.31 42.27	400m: 5:32.72 41.56		41.56
3.	Elisabete Maria Rosa	69	Pimpoes/Cimai	5:59.50	+1,02	494
	50m: 39.26 39.26	150m: 2:09.05 45.51	250m: 3:41.76 46.34	350m: 5:15.16 46.35		46.35
	100m: 1:23.54 44.28	200m: 2:55.42 46.37	300m: 4:28.81 47.05	400m: 5:59.50 44.34		44.34
4.	Maria Fernanda Goncalves	66	Porto	6:08.03	+1,06	461
	50m: 39.45 39.45	150m: 2:10.79 47.50	250m: 3:45.94 47.77	350m: 5:21.14 47.71		47.71
	100m: 1:23.29 43.84	200m: 2:58.17 47.38	300m: 4:33.43 47.49	400m: 6:08.03 46.89		46.89
5.	Ana Paula Sequeira	68	Sporting de Aveiro	6:35.05		373
	50m: 42.84 42.84	150m: 2:22.63 51.31	250m: 4:04.62 50.80	350m: 5:47.23 50.21		50.21
	100m: 1:31.32 48.48	200m: 3:13.82 51.19	300m: 4:57.02 52.40	400m: 6:35.05 47.82		47.82
6.	Maria Manuela Ferreira	70	Vitoria de Guimaraes/Olicargo	7:16.28	+1,16	276
	50m: 48.58 48.58	150m: 2:38.38 55.90	250m: 4:33.21 58.09	350m: 6:26.42 56.63		56.63
	100m: 1:42.48 53.90	200m: 3:35.12 56.74	300m: 5:29.79 56.58	400m: 7:16.28 49.86		49.86

Prova 26 Femin., 400m Livres Master Esc F
05-07-2015 - 9:00 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rita Cabral Guimaraes	64	Fluvial Portuense	6:27.50	+0,91	423
	50m: 42.95 42.95	150m: 2:19.51 48.27	250m: 3:58.72 49.30	350m: 5:37.98 48.65		48.65
	100m: 1:31.24 48.29	200m: 3:09.42 49.91	300m: 4:49.33 50.61	400m: 6:27.50 49.52		49.52
2.	Maria Margarida Urbano	63	Academica de Coimbra	7:10.73		308
	50m: 48.23 48.23	150m: 2:35.38 54.04	250m: 4:27.28 56.31	350m: 6:17.81 54.55		54.55
	100m: 1:41.34 53.11	200m: 3:30.97 55.59	300m: 5:23.26 55.98	400m: 7:10.73 52.92		52.92
3.	Maria Madalena Caninas	63	Masters de Almada	7:24.09	+1,10	281
	50m: 48.36 48.36	150m: 2:41.08 58.19	250m: 4:36.11 58.49	350m: 6:32.91 58.79		58.79
	100m: 1:42.89 54.53	200m: 3:37.62 56.54	300m: 5:34.12 58.01	400m: 7:24.09 51.18		51.18
4.	Maria Santos Fernandes	62	Leixoes	7:24.11		281
	50m: 51.30 51.30	150m: 2:43.85 57.16	250m: 4:37.74 57.40	350m: 6:31.09 57.16		57.16
	100m: 1:46.69 55.39	200m: 3:40.34 56.49	300m: 5:33.93 56.19	400m: 7:24.11 53.02		53.02
5.	Graca Maria Vilarinho	65	Sporting de Aveiro	7:33.88	+1,14	263
	50m: 48.56 48.56	150m: 2:40.50 58.15	250m: 4:37.61 1:00.08	350m: 6:37.08 59.09		59.09
	100m: 1:42.35 53.79	200m: 3:37.53 57.03	300m: 5:37.99 1:00.38	400m: 7:33.88 56.80		56.80

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Prova 26, Femin., 400m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Helena Paula Carvalho	64	Uniao Piedense	7:35.25	+1,00	261
	50m: 50.67 50.67	150m: 2:43.85 57.05	250m: 4:41.94 59.39	350m: 6:39.74 58.50		
	100m: 1:46.80 56.13	200m: 3:42.55 58.70	300m: 5:41.24 59.30	400m: 7:35.25 55.51		
7.	Maria Manuela Neto	62	Natacao da Maia	8:03.45		218
	50m: 53.31 53.31	150m: 2:53.56 1:01.90	250m: 4:57.20 1:01.77	350m: 7:03.39 1:03.32		
	100m: 1:51.66 58.35	200m: 3:55.43 1:01.87	300m: 6:00.07 1:02.87	400m: 8:03.45 1:00.06		
8.	Filomena Assuncao Oliveira	63	Fluvial Portuense	12:55.31	+1,35	52
	50m: 1:28.92 1:28.92	150m: 4:51.29 1:41.74	250m: 8:11.47 1:37.92	350m: 11:23.84 1:38.30		
	100m: 3:09.55 1:40.63	200m: 6:33.55 1:42.26	300m: 9:45.54 1:34.07	400m: 12:55.31 1:31.47		

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ana Moura Relvas	56	Academica de Coimbra	7:48.70	+1,03	400
	50m: 54.36 54.36	150m: 2:56.07 1:02.17	250m: 4:57.11 1:01.26	350m: 6:54.18 57.34		
	100m: 1:53.90 59.54	200m: 3:55.85 59.78	300m: 5:56.84 59.73	400m: 7:48.70 54.52		
2.	Ana Paula Almeida	58	Fluvial Portuense	8:17.49	+1,11	334
	50m: 50.59 50.59	150m: 2:56.32 1:04.16	250m: 5:05.98 1:04.76	350m: 7:16.41 1:04.85		
	100m: 1:52.16 1:01.57	200m: 4:01.22 1:04.90	300m: 6:11.56 1:05.58	400m: 8:17.49 1:01.08		

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RN H(60-64) 6:14.83 Ana Maria Ferreira SAD Riccione (ITA) 16-06-2012

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Marika Maier	52	SC Chemnitz von 1892	6:17.47	+0,94	789
	50m: 42.09 42.09	150m: 2:15.21 47.86	250m: 3:53.46 49.23	350m: 5:30.89 48.84		
	100m: 1:27.35 45.26	200m: 3:04.23 49.02	300m: 4:42.05 48.59	400m: 6:17.47 46.58		
2.	Maria Felix Ferreira	54	Alges	9:38.66	+0,95	219
	50m: 1:00.18 1:00.18	150m: 3:23.09 1:13.86	250m: 5:51.66 1:15.11	350m: 8:23.09 1:17.06		
	100m: 2:09.23 1:09.05	200m: 4:36.55 1:13.46	300m: 7:06.03 1:14.37	400m: 9:38.66 1:15.57		