

Torneio de Fundo Masters
Coimbra, 18-4-2015

Prova 2
18-04-2015

Femin., 1500m Livres

Master Esc A
Resultados

RN Esc A(25-29) 59:00.00

Pontos: DSV Masters 13

Lugar	Ano	Tempo final	Pts
1. Carolina Santos Silva <i>Rec Nacional Escalão A</i>	86 Natacao da Maia	19:28.13	881
100m: 1:13.97 1:13.97	500m: 6:26.86 1:18.34	900m: 11:40.79 1:18.96	1300m: 16:55.22 1:18.09
200m: 2:31.73 1:17.76	600m: 7:44.99 1:18.13	1000m: 12:59.80 1:19.01	1400m: 18:12.96 1:17.74
300m: 3:49.68 1:17.95	700m: 9:03.26 1:18.27	1100m: 14:18.48 1:18.68	1500m: 19:28.13 1:15.17
400m: 5:08.52 1:18.84	800m: 10:21.83 1:18.57	1200m: 15:37.13 1:18.65	
2. Susana Maria Mateus	89 Litoral Alentejano	20:56.67	707
100m: 1:20.42 1:20.42	500m: 6:57.73 1:24.53	900m: 12:33.77 1:23.37	1300m: 18:09.95 1:24.22
200m: 2:44.23 1:23.81	600m: 8:21.69 1:23.96	1000m: 13:57.69 1:23.92	1400m: 19:33.38 1:23.43
300m: 4:08.43 1:24.20	700m: 9:46.39 1:24.70	1100m: 15:21.60 1:23.91	1500m: 20:56.67 1:23.29
400m: 5:33.20 1:24.77	800m: 11:10.40 1:24.01	1200m: 16:45.73 1:24.13	
3. Rita Claudia Fougo	88 Natacao da Maia	22:50.19	546
100m: 1:23.81 1:23.81	500m: 7:26.92 1:31.52	900m: 13:37.04 1:32.75	1300m: 19:46.98 1:31.96
200m: 2:52.54 1:28.73	600m: 8:59.12 1:32.20	1000m: 15:09.52 1:32.48	1400m: 21:19.27 1:32.29
300m: 4:24.04 1:31.50	700m: 10:31.52 1:32.40	1100m: 16:42.07 1:32.55	1500m: 22:50.19 1:30.92
400m: 5:55.40 1:31.36	800m: 12:04.29 1:32.77	1200m: 18:15.02 1:32.95	
4. Julia Margarida Cabete	86 Academica de Coimbra	23:34.02	496
100m: 1:24.16 1:24.16	500m: 7:38.89 1:34.83	900m: 14:05.14 1:35.18	1300m: 20:28.88 1:35.85
200m: 2:54.68 1:30.52	600m: 9:15.54 1:36.65	1000m: 15:42.19 1:37.05	1400m: 22:04.39 1:35.51
300m: 4:28.93 1:34.25	700m: 10:52.93 1:37.39	1100m: 17:16.72 1:34.53	1500m: 23:34.02 1:29.63
400m: 6:04.06 1:35.13	800m: 12:29.96 1:37.03	1200m: 18:53.03 1:36.31	
5. Helena Manuel Jose	90 Ginasio Santo Tirso	24:05.94	464
100m: 1:25.34 1:25.34	500m: 7:40.65 1:37.44	900m: 14:13.53 1:39.00	1300m: 20:50.00 1:39.67
200m: 2:55.05 1:29.71	600m: 9:17.80 1:37.15	1000m: 15:52.81 1:39.28	1400m: 22:28.49 1:38.49
300m: 4:27.56 1:32.51	700m: 10:56.59 1:38.79	1100m: 17:31.59 1:38.78	1500m: 24:05.94 1:37.45
400m: 6:03.21 1:35.65	800m: 12:34.53 1:37.94	1200m: 19:10.33 1:38.74	
6. Patricia Alexandra Marques	87 Natacao da Maia	24:59.30	416
100m: 1:35.01 1:35.01	500m: 8:16.81 1:41.07	900m: 14:57.57 1:38.85	1300m: 21:42.26 1:41.49
200m: 3:14.04 1:39.03	600m: 9:57.52 1:40.71	1000m: 16:38.83 1:41.26	1400m: 23:22.06 1:39.80
300m: 4:54.40 1:40.36	700m: 11:37.81 1:40.29	1100m: 18:19.35 1:40.52	1500m: 24:59.30 1:37.24
400m: 6:35.74 1:41.34	800m: 13:18.72 1:40.91	1200m: 20:00.77 1:41.42	

Prova 2
18-04-2015

Femin., 1500m Livres

Master Esc B
Resultados

RN Esc B(30-34) 24:37.75 Sara Mendonca Graca CIMM Ourense (ESP) 27-03-2011

Pontos: DSV Masters 13

Lugar	Ano	Tempo final	Pts
1. Ana Mafalda Oliveira <i>Rec Nacional Escalão B</i>	81 Natacao da Maia	21:13.78	728
100m: 1:15.73 1:15.73	500m: 6:57.43 1:25.35	900m: 12:38.19 1:24.61	1300m: 18:21.78 1:25.86
200m: 2:39.84 1:24.11	600m: 8:23.07 1:25.64	1000m: 14:03.99 1:25.80	1400m: 19:49.23 1:27.45
300m: 4:05.89 1:26.05	700m: 9:48.54 1:25.47	1100m: 15:29.36 1:25.37	1500m: 21:13.78 1:24.55
400m: 5:32.08 1:26.19	800m: 11:13.58 1:25.04	1200m: 16:55.92 1:26.56	

Prova 2, Femin., 1500m Livres, Master Esc B

Lugar	Ano		Tempo final		Pts
2. Lilia Dulce Costa	81	Foca	25:48.10		405
100m: 1:25.98 1:25.98	500m: 8:13.05 1:42.48	900m: 15:13.94 1:46.47	1300m: 22:17.90 1:45.30		
200m: 3:05.87 1:39.89	600m: 9:57.07 1:44.02	1000m: 16:59.26 1:45.32	1400m: 24:03.56 1:45.66		
300m: 4:48.18 1:42.31	700m: 11:42.01 1:44.94	1100m: 18:46.25 1:46.99	1500m: 25:48.10 1:44.54		
400m: 6:30.57 1:42.39	800m: 13:27.47 1:45.46	1200m: 20:32.60 1:46.35			
3. Maria Ana Fonseca	82	Fluvial Portuense	26:11.02		388
100m: 1:36.67 1:36.67	500m: 8:41.94 1:47.32	900m: 15:48.68 1:46.99	1300m: 22:47.49 1:43.57		
200m: 3:21.13 1:44.46	600m: 10:28.75 1:46.81	1000m: 17:34.41 1:45.73	1400m: 24:30.71 1:43.22		
300m: 5:07.43 1:46.30	700m: 12:15.35 1:46.60	1100m: 19:20.31 1:45.90	1500m: 26:11.02 1:40.31		
400m: 6:54.62 1:47.19	800m: 14:01.69 1:46.34	1200m: 21:03.92 1:43.61			

Prova 2
18-04-2015
Femin., 1500m Livres
Master Esc C
Resultados

RN Esc C(35-39)	18:50.82	Ana Paula Grilo	UDCA	Swansea (GBR)	03-03-2006
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Pontos: DSV Masters 13

Lugar	Ano		Tempo final		Pts
1. Rita Barata Correia	79	Masters de Almada	24:44.71		443
100m: 1:35.03 1:35.03	500m: 8:14.24 1:39.17	900m: 14:51.27 1:38.99	1300m: 21:29.64 1:39.96		
200m: 3:15.25 1:40.22	600m: 9:53.34 1:39.10	1000m: 16:30.39 1:39.12	1400m: 23:08.80 1:39.16		
300m: 4:55.48 1:40.23	700m: 11:32.77 1:39.43	1100m: 18:10.30 1:39.91	1500m: 24:44.71 1:35.91		
400m: 6:35.07 1:39.59	800m: 13:12.28 1:39.51	1200m: 19:49.68 1:39.38			
2. Clotilde Eunice Costa	80	Foca	29:46.69		254
100m: 1:45.86 1:45.86	500m: 9:40.65 1:57.31	900m: 17:39.15 2:00.12	1300m: 25:45.50 2:03.21		
200m: 3:42.92 1:57.06	600m: 11:40.72 2:00.07	1000m: 19:40.15 2:01.00	1400m: 27:47.51 2:02.01		
300m: 5:43.46 2:00.54	700m: 13:40.73 2:00.01	1100m: 21:40.78 2:00.63	1500m: 29:46.69 1:59.18		
400m: 7:43.34 1:59.88	800m: 15:39.03 1:58.30	1200m: 23:42.29 2:01.51			

Prova 2
18-04-2015
Femin., 1500m Livres
Master Esc D
Resultados

RN Esc D(40-44)	59:00.00				
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Pontos: DSV Masters 13

Lugar	Ano		Tempo final		Pts
1. Carla Santa Barbara	75	Porto	21:47.67		663
<i>Rec Nacional Escalão D</i>					
100m: 1:18.02 1:18.02	500m: 6:58.94 1:25.69	900m: 12:49.34 1:28.32	1300m: 18:48.91 1:29.84		
200m: 2:41.90 1:23.88	600m: 8:25.93 1:26.99	1000m: 14:19.58 1:30.24	1400m: 20:19.61 1:30.70		
300m: 4:07.68 1:25.78	700m: 9:53.24 1:27.31	1100m: 15:48.73 1:29.15	1500m: 21:47.67 1:28.06		
400m: 5:33.25 1:25.57	800m: 11:21.02 1:27.78	1200m: 17:19.07 1:30.34			
2. Rita Miguel Reina	72	Colegio Monte Maior	22:20.99		615
100m: 1:24.05 1:24.05	500m: 7:17.46 1:29.69	900m: 13:18.37 1:30.78	1300m: 19:22.31 1:31.57		
200m: 2:51.11 1:27.06	600m: 8:46.78 1:29.32	1000m: 14:49.52 1:31.15	1400m: 20:53.12 1:30.81		
300m: 4:19.16 1:28.05	700m: 10:16.33 1:29.55	1100m: 16:20.34 1:30.82	1500m: 22:20.99 1:27.87		
400m: 5:47.77 1:28.61	800m: 11:47.59 1:31.26	1200m: 17:50.74 1:30.40			
3. Patricia Prista Graca	71	Alges	23:42.40		515
100m: 1:25.99 1:25.99	500m: 7:44.83 1:35.46	900m: 14:08.22 1:37.29	1300m: 20:32.90 1:36.37		
200m: 2:59.46 1:33.47	600m: 9:19.83 1:35.00	1000m: 15:44.33 1:36.11	1400m: 22:08.92 1:36.02		
300m: 4:34.18 1:34.72	700m: 10:54.74 1:34.91	1100m: 17:20.15 1:35.82	1500m: 23:42.40 1:33.48		
400m: 6:09.37 1:35.19	800m: 12:30.93 1:36.19	1200m: 18:56.53 1:36.38			

Prova 2, Femin., 1500m Livres, Master Esc D

Lugar	Ano		Tempo final		Pts
4. Catarina Araujo Blanco	71	Leixoes	24:41.73		456
100m: 1:36.59 1:36.59	500m: 8:16.21 1:38.82	900m: 14:53.11 1:39.17	1300m: 21:29.50 1:39.12		
200m: 3:18.26 1:41.67	600m: 9:55.00 1:38.79	1000m: 16:32.90 1:39.79	1400m: 23:07.94 1:38.44		
300m: 4:57.80 1:39.54	700m: 11:34.71 1:39.71	1100m: 18:11.74 1:38.84	1500m: 24:41.73 1:33.79		
400m: 6:37.39 1:39.59	800m: 13:13.94 1:39.23	1200m: 19:50.38 1:38.64			
5. Sandra Santa Barbara	75	Ginasio Santo Tirso	26:31.32		368
100m: 1:28.20 1:28.20	500m: 8:26.58 1:48.22	900m: 15:36.54 1:47.64	1300m: 22:53.56 1:49.73		
200m: 3:07.46 1:39.26	600m: 10:13.72 1:47.14	1000m: 17:25.51 1:48.97	1400m: 24:43.56 1:50.00		
300m: 4:51.85 1:44.39	700m: 12:01.57 1:47.85	1100m: 19:15.22 1:49.71	1500m: 26:31.32 1:47.76		
400m: 6:38.36 1:46.51	800m: 13:48.90 1:47.33	1200m: 21:03.83 1:48.61			

Prova 2
18-04-2015
Femin., 1500m Livres
Master Esc E
Resultados

RN Esc E(45-49)	20:49.12	Ana Paula Grilo	NDCO	Swansea (GBR)	08-03-2014
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Pontos: DSV Masters 13

Lugar	Ano		Tempo final		Pts
1. Ana Paula Grilo	69	Desportivo de Odemira	21:04.35		934
100m: 1:20.64 1:20.64	500m: 6:54.60 1:24.17	900m: 12:35.38 1:26.89	1300m: 18:17.78 1:25.01		
200m: 2:43.30 1:22.66	600m: 8:19.12 1:24.52	1000m: 14:01.24 1:25.86	1400m: 19:43.37 1:25.59		
300m: 4:06.92 1:23.62	700m: 9:44.03 1:24.91	1100m: 15:27.29 1:26.05	1500m: 21:04.35 1:20.98		
400m: 5:30.43 1:23.51	800m: 11:08.49 1:24.46	1200m: 16:52.77 1:25.48			
2. Patricia Diogenes Pereira	69	Alges	21:26.82		886
100m: 1:21.80 1:21.80	500m: 6:57.91 1:24.76	900m: 12:39.21 1:26.61	1300m: 18:27.11 1:28.30		
200m: 2:44.97 1:23.17	600m: 8:22.93 1:25.02	1000m: 14:05.46 1:26.25	1400m: 19:57.45 1:30.34		
300m: 4:08.81 1:23.84	700m: 9:47.75 1:24.82	1100m: 15:32.00 1:26.54	1500m: 21:26.82 1:29.37		
400m: 5:33.15 1:24.34	800m: 11:12.60 1:24.85	1200m: 16:58.81 1:26.81			
3. Maria Teresa Brandao	69	Fluvial Portuense	22:25.26		776
100m: 1:26.75 1:26.75	500m: 7:25.92 1:30.51	900m: 13:30.24 1:31.21	1300m: 19:28.89 1:29.45		
200m: 2:57.13 1:30.38	600m: 8:57.31 1:31.39	1000m: 15:00.53 1:30.29	1400m: 20:58.41 1:29.52		
300m: 4:26.57 1:29.44	700m: 10:28.35 1:31.04	1100m: 16:30.17 1:29.64	1500m: 22:25.26 1:26.85		
400m: 5:55.41 1:28.84	800m: 11:59.03 1:30.68	1200m: 17:59.44 1:29.27			
4. Laura Manuela Miranda	67	Alges	25:23.62		534
100m: 1:31.12 1:31.12	500m: 8:20.60 1:42.90	900m: 15:12.59 1:41.47	1300m: 22:00.60 1:41.82		
200m: 3:12.06 1:40.94	600m: 10:04.77 1:44.17	1000m: 16:54.53 1:41.94	1400m: 23:43.95 1:43.35		
300m: 4:54.60 1:42.54	700m: 11:48.23 1:43.46	1100m: 18:36.26 1:41.73	1500m: 25:23.62 1:39.67		
400m: 6:37.70 1:43.10	800m: 13:31.12 1:42.89	1200m: 20:18.78 1:42.52			
5. Filipa Margarida Ferreira	69	Fluvial Portuense	25:26.97		530
100m: 1:44.20 1:44.20	500m: 8:36.32 1:41.70	900m: 15:25.08 1:40.96	1300m: 22:14.45 1:42.78		
200m: 3:29.82 1:45.62	600m: 10:17.23 1:40.91	1000m: 17:05.90 1:40.82	1400m: 23:54.67 1:40.22		
300m: 5:12.42 1:42.60	700m: 12:01.19 1:43.96	1100m: 18:48.99 1:43.09	1500m: 25:26.97 1:32.30		
400m: 6:54.62 1:42.20	800m: 13:44.12 1:42.93	1200m: 20:31.67 1:42.68			
6. Carla Vale Lenzi	67	Alges	27:48.45		406
100m: 1:44.60 1:44.60	500m: 9:11.07 1:52.33	900m: 16:42.34 1:52.16	1300m: 24:10.81 1:52.51		
200m: 3:34.74 1:50.14	600m: 11:03.04 1:51.97	1000m: 18:33.47 1:51.13	1400m: 26:00.75 1:49.94		
300m: 5:27.58 1:52.84	700m: 12:56.19 1:53.15	1100m: 20:26.14 1:52.67	1500m: 27:48.45 1:47.70		
400m: 7:18.74 1:51.16	800m: 14:50.18 1:53.99	1200m: 22:18.30 1:52.16			

Prova 2, Femin., 1500m Livres

Prova 2
18-04-2015

Femin., 1500m Livres

Master Esc F
Resultados

RN Esc F(50-54) 28:09.86 Maria Luisa Oliveira AAC Ourense (ESP) 27-03-2011

Pontos: DSV Masters 13

Lugar	Ano	Tempo final	Pts
1. Maria Luisa Oliveira	61 Academica de Coimbra	28:15.03	471
100m: 1:48.95 1:48.95	500m: 9:14.75 1:53.80	900m: 16:49.47 1:53.08	1300m: 24:27.94 1:54.69
200m: 3:32.97 1:44.02	600m: 11:08.79 1:54.04	1000m: 18:43.73 1:54.26	1400m: 26:22.63 1:54.69
300m: 5:27.47 1:54.50	700m: 13:02.48 1:53.69	1100m: 20:38.24 1:54.51	1500m: 28:15.03 1:52.40
400m: 7:20.95 1:53.48	800m: 14:56.39 1:53.91	1200m: 22:33.25 1:55.01	
2. Maria Madalena Caninas	63 Masters de Almada	30:25.37	377
100m: 1:42.98 1:42.98	500m: 9:51.41 2:04.15	900m: 18:10.15 2:04.29	1300m: 26:23.21 2:02.07
200m: 3:37.92 1:54.94	600m: 11:54.90 2:03.49	1000m: 20:14.34 2:04.19	1400m: 28:28.13 2:04.92
300m: 5:41.47 2:03.55	700m: 14:00.23 2:05.33	1100m: 22:16.58 2:02.24	1500m: 30:25.37 1:57.24
400m: 7:47.26 2:05.79	800m: 16:05.86 2:05.63	1200m: 24:21.14 2:04.56	

Prova 2
18-04-2015

Femin., 1500m Livres

Master Esc H
Resultados

RN Esc H(60-64) 59:00.00

Pontos: DSV Masters 13

Lugar	Ano	Tempo final	Pts
1. Isabel Costa Monteiro	53 Academica de Coimbra	32:57.32	326
<i>Rec Nacional Escalão H</i>			
100m: 1:53.46 1:53.46	500m: 10:49.54 2:13.98	900m: 19:38.13 2:12.46	1300m: 28:32.16 2:14.93
200m: 4:06.50 2:13.04	600m: 13:00.59 2:11.05	1000m: 21:50.57 2:12.44	1400m: 30:45.66 2:13.50
300m: 6:20.54 2:14.04	700m: 15:14.20 2:13.61	1100m: 24:04.40 2:13.83	1500m: 32:57.32 2:11.66
400m: 8:35.56 2:15.02	800m: 17:25.67 2:11.47	1200m: 26:17.23 2:12.83	

Prova 2
18-04-2015

Femin., 1500m Livres

Master Esc I
Resultados

RN Esc I(65-69) 59:00.00

Pontos: DSV Masters 13

Lugar	Ano	Tempo final	Pts
1. Ana Maria Ferreira	50 Alges	25:32.87	985
<i>Rec Nacional Escalão I</i>			
100m: 1:32.44 1:32.44	500m: 8:16.94 1:42.70	900m: 15:08.19 1:43.51	1300m: 22:06.98 1:45.01
200m: 3:11.70 1:39.26	600m: 9:59.92 1:42.98	1000m: 16:52.08 1:43.89	1400m: 23:52.14 1:45.16
300m: 4:52.59 1:40.89	700m: 11:42.28 1:42.36	1100m: 18:36.17 1:44.09	1500m: 25:32.87 1:40.73
400m: 6:34.24 1:41.65	800m: 13:24.68 1:42.40	1200m: 20:21.97 1:45.80	