

X OPEN Internacional de Masters de Inverno
Tomar, 30- - 31-1-2016

Event 16 Women, 400m Freestyle Master Esc A
31-01-2016 - 9:00 Results

Rec Nac Esc A 4:46.97 Carolina Santos Silva CNMAIA Mealhada 26-01-2014
Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Susana Maria Mateus	89	Litoral Alentejano	4:53.85	+0,94	757
	50m: 34.53 34.53	150m: 1:48.52 36.92	250m: 3:03.20 37.10	350m: 4:17.48 36.98		
	100m: 1:11.60 37.07	200m: 2:26.10 37.58	300m: 3:40.50 37.30	400m: 4:53.85 36.37		
2.	Rute Sofia Teixeira	90	Ginasio Santo Tirso	5:24.78	+0,93	561
	50m: 35.58 35.58	150m: 1:57.20 41.79	250m: 3:21.52 41.75	350m: 4:44.18 41.03		
	100m: 1:15.41 39.83	200m: 2:39.77 42.57	300m: 4:03.15 41.63	400m: 5:24.78 40.60		
3.	Andreia Silva Cruz	88	Gafanha da Encarnacao	5:25.49	+0,96	557
	50m: 37.57 37.57	150m: 1:58.29 41.46	250m: 3:20.78 41.20	350m: 4:44.24 41.45		
	100m: 1:16.83 39.26	200m: 2:39.58 41.29	300m: 4:02.79 42.01	400m: 5:25.49 41.25		
4.	Helena Manuel Jose	90	Ginasio Santo Tirso	5:34.17	+0,97	515
	50m: 38.57 38.57	150m: 2:01.32 41.38	250m: 3:25.74 42.27	350m: 4:53.55 43.84		
	100m: 1:19.94 41.37	200m: 2:43.47 42.15	300m: 4:09.71 43.97	400m: 5:34.17 40.62		
5.	Joana Rita Gouveia	87	Nucleo de Pombal	5:45.09	+0,95	467
	50m: 36.50 36.50	150m: 2:02.37 44.38	250m: 3:31.14 44.52	350m: 5:01.89 45.64		
	100m: 1:17.99 41.49	200m: 2:46.62 44.25	300m: 4:16.25 45.11	400m: 5:45.09 43.20		
6.	Ana Teresa Nunes	88	Natacao do Tejo	5:45.37	+1,02	466
	50m: 37.80 37.80	150m: 2:04.67 44.51	250m: 3:33.15 43.94	350m: 5:02.87 44.88		
	100m: 1:20.16 42.36	200m: 2:49.21 44.54	300m: 4:17.99 44.84	400m: 5:45.37 42.50		
7.	Ana Raquel Lirio	90	Ginasio Santo Tirso	5:54.71	+0,91	430
	50m: 39.68 39.68	150m: 2:07.83 44.55	250m: 3:38.73 45.65	350m: 5:10.46 45.88		
	100m: 1:23.28 43.60	200m: 2:53.08 45.25	300m: 4:24.58 45.85	400m: 5:54.71 44.25		
8.	Ana Raquel Barbosa	88	Gesloures	6:42.30	+1,02	295
	50m: 44.14 44.14	150m: 2:26.16 51.80	250m: 4:09.17 51.31	350m: 5:52.71 51.72		
	100m: 1:34.36 50.22	200m: 3:17.86 51.70	300m: 5:00.99 51.82	400m: 6:42.30 49.59		
9.	Ana Luisa Castro	89	Vitoria/ Olicargo	6:49.29	+0,89	280
	50m: 43.68 43.68	150m: 2:25.98 52.25	250m: 4:11.12 52.70	350m: 5:58.98 54.06		
	100m: 1:33.73 50.05	200m: 3:18.42 52.44	300m: 5:04.92 53.80	400m: 6:49.29 50.31		

Event 16 Women, 400m Freestyle Master Esc B
31-01-2016 - 9:00 Results

Rec Nac Esc B 4:27.23 Ana Paula Grilo UDCA Inatel 25-05-2002
Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Carolina Santos Silva	86	Natacao da Maia	4:53.57	+0,68	808
	50m: 33.26 33.26	150m: 1:47.48 37.06	250m: 3:01.60 37.07	350m: 4:17.19 37.62		
	100m: 1:10.42 37.16	200m: 2:24.53 37.05	300m: 3:39.57 37.97	400m: 4:53.57 36.38		
2.	Keissy Joselin Sousa	85	Porto	5:02.57	+0,81	738
	50m: 33.60 33.60	150m: 1:48.21 37.94	250m: 3:05.75 38.90	350m: 4:24.51 39.50		
	100m: 1:10.27 36.67	200m: 2:26.85 38.64	300m: 3:45.01 39.26	400m: 5:02.57 38.06		

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Event 16, Women, 400m Freestyle, Master Esc B

Rank	Nome	YB	Clube	Tempo Final	RT	Pts	
3.	Raquel Filipa Miranda	85	Foca	5:12.91	+0,91	667	
	50m: 36.05 36.05	150m: 1:53.96	39.48	250m: 3:14.37	40.22	350m: 4:34.33	40.15
	100m: 1:14.48 38.43	200m: 2:34.15	40.19	300m: 3:54.18	39.81	400m: 5:12.91	38.58
4.	Ana Filipa Miranda	85	Galitos/Bresimar	5:21.18	+0,82	617	
	50m: 36.24 36.24	150m: 1:59.31	42.45	250m: 3:23.49	41.54	350m: 4:44.50	40.25
	100m: 1:16.86 40.62	200m: 2:41.95	42.64	300m: 4:04.25	40.76	400m: 5:21.18	36.68
5.	Catia Santos Ramalho	86	Natacao da Maia	5:29.84	+0,93	570	
	50m: 37.92 37.92	150m: 2:01.13	41.73	250m: 3:24.24	41.20	350m: 4:48.54	42.29
	100m: 1:19.40 41.48	200m: 2:43.04	41.91	300m: 4:06.25	42.01	400m: 5:29.84	41.30
6.	Claudia Vanessa Bras	83	Porto	5:42.86	+1,01	507	
	50m: 37.75 37.75	150m: 2:01.58	42.70	250m: 3:28.52	43.49	350m: 4:57.74	45.06
	100m: 1:18.88 41.13	200m: 2:45.03	43.45	300m: 4:12.68	44.16	400m: 5:42.86	45.12
7.	Rita Loureiro Pinto	85	Ginasio Clube	5:53.25	+0,98	464	
	50m: 37.69 37.69	150m: 2:05.05	44.77	250m: 3:36.00	45.78	350m: 5:08.91	46.40
	100m: 1:20.28 42.59	200m: 2:50.22	45.17	300m: 4:22.51	46.51	400m: 5:53.25	44.34
8.	Sofia Moreira Santos	86	Natacao da Maia	6:19.90	+0,93	373	
	50m: 41.40 41.40	150m: 2:14.68	47.64	250m: 3:53.17	49.25	350m: 5:32.31	49.91
	100m: 1:27.04 45.64	200m: 3:03.92	49.24	300m: 4:42.40	49.23	400m: 6:19.90	47.59
9.	Catarina Helena Mendes	85	Foca	6:29.30	+0,84	346	
	50m: 42.05 42.05	150m: 2:17.72	49.04	250m: 3:58.77	50.82	350m: 5:41.12	51.45
	100m: 1:28.68 46.63	200m: 3:07.95	50.23	300m: 4:49.67	50.90	400m: 6:29.30	48.18
10.	Filipa Alexandra Vilar	85	Millennium BCP	7:06.17	+1,10	264	
	50m: 45.12 45.12	150m: 2:34.18	55.37	250m: 4:24.33	55.27	350m: 6:14.24	55.01
	100m: 1:38.81 53.69	200m: 3:29.06	54.88	300m: 5:19.23	54.90	400m: 7:06.17	51.93

Event 16 Women, 400m Freestyle Master Esc C Results

31-01-2016 - 9:00 Rec Nac Esc C 4:30.30 Ana Paula Grilo UDCA Palma Maiorca (ESP) 18-04-2004

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts	
1.	Ana Mafalda Oliveira	81	Natacao da Maia	5:18.91	+0,92	628	
	50m: 35.79 35.79	150m: 1:55.16	40.50	250m: 3:16.30	40.41	350m: 4:38.28	40.76
	100m: 1:14.66 38.87	200m: 2:35.89	40.73	300m: 3:57.52	41.22	400m: 5:18.91	40.63
2.	Catarina Andrade Alves	78	Desportivo Nacional	5:28.51	+0,83	574	
	50m: 38.06 38.06	150m: 2:00.85	41.84	250m: 3:24.61	41.49	350m: 4:48.57	41.90
	100m: 1:19.01 40.95	200m: 2:43.12	42.27	300m: 4:06.67	42.06	400m: 5:28.51	39.94
3.	Marta Martins Ferreira	79	Funcao Publica	6:29.05	+1,06	345	
	50m: 41.74 41.74	150m: 2:17.19	48.42	250m: 3:55.77	49.80	350m: 5:38.91	52.26
	100m: 1:28.77 47.03	200m: 3:05.97	48.78	300m: 4:46.65	50.88	400m: 6:29.05	50.14
4.	Rita Sofia Melo	81	Colegio Monte Maior	6:33.53	+0,93	334	
	50m: 43.80 43.80	150m: 2:24.41	51.85	250m: 4:08.09	51.81	350m: 5:48.22	49.42
	100m: 1:32.56 48.76	200m: 3:16.28	51.87	300m: 4:58.80	50.71	400m: 6:33.53	45.31

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Event 16, Women, 400m Freestyle, Master Esc C

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
5.	Clotilde Eunice Costa	80	Foca	7:09.06		257
	50m: 50.51 50.51	150m: 2:37.34 54.58	250m: 4:26.34 54.56	350m: 6:16.52 54.90		
	100m: 1:42.76 52.25	200m: 3:31.78 54.44	300m: 5:21.62 55.28	400m: 7:09.06 52.54		
6.	Ana Rosa Silva	80	Foca	7:25.96	+1,10	229
	50m: 48.31 48.31	150m: 2:37.47 55.84	250m: 4:31.69 57.27	350m: 6:28.25 58.64		
	100m: 1:41.63 53.32	200m: 3:34.42 56.95	300m: 5:29.61 57.92	400m: 7:25.96 57.71		
7.	Carmen Silvia Malheiros	81	Litoral Alentejano	7:40.17		209
	50m: 52.02 52.02	150m: 2:46.62 58.41	250m: 4:44.60 59.71	350m: 6:44.23 1:00.04		
	100m: 1:48.21 56.19	200m: 3:44.89 58.27	300m: 5:44.19 59.59	400m: 7:40.17 55.94		

Event 16 Women, 400m Freestyle Master Esc D Results
31-01-2016 - 9:00

Rec	Nac	Esc	D	4:53.84	Ana Paula Grilo	INDALEN	Fafe	18-06-2011
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Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Ines Maria Rothes	73	Fluvial Portuense	5:08.27		725
	50m: 35.53 35.53	150m: 1:51.72 38.74	250m: 3:11.02 39.72	350m: 4:30.28 39.71		
	100m: 1:12.98 37.45	200m: 2:31.30 39.58	300m: 3:50.57 39.55	400m: 5:08.27 37.99		
2.	Rita Miguel Reina	72	Colegio Monte Maior	5:31.68	+0,92	582
	50m: 38.75 38.75	150m: 2:03.42 42.69	250m: 3:29.78 42.71	350m: 4:53.73 41.89		
	100m: 1:20.73 41.98	200m: 2:47.07 43.65	300m: 4:11.84 42.06	400m: 5:31.68 37.95		
3.	Filipa Cristina Fernandes	76	Gesloures	6:03.57	+0,88	441
	50m: 40.56 40.56	150m: 2:11.30 46.20	250m: 3:44.98 46.87	350m: 5:18.02 46.33		
	100m: 1:25.10 44.54	200m: 2:58.11 46.81	300m: 4:31.69 46.71	400m: 6:03.57 45.55		
4.	Sandra Santa Barbara	75	Ginasio Santo Tirso	6:05.95	+0,87	433
	50m: 39.59 39.59	150m: 2:10.39 45.89	250m: 3:44.05 47.02	350m: 5:18.51 47.40		
	100m: 1:24.50 44.91	200m: 2:57.03 46.64	300m: 4:31.11 47.06	400m: 6:05.95 47.44		
5.	Helena Sofia Diogo	73	Millennium BCP	6:08.42	+0,89	424
	50m: 40.35 40.35	150m: 2:11.77 46.71	250m: 3:45.96 47.68	350m: 5:20.90 47.80		
	100m: 1:25.06 44.71	200m: 2:58.28 46.51	300m: 4:33.10 47.14	400m: 6:08.42 47.52		
6.	Fernanda Maria Santinha	72	Masters de Almada	7:10.08	+1,19	266
	50m: 47.94 47.94	150m: 2:36.34 54.88	250m: 4:25.47 54.65	350m: 6:16.30 55.79		
	100m: 1:41.46 53.52	200m: 3:30.82 54.48	300m: 5:20.51 55.04	400m: 7:10.08 53.78		
7.	Carla Sofia Sequeira	75	Colegio Monte Maior	7:13.91	+0,90	259
	50m: 49.49 49.49	150m: 2:37.31 54.18	250m: 4:27.75 54.90	350m: 6:16.34 53.21		
	100m: 1:43.13 53.64	200m: 3:32.85 55.54	300m: 5:23.13 55.38	400m: 7:13.91 57.57		
8.	Ana Leonor Sanches	73	O2-Portimao	7:41.44	+0,89	216
	50m: 49.97 49.97	150m: 2:43.67 58.00	250m: 4:44.39 1:00.54	350m: 6:46.85 1:00.88		
	100m: 1:45.67 55.70	200m: 3:43.85 1:00.18	300m: 5:45.97 1:01.58	400m: 7:41.44 54.59		

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Event 16, Women, 400m Freestyle

Event 16 Women, 400m Freestyle Master Esc E
31-01-2016 - 9:00 Results

Rec Nac Esc E 5:03.00 Ana Paula Grilo NDCO Mealhada 26-01-2014

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Patricia Diogenes Pereira	69	Alges	5:15.52	+0,84	728
	50m: 37.29 37.29	150m: 1:56.76 39.99	250m: 3:16.50 39.95	350m: 4:36.62 39.76		
	100m: 1:16.77 39.48	200m: 2:36.55 39.79	300m: 3:56.86 40.36	400m: 5:15.52 38.90		
2.	Maria Teresa Brandao	69	Fluvial Portuense	5:31.82	+0,95	625
	50m: 38.73 38.73	150m: 2:02.91 42.44	250m: 3:27.89 42.24	350m: 4:52.01 41.88		
	100m: 1:20.47 41.74	200m: 2:45.65 42.74	300m: 4:10.13 42.24	400m: 5:31.82 39.81		
3.	Patricia Prista Graca	71	Alges	5:43.41	+0,90	564
	50m: 38.41 38.41	150m: 2:03.78 43.00	250m: 3:32.10 44.49	350m: 5:00.67 44.35		
	100m: 1:20.78 42.37	200m: 2:47.61 43.83	300m: 4:16.32 44.22	400m: 5:43.41 42.74		
4.	Ana Paula Sequeira	68	Sporting de Aveiro	6:15.03	+0,98	433
	50m: 41.37 41.37	150m: 2:14.89 47.20	250m: 3:52.37 48.76	350m: 5:29.14 48.07		
	100m: 1:27.69 46.32	200m: 3:03.61 48.72	300m: 4:41.07 48.70	400m: 6:15.03 45.89		
5.	Isabel Maria Magano	68	Leixoes	6:31.16	+0,92	382
	50m: 43.14 43.14	150m: 2:18.40 48.89	250m: 3:59.32 50.65	350m: 5:41.68 50.78		
	100m: 1:29.51 46.37	200m: 3:08.67 50.27	300m: 4:50.90 51.58	400m: 6:31.16 49.48		
6.	Maria Manuela Ferreira	70	Vitoria/ Olicargo	6:56.59	+1,07	316
	50m: 48.81 48.81	150m: 2:35.22 53.46	250m: 4:20.65 52.67	350m: 6:05.71 52.59		
	100m: 1:41.76 52.95	200m: 3:27.98 52.76	300m: 5:13.12 52.47	400m: 6:56.59 50.88		
DNS	Laura Manuela Miranda	67	Alges			

Event 16 Women, 400m Freestyle Master Esc F
31-01-2016 - 9:00 Results

Rec Nac Esc F 5:26.05 Elena Nikolaevna Kraeva ADRCIMM Tomar 29-01-2012

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Rita Cabral Guimaraes	64	Fluvial Portuense	5:58.17	+0,86	511
	50m: 40.53 40.53	150m: 2:11.20 45.63	250m: 3:44.41 46.67	350m: 5:14.28 45.09		
	100m: 1:25.57 45.04	200m: 2:57.74 46.54	300m: 4:29.19 44.78	400m: 5:58.17 43.89		
2.	Helena Paula Carvalho	64	Uniao Piedense	6:57.80	+1,08	321
	50m: 48.23 48.23	150m: 2:33.04 52.76	250m: 4:18.88 53.08	350m: 6:06.85 53.97		
	100m: 1:40.28 52.05	200m: 3:25.80 52.76	300m: 5:12.88 54.00	400m: 6:57.80 50.95		
3.	Maria Santos Fernandes	62	Leixoes	7:03.60	+1,06	308
	50m: 46.48 46.48	150m: 2:33.41 54.15	250m: 4:22.24 54.27	350m: 6:10.91 54.30		
	100m: 1:39.26 52.78	200m: 3:27.97 54.56	300m: 5:16.61 54.37	400m: 7:03.60 52.69		
4.	Maria Manuela Neto	62	Natacao da Maia	7:41.27		239
	50m: 51.50 51.50	150m: 2:49.18 59.83	250m: 4:49.67 1:00.53	350m: 6:48.14 58.94		
	100m: 1:49.35 57.85	200m: 3:49.14 59.96	300m: 5:49.20 59.53	400m: 7:41.27 53.13		
5.	Isabel Cristina Cansado	65	Litoral Alentejano	8:44.76	+1,19	162
	50m: 58.56 58.56	150m: 3:12.20 1:06.58	250m: 5:27.71 1:07.96	350m: 7:42.85 1:07.22		
	100m: 2:05.62 1:07.06	200m: 4:19.75 1:07.55	300m: 6:35.63 1:07.92	400m: 8:44.76 1:01.91		

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Event 16, Women, 400m Freestyle

Event 16 Women, 400m Freestyle Master Esc G
31-01-2016 - 9:00 Results

Rec Nac Esc G 6:01.93 Ana Maria Ferreira ANE Inatel 14-02-2009

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Elena Nikolaevna Kraeva	61	Colegio Monte Maior	5:32.63	+0,86	903
<i>Rec Nacional Esc G</i>						
	50m: 38.28 38.28	150m: 2:02.51 42.74	250m: 3:27.62 42.72	350m: 4:52.41 42.12		
	100m: 1:19.77 41.49	200m: 2:44.90 42.39	300m: 4:10.29 42.67	400m: 5:32.63 40.22		
2.	Anette Kind	61	Leixoes	8:00.51	+1,24	299
	50m: 52.35 52.35	150m: 2:54.48 1:02.15	250m: 4:58.64 1:02.29	350m: 7:03.90 1:02.86		
	100m: 1:52.33 59.98	200m: 3:56.35 1:01.87	300m: 6:01.04 1:02.40	400m: 8:00.51 56.61		

Event 16 Women, 400m Freestyle Master Esc H
31-01-2016 - 9:00 Results

Rec Nac Esc H 6:01.46 Ana Maria Ferreira SAD Tomar 29-01-2012

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Ana Moura Relvas	56	Academica de Coimbra	7:21.38	+0,96	503
	50m: 49.87 49.87	150m: 2:42.45 57.18	250m: 4:35.69 56.33	350m: 6:28.14 56.07		
	100m: 1:45.27 55.40	200m: 3:39.36 56.91	300m: 5:32.07 56.38	400m: 7:21.38 53.24		

Event 16 Women, 400m Freestyle Master Esc I
31-01-2016 - 9:00 Results

Rec Nac Esc I 6:12.82 Ana Maria Ferreira SAD Mealhada 05-12-2015

Points: DSV Masters 13

Rank	Nome	YB	Clube	Tempo Final	RT	Pts
1.	Ana Maria Ferreira	50	Alges	6:18.09	+1,10	809
	50m: 42.99 42.99	150m: 2:20.04 48.66	250m: 3:56.65 48.19	350m: 5:32.87 48.29		
	100m: 1:31.38 48.39	200m: 3:08.46 48.42	300m: 4:44.58 47.93	400m: 6:18.09 45.22		