

Event 19 Women, 400m Medley Master Esc A
09-07-2016 - 15:00 Results

RN A(25-29) 5:37.84 Carolina Santos Silva CNMAIA Loulé 04-07-2015

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Sara Daniela Rodrigues	87			Galitos / Bresimar	6:20.29	551
	50m: 37.29 37.29	150m: 2:11.73	50.36	250m: 3:54.39	53.85	350m: 5:36.86	45.73
	100m: 1:21.37 44.08	200m: 3:00.54	48.81	300m: 4:51.13	56.74	400m: 6:20.29	43.43
2.	Ana Teresa Nunes	88			Natacao do Tejo	6:49.20	442
	50m: 40.33 40.33	150m: 2:20.49	52.28	250m: 4:15.47	1:02.39	350m: 6:07.73	48.37
	100m: 1:28.21 47.88	200m: 3:13.08	52.59	300m: 5:19.36	1:03.89	400m: 6:49.20	41.47
3.	Rita Claudia Fougo	88			Natacao da Maia	6:50.59	438
	50m: 40.47 40.47	150m: 2:26.52	57.66	250m: 4:21.28	58.47	350m: 6:06.29	47.13
	100m: 1:28.86 48.39	200m: 3:22.81	56.29	300m: 5:19.16	57.88	400m: 6:50.59	44.30

Event 19 Women, 400m Medley Master Esc B
09-07-2016 - 15:00 Results

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

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Raquel Filipa Miranda	85			Foca	6:03.38	620
	50m: 38.47 38.47	150m: 2:11.80	51.12	250m: 3:51.27	51.31	350m: 5:24.38	42.15
	100m: 1:20.68 42.21	200m: 2:59.96	48.16	300m: 4:42.23	50.96	400m: 6:03.38	39.00
2.	Catia Marisa Valente	84			Luz e Vida	6:21.61	535
	50m: 39.84 39.84	150m: 2:20.72	50.35	250m: 4:00.58	52.24	350m: 5:39.18	46.96
	100m: 1:30.37 50.53	200m: 3:08.34	47.62	300m: 4:52.22	51.64	400m: 6:21.61	42.43
3.	Ana Oliveira Sousa	85			Academica de Coimbra	6:23.59	527
	50m: 38.44 38.44	150m: 2:14.55	52.36	250m: 3:57.29	53.05	350m: 5:38.69	46.44
	100m: 1:22.19 43.75	200m: 3:04.24	49.69	300m: 4:52.25	54.96	400m: 6:23.59	44.90
4.	Rita Loureiro Pinto	85			Ginasio Clube	6:48.00	438
	50m: 45.07 45.07	150m: 2:31.56	52.00	250m: 4:18.38	57.10	350m: 6:02.86	46.74
	100m: 1:39.56 54.49	200m: 3:21.28	49.72	300m: 5:16.12	57.74	400m: 6:48.00	45.14

Event 19 Women, 400m Medley Master Esc D
09-07-2016 - 15:00 Results

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

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Filipa Cristina Fernandes	76			Gesloures	6:44.18	517
	50m: 40.38 40.38	150m: 2:25.88	55.26	250m: 4:14.74	55.71	350m: 5:59.15	48.15
	100m: 1:30.62 50.24	200m: 3:19.03	53.15	300m: 5:11.00	56.26	400m: 6:44.18	45.03
2.	Ana Cristina Oliveira	76			Galitos / Bresimar	7:08.62	433
	50m: 41.10 41.10	150m: 2:29.19	57.35	250m: 4:25.81	1:00.37	350m: 6:18.00	51.67
	100m: 1:31.84 50.74	200m: 3:25.44	56.25	300m: 5:26.33	1:00.52	400m: 7:08.62	50.62
3.	Fernanda Maria Santinha	72			Masters de Almada	8:10.61	289
	50m: 55.14 55.14	150m: 3:11.63	1:15.34	250m: 5:22.86	1:03.42	350m: 7:20.46	54.69
	100m: 1:56.29 1:01.15	200m: 4:19.44	1:07.81	300m: 6:25.77	1:02.91	400m: 8:10.61	50.15

Event 19, Women, 400m Medley

Event 19 Women, 400m Medley Master Esc E
09-07-2016 - 15:00 Results

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

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Maria Manuela Sequeira	68			Sporting de Aveiro	7:39.36	379
	50m: 49.55 49.55	150m: 2:57.56 1:05.02	250m: 4:54.76 57.36	350m: 6:46.36 54.59			
	100m: 1:52.54 1:02.99	200m: 3:57.40 59.84	300m: 5:51.77 57.01	400m: 7:39.36 53.00			

Event 19 Women, 400m Medley Master Esc F
09-07-2016 - 15:00 Results

RN F(50-54) 6:45.18 Elena Nikolaevna Kraeva CIMM Oeiras 03-07-2011

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Maria Margarida Urbano	63			Academica de Coimbra	7:51.87	422
	50m: 52.98 52.98	150m: 3:02.01 1:08.00	250m: 5:08.58 1:00.36	350m: 7:00.51 52.23			
	100m: 1:54.01 1:01.03	200m: 4:08.22 1:06.21	300m: 6:08.28 59.70	400m: 7:51.87 51.36			
2.	Maria Madalena Caninas	63			Masters de Almada	9:18.83	254
	50m: 1:01.78 1:01.78	200m: 4:53.38 2:39.04	300m: 7:28.40 1:17.71	400m: 9:18.83 53.64			
	100m: 2:14.34 1:12.56	250m: 6:10.69 1:17.31	350m: 8:25.19 56.79				