

Prova 19 Femin., 400m Livres Master Esc A
29-01-2017 - 9:00 Resultados

Rec Nac Esc A 4:46.97 Carolina Santos SILVA CNMAIA Mealhada 26-01-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	Susana Maria MATEUS	89	Litoral Alentejano	4:55.98	+0,94	741	30,00
	50m: 33.89 33.89	150m: 1:48.92 38.04	250m: 3:04.20 37.25	350m: 4:18.91 37.52			
	100m: 1:10.88 36.99	200m: 2:26.95 38.03	300m: 3:41.39 37.19	400m: 4:55.98 37.07			
2.	Raquel Alexandra SILVA	91	Leixoes	5:17.22	+0,99	602	26,00
	50m: 37.69 37.69	150m: 1:59.71 40.96	250m: 3:19.56 39.59	350m: 4:38.71 39.65			
	100m: 1:18.75 41.06	200m: 2:39.97 40.26	300m: 3:59.06 39.50	400m: 5:17.22 38.51			
3.	Rute Sofia TEIXEIRA	90	Ginasio Santo Tirso	5:30.75	+0,95	531	22,00
	50m: 37.61 37.61	150m: 2:00.96 42.20	250m: 3:25.22 42.33	350m: 4:50.07 42.66			
	100m: 1:18.76 41.15	200m: 2:42.89 41.93	300m: 4:07.41 42.19	400m: 5:30.75 40.68			
4.	Solange Ramalho PEREIRA	90	Propaganda da Natacao	5:47.16		459	20,00
	50m: 39.60 39.60	150m: 2:07.04 44.01	250m: 3:35.85 44.34	350m: 5:04.45 44.03			
	100m: 1:23.03 43.43	200m: 2:51.51 44.47	300m: 4:20.42 44.57	400m: 5:47.16 42.71			
5.	Ana Rita MENDES	91	Geslours	5:52.42		439	19,00
	50m: 38.95 38.95	150m: 2:06.74 45.04	250m: 3:37.28 45.41	350m: 5:07.91 45.49			
	100m: 1:21.70 42.75	200m: 2:51.87 45.13	300m: 4:22.42 45.14	400m: 5:52.42 44.51			
6.	Ana Raquel LIRIO	90	Ginasio Santo Tirso	6:02.94		402	18,00
	50m: 38.49 38.49	150m: 2:05.90 44.60	250m: 3:38.50 46.85	350m: 5:14.98 48.74			
	100m: 1:21.30 42.81	200m: 2:51.65 45.75	300m: 4:26.24 47.74	400m: 6:02.94 47.96			
7.	Ana Rita MENDES	90	Fluvial Portuense	6:13.99		367	17,00
	50m: 40.56 40.56	150m: 2:14.30 47.73	250m: 3:50.62 47.96	350m: 5:28.13 48.64			
	100m: 1:26.57 46.01	200m: 3:02.66 48.36	300m: 4:39.49 48.87	400m: 6:13.99 45.86			
8.	Marina Patricia PEDRO	88	Litoral Alentejano	6:14.42	+1,07	366	16,00
	50m: 39.61 39.61	150m: 2:14.13 48.18	250m: 3:51.07 48.83	350m: 5:28.13 48.90			
	100m: 1:25.95 46.34	200m: 3:02.24 48.11	300m: 4:39.23 48.16	400m: 6:14.42 46.29			
9.	Ana Raquel BARBOSA	88	Geslours	6:54.74	+0,97	269	14,00
	50m: 43.05 43.05	150m: 2:25.24 52.34	250m: 4:12.65 53.64	350m: 6:01.87 54.46			
	100m: 1:32.90 49.85	200m: 3:19.01 53.77	300m: 5:07.41 54.76	400m: 6:54.74 52.87			

Prova 19 Femin., 400m Livres Master Esc B
29-01-2017 - 9:00 Resultados

Rec Nac Esc B 4:27.23 Ana Paula GRILO UDCA Inatel 25-05-2002

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	Sara Daniela RODRIGUES	87	Galitos/ Bresimar	5:21.58	+0,87	615	30,00
	50m: 37.42 37.42	150m: 1:57.92 40.65	250m: 3:20.23 41.19	350m: 4:41.70 40.81			
	100m: 1:17.27 39.85	200m: 2:39.04 41.12	300m: 4:00.89 40.66	400m: 5:21.58 39.88			
2.	Ana Oliveira SOUSA	85	Academica de Coimbra	5:38.24		528	26,00
	50m: 37.91 37.91	150m: 2:01.56 42.22	250m: 3:27.60 43.25	350m: 4:55.74 43.83			
	100m: 1:19.34 41.43	200m: 2:44.35 42.79	300m: 4:11.91 44.31	400m: 5:38.24 42.50			

EXH=Extra-competição WDR=Retirado RJC=Rejeitado

Prova 19, Femin., 400m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
3.	Catia Santos RAMALHO	86	Natacao da Maia	5:38.46		527	22,00
	50m: 38.01 38.01	150m: 2:02.63 42.79	250m: 3:31.27 44.54	350m: 4:58.47 42.88			
	100m: 1:19.84 41.83	200m: 2:46.73 44.10	300m: 4:15.59 44.32	400m: 5:38.46 39.99			
4.	Marina ZABORSKAYA	85	FC Ferreiras	5:47.65	+0,93	486	20,00
	50m: 38.69 38.69	150m: 2:04.98 43.50	250m: 3:34.79 45.62	350m: 5:05.57 45.20			
	100m: 1:21.48 42.79	200m: 2:49.17 44.19	300m: 4:20.37 45.58	400m: 5:47.65 42.08			
5.	Stephanie Eleanor KRAMER	87	Natacao de Lisboa	5:53.32		463	19,00
	50m: 38.71 38.71	150m: 2:07.84 45.61	250m: 3:39.56 45.94	350m: 5:11.52 46.22			
	100m: 1:22.23 43.52	200m: 2:53.62 45.78	300m: 4:25.30 45.74	400m: 5:53.32 41.80			
6.	Sandra Isabel NOGUEIRA	86	Natacao da Maia	5:55.60		455	18,00
	50m: 37.55 37.55	150m: 2:05.59 44.86	250m: 3:37.67 46.20	350m: 5:10.44 46.50			
	100m: 1:20.73 43.18	200m: 2:51.47 45.88	300m: 4:23.94 46.27	400m: 5:55.60 45.16			
7.	Rita Loureiro PINTO	85	Ginasio Clube	5:59.18	+0,91	441	17,00
	50m: 38.85 38.85	150m: 2:08.02 45.49	250m: 3:40.12 46.00	350m: 5:13.33 46.68			
	100m: 1:22.53 43.68	200m: 2:54.12 46.10	300m: 4:26.65 46.53	400m: 5:59.18 45.85			
8.	Ana Catarina VIEIRA	87	Propaganda da Natacao	6:26.36		354	16,00
	50m: 39.89 39.89	150m: 2:14.22 49.08	250m: 3:56.18 51.49	350m: 5:39.08 51.50			
	100m: 1:25.14 45.25	200m: 3:04.69 50.47	300m: 4:47.58 51.40	400m: 6:26.36 47.28			
9.	Sofia Moreira SANTOS	86	Natacao da Maia	6:29.60		345	14,00
	50m: 42.29 42.29	150m: 2:20.38 49.98	250m: 4:01.71 50.35	350m: 5:41.79 49.96			
	100m: 1:30.40 48.11	200m: 3:11.36 50.98	300m: 4:51.83 50.12	400m: 6:29.60 47.81			
10.	Catarina Isabel PEREIRA	83	Vilacondense	7:34.44		218	12,00
	50m: 47.49 47.49	150m: 2:36.12 56.21	250m: 4:33.29 59.47	350m: 6:34.57 1:00.61			
	100m: 1:39.91 52.42	200m: 3:33.82 57.70	300m: 5:33.96 1:00.67	400m: 7:34.44 59.87			

Prova 19 Femin., 400m Livres Master Esc C
29-01-2017 - 9:00 Resultados

Rec Nac Esc C	4:30.30	Ana Paula GRILO	UDCA	Palma Maiorca (ESP)	18-04-2004
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Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	Mafalda Sofia MOREIRA	79	Benedita	5:16.61	+0,98	641	30,00
	50m: 36.47 36.47	150m: 1:55.14 39.48	250m: 3:15.16 40.03	350m: 4:36.26 40.69			
	100m: 1:15.66 39.19	200m: 2:35.13 39.99	300m: 3:55.57 40.41	400m: 5:16.61 40.35			
2.	Ana DAlte GUEDES	80	Leixoes	5:56.52	+1,06	449	26,00
	50m: 40.95 40.95	150m: 2:11.26 45.60	250m: 3:42.78 45.71	350m: 5:13.38 44.51			
	100m: 1:25.66 44.71	200m: 2:57.07 45.81	300m: 4:28.87 46.09	400m: 5:56.52 43.14			
3.	Alexandra Sofia VICENTE	81	Benedita	6:22.45	+0,96	364	22,00
	50m: 42.97 42.97	150m: 2:19.13 48.42	250m: 3:56.17 48.92	350m: 5:34.59 49.04			
	100m: 1:30.71 47.74	200m: 3:07.25 48.12	300m: 4:45.55 49.38	400m: 6:22.45 47.86			
4.	Joana Silva CRISTOVAO	81	FC Ferreiras	6:50.24		295	20,00
	50m: 46.55 46.55	150m: 2:28.75 52.33	250m: 4:13.55 52.84	350m: 5:59.15 52.62			
	100m: 1:36.42 49.87	200m: 3:20.71 51.96	300m: 5:06.53 52.98	400m: 6:50.24 51.09			

EXH=Extra-competição WDR=Retirado RJC=Rejeitado

Prova 19, Femin., 400m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
5.	Ana Rosa SILVA	80	Foca	7:07.41	+1,04	260	19,00
	50m: 48.13 48.13	150m: 2:36.35 54.74	250m: 4:25.85 54.93	350m: 6:15.28 55.01			
	100m: 1:41.61 53.48	200m: 3:30.92 54.57	300m: 5:20.27 54.42	400m: 7:07.41 52.13			
6.	Carmen Sílvia MALHEIROS	81	Litoral Alentejano	7:18.49		241	18,00
	50m: 50.03 50.03	150m: 2:38.22 54.97	250m: 4:31.13 56.46	350m: 6:25.21 57.05			
	100m: 1:43.25 53.22	200m: 3:34.67 56.45	300m: 5:28.16 57.03	400m: 7:18.49 53.28			
7.	Maria Margarida MACHADO	81	Vila DEste/Gaia	7:21.90		236	17,00
	50m: 47.25 47.25	150m: 2:37.62 56.18	250m: 4:30.76 57.08	350m: 6:25.74 57.80			
	100m: 1:41.44 54.19	200m: 3:33.68 56.06	300m: 5:27.94 57.18	400m: 7:21.90 56.16			
8.	Ana Maria MARTINS	79	Sporting de Aveiro	7:23.64		233	16,00
	50m: 53.84 53.84	150m: 2:46.53 57.36	250m: 4:40.53 57.18	350m: 6:31.63 55.51			
	100m: 1:49.17 55.33	200m: 3:43.35 56.82	300m: 5:36.12 55.59	400m: 7:23.64 52.01			
9.	Clotilde Eunice COSTA	80	Foca	7:43.77		204	14,00
	50m: 49.39 49.39	150m: 2:42.60 59.23	250m: 4:45.32 1:01.57	350m: 6:47.05 1:00.30			
	100m: 1:43.37 53.98	200m: 3:43.75 1:01.15	300m: 5:46.75 1:01.43	400m: 7:43.77 56.72			
DNS	Isabel Maria FIGUEIRA	79	Louletano / Loule Concelho				-
DNS	Monica Sofia PEIXE	81	Colegio Monte Maior				-

Prova 19 Femin., 400m Livres Master Esc D
29-01-2017 - 9:00 Resultados

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	Carla Santa BARBARA	75	Porto	5:05.77	+0,89	742	30,00
	50m: 34.56 34.56	150m: 1:49.41 37.84	250m: 3:07.09 39.21	350m: 4:27.81 40.55			
	100m: 1:11.57 37.01	200m: 2:27.88 38.47	300m: 3:47.26 40.17	400m: 5:05.77 37.96			
2.	Ines Maria ROTHES	73	Fluvial Portuense	5:14.54		682	26,00
	50m: 35.89 35.89	150m: 1:53.50 39.67	250m: 3:14.41 40.11	350m: 4:34.69 40.07			
	100m: 1:13.83 37.94	200m: 2:34.30 40.80	300m: 3:54.62 40.21	400m: 5:14.54 39.85			
3.	Helena Sofia DIOGO	73	Millennium BCP	6:03.19	+0,90	443	22,00
	50m: 38.81 38.81	150m: 2:09.40 46.15	250m: 3:43.10 47.13	350m: 5:17.33 47.14			
	100m: 1:23.25 44.44	200m: 2:55.97 46.57	300m: 4:30.19 47.09	400m: 6:03.19 45.86			
4.	Ana Leonor SANCHES	73	O2 Portimao	8:14.47	+0,86	175	20,00
	50m: 50.35 50.35	150m: 2:47.88 59.86	250m: 4:51.38 1:02.59	350m: 6:54.50 59.25			
	100m: 1:48.02 57.67	200m: 3:48.79 1:00.91	300m: 5:55.25 1:03.87	400m: 8:14.47 1:19.97			
5.	Teresa Fatima SILVA	77	CNATRIL	8:34.05	+1,28	156	19,00
	50m: 52.35 52.35	150m: 2:57.80 1:06.02	250m: 5:12.52 1:07.88	350m: 7:27.82 1:07.59			
	100m: 1:51.78 59.43	200m: 4:04.64 1:06.84	300m: 6:20.23 1:07.71	400m: 8:34.05 1:06.23			
DNS	Teresa Cardoso MARTA	73	Colegio Monte Maior				-

EXH=Extra-competição WDR=Retirado RJC=Rejeitado

Prova 19, Femin., 400m Livres

Prova 19 Femin., 400m Livres Master Esc E
29-01-2017 - 9:00 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	Maria Teresa BRANDAO	69	Fluvial Portuense	5:31.08	+1,03	630	30,00
	50m: 37.61 37.61	150m: 2:00.56 41.79	250m: 3:24.94 41.87	350m: 4:50.41 42.89			
	100m: 1:18.77 41.16	200m: 2:43.07 42.51	300m: 4:07.52 42.58	400m: 5:31.08 40.67			
2.	Catarina Araujo BLANCO	71	Fluvial Portuense	6:16.42		428	26,00
	50m: 44.72 44.72	150m: 2:22.17 48.74	250m: 3:59.05 48.16	350m: 5:33.05 45.63			
	100m: 1:33.43 48.71	200m: 3:10.89 48.72	300m: 4:47.42 48.37	400m: 6:16.42 43.37			
3.	Luisa Lopes AGANTE	71	Leixoes	6:54.05		322	22,00
	50m: 46.45 46.45	150m: 2:29.19 51.91	250m: 4:13.77 52.09	350m: 6:03.17 55.62			
	100m: 1:37.28 50.83	200m: 3:21.68 52.49	300m: 5:07.55 53.78	400m: 6:54.05 50.88			
4.	Maria Manuela FERREIRA	70	Leixoes	7:04.61	+1,09	298	20,00
	50m: 49.35 49.35	150m: 2:34.60 53.38	250m: 4:21.86 53.19	350m: 6:09.89 54.46			
	100m: 1:41.22 51.87	200m: 3:28.67 54.07	300m: 5:15.43 53.57	400m: 7:04.61 54.72			

Prova 19 Femin., 400m Livres Master Esc F
29-01-2017 - 9:00 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	Maria Helena CARMO	66	Alges	5:33.19		634	30,00
	50m: 37.15 37.15	150m: 1:59.12 41.61	250m: 3:23.71 42.35	350m: 4:50.00 43.35			
	100m: 1:17.51 40.36	200m: 2:41.36 42.24	300m: 4:06.65 42.94	400m: 5:33.19 43.19			
2.	Sarah COUTTS	67	Nadadores dos Estoris	5:36.40		616	26,00
	50m: 35.92 35.92	150m: 1:58.88 42.45	250m: 3:25.54 43.29	350m: 4:53.96 44.18			
	100m: 1:16.43 40.51	200m: 2:42.25 43.37	300m: 4:09.78 44.24	400m: 5:36.40 42.44			
3.	Laura Manuela MIRANDA	67	Alges	6:06.18		478	22,00
	50m: 40.85 40.85	150m: 2:14.76 47.71	250m: 3:48.66 46.86	350m: 5:21.58 46.60			
	100m: 1:27.05 46.20	200m: 3:01.80 47.04	300m: 4:34.98 46.32	400m: 6:06.18 44.60			
4.	Rita Cabral GUIMARAES	64	Fluvial Portuense	6:16.49	+0,89	440	20,00
	50m: 43.33 43.33	150m: 2:16.61 47.14	250m: 3:51.44 47.35	350m: 5:28.27 48.56			
	100m: 1:29.47 46.14	200m: 3:04.09 47.48	300m: 4:39.71 48.27	400m: 6:16.49 48.22			
5.	Maria Margarida URBANO	63	Academica de Coimbra	6:35.18	+1,04	380	19,00
	50m: 44.67 44.67	150m: 2:23.00 49.79	250m: 4:04.11 50.57	350m: 5:45.57 50.71			
	100m: 1:33.21 48.54	200m: 3:13.54 50.54	300m: 4:54.86 50.75	400m: 6:35.18 49.61			
6.	Helena Paula CARVALHO	64	Sporting	6:39.70	+1,02	367	18,00
	50m: 45.23 45.23	150m: 2:24.21 50.04	250m: 4:05.91 51.40	350m: 5:50.02 52.21			
	100m: 1:34.17 48.94	200m: 3:14.51 50.30	300m: 4:57.81 51.90	400m: 6:39.70 49.68			
7.	Maria Madalena CANINAS	63	Masters de Almada	7:16.74		281	17,00
	50m: 47.60 47.60	150m: 2:36.39 56.24	250m: 4:31.64 57.63	350m: 6:23.90 55.45			
	100m: 1:40.15 52.55	200m: 3:34.01 57.62	300m: 5:28.45 56.81	400m: 7:16.74 52.84			

EXH=Extra-competição WDR=Retirado RJC=Rejeitado

Prova 19, Femin., 400m Livres

Prova 19 Femin., 400m Livres Master Esc G
29-01-2017 - 9:00 Resultados

Rec Nac Esc G 5:32.63 Elena Nikolaevna KRAEVA ADRCIMM Tomar 31-01-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	Maria Santos FERNANDES	62	Leixoes	6:40.61	+1,07	517	30,00
	50m: 46.08 46.08	150m: 2:26.95 51.27	250m: 4:09.19 50.70	350m: 5:50.72 50.78			
	100m: 1:35.68 49.60	200m: 3:18.49 51.54	300m: 4:59.94 50.75	400m: 6:40.61 49.89			
2.	Maria Manuela NETO	62	Natacao da Maia	7:39.20		343	26,00
	50m: 51.21 51.21	150m: 2:45.38 58.29	250m: 4:43.44 59.03	350m: 6:40.97 58.58			
	100m: 1:47.09 55.88	200m: 3:44.41 59.03	300m: 5:42.39 58.95	400m: 7:39.20 58.23			
3.	Anette KIND	61	Leixoes	8:00.72	+1,01	299	22,00
	50m: 50.99 50.99	150m: 2:51.60 1:01.84	250m: 4:57.50 1:03.45	350m: 7:03.32 1:03.00			
	100m: 1:49.76 58.77	200m: 3:54.05 1:02.45	300m: 6:00.32 1:02.82	400m: 8:00.72 57.40			

Prova 19 Femin., 400m Livres Master Esc H
29-01-2017 - 9:00 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	Maria Teresa OLIVEIRA	57	Academica de Coimbra	7:03.66	+1,24	569	30,00
	50m: 47.06 47.06	150m: 2:36.68 55.51	250m: 4:25.81 54.33	350m: 6:12.49 53.45			
	100m: 1:41.17 54.11	200m: 3:31.48 54.80	300m: 5:19.04 53.23	400m: 7:03.66 51.17			

EXH=Extra-competição WDR=Retirado RJC=Rejeitado