

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicao, 7- - 9-7-2017

Prova 28 Femin., 400m Livres Master Esc A
09-07-2017 - 9:55 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	ALVES Joana Isabel	88	Porto	5:22.84	+1,00	584	9,00
	50m: 36.64 36.64	150m: 1:57.86 41.55	250m: 3:20.90 41.53	350m: 4:43.11 40.81			
	100m: 1:16.31 39.67	200m: 2:39.37 41.51	300m: 4:02.30 41.40	400m: 5:22.84 39.73			
2.	FERREIRA Ana Ribeiro	92	Porto	5:23.44	+0,95	581	7,00
	50m: 34.34 34.34	150m: 1:50.89 39.37	250m: 3:13.45 41.40	350m: 4:39.09 42.61			
	100m: 1:11.52 37.18	200m: 2:32.05 41.16	300m: 3:56.48 43.03	400m: 5:23.44 44.35			
3.	MOURA Catia Vanessa	90	Individual ANMIN	5:28.02	+0,98	557	6,00
	50m: 35.05 35.05	150m: 1:56.20 41.97	250m: 3:22.60 43.58	350m: 4:49.20 42.98			
	100m: 1:14.23 39.18	200m: 2:39.02 42.82	300m: 4:06.22 43.62	400m: 5:28.02 38.82			
4.	SANTOS Miriam Rodrigues	91	Masters de Almada	5:33.40	+0,91	530	5,00
	50m: 37.00 37.00	150m: 1:59.61 42.04	250m: 3:24.11 41.94	350m: 4:52.01 44.46			
	100m: 1:17.57 40.57	200m: 2:42.17 42.56	300m: 4:07.55 43.44	400m: 5:33.40 41.39			
5.	SILVA Raquel Alexandra	91	Leixoes	5:42.37	+0,96	490	4,00
	50m: 39.41 39.41	150m: 2:08.55 45.10	250m: 3:35.96 42.35	350m: 5:00.07 41.36			
	100m: 1:23.45 44.04	200m: 2:53.61 45.06	300m: 4:18.71 42.75	400m: 5:42.37 42.30			
6.	MENDES Ana Rita	91	Gesloures	5:44.41	+0,81	481	3,00
	50m: 38.11 38.11	150m: 2:03.70 43.39	250m: 3:32.51 43.97	350m: 5:00.93 43.58			
	100m: 1:20.31 42.20	200m: 2:48.54 44.84	300m: 4:17.35 44.84	400m: 5:44.41 43.48			
7.	PEREIRA Solange Ramalho	90	Propaganda da Natacao	5:56.24	+0,89	435	2,00
	50m: 38.68 38.68	150m: 2:05.92 44.08	250m: 3:35.82 44.99	350m: 5:09.38 47.29			
	100m: 1:21.84 43.16	200m: 2:50.83 44.91	300m: 4:22.09 46.27	400m: 5:56.24 46.86			
8.	CARVALHO Lia Correia	90	Nacional de Natacao	6:01.69	+0,79	415	1,00
	50m: 37.72 37.72	150m: 2:04.42 44.97	250m: 3:38.11 47.58	350m: 5:14.37 48.26			
	100m: 1:19.45 41.73	200m: 2:50.53 46.11	300m: 4:26.11 48.00	400m: 6:01.69 47.32			
9.	RIBEIRO Patricia Marisa	91	Vila DEste/Gaia	6:22.18	+1,07	352	-
	50m: 39.35 39.35	150m: 2:14.42 49.39	250m: 3:54.38 50.33	350m: 5:35.73 50.51			
	100m: 1:25.03 45.68	200m: 3:04.05 49.63	300m: 4:45.22 50.84	400m: 6:22.18 46.45			
10.	MENDES Ana Rita	90	Fluval Portuense	6:38.87	+0,91	310	-
	50m: 43.00 43.00	150m: 2:19.70 49.98	250m: 4:02.53 51.98	350m: 5:47.67 52.87			
	100m: 1:29.72 46.72	200m: 3:10.55 50.85	300m: 4:54.80 52.27	400m: 6:38.87 51.20			
11.	BARBOSA Ana Raquel	88	Gesloures	7:04.90	+1,02	256	-
	50m: 44.38 44.38	150m: 2:29.51 53.72	250m: 4:20.74 55.88	350m: 6:11.46 55.04			
	100m: 1:35.79 51.41	200m: 3:24.86 55.35	300m: 5:16.42 55.68	400m: 7:04.90 53.44			

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicão, 7- - 9-7-2017

Prova 28, Femin., 400m Livres

Prova 28 Femin., 400m Livres Master Esc B
09-07-2017 - 9:55 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SILVA Carolina Santos	86	Propaganda da Natacao	4:59.17	+0,68	767	9,00
	50m: 33.64 33.64	150m: 1:48.37 37.58	250m: 3:04.09 37.99	350m: 4:21.56 38.73			
	100m: 1:10.79 37.15	200m: 2:26.10 37.73	300m: 3:42.83 38.74	400m: 4:59.17 37.61			
2.	SOUSA Keissy Joselin	85	Porto	5:20.00	+0,83	627	7,00
	50m: 35.49 35.49	150m: 1:54.60 40.55	250m: 3:16.54 41.24	350m: 4:39.51 41.66			
	100m: 1:14.05 38.56	200m: 2:35.30 40.70	300m: 3:57.85 41.31	400m: 5:20.00 40.49			
3.	RODRIGUES Sara Daniela	87	Galitos/ Bresimar	5:35.36	+0,93	544	6,00
	50m: 38.21 38.21	150m: 2:02.37 42.45	250m: 3:28.45 42.60	350m: 4:53.49 42.14			
	100m: 1:19.92 41.71	200m: 2:45.85 43.48	300m: 4:11.35 42.90	400m: 5:35.36 41.87			
4.	PINTO Rita Loureiro	85	Ginasio Clube	6:03.34	+0,91	428	5,00
	50m: 38.38 38.38	150m: 2:07.84 46.34	250m: 3:42.19 47.59	350m: 5:17.57 48.17			
	100m: 1:21.50 43.12	200m: 2:54.60 46.76	300m: 4:29.40 47.21	400m: 6:03.34 45.77			
5.	COSTA Ana Filipe	83	Porto	6:11.35	+0,97	401	4,00
	50m: 38.87 38.87	150m: 2:08.26 45.68	250m: 3:43.21 48.08	350m: 5:22.25 50.10			
	100m: 1:22.58 43.71	200m: 2:55.13 46.87	300m: 4:32.15 48.94	400m: 6:11.35 49.10			
6.	MARCH Berta Gonzalez	87	Nacional de Natacao	6:28.42	+1,14	350	3,00
	50m: 43.40 43.40	150m: 2:22.35 50.45	250m: 4:03.26 50.60	350m: 5:43.63 49.89			
	100m: 1:31.90 48.50	200m: 3:12.66 50.31	300m: 4:53.74 50.48	400m: 6:28.42 44.79			
7.	UHLFELDER Ana Sofia	83	Fluvial Portuense	7:49.26	+1,22	198	2,00
	50m: 50.05 50.05	150m: 2:48.95 1:01.31	250m: 4:53.24 1:02.37	350m: 6:55.82 1:00.26			
	100m: 1:47.64 57.59	200m: 3:50.87 1:01.92	300m: 5:55.56 1:02.32	400m: 7:49.26 53.44			

Prova 28 Femin., 400m Livres Master Esc C
09-07-2017 - 9:55 Resultados

RN C(35-39) 4:35.74 GRILO Ana Paula UDCA Stanford (USA) 10-08-2006

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	MARQUES Carla Sofia	78	Academica de Coimbra	5:36.48	+0,80	582	9,00
	50m: 37.72 37.72	150m: 2:01.77 42.26	250m: 3:28.47 43.02	350m: 4:54.97 42.85			
	100m: 1:19.51 41.79	200m: 2:45.45 43.68	300m: 4:12.12 43.65	400m: 5:36.48 41.51			
2.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	5:37.35	+0,95	578	7,00
	50m: 36.01 36.01	150m: 1:59.67 42.94	250m: 3:26.51 43.74	350m: 4:54.46 43.54			
	100m: 1:16.73 40.72	200m: 2:42.77 43.10	300m: 4:10.92 44.41	400m: 5:37.35 42.89			
3.	GUEDES Ana Dalte	80	Leixoes	6:06.14	+0,98	452	6,00
	50m: 41.21 41.21	150m: 2:14.51 47.50	250m: 3:48.87 46.84	350m: 5:22.86 46.84			
	100m: 1:27.01 45.80	200m: 3:02.03 47.52	300m: 4:36.02 47.15	400m: 6:06.14 43.28			
4.	FONSECA Maria Ana	82	Fluvial Portuense	6:13.58	+0,91	425	5,00
	50m: 41.24 41.24	150m: 2:13.47 47.28	250m: 3:49.78 48.68	350m: 5:26.44 48.29			
	100m: 1:26.19 44.95	200m: 3:01.10 47.63	300m: 4:38.15 48.37	400m: 6:13.58 47.14			

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicao, 7- - 9-7-2017

Prova 28, Femin., 400m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
5.	FERREIRA Marta Martins	79	Funcao Publica	7:07.32	+1,07	284	4,00
	50m: 45.26 45.26	150m: 2:31.75 54.49	250m: 4:22.57 55.55	350m: 6:14.08 55.90			
	100m: 1:37.26 52.00	200m: 3:27.02 55.27	300m: 5:18.18 55.61	400m: 7:07.32 53.24			
6.	MALHEIROS Carmen Silvia	81	Litoral Alentejano	7:17.02	+1,17	266	3,00
	50m: 48.05 48.05	150m: 2:37.97 55.23	250m: 4:30.43 55.84	350m: 6:23.13 55.65			
	100m: 1:42.74 54.69	200m: 3:34.59 56.62	300m: 5:27.48 57.05	400m: 7:17.02 53.89			
7.	MARTINS Ana Maria	79	Sporting de Aveiro	7:30.48	+1,05	242	2,00
	50m: 50.51 50.51	150m: 2:44.92 58.22	250m: 4:41.62 58.26	350m: 6:35.91 57.05			
	100m: 1:46.70 56.19	200m: 3:43.36 58.44	300m: 5:38.86 57.24	400m: 7:30.48 54.57			

Prova 28
09-07-2017 - 9:55

Femin., 400m Livres

Master Esc D
Resultados

RN D(40-44) 5:08.12 BARBARA Carla Santa FCP Loulé 10-07-2016

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	BARBARA Carla Santa	75	Porto	5:11.46	+0,79	748	9,00
	50m: 34.83 34.83	150m: 1:52.95 39.61	250m: 3:12.79 39.83	350m: 4:33.24 40.68			
	100m: 1:13.34 38.51	200m: 2:32.96 40.01	300m: 3:52.56 39.77	400m: 5:11.46 38.22			
2.	ROTHES Ines Maria	73	Fluval Portuense	5:27.52		643	7,00
	50m: 38.36 38.36	150m: 1:59.96 41.42	250m: 3:23.33 41.65	350m: 4:46.78 41.57			
	100m: 1:18.54 40.18	200m: 2:41.68 41.72	300m: 4:05.21 41.88	400m: 5:27.52 40.74			
3.	GOMES Rita Mendonca	73	Alges	5:45.53	+0,79	548	6,00
	50m: 38.04 38.04	150m: 2:03.57 44.04	250m: 3:32.81 45.10	350m: 5:02.57 45.05			
	100m: 1:19.53 41.49	200m: 2:47.71 44.14	300m: 4:17.52 44.71	400m: 5:45.53 42.96			
4.	DIOGO Helena Sofia	73	Millennium BCP	6:10.49	+0,94	444	5,00
	50m: 40.00 40.00	150m: 2:13.31 47.41	250m: 3:50.15 48.89	350m: 5:27.01 48.70			
	100m: 1:25.90 45.90	200m: 3:01.26 47.95	300m: 4:38.31 48.16	400m: 6:10.49 43.48			
5.	BARBARA Sandra Santa	75	Ginasio Santo Tirso	6:18.38	+0,90	417	4,00
	50m: 38.82 38.82	150m: 2:09.37 46.65	250m: 3:47.72 49.64	350m: 5:28.19 50.48			
	100m: 1:22.72 43.90	200m: 2:58.08 48.71	300m: 4:37.71 49.99	400m: 6:18.38 50.19			
6.	FERNANDES Ana Luisa	77	Leixoes	6:43.70	+1,06	343	3,00
	50m: 41.82 41.82	150m: 2:21.69 51.52	250m: 4:07.96 53.76	350m: 5:54.70 53.55			
	100m: 1:30.17 48.35	200m: 3:14.20 52.51	300m: 5:01.15 53.19	400m: 6:43.70 49.00			
7.	SEQUEIRA Carla Sofia	75	Colegio Monte Maior	7:27.23	+0,93	252	2,00
	50m: 51.11 51.11	150m: 2:43.59 56.99	250m: 4:37.56 56.93	350m: 6:32.10 57.04			
	100m: 1:46.60 55.49	200m: 3:40.63 57.04	300m: 5:35.06 57.50	400m: 7:27.23 55.13			
8.	MASSAGUE Adriana Reguera	75	Fluval Portuense	8:29.52	+1,22	170	1,00
	50m: 51.67 51.67	150m: 2:59.23 1:06.62	250m: 5:15.19 1:08.70	350m: 7:28.67 1:06.22			
	100m: 1:52.61 1:00.94	200m: 4:06.49 1:07.26	300m: 6:22.45 1:07.26	400m: 8:29.52 1:00.85			

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicao, 7- - 9-7-2017

Prova 28, Femin., 400m Livres

Prova 28 Femin., 400m Livres Master Esc E
09-07-2017 - 9:55 Resultados

RN E(45-49) 5:24.65 PEREIRA Patricia Diogenes SAD Coimbra 17-01-2016

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	BRANDAO Maria Teresa	69	Fluval Portuense	5:46.27	+1,04	553	9,00
	50m: 39.63 39.63	150m: 2:06.54 43.76	250m: 3:35.54 44.67	350m: 5:04.03 43.96			
	100m: 1:22.78 43.15	200m: 2:50.87 44.33	300m: 4:20.07 44.53	400m: 5:46.27 42.24			
2.	BLANCO Catarina Araujo	71	Fluval Portuense	6:21.98	+1,18	412	7,00
	50m: 42.70 42.70	150m: 2:20.58 50.05	250m: 3:59.38 49.40	350m: 5:36.83 48.22			
	100m: 1:30.53 47.83	200m: 3:09.98 49.40	300m: 4:48.61 49.23	400m: 6:21.98 45.15			
3.	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao	6:35.60	+1,11	371	6,00
	50m: 42.16 42.16	150m: 2:21.29 50.64	250m: 4:04.72 52.19	350m: 5:47.89 51.10			
	100m: 1:30.65 48.49	200m: 3:12.53 51.24	300m: 4:56.79 52.07	400m: 6:35.60 47.71			
4.	HEWETT Maria Silvia	70	Fluval Portuense	6:40.71	+1,13	357	5,00
	50m: 46.03 46.03	150m: 2:27.85 51.37	250m: 4:11.63 52.03	350m: 5:55.04 51.15			
	100m: 1:36.48 50.45	200m: 3:19.60 51.75	300m: 5:03.89 52.26	400m: 6:40.71 45.67			
5.	FERREIRA Maria Manuela	70	Leixoes	7:05.31	+1,07	298	4,00
	50m: 47.37 47.37	150m: 2:34.30 54.37	250m: 4:23.58 54.33	350m: 6:13.51 54.48			
	100m: 1:39.93 52.56	200m: 3:29.25 54.95	300m: 5:19.03 55.45	400m: 7:05.31 51.80			
6.	AGANTE Luisa Lopes	71	Leixoes	7:07.01	+0,98	295	3,00
	50m: 44.57 44.57	150m: 2:29.06 53.04	250m: 4:19.58 54.94	350m: 6:13.47 58.03			
	100m: 1:36.02 51.45	200m: 3:24.64 55.58	300m: 5:15.44 55.86	400m: 7:07.01 53.54			
7.	SANTINHA Fernanda Maria	72	Masters de Almada	7:17.04	+1,30	275	2,00
	50m: 47.58 47.58	150m: 2:37.76 55.51	250m: 4:28.47 55.24	350m: 6:21.60 56.36			
	100m: 1:42.25 54.67	200m: 3:33.23 55.47	300m: 5:25.24 56.77	400m: 7:17.04 55.44			
8.	BARBARA Ana Bernardo	70	Portinado	7:53.34	+0,93	216	1,00
	50m: 47.62 47.62	150m: 2:42.97 59.50	250m: 4:49.57 1:03.31	350m: 6:54.53 1:01.12			
	100m: 1:43.47 55.85	200m: 3:46.26 1:03.29	300m: 5:53.41 1:03.84	400m: 7:53.34 58.81			

Prova 28 Femin., 400m Livres Master Esc F
09-07-2017 - 9:55 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	GUIMARAES Rita Cabral	64	Fluval Portuense	6:40.08	+0,95	385	9,00
	50m: 42.29 42.29	150m: 2:23.25 50.81	250m: 4:06.45 51.50	350m: 5:49.95 51.06			
	100m: 1:32.44 50.15	200m: 3:14.95 51.70	300m: 4:58.89 52.44	400m: 6:40.08 50.13			
2.	TABORDA Maria Joao	67	Porto	6:52.08	+0,94	352	7,00
	50m: 45.67 45.67	150m: 2:30.87 53.48	250m: 4:16.06 52.14	350m: 6:00.87 52.59			
	100m: 1:37.39 51.72	200m: 3:23.92 53.05	300m: 5:08.28 52.22	400m: 6:52.08 51.21			
3.	URBANO Maria Margarida	63	Academica de Coimbra	6:54.16	+1,12	347	6,00
	50m: 46.25 46.25	150m: 2:29.54 52.36	250m: 4:16.05 53.10	350m: 6:02.82 53.41			
	100m: 1:37.18 50.93	200m: 3:22.95 53.41	300m: 5:09.41 53.36	400m: 6:54.16 51.34			

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicao, 7- - 9-7-2017

Prova 28, Femin., 400m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
4.	WISEU Maria Adriana	66	Leixoes	7:00.01	+0,89	332	5,00
	50m: 44.50 44.50	150m: 2:29.84 53.64	250m: 4:17.90 54.33	350m: 6:08.74 55.42			
	100m: 1:36.20 51.70	200m: 3:23.57 53.73	300m: 5:13.32 55.42	400m: 7:00.01 51.27			
5.	LIMA Maria Joao	65	Natacao da Maia	7:19.07		291	4,00
	50m: 48.87 48.87	150m: 2:35.09 53.68	250m: 4:29.14 57.86	350m: 6:24.40 56.88			
	100m: 1:41.41 52.54	200m: 3:31.28 56.19	300m: 5:27.52 58.38	400m: 7:19.07 54.67			
6.	VILARINHO Graca Maria	65	Gafanha da Encarnacao	7:25.06	+1,17	279	3,00
	50m: 48.13 48.13	150m: 2:38.84 56.91	250m: 4:33.87 58.31	350m: 6:29.79 58.04			
	100m: 1:41.93 53.80	200m: 3:35.56 56.72	300m: 5:31.75 57.88	400m: 7:25.06 55.27			
7.	RIBEIRO Violante Isabel	67	Alges	9:24.19		137	2,00
	50m: 57.70 57.70	150m: 3:18.45 1:11.41	250m: 5:44.06 1:12.79	350m: 8:11.72 1:12.64			
	100m: 2:07.04 1:09.34	200m: 4:31.27 1:12.82	300m: 6:59.08 1:15.02	400m: 9:24.19 1:12.47			
DNS	MIRANDA Laura Manuela	67	Alges				-

Prova 28 Femin., 400m Livres Master Esc G
09-07-2017 - 9:55 Resultados

RN G(55-59) 5:48.63 KRAEVA Elena Nikolaevna ADRCIMM Loulé 10-07-2016

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	FERNANDES Maria Santos	62	Leixoes	6:56.03	+1,09	388	9,00
	50m: 46.40 46.40	150m: 2:31.10 53.43	250m: 4:17.94 53.38	350m: 6:04.32 53.45			
	100m: 1:37.67 51.27	200m: 3:24.56 53.46	300m: 5:10.87 52.93	400m: 6:56.03 51.71			
2.	CANORA MARIN Maria Azucena	60	C.N. Aranjuez	7:45.55	+0,93	277	7,00
	50m: 48.09 48.09	150m: 2:40.74 58.39	250m: 4:42.42 1:01.60	350m: 6:49.24 1:01.47			
	100m: 1:42.35 54.26	200m: 3:40.82 1:00.08	300m: 5:47.77 1:05.35	400m: 7:45.55 56.31			
3.	NETO Maria Manuela	62	Natacao da Maia	7:53.75		263	6,00
	50m: 48.72 48.72	150m: 2:46.45 1:00.39	250m: 4:50.50 1:02.04	350m: 6:54.74 1:01.26			
	100m: 1:46.06 57.34	200m: 3:48.46 1:02.01	300m: 5:53.48 1:02.98	400m: 7:53.75 59.01			

Prova 28 Femin., 400m Livres Master Esc H
09-07-2017 - 9:55 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PINTAO Luisa Maria	54	Nadadores dos Estoris	7:24.63	+1,10	482	9,00
	50m: 51.50 51.50	150m: 2:45.77 57.74	250m: 4:39.68 56.93	350m: 6:31.05 54.86			
	100m: 1:48.03 56.53	200m: 3:42.75 56.98	300m: 5:36.19 56.51	400m: 7:24.63 53.58			
2.	RELVAS Ana Moura	56	Academica de Coimbra	8:13.93	+1,01	352	7,00
	50m: 57.60 57.60	150m: 3:05.99 1:05.27	250m: 5:12.38 1:03.61	350m: 7:16.05 1:01.13			
	100m: 2:00.72 1:03.12	200m: 4:08.77 1:02.78	300m: 6:14.92 1:02.54	400m: 8:13.93 57.88			

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicao, 7 - - 9-7-2017

Prova 28, Femin., 400m Livres

Prova 28 Femin., 400m Livres Master Esc I
09-07-2017 - 9:55 Resultados

RN I(65-69) 6:29.47 FERREIRA Ana Maria SAD London (GBR) 28-05-2016

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	FERREIRA Ana Maria <i>Rec Nac Esc I</i>	50	Alges	6:27.98	+1,18	802	9,00
	50m: 44.15 44.15	150m: 2:24.00	50.34	250m: 4:03.79	50.02	350m: 5:43.43	49.55
	100m: 1:33.66 49.51	200m: 3:13.77	49.77	300m: 4:53.88	50.09	400m: 6:27.98	44.55
2.	SILVA Marilia Laura	52	Fluval Portuense	11:03.32	+1,23	160	7,00
	50m: 1:14.19 1:14.19	150m: 4:04.57	1:24.75	250m: 6:57.23	1:25.27	350m: 9:47.47	1:24.76
	100m: 2:39.82 1:25.63	200m: 5:31.96	1:27.39	300m: 8:22.71	1:25.48	400m: 11:03.32	1:15.85

Prova 28 Femin., 400m Livres Master Esc J
09-07-2017 - 9:55 Resultados

RN J(70-74) 8:23.00 BASTO Luisa Bessone SAD Loulé 10-07-2016

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	BASTO Luisa Bessone <i>Rec Nac Esc J</i>	44	Alges	7:57.37	+1,12	499	9,00
	50m: 52.35 52.35	150m: 2:53.58	1:01.63	250m: 4:58.47	1:02.42	350m: 7:00.97	1:00.30
	100m: 1:51.95 59.60	200m: 3:56.05	1:02.47	300m: 6:00.67	1:02.20	400m: 7:57.37	56.40