



XX Campeonato Nacional Masters de Verão - OPEN
Loulé, 13- - 15-7-2018



Prova 19 Femin., 400m Estilos Master Esc A
14-07-2018 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	FERREIRA Ana Claudia	90	Alcobaca	5:55.54	+0,83	600	9,00
	50m: 34.87 34.87	150m: 2:05.55 51.26	250m: 3:43.75 49.80	350m: 5:15.45 40.73			
	100m: 1:14.29 39.42	200m: 2:53.95 48.40	300m: 4:34.72 50.97	400m: 5:55.54 40.09			
2.	SILVA Raquel Alexandra	91	Leixoes	6:00.31	+0,97	576	7,00
	50m: 37.15 37.15	150m: 2:07.85 46.45	250m: 3:44.52 52.79	350m: 5:20.24 42.72			
	100m: 1:21.40 44.25	200m: 2:51.73 43.88	300m: 4:37.52 53.00	400m: 6:00.31 40.07			
3.	MARQUES Joana Pedrosa	91	Masters de Almada	6:11.19	+0,94	527	6,00
	50m: 36.85 36.85	150m: 2:10.78 51.29	250m: 3:49.95 48.20	350m: 5:26.77 46.85			
	100m: 1:19.49 42.64	200m: 3:01.75 50.97	300m: 4:39.92 49.97	400m: 6:11.19 44.42			
4.	FERREIRA Ana Rita	92	Colegio Monte Maior	6:23.44	+0,90	478	5,00
	50m: 40.21 40.21	150m: 2:19.23 49.85	250m: 4:03.59 55.26	350m: 5:41.43 44.19			
	100m: 1:29.38 49.17	200m: 3:08.33 49.10	300m: 4:57.24 53.65	400m: 6:23.44 42.01			
5.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	6:50.57	+0,88	389	4,00
	50m: 36.52 36.52	150m: 2:13.99 53.40	250m: 4:07.33 1:00.91	350m: 6:01.39 50.38			
	100m: 1:20.59 44.07	200m: 3:06.42 52.43	300m: 5:11.01 1:03.68	400m: 6:50.57 49.18			
6.	RIBEIRO Patricia Marisa	91	Vila DEste/Gaia	6:57.28	+1,04	371	3,00
	50m: 41.54 41.54	150m: 2:31.20 53.70	250m: 4:23.21 1:00.33	350m: 6:11.89 49.71			
	100m: 1:37.50 55.96	200m: 3:22.88 51.68	300m: 5:22.18 58.97	400m: 6:57.28 45.39			
7.	LIRIO Ana Raquel	90	Ginasio Santo Tirso	6:57.31	+0,95	371	2,00
	50m: 44.71 44.71	150m: 2:32.24 54.52	250m: 4:25.02 58.21	350m: 6:13.08 48.75			
	100m: 1:37.72 53.01	200m: 3:26.81 54.57	300m: 5:24.33 59.31	400m: 6:57.31 44.23			
DNS	FERREIRA Joana Rita	93	BUZIOS-Coruche				-

Prova 19 Femin., 400m Estilos Master Esc B
14-07-2018 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	MIRANDA Raquel Filipa	85	Foca	5:49.91	+0,97	695	9,00
	50m: 35.36 35.36	150m: 2:05.01 49.90	250m: 3:42.16 49.63	350m: 5:12.36 40.64			
	100m: 1:15.11 39.75	200m: 2:52.53 47.52	300m: 4:31.72 49.56	400m: 5:49.91 37.55			
2.	RODRIGUES Sara Daniela	87	Galitos / Bresimar	6:16.19	+0,90	559	7,00
	50m: 39.52 39.52	150m: 2:14.29 49.66	250m: 3:55.21 52.33	350m: 5:32.54 44.33			
	100m: 1:24.63 45.11	200m: 3:02.88 48.59	300m: 4:48.21 53.00	400m: 6:16.19 43.65			
3.	PINTO Juliana Sequeira	86	Amigos da Natacao	6:21.00	+0,89	538	6,00
	50m: 37.16 37.16	150m: 2:09.75 49.78	250m: 3:52.75 55.16	350m: 5:34.53 46.13			
	100m: 1:19.97 42.81	200m: 2:57.59 47.84	300m: 4:48.40 55.65	400m: 6:21.00 46.47			
4.	FOUGO Rita Claudia	88	Natacao da Maia	6:34.52	+0,92	484	5,00
	50m: 37.47 37.47	150m: 2:18.17 55.13	250m: 4:06.96 56.58	350m: 5:50.04 44.56			
	100m: 1:23.04 45.57	200m: 3:10.38 52.21	300m: 5:05.48 58.52	400m: 6:34.52 44.48			

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Loulé, 13- - 15-7-2018



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
5.	PINTO Rita Loureiro	85	Ginasio Clube	6:49.42	+0,95	433	4,00
	50m: 44.08 44.08	150m: 2:29.81 52.58	250m: 4:18.01 57.14	350m: 6:03.26 47.35			
	100m: 1:37.23 53.15	200m: 3:20.87 51.06	300m: 5:15.91 57.90	400m: 6:49.42 46.16			

Prova 19 Femin., 400m Estilos Master Esc C
14-07-2018 Resultados

RN C(35-39)	5:22.50	GRILO Ana Paula	UDCA	Stanford (USA)	06-08-2006
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Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	O'FARRELL VITALLER Aleja	83	Nautico Sevilha	6:12.36	+0,89	647	9,00
	50m: 39.10 39.10	150m: 2:14.39 49.82	250m: 3:53.89 51.77	350m: 5:30.15 45.28			
	100m: 1:24.57 45.47	200m: 3:02.12 47.73	300m: 4:44.87 50.98	400m: 6:12.36 42.21			
2.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	6:30.83	+0,97	560	7,00
	50m: 39.52 39.52	150m: 2:20.81 52.35	250m: 4:07.15 57.41	350m: 5:47.43 44.79			
	100m: 1:28.46 48.94	200m: 3:09.74 48.93	300m: 5:02.64 55.49	400m: 6:30.83 43.40			
3.	FONSECA Maria Ana	82	Fluvial Portuense	6:54.50	+0,99	469	6,00
	50m: 48.34 48.34	150m: 2:38.39 54.45	250m: 4:26.49 56.25	350m: 6:09.32 47.48			
	100m: 1:43.94 55.60	200m: 3:30.24 51.85	300m: 5:21.84 55.35	400m: 6:54.50 45.18			
4.	INACIO Alexandra Adelinovna	83	Colegio Monte Maior	6:58.88	+0,89	454	5,00
	50m: 46.95 46.95	150m: 2:33.30 53.41	250m: 4:24.57 58.11	350m: 6:11.32 47.78			
	100m: 1:39.89 52.94	200m: 3:26.46 53.16	300m: 5:23.54 58.97	400m: 6:58.88 47.56			
5.	SILVA Ana Rosa	80	Foca	7:56.21	+1,00	309	4,00
	50m: 52.04 52.04	150m: 3:00.49 1:05.84	250m: 5:08.66 1:02.88	350m: 7:07.68 56.47			
	100m: 1:54.65 1:02.61	200m: 4:05.78 1:05.29	300m: 6:11.21 1:02.55	400m: 7:56.21 48.53			

Prova 19 Femin., 400m Estilos Master Esc D
14-07-2018 Resultados

RN D(40-44)	5:43.88	GRILO Ana Paula	INDALEN	Oeiras	03-07-2011
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Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PEPONI Laura	76	Real Canoe	5:52.16	+0,87	782	9,00
	50m: 36.52 36.52	150m: 2:07.03 48.50	250m: 3:43.38 49.96	350m: 5:13.61 40.56			
	100m: 1:18.53 42.01	200m: 2:53.42 46.39	300m: 4:33.05 49.67	400m: 5:52.16 38.55			
2.	COSTA Maria Luisa	74	Fluvial Portuense	6:17.88	+0,94	633	7,00
	50m: 39.28 39.28	150m: 2:12.35 50.81	250m: 3:58.21 55.90	350m: 5:35.19 42.15			
	100m: 1:21.54 42.26	200m: 3:02.31 49.96	300m: 4:53.04 54.83	400m: 6:17.88 42.69			
3.	FARIA Joana Maria	74	Leixoes	6:39.73	+0,98	534	6,00
	50m: 42.08 42.08	150m: 2:24.45 52.24	250m: 4:12.96 56.77	350m: 5:54.11 46.78			
	100m: 1:32.21 50.13	200m: 3:16.19 51.74	300m: 5:07.33 54.37	400m: 6:39.73 45.62			
4.	MARTINEZ ATIENZA Juliana	77	Sevilha Master	8:03.66	+1,08	302	5,00
	50m: 50.73 50.73	200m: 3:53.26 2:03.15	300m: 6:08.48 1:07.32	400m: 8:03.66 55.96			
	100m: 1:50.11 59.38	250m: 5:01.16 1:07.90	350m: 7:07.70 59.22				

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Prova 19, Femin., 400m Estilos, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
DSQ	FERNANDES Filipa Cristina	76	Gesloures				-

809 - Movimento alternado de pernas durante o percurso - SW 8.3

Prova 19 Femin., 400m Estilos Master Esc E
14-07-2018 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	BRANDAO Maria Teresa	69	Fluvial Portuense	6:40.76	+1,01	572	9,00
	50m: 41.31 41.31	150m: 2:24.83 55.07	250m: 4:14.41 56.09	350m: 5:57.64 46.04			
	100m: 1:29.76 48.45	200m: 3:18.32 53.49	300m: 5:11.60 57.19	400m: 6:40.76 43.12			
2.	FERREIRA Filipa Margarida	69	Fluvial Portuense	7:52.53	+1,20	349	7,00
	50m: 47.71 47.71	150m: 2:58.42 1:15.67	250m: 5:14.74 1:04.73	350m: 7:04.99 45.83			
	100m: 1:42.75 55.04	200m: 4:10.01 1:11.59	300m: 6:19.16 1:04.42	400m: 7:52.53 47.54			
3.	CASTRO Catarina Bayer	73	Fluvial Portuense	7:55.89	+1,10	341	6,00
	50m: 49.62 49.62	150m: 2:52.15 1:05.69	250m: 5:07.06 1:09.46	350m: 7:07.13 51.51			
	100m: 1:46.46 56.84	200m: 3:57.60 1:05.45	300m: 6:15.62 1:08.56	400m: 7:55.89 48.76			
4.	AGANTE Luisa Lopes	71	Ginasio Clube	8:24.24	+1,02	287	5,00
	50m: 53.28 53.28	150m: 3:08.84 1:14.74	250m: 5:24.34 1:03.83	350m: 7:27.19 57.15			
	100m: 1:54.10 1:00.82	200m: 4:20.51 1:11.67	300m: 6:30.04 1:05.70	400m: 8:24.24 57.05			
5.	SANTINHA Fernanda Maria	72	Masters de Almada	8:34.91	+1,31	269	4,00
	50m: 1:02.56 1:02.56	150m: 3:24.04 1:14.99	250m: 5:42.55 1:04.15	350m: 7:42.47 54.77			
	100m: 2:09.05 1:06.49	200m: 4:38.40 1:14.36	300m: 6:47.70 1:05.15	400m: 8:34.91 52.44			

Prova 19 Femin., 400m Estilos Master Esc F
14-07-2018 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	MORALA FORTE Laura	68	Alges	7:40.64	+0,94	389	9,00
	50m: 53.04 53.04	150m: 2:55.81 1:00.04	250m: 4:54.55 1:02.64	350m: 6:49.54 53.98			
	100m: 1:55.77 1:02.73	200m: 3:51.91 56.10	300m: 5:55.56 1:01.01	400m: 7:40.64 51.10			
2.	VASCONCELOS Maria Goncalves	64	Masters de Almada	8:55.50	+1,23	248	7,00
	50m: 1:01.90 1:01.90	150m: 3:26.39 1:16.87	250m: 5:51.38 1:07.12	350m: 7:58.88 1:00.66			
	100m: 2:09.52 1:07.62	200m: 4:44.26 1:17.87	300m: 6:58.22 1:06.84	400m: 8:55.50 56.62			