

XXI Campeonato Nacional Masters de Verão - OPEN
XXI Portuguese Summer Masters Championship - OPEN
Reguengos de Monsaraz ,19- - 21-7-2019



Event 19 Women, 400m Medley Master Esc A
20-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	SILVA Raquel Alexandra	91	Leixoes	5:58.28	+0,92	586	9,00
	50m: 36.16 36.16	150m: 2:07.13 47.96	250m: 3:42.67 49.11	350m: 5:16.60 42.42			
	100m: 1:19.17 43.01	200m: 2:53.56 46.43	300m: 4:34.18 51.51	400m: 5:58.28 41.68			
2.	CRUZ Filipa Silva	92	Gafanha da Encarnacao	6:05.34	+0,97	553	7,00
	50m: 37.18 37.18	150m: 2:08.87 48.10	250m: 3:49.04 53.77	350m: 5:24.92 41.60			
	100m: 1:20.77 43.59	200m: 2:55.27 46.40	300m: 4:43.32 54.28	400m: 6:05.34 40.42			
3.	FERREIRA Ana Rita	92	Colegio Monte Maior	6:29.50	+0,92	456	6,00
	50m: 42.31 42.31	150m: 2:25.93 50.57	250m: 4:09.87 55.00	350m: 5:48.02 42.97			
	100m: 1:35.36 53.05	200m: 3:14.87 48.94	300m: 5:05.05 55.18	400m: 6:29.50 41.48			
4.	TEIXEIRA Rute Sofia	90	Ginasio de Santo Tirso	6:30.43	+0,99	453	5,00
	50m: 38.80 38.80	150m: 2:17.20 53.28	250m: 4:02.66 54.51	350m: 5:45.28 47.12			
	100m: 1:23.92 45.12	200m: 3:08.15 50.95	300m: 4:58.16 55.50	400m: 6:30.43 45.15			
5.	RIBEIRO Helena Fernandes	93	Masters de Almada	6:41.58	+1,02	416	4,00
	50m: 41.54 41.54	150m: 2:23.93 55.75	250m: 4:12.62 53.31	350m: 5:55.94 48.03			
	100m: 1:28.18 46.64	200m: 3:19.31 55.38	300m: 5:07.91 55.29	400m: 6:41.58 45.64			
6.	LIRIO Ana Raquel	90	Ginasio de Santo Tirso	6:59.03	+0,96	366	3,00
	50m: 44.97 44.97	150m: 2:30.77 55.43	250m: 4:25.99 59.69	350m: 6:12.80 48.66			
	100m: 1:35.34 50.37	200m: 3:26.30 55.53	300m: 5:24.14 58.15	400m: 6:59.03 46.23			
7.	RIBEIRO Patricia Marisa	91	Vila DEste/Gaia	6:59.70	+1,08	364	2,00
	50m: 46.56 46.56	150m: 2:35.28 54.07	250m: 4:26.55 57.99	350m: 6:15.82 50.10			
	100m: 1:41.21 54.65	200m: 3:28.56 53.28	300m: 5:25.72 59.17	400m: 6:59.70 43.88			

Event 19 Women, 400m Medley Master Esc B
20-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	MIRANDA Raquel Filipa	85	Foca	6:04.05	+0,91	586	9,00
	50m: 35.32 35.32	150m: 2:07.55 51.66	250m: 3:47.61 51.28	350m: 5:22.74 43.98			
	100m: 1:15.89 40.57	200m: 2:56.33 48.78	300m: 4:38.76 51.15	400m: 6:04.05 41.31			
2.	MIRANDA Ana Filipa	85	Galitos / Bresimar	6:13.78	+0,86	541	7,00
	50m: 38.97 38.97	150m: 2:12.12 50.64	250m: 3:56.78 53.92	350m: 5:34.13 43.40			
	100m: 1:21.48 42.51	200m: 3:02.86 50.74	300m: 4:50.73 53.95	400m: 6:13.78 39.65			
3.	PINTO Rita Loureiro	85	Ginasio Clube	6:54.77	+1,09	396	6,00
	50m: 44.99 44.99	150m: 2:34.40 53.03	250m: 4:24.20 58.40	350m: 6:09.76 46.23			
	100m: 1:41.37 56.38	200m: 3:25.80 51.40	300m: 5:23.53 59.33	400m: 6:54.77 45.01			

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Event 19, Women, 400m Medley

Event 19 Women, 400m Medley Master Esc C
20-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	6:25.33	+0,97	584	9,00
	50m: 41.29 41.29	150m: 2:22.52 49.78	250m: 4:06.30 55.41	350m: 5:44.26 43.65			
	100m: 1:32.74 51.45	200m: 3:10.89 48.37	300m: 5:00.61 54.31	400m: 6:25.33 41.07			
2.	FONSECA Maria Ana	82	Fluval Portuense	7:00.07	+1,11	451	7,00
	50m: 46.22 46.22	150m: 2:36.88 56.19	250m: 4:26.62 56.56	350m: 6:12.81 49.27			
	100m: 1:40.69 54.47	200m: 3:30.06 53.18	300m: 5:23.54 56.92	400m: 7:00.07 47.26			
3.	MACHADO Maria Margarida	81	Vila DEste/Gaia	8:16.15	+1,17	273	6,00
	50m: 52.53 52.53	150m: 3:02.23 1:06.10	250m: 5:12.33 1:07.13	350m: 7:19.75 1:01.08			
	100m: 1:56.13 1:03.60	200m: 4:05.20 1:02.97	300m: 6:18.67 1:06.34	400m: 8:16.15 56.40			

Event 19 Women, 400m Medley Master Esc D
20-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	GOMES Susana Clara <i>Rec Nac Esc D</i>	77	Naval do Funchal	5:32.69	+0,79	927	9,00
	50m: 32.38 32.38	150m: 1:55.41 45.40	250m: 3:27.82 48.33	350m: 4:55.14 39.04			
	100m: 1:10.01 37.63	200m: 2:39.49 44.08	300m: 4:16.10 48.28	400m: 5:32.69 37.55			
2.	BARBARA Carla Santa	75	Porto	6:12.81	+0,84	659	7,00
	50m: 37.93 37.93	150m: 2:10.40 49.33	250m: 3:55.34 56.06	350m: 5:32.90 41.99			
	100m: 1:21.07 43.14	200m: 2:59.28 48.88	300m: 4:50.91 55.57	400m: 6:12.81 39.91			
3.	SILVA Ana Sofia	78	Fluval Portuense	6:33.12	+1,08	562	6,00
	50m: 42.36 42.36	150m: 2:27.63 54.84	250m: 4:11.30 52.31	350m: 5:48.93 45.23			
	100m: 1:32.79 50.43	200m: 3:18.99 51.36	300m: 5:03.70 52.40	400m: 6:33.12 44.19			
4.	FERNANDES Filipa Cristina	76	Geslours	6:46.05	+0,80	510	5,00
	50m: 39.75 39.75	150m: 2:27.82 52.35	250m: 4:13.93 56.37	350m: 5:59.04 48.43			
	100m: 1:35.47 55.72	200m: 3:17.56 49.74	300m: 5:10.61 56.68	400m: 6:46.05 47.01			

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Event 19, Women, 400m Medley

Event 19 Women, 400m Medley Master Esc E
20-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	COSTA Maria Luisa <i>Rec Nac Esc E, e na passagem aos 100 m</i>	74	Fluval Portuense	5:54.68	+0,99	825	9,00
	50m: 35.64 35.64 150m: 2:03.66 47.94 250m: 3:42.28 51.58 350m: 5:15.19 40.17						
	100m: 1:15.72 40.08 200m: 2:50.70 47.04 300m: 4:35.02 52.74 400m: 5:54.68 39.49						
2.	FARIA Joana Maria	74	Leixoes	6:44.62	+0,91	555	7,00
	50m: 43.37 43.37 150m: 2:26.07 52.97 250m: 4:15.70 55.85 350m: 5:58.07 46.87						
	100m: 1:33.10 49.73 200m: 3:19.85 53.78 300m: 5:11.20 55.50 400m: 6:44.62 46.55						
3.	FERREIRA Sara Goncalves	74	Individual ANL	7:39.64	+1,14	379	6,00
	50m: 53.23 53.23 150m: 2:53.02 59.31 250m: 4:56.60 1:04.57 350m: 6:52.20 52.10						
	100m: 1:53.71 1:00.48 200m: 3:52.03 59.01 300m: 6:00.10 1:03.50 400m: 7:39.64 47.44						
4.	CASTRO Catarina Bayer	73	Fluval Portuense	8:18.72	+1,08	296	5,00
	50m: 51.68 51.68 150m: 2:57.62 1:06.30 250m: 5:18.39 1:12.10 350m: 7:24.72 54.84						
	100m: 1:51.32 59.64 200m: 4:06.29 1:08.67 300m: 6:29.88 1:11.49 400m: 8:18.72 54.00						
5.	BARBARA Ana Bernardo	70	Portinado	8:30.58	+0,95	276	4,00
	50m: 1:03.33 1:03.33 150m: 3:21.03 1:06.96 250m: 5:29.80 1:05.43 350m: 7:33.32 59.36						
	100m: 2:14.07 1:10.74 200m: 4:24.37 1:03.34 300m: 6:33.96 1:04.16 400m: 8:30.58 57.26						
6.	FERREIRA Maria Manuela	70	Natacao da Maia	9:10.88	+1,07	220	3,00
	50m: 1:00.35 1:00.35 150m: 3:30.10 1:16.98 250m: 5:57.49 1:15.23 350m: 8:14.77 1:02.26						
	100m: 2:13.12 1:12.77 200m: 4:42.26 1:12.16 300m: 7:12.51 1:15.02 400m: 9:10.88 56.11						

Event 19 Women, 400m Medley Master Esc F
20-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	GRILO Ana Paula <i>Rec Nac Esc F</i>	69	Desportivo de Odemira	6:26.77	+1,23	658	9,00
	50m: 43.89 43.89 150m: 2:24.30 49.63 250m: 4:09.38 56.32 350m: 5:47.37 41.84						
	100m: 1:34.67 50.78 200m: 3:13.06 48.76 300m: 5:05.53 56.15 400m: 6:26.77 39.40						
2.	BRANDAO Maria Teresa	69	Fluval Portuense	6:46.02	+0,94	569	7,00
	50m: 42.06 42.06 150m: 2:28.22 57.17 250m: 4:21.30 57.40 350m: 6:04.53 44.79						
	100m: 1:31.05 48.99 200m: 3:23.90 55.68 300m: 5:19.74 58.44 400m: 6:46.02 41.49						
3.	FORTE Laura Morala	68	Alges	7:47.36	+1,03	373	6,00
	50m: 56.32 56.32 150m: 3:00.50 1:00.07 250m: 5:01.33 1:01.71 350m: 6:55.64 52.02						
	100m: 2:00.43 1:04.11 200m: 3:59.62 59.12 300m: 6:03.62 1:02.29 400m: 7:47.36 51.72						
4.	REIS Margarida Bleck	68	Porto	8:22.39		300	5,00
	50m: 1:00.29 1:00.29 150m: 3:14.38 1:08.46 250m: 5:29.54 1:08.12 350m: 7:30.32 54.44						
	100m: 2:05.92 1:05.63 200m: 4:21.42 1:07.04 300m: 6:35.88 1:06.34 400m: 8:22.39 52.07						

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Event 19
 20-07-2019
 Women, 400m Medley
 Master Esc G
 Results
 RN G(55-59) 6:54.26 KRAEVA Elena Nikolaevna ADRCIMM Famalicão 08-07-2017

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts	
1.	VASCONCELOS Maria Goncalve64		Masters de Almada	9:07.06	+1,24	293	9,00	
	50m: 1:01.16	1:01.16	150m: 3:32.19	1:21.18	250m: 6:01.51	1:07.33	350m: 8:12.51	1:02.53
	100m: 2:11.01	1:09.85	200m: 4:54.18	1:21.99	300m: 7:09.98	1:08.47	400m: 9:07.06	54.55

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