

ALGARVE OPEN DE INVERNO|CAMP. REG. MASTERS
Vila Real Stº Antonio , 8 - 9/12/2023

Prova 1 Femin., 400m Livres 25 anos e mais velhos
08/12/2023 - 15:30 Resultados

RN A(25-29)	4:42.65	Soraia Vanessa, RIBEIRO	CPN	Mealhada	18/01/2019
RN B(30-34)	4:27.23	Ana Paula, GRILLO	UDCA	Inatel	25/05/2002
RN C(35-39)	4:30.30	Ana Paula, GRILLO	UDCA	Palma Maiorca (ESP)	18/04/2004
RN D(40-44)	4:49.44	Susana Clara, GOMES	CNF	Mealhada	18/01/2019
RN E(45-49)	5:03.00	Ana Paula, GRILLO	NDCO	Mealhada	26/01/2014
RN F(50-54)	5:16.71	Ana Paula, GRILLO	NDCO	Sines	07/03/2020
RN G(55-59)	5:26.05	Isabel Baptista, FERREIRA	ADRCIMM	Sines	04/03/2023
RN H(60-64)	6:01.46	Ana Maria, FERREIRA	SAD	Tomar	29/01/2012
RN I(65-69)	6:06.65	Ana Maria, FERREIRA	SAD	Sines	04/03/2017
RN J(70-74)	6:23.87	Ana Maria, FERREIRA	SAD	Sines	07/03/2020
RN K(75-79)	7:11.81	Luisa Bessone, BASTO	SAD	Mealhada	18/01/2019

Pontos: DSV Masters 22

Lugar	Nome do nadador	Ano	Clube	Tempo final	Pts	Open	Camp
1.	Raquel Fernandes, SANTOS	98	Clube Masters de Almada	5:31.78	526	10,00	-
	50m: 38.40 38.40	150m: 2:02.76 42.73	250m: 3:28.28 42.88	350m: 4:52.36 41.39			
	100m: 1:20.03 41.63	200m: 2:45.40 42.64	300m: 4:10.97 42.69	400m: 5:31.78 39.42			

Master B

1.	Alexandra Sofia, MONTEIRO	92	AP Vila D Este	5:01.86	711	10,00	-
	50m: 33.88 33.88	150m: 1:49.79 38.09	250m: 3:06.58 38.08	350m: 4:23.86 38.43			
	100m: 1:11.70 37.82	200m: 2:28.50 38.71	300m: 3:45.43 38.85	400m: 5:01.86 38.00			

Master C

1.	Marina, ZABORSKAYA	85	FC Ferreiras/AlgarExperience	5:31.55	558	10,00	10,00
	50m: 36.95 36.95	150m: 1:59.27 41.86	250m: 3:40.52 42.82	350m: 4:50.34 42.82			
	100m: 1:17.41 40.46	200m: 2:41.34 42.07	300m: 4:07.52 41.21	400m: 5:31.55 41.21			

Master D

1.	Joana Silva, CRISTOVAO	81	FC Ferreiras/AlgarExperience	6:35.50	343	10,00	10,00
	50m: 44.58 44.58	150m: 2:23.98 50.50	250m: 4:05.58 50.70	350m: 5:46.88 50.30			
	100m: 1:33.48 48.90	200m: 3:14.88 50.90	300m: 4:56.58 51.00	400m: 6:35.50 48.62			
2.	Sofia Margarida, SILVA	83	Litoral Alentejano	7:11.65	264	9,00	-
	50m: 46.59 46.59	150m: 2:31.59 54.46	250m: 4:23.65 56.34	350m: 6:17.37 57.07			
	100m: 1:37.13 50.54	200m: 3:27.31 55.72	300m: 5:20.30 56.65	400m: 7:11.65 54.28			

Master E

1.	Maria Catarina, CUNHA	75	Sporting de Aveiro	7:37.55	238	10,00	-
	50m: 53.04 53.04	150m: 2:47.09 57.75	250m: 4:43.57 58.39	350m: 6:40.52 58.47			
	100m: 1:49.34 56.30	200m: 3:45.18 58.09	300m: 5:42.05 58.48	400m: 7:37.55 57.03			

Master F

1.	Catarina Augusta, CLEMENTE	70	Tavira Natacao	6:54.23	330	10,00	10,00
	50m: 44.87 44.87	150m: 2:26.57 52.03	250m: 4:13.36 53.49	350m: 5:58.45 53.45			
	100m: 1:34.54 49.67	200m: 3:19.87 53.30	300m: 5:06.81 53.45	400m: 6:54.23 53.45			

Master G

1.	Ana Paula, GONCALVES	65	Clube Masters de Almada	6:29.63	418	10,00	-
	50m: 41.49 41.49	150m: 2:18.97 49.65	250m: 3:59.67 50.24	350m: 5:41.77 51.10			
	100m: 1:29.32 47.83	200m: 3:09.43 50.46	300m: 4:50.67 51.00	400m: 6:29.63 47.86			

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Master I

1. Maria Felix, FERREIRA	54	Individual ANL	9:26.60	240	10,00	-
50m: 1:01.22 1:01.22	150m: 3:22.97 1:12.63	250m: 5:50.12 1:13.55	350m:			
100m: 2:10.34 1:09.12	200m: 4:36.57 1:13.60	300m: 7:01.51 1:11.39	400m: 9:26.60			