

II Torneio Masters CNAC
Coimbra, 28/4/2024

Prova 2 Femin., 400m Livres 25 anos e mais velhos
28/04/2024 - 10:30 Resultados

Rec Nac Masters 50m Esc M	59:00.00	,								
Rec Nac Masters 50m Esc L	59:00.00	,								
Rec Nac Masters 50m Esc K	7:44.23		Luisa Bessone, BASTO	SAD	Reguengos de Monsaraz				19/07/2019	
Rec Nac Masters 50m Esc J	6:40.16		Ana Maria, FERREIRA	SAD	Póvoa de Varzim				22/02/2020	
Rec Nac Masters 50m Esc I	6:27.98		Ana Maria, FERREIRA	SAD	Famalicão				09/07/2017	
Rec Nac Masters 50m Esc H	6:14.83		Ana Maria, FERREIRA	SAD	Riccione (ITA)				16/06/2012	
Rec Nac Masters 50m Esc G	5:36.18		Isabel Baptista, FERREIRA	ADRCIMM	S. Joao da Madeira				09/07/2023	
Rec Nac Masters 50m Esc F	5:28.36		Ines Maria, ROTHES	CFP	S. Joao da Madeira				09/07/2023	
Rec Nac Masters 50m Esc E	5:24.65		Patricia Diogenes, PEREIRA	SAD	Coimbra				17/01/2016	
Rec Nac Masters 50m Esc D	5:02.98		Susana Clara, GOMES	CNF	Gwangju (KOR)				18/08/2019	
Rec Nac Masters 50m Esc C	4:35.74		Ana Paula, GRILO	UDCA	Stanford (USA)				10/08/2006	
Rec Nac Masters 50m Esc B	4:39.43		Ana Paula, GRILO	INATEL	Riccione (ITA)				20/06/2003	
Rec Nac Masters 50m Esc A	4:57.88		Carolina Santos, SILVA	CNMAIA	Eindhoven (NED)				02/09/2013	

Lugar Ano Tempo final Pts

Master Esc A

1. Beatriz Paulo, RANITO	99	Geslours	4:58.78	737
50m: 32.51 32.51	150m: 1:47.01 38.13	250m: 3:04.44 38.89	350m: 4:22.45 39.03	
100m: 1:08.88 36.37	200m: 2:25.55 38.54	300m: 3:43.42 38.98	400m: 4:58.78 36.33	
2. Raquel Fernandes, SANTOS	98	Almada	5:26.82	563
50m: 35.00 35.00	150m: 1:55.44 40.85	250m: 3:19.05 42.42	350m: 4:45.03 43.01	
100m: 1:14.59 39.59	200m: 2:36.63 41.19	300m: 4:02.02 42.97	400m: 5:26.82 41.79	
3. Tania Cristina, MENDES	99	Vieirense	5:43.42	485
50m: 37.10 37.10	150m: 2:00.31 42.64	250m: 3:28.64 44.79	350m: 4:59.57 45.85	
100m: 1:17.67 40.57	200m: 2:43.85 43.54	300m: 4:13.72 45.08	400m: 5:43.42 43.85	
4. Ana Alexandra, OLIVEIRA	99	Natacao de Valongo	5:56.41	434
50m: 36.03 36.03	150m: 2:02.88 44.93	250m: 3:35.11 46.39	350m: 5:10.15 47.28	
100m: 1:17.95 41.92	200m: 2:48.72 45.84	300m: 4:22.87 47.76	400m: 5:56.41 46.26	
5. Edna Beatriz, SANTOS	96	Vieirense	6:38.59	310
50m: 42.70 42.70	150m: 2:20.34 49.86	250m: 4:05.39 52.84	350m: 5:49.44 51.46	
100m: 1:30.48 47.78	200m: 3:12.55 52.21	300m: 4:57.98 52.59	400m: 6:38.59 49.15	
6. Sofia Alexandra, CRUZ	99	Amigos da Natacao	6:57.35	270
50m: 42.75 42.75	150m: 2:22.72 52.52	250m: 4:16.19 56.69	350m: 6:06.33 54.31	
100m: 1:30.20 47.45	200m: 3:19.50 56.78	300m: 5:12.02 55.83	400m: 6:57.35 51.02	

Master Esc C

1. Roberta Szabo, CAVALCANTI	85	Estarreja	5:59.58	477
50m: 39.75 39.75	150m: 2:08.61 45.22	250m: 3:41.53 47.00	350m: 5:16.24 46.72	
100m: 1:23.39 43.64	200m: 2:54.53 45.92	300m: 4:29.52 47.99	400m: 5:59.58 43.34	
2. Sara Daniela, RODRIGUES	87	Galitos / Bresimar	6:09.41	440
50m: 40.28 40.28	150m: 2:11.09 46.42	250m: 3:45.60 47.29	350m: 5:21.66 47.94	
100m: 1:24.67 44.39	200m: 2:58.31 47.22	300m: 4:33.72 48.12	400m: 6:09.41 47.75	
3. Tania Sofia, ANTUNES	88	Miranda do Corvo	6:16.85	414
50m: 39.85 39.85	150m: 2:10.86 46.47	250m: 3:47.40 48.86	350m: 5:27.30 50.44	
100m: 1:24.39 44.54	200m: 2:58.54 47.68	300m: 4:36.86 49.46	400m: 6:16.85 49.55	
4. Rita Fernandes, PASCOAL	88	Nautico de Leiria	7:15.26	269
50m: 47.29 47.29	150m: 2:36.18 55.11	250m: 4:28.88 56.87	350m: 6:24.11 57.28	
100m: 1:41.07 53.78	200m: 3:32.01 55.83	300m: 5:26.83 57.95	400m: 7:15.26 51.15	
5. Amanda Gil, MONTU	87	Natacao do Fundao	7:23.95	253
50m: 48.19 48.19	150m: 2:39.92 57.72	250m: 4:37.09 58.35	350m: 6:31.43 57.01	
100m: 1:42.20 54.01	200m: 3:38.74 58.82	300m: 5:34.42 57.33	400m: 7:23.95 52.52	

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Master Esc D

1. Mariana Sa, LUCAS	84	Litoral Alentejano	5:16.81	710
50m: 34.87 34.87	150m: 1:53.87	39.91 250m: 3:14.16	40.43	350m: 4:36.47 41.47
100m: 1:13.96 39.09	200m: 2:33.73	39.86 300m: 3:55.00	40.84	400m: 5:16.81 40.34
2. Joana Antunes, ERVILHA	81	Nautico de Leiria	6:30.97	378
50m: 41.82 41.82	150m: 2:19.63	50.53 250m: 4:01.02	50.40	350m: 5:41.71 50.12
100m: 1:29.10 47.28	200m: 3:10.62	50.99 300m: 4:51.59	50.57	400m: 6:30.97 49.26

Master Esc E

1. Sandra Santa, BARBARA	75	Ginásio Sto. Tirso	6:02.83	481
50m: 38.61 38.61	150m: 2:07.90	45.91 250m: 3:42.15	47.52	350m: 5:17.74 47.62
100m: 1:21.99 43.38	200m: 2:54.63	46.73 300m: 4:30.12	47.97	400m: 6:02.83 45.09
2. Joana Margarida, CAVALEIRO	78	Ginasio Figueirense	6:24.25	405
50m: 39.67 39.67	150m: 2:14.61	48.64 250m: 3:53.27	49.63	350m: 5:34.42 50.61
100m: 1:25.97 46.30	200m: 3:03.64	49.03 300m: 4:43.81	50.54	400m: 6:24.25 49.83
3. Ana Claudia, GOMES	76	Académica de Coimbra	7:07.77	293
50m: 47.62 47.62	150m: 2:37.73	55.41 250m: 4:27.33	53.93	350m: 6:16.95 54.84
100m: 1:42.32 54.70	200m: 3:33.40	55.67 300m: 5:22.11	54.78	400m: 7:07.77 50.82

Master Esc F

1. Maria Manuela, FERREIRA	70	Vitoria Clube	6:36.61	384
50m: 44.67 44.67	150m: 2:24.60	49.85 250m: 4:06.66	51.51	350m: 5:48.05 50.73
100m: 1:34.75 50.08	200m: 3:15.15	50.55 300m: 4:57.32	50.66	400m: 6:36.61 48.56
2. Catarina Araujo, BLANCO	71	Fluvial Portuense	6:42.92	366
50m: 46.86 46.86	150m: 2:30.71	52.32 250m: 4:12.86	51.13	350m: 5:54.77 50.86
100m: 1:38.39 51.53	200m: 3:21.73	51.02 300m: 5:03.91	51.05	400m: 6:42.92 48.15
3. Maria Paula, SANTOS	71	Natacao de Valongo	7:36.85	251
50m: 50.06 50.06	150m: 2:48.27	1:00.10 250m: 4:46.92	59.39	350m: 6:43.72 57.64
100m: 1:48.17 58.11	200m: 3:47.53	59.26 300m: 5:46.08	59.16	400m: 7:36.85 53.13
4. Susana Maria, SOARES	70	Natacao de Valongo	8:09.44	204
50m: 51.21 51.21	150m: 2:52.23	1:01.96 250m: 5:00.15	1:04.86	350m: 7:09.02 1:03.83
100m: 1:50.27 59.06	200m: 3:55.29	1:03.06 300m: 6:05.19	1:05.04	400m: 8:09.44 1:00.42
5. Ana Luisa, GARCIA	70	Leixoes	8:16.88	195
50m: 56.07 56.07	150m: 3:01.80	1:04.09 250m: 5:08.64	1:04.49	350m: 7:15.31 1:03.71
100m: 1:57.71 1:01.64	200m: 4:04.15	1:02.35 300m: 6:11.60	1:02.96	400m: 8:16.88 1:01.57
6. Manuela Ribeiro, PEREIRA	71	Bairro dos Anjos	8:22.04	189
50m: 1:00.52 1:00.52	150m: 3:08.62	1:04.70 250m: 5:18.46	1:04.64	350m: 7:26.24 1:02.99
100m: 2:03.92 1:03.40	200m: 4:13.82	1:05.20 300m: 6:23.25	1:04.79	400m: 8:22.04 55.80

Master Esc G

1. Margarida Bleck, REIS	68	Fluvial Portuense	7:07.72	314
50m: 45.74 45.74	150m: 2:32.72	55.08 250m: 4:22.92	55.52	350m: 6:15.66 56.75
100m: 1:37.64 51.90	200m: 3:27.40	54.68 300m: 5:18.91	55.99	400m: 7:07.72 52.06
2. Delfina Maria, MARTINS	66	Ginásio Sto. Tirso	8:42.86	172
50m: 57.93 57.93	150m: 3:10.69	1:09.29 250m: 5:23.98	1:06.67	350m: 7:39.15 1:07.28
100m: 2:01.40 1:03.47	200m: 4:17.31	1:06.62 300m: 6:31.87	1:07.89	400m: 8:42.86 1:03.71

Master Esc H

1. Maria Margarida, URBANO	63	Académica de Coimbra	6:50.93	611
50m: 46.29 46.29	150m: 2:27.03	51.28 250m: 4:12.29	52.79	350m: 5:59.25 53.20
100m: 1:35.75 49.46	200m: 3:19.50	52.47 300m: 5:06.05	53.76	400m: 6:50.93 51.68

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Prova 2, Femin., 400m Livres, Master Esc H

Lugar			Ano					Tempo final	Pts
2.	Maria Giraldo, WERNICKE		60	Fluvial Portuense				8:22.69	334
	50m:	53.48 53.48	150m:	2:56.93 1:04.52	250m:	5:08.72 1:05.99	350m:	7:21.11 1:05.78	
	100m:	1:52.41 58.93	200m:	4:02.73 1:05.80	300m:	6:15.33 1:06.61	400m:	8:22.69 1:01.58	
3.	Cidalia Conceicao, MARIA		64	Nautico de Leiria				15:20.98	54
	50m:	1:13.81 1:13.81	150m:	5:05.25 2:10.73	250m:	8:57.10 1:50.74	350m:	13:19.62 2:13.58	
	100m:	2:54.52 1:40.71	200m:	7:06.36 2:01.11	300m:	11:06.04 2:08.94	400m:	15:20.98 2:01.36	

Master Esc I

1.	Ana Maria, CAEIRO		59	Amigos da Nataçao				7:56.43	433
	50m:	52.53 52.53	150m:	2:50.92 1:00.26	250m:	4:53.89 1:02.27	350m:	6:57.12 1:00.82	
	100m:	1:50.66 58.13	200m:	3:51.62 1:00.70	300m:	5:56.30 1:02.41	400m:	7:56.43 59.31	