

Prova 1	Femin., 400m Livres				25 - 94 anos
22/06/2024 - 16:00					Resultados
RN A(25-29)	4:36.93	Bruna Martins RIESENBERGER	CIRL	Funchal	22/11/2023
RN B(30-34)	4:27.23	Ana Paula GRILO	UDCA	Inatel	25/05/2002
RN C(35-39)	4:30.30	Ana Paula GRILO	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 GRILO	NDCO	Mealhada	26/01/2014
RN F(50-54)	5:11.44	Maria Luisa COSTA	CFP	Caldas da Rainha	26/01/2024
RN G(55-59)	5:22.20	Isabel Baptista FERREIRA	ADRCIMM	Caldas da Rainha	26/01/2024
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
RN L(80-84)	59:00.00	start			
RN M(85-89)	59:00.00	start			

Pontos: DSV Masters 22

Lugar					Ano					Tempo final	Pts
Master Esc A											
1.	Raquel Fernandes SANTOS				98	Clube Natacao Masters de Almada				5:53.50	435
	50m:	40.40	40.40	150m:		250m:		350m:			
	100m:	1:25.15	44.75	200m:	2:54.93	300m:	4:24.72	400m:	5:53.50		
Master Esc D											
1.	Sara Filipa CORTEZ				81	Clube Natacao Masters de Almada				6:17.69	394
	50m:	43.78	43.78	150m:		250m:		350m:			
	100m:	1:29.63	45.85	200m:	3:06.11	300m:	4:44.61	400m:	6:17.69		
Master Esc E											
1.	Ana Maria MARTINS				79	Sporting Clube de Aveiro				7:28.38	253
	50m:	51.88	51.88	150m:		250m:		350m:			
	100m:	1:48.13	56.25	200m:	3:41.78	300m:	5:35.80	400m:	7:28.38		
Master Esc F											
1.	Maria Paula SANTOS				71	Natacao de Valongo				7:27.90	261
	50m:	48.68	48.68	150m:		250m:		350m:			
	100m:	1:43.75	55.07	200m:	3:39.15	300m:	5:38.68	400m:	7:27.90		
Master Esc H											
1.	Mirley Teresinha SANTOS				64	Sporting de Espinho				7:51.08	300
	50m:	49.55	49.55	150m:		250m:		350m:			
	100m:	1:45.55	56.00	200m:	3:46.83	300m:	5:49.90	400m:	7:51.08		
2.	Maria Giraldo WERNICKE				60	Fluvial Portuense				8:09.31	268
	50m:	51.46	51.46	150m:		250m:		350m:			
	100m:	1:50.59	59.13	200m:	3:54.07	300m:	6:00.57	400m:	8:09.31		