

Event 1 Women, 400m Freestyle 25 - 94 years
22/06/2024 - 16:00 Results

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			

Points: DSV Masters 22

Rank	YB	Time	Pts
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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	