

Prova 40 Femin., 400m Estilos Master Resultados  
07/07/2024 - 15:50

Rec Nac Masters 50m L	59:00.00	,										
Rec Nac Masters 50m K	59:00.00	,										
Rec Nac Masters 50m J	59:00.00	,										
Rec Nac Masters 50m I	7:52.16		FERREIRA, Ana Maria	SAD	Loulé						04/07/2015	
Rec Nac Masters 50m H	7:52.39		FERREIRA, Ana Maria	SAD	Loulé						30/06/2013	
Rec Nac Masters 50m G	6:54.26		KRAEVA, Elena Nikolaevna	ADRCIMM	Famalicão						08/07/2017	
Rec Nac Masters 50m F	6:26.77		GRILO, Ana Paula	NDCO	Reguengos de Monsaraz						20/07/2019	
Rec Nac Masters 50m E	5:48.52		GOMES, Susana Clara	CNF	Reguengos de Monsaraz						10/07/2022	
Rec Nac Masters 50m D	5:32.69		GOMES, Susana Clara	CNF	Reguengos de Monsaraz						20/07/2019	
Rec Nac Masters 50m C	5:22.50		GRILO, Ana Paula	UDCA	Stanford (USA)						06/08/2006	
Rec Nac Masters 50m B	5:28.90		NEVES, Vania Soares	VNC	Reguengos de Monsaraz						10/07/2022	
Rec Nac Masters 50m A	5:36.12		ELOI, Ana Monica	CLIPTEAM	S. Joao da Madeira						09/07/2023	

Lugar Nome TReac Licença Clube Tempo Final DSV Pts

Master A

1. GERVASIO, Ana Sofia	+0,81	123037	Laranjeiro	<b>6:00.62</b>	575	9,00					
50m:	36.25	36.25	150m:	2:06.64	47.32	250m:	3:45.03	51.78	350m:	5:18.64	40.65
100m:	1:19.32	43.07	200m:	2:53.25	46.61	300m:	4:37.99	52.96	400m:	6:00.62	41.98
2. SANTOS, Raquel Fernandes	+0,88	111454	Natacao Masters de Almada	<b>6:21.28</b>	486	7,00					
50m:	39.84	39.84	150m:	2:14.68	52.06	250m:	3:59.84	53.03	350m:	5:39.09	44.37
100m:	1:22.62	42.78	200m:	3:06.81	52.13	300m:	4:54.72	54.88	400m:	6:21.28	42.19
3. FERNANDES, Alexia Alves	+0,82	201754	Natacao de Valongo	<b>7:16.72</b>	323	6,00					
50m:	48.25	48.25	150m:	2:50.30	1:03.34	250m:	4:45.13	55.56	350m:	6:29.43	49.71
100m:	1:46.96	58.71	200m:	3:49.57	59.27	300m:	5:39.72	54.59	400m:	7:16.72	47.29

Master B

1. NEVES, Vania Soares	+0,82	12380	Viana Natacao	<b>5:37.99</b>	732	9,00					
50m:	34.49	34.49	150m:	2:02.06	44.87	250m:	3:33.76	47.92	350m:	5:00.61	38.90
100m:	1:17.19	42.70	200m:	2:45.84	43.78	300m:	4:21.71	47.95	400m:	5:37.99	37.38
2. FABBRIS, Lucilla	+0,93	218810	Clube Nacional de Natacao	<b>6:24.88</b>	496	7,00					
50m:	40.57	40.57	150m:	2:22.42	52.24	250m:	4:04.75	53.67	350m:	5:42.42	42.76
100m:	1:30.18	49.61	200m:	3:11.08	48.66	300m:	4:59.66	54.91	400m:	6:24.88	42.46
3. TEIXEIRA, Rute Sofia	+0,94	15202	Ginasio Sto. Tirso	<b>6:36.58</b>	453	6,00					
50m:	40.31	40.31	150m:	2:22.80	55.42	250m:	4:11.44	55.67	350m:	5:53.10	45.74
100m:	1:27.38	47.07	200m:	3:15.77	52.97	300m:	5:07.36	55.92	400m:	6:36.58	43.48
4. LOPES, Ana Rita	+0,89	129056	CPCD Povia Sta Iria	<b>6:46.49</b>	421	5,00					
50m:	41.27	41.27	150m:	2:27.33	56.98	250m:	4:15.58	54.20	350m:	6:00.83	49.29
100m:	1:30.35	49.08	200m:	3:21.38	54.05	300m:	5:11.54	55.96	400m:	6:46.49	45.66
5. PEREIRA, Solange Ramalho	+0,88	101900	Ba-Leiria	<b>6:53.18</b>	400	4,00					
50m:	43.49	43.49	150m:	2:29.56	54.14	250m:	4:19.98	58.27	350m:	6:06.61	47.09
100m:	1:35.42	51.93	200m:	3:21.71	52.15	300m:	5:19.52	59.54	400m:	6:53.18	46.57
6. SALVADO, Catarina Pereira	+0,96	217757	Ba-Leiria	<b>8:22.35</b>	223	3,00					
50m:	56.66	56.66	150m:	3:08.29	1:06.43	250m:	5:25.93	1:11.19	350m:	7:34.58	55.95
100m:	2:01.86	1:05.20	200m:	4:14.74	1:06.45	300m:	6:38.63	1:12.70	400m:	8:22.35	47.77

Master C

1. MIRANDA, Ana Filipa	+0,86	24760	Galitos / Bresimar	<b>6:35.56</b>	540	9,00					
50m:	40.49	40.49	150m:	2:22.80	54.42	250m:	4:12.33	56.65	350m:	5:53.00	45.42
100m:	1:28.38	47.89	200m:	3:15.68	52.88	300m:	5:07.58	55.25	400m:	6:35.56	42.56

Prova 40, Femin., 400m Estilos, Master C

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
2.	FONSECA, Maria Manuela	+0,70	105769	Leixoes Sport Club	<b>6:37.64</b>	531	7,00
	50m: 39.39 39.39	150m: 2:23.52		54.13 250m: 4:13.30 55.60	350m: 5:55.46	43.66	
	100m: 1:29.39 50.00	200m: 3:17.70		54.18 300m: 5:11.80 58.50	400m: 6:37.64	42.18	
3.	PIRES, Rafaela Barreiros	+0,90	13418	Braga	<b>7:05.51</b>	433	6,00
	50m: 42.40 42.40	150m: 2:26.93		54.14 250m: 4:20.34 58.61	350m: 6:13.58	51.12	
	100m: 1:32.79 50.39	200m: 3:21.73		54.80 300m: 5:22.46 1:02.12	400m: 7:05.51	51.93	

Master D

1.	CUNHA, Joana Isabel	+0,86	117125	Galitos / Bresimar	<b>6:24.89</b>	599	9,00
	50m: 38.48 38.48	150m: 2:19.69		52.78 250m: 4:04.46 53.02	350m: 5:44.12	45.27	
	100m: 1:26.91 48.43	200m: 3:11.44		51.75 300m: 4:58.85 54.39	400m: 6:24.89	40.77	
2.	CORTEZ, Sara Filipa		215343	Natacao Masters de Almada	<b>7:29.46</b>	376	7,00
	50m: 54.70 54.70	150m: 2:55.80		58.10 250m: 4:53.77 1:02.31	350m: 6:45.24	48.43	
	100m: 1:57.70 1:03.00	200m: 3:51.46		55.66 300m: 5:56.81 1:03.04	400m: 7:29.46	44.22	
3.	NEVES, Isabel Carolina	+0,95	202850	Fluvial Portuense	<b>8:45.78</b>	235	6,00
	50m: 55.27 55.27	150m: 3:15.08		1:12.01 250m: 5:38.22 1:13.40	350m: 7:53.23	57.04	
	100m: 2:03.07 1:07.80	200m: 4:24.82		1:09.74 300m: 6:56.19 1:17.97	400m: 8:45.78	52.55	

Master E

1.	SILVA, Ana Sofia		206942	Fluvial Portuense	<b>6:30.08</b>	620	9,00
	50m: 41.98 41.98	150m: 2:24.20		51.67 250m: 4:08.02 51.63	350m: 5:45.51	45.15	
	100m: 1:32.53 50.55	200m: 3:16.39		52.19 300m: 5:00.36 52.34	400m: 6:30.08	44.57	
2.	AVELANS, Carla Susana		130741	Fluvial Portuense	<b>7:53.78</b>	346	7,00
	50m: 47.46 47.46	150m: 2:48.61		1:03.54 250m: 4:55.17 1:03.49	350m: 6:57.29	59.48	
	100m: 1:45.07 57.61	200m: 3:51.68		1:03.07 300m: 5:57.81 1:02.64	400m: 7:53.78	56.49	
3.	GOMES, Ana Claudia		215283	Academica de Coimbra	<b>7:54.08</b>	345	6,00
	50m: 49.12 49.12	150m: 2:54.83		1:04.27 250m: 5:02.85 1:02.97	350m: 7:02.14	55.23	
	100m: 1:50.56 1:01.44	200m: 3:59.88		1:05.05 300m: 6:06.91 1:04.06	400m: 7:54.08	51.94	
4.	SA, Inez Correa	+0,89	215609	Lagoa Academico Clube	<b>8:35.34</b>	269	5,00
	50m: 51.62 51.62	150m: 3:18.12		1:19.53 250m: 5:39.59 1:05.75	350m: 7:43.46	58.49	
	100m: 1:58.59 1:06.97	200m: 4:33.84		1:15.72 300m: 6:44.97 1:05.38	400m: 8:35.34	51.88	

Master F

1.	COSTA, Maria Luisa	+0,96	119218	Fluvial Portuense	<b>6:32.77</b>	615	9,00
	50m: 37.67 37.67	150m: 2:18.23		56.31 250m: 4:08.52 55.45	350m: 5:49.98	43.92	
	100m: 1:21.92 44.25	200m: 3:13.07		54.84 300m: 5:06.06 57.54	400m: 6:32.77	42.79	
2.	PINTO, Isabel Maria	+0,80	207697	Fluvial Portuense	<b>9:15.97</b>	216	7,00
	50m: 1:04.28 1:04.28	150m: 3:31.69		1:11.92 250m: 6:02.62 1:20.84	350m: 8:21.31	59.22	
	100m: 2:19.77 1:15.49	200m: 4:41.78		1:10.09 300m: 7:22.09 1:19.47	400m: 9:15.97	54.66	

Master G

1.	BRANDAO, Maria Teresa	+0,75	108037	Fluvial Portuense	<b>7:04.95</b>	509	9,00
	50m: 46.51 46.51	150m: 2:41.11		59.47 250m: 4:40.21 1:01.29	350m: 6:23.93	44.25	
	100m: 1:41.64 55.13	200m: 3:38.92		57.81 300m: 5:39.68 59.47	400m: 7:04.95	41.02	
2.	CARDOSO, Helena Maria		205207	Fluvial Portuense	<b>10:46.17</b>	144	7,00
	50m: 1:08.09 1:08.09	150m: 3:59.42		1:21.10 250m: 6:50.77 1:29.61	350m: 9:33.60	1:11.79	
	100m: 2:38.32 1:30.23	200m: 5:21.16		1:21.74 300m: 8:21.81 1:31.04	400m: 10:46.17	1:12.57	

Prova 40, Femin., 400m Estilos, Master G

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
DSQ	REIS, Margarida Bleck		210540	Fluvial Portuense			-
	<i>102 - O(a) atleta não completou o percurso - SW 10.2</i>						

Master H

1.	RIBEIRO, Margarida Maria		131782	Fluvial Portuense		<b>12:01.58</b>	149	9,00				
	50m:	1:26.62	1:26.62	150m:	4:47.89	1:41.46	250m:	7:59.40	1:30.52	350m:	10:48.54	1:16.26
	100m:	3:06.43	1:39.81	200m:	6:28.88	1:40.99	300m:	9:32.28	1:32.88	400m:	12:01.58	1:13.04