

Analgave Open Masters
Albufeira, 11 - 12/12/2021

Prova 15
11/12/2021 - 17:20

Femin., 400m Livres

25 - 104 anos
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, 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)	5:16.71	Ana Paula, GRILO	NDCO	Sines	07/03/2020
RN G(55-59)	5:32.63	Elena Nikolaevna, KRAEVA	ADRCIMM	Tomar	31/01/2016
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

Pontos: DSV Masters 20

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	PtsPts
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Master A

1.	Ana Mancera, REINA	94		Lagoa AC	5:08.32		655	9,00
	50m: 34.69 34.69	150m: 1:50.46 38.49	250m: 3:09.29 39.69	350m: 4:30.87 41.22				
	100m: 1:11.97 37.28	200m: 2:29.60 39.14	300m: 3:49.65 40.36	400m: 5:08.32 37.45				

Master C

1.	Liliana Alexandra, VERISSIMO	86	131938	Lagoa AC	6:20.66		369	9,00
	50m: 43.83 43.83	150m: 2:18.47 48.07	250m: 3:56.49 49.49	350m: 5:34.92 49.64				
	100m: 1:30.40 46.57	200m: 3:07.00 48.53	300m: 4:45.28 48.79	400m: 6:20.66 45.74				

Master D

1.	Joana Silva, CRISTOVÃO	81	203276	FC Ferreiras/AlgarExperience	6:24.80		372	9,00
	50m: 40.81 40.81	150m: 2:17.52 49.79	250m: 3:57.86 50.18	350m: 5:37.15 49.35				
	100m: 1:27.73 46.92	200m: 3:07.68 50.16	300m: 4:47.80 49.94	400m: 6:24.80 47.65				

Master E

1.	Ana Cláudia, GOMES	76	215283	Académica de Coimbra	7:02.16		303	9,00
	50m: 43.95 43.95	150m: 2:30.92 54.43	250m: 4:21.54 55.15	350m: 6:11.78 55.28				
	100m: 1:36.49 52.54	200m: 3:26.39 55.47	300m: 5:16.50 54.96	400m: 7:02.16 50.38				
2.	Helena Isabel, RIBEIRO	74	122493	Lagoa AC	7:03.96		300	7,00
	50m: 45.70 45.70	150m: 2:30.87 54.33	250m: 4:20.57 55.23	350m: 6:11.32 55.20				
	100m: 1:36.54 50.84	200m: 3:25.34 54.47	300m: 5:16.12 55.55	400m: 7:03.96 52.64				

Master F

1.	Patricia Diogenes, PEREIRA	69	26793	Lisboa PoolSharks	5:20.42		713	9,00
	50m: 37.05 37.05	150m: 1:56.04 40.05	250m: 3:17.31 41.00	350m: 4:39.99 41.50				
	100m: 1:15.99 38.94	200m: 2:36.31 40.27	300m: 3:58.49 41.18	400m: 5:20.42 40.43				