

Campeonato Regional de Juv\_Abs\_NA\_Masters  
Loule, 15 - 17/7/2022

Prova 36 Femin., 800m Livres 25 - 74 anos  
16/07/2022 - 9:55 Resultados

RN A(25-29)	10:12.96	Ana Filipa, LEITE	AAC	Oeiras	01/07/2011
RN J(70-74)	13:30.31	Ana Maria, FERREIRA	SAD	Póvoa de Varzim	22/02/2020
RN I(65-69)	13:05.16	Ana Maria, FERREIRA	SAD	London (GBR)	25/05/2016
RN H(60-64)	12:46.28	Ana Maria, FERREIRA	SAD	Riccione (ITA)	10/06/2012
RN G(55-59)	11:40.48	Elena Nikolaevna, KRAEVA	ADRCIMM	Loulé	13/07/2018
RN F(50-54)	11:28.66	Ana Paula, GRILO	NDCO	Vitoria (ESP)	27/04/2019
RN E(45-49)	11:01.56	Ines Maria, ROTHES	CFP	Reguengos de Monsaraz	19/07/2019
RN D(40-44)	10:27.37	Ana Paula, GRILO	INDALEN	Oeiras	01/07/2011
RN B(30-34)	9:37.05	Ana Paula, GRILO	UDCA	Millau (FRA)	26/08/2003
RN C(35-39)	9:30.91	Ana Paula, GRILO	UDCA	Stanford (USA)	04/08/2006

Pontos: FINA 2022

Lugar Ano Tempo final Pts

Master D

1. Joana Silva, CRISTOVÃO 81 FC Ferreiras/AlgarExperience 13:32.15 212  
 100m: 1:32.37 1:32.37 300m: 4:58.07 1:43.34 500m: 8:27.07 1:44.43 700m: 11:52.46 1:41.89  
 200m: 3:14.73 1:42.36 400m: 6:42.64 1:44.57 600m: 10:10.57 1:43.50 800m: 13:32.15 1:39.69

Master F

1. Ana Bernardo, BARBARA 70 Individual ANALG 16:10.30 124  
 100m: 1:47.47 1:47.47 300m: 5:56.44 2:04.36 500m: 10:00.61 2:01.80 700m: 14:08.43 2:04.55  
 200m: 3:52.08 2:04.61 400m: 7:58.81 2:02.37 600m: 12:03.88 2:03.27 800m: 16:10.30 2:01.87

EXH Susana Maria, MATEUS 89 Litoral Alentejano 11:53.63 313  
 100m: 1:21.43 1:21.43 300m: 4:23.77 1:31.56 500m: 7:26.30 1:31.35 700m: 10:26.10 1:29.65  
 200m: 2:52.21 1:30.78 400m: 5:54.95 1:31.18 600m: 8:56.45 1:30.15 800m: 11:53.63 1:27.53