

Campeonato Regional de Juv_Abs_NA_Masters
Loule, 15 - 17/7/2022

Prova 63 Femin., 400m Livres 25 - 74 anos
17/07/2022 - 9:30 Resultados

RN A(25-29)	4:57.88	Carolina Santos, SILVA	CNMAIA	Eindhoven (NED)	02/09/2013
RN J(70-74)	6:40.16	Ana Maria, FERREIRA	SAD	Póvoa de Varzim	22/02/2020
RN I(65-69)	6:27.98	Ana Maria, FERREIRA	SAD	Famalicão	09/07/2017
RN H(60-64)	6:14.83	Ana Maria, FERREIRA	SAD	Riccione (ITA)	16/06/2012
RN G(55-59)	5:48.63	Elena Nikolaevna, KRAEVA	ADRCIMM	Loulé	10/07/2016
RN F(50-54)	5:32.36	Patricia Diogenes, PEREIRA	LPS	Famalicão	11/07/2021
RN E(45-49)	5:24.65	Patricia Diogenes, PEREIRA	SAD	Coimbra	17/01/2016
RN D(40-44)	5:02.98	Susana Clara, GOMES	CNF	Gwangju (KOR)	18/08/2019
RN B(30-34)	4:39.43	Ana Paula, GRILO	INATEL	Riccione (ITA)	20/06/2003
RN C(35-39)	4:35.74	Ana Paula, GRILO	UDCA	Stanford (USA)	10/08/2006

Pontos: FINA 2022

Lugar Ano Tempo final Pts 100m 200m 300m 400m

Master C

1. Marina, ZABORSKAYA	85	FC Ferreiras/AlgarExperien	5:43.76	325	1:20.82	1:28.38	1:28.64	1:25.92
50m:		150m:	250m:		350m:			
100m: 1:20.82		200m: 2:49.20	300m: 4:17.84		400m: 5:43.76			
2. Mariana Moura, SANTOS	83	Lagoa AC	6:01.24	280	1:19.33	1:31.45	1:35.31	1:35.15
50m:		150m:	250m:		350m:			
100m: 1:19.33		200m: 2:50.78	300m: 4:26.09		400m: 6:01.24			

Master D

1. Joana Silva, CRISTOVÃO	81	FC Ferreiras/AlgarExperien	6:33.41	217	1:31.10	1:40.94	1:41.76	1:39.61
50m:		150m:	250m:		350m:			
100m: 1:31.10		200m: 3:12.04	300m: 4:53.80		400m: 6:33.41			

Master E

1. Marcia Silva, NUNES	75	Lagoa AC	7:49.55	127	1:45.75	2:00.23	2:05.98	1:57.59
50m:		150m:	250m:		350m:			
100m: 1:45.75		200m: 3:45.98	300m: 5:51.96		400m: 7:49.55			

Master F

1. Ana Bernardo, BARBARA	70	Individual ANALG	8:03.55	116	1:48.88	2:06.19	2:06.84	2:01.64
50m:		150m:	250m:		350m:			
100m: 1:48.88		200m: 3:55.07	300m: 6:01.91		400m: 8:03.55			
2. Claudia Maria, MATIAS	72	Lagoa AC	8:03.78	116	1:48.37	2:07.98	2:10.09	1:57.34
50m:		150m:	250m:		350m:			
100m: 1:48.37		200m: 3:56.35	300m: 6:06.44		400m: 8:03.78			

EXH Susana Maria, MATEUS	89	Litoral Alentejano	5:36.04	348	1:15.40	1:25.06	1:27.27	1:28.31
50m:		150m:	250m:		350m:			
100m: 1:15.40		200m: 2:40.46	300m: 4:07.73		400m: 5:36.04			