

Algarve Open Masters|Campeonato Regional Masters  
Albufeira , 10 - 11/12/2022

Prova 1 Femin., 400m Livres 25 anos e mais velhos  
10/12/2022 - 15:30 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, GRILLO	UDCA	Inatel	25/05/2002
RN C(35-39)	4:30.30	Ana Paula, GRILLO	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, GRILLO	NDCO	Mealhada	26/01/2014
RN F(50-54)	5:16.71	Ana Paula, GRILLO	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
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,			

Pontos: FINA 2022

Lugar Ano Tempo final Pts

Master A

1. Elisa, NERLI	93	Monte Maior	<b>5:07.50</b>	440
50m: 35.91 35.91	150m: 1:53.89 39.27	250m: 3:11.53 38.60	350m: 4:29.40 39.08	
100m: 1:14.62 38.71	200m: 2:32.93 39.04	300m: 3:50.32 38.79	400m: 5:07.50 38.10	
2. Ana Mancera, REINA	94	C. Natacion Sevilla	<b>5:14.07</b>	413
50m: 33.11 33.11	150m: 1:47.14 38.13	250m: 3:08.87 40.89	350m: 4:32.56 41.91	
100m: 1:09.01 35.90	200m: 2:27.98 40.84	300m: 3:50.65 41.78	400m: 5:14.07 41.51	

Master B

1. Alexandra Sofia, MONTEIRO	92	AP Vila D Este	<b>5:05.57</b>	448
50m: 32.82 32.82	150m: 1:45.75 36.99	250m: 3:03.27 39.21	350m: 4:25.54 41.45	
100m: 1:08.76 35.94	200m: 2:24.06 38.31	300m: 3:44.09 40.82	400m: 5:05.57 40.03	

Master C

1. Mariana Sa, LUCAS	84	Litoral Alentejano	<b>5:23.47</b>	378
50m: 34.31 34.31	150m: 1:51.21 39.71	250m: 3:15.15 42.01	350m: 4:40.50 42.81	
100m: 1:11.50 37.19	200m: 2:33.14 41.93	300m: 3:57.69 42.54	400m: 5:23.47 42.97	
2. Mariana Moura, SANTOS	83	Lagoa AC	<b>5:24.01</b>	376
50m: 34.57 34.57	150m: 1:53.18 40.43	250m: 3:17.93 43.03	350m: 4:44.16 43.11	
100m: 1:12.75 38.18	200m: 2:34.90 41.72	300m: 4:01.05 43.12	400m: 5:24.01 39.85	
3. Marina, ZABORSKAYA	85	FC Ferreiras/AlgarExperience	<b>5:36.89</b>	334
50m: 36.32 36.32	150m: 1:58.25 41.72	250m: 3:26.00 44.40	350m: 4:55.52 44.57	
100m: 1:16.53 40.21	200m: 2:41.60 43.35	300m: 4:10.95 44.95	400m: 5:36.89 41.37	

Master D

1. Joana Silva, CRISTOVAO	81	FC Ferreiras/AlgarExperience	<b>6:38.11</b>	202
50m: 44.16 44.16	150m: 2:23.12 49.93	250m: 4:05.84 51.39	350m: 5:45.86 48.98	
100m: 1:33.19 49.03	200m: 3:14.45 51.33	300m: 4:56.88 51.04	400m: 6:38.11 52.25	
2. Carmen Silvia, MALHEIROS	81	Litoral Alentejano	<b>7:18.02</b>	152
50m: 48.98 48.98	150m: 2:37.29 54.91	250m: 4:28.47 55.70	350m: 6:22.81 56.96	
100m: 1:42.38 53.40	200m: 3:32.77 55.48	300m: 5:25.85 57.38	400m: 7:18.02 55.21	
3. Vanessa Mendes, INACIO	80	Obidos Criativa, EEM	<b>7:19.61</b>	150
50m: 48.27 48.27	150m: 2:37.42 55.17	250m: 4:29.69 56.71	350m: 6:23.52 57.46	
100m: 1:42.25 53.98	200m: 3:32.98 55.56	300m: 5:26.06 56.37	400m: 7:19.61 56.09	

Master E

1. Ana Cláudia, GOMES	76	Academica de Coimbra	<b>6:51.73</b>	183
50m: 44.61 44.61	150m: 2:29.02 53.82	250m: 4:15.65 52.86	350m: 6:01.50 52.63	
100m: 1:35.20 50.59	200m: 3:22.79 53.77	300m: 5:08.87 53.22	400m: 6:51.73 50.23	

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Prova 1, Femin., 400m Livres, Master E

Lugar	Ano	Tempo final	Pts
2. Marcia Silva, NUNES	75 Lagoa AC	<b>7:35.05</b>	135
50m: 47.91 47.91	150m: 2:37.61 56.64	250m: 4:32.65 58.82	350m: 6:34.87 1:00.20
100m: 1:40.97 53.06	200m: 3:33.83 56.22	300m: 5:34.67 1:02.02	400m: 7:35.05 1:00.18

Master F

1. Claudia Maria, MATIAS	72 Lagoa AC	<b>7:45.30</b>	127
50m: 47.98 47.98	150m: 2:43.06 59.07	250m: 4:45.70 1:01.85	350m: 6:48.84 1:00.38
100m: 1:43.99 56.01	200m: 3:43.85 1:00.79	300m: 5:48.46 1:02.76	400m: 7:45.30 56.46