

Torneio de Primavera_Catg_Adap_Masters
Silves, 6 - 7/5/2023

Prova 60 Femin., 400m Livres 25 anos e mais velhos
07/05/2023 - 12:10 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)	5:26.05	Isabel Baptista, FERREIRA	ADRCIMM	Sines	04/03/2023
RN H(60-64)	6:01.46	Ana Maria, FERREIRA	SAD	Tomar	29/01/2012
RN J(70-74)	6:23.87	Ana Maria, FERREIRA	SAD	Sines	07/03/2020

Pontos: FINA 2022

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final IPC Pts

Master D

1. Joana Silva, CRISTOVÃO 81 FC Ferreiras/AlgarExperience **6:42.14** 196
 50m: 42.85 42.85 150m: 2:23.92 51.63 250m: 4:08.46 52.40 350m: 5:53.37 52.62
 100m: 1:32.29 49.44 200m: 3:16.06 52.14 300m: 5:00.75 52.29 400m: 6:42.14 48.77

Master E

1. Marcia Silva, NUNES 75 Lagoa AC **7:54.89** 119
 50m: 49.52 49.52 150m: 2:46.35 59.83 250m: 4:49.78 1:01.50 350m: 6:55.52 1:02.76
 100m: 1:46.52 57.00 200m: 3:48.28 1:01.93 300m: 5:52.76 1:02.98 400m: 7:54.89 59.37

2. Ana Isabel, COSTA 75 Lagoa AC **8:26.03** 98
 50m: 52.09 52.09 150m: 2:54.58 1:03.75 250m: 5:04.30 1:04.88 350m: 7:07.23 58.82
 100m: 1:50.83 58.74 200m: 3:59.42 1:04.84 300m: 6:08.41 1:04.11 400m: 8:26.03 1:18.80