Prova 34 — Femin., 400m Estilos — 25 anos e mais velhos
04/06/2023 - 16:15 — Resultados

RN A(25-29)	5:36.15	Ana Monica, ELOI	CLIPTEAM	Reguengos de Monsaraz	10/07/2022
RN B(30-34)	5:28.90	Vania Soares, NEVES	VNC	Reguengos de Monsaraz	10/07/2022
RN C(35-39)	5:22.50	Ana Paula, GRILO	UDCA	Stanford (USA)	06/08/2006
RN D(40-44)	5:32.69	Susana Clara, GOMES	CNF	Reguengos de Monsaraz	20/07/2019
RN E(45-49)	5:48.52	Susana Clara, GOMES	CNF	Reguengos de Monsaraz	10/07/2022
RN F(50-54)	6:26.77	Ana Paula, GRILO	NDCO	Reguengos de Monsaraz	20/07/2019
RN G(55-59)	6:54.26	Elena Nikolaevna, KRAEVA	ADRCIMM	Famalicão	08/07/2017
RN H(60-64)	7:52.39	Ana Maria, FERREIRA	SAD	Loulé	30/06/2013
RN I(65-69)	7:52.16	Ana Maria, FERREIRA	SAD	Loulé	04/07/2015
RN J(70-74)	59:00.00	start,			
RN K(75-79)	59:00.00	start,			
RN L(80-84)	59:00.00	start,			

Pontos: DSV Masters 22

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m
Master A								
1. R., SANTOS	98	Natacao Masters de Almad	**6:35.81**	435	1:33.79	1:49.78	1:46.30	1:25.94
50m:		150m:		250m:		350m:		
100m: 1:33.79		200m: 3:23.57		300m: 5:09.87		400m: 6:35.81		
Master I								
1. Maria Teresa, OLIVEIRA	57	Academica de Coimbra	**8:57.55**	444	2:17.96	2:29.20	2:16.92	1:53.47
50m:		150m:		250m:		350m:		
100m: 2:17.96		200m: 4:47.16		300m: 7:04.08		400m: 8:57.55		