Prova 4 — Femin., 400m Livres — 25 anos e mais velhos
03/06/2023 - 16:28 — Resultados

RN A(25-29)	4:57.88	Carolina Santos, SILVA	CNMAIA	Eindhoven (NED)	02/09/2013
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
RN D(40-44)	5:02.98	Susana Clara, GOMES	CNF	Gwangju (KOR)	18/08/2019
RN E(45-49)	5:24.65	Patricia Diogenes, PEREIRA	SAD	Coimbra	17/01/2016
RN F(50-54)	5:32.36	Patricia Diogenes, PEREIRA	LPS	Famalicão	11/07/2021
RN G(55-59)	5:48.63	Elena Nikolaevna, KRAEVA	ADRCIMM	Loulé	10/07/2016
RN H(60-64)	6:14.83	Ana Maria, FERREIRA	SAD	Riccione (ITA)	16/06/2012
RN I(65-69)	6:27.98	Ana Maria, FERREIRA	SAD	Famalicão	09/07/2017
RN J(70-74)	6:40.16	Ana Maria, FERREIRA	SAD	Póvoa de Varzim	22/02/2020
RN K(75-79)	7:44.23	Luisa Bessone, BASTO	SAD	Reguengos de Monsaraz	19/07/2019
RN L(80-84)	59:00.00	start,			

Pontos: DSV Masters 22

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

Master B

1. Ana Claudia, FERREIRA — 90 — Alcobaca — **5:00.66** — 753 — 1:09.67 — 1:15.94 — 1:18.15 — 1:16.90
   50m: — 150m: — 250m: — 350m:
   100m: 1:09.67 — 200m: 2:25.61 — 300m: 3:43.76 — 400m: 5:00.66
2. A., MONTEIRO — 92 — AP Vila Este — **5:14.24** — 660 — 1:14.75 — 1:20.86 — 1:19.27 — 1:19.36
   50m: — 150m: — 250m: — 350m:
   100m: 1:14.75 — 200m: 2:35.61 — 300m: 3:54.88 — 400m: 5:14.24
3. Catarina Carmo, FIALHO — 92 — Monte Maior — **6:46.07** — 305 — 1:31.85 — 1:43.72 — 1:45.33 — 1:45.17
   50m: — 150m: — 250m: — 350m:
   100m: 1:31.85 — 200m: 3:15.57 — 300m: 5:00.90 — 400m: 6:46.07

Master D

1. Sofia Margarida, SILVA — 83 — Litoral Alentejano — **6:54.49** — 317 — 1:36.43 — 1:46.63 — 1:48.04 — 1:43.39
   50m: — 150m: — 250m: — 350m:
   100m: 1:36.43 — 200m: 3:23.06 — 300m: 5:11.10 — 400m: 6:54.49
2. C., MALHEIROS — 81 — Litoral Alentejano — **7:15.70** — 273 — 1:42.75 — 1:50.41 — 1:53.10 — 1:49.44
   50m: — 150m: — 250m: — 350m:
   100m: 1:42.75 — 200m: 3:33.16 — 300m: 5:26.26 — 400m: 7:15.70
3. Inez Correa, SA — 79 — Lagoa AC — **7:18.85** — 267 — 1:43.60 — 1:54.78 — 1:57.41 — 1:43.06
   50m: — 150m: — 250m: — 350m:
   100m: 1:43.60 — 200m: 3:38.38 — 300m: 5:35.79 — 400m: 7:18.85
4. Ana Maria, MARTINS — 79 — Sporting de Aveiro — **7:28.20** — 251 — 1:45.85 — 1:56.21 — 1:57.23 — 1:48.91
   50m: — 150m: — 250m: — 350m:
   100m: 1:45.85 — 200m: 3:42.06 — 300m: 5:39.29 — 400m: 7:28.20
5. Ana Claudia, VILACA — 80 — Aquatico Silves — **8:24.18** — 176 — 2:01.32 — 2:10.09 — 2:10.00 — 2:02.77
   50m: — 150m: — 250m: — 350m:
   100m: 2:01.32 — 200m: 4:11.41 — 300m: 6:21.41 — 400m: 8:24.18

Master E

1. Isilda Maria, GONCALVES — 76 — Nadadores Dos Estoris — **7:34.23** — 245 — 1:41.82 — 1:57.98 — 1:57.63 — 1:56.80
   50m: — 150m: — 250m: — 350m:
   100m: 1:41.82 — 200m: 3:39.80 — 300m: 5:37.43 — 400m: 7:34.23
2. Carla Sofia, SEQUEIRA — 75 — Monte Maior — **7:49.72** — 221 — 1:51.04 — 1:59.25 — 2:01.40 — 1:58.03
   50m: — 150m: — 250m: — 350m:
   100m: 1:51.04 — 200m: 3:50.29 — 300m: 5:51.69 — 400m: 7:49.72

Master F

1. P., PEREIRA — 69 — Nadadores Dos Estoris — **5:46.57** — 575 — 1:21.52 — 1:27.56 — 1:29.28 — 1:28.21
   50m: — 150m: — 250m: — 350m:
   100m: 1:21.52 — 200m: 2:49.08 — 300m: 4:18.36 — 400m: 5:46.57
2. Teresa Elisabete, PEREIR — 72 — Aquatico Silves — **8:55.02** — 156 — 1:58.14 — 2:16.10 — 2:22.45 — 2:18.33
   50m: — 150m: — 250m: — 350m:
   100m: 1:58.14 — 200m: 4:14.24 — 300m: 6:36.69 — 400m: 8:55.02

Prova 4, Femin., 400m Livres

Master H

1.	Ana Maria, CAEIRO	59	Alhandra	**8:12.42**	355	1:54.60	2:06.15	2:07.85	2:03.82
	50m:		150m:		250m:		350m:		
	100m:	1:54.60	200m:	4:00.75	300m:	6:08.60	400m:	8:12.42	
2.	Maria Joao, TAVARES	63	Amigos da Natacao	**10:06.38**	190	2:19.18	2:34.19	2:38.49	2:34.52
	50m:		150m:		250m:		350m:		
	100m:	2:19.18	200m:	4:53.37	300m:	7:31.86	400m:	10:06.38	

Master I

1.	Maria Teresa, OLIVEIRA	57	Academica de Coimbra	**7:11.15**	585	1:39.95	1:52.99	1:51.48	1:46.73
	50m:		150m:		250m:		350m:		
	100m:	1:39.95	200m:	3:32.94	300m:	5:24.42	400m:	7:11.15	
2.	Luisa Maria, PINTAO	54	Nadadores Dos Estoris	**7:46.48**	461	1:52.01	2:01.72	1:58.52	1:54.23
	50m:		150m:		250m:		350m:		
	100m:	1:52.01	200m:	3:53.73	300m:	5:52.25	400m:	7:46.48	