

XII Campeonato Nacional Masters de Verão - OPEN  
Reguengos de Monsaraz, 3. - 4.7.2010

Prova 1 Femin., 400m Estilos 25 - 89 anos  
3.7.10 - 9:00 Resultados

Lugar	Ano	Tempo final	100m	200m	300m	400m
<b>Master Esc A</b>						
1. Catia Marisa Valente	84 Luz e Vida	<b>6:09.44</b>	1:32.30	1:31.99	1:42.57	1:22.58
50m:	150m:	250m:	350m:			
100m: 1:32.30	200m: 3:04.29	300m: 4:46.86	400m: 6:09.44			
<b>Master Esc B</b>						
1. Joana Isabel Cunha	80 Belenenses	<b>6:26.06</b>	1:23.25	1:48.64	1:55.19	1:18.98
50m:	150m:	250m:	350m:			
100m: 1:23.25	200m: 3:11.89	300m: 5:07.08	400m: 6:26.06			
2. Ana Carina Guerreiro	77 Belenenses	<b>8:08.56</b>	1:59.45	2:06.82	2:13.23	1:49.06
50m:	150m:	250m:	350m:			
100m: 1:59.45	200m: 4:06.27	300m: 6:19.50	400m: 8:08.56			
<b>Master Esc C</b>						
1. Fernanda Maria Santinha	72 Masters de Almada	<b>8:53.83</b>	2:18.49	2:29.20	2:14.53	1:51.61
50m:	150m:	250m:	350m:			
100m: 2:18.49	200m: 4:47.69	300m: 7:02.22	400m: 8:53.83			
<b>Master Esc E</b>						
1. Elena Alarcon Gamonal	61 Natacao de Faro	<b>6:26.04</b>	1:26.67	1:41.35	1:49.23	1:28.79
50m:	150m:	250m:	350m:			
100m: 1:26.67	200m: 3:08.02	300m: 4:57.25	400m: 6:26.04			
2. Maria Margarida Urbano	63 Academica de Coimbra	<b>7:42.49</b>	1:52.12	2:04.57	2:01.58	1:44.22
50m:	150m:	250m:	350m:			
100m: 1:52.12	200m: 3:56.69	300m: 5:58.27	400m: 7:42.49			
<b>Master Esc F</b>						
1. Maria Teresa Oliveira	57 Academica de Coimbra	<b>7:36.97</b>	1:51.52	2:03.82	2:01.92	1:39.71
50m:	150m:	250m:	350m:			
100m: 1:51.52	200m: 3:55.34	300m: 5:57.26	400m: 7:36.97			
<b>Master Esc G</b>						
1. Margarida Morais Torres	55 Academica de Coimbra	<b>9:00.79</b>	2:23.11	2:23.52	2:09.55	2:04.61
50m:	150m:	250m:	350m:			
100m: 2:23.11	200m: 4:46.63	300m: 6:56.18	400m: 9:00.79			
2. Shigeko Mizuno	52 Pimpoes/Cimai	<b>9:06.32</b>			2:29.07	2:01.15
50m:	150m:	250m:	350m:			
100m:	200m: 4:36.10	300m: 7:05.17	400m: 9:06.32			