

VI OPEN Inverno de Masters  
Tomar, 28- - 29-1-2012

Prova 19	Femin., 400m Livres				25 - 89 anos
29-01-2012 - 9:30					Resultados
RN Esc A(25-29)	4:48.58	Ana Filipa Leite	AAC	Ponte de Sor	30-01-2011
RN Esc B(30-34)	4:27.23	Ana Paula Grilo	UDCA	Inatel	25-05-2002
RN Esc C(35-39)	4:30.30	Ana Paula Grilo	UDCA	Palma Maiorca (ESP)	18-04-2004
RN Esc D(40-44)	4:53.84	Ana Paula Grilo	INDALEN	Fafe	18-06-2011
RN Esc E(45-49)	5:40.16	Elena Nikolaevna Kraeva	CFB	Lisboa	31-01-2010
RN Esc F(50-54)	5:31.40	Elena Nikolaevna Kraeva	CIMM	Lisboa	26-02-2011
RN Esc G(55-59)	6:01.93	Ana Maria Ferreira	ANE	Inatel	14-02-2009
RN Esc H(60-64)	6:04.47	Ana Maria Ferreira	SAD	Ponte de Sor	30-01-2011
RN Esc I(65-69)	59:00.00				
RN Esc J(70-74)	59:00.00				
RN Esc K(75-79)	59:00.00				
RN Esc L(80-84)	59:00.00				

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
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Master Esc A

1.	Ana Filipa Leite	86	11944	Academica de Coimbra	<b>4:50.82</b>		765	
	50m: 32.95	32.95	150m: 1:45.86	36.45	250m: 3:00.21	37.22	350m: 4:14.68	37.49
	100m: 1:09.41	36.46	200m: 2:22.99	37.13	300m: 3:37.19	36.98	400m: 4:50.82	36.14

Master Esc B

1.	Ana Mafalda Oliveira	81	23193	Natacao da Maia	<b>4:57.77</b>		729	
	50m: 34.13	34.13	150m: 1:48.30	37.42	250m: 3:03.28	37.04	350m: 4:19.83	38.52
	100m: 1:10.88	36.75	200m: 2:26.24	37.94	300m: 3:41.31	38.03	400m: 4:57.77	37.94
2.	Diana Margarida Jacinto	81	100905	Academica de Coimbra	<b>6:25.73</b>		335	
	50m: 42.53	42.53	150m: 2:18.54	48.68	250m: 3:57.78	49.81	350m: 5:37.80	49.69
	100m: 1:29.86	47.33	200m: 3:07.97	49.43	300m: 4:48.11	50.33	400m: 6:25.73	47.93
3.	Ana Vieira Luz	78	112632	Colegio Monte Maior	<b>7:09.70</b>		242	
	50m: 50.68	50.68	150m: 2:36.86	53.10	250m: 4:25.22	55.28	350m: 6:18.26	56.01
	100m: 1:43.76	53.08	200m: 3:29.94	53.08	300m: 5:22.25	57.03	400m: 7:09.70	51.44

Master Esc C

1.	Ines Maria Rothes	73	124731	Fluvial Portuense	<b>5:07.52</b>		660	
	50m: 35.52	35.52	150m: 1:49.78	37.67	250m: 3:07.24	38.94	350m: 4:27.86	41.11
	100m: 1:12.11	36.59	200m: 2:28.30	38.52	300m: 3:46.75	39.51	400m: 5:07.52	39.66

Master Esc D

1.	Maria Teresa Brandao	69	108037	Leixoes	<b>5:28.58</b>		567	
	50m: 36.90	36.90	150m: 1:58.20	41.28	250m: 3:22.68	42.31	350m: 4:47.70	42.69
	100m: 1:16.92	40.02	200m: 2:40.37	42.17	300m: 4:05.01	42.33	400m: 5:28.58	40.88
2.	Fernanda Maria Santinha	72	100478	Masters de Almada	<b>7:10.72</b>		251	
	50m: 47.03	47.03	150m: 2:34.25	54.09	250m: 4:24.70	55.19	350m: 6:16.47	56.19
	100m: 1:40.16	53.13	200m: 3:29.51	55.26	300m: 5:20.28	55.58	400m: 7:10.72	54.25

Master Esc E

1.	Cristina Isabel Machado	67	108513	Academico Viseu	<b>7:09.23</b>		317	
	50m: 42.39	42.39	150m: 2:29.64	55.04	250m: 4:23.92	57.16	350m: 6:17.52	56.66
	100m: 1:34.60	52.21	200m: 3:26.76	57.12	300m: 5:20.86	56.94	400m: 7:09.23	51.71

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Master Esc F

1. Elena Nikolaevna Kraeva	61	14173	Colegio Monte Maior	<b>5:26.05</b>	852
<i>Rec Nac Cat F</i>					
50m:	37.29	37.29	150m:	1:58.97	41.53
100m:	1:17.44	40.15	200m:	2:40.68	41.71
			250m:	3:22.75	42.07
			300m:	4:03.91	41.16
			350m:	4:46.02	42.11
			400m:	5:26.05	40.03
2. Maria Manuela Neto	62	102090	Natacao da Maia	<b>7:26.17</b>	332
50m:	48.69	48.69	150m:	2:38.60	55.65
100m:	1:42.95	54.26	200m:	3:35.56	56.96
			250m:	4:33.42	57.86
			300m:	5:32.43	59.01
			350m:	6:30.80	58.37
			400m:	7:26.17	55.37
3. Anette Kind	61	120501	Leixoes	<b>8:08.87</b>	252
50m:	51.95	51.95	150m:	2:54.43	1:03.41
100m:	1:51.02	59.07	200m:	3:58.13	1:03.70
			250m:	5:01.50	1:03.37
			300m:	6:04.92	1:03.42
			350m:	7:07.32	1:02.40
			400m:	8:08.87	1:01.55

Master Esc H

1. Ana Maria Ferreira	50	100434	Alges	<b>6:01.46</b>	863
<i>Rec Nac Cat H</i>					
50m:	40.31	40.31	150m:	2:12.52	46.99
100m:	1:25.53	45.22	200m:	2:59.29	46.77
			250m:	3:45.34	46.05
			300m:	4:31.92	46.58
			350m:	5:18.08	46.16
			400m:	6:01.46	43.38

Master Esc I

1. Celia Stichini Quartin	44	12522	Pimpoes/Cimai	<b>9:03.61</b>	278
<i>Rec Nac Cat I</i>					
50m:	57.88	57.88	150m:	3:10.05	1:07.49
100m:	2:02.56	1:04.68	200m:	4:18.95	1:08.90
			250m:	5:29.43	1:10.48
			300m:	6:40.64	1:11.21
			350m:	7:52.38	1:11.74
			400m:	9:03.61	1:11.23
2. Maria Van der Eecken	45	122496	Portinado	<b>16:03.57</b>	49
50m:	1:44.37	1:44.37	150m:	5:55.13	2:06.29
100m:	3:48.84	2:04.47	200m:	8:05.47	2:10.34
			250m:	10:12.11	2:06.64
			300m:	12:14.98	2:02.87
			350m:	14:15.65	2:00.67
			400m:	16:03.57	1:47.92