

Prova 16 Femin., 400m Livres Master Esc A  
26-01-2014 - 9:00 Resultados

RN A(25-29) 4:48.58 Ana Filipa Leite AAC Ponte de Sor 30-01-2011

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Taça Master
1.	Carolina Santos Silva <i>Rec Nacional Escalão A</i>	86	Natacao da Maia	<b>4:46.97</b>	+0,65	813	30
	50m: 31.79 31.79	150m: 1:43.23	35.74	250m: 2:56.57	36.97	350m: 4:10.94	37.09
	100m: 1:07.49 35.70	200m: 2:19.60	36.37	300m: 3:33.85	37.28	400m: 4:46.97	36.03
2.	Joana Isabel Alves	88	Porto	<b>5:33.45</b>	+0,97	518	26
	50m: 36.87 36.87	150m: 1:56.64	40.66	250m: 3:23.03	43.59	350m: 4:52.02	44.97
	100m: 1:15.98 39.11	200m: 2:39.44	42.80	300m: 4:07.05	44.02	400m: 5:33.45	41.43
3.	Julia Margarida Cabete	86	Academica de Coimbra	<b>5:39.20</b>	+0,90	492	22
	50m: 34.81 34.81	150m: 1:58.78	43.40	250m: 3:28.08	44.77	350m: 4:58.36	45.65
	100m: 1:15.38 40.57	200m: 2:43.31	44.53	300m: 4:12.71	44.63	400m: 5:39.20	40.84
4.	Patricia Alexandra Marques	87	Natacao da Maia	<b>5:54.06</b>	+0,94	433	20
	50m: 38.50 38.50	150m: 2:04.26	43.35	250m: 3:34.62	45.68	350m: 5:07.66	46.77
	100m: 1:20.91 42.41	200m: 2:48.94	44.68	300m: 4:20.89	46.27	400m: 5:54.06	46.40
5.	Filipa Silveira Varela	87	Estrelas S. Joao de Brito	<b>5:59.84</b>	+0,98	412	19
	50m: 39.34 39.34	150m: 2:08.15	45.34	250m: 3:41.00	46.27	350m: 5:14.90	46.86
	100m: 1:22.81 43.47	200m: 2:54.73	46.58	300m: 4:28.04	47.04	400m: 5:59.84	44.94

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RN B(30-34) 4:27.23 Ana Paula Grilo UDCA Inatel 25-05-2002

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Taça Master
1.	Joana Isabel Cunha	80	Academica de Coimbra	<b>4:58.80</b>	+0,81	766	30
	50m: 32.90 32.90	150m: 1:45.94	37.44	250m: 3:02.33	38.54	350m: 4:21.16	39.77
	100m: 1:08.50 35.60	200m: 2:23.79	37.85	300m: 3:41.39	39.06	400m: 4:58.80	37.64
2.	Ana Mafalda Oliveira	81	Natacao da Maia	<b>5:03.94</b>	+0,95	728	26
	50m: 35.59 35.59	150m: 1:53.49	39.25	250m: 3:10.99	38.18	350m: 4:26.72	38.17
	100m: 1:14.24 38.65	200m: 2:32.81	39.32	300m: 3:48.55	37.56	400m: 5:03.94	37.22
3.	Ana Marta Resendes	80	Naval de Ponta Delgada	<b>5:06.40</b>	+0,90	711	22
	50m: 35.73 35.73	150m: 1:53.32	39.04	250m: 3:11.02	38.54	350m: 4:28.61	38.67
	100m: 1:14.28 38.55	200m: 2:32.48	39.16	300m: 3:49.94	38.92	400m: 5:06.40	37.79
4.	Marta Daniela Oliveira	80	Galitos	<b>5:30.27</b>	+0,83	567	20
	50m: 36.96 36.96	150m: 1:58.46	41.42	250m: 3:23.33	42.47	350m: 4:48.99	42.64
	100m: 1:17.04 40.08	200m: 2:40.86	42.40	300m: 4:06.35	43.02	400m: 5:30.27	41.28

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Master Esc C  
Resultados

RN C(35-39) 4:30.30 Ana Paula Grilo UDCA Palma Maiorca (ESP) 18-04-2004

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Taça Master
1.	Carla Santa Barbara	75	Porto	<b>5:05.57</b>	+0,92	713	30
	50m: 34.93 34.93	150m: 1:52.18 39.71	250m: 3:10.55 38.43	350m: 4:27.75 38.42			
	100m: 1:12.47 37.54	200m: 2:32.12 39.94	300m: 3:49.33 38.78	400m: 5:05.57 37.82			
2.	Sofia Marques Pereira	78	Colegio Monte Maior	<b>6:45.85</b>	+1,00	304	26
	50m: 44.45 44.45	150m: 2:24.72 51.35	250m: 4:08.92 51.93	350m: 5:55.09 52.63			
	100m: 1:33.37 48.92	200m: 3:16.99 52.27	300m: 5:02.46 53.54	400m: 6:45.85 50.76			
3.	Ana Maria Martins	79	Sporting de Aveiro	<b>7:00.76</b>	+1,17	273	22
	50m: 49.13 49.13	150m: 2:36.60 54.43	250m: 4:25.13 54.33	350m: 6:11.51 52.35			
	100m: 1:42.17 53.04	200m: 3:30.80 54.20	300m: 5:19.16 54.03	400m: 7:00.76 49.25			

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Femin., 400m Livres

Master Esc D  
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RN D(40-44) 4:53.84 Ana Paula Grilo INDALEN Fafe 18-06-2011

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Taça Master
1.	Ines Maria Rothes	73	Fluvial Portuense	<b>5:08.06</b>		726	30
	50m: 36.74 36.74	150m: 1:53.01 37.99	250m: 3:09.89 38.33	350m: 4:28.92 39.94			
	100m: 1:15.02 38.28	200m: 2:31.56 38.55	300m: 3:48.98 39.09	400m: 5:08.06 39.14			
2.	Rita Miguel Reina	72	Colegio Monte Maior	<b>5:38.59</b>	+0,96	547	26
	50m: 37.03 37.03	150m: 2:02.21 43.63	250m: 3:29.16 43.36	350m: 4:55.27 42.65			
	100m: 1:18.58 41.55	200m: 2:45.80 43.59	300m: 4:12.62 43.46	400m: 5:38.59 43.32			
3.	Carla Joana Macieirinha	71	Ginasio Vila Real	<b>5:59.52</b>	+0,93	457	22
	50m: 40.11 40.11	150m: 2:11.54 46.84	250m: 3:44.16 45.91	350m: 5:17.15 45.79			
	100m: 1:24.70 44.59	200m: 2:58.25 46.71	300m: 4:31.36 47.20	400m: 5:59.52 42.37			
4.	Catarina Araujo Blanco	71	Leixoes	<b>6:44.68</b>	+1,13	320	20
	50m: 45.02 45.02	150m: 2:28.14 51.65	250m: 4:12.48 51.77	350m: 5:54.58 50.84			
	100m: 1:36.49 51.47	200m: 3:20.71 52.57	300m: 5:03.74 51.26	400m: 6:44.68 50.10			
5.	Fernanda Maria Santinha	72	Masters de Almada	<b>7:07.67</b>	+1,17	271	19
	50m: 47.71 47.71	150m: 2:32.83 52.73	250m: 4:22.69 54.39	350m: 6:15.04 56.48			
	100m: 1:40.10 52.39	200m: 3:28.30 55.47	300m: 5:18.56 55.87	400m: 7:07.67 52.63			
6.	Elena Surra	74	Naval Setubalense	<b>7:54.23</b>	+1,07	199	18
	50m: 48.85 48.85	150m: 2:47.64 1:02.16	250m: 4:52.41 1:03.27	350m: 6:56.75 1:02.51			
	100m: 1:45.48 56.63	200m: 3:49.14 1:01.50	300m: 5:54.24 1:01.83	400m: 7:54.23 57.48			

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Master Esc E  
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RN E(45-49) 5:18.00 Alexandra Maria Silva FCP Felgueiras 27-01-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Taça Master
1.	Ana Paula Grilo <i>Rec Nacional Escalão E</i>	69	Desportivo de Odemira	<b>5:03.00</b>	+1,19	822	30
	50m: 36.43 36.43	150m: 1:53.24	38.36	250m: 3:10.33	38.40	350m: 4:27.01	38.07
	100m: 1:14.88 38.45	200m: 2:31.93	38.69	300m: 3:48.94	38.61	400m: 5:03.00	35.99
2.	Maria Teresa Brandao	69	Fluvial Portuense	<b>5:34.82</b>	+0,91	609	26
	50m: 39.62 39.62	150m: 2:01.93	41.13	250m: 3:26.10	42.57	350m: 4:52.98	43.86
	100m: 1:20.80 41.18	200m: 2:43.53	41.60	300m: 4:09.12	43.02	400m: 5:34.82	41.84
3.	Ana Paula Sequeira	68	Sporting de Aveiro	<b>6:14.70</b>	+0,84	434	22
	50m: 41.11 41.11	150m: 2:12.34	46.96	250m: 3:48.68	48.62	350m: 5:26.95	48.96
	100m: 1:25.38 44.27	200m: 3:00.06	47.72	300m: 4:37.99	49.31	400m: 6:14.70	47.75

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Master Esc F  
Resultados

RN F(50-54) 5:26.05 Elena Nikolaevna Kraeva ADRCIMM Tomar 29-01-2012

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Taça Master
1.	Elena Nikolaevna Kraeva	61	Colegio Monte Maior	<b>5:40.58</b>	+0,84	594	30
	50m: 39.38 39.38	150m: 2:05.36	43.32	250m: 3:32.62	43.51	350m: 4:59.00	43.30
	100m: 1:22.04 42.66	200m: 2:49.11	43.75	300m: 4:15.70	43.08	400m: 5:40.58	41.58
2.	Helena Paula Carvalho	64	Uniao Piedense	<b>7:02.84</b>	+1,03	310	26
	50m: 48.21 48.21	150m: 2:35.58	54.28	250m: 4:24.54	53.80	350m: 6:14.24	54.44
	100m: 1:41.30 53.09	200m: 3:30.74	55.16	300m: 5:19.80	55.26	400m: 7:02.84	48.60
3.	Maria Luisa Oliveira	61	Academica de Coimbra	<b>7:05.32</b>		305	22
	50m: 45.90 45.90	150m: 2:31.50	53.90	250m: 4:20.74	55.52	350m: 6:11.12	54.66
	100m: 1:37.60 51.70	200m: 3:25.22	53.72	300m: 5:16.46	55.72	400m: 7:05.32	54.20
4.	Paula Gomes Pereira	64	Naval Setubalense	<b>7:15.94</b>	+0,83	283	20
	50m: 47.78 47.78	150m: 2:36.58	55.68	250m: 4:29.69	56.45	350m: 6:22.65	56.38
	100m: 1:40.90 53.12	200m: 3:33.24	56.66	300m: 5:26.27	56.58	400m: 7:15.94	53.29
5.	Maria Manuela Neto	62	Natacao da Maia	<b>7:30.43</b>		256	19
	50m: 48.21 48.21	150m: 2:38.39	55.97	250m: 4:33.70	57.72	350m: 6:31.83	59.41
	100m: 1:42.42 54.21	200m: 3:35.98	57.59	300m: 5:32.42	58.72	400m: 7:30.43	58.60