

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicão, 7 - 9-7-2017

Event 19 Women, 400m Medley Master Esc A
08-07-2017 - 16:00 Results

RN A(25-29) 5:37.84 SILVA Carolina Santos CNMAIA Loulé 04-07-2015

Points: DSV Masters 16

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	FOUGO Rita Claudia	88	Natacao da Maia	6:25.13	+0,88	472	9,00
	50m: 37.34 37.34	150m: 2:14.40 52.17	250m: 4:01.94 56.02	350m: 5:42.41 43.65			
	100m: 1:22.23 44.89	200m: 3:05.92 51.52	300m: 4:58.76 56.82	400m: 6:25.13 42.72			
2.	SILVA Raquel Alexandra	91	Leixoes	6:25.62	+0,99	470	7,00
	50m: 39.75 39.75	150m: 2:14.40 47.76	250m: 3:56.91 56.57	350m: 5:40.58 44.71			
	100m: 1:26.64 46.89	200m: 3:00.34 45.94	300m: 4:55.87 58.96	400m: 6:25.62 45.04			
3.	CARVALHO Lia Correia	90	Nacional de Natacao	6:33.45	+0,85	443	6,00
	50m: 41.11 41.11	150m: 2:20.25 50.17	250m: 4:03.92 55.52	350m: 5:47.44 46.22			
	100m: 1:30.08 48.97	200m: 3:08.40 48.15	300m: 5:01.22 57.30	400m: 6:33.45 46.01			
4.	PEREIRA Solange Ramalho	90		6:45.29	+1,03	405	5,00
	50m: 42.44 42.44	150m: 2:28.67 54.99	250m: 4:18.37 57.39	350m: 6:02.17 45.22			
	100m: 1:33.68 51.24	200m: 3:20.98 52.31	300m: 5:16.95 58.58	400m: 6:45.29 43.12			

Event 19 Women, 400m Medley Master Esc B
08-07-2017 - 16:00 Results

RN B(30-34) 5:32.55 VIEIRA Rubina Capitao CDN Oeiras 03-07-2011

Points: DSV Masters 16

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	MIRANDA Raquel Filipa	85	Foca	5:55.69	+0,92	661	9,00
	50m: 35.95 35.95	150m: 2:06.72 49.97	250m: 3:44.87 51.51	350m: 5:17.82 41.37			
	100m: 1:16.75 40.80	200m: 2:53.36 46.64	300m: 4:36.45 51.58	400m: 5:55.69 37.87			
2.	MIRANDA Ana Filipa	85	Galitos/ Bresimar	6:14.59	+0,86	566	7,00
	50m: 41.29 41.29	150m: 2:14.76 50.11	250m: 3:57.93 54.07	350m: 5:34.59 44.12			
	100m: 1:24.65 43.36	200m: 3:03.86 49.10	300m: 4:50.47 52.54	400m: 6:14.59 40.00			
3.	RODRIGUES Sara Daniela	87	Galitos/ Bresimar	6:16.31	+0,92	558	6,00
	50m: 38.98 38.98	150m: 2:14.90 51.55	250m: 3:56.44 51.13	350m: 5:33.61 43.88			
	100m: 1:23.35 44.37	200m: 3:05.31 50.41	300m: 4:49.73 53.29	400m: 6:16.31 42.70			
4.	PINTO Rita Loureiro	85	Ginasio Clube	6:56.51	+0,97	412	5,00
	50m: 43.78 43.78	150m: 2:30.96 52.30	250m: 4:20.28 58.23	350m: 6:08.95 48.78			
	100m: 1:38.66 54.88	200m: 3:22.05 51.09	300m: 5:20.17 59.89	400m: 6:56.51 47.56			

DSQ KRAMER Stephanie Eleanor 87 Natacao de Lisboa -
807 - Braçada subaquática de recuperação á chegada - SW 8.2

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicão, 7 - 9-7-2017

Event 19, Women, 400m Medley

Event 19 Women, 400m Medley Master Esc C
08-07-2017 - 16:00 Results

RN C(35-39) 5:22.50 GRILO Ana Paula UDCA Stanford (USA) 06-08-2006

Points: DSV Masters 16

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	6:23.72	+0,95	591	9,00
	50m: 39.58 39.58	150m: 2:19.34 50.50	250m: 4:03.38 55.58	350m: 5:43.23 44.35	400m: 6:23.72 40.49		
	100m: 1:28.84 49.26	200m: 3:07.80 48.46	300m: 4:58.88 55.50				
2.	MOREIRA Mafalda Sofia	79	Benedita	6:27.42	+1,04	574	7,00
	50m: 40.63 40.63	150m: 2:19.88 51.38	250m: 4:08.13 57.60	350m: 5:47.15 43.26	400m: 6:27.42 40.27		
	100m: 1:28.50 47.87	200m: 3:10.53 50.65	300m: 5:03.89 55.76				
3.	FONSECA Maria Ana	82	Fluvial Portuense	6:55.89	+0,93	464	6,00
	50m: 49.85 49.85	150m: 2:42.78 55.72	250m: 4:29.92 55.59	350m: 6:11.52 46.58	400m: 6:55.89 44.37		
	100m: 1:47.06 57.21	200m: 3:34.33 51.55	300m: 5:24.94 55.02				
4.	CORDEIRO Ana Filipa	79	Alges	7:04.01	+1,01	438	5,00
	50m: 46.93 46.93	150m: 2:36.04 52.30	250m: 4:24.95 57.06	350m: 6:12.59 50.81	400m: 7:04.01 51.42		
	100m: 1:43.74 56.81	200m: 3:27.89 51.85	300m: 5:21.78 56.83				

Event 19 Women, 400m Medley Master Esc D
08-07-2017 - 16:00 Results

RN D(40-44) 5:43.88 GRILO Ana Paula INDALEN Oeiras 03-07-2011

Points: DSV Masters 16

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	COSTA Maria Luisa	74	Fluvial Portuense	6:12.96	+0,90	658	9,00
	50m: 36.99 36.99	150m: 2:10.58 50.96	250m: 3:54.52 54.36	350m: 5:31.58 42.32	400m: 6:12.96 41.38		
	100m: 1:19.62 42.63	200m: 3:00.16 49.58	300m: 4:49.26 54.74				
2.	FERNANDES Filipa Cristina	76	Gesloures	6:32.69	+0,91	564	7,00
	50m: 38.73 38.73	150m: 2:17.88 51.52	250m: 4:02.61 54.02	350m: 5:46.52 46.96	400m: 6:32.69 46.17		
	100m: 1:26.36 47.63	200m: 3:08.59 50.71	300m: 4:59.56 56.95				
3.	FARIA Joana Maria	74	Leixoes	6:43.18	+0,95	521	6,00
	50m: 39.11 39.11	150m: 2:23.81 53.69	250m: 4:11.73 56.10	350m: 5:57.61 48.77	400m: 6:43.18 45.57		
	100m: 1:30.12 51.01	200m: 3:15.63 51.82	300m: 5:08.84 57.11				
4.	OLIVEIRA Ana Cristina	76	Galitos/ Bresimar	7:10.93	+0,93	426	5,00
	50m: 40.56 40.56	150m: 2:28.20 55.23	250m: 4:24.36 1:01.27	350m: 6:19.04 51.92	400m: 7:10.93 51.89		
	100m: 1:32.97 52.41	200m: 3:23.09 54.89	300m: 5:27.12 1:02.76				

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicão, 7 - 9-7-2017

Event 19, Women, 400m Medley

Event 19 Women, 400m Medley Master Esc E
08-07-2017 - 16:00 Results

RN E(45-49) 6:09.33 GRILO Ana Paula NDCO Swansea (GBR) 09-03-2014

Points: DSV Masters 16

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	BRANDAO Maria Teresa	69	Fluval Portuense	6:55.29	+1,02	514	9,00
	50m: 44.23 44.23	150m: 2:36.05 59.39	250m: 4:29.83 56.83	350m: 6:12.62 44.05			
	100m: 1:36.66 52.43	200m: 3:33.00 56.95	300m: 5:28.57 58.74	400m: 6:55.29 42.67			
2.	SANTINHA Fernanda Maria	72	Masters de Almada	8:27.20	+1,30	282	7,00
	50m: 57.00 57.00	150m: 3:17.65 1:15.99	250m: 5:35.19 1:04.23	350m: 7:33.44 54.50			
	100m: 2:01.66 1:04.66	200m: 4:30.96 1:13.31	300m: 6:38.94 1:03.75	400m: 8:27.20 53.76			
DNS	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao				-
DNS	SEQUEIRA Maria Manuela	68	Gafanha da Encarnacao				-

Event 19 Women, 400m Medley Master Esc F
08-07-2017 - 16:00 Results

RN F(50-54) 6:45.18 KRAEVA Elena Nikolaevna CIMM Oeiras 03-07-2011

Points: DSV Masters 16

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	VASCONCELOS Maria Goncalves64		Masters de Almada	9:10.24	+1,04	228	9,00
	50m: 58.82 58.82	150m: 3:29.81 1:19.98	250m: 5:58.72 1:06.14	350m: 8:11.34 1:03.80			
	100m: 2:09.83 1:11.01	200m: 4:52.58 1:22.77	300m: 7:07.54 1:08.82	400m: 9:10.24 58.90			

Event 19 Women, 400m Medley Master Esc G
08-07-2017 - 16:00 Results

RN G(55-59) 7:28.86 FERREIRA Ana Maria SAD Coimbra 21-06-2009

Points: DSV Masters 16

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	KRAEVA Elena Nikolaevna Rec Nac Esc G	61	Colegio Monte Maior	6:54.26	+0,95	675	9,00
	50m: 49.84 49.84	150m: 2:41.74 52.63	250m: 4:29.24 57.72	350m: 6:12.56 45.55			
	100m: 1:49.11 59.27	200m: 3:31.52 49.78	300m: 5:27.01 57.77	400m: 6:54.26 41.70			



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Famalicão, 7 - - 9-7-2017

Event 19, Women, 400m Medley

Event 19 Women, 400m Medley Master Esc H
08-07-2017 - 16:00 Results

RN H(60-64) 7:52.39 FERREIRA Ana Maria SAD Loulé 30-06-2013

Points: DSV Masters 16

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	PINTAO Luisa Maria	54	Nadadores dos Estoris	8:16.47	+1,01	457	9,00
	50m: 59.39 59.39	150m: 3:16.19 1:07.75	250m: 5:22.82 1:02.96	350m: 7:20.89 56.82			
	100m: 2:08.44 1:09.05	200m: 4:19.86 1:03.67	300m: 6:24.07 1:01.25	400m: 8:16.47 55.58			

