Prova 12 | Femin., 400m Estilos | 25 anos e mais velhos
28-10-2018 - 15:30 | GRAFIPRONTO | Resultados

RN A(25-29)	5:34.41	Andreia Silva, MARTINS	CNMAL	Inatel	11-04-2008
RN B(30-34)	5:07.66	Ana Paula, GRILO	UDCA	Anadia	31-05-2003
RN C(35-39)	5:10.65	Ana Paula, GRILO	UDCA	Ponte da Barca	10-06-2005
RN D(40-44)	5:32.53	Ana Paula, GRILO	CNBE	Blackpool (GBR)	25-02-2012
RN E(45-49)	5:54.12	Ana Paula, GRILO	NDCO	Leiria	26-04-2014
RN F(50-54)	6:23.27	Elena Nikolaevna, KRAEVA	CIMM	Lisboa	20-05-2011
RN G(55-59)	7:26.86	Ana Maria, FERREIRA	SFP	Ponte de Sôr	26-05-2006
RN H(60-64)	7:18.48	Ana Maria, FERREIRA	SAD	Lisboa	27-02-2011
RN I(65-69)	7:32.09	Ana Maria, FERREIRA	SAD	Benedita	03-04-2016
RN J(70-74)	59:00.00	,			
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

MASTERS FEM : 8:00.00

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs

Master Esc A

1. Raquel Alexandra, SILVA — F — 26074 91 — Leixões Sport Clube — **5:46.98** — 648

50m:	37.89	37.89	150m:	2:06.19	44.91	250m:	3:39.62	49.93	350m:	5:08.87	39.99
100m:	1:21.28	43.39	200m:	2:49.69	43.50	300m:	4:28.88	49.26	400m:	5:46.98	38.11

Master Esc B

1. Raquel Filipa, MIRANDA — F — 132422 85 — Foca — **5:45.81** — 683

50m:	36.84	36.84	150m:	2:04.27	46.64	250m:	3:40.38	50.23	350m:	5:09.31	39.53
100m:	1:17.63	40.79	200m:	2:50.15	45.88	300m:	4:29.78	49.40	400m:	5:45.81	36.50

Master Esc C

1. Ana Rosa, SILVA — F — 133361 80 — Foca — **7:45.78** — 311

50m:	52.75	52.75	150m:	2:56.59	1:03.32	250m:	4:57.67	1:00.10	350m:	6:54.53	53.74
100m:	1:53.27	1:00.52	200m:	3:57.57	1:00.98	300m:	6:00.79	1:03.12	400m:	7:45.78	51.25

Master Esc D

1. Carla Santa, BARBARA — F — 118948 75 — Porto — **6:12.33** — 624

50m:	37.47	37.47	150m:	2:08.31	47.62	250m:	3:49.84	54.48	350m:	5:29.22	43.01
100m:	1:20.69	43.22	200m:	2:55.36	47.05	300m:	4:46.21	56.37	400m:	6:12.33	43.11

25 anos e mais velhos

1. Raquel Filipa, MIRANDA — F — 132422 85 — Foca — **5:45.81** — 683

50m:	36.84	36.84	150m:	2:04.27	46.64	250m:	3:40.38	50.23	350m:	5:09.31	39.53
100m:	1:17.63	40.79	200m:	2:50.15	45.88	300m:	4:29.78	49.40	400m:	5:45.81	36.50

2. Raquel Alexandra, SILVA — F — 26074 91 — Leixões Sport Clube — **5:46.98** — 648

50m:	37.89	37.89	150m:	2:06.19	44.91	250m:	3:39.62	49.93	350m:	5:08.87	39.99
100m:	1:21.28	43.39	200m:	2:49.69	43.50	300m:	4:28.88	49.26	400m:	5:46.98	38.11

3. Carla Santa, BARBARA — F — 118948 75 — Porto — **6:12.33** — 624

50m:	37.47	37.47	150m:	2:08.31	47.62	250m:	3:49.84	54.48	350m:	5:29.22	43.01
100m:	1:20.69	43.22	200m:	2:55.36	47.05	300m:	4:46.21	56.37	400m:	6:12.33	43.11

4. Ana Rosa, SILVA — F — 133361 80 — Foca — **7:45.78** — 311

50m:	52.75	52.75	150m:	2:56.59	1:03.32	250m:	4:57.67	1:00.10	350m:	6:54.53	53.74
100m:	1:53.27	1:00.52	200m:	3:57.57	1:00.98	300m:	6:00.79	1:03.12	400m:	7:45.78	51.25

O Secretário do Juri — O Juiz Árbitro