



Resultados

XXVIII COPA BRASIL MASTERS DE NATAÇÃO

01 a 03/09/2023 (25 METROS, 5 RAJAS)
SÃO LOURENÇO COUNTRY CLUB - SÃO LOURENÇO/MG

ABMN 1.1.0 - Desenvolvimento SWIM.COM.BR

13ª PROVA - 400 METROS LIVRE FEMININO (02/09/2023)

RECORDE MUNDIAL

25+	Tessa VERMEULEN	4:13.71	2023	30+	SOPHIE CASSON	4:14.56	2017	35+	KARLYN PIPES-NEILSEN	4:22.56	1999	40+	KARLYN PIPES-NEILSEN	4:21.75	2003
45+	Heidi GEORGE	4:24.86	2021	50+	Alison ZAMANIAN	4:33.86	2021	55+	LYNN MARSHALL	4:37.35	2016	60+	Lynn MARSHALL	4:48.80	2022
65+	LAURA VAL	5:02.08	2017	70+	Laura VAL	5:18.26	2023	75+	YOSHIRO OSAKI	6:08.74	2015	80+	Yoshiko OSAKI	6:23.17	2019
85+	JANE ASHER	6:57.06	2016	90+	Jane ASHER	8:48.34	2021	95+	MAURINE KORNFELD	10:08.44	2016	100+	MIKO NAGAOKA	16:40.10	2014

RECORDE SUL-AMERICANO

25+	VERONICA BALSANO	4:27.39	2016	30+	VERONICA BALSANO	4:22.63	2018	35+	VERONICA BALSANO	4:26.66	2023	40+	NOELIA PETTI	4:47.55	2014
45+	NOELIA PETTI	4:49.58	2019	50+	SOPHIE MONGINET	4:57.02	2016	55+	ROSARIO VIVANCO	5:17.28	2004	60+	ROSELI SILVA	5:16.36	2021
65+	VIRGINIA ABUCHAIBE	6:06.85	2021	70+	MARIA PENNA	6:26.99	2009	75+	MARIA PENNA	6:50.22	2014	80+	MARIA PENNA	7:25.81	2019
85+	MARIA LENK	9:27.75	2000	90+	MARIA LENK	11:10.67	2005	95+	RECORDE ESTABELECE	59:59.99	1984	100+	RECORDE ESTABELECE	59:59.99	1984

RECORDE ESTABELECE

RECORDE BRASILEIRO

PRÉ				25+	VERONICA BALSANO	4:27.39	2016	30+	VERONICA BALSANO	4:22.63	2018	35+	VERONICA BALSANO	4:26.66	2023
40+	ROSELI SILVA	4:48.15	2001	45+	VALESKA CRUZ	4:50.49	2018	50+	SOPHIE MONGINET	4:57.02	2016	55+	ROSELI SILVA	5:16.36	2021
60+	ROSELI SILVA	5:16.36	2021	65+	FABIENNE GUTTIN	6:11.95	2022	70+	MARIA PENNA	6:26.99	2009	75+	MARIA PENNA	6:50.22	2014
80+	MARIA PENNA	7:25.81	2019	85+	MARIA LENK	9:27.75	2000	90+	MARIA LENK	11:10.67	2005	95+	RECORDE ESTABELECE	59:59.99	1984

RECORDE ESTABELECE

COL. MATR. ATLETA/EQUIPE EQUIPE TEMPO PTS IT REC.

FAIXA: 30 +

N/C 126038 YARA GURGEL DALL ACQUA

BARDI & OKUDA

FAIXA: 35 +

1º 112528 CRISTIANE SILVA MARQUES DA FONSECA VIVA ÁGUA 5:35.01 18,00 127,59
50m: 37.84 100m: 1:18.33 (40.49) 150m: 2:00.07 (41.74) 200m: 2:42.66 (42.59)
250m: 3:26.25 (43.59) 300m: 4:09.79 (43.54) 350m: 4:53.26 (43.47) 400m: 5:35.01 (41.75)

FAIXA: 40 +

1º 108208 MARIA FERNANDA FURTADO BARDI & OKUDA 5:34.92 18,00 127,95
50m: 38.73 100m: 1:20.08 (41.35) 150m: 2:02.78 (42.70) 200m: 2:45.53 (42.75)
250m: 3:28.07 (42.54) 300m: 4:10.65 (42.58) 350m: 4:53.14 (42.49) 400m: 5:34.92 (41.78)

2º 125173 LILIAN MADEIRA (AKLAR TEAM) FLAMENGO 5:53.28 16,00 134,97
50m: 41.07 100m: 1:25.50 (44.43) 150m: 2:09.59 (44.09) 200m: 2:54.17 (44.58)
250m: 3:39.31 (45.14) 300m: 4:24.74 (45.43) 350m: 5:10.10 (45.36) 400m: 5:53.28 (43.18)

3º 7402 DEBORA MAESTRELLI LEOBONS FLAMENGO 5:59.47 14,00 137,33
50m: 40.26 100m: 1:24.14 (43.88) 150m: 2:09.03 (44.89) 200m: 2:54.90 (45.87)
250m: 3:40.96 (46.06) 300m: 4:27.67 (46.71) 350m: 5:14.48 (46.81) 400m: 5:59.47 (44.99)

4º 112270 VANESSA QUINTANILHA RAMOS FLAMENGO 6:43.11 13,00 154,01
50m: 41.77 100m: 1:29.14 (47.37) 150m: 2:20.23 (51.09) 200m: 3:13.73 (53.50)
250m: 4:07.87 (54.14) 300m: 5:00.25 (52.38) 350m: 5:53.15 (52.90) 400m: 6:43.11 (49.96)

N/C 112500 ANNA CAROLINA MARQUES GONTIJO BARDI & OKUDA

FAIXA: 45 +

1º 106092 GLORIA RAIZER RIBEIRO CRVG 5:17.58 18,00 119,90
50m: 34.90 100m: 1:13.95 (39.05) 150m: 1:53.96 (40.01) 200m: 2:35.02 (41.06)
250m: 3:16.67 (41.65) 300m: 3:58.37 (41.70) 350m: 4:39.34 (40.97) 400m: 5:17.58 (38.24)

2º 120664 CRISTIANE DE AZEVEDO BARROSO RESENDE ÁGUAS ABERTAS 5:22.41 16,00 121,73
50m: 36.19 100m: 1:15.80 (39.61) 150m: 1:56.66 (40.86) 200m: 2:38.18 (41.52)
250m: 3:19.74 (41.56) 300m: 4:01.21 (41.47) 350m: 4:42.46 (41.25) 400m: 5:22.41 (39.95)

3º 7638 ROBERTA MICAEL SOUZA LOPES PRAIA CLUBE 5:41.72 14,00 129,02
50m: 38.76 100m: 1:21.11 (42.35) 150m: 2:03.45 (42.34) 200m: 2:46.28 (42.83)
250m: 3:30.03 (43.75) 300m: 4:13.62 (43.59) 350m: 4:57.65 (44.03) 400m: 5:41.72 (44.07)

4º 121401 MARIANA LOPES DA COSTA SENRA BODYTECH - BH 5:55.99 13,00 134,41
50m: 39.03 100m: 1:21.78 (42.75) 150m: 2:06.17 (44.39) 200m: 2:50.95 (44.78)
250m: 3:36.28 (45.33) 300m: 4:22.65 (46.37) 350m: 5:09.64 (46.99) 400m: 5:55.99 (46.35)

FAIXA: 50 +

1º 122877 ANA MARGARIDA MARQUES CARVALHO MITRE BODYTECH - BH 5:20.84 18,00 117,15
50m: 36.90 100m: 1:15.86 (38.96) 150m: 1:55.77 (39.91) 200m: 2:36.60 (40.83)
250m: 3:18.34 (41.74) 300m: 3:59.47 (41.13) 350m: 4:40.83 (41.36) 400m: 5:20.84 (40.01)

2º 3844 ALINE DE ARAUJO PESSOA FLUMINENSE 6:14.72 16,00 136,83
50m: 42.54 100m: 1:28.81 (46.27) 150m: 2:16.24 (47.43) 200m: 3:03.81 (47.57)
250m: 3:51.81 (48.00) 300m: 4:40.02 (48.21) 350m: 5:28.14 (48.12) 400m: 6:14.72 (46.58)

FAIXA: 55 +

1º 6337 REGINA BOANERGES SIQUEIRA LIRA T. C. 6:15.97 18,00 135,56
50m: 43.32 100m: 1:30.92 (47.60) 150m: 2:18.61 (47.69) 200m: 3:06.87 (48.26)
250m: 3:55.04 (48.17) 300m: 4:41.98 (46.94) 350m: 5:28.51 (46.53) 400m: 6:15.97 (47.46)

2º 6662 GIOVANA VILELA TANNUS SPIRANDELLI PRAIA CLUBE 6:45.52 16,00 146,21
50m: 44.94 100m: 1:34.54 (49.60) 150m: 2:27.13 (52.59) 200m: 3:19.61 (52.48)
250m: 4:12.06 (52.45) 300m: 5:04.73 (52.67) 350m: 5:57.30 (52.57) 400m: 6:45.52 (48.22)

3º 7996 PATRICIA KOK GERIBELLO DE FERREIRA CABRAL PAINEIRAS 6:45.53 14,00 146,22
50m: 44.16 100m: 1:34.86 (50.70) 150m: 2:27.05 (52.19) 200m: 3:19.14 (52.09)
250m: 4:10.90 (51.76) 300m: 5:03.46 (52.56) 350m: 5:55.72 (52.26) 400m: 6:45.53 (49.81)

4º 121650 MARINA APARECIDA GABRIEL CILLI CLUBE CAMPESTRE VARGINHA 6:50.69 13,00 148,08
50m: 43.60 100m: 1:35.00 (51.40) 150m: 2:28.57 (53.57) 200m: 3:22.33 (53.76)
250m: 4:15.28 (52.95) 300m: 5:07.88 (52.60) 350m: 5:59.68 (51.80) 400m: 6:50.69 (51.01)

5º 6515 CARLA DONDEO VEROCAI FLAMENGO 6:53.12 12,00 148,95
50m: 45.57 100m: 1:35.13 (49.56) 150m: 2:27.50 (52.37) 200m: 3:19.98 (52.48)
250m: 4:12.41 (52.43) 300m: 5:05.85 (53.44) 350m: 5:59.52 (53.67) 400m: 6:53.12 (53.60)

6º 5880 VALQUIRIA RODRIGUES BARBOSA CRVG 7:52.55 11,00 170,38
50m: 51.51 100m: 1:51.22 (59.71) 150m: 2:51.73 (1:00.51) 200m: 3:52.88 (1:01.15)



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250m: 4:53.25 (1:00.37) 300m: 5:54.87 (1:01.62) 350m: 6:55.81 (1:00.94) 400m: 7:52.55 (56.74)

FAIXA: 60 +

1º	1958	FATIMA AULER BOGDANSKI	FLAMENGO	6:17.65	18,00	130,77
		50m: 41.39 100m: 1:27.30 (45.91) 150m: 2:14.23 (46.93) 200m: 3:02.15 (47.92) 250m: 3:50.53 (48.38) 300m: 4:39.91 (49.38) 350m: 5:29.23 (49.32) 400m: 6:17.65 (48.42)				
2º	7568	DENISE MARIA BARBOSA BARRA (BOM PASTOR)	BOM PASTOR	6:38.78	16,00	138,08
		50m: 41.35 100m: 1:27.43 (46.08) 150m: 2:16.71 (49.28) 200m: 3:08.39 (51.68) 250m: 4:01.16 (52.77) 300m: 4:54.96 (53.80) 350m: 5:47.60 (52.64) 400m: 6:38.78 (51.18)				
3º	7848	ADAILZA PIMENTEL BISSA (AEST - SERRA/ES)	SUPER POWER TEAM	7:27.59	14,00	154,98
		50m: 49.60 100m: 1:45.76 (56.16) 150m: 2:42.89 (57.13) 200m: 3:40.33 (57.44) 250m: 4:38.77 (58.44) 300m: 5:36.33 (57.56) 350m: 6:33.76 (57.43) 400m: 7:27.59 (53.83)				
4º	114161	MARILES GUILARDI	V S	8:00.66	13,00	166,43
		50m: 53.93 100m: 1:51.48 (57.55) 150m: 2:51.71 (1:00.23) 200m: 3:54.77 (1:03.06) 250m: 4:53.28 (58.51) 300m: 5:52.78 (59.50) 350m: 6:52.17 (59.39) 400m: 8:00.66 (1:08.49)				
5º	5436	NOEMIA ANTONIA PINTO	FLAMENGO	8:02.34	12,00	167,02
		50m: 55.69 100m: 1:53.93 (58.24) 150m: 2:54.85 (1:00.92) 200m: 3:53.38 (58.53) 250m: 4:53.74 (1:00.36) 300m: 5:54.04 (1:00.30) 350m: 6:53.52 (59.48) 400m: 8:02.34 (1:08.82)				
6º	120171	CÉLIA MARIA GUIMARÃES SOLER	BARDI & OKUDA	8:22.11	11,00	173,86
		50m: 51.59 100m: 1:52.50 (1:00.91) 150m: 2:58.07 (1:05.57) 200m: 4:04.44 (1:06.37) 250m: 5:09.65 (1:05.21) 300m: 6:15.28 (1:05.63) 350m: 7:20.39 (1:05.11) 400m: 8:22.11 (1:01.72)				

FAIXA: 65 +

1º	3686	FABIENNE GUTTIN	BARDI & OKUDA	6:15.70	18,00	124,37
		50m: 41.24 100m: 1:26.92 (45.68) 150m: 2:13.12 (46.20) 200m: 3:00.49 (47.37) 250m: 3:48.96 (48.47) 300m: 4:38.03 (49.07) 350m: 5:28.06 (50.03) 400m: 6:15.70 (47.64)				
2º	2734	DULCE LEAL LESSA	BOM PASTOR	6:28.20	16,00	128,51
		50m: 43.38 100m: 1:31.04 (47.66) 150m: 2:19.98 (48.94) 200m: 3:08.37 (48.39) 250m: 3:57.38 (49.01) 300m: 4:47.19 (49.81) 350m: 5:38.01 (50.82) 400m: 6:28.20 (50.19)				
3º	118487	MARIA CLARA PINHEIRO ABDU	PAINEIRAS	8:04.33	14,00	160,33
		50m: 54.71 100m: 1:55.66 (1:00.95) 150m: 2:57.08 (1:01.42) 200m: 4:00.51 (1:03.43) 250m: 5:02.91 (1:02.40) 300m: 6:05.14 (1:02.23) 350m: 7:06.65 (1:01.51) 400m: 8:04.33 (57.68)				
4º	1015	MARIA CRISTINA LEMOS VASCONCELOS	D STAK	8:43.55	13,00	173,32
		50m: 57.20 100m: 2:06.72 (1:09.52) 150m: 3:13.22 (1:06.50) 200m: 4:19.58 (1:06.36) 250m: 5:25.09 (1:05.51) 300m: 6:31.41 (1:06.32) 350m: 7:36.55 (1:05.14) 400m: 8:43.55 (1:07.00)				
5º	107995	JUSSARA GUIMARÃES SOUSA	MINAS T. C.	8:52.87	12,00	176,40
		50m: 1:01.94 100m: 2:09.97 (1:08.03) 150m: 3:17.67 (1:07.70) 200m: 4:25.30 (1:07.63) 250m: 5:34.37 (1:09.07) 300m: 6:43.59 (1:09.22) 350m: 7:50.20 (1:06.61) 400m: 8:52.87 (1:02.67)				
6º	6040	MARIA DA CONCEIÇÃO NASCIMENTO	FLAMENGO	9:08.94	11,00	181,72
		50m: 1:00.24 100m: 2:07.56 (1:07.32) 150m: 3:17.82 (1:10.26) 200m: 4:29.71 (1:11.89) 250m: 5:41.37 (1:11.66) 300m: 6:52.51 (1:11.14) 350m: 8:04.06 (1:11.55) 400m: 9:08.94 (1:04.88)				
7º	125350	MIRTIS IRENE ARIZA MALAGUTTI	V S	10:08.97	10,00	201,59
		50m: 2:14.54 100m: 3:31.71 (1:17.17) 150m: 4:52.69 (1:20.98) 200m: 6:12.78 (1:20.09) 250m: 7:35.30 (1:22.52) 300m: 8:53.99 (1:18.69) 350m: 10:09.09 (1:15.10) 400m: 10:08.97 (S/T)				

N/C 109126 TANIA PEREIRA DE MIRANDA

PRAIA CLUBE

FAIXA: 70 +

1º	23862	MARISE LEO MARQUES BAIOCCHI (VS)	V S	7:58.12	18,00	150,23
		50m: 52.88 100m: 1:50.38 (57.50) 150m: 2:51.67 (1:01.29) 200m: 3:52.05 (1:00.38) 250m: 4:53.44 (1:01.39) 300m: 5:55.81 (1:02.37) 350m: 6:56.86 (1:01.05) 400m: 7:58.12 (1:01.26)				
2º	4743	HELANE QUEZADO DE MAGALHÃES (CIA. AQUÁTICA)	D STAK	8:22.28	16,00	157,82
		50m: 54.85 100m: 1:55.63 (1:00.78) 150m: 2:59.15 (1:03.52) 200m: 4:03.34 (1:04.19) 250m: 5:09.03 (1:05.69) 300m: 6:15.56 (1:06.53) 350m: 7:21.34 (1:05.78) 400m: 8:22.28 (1:00.94)				
3º	4374	MARIA APARECIDA DA SILVA DINIZ	PRAIA CLUBE	9:01.26	14,00	170,07
		50m: 1:01.87 100m: 2:09.59 (1:07.72) 150m: 3:18.02 (1:08.43) 200m: 4:27.33 (1:09.31) 250m: 5:36.55 (1:09.22) 300m: 6:44.50 (1:07.95) 350m: 7:53.55 (1:09.05) 400m: 9:01.26 (1:07.71)				
4º	123576	SANTUZA MARIA TOLEDO D'AVILA	FLAMENGO	9:41.16	13,00	182,61
		50m: 1:01.60 100m: 2:16.56 (1:14.96) 150m: 3:32.63 (1:16.07) 200m: 4:50.30 (1:17.67) 250m: 6:03.24 (1:12.94) 300m: 7:17.95 (1:14.71) 350m: 8:32.98 (1:15.03) 400m: 9:41.16 (1:08.18)				
5º	125842	JANIRA TAVARES CORRESA	C.T.CATANDUVA	10:47.84	12,00	203,56
		50m: 1:08.92 100m: 2:25.70 (1:16.78) 150m: 3:44.98 (1:19.28) 200m: 5:07.75 (1:22.77) 250m: 6:31.66 (1:23.91) 300m: 7:57.23 (1:25.57) 350m: 9:24.53 (1:27.30) 400m: 10:47.84 (1:23.31)				

FAIXA: 75 +

1º	7094	MERCEDES SANFELICE RISSO	FLAMENGO	9:08.53	18,00	148,76
		50m: 59.65 100m: 2:07.52 (1:07.87) 150m: 3:17.54 (1:10.02) 200m: 4:27.85 (1:10.31) 250m: 5:38.01 (1:10.16) 300m: 6:47.96 (1:09.95) 350m: 8:00.59 (1:12.63) 400m: 9:08.53 (1:07.94)				
2º	7899	MARIA LUIZA CARNEIRO BARBOSA	MINAS T. C.	9:22.75	16,00	152,61
		50m: 59.56 100m: 2:08.26 (1:08.70) 150m: 3:17.47 (1:09.21) 200m: 4:28.47 (1:11.00) 250m: 5:40.81 (1:12.34) 300m: 6:55.58 (1:14.77) 350m: 8:10.77 (1:15.19) 400m: 9:22.75 (1:11.98)				
3º	4316	CONSUELO BEZERRA DA ROCHA (AABB/NITEROI)	V S	11:26.88	14,00	186,28
		50m: 1:15.49 100m: 2:42.72 (1:27.23) 150m: 4:11.63 (1:28.91) 200m: 5:40.12 (1:28.49) 250m: 7:06.97 (1:26.85) 300m: 8:34.19 (1:27.22) 350m: 10:01.66 (1:27.47) 400m: 11:26.88 (1:25.22)				

FAIXA: 80 +

1º	4045	HERILENE HENRIQUES DE FREITAS (AABB/NITEROI)	V S	7:57.77	18,00	124,69
		50m: 54.98 100m: 1:53.75 (58.77) 150m: 2:55.49 (1:01.74) 200m: 3:56.89 (1:01.40) 250m: 4:57.42 (1:00.53) 300m: 5:58.71 (1:01.29) 350m: 7:00.58 (1:01.87) 400m: 7:57.77 (57.19)				

FAIXA: 85 +

1º	7852	AYRESNEDE DE ALENCAR PITELLA	MINAS T. C.	12:01.46	18,00	172,99
		50m: 1:27.90 100m: 3:01.61 (1:33.71) 150m: 4:33.47 (1:31.86) 200m: 6:03.91 (1:30.44) 250m: 7:33.65 (1:29.74) 300m: 9:04.16 (1:30.51) 350m: 10:36.44 (1:32.28) 400m: 12:01.46 (1:25.02)				