



# Resultados

## 72º CAMPEONATO BRASILEIRO MASTERS DE NATAÇÃO

12 a 15/12/2024 (50 METROS, 10 RAIAS)  
CLUBE DE REGATAS VASCO DA GAMA - RIO DE JANEIRO/RJ

ABMN 1.1.0 - Sistemas de Natação Swim It Up!

### 1ª PROVA - 1.500 METROS LIVRE FEMININO (12/12/2024)

#### RECORDE MUNDIAL

25+	SWANN OBERSON	16:34.89	2012	30+	Sophie CASSON	17:20.55	2017	35+	HEIDI GEORGE	17:17.22	2015	40+	HEIDE GEORGE	17:29.43	2017
45+	Heidi GEORGE	17:27.11	2023	50+	Alison ZAMANIAN	18:15.80	2022	55+	Ellen REYNOLDS	18:36.30	2019	60+	Ellen REYNOLDS	19:10.59	2024
65+	S.HEIM-BOWEN S.HEIM-BOWEN	20:41.53	2023	70+	Christie CIRAULO	21:02.79	2023	75+	JANE ASHER	24:41.76	2006	80+	DENISE ROBERTSON	28:35.98	2016

#### RECORDE SUL-AMERICANO

85+	JANE ASHER	28:11.18	2016	90+	Dorothy DICKEY	33:36.10	2020	95+	RITA SIMONTON	41:39.68	2013	100+	Mieko NAGAOKA	74:08.73	2014
25+	LETICIA MENDONÇA	19:26.31	2003	30+	CARLA ARRUDA	19:07.50	2009	35+	CARLA ARRUDA	19:19.79	2012	40+	MICHELLE LUZ	20:45.00	2012
45+	MÁRCIA TELES	20:41.14	2024	50+	ADRIANE MEKSRAITIS	21:08.84	2017	55+	ROSELI SILVA	20:33.36	2019	60+	ROSELI SILVA	20:59.71	2024
65+	VÍRGÍNIA ABUCHAIBE	25:10.14	2021	70+	MARIA PENNA	25:49.86	2009	75+	MARIA PENNA	27:28.06	2015	80+	MARIA PENNA	30:08.13	2019
85+	MARIA PENNA	34:25.11	2024	95+	RECORDE ESTABELECEER	59:59.99	1900	100+	RECORDE ESTABELECEER	59:59.99	1900	105+	RECORDE ESTABELECEER	59:59.99	1900

#### RECORDE BRASILEIRO

PRÉ				25+	LETICIA MENDONÇA	19:26.31	2003	30+	CARLA ARRUDA	19:07.50	2009	35+	CARLA ARRUDA	19:19.79	2012
40+	MICHELLE LUZ	20:45.00	2012	45+	MÁRCIA TELES	20:41.14	2024	50+	ADRIANE MEKSRAITIS	21:08.84	2017	55+	ROSELI SILVA	20:33.36	2019
60+	ROSELI SILVA	20:59.71	2024	65+	DULCE LESSA	25:43.73	2024	70+	MARIA PENNA	25:49.86	2009	75+	MARIA PENNA	27:28.06	2015
80+	MARIA PENNA	30:08.13	2019	85+	MARIA PENNA	34:25.11	2024	95+	RECORDE ESTABELECEER	59:59.99	1900	100+	RECORDE ESTABELECEER	59:59.99	1900
105+	RECORDE ESTABELECEER	59:59.99	1900												

COL.	MATR.	ATLETA/EQUIPE	EQUIPE	TEMPO	PTS	IT	REC.
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FAIXA: 25 +

1º	118364	ELIANI DELUCCA GUIMARÃES RODRIGUES HAGE	CLUBE DO REMO	22:34.76	18,00	136,17	
		100m: 1:18.90 200m: 2:46.49 (1:27.59)300m: 4:15.45 (1:28.96)400m: 5:45.45 (1:30.00)					
		500m: 7:15.26 (1:29.81)600m: 8:46.20 (1:30.94)700m: 10:18.31 (1:32.11)800m: 11:49.53 (1:31.22)					
		900m: 13:21.44 (1:31.91)1000m: 14:54.53 (1:33.09)1100m: 16:26.10 (1:31.57)1200m: 17:58.64 (1:32.54)					
		1300m: 19:31.27 (1:32.63)1400m: 21:03.99 (1:32.72)1500m: 22:34.76 (1:30.77)					

FAIXA: 30 +

N/C 127978 GABRIELA NAVEGA OLIVEIRA CATTÁ PRETA FLAMENGO

FAIXA: 35 +

1º	118920	BEATRIZ NANTES	BARDI & OKUDA	20:58.41	18,00	121,33	
		100m: 1:19.23 200m: 2:41.30 (1:22.07)300m: 4:04.01 (1:22.71)400m: 5:27.19 (1:23.18)					
		500m: 6:50.45 (1:23.26)600m: 8:14.24 (1:23.79)700m: 9:37.98 (1:23.74)800m: 11:02.27 (1:24.29)					
		900m: 12:25.86 (1:23.59)1000m: 13:50.81 (1:24.95)1100m: 15:15.84 (1:25.03)1200m: 16:41.29 (1:25.45)					
		1300m: 18:07.19 (1:25.90)1400m: 19:33.60 (1:26.41)1500m: 20:58.41 (1:24.81)					
2º	131347	TASSIA GOMES BENETTI BARBOSA	TIJUCA T.C.	25:12.75	16,00	145,85	
		100m: 1:26.57 200m: 3:03.23 (1:36.66)300m: 4:40.68 (1:37.45)400m: 6:20.84 (1:40.16)					
		500m: 8:02.30 (1:41.46)600m: 9:45.29 (1:42.99)700m: 11:27.16 (1:41.87)800m: 13:09.23 (1:42.07)					
		900m: 14:52.10 (1:42.87)1000m: 16:35.97 (1:43.87)1100m: 18:20.19 (1:44.22)1200m: 20:05.42 (1:45.23)					
		1300m: 21:49.39 (1:43.97)1400m: 23:33.64 (1:44.25)1500m: 25:12.75 (1:39.11)					

FAIXA: 40 +

1º	125326	GABRIELA HARUE BRUNO	RHANC/COSTA VERDE TC/BA	22:19.00	18,00	127,59	
		100m: 1:19.16 200m: 2:46.31 (1:27.15)300m: 4:16.89 (1:30.58)400m: 5:48.09 (1:31.20)					
		500m: 7:18.13 (1:30.04)600m: 8:48.82 (1:30.69)700m: 10:19.61 (1:30.79)800m: 11:51.28 (1:31.67)					
		900m: 13:22.65 (1:31.37)1000m: 14:53.31 (1:30.66)1100m: 16:23.59 (1:30.28)1200m: 17:54.96 (1:31.37)					
		1300m: 19:25.26 (1:30.30)1400m: 20:54.05 (1:28.79)1500m: 22:19.00 (1:24.95)					
2º	7406	ISABEL COSTA FIGUEIREDO	DF MASTERS	22:33.31	16,00	128,96	
		100m: 1:23.87 200m: 2:54.86 (1:30.99)300m: 4:27.41 (1:32.55)400m: 5:59.58 (1:32.17)					
		500m: 7:30.69 (1:31.11)600m: 9:01.22 (1:30.53)700m: 10:32.33 (1:31.11)800m: 12:03.89 (1:31.56)					
		900m: 13:34.64 (1:30.75)1000m: 15:04.59 (1:29.95)1100m: 16:35.77 (1:31.18)1200m: 18:05.91 (1:30.14)					
		1300m: 19:36.82 (1:30.91)1400m: 21:06.97 (1:30.15)1500m: 22:33.31 (1:26.34)					
3º	127114	EVELYN CARVALHO DE OLIVEIRA	SEST SENAT/A3 SWIM TEAM	24:04.07	14,00	137,61	
		100m: S/T 200m: 3:01.59 (S/T) 300m: 4:37.19 (1:35.60)400m: 6:14.46 (1:37.27)					
		500m: 7:51.99 (1:37.53)600m: 9:29.53 (1:37.54)700m: 11:08.16 (1:38.63)800m: 12:46.81 (1:38.65)					
		900m: 14:25.18 (1:38.37)1000m: 16:03.00 (1:37.82)1100m: 17:41.52 (1:38.52)1200m: 19:20.05 (1:38.53)					
		1300m: 20:57.87 (1:37.82)1400m: 22:34.70 (1:36.83)1500m: 24:04.07 (1:29.37)					

FAIXA: 45 +

1º	116593	MÁRCIA PINHEIRO TELES ( YACHT CLUBE DA BAHIA	BAHIA MASTER	20:41.14	18,00	118,53RS RB	
		100m: 1:15.92 200m: 2:36.78 (1:20.86)300m: 3:58.30 (1:21.52)400m: 5:20.52 (1:22.22)					
		500m: 6:42.80 (1:22.28)600m: 8:05.96 (1:23.16)700m: 9:29.19 (1:23.23)800m: 10:52.42 (1:23.23)					
		900m: 12:16.27 (1:23.85)1000m: 13:40.69 (1:24.42)1100m: 15:05.60 (1:24.91)1200m: 16:29.81 (1:24.21)					
		1300m: 17:55.80 (1:25.99)1400m: 19:21.04 (1:25.24)1500m: 20:41.14 (1:20.10)					
2º	106092	GLORIA RAIZER RIBEIRO	CRVG	21:11.54	16,00	121,43	
		100m: 1:16.58 200m: 2:39.45 (1:22.87)300m: 4:03.61 (1:24.16)400m: 5:27.84 (1:24.23)					
		500m: 6:52.51 (1:24.67)600m: 8:17.51 (1:25.00)700m: 9:43.16 (1:25.65)800m: 11:08.53 (1:25.37)					
		900m: 12:34.28 (1:25.75)1000m: 13:59.59 (1:25.31)1100m: 15:26.39 (1:26.80)1200m: 16:53.73 (1:27.34)					
		1300m: 18:20.98 (1:27.25)1400m: 19:49.12 (1:28.14)1500m: 21:11.54 (1:22.42)					
3º	121401	MARIANA LOPES DA COSTA SENRA	BODYTECH - BH	22:54.15	14,00	131,23	
		100m: 1:25.73 200m: 2:56.16 (1:30.43)300m: 4:27.79 (1:31.63)400m: 5:59.46 (1:31.67)					
		500m: 7:31.60 (1:32.14)600m: 9:03.09 (1:31.49)700m: 10:35.25 (1:32.16)800m: 12:07.33 (1:32.08)					
		900m: 13:39.27 (1:31.94)1000m: 15:11.44 (1:32.17)1100m: 16:44.72 (1:33.28)1200m: S/T (S/T)					
		1300m: 19:50.86 (S/T) 1400m: 21:24.27 (1:33.41)1500m: 22:54.15 (1:29.88)					
4º	112500	ANNA CAROLINA MARQUES GONTIJO	TNT SP	23:21.93	13,00	133,89	
		100m: 1:26.63 200m: 2:58.09 (1:31.46)300m: 4:30.08 (1:31.99)400m: 6:01.82 (1:31.74)					
		500m: 7:34.87 (1:33.05)600m: 9:07.86 (1:32.99)700m: 10:40.87 (1:33.01)800m: 12:15.68 (1:34.81)					
		900m: 13:50.52 (1:34.84)1000m: 15:26.13 (1:35.61)1100m: 17:01.14 (1:35.01)1200m: 18:37.67 (1:36.53)					
		1300m: 20:13.84 (1:36.17)1400m: 21:49.01 (1:35.17)1500m: 23:21.93 (1:32.92)					
5º	120678	ANA CAROLINA BORGES MATTOS	FLAMENGO	25:17.98	12,00	144,97	
		100m: 1:33.73 200m: 3:13.85 (1:40.12)300m: 4:55.15 (1:41.30)400m: 6:36.85 (1:41.70)					
		500m: 8:19.57 (1:42.72)600m: 10:00.77 (1:41.20)700m: 11:42.20 (1:41.43)800m: 13:24.81 (1:42.61)					
		900m: 15:07.49 (1:42.68)1000m: 16:53.04 (1:45.55)1100m: 18:33.04 (1:40.00)1200m: 20:16.14 (1:43.10)					
		1300m: 21:58.36 (1:42.22)1400m: 23:40.79 (1:42.43)1500m: 25:17.98 (1:37.19)					

FAIXA: 50 +



# Resultados

## 72º CAMPEONATO BRASILEIRO MASTERS DE NATAÇÃO

12 a 15/12/2024 (50 METROS, 10 RAIAS)

CLUBE DE REGATAS VASCO DA GAMA - RIO DE JANEIRO/RJ

ABMN 1.1.0 - Sistemas de Natação Swim It Up!

1º	7632	<b>MARCELLA CESAR G MARCELLINO (BOLSA ATLETA MS) RADIO CLUBE</b>	<b>23:08.72</b>	18,00	126,73
100m: 1:22.11 200m: 2:51.84 (1:29.73)300m: 4:22.54 (1:30.70)400m: 5:54.60 (1:32.06) 500m: 7:27.51 (1:32.91)600m: 9:00.55 (1:33.04)700m: 10:33.93 (1:33.38)800m: 12:08.01 (1:34.08) 900m: 13:42.74 (1:34.73)1000m: 15:18.38 (1:35.64)1100m: 16:52.86 (1:34.48)1200m: 18:27.20 (1:34.34) 1300m: 20:02.18 (1:34.98)1400m: 21:40.92 (1:38.74)1500m: 23:08.72 (1:27.80)					
2º	3844	<b>ALINE DE ARAUJO PESSOA</b>	<b>D STAK</b>	<b>24:12.64</b>	16,00 132,56
100m: 1:27.93 200m: 3:01.67 (1:33.74)300m: 4:36.66 (1:34.99)400m: 6:13.07 (1:36.41) 500m: 7:50.29 (1:37.22)600m: 9:28.01 (1:37.72)700m: 11:04.89 (1:36.88)800m: 12:43.03 (1:38.14) 900m: 14:21.53 (1:38.50)1000m: 16:00.14 (1:38.61)1100m: 17:37.99 (1:37.85)1200m: 19:16.34 (1:38.35) 1300m: 20:55.46 (1:39.12)1400m: 22:38.01 (1:42.55)1500m: 24:12.64 (1:34.63)					
3º	106027	<b>CRISTIANE MEIRELES OROFINO</b>	<b>TIJUCA T.C.</b>	<b>24:29.19</b>	14,00 134,07
100m: 1:32.65 200m: 3:10.02 (1:37.37)300m: 4:49.51 (1:39.49)400m: 6:29.47 (1:39.96) 500m: 8:09.39 (1:39.92)600m: 9:48.99 (1:39.60)700m: 11:30.15 (1:41.16)800m: 13:09.25 (1:39.10) 900m: 14:49.36 (1:40.11)1000m: 16:27.84 (1:38.48)1100m: 18:05.55 (1:37.71)1200m: 19:43.93 (1:38.38) 1300m: 21:21.65 (1:37.72)1400m: 23:01.19 (1:39.54)1500m: 24:29.19 (1:28.00)					
4º	120700	<b>VALERIA CAVALCANTE FERNANDES</b>	<b>TIJUCA T.C.</b>	<b>31:51.06</b>	13,00 174,40
100m: S/T 200m: 3:19.65 (S/T) 300m: S/T (S/T) 400m: S/T (S/T) 500m: 9:00.24 (S/T) 600m: 12:27.35 (3:27.11)700m: 14:37.36 (2:10.01)800m: 16:46.32 (2:08.96) 900m: 18:55.86 (2:09.54)1000m: 21:05.86 (2:10.00)1100m: 23:15.08 (2:09.22)1200m: 25:26.05 (2:10.97) 1300m: 27:35.75 (2:09.70)1400m: 29:46.66 (2:10.91)1500m: 31:51.06 (2:04.40)					
N/C	108384	<b>MAYLU DE CERQUEIRA LIMA DA ROCHA</b>	<b>FLUMINENSE</b>		
FAIXA: 55 +					
1º	5917	<b>MONICA BOTELHO SOARES DE BRITO</b>	<b>A. PARAENSE</b>	<b>25:37.11</b>	18,00 137,70
100m: 1:28.77 200m: 3:06.70 (1:37.93)300m: 4:46.82 (1:40.12)400m: 6:29.39 (1:42.57) 500m: 8:14.20 (1:44.81)600m: 10:00.69 (1:46.49)700m: 11:46.65 (1:45.96)800m: 13:32.73 (1:46.08) 900m: 15:18.39 (1:45.66)1000m: 17:02.54 (1:44.15)1100m: 18:47.82 (1:45.28)1200m: 20:31.55 (1:43.73) 1300m: 22:13.62 (1:42.07)1400m: 23:56.33 (1:42.71)1500m: 25:37.11 (1:40.78)					
2º	119379	<b>ANA CAROLINA PASSOS DA SERRA FREIRE</b>	<b>CLUBE DO REMO</b>	<b>25:52.95</b>	16,00 139,12
100m: 1:26.40 200m: 3:03.05 (1:36.65)300m: 4:44.01 (1:40.96)400m: 6:27.15 (1:43.14) 500m: 8:09.51 (1:42.36)600m: 9:53.88 (1:44.37)700m: 11:36.84 (1:42.96)800m: 13:21.53 (1:44.69) 900m: 15:05.72 (1:44.19)1000m: 16:51.20 (1:45.48)1100m: 18:37.81 (1:46.61)1200m: 20:25.29 (1:47.48) 1300m: 22:16.67 (1:51.38)1400m: 24:05.40 (1:48.73)1500m: 25:52.95 (1:47.55)					
3º	121840	<b>MARIA DO SOCORRO COSTA DO AMARAL</b>	<b>LIRA T. C.</b>	<b>31:53.14</b>	14,00 171,38
100m: 1:50.56 200m: 3:56.73 (2:06.17)300m: 6:03.93 (2:07.20)400m: 8:12.24 (2:08.31) 500m: 10:21.37 (2:09.13)600m: 12:29.73 (2:08.36)700m: 14:37.64 (2:07.91)800m: 16:47.04 (2:09.40) 900m: 18:56.94 (2:09.90)1000m: 21:08.42 (2:11.48)1100m: 23:19.76 (2:11.34)1200m: 25:28.30 (2:08.54) 1300m: 27:40.52 (2:12.22)1400m: 29:50.68 (2:10.16)1500m: 31:53.14 (2:02.46)					
FAIXA: 60 +					
1º	3065	<b>ROSELI FERNANDES ALVES SILVA (DEMA SWIMMING)</b>	<b>V S</b>	<b>20:59.71</b>	18,00 109,48RS RB
100m: 1:21.17 200m: 2:44.93 (1:23.76)300m: 4:08.67 (1:23.74)400m: 5:32.32 (1:23.65) 500m: 6:55.86 (1:23.54)600m: 8:20.30 (1:24.44)700m: 9:44.53 (1:24.23)800m: 11:08.40 (1:23.87) 900m: 12:32.75 (1:24.35)1000m: 13:56.93 (1:24.18)1100m: 15:21.64 (1:24.71)1200m: 16:46.51 (1:24.87) 1300m: 18:11.22 (1:24.71)1400m: 19:36.96 (1:25.74)1500m: 20:59.71 (1:22.75)					
2º	1958	<b>FATIMA AULER BOGDANSKI</b>	<b>FLAMENGO</b>	<b>24:45.66</b>	16,00 129,12
100m: 1:32.98 200m: 3:12.00 (1:39.02)300m: 4:51.84 (1:39.84)400m: 6:30.22 (1:38.38) 500m: 8:09.44 (1:39.22)600m: 9:48.08 (1:38.64)700m: 11:27.77 (1:39.69)800m: 13:07.87 (1:40.10) 900m: 14:47.59 (1:39.72)1000m: 16:27.81 (1:40.22)1100m: 18:07.95 (1:40.14)1200m: 19:48.24 (1:40.29) 1300m: 21:28.60 (1:40.36)1400m: 23:08.56 (1:39.96)1500m: 24:45.66 (1:37.10)					
3º	7139	<b>MIRIAM TERESA S. XAVIER GAGLIANONE</b>	<b>FLAMENGO</b>	<b>26:56.73</b>	14,00 140,51
100m: 1:40.22 200m: 3:28.03 (1:47.81)300m: 5:16.03 (1:48.00)400m: 7:05.53 (1:49.50) 500m: 8:53.53 (1:48.00)600m: 10:41.27 (1:47.74)700m: 12:28.21 (1:46.94)800m: 14:16.56 (1:48.35) 900m: 16:04.52 (1:47.96)1000m: 17:54.32 (1:49.80)1100m: 19:42.96 (1:48.64)1200m: 21:32.50 (1:49.54) 1300m: 23:21.75 (1:49.25)1400m: 25:09.62 (1:47.87)1500m: 26:56.73 (1:47.11)					
4º	7848	<b>ADAILZA PIMENTEL BISSA (AEST - SERRA/ES)</b>	<b>SUPER POWER TEAM</b>	<b>30:38.98</b>	13,00 159,83
100m: 1:49.84 200m: 3:51.59 (2:01.75)300m: 5:50.49 (1:58.90)400m: 7:54.26 (2:03.77) 500m: 9:57.81 (2:03.55)600m: 11:59.95 (2:02.14)700m: 14:03.09 (2:03.14)800m: 16:07.86 (2:04.77) 900m: 18:11.71 (2:03.85)1000m: 20:19.91 (2:08.20)1100m: 22:26.46 (2:06.55)1200m: 24:30.80 (2:04.34) 1300m: 26:35.81 (2:05.01)1400m: 28:42.86 (2:07.05)1500m: 30:38.98 (1:56.12)					
5º	117895	<b>LUCIA DE FÁTIMA MENEZES SALES</b>	<b>LIRA T. C.</b>	<b>34:04.68</b>	12,00 177,71
100m: 1:58.70 200m: 4:12.06 (2:13.36)300m: 6:28.47 (2:16.41)400m: 8:47.02 (2:18.55) 500m: 11:05.39 (2:18.37)600m: 13:18.34 (2:12.95)700m: 15:33.26 (2:14.92)800m: 17:50.04 (2:16.78) 900m: 20:07.13 (2:17.09)1000m: 22:26.30 (2:19.17)1100m: 24:45.99 (2:19.69)1200m: 27:07.34 (2:21.35) 1300m: 29:24.89 (2:17.55)1400m: 31:47.02 (2:22.13)1500m: 34:04.68 (2:17.66)					
6º	7985	<b>JOSIANE DA SILVA</b>	<b>V S</b>	<b>39:09.50</b>	11,00 204,20
100m: 2:17.22 200m: 4:48.31 (2:31.09)300m: 7:21.78 (2:33.47)400m: 10:00.38 (2:38.60) 500m: 12:41.37 (2:40.99)600m: 15:22.04 (2:40.67)700m: 18:01.87 (2:39.83)800m: 20:40.07 (2:38.20) 900m: 23:18.25 (2:38.18)1000m: 25:56.71 (2:38.46)1100m: 28:36.76 (2:40.05)1200m: 31:16.25 (2:39.49) 1300m: 33:58.97 (2:42.72)1400m: 36:38.48 (2:39.51)1500m: 39:09.50 (2:31.02)					
FAIXA: 65 +					
1º	2734	<b>DULCE LEAL LESSA</b>	<b>BOM PASTOR</b>	<b>25:43.73</b>	18,00 124,34RB
100m: 1:35.31 200m: 3:17.74 (1:42.43)300m: 5:00.23 (1:42.49)400m: 6:42.67 (1:42.44) 500m: 8:25.42 (1:42.75)600m: 10:07.96 (1:42.54)700m: 11:50.93 (1:42.97)800m: 13:33.80 (1:42.87) 900m: 15:17.01 (1:43.21)1000m: 17:00.47 (1:43.46)1100m: 18:45.26 (1:44.79)1200m: 20:30.16 (1:44.90) 1300m: 22:15.89 (1:45.73)1400m: 24:02.00 (1:46.11)1500m: 25:43.73 (1:41.73)					
2º	1015	<b>MARIA CRISTINA LEMOS VASCONCELOS</b>	<b>D STAK</b>	<b>36:18.81</b>	16,00 175,49
100m: 2:16.89 200m: 4:43.61 (2:26.72)300m: 7:10.18 (2:26.57)400m: 9:35.02 (2:24.84) 500m: 12:00.99 (2:25.97)600m: 14:27.26 (2:26.27)700m: 16:54.94 (2:27.68)800m: 19:25.12 (2:30.18) 900m: 21:54.05 (2:28.93)1000m: 24:21.11 (2:27.06)1100m: 26:46.29 (2:25.18)1200m: 29:10.86 (2:24.57) 1300m: 31:35.19 (2:24.33)1400m: 34:01.22 (2:26.03)1500m: 36:18.81 (2:17.59)					
3º	123035	<b>MARIA ALEXANDRE OLIVEIRA</b>	<b>CLUBE DO REMO</b>	<b>37:16.85</b>	14,00 180,17
100m: S/T 200m: 4:44.26 (S/T) 300m: 7:10.00 (2:25.74)400m: 9:36.26 (2:26.26) 500m: 12:03.86 (2:27.60)600m: 14:29.34 (2:25.48)700m: 16:59.67 (2:30.33)800m: 19:28.05 (2:28.38) 900m: 21:58.95 (2:30.90)1000m: 24:30.73 (2:31.78)1100m: 27:01.67 (2:30.94)1200m: 29:32.31 (2:30.64) 1300m: 32:07.50 (2:35.19)1400m: 34:42.92 (2:35.42)1500m: 37:16.85 (2:33.93)					
4º	111828	<b>MARLY NADELMAN ZAKON</b>	<b>TIJUCA T.C.</b>	<b>50:03.26</b>	13,00 241,90
100m: 3:02.36 200m: 6:14.93 (3:12.57)300m: 9:31.15 (3:16.22)400m: 12:48.52 (3:17.37) 500m: 16:05.81 (3:17.29)600m: 19:23.42 (3:17.61)700m: 22:45.70 (3:22.28)800m: 26:09.16 (3:23.46) 900m: 29:31.42 (3:22.26)1000m: 32:50.07 (3:18.65)1100m: 36:13.55 (3:23.48)1200m: 39:40.14 (3:26.59) 1300m: 43:06.41 (3:26.27)1400m: 46:35.49 (3:29.08)1500m: 50:03.26 (3:27.77)					
FAIXA: 70 +					
1º	5445	<b>ANA MARIA DA SILVA CASTRO (OLARIA A.C.)</b>	<b>OLARIA A.C.</b>	<b>36:10.39</b>	18,00 171,87
100m: 2:08.51 200m: 4:33.77 (2:25.26)300m: 6:59.15 (2:25.38)400m: 9:24.57 (2:25.42) 500m: 11:49.76 (2:25.19)600m: 14:14.70 (2:24.94)700m: 16:40.29 (2:25.59)800m: 19:06.13 (2:25.84)					



# Resultados

## 72º CAMPEONATO BRASILEIRO MASTERS DE NATAÇÃO

12 a 15/12/2024 (50 METROS, 10 RAIAS)

CLUBE DE REGATAS VASCO DA GAMA - RIO DE JANEIRO/RJ

ABMN 1.1.0 - Sistemas de Natação Swim It Up!

2º 5163 **LENICE LOPES GONÇALVES** TIJUCA T.C. **42:34.99** 16,00 202,33  
900m: 21:32.71 (2:26.58)1000m: 23:58.73 (2:26.02)1100m: 26:28.14 (2:29.41)1200m: 28:56.16 (2:28.02)  
1300m: 31:23.67 (2:27.51)1400m: 33:49.19 (2:25.52)1500m: 36:10.39 (2:21.20)  
100m: 2:29.22 200m: 5:16.22 (2:47.00)300m: 8:03.13 (2:46.91)400m: 10:53.09 (2:49.96)  
500m: 13:42.41 (2:49.32)600m: 16:34.36 (2:51.95)700m: 19:27.78 (2:53.42)800m: 22:19.80 (2:52.02)  
900m: 25:14.71 (2:54.91)1000m: 28:10.02 (2:55.31)1100m: 31:03.96 (2:53.94)1200m: 33:58.87 (2:54.91)  
1300m: 36:53.90 (2:55.03)1400m: 39:49.46 (2:55.56)1500m: 42:34.99 (2:45.53)

FAIXA: 80 +  
1º 4045 **HERILENE HENRIQUES DE FREITAS (AABB/NITEROI)** V S **33:13.89** 18,00 116,20  
100m: 2:09.21 200m: 4:24.61 (2:15.40)300m: 6:37.78 (2:13.17)400m: 8:51.95 (2:14.17)  
500m: 11:04.09 (2:12.14)600m: 13:16.66 (2:12.57)700m: 15:31.78 (2:15.12)800m: 17:50.42 (2:18.64)  
900m: 20:03.28 (2:12.86)1000m: 22:19.18 (2:15.90)1100m: 24:35.38 (2:16.20)1200m: 26:48.96 (2:13.58)  
1300m: 29:04.22 (2:15.26)1400m: 31:16.25 (2:12.03)1500m: 33:13.89 (1:57.64)