

Prova 28
12/07/2026 - 10:12

Femin., 200m Estilos

Master
Resultados

RN 50m L	4:31.81	BASTO, Luisa Bessone	SAD	Vila Franca de Xira	13/04/2025
RN 50m K	7:33.53	SILVA, Alia Maria	CFP	Reguengos de Monsaraz	12/07/2025
RN 50m J	4:00.42	FERREIRA, Ana Maria	SAD	Loulé	04/06/2023
RN 50m I	3:42.15	FERREIRA, Ana Maria	SAD	Loulé	08/07/2016
RN 50m H	3:15.11	CARMO, Maria Helena	INDANL	Vila Franca de Xira	17/05/2026
RN 50m G	3:00.54	GAMONAL, Elena Alarcon	CNFA	Loulé	08/07/2016
RN 50m F	2:49.10	COUTINHO, Gisela Barbosa	CFP	Reguengos de Monsaraz	12/07/2025
RN 50m E	2:36.12	GOMES, Susana Clara	CNF	Rome (ITA)	31/08/2022
RN 50m D	2:35.59	GOMES, Susana Clara	CNF	Loulé	13/07/2018
RN 50m C	2:33.55	GRILO, Ana Paula	UDCA	Coimbra	07/01/2006
RN 50m B	2:31.14	SEVIERI, Tatiana Gama	FCP	Loulé	08/07/2016
RN 50m A	2:34.64	ELOI, Ana Monica	CLIPTEAM	Porto	20/05/2023

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts	50m	100m	150m	200m
-------	------	---------	-------	-------	-------------	-----	-----	-----	------	------	------

Master A

1.	RIESENBERGER, B.	105541	CIRL	+0,78	2:33.52	800	16,00	32.66	40.72	44.77	35.37
	<i>Recorde Nacional</i>										
2.	SANTOS, Alexandra Jesus	117408	LSC	+0,87	2:46.59	626	15,00	33.60	39.97	52.86	40.16
3.	SOROKINA, Irina	216159	CFP	+0,79	2:50.09	588	14,00	34.48	45.09	48.49	42.03
4.	FERREIRA, Beatriz Marques	122579	CFP	+0,79	2:51.70	572	13,00	34.92	46.03	49.12	41.63
5.	ALVES, Filipa Carreira	118479	CNMAL	+0,84	2:52.30	566	12,00	34.88	41.87	54.80	40.75
6.	CORREIA, Catarina Vieira	121076	LSC	+0,78	2:53.84	551	11,00	36.81	45.40	51.68	39.95
7.	DOMINGUES, M.	110972	CNAL	+0,88	2:54.07	549	10,00	37.61	43.42	51.89	41.15
8.	GONCALVES, A.	118052	CFV	+0,92	2:58.72	507	9,00	38.03	44.65	51.65	44.39
9.	RODRIGUES, R.	117752	CDUP	+0,83	3:05.58	453	8,00	39.60	50.02	54.32	41.64
10.	ROCHA, Rita Oliveira	116897	LSC	+0,86	3:08.85	430	7,00	38.20	51.91	52.89	45.85
11.	MAGALHAES, Ines Santos	126529	SCA	+0,91	3:10.96	416	6,00	40.78	52.53	52.62	45.03
12.	QUARESMA, B.	121162	CNMAL	+0,89	3:12.28	407	5,00	37.21	47.33	1:01.05	46.69
13.	FERNANDES, Ana Rita	224208	FCP		3:21.95	351	4,00	40.88	57.54	58.62	44.91
14.	CABRAL, Maria Camolino	118893	LSC	+0,86	3:22.37	349	-	39.52	47.92	1:04.97	49.96
15.	RODRIGUES, I.	107522	VNC	+0,84	3:23.48	343	3,00	42.73	52.21	1:03.75	44.79
16.	MONTEIRO, Maria Leonor	226404	CNV	+0,95	3:38.66	277	2,00	43.09	54.64	1:08.22	52.71
17.	CARGALEIRO, M.	227865	CNMAL		3:38.97	276	1,00	50.33	57.98	58.78	51.88
18.	LIMA, Raquel Sofia	118326	GCST	+0,99	3:44.91	254	-	49.05	1:00.49	1:04.47	50.90
19.	FERNANDES, B.	221696	CNV	+0,86	3:49.05	241	-			1:05.85	54.67
20.	ROLDÃO BAPTISTA, L.	228265	LSC	+0,89	3:49.41	240	-	51.72	1:01.54	1:03.80	52.35
21.	RODRIGUES, Maria Leonor	227832	LSC		3:59.89	209	-	47.83	1:02.72	1:03.03	1:06.31
	<i>FTL</i>										

Master B

1.	ROSA, Danielle Kisiel	227373	CNV	+0,76	2:36.98	770	16,00	34.63	39.24	46.77	36.34
2.	RODRIGUES, A.	103868	CGA	+0,84	2:41.75	704	15,00	31.94	43.36	49.11	37.34
3.	PINHEIRO, Filipa Mendes	11056	VNC	+0,72	2:50.93	597	14,00	33.88	41.40	55.07	40.58
4.	POLA, Laura	214291	FCP	+0,78	2:57.75	531	13,00	36.17	49.03	51.74	40.81
5.	KING, Amanda Yuen-Ying	227631	CFP	+0,88	2:59.16	518	12,00	37.32	47.09	53.09	41.66
6.	AZEVEDO, Ana Maria	20402	CDUP	+0,98	3:06.73	458	11,00	41.54	48.69	53.53	42.97
7.	LATTANZIO, Silvia	224395	GCP	+0,85	3:07.54	452	10,00	38.56	50.39	53.78	44.81
8.	AFONSO, Salome Dias	216833	CFP	+0,77	3:18.51	381	9,00	41.16	53.16	58.69	45.50
9.	FERNANDES, M.	221116	CDUP	+0,82	3:58.79	219	8,00	52.49	1:09.06	1:03.35	53.89

Prova 28, Femin., 200m Estilos

Master C

1. NEVES, Vania Soares	12380	VNC	+0,79	2:42.38	775 16,00	34.87	42.36	47.45	37.70
2. PIRES, Rafaela Barreiros	13418	SCB	+0,82	3:06.23	513 15,00	37.52	49.71	55.13	43.87
3. MELO, Silvia Claudia	15709	FCP	+0,88	3:07.12	506 14,00	38.03	49.48	55.87	43.74
4. MATOS, Carolina Ferreira	203814	CAPGE	+0,89	3:12.58	464 13,00	41.77	48.98	56.55	45.28
5. FERREIRA, Daniela Filipa	15631	LSC	+0,91	3:14.27	452 12,00	40.80	51.10	55.25	47.12
6. ANDRADE, Marta Meireles	103108	LSXXI	+0,95	3:18.54	424 11,00	42.01	49.51	1:03.10	43.92
7. O'LEARY, Kirstin Lynn	224799	CNN	+0,84	3:23.97	391 10,00	46.15	50.97	1:01.29	45.56
8. LORY, Susana Pereira	130673	CNMAL	+0,87	3:48.68	277 9,00	52.27	1:01.60	1:02.81	52.00

Master D

1. GASPAR, Joana Margarida	109118	ANE	+0,91	3:08.09	522 16,00	38.97	48.22	57.18	43.72
2. DIAS, Ana Sofia	123667	PORTIN	+0,77	3:11.48	494 15,00	37.37	48.22	59.68	46.21
3. REBOCHO, M.	103405	CFP	+0,86	3:14.24	474 14,00	40.95	51.35	56.01	45.93
4. PINTO, Rita Loureiro	131353	GCP	+0,95	3:20.99	427 13,00	46.90	51.17	58.95	43.97
5. AZEVEDO, Ana Cristina	223373	FCP	+0,85	3:29.68	376 12,00	42.39	54.30	58.82	54.17
6. APPELT, Martha Paz	204759	FCP	+0,77	3:32.73	360 11,00	45.14	57.02	1:01.23	49.34
7. VIEIRA, Maria Reboredo	215973	SCB	+0,51	3:34.57	351 10,00	48.81	54.46	1:01.94	49.36
8. SANTOS, Monica Isabel	224016	ADP		4:12.03	216 9,00	55.84	1:05.88	1:15.22	55.09
9. RODEIA, Ana Cristina	226343	PDEM	+0,83	4:55.97	133 -	1:04.98	1:15.02	1:31.47	1:04.50

FTL

Master E

1. RESENDES, Ana Marta	12798	CDEAP	+0,85	2:47.98	741 16,00	33.59	44.65	49.73	40.01
2. VILAR, Sonia Oliveira	26837	CNV	+0,87	2:52.08	689 15,00	35.48	46.47	49.39	40.74
3. FOWLER, Mirja		OUATES	+0,75	3:08.47	524 14,00	42.99	44.41	58.22	42.85
4. SWERTS, T.	209748	SCB	+0,94	3:08.55	524 13,00	38.17	53.65	54.73	42.00
5. FUMEGA, Elsa Maria	119665	LSC	+0,80	3:14.80	475 12,00	38.54	52.73	56.24	47.29
6. GARCIA, Ana Rita	224887	ACSINTRA	+0,89	3:22.67	422 11,00	42.62	52.80	1:01.20	46.05
7. GONCALVES, P.	207946	CFP	+0,93	3:25.60	404 10,00	43.46	52.58	1:00.90	48.66
8. GUEDES, Ana DAlte	121739	LSC	+0,93	3:25.92	402 9,00	43.10	55.92	1:00.00	46.90
9. ERVILHA, Joana Antunes	13980	CNL	+0,85	3:28.34	388 8,00	48.35	53.51	58.16	48.32
10. CORTEZ, Sara Filipa	215343	CNMAL	+0,71	3:32.79	364 7,00	50.91	52.04	1:03.05	46.79
11. NEVES, Isabel Carolina	202850	CFP		3:59.36	256 6,00				
12. MARTINS, Ana Maria	123246	SCA	+0,96	4:08.92	227 5,00	1:02.90	1:05.36	1:05.39	55.27

Master F

1. COSTA, Maria Luisa	119218	FCP	+0,91	2:57.45	703 16,00	36.60	48.63	52.84	39.38
2. OLIVEIRA, Ana Cristina	127153	CGA	+0,82	3:24.48	459 15,00	42.76	51.89	1:01.02	48.81
3. BARBARA, Sandra Santa	104504	GCST	+0,80	3:26.94	443 14,00	44.71	56.26	59.18	46.79
4. PINTO, Susana Monteiro	218650	CDUP		3:29.90	424 13,00	40.77	57.30	1:03.01	48.82
5. ELIAS, Juliana Sanches	204720	ANE	+0,85	3:32.57	409 12,00	47.59	57.82	1:01.53	45.63
6. SOUSA, Teresa Margarida	221800	SCA	+0,92	3:32.90	407 11,00	47.57	58.84	57.99	48.50
7. GOMES, Ana Claudia	215283	AAC		3:42.32	357 10,00	46.68	1:01.89	1:02.30	51.45
8. PINTO, Isabel Maria	207697	CFP	+0,94	4:15.15	236 9,00				
9. LIPCIUC, Cristina Nicoleta	215964	SCB	+0,85	4:17.06	231 8,00	58.59	1:07.28	1:11.95	59.24

Prova 28, Femin., 200m Estilos

Master G

1.	YOKOCHI, Luisa Tamaki	218308	CNN	+0,81	3:09.94	587 16,00	41.38	48.27	58.15	42.14
2.	MARSHALL LIGHT, Leslie	227785	ADSC		3:31.62	424 15,00	44.46	55.91	1:03.61	47.64
3.	REIS, Margarida Bleck	210540	CFP	+0,89	3:48.93	335 14,00	51.69	1:02.69	1:05.17	49.38
4.	SEQUEIRA, Maria Manuela	109962	CAPGE		3:51.78	323 13,00	54.04	1:01.79	1:01.55	54.40
5.	SOARES, Susana Maria	26158	CDUP		4:04.50	275 12,00	55.78	1:10.75	1:03.19	54.78
6.	LENZI, Carla Vale	25647	SAD	+0,83	4:06.66	268 11,00	59.74	1:05.35	1:09.11	52.46
7.	SOUSA, Maria Clara	100682	CNMAL	+0,98	4:14.02	245 10,00	1:00.75	1:03.46	1:12.48	57.33
8.	SANTOS, Maria Paula	215339	CNV		4:18.05	234 9,00	55.26	1:08.82	1:27.24	46.73
9.	GARCIA, Ana Luisa	214120	LSC		4:21.64	224 8,00	1:00.52	1:14.37	1:06.68	1:00.07

Master H

1.	URBANO, M.	11355	AAC	+0,59	3:41.56	519 16,00	50.95	1:00.85	1:00.36	49.40
2.	FERNANDES, Maria Santos	105263	LSC	+0,81	3:49.59	466 15,00	49.61	1:05.77	1:01.76	52.45
3.	CUNHA, Maria Trigueiros	132357	LSC	+0,99	3:51.13	457 14,00	49.77	1:06.52	1:03.21	51.63
4.	PALHARES, Ana Rosa	201379	CFP		4:09.28	364 13,00	58.34	1:04.84		
5.	CANINAS, M.	108658	CNMAL		4:41.52	253 12,00	1:05.04	1:15.95	1:26.87	53.66
6.	RIBEIRO, Margarida Maria	131782	CFP	+0,78	5:12.97	184 11,00	1:15.71	1:26.44	1:25.60	1:05.22

Master I

1.	OLIVEIRA, Maria Teresa	10538	AAC		4:28.83	327 16,00	1:02.51	1:18.23	1:09.02	59.07
2.	SILVA, Maria Luisa	222132	CFP		5:39.60	162 15,00	1:12.45	1:33.83	1:21.25	1:32.07

Master J

1.	PINTAO, Luisa Maria	26112	ANE		4:17.75	404 16,00	1:06.40	1:07.89	1:06.79	56.67
----	---------------------	-------	-----	--	----------------	-----------	---------	---------	---------	-------