

Prova 30	Femin., 100m Livres					Master Resultados
12/07/2026 - 12:19						
RN 50m O	59:00.00	,				01/01/1800
RN 50m N	59:00.00	,				01/01/1800
RN 50m M	3:52.98	SA, Nair Gomes	ANE	Reguengos de Monsaraz		13/07/2025
RN 50m L	1:53.63	BASTO, Luisa Bessone	SAD	Coimbra		23/02/2025
RN 50m K	1:39.50	BASTO, Luisa Bessone	SAD	Setúbal		09/06/2019
RN 50m J	1:31.91	FERREIRA, Ana Maria	SAD	Reguengos de Monsaraz		09/07/2022
RN 50m I	1:17.86	GAMONAL, Elena Alarcon	LAGAC	Loulé		31/05/2026
RN 50m H	1:16.45	GAMONAL, Elena Alarcon	LAGAC	S. Joao da Madeira		08/07/2023
RN 50m G	1:11.10	FERREIRA, Isabel Baptista	ADRCIMM	S. Joao da Madeira		08/07/2023
RN 50m F	1:07.65	FERNANDES, Rita Lopes	FCP	S. Joao da Madeira		08/07/2023
RN 50m E	1:03.43	GOMES, Susana Clara	CNF	Kyushu (JPN)		06/08/2023
RN 50m D	1:02.53	GOMES, Susana Clara	CNF	Budapest (HUN)		15/08/2017
RN 50m C	1:01.66	GRILLO, Ana Paula	UDCA	Riccione (ITA)		04/06/2004
RN 50m B	1:00.05	GRILLO, Ana Paula	UDCA	Millau (FRA)		29/08/2003
RN 50m A	1:00.64	CASTRO, Adriana Daniela	LSC	São João da Madeira		07/07/2024

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts	50m	100m
Master A									
1.	NUNES, Sofia Alexandra	112322	CIRL	+0,77	1:02.47	770	16,00	29.98	32.49
2.	ALVES, Sara Sofia	111234	CNN	+0,78	1:03.69	726	15,00	30.92	32.77
3.	ALVES, Filipa Carreira	118479	CNMAL	+0,82	1:05.02	683	14,00	31.41	33.61
4.	ALVES, Miriam Natacha	105873	LSC	+0,76	1:05.05	682	13,00	31.61	33.44
5.	RUIVACO, Maria Saraiva	117813	IDV	+0,82	1:05.52	667	12,00	30.94	34.58
6.	SANTOS, Carolina Ascenso	121271	CNV	+0,79	1:06.13	649	11,00	31.87	34.26
7.	FERREIRA, Ana Raquel	102755	LPS	+0,84	1:07.41	612	10,00	31.86	35.55
8.	GONCALVES, Ana Margarida	118052	CFV	+0,90	1:12.05	501	9,00		
9.	CABRAL, Maria Camolino	118893	LSC	+0,90	1:12.31	496	8,00	34.38	37.93
10.	DOURADO, F.	112521	CFV	+0,77	1:13.56	471	7,00	35.27	38.29
11.	VIANA, Joana Teixeira	105455	CLAC	+0,89	1:13.94	464	6,00	35.83	38.11
12.	PEREIRA, Ines Maria	105607	LSC	+0,84	1:20.04	366	5,00	36.13	43.91
13.	CARGALEIRO, Margarida Rei	227865	CNMAL		1:21.76	343	4,00	39.41	42.35
14.	SARAIVA, Isa Maria	223614	CFV	+0,91	1:22.49	334	3,00	39.02	43.47
15.	GONCALVES, F.	218666	CFP	+0,92	1:23.39	323	2,00	39.33	44.06
16.	VIEIRA SOUSA, Rita	224880	GDNFAMA	+0,88	1:23.59	321	1,00	39.41	44.18
17.	LIMA, Raquel Sofia	118326	GCST	+0,69	1:24.92	306	-	40.74	44.18
18.	FREITAS, Barbara Madalena	227864	CNMAL	+0,94	1:25.15	304	-	40.25	44.90
19.	VALENTE, Carolina Martins	110061	CNBE	+0,74	1:27.11	284	-	40.69	46.42
20.	MATOS, Beatriz Soares	221640	GDNFAMA	+0,91	1:27.86	276	-	42.04	45.82
21.	ROLDÃO BAPTISTA, Leonor	228265	LSC	+0,91	1:29.54	261	-	41.68	47.86
22.	SOUZA, Mariana Guedes	224390	CNV	+0,96	1:39.21	192	-	46.23	52.98
FTL									

Master B

1.	CRUZ, Sara Francisco	10732	ADAIA	+0,70	1:02.02	828	16,00	30.28	31.74
2.	ROLIM, Soraia Guerra	121321	CIRL	+0,72	1:04.89	723	15,00		
3.	REMELGADO, Ana Catarina	103628	LSC	+0,81	1:07.91	631	14,00	32.83	35.08
4.	THOMAS SANDOVAL, B.	224936	GCP	+0,68	1:09.39	591	13,00	34.00	35.39
5.	LEMOES, Ines Sousa	217777	FCP	+0,81	1:10.63	560	12,00	33.29	37.34
6.	KING, Amanda Yuen-Ying	227631	CFP	+0,83	1:10.79	557	11,00	33.68	37.11
7.	VINAGRE, Marta Filipa	24660	LPS	+0,74	1:11.82	533	10,00	32.73	39.09
8.	POLA, Laura	214291	FCP	+0,84	1:14.21	483	9,00	35.40	38.81
9.	MONTEIRO, Ana Sofia	206852	CNV	+0,73	1:14.63	475	8,00	34.83	39.80
10.	MONTEIRO, Ana Sofia	112018	CNFU	+0,78	1:15.34	462	7,00	34.78	40.56
11.	LEITE, Teresa Sofia	13596	CDF	+0,72	1:15.37	461	6,00	35.01	40.36

Prova 30, Femin., 100m Livres, Master B

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts	50m	100m
12.	ALVES, Ana Sofia	25757	VSC	+0,86	1:17.13	430	5,00	35.82	41.31
13.	SILVEIRA LOUREIRO, Maria	1076407	01424	+0,91	1:19.40	394	4,00	37.27	42.13
14.	BICHO SILVA, Laura	225830	GCP	+0,94	1:21.18	369	3,00	39.31	41.87
15.	COELHO, Patricia Alexandra	226807	SCB	+0,86	1:23.32	341	2,00	38.83	44.49
16.	OLIVEIRA, Beatriz Manata	213519	CAPGE	+0,81	1:36.32	221	1,00	46.53	49.79
17.	PEREIRA, Claudia Patricia	223915	CNFU		1:48.10	156	-	51.49	56.61

FTL

Master C

1.	FERREIRA, Ana Claudia	10559	CNAL	+0,76	1:05.00	766	16,00	31.29	33.71
2.	TEIXEIRA, Rute Sofia	15202	GCST	+0,93	1:09.60	624	15,00	32.95	36.65
3.	BARBARA, Joana Pereira	13948	CNMAL		1:09.67	622	14,00	32.54	37.13
4.	ALVES, Joana Isabel	130453	CDUP	+0,93	1:09.94	615	13,00	32.96	36.98
5.	DOMINGOS, Joana Filipa	228273	CNBE	+0,69	1:13.82	523	12,00	33.99	39.83
6.	PAIS, Oleksandra	224454	FCP	+0,98	1:14.66	505	11,00	35.83	38.83
7.	SANTOS, Miriam Rodrigues	14552	CNMAL	+0,96	1:14.74	504	10,00	35.79	38.95
8.	JOSE, Helena Manuel	15205	GCST	+0,92	1:16.75	465	9,00	36.53	40.22
9.	MILLWOOD, Aimee Elizabeth	224225	CNN	+0,78	1:18.10	441	8,00	35.97	42.13
10.	MONTEIRO, Maria Joao	10052	GCP	+0,77	1:18.65	432	7,00	36.73	41.92
11.	FONSECA, Isabel Maria	227532	FOCA		1:26.42	326	6,00	40.77	45.65
12.	GONCALVES, Ana Miguel	218178	AAC	+0,99	1:28.40	304	5,00	42.38	46.02
13.	OLIVEIRA SOEIRO, Rita	224159	CFP	+0,96	1:32.56	265	4,00	43.80	48.76
14.	REIS, Filipa Isabel	153141	LSC	+0,93	1:32.58	265	3,00	43.34	49.24
15.	GONCALVES, C.	221381	CNPDL	+0,85	1:33.57	256	2,00	44.52	49.05
16.	VAREJAO, Sara Patricia	227463	CNBE	+0,86	1:35.86	238	1,00	44.20	51.66
17.	ROMANIUK, Elizaveta	224551	SCB	+0,83	1:40.67	206	-	46.15	54.52

FTL

18.	ALMEIDA, Angelica Myrto	226961	SCB		1:41.53	201	-	45.22	56.31
19.	KURTASH, Oksana	218902	SCB	+0,83	1:43.22	191	-	46.57	56.65
20.	SANTOS, Nadia Filipa	200465	CNAL	+0,95	1:44.21	185	-	45.35	58.86
21.	SILVA, Joana Gameiro	226695	CNL	+0,89	1:44.84	182	-	48.46	56.38

FTL

Master D

1.	AFONSO, Sofia Martiniano	14756	CFP	+0,73	1:05.18	792	16,00	30.81	34.37
2.	LEAL, Ana Paris	12985	GAN	+0,90	1:10.16	635	15,00	33.93	36.23
3.	NEVES, Matilde Henry	224879	CFP	+0,82	1:12.46	576	14,00	33.87	38.59
4.	APPELT, Martha Paz	204759	FCP	+0,72	1:14.34	534	13,00	35.61	38.73
5.	DIAS, Ana Sofia	123667	PORTIN	+0,77	1:15.95	500	12,00	37.21	38.74
6.	AMARAL, Ana Raquel	228378	AAC	+0,90	1:24.18	367	11,00	39.14	45.04
7.	GUIMARAES, Francisca Faria	224763	CFP	+0,70	1:24.45	364	10,00	39.97	44.48
8.	VIEIRA, Maria Reboredo	215973	SCB	+0,99	1:25.30	353	9,00	40.72	44.58
9.	CARREIRA, Tania Isabel	215715	ADAIA	+0,85	1:26.13	343	8,00	38.78	47.35
10.	CASTRO, Helga Patricia	226593	CFP	+0,44	1:29.47	306	-	41.46	48.01
11.	SOUSA, Rita Vanessa	224771	GESL	+0,91	1:30.29	298	7,00	41.85	48.44
12.	SANTOS, Monica Isabel	224016	ADP	+0,69	1:34.77	257	6,00	46.22	48.55
13.	MOREIRA, Ines Franco	119649	ANE	+0,97	1:35.34	253	5,00	45.24	50.10

Prova 30, Femin., 100m Livres, Master D

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts	50m	100m
14.	GASPAR, Filipa Andreia	228299	ADAIA	+0,92	1:36.03	247	4,00	43.60	52.43
15.	FRANCO, Elisabete Botelho	219646	GESL	+0,68	1:38.23	231	3,00	44.81	53.42
16.	BARROS, Rita Henriques	222753	CE		1:38.59	229	2,00	46.46	52.13
17.	RAMOS, Sandra Neves	217802	CFV	+0,99	2:00.29	126	-	53.00	1:07.29

FTL

Master E

1.	VILAR, Sonia Oliveira	26837	CNV	+0,88	1:07.02	715	16,00	31.64	35.38
2.	MARQUES, Carla Sofia	106619	AAC	+0,82	1:10.09	625	15,00	32.80	37.29
3.	DULK, Talia Den	222174	ANE	+0,90	1:14.53	520	14,00	35.44	39.09
4.	COIMBRA, Rute Lourenco	218689	CAPGE	+0,91	1:19.30	431	13,00	37.06	42.24
5.	GUEDES, Ana DAlte	121739	LSC	+0,99	1:21.17	402	12,00	38.41	42.76
6.	CORTEZ, Sara Filipa	215343	CNMAL		1:22.59	382	11,00	39.79	42.80
7.	CAVALEIRO, J.	209719	AAC	+0,91	1:22.97	377	10,00	38.44	44.53
8.	FERREIRA, Teresa Sofia	218366	VSC	+0,97	1:27.44	322	9,00		
9.	FERNANDES, Ana Rita	105109	AAC		1:32.01	276	8,00	42.25	49.76
10.	PAIS, Liliane Caninhas	221103	CNFU	+0,84	1:33.19	266	7,00	43.10	50.09
11.	INACIO, Vanessa Mendes	215618	CNRM	+0,91	1:34.93	251	6,00	46.05	48.88
12.	PASSOS, Estela Clara	212943	JACL	+0,86	1:37.07	235	5,00	44.22	52.85
13.	TEIXEIRA, Sandra Sousa	217977	CFV		1:39.22	220	4,00	45.48	53.74
14.	LISBOA, Sara Alexandra	224865	AEFDTV	+0,82	1:40.95	209	3,00	44.14	56.81
15.	SARAIVA, Carla Cristina	220825	CFV	+0,97	1:48.73	167	2,00	51.84	56.89
16.	OLIVEIRA, Dalia Maria	219596	ADP		2:07.87	103	-	58.15	1:09.72

FTL

Master F

1.	BARBARA, Carla Santa	118948	FCP	+0,75	1:07.21	834	16,00	31.81	35.40
	<i>Recorde Nacional</i>								
2.	ROTHES, Ines Maria	124731	CFP		1:13.75	631	15,00	34.98	38.77
3.	PARAMIO, Maria Luz	206727	CNPDL	+0,84	1:16.88	557	14,00	36.26	40.62
4.	PINTO, Susana Monteiro	218650	CDUP	+0,98	1:22.12	457	13,00	39.79	42.33
5.	MENDES, Marcia Teresa	225816	CFP		1:22.65	448	12,00	38.22	44.43
6.	VALENTINO, Maren Clare	228312	SCB	+0,53	1:24.86	414	11,00	38.43	46.43
7.	ELIAS, Juliana Sanches	204720	ANE	+0,72	1:25.54	404	10,00	40.70	44.84
8.	OLIVEIRA, Fernanda Maria	225337	DNMG	+0,96	1:34.30	302	9,00	43.05	51.25
9.	MADAIL, Sara Raquel	222750	CE	+0,96	1:36.19	284	8,00	45.02	51.17
10.	MASSAGUE, A.	131589	CFP		1:37.08	276	7,00	44.95	52.13
11.	CASTRO, Filipa Nobre	210741	PORTIN		1:40.18	251	6,00	46.13	54.05
12.	PEREIRA, Teresa Elisabete	213712	ACS	+0,78	1:41.24	244	5,00	47.53	53.71
13.	HORNOS, Tania Munoz	228238	SCP	+0,98	1:41.91	239	4,00		
14.	LEITAO, Paula Nobre	214317	GAN		1:42.02	238	3,00	48.31	53.71
15.	SOUSA, Maria Lurdes	153305	EDV		1:42.06	238	2,00	49.59	52.47
16.	MOTA, Teresa Susana	215976	SCB	+0,99	1:46.49	209	1,00	44.99	1:01.50
17.	SILVESTRE, Helia Gloria	216870	PORTIN	+0,98	1:48.62	197	-	51.11	57.51
18.	ALMEIDA, Sonia Catarina	210527	IDV	+0,93	1:54.75	167	-	52.21	1:02.54
19.	COSTA, Isabel Maria	214948	CNPDL	+0,95	1:56.20	161	-	54.80	1:01.40
20.	ROMA, Sandra Cristina	212003	CNL	+0,96	2:15.92	100	-	1:04.18	1:11.74

FTL

21.	NUNES, Isabel Maria	227391	CNV		2:25.95	81	-	1:06.05	1:19.90
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FTL

Prova 30, Femin., 100m Livres, Master F

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts	50m	100m
22.	AFOITO, Guida Maria FTL	217833	ACS		3:37.52	24	-	1:41.18	1:56.34

Master G

1.	BRANDAO, Maria Teresa	108037	CFP	+0,94	1:15.15	608	16,00	35.70	39.45
2.	FERREIRA, Filipa Margarida	127852	CFP	+0,96	1:16.68	572	15,00	35.36	41.32
3.	COSTA, Marta Sofia	206938	CDUP	+0,85	1:18.79	527	14,00	37.89	40.90
4.	SILVA, Claudia Maria	131425	PDEM	+0,77	1:20.73	490	13,00		
5.	NAVARRO, Paula Margarida	202829	CNV	+0,94	1:24.58	426	12,00	41.37	43.21
6.	SANTOS, Maria Paula	215339	CNV		1:28.29	375	11,00	40.89	47.40
7.	REIS, Margarida Bleck	210540	CFP	+0,87	1:28.72	369	10,00	40.99	47.73
8.	FERREIRA, Maria Manuela	130114	VSC	+0,88	1:31.38	338	9,00	43.81	47.57
9.	AUGUSTO, Isabel Reis	222298	CNPDL	+0,92	1:48.89	200	8,00	50.30	58.59
10.	PEREIRA, Manuela Ribeiro	211409	ADBA		1:51.92	184	7,00	53.41	58.51
11.	TAVARES, C.	224321	CAPGE	+0,73	1:54.18	173	6,00	52.32	1:01.86
12.	TABORDA, Maria Joao	123373	CDUP	+0,66	1:56.30	164	5,00	52.19	1:04.11
13.	RIBEIRO, Violante Isabel	124926	SAD		1:58.59	154	4,00	55.78	1:02.81
14.	DUARTE, Ana Paula	225838	CNV		1:59.68	150	3,00	58.22	1:01.46
15.	CERIEIRO, Angelina Maria	221106	CNFU		2:03.73	136	2,00	56.19	1:07.54
16.	TRINDADE, Ana Isabel FTL	222248	CNFU		2:27.29	80	-	1:11.89	1:15.40

Master H

1.	LINTON, Suzanne		KM	+0,80	1:13.94	859	16,00	35.61	38.33
2.	GONCALVES, M.	117412	CDUP	+0,99	1:21.38	644	15,00	38.50	42.88
3.	WEISS, Kathrin	224149	ANE	+0,98	1:24.12	583	14,00	40.62	43.50
4.	OSORIO, Maria Claudia	219153	CFP	+0,84	1:24.60	573	13,00	39.97	44.63
5.	CUNHA, Eugénia Maria	26546	AAC	+0,96	1:27.34	521	12,00	40.31	47.03
6.	URBANO, Maria Margarida	11355	AAC	+0,51	1:28.48	501	11,00	42.93	45.55
7.	SILVA, Vivien Patricia	212365	CFP	+0,85	1:38.66	361	10,00	45.61	53.05
8.	POLICARPO, Ana Isabel	225815	CFP	+0,94	1:39.33	354	9,00	46.97	52.36
9.	VASCONCELOS, M.	130670	CNMAL	+0,78	1:40.16	345	8,00	45.63	54.53
10.	BENATI, Ane Cristine	228527	CNN	+0,92	1:40.49	342	7,00	47.37	53.12
11.	MOURA, Cristina Isabel	200762	LSC		1:43.24	315	6,00	47.77	55.47
12.	NETO, Maria Manuela	102090	CNMAIA		1:44.63	303	5,00	47.53	57.10
13.	ROQUETTE, Vera Martins	228405	CFP	+0,98	1:46.48	287	-	49.14	57.34
14.	VASCONCELOS, M.	226622	CFP		1:53.78	235	-	50.56	1:03.22
15.	DUARTE, Paula Cristina	207732	CDF	+0,92	1:57.54	213	4,00	56.27	1:01.27
16.	MARTINS, Delfina Maria	117387	GCST	+0,88	2:03.45	184	3,00	59.26	1:04.19
17.	GUERRA, Margarida Maria	224169	CNFU		2:10.46	156	2,00	1:00.52	1:09.94
18.	MARIA, Cidália Conceicao FTL	211933	CNL		2:34.76	93	-	1:13.30	1:21.46

Master I

1.	MOORE, Michelle Annette	212338	OC	+0,90	1:22.60	662	16,00	38.96	43.64
2.	TORRES, Maria Isabel	12229	AAC	+0,97	1:34.60	440	15,00	41.48	53.12
3.	OLIVEIRA, Cristina Maria	217798	CNV		1:35.44	429	14,00		
4.	CUNHA, Maria Paula	121597	LSC	+0,95	1:47.25	302	13,00	49.50	57.75
5.	CAEIRO, Ana Maria	201953	GAN		1:52.87	259	12,00	54.06	58.81
6.	CARRONDO, Maria Luisa	221694	CFP		1:59.22	220	11,00	55.18	1:04.04
7.	BARBOSA, Maria Lucia	224394	SAD		2:12.79	159	10,00	1:01.22	1:11.57

Prova 30, Femin., 100m Livres, Master I

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts	50m	100m
8.	CORREIA, Maria Teresa	214529	OC	+0,71	2:19.96	136	9,00	1:05.65	1:14.31

Master J

1.	GUEDES, Isabelle Henry	228477	CFP		2:24.03	141	16,00	1:04.72	1:19.31
2.	TARASOVA, Nataliia	224814	CFP		2:26.96	132	15,00	1:11.40	1:15.56
3.	SILVA, Marília Laura	131783	CFP		2:35.07	113	-	1:12.36	1:22.71
	FTL								

Master K

1.	OLIVEIRA, Maria Elisabete	211854	CDE		2:57.71	91	-	1:18.50	1:39.21
	FTL								

Master M

1.	SA, Nair Gomes	13404	ANE		3:50.03	103	16,00	1:52.08	1:57.95
	Recorde Nacional								