

Prova 8
10/07/2026 - 10:41

Femin., 200m Livres

Master Resultados

RN 50m M	9:05.94	SA, Nair Gomes	ANE	Reguengos de Monsaraz	11/07/2025
RN 50m L	4:02.19	BASTO, Luisa Bessone	SAD	Coimbra	23/02/2025
RN 50m K	3:40.96	BASTO, Luisa Bessone	SAD	Reguengos de Monsaraz	19/07/2019
RN 50m J	3:15.38	FERREIRA, Ana Maria	SAD	Reguengos de Monsaraz	08/07/2022
RN 50m I	2:51.39	GAMONAL, Elena Alarcon	LAGAC	Loulé	31/05/2026
RN 50m H	2:50.59	CARMO, Maria Helena	INDANL	VF Xira	17/05/2026
RN 50m G	2:36.27	FERREIRA, Isabel Baptista	ADRCIMM	São João da Madeira	05/07/2024
RN 50m F	2:28.97	COUTINHO, Gisela Barbosa	CFP	Reguengos de Monsaraz	11/07/2025
RN 50m E	2:25.24	GOMES, Susana Clara	CNF	S. Joao da Madeira	07/07/2023
RN 50m D	2:20.27	AFONSO, Sofia Martiniano	CFP	Singapore (SGP)	10/08/2025
RN 50m C	2:10.77	GRILLO, Ana Paula	UDCA	Stanford (USA)	06/08/2006
RN 50m B	2:10.97	GRILLO, Ana Paula	UDCA	Millau (FRA)	27/08/2003
RN 50m A	2:18.33	CASTRO, Adriana Daniela	LSC	São João da Madeira	05/07/2024

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts	50m	100m	150m	200m
Master A											
1.	RIESENBERGER, B.	105541	CIRL		2:17.20	807	16,00	32.43	34.77	35.27	34.73
	<i>Recorde Nacional</i>										
2.	ALVES, Sara Sofia	111234	CNN	+0,77	2:21.42	737	15,00	34.07	34.45	35.82	37.08
3.	FERNANDES, Ana Ines	119258	VSC	+0,82	2:30.80	607	14,00	33.93	37.98	39.42	39.47
4.	RUIVACO, Maria Saraiva	117813	IDV		2:32.10	592	13,00	33.11	37.76	40.66	40.57
5.	FERREIRA, Beatriz Marques	122579	CFP	+0,74	2:33.28	578	12,00	34.58	37.52	39.79	41.39
6.	DIAS, Maria Beatriz	108045	CNPO	+0,82	2:34.40	566	11,00	34.72	38.18	40.75	40.75
7.	CORREIA, Catarina Vieira	121076	LSC		2:35.15	558	10,00	35.14	39.24	40.80	39.97
8.	IANA, Joana Teixeira	105455	CLAC	+0,90	2:40.40	505	9,00	37.64	39.88	42.02	40.86
9.	DOURADO, F.	112521	CFV	+0,77	2:45.80	457	8,00	37.21	41.44	42.79	44.36
10.	ROCHA, Rita Oliveira	116897	LSC	+0,94	2:48.19	438	7,00	37.44	41.74	44.02	44.99
11.	ALMEIDA, Cecilia Branco	105386	GESL	+0,84	2:52.28	407	6,00	38.32	42.75	45.15	46.06
12.	RODRIGUES, I.	107522	VNC	+0,93	2:52.61	405	5,00	39.22	42.81	45.37	45.21
13.	MAGALHAES, Ines Santos	126529	SCA	+0,95	2:54.33	393	4,00	40.83	44.11	44.68	44.71
14.	GONCALVES, F.	218666	CFP	+0,96	3:12.68	291	3,00	42.04	50.03	52.35	48.26
15.	LACERDA, Mariana Ramos	227040	CNV		3:36.47	205	-	47.70	54.53	59.18	55.06
	<i>FTL</i>										

Master B											
1.	RODRIGUES, A.	103868	CGA	+0,86	2:25.53	671	16,00	34.01	36.52	37.49	37.51
2.	GOMES, C.	26365	LPS	+0,92	2:38.29	522	15,00	35.97	39.34	41.13	41.85
3.	POLA, Laura	214291	FCP	+0,84	2:40.39	501	14,00	37.04	41.28	42.48	39.59
4.	GONCALVES, F.	26907	CAA	+0,95	2:42.90	479	13,00	36.78	41.13	43.03	41.96
5.	THOMAS SANDOVAL, B.	224936	GCP	+0,79	2:44.01	469	12,00	37.81	41.35	42.71	42.14
6.	LATTANZIO, Silvia	224395	GCP	+0,81	2:47.71	438	11,00	37.27	41.58	44.12	44.74
7.	MONTEIRO, Ana Sofia	206852	CNV	+0,85	2:54.11	392	10,00	37.38	43.57	47.09	46.07
8.	ALVES, Ana Sofia	25757	VSC	+0,89	2:54.33	390	9,00	37.69	42.74	46.28	47.62
9.	OLIVEIRA, Beatriz Manata	213519	CAPGE	+0,82	3:35.19	207	-	48.69	53.13		
	<i>FTL</i>										

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Master C

1.	ALVES, Joana Isabel	130453	CDUP	+0,90	2:33.47	642 16,00	35.36	38.27	39.85	39.99
2.	TEIXEIRA, Rute Sofia	15202	GCST	+0,95	2:40.22	564 15,00	36.51	40.10	41.84	41.77
3.	O'LEARY, Kirstin Lynn	224799	CNN	+0,93	2:52.76	450 14,00	39.24	43.79	45.52	44.21
4.	ANDRADE, Marta Meireles	103108	LSXXI	+0,88	2:56.62	421 13,00	37.55	42.84	48.20	48.03
5.	PAIS, Oleksandra	224454	FCP		2:58.85	406 12,00	39.49	44.89	48.64	45.83
6.	GONCALVES, Ana Miguel	218178	AAC		3:13.42	321 11,00	42.42	49.41	52.68	48.91
7.	REIS, Filipa Isabel	153141	LSC	+0,98	3:29.83	251 10,00	46.47	54.32	56.06	52.98
8.	LORY, Susana Pereira	130673	CNMAL		3:32.37	242 9,00	46.86	53.50	57.03	54.98
9.	OLIVEIRA SOEIRO, Rita	224159	CFP		3:37.17	226 8,00	47.31	54.47	59.67	55.72
10.	SANTOS, Nadia Filipa	200465	CNAL	+0,99	3:53.00	183 -	50.99	1:00.84		

FTL

Master D

1.	MARTINS, Maria Sofia	124662	CFP	+0,77	2:30.80	665 16,00	33.89	37.84	39.38	39.69
2.	DIAS, Ana Sofia	123667	PORTIN	+0,94	2:51.28	453 15,00	38.83	42.38	45.24	44.83
3.	REBOCHO, M.	103405	CFP	+0,82	2:51.62	451 14,00	39.09	43.30	44.86	44.37
4.	ARENAS, Lina Orrego	211228	FCP		2:51.82	449 13,00	39.87	42.36	45.99	43.60
5.	NEVES, Matilde Henry	224879	CFP	+0,83	2:55.78	419 12,00	38.85	43.82	47.54	45.57
6.	PINTO, Rita Loureiro	131353	GCP		2:57.93	404 11,00	40.33	44.98		
7.	GUIMARAES, F.	224763	CFP	+0,82	3:08.11	342 -	42.58	46.27	49.91	49.35
8.	SOUSA, Rita Vanessa	224771	GESL	+0,97	3:28.12	253 10,00	47.43	52.69	55.58	52.42
9.	CARREIRA, Tania Isabel	215715	ADAIA	+0,94	3:38.71	218 9,00	45.67	54.00	59.12	59.92
10.	MARTIN, Emma	220976	PORTIN		3:38.94	217 8,00	48.31	55.18	58.57	56.88

Master E

1.	VILAR, Sonia Oliveira	26837	CNV	+0,90	2:28.66	720 16,00	33.70	36.58	38.57	39.81
2.	SWERTS, T.	209748	SCB		2:39.90	579 15,00	38.50	40.72	40.88	39.80
3.	ERVILHA, Joana Antunes	13980	CNL	+0,89	2:58.41	417 14,00	40.26	44.44	46.74	46.97
4.	CAVALEIRO, J.	209719	AAC	+0,88	3:06.49	365 13,00	39.06	46.15	50.17	51.11
5.	GARCIA, Ana Rita	224887	ACSINTRA	+0,93	3:09.46	348 12,00	38.45	45.08	52.15	53.78
6.	NEVES, Isabel Carolina	202850	CFP	+0,91	3:23.46	281 11,00	47.33	51.57	53.42	51.14
7.	INACIO, Vanessa Mendes	215618	CNRM		3:27.73	264 10,00	46.75	53.57	55.17	52.24
8.	MARTINS, Ana Maria	123246	SCA		3:34.19	240 9,00	48.64	55.54	57.05	52.96
9.	REIS, Ana Luis	218990	CFP		3:49.65	195 8,00	47.58	57.58	1:03.15	1:01.34
10.	FREITAS, Carmen Joao	223875	CNV		3:55.28	181 7,00	49.33	59.78	1:05.48	1:00.69

Master F

1.	BARBARA, Carla Santa	118948	FCP	+0,77	2:31.77	753 16,00	34.18	38.07	39.64	39.88
2.	ROTHES, Ines Maria	124731	CFP		2:42.37	615 15,00	36.77	40.09	43.11	42.40
3.	PARAMIO, Maria Luz	206727	CNPDL	+0,89	2:53.07	507 14,00	39.99	43.81	45.47	43.80
4.	BARBARA, Sandra Santa	104504	GCST	+0,86	3:00.71	446 13,00	39.76	45.06	47.64	48.25
5.	VALENTINO, Maren Clare	228312	SCB		3:12.83	367 12,00	42.89	48.50	51.84	49.60
6.	MENDES, Marcia Teresa	225816	CFP		3:21.60	321 11,00	45.12	51.32	54.44	50.72
7.	LIPCIUC, Cristina Nicoleta	215964	SCB	+0,96	3:31.36	278 10,00	44.67	54.81		
8.	SANTINHA, F.	100478	CNMAL		3:35.04	264 9,00	49.35	54.45	56.91	54.33
9.	MOTA, Teresa Susana	215976	SCB		3:57.78	195 8,00	49.31	1:00.86	1:05.09	1:02.52
10.	ROMA, Sandra Cristina	212003	CNL	+0,83	4:55.01	102 -	1:07.07	1:14.13	1:18.68	1:15.13

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Master G

1. BRANDAO, Maria Teresa	108037	CFP		2:46.64	590 16,00	37.34	41.43	44.09	43.78
2. YOKOCHI, Luisa Tamaki	218308	CNN	+0,80	2:51.37	542 15,00	37.94	41.61	45.16	46.66
3. COSTA, Marta Sofia	206938	CDUP	+0,89	2:57.29	490 14,00	40.48	44.30	46.37	46.14
4. FERREIRA, Maria Manuela	130114	VSC		3:11.90	386 13,00	43.82	48.41	49.55	50.12
5. PALHARES, Daniela Maria	209005	CFP		3:13.20	378 12,00	42.97	48.74	51.30	50.19
6. REIS, Margarida Bleck	210540	CFP	+0,84	3:20.44	339 11,00	43.49	50.28	54.92	51.75
7. AUGUSTO, Isabel Reis	222298	CNPDL	+0,93	4:11.88	170 10,00	53.94	1:04.12	1:09.05	1:04.77
8. PEREIRA, Manuela Ribeiro	211409	ADBA		4:18.72	157 9,00	56.63	1:04.91	1:08.84	1:08.34

Master H

1. ANDRADE, Maria Teresa	203942	FCP	+0,75	3:00.73	680 16,00	40.35	45.28	47.20	47.90
2. OSORIO, Maria Claudia	219153	CFP	+0,96	3:04.48	640 15,00	41.37	46.15	48.49	48.47
3. URBANO, M.	11355	AAC		3:20.54	498 14,00	46.05	50.38	51.76	52.35
4. CANINAS, M.	108658	CNMAL		3:44.33	356 13,00	51.08	55.29	59.21	58.75
5. NETO, Maria Manuela	102090	CNMAIA		4:01.54	285 12,00			1:04.44	1:04.55
6. MARTINS, Delfina Maria	117387	GCST		4:22.63	221 11,00	59.74	1:06.63	1:09.36	1:06.90
7. VASCONCELOS, M.	226622	CFP		4:23.49	219 10,00	54.88	1:05.97	1:11.69	1:10.95
8. RIBEIRO, Margarida Maria	131782	CFP		4:25.08	215 9,00	56.03	1:07.65	1:11.15	1:10.25

Master I

1. MOORE, Michelle Annette	212338	OC	+0,93	3:07.62	646 16,00	41.51	47.08	49.40	49.63
2. CHASE, Katherine		CHESC		3:14.79	578 15,00	44.40	49.72	51.54	49.13
3. OLIVEIRA, Maria Teresa	10538	AAC		3:37.67	414 14,00	50.98	57.13	57.16	52.40
4. CAEIRO, Ana Maria	201953	GAN	+0,71	3:59.97	309 13,00	54.44	1:02.46	1:03.18	59.89
5. BARBOSA, Maria Lucia	224394	SAD		4:55.05	166 12,00	1:06.81	1:16.65	1:18.37	1:13.22

Master J

1. FERREIRA, Maria Felix	112081	SAD		4:55.91	183 16,00	1:04.09	1:14.42	1:19.78	1:17.62
2. GUEDES, Isabelle Henry	228477	CFP		5:25.57	137 15,00	1:04.73	1:20.39	1:32.65	1:27.80

Master K

1. COUQUET, Catherine		OUATES	+0,84	3:20.25	737 16,00	46.19	52.54	53.20	48.32
2. HESSEL, Maria Helena	219554	CFP		4:28.63	305 15,00	1:02.43	1:09.38	1:11.83	1:04.99